

Similkameen News Leader

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Tuesday, October 29, 2013

Canada WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF CANADA THROUGH THE CANADA PERIODICAL FUND OF THE DEPARTMENT OF CANADIAN HERITAGE.



The SOHC (Support Our Health Care) 2013/14 Board of Directors was elected October 23rd at an AGM in Riverside Centre. From left, Director Ole Juul, Treasurer June Hope, Secretary Nienke Klaver, Vice President Spencer Coyne, Director Judy Short and President Ed Staples. SOHC Year in Review on Page 18.*

Nurse shortage haunts hospital

Now that Princeton has four physicians, it seems there is a shortage of nurses. Casual nurses have been filling in but health administration is trying to recruit more nursing staff.

The Town has received a \$1,500 grant to do a health scan of Princeton and area. The scan includes an inventory of all of the community assets that contribute to

overall health.

Princeton's Robin Lowe will administer the scan.

A survey of how people find or use transportation to health appointments in town and in other locations has been circulated through the community.

The results of the survey will be revealed at the Health Steering Committee meeting November 19.

PXA deals with rodeo issue

Robert Lind and Robert Wicks attended the October 22 meeting of Princeton Exhibition Association (PXA) specifically to voice their concerns about a PXA plan to add mix to the rodeo arena.

"Ours is one of the best rodeo arena surfaces in the BCRA circuit," Lind told PXA members. "We get compliments on it every year."

Lind went on to say the Rodeo Club was concerned that the PXA would make a decision about the condition of the rodeo arena without consulting the Rodeo Club.

President Paul Bedard apologized and read messages exchanged between him and Rodeo Club President Ken Crompton and rodeo arena manager Robert Wicks, in which the issue was discussed. The

PXA then passed a motion stating the condition of the rodeo arena shall be the responsibility of the Rodeo Club.

At the same time, Lind suggested it is time to level the racetrack infield and perhaps put in what he called a "warm-up arena" for use by riders who may wish to do other kinds of riding such as dressage. He pointed out that there is water available in the infield for sprinkling sand surface, and sand is quite acceptable for most riding activities. Next spring, members of the Rodeo Club and PXA will do a walk through the area to look at possible development.

There was another concern about the condition of the grounds, particularly in the infield. PXA Vice-President Dan Kastor is looking into ways to eradicate the infestation of

knapweed. He will consult with Lisa Scott, an expert on intrusive plants in the South Okanagan. PXA members were pleased to learn there has been a release of insects that prey on knapweed, but it could take many years for the 'bugs' to be effective, as knapweed seeds are

released by the millions and can lie dormant in the soil for many years.

The indoor arena in the agricultural barn needs a better base, the PXA was told. Paul Bedard will look into what can be done.

Due to the mild autumn weather, painting of the barns has continued,

along with clean-up of the grounds. A lot of unusable wood was collected for the Halloween bonfire.

Karrie Crucil will manage a booth at the annual Cowboy Festival in Kamloops. This year she promoted Princeton's fairgrounds and the continued on Page 22

Clocks go back an hour

At 2:00 AM on Sunday, November 3rd, most Canadians will turn their clocks an hour back to end daylight saving time and revert to standard time.

"Fall back" or "ending daylight saving time" (yes, without the "s"), occurs on the first Sunday of November to help North Americans adjust to weather changes. In other

words, we're "gaining" an extra hour of much-needed sleep.

Some Canadian cities and provinces, however, don't experience any change at all. The majority of Saskatchewan (except for Lloydminster) and some towns in Alberta and Manitoba, won't have to worry about changing those clocks.

Some places in Quebec, Ontario and B.C. are also included on this list.

In order to be 'on time' after the change over this weekend just remember to set your clocks and watches back one hour before going to bed Saturday night.

Daylight Saving Time, when clocks "spring forward" returns March 9, 2014.

CAUTION!



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hardware

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From left, 2012 Vice-Ambassador Taylor Gibb, Mayor Frank Armitage, 2012 Ambassador Megan Pateman. The girls were thanked at the October 21st Town Council meeting for their work in representing Princeton. Photo: Dawn Johnson

Town thanks Ambassadors

"You're a great credit to your community," Mayor Frank Armitage told former Youth Ambassador Megan Pateman and former Vice-Ambassador Taylor Gibb.

The 2012 Ambassadors attended the October 21 Council meeting to

be presented with certificates of appreciation for representing Princeton at numerous out of town events and for helping host a num-

ber of local events.

Mayor Armitage wished the young women every success in their future endeavours.

Town Council news briefs

Okanagan Regional Library spends \$163,000 to operate the library in Princeton but collects only \$93,000 in taxes for the library, meaning taxes from other communities in the region support Princeton's library. Councillor Marilyn Harkness advised Council on October 22 that changes will be made in the future to make the cost-revenue situation more equitable.

Regional District will do a highway sign inventory and take action to remove all signs on highway property that have been put up illegally.

Funding has become available for reduction of wildfire fuel in local areas. Clean-up of dry grass, pine needles and other wildfire fuels in and around town was funded in the past, then funds were cut off. The program has been restored to some extent.


Complaints about urban deer

should be directed to Councillor Doug Pateman.

Councillor Kim Maynard heads a new Town Council committee on economic development. The committee will investigate reasons for store closures and will try to stimulate purchases at the industrial park.

The regular first meeting of Town Council on January 6th has been cancelled. There will be just one Town Council meeting in January on the 20th.

Town Council has granted a request to Princeton Christmas Committee to use Veterans Square for a Christmas light-up event on November 30 from 3:30 to 7:00 PM. One of the features will be the lighted Christmas trees people bring for a contest. A new feature will be Posse players playing street hockey with pool noodles. One request was denied: no burn barrels will be permitted.

 **Notice of Property Tax Exemption**

In accordance with the Local Government Act (Sections 809 and 810), Regional District of Okanagan Similkameen proposed Bylaw 2632, 2013 includes the following properties, which will receive exemptions from Property Taxes for 2014.

ASSESSMENT ROLL NUMBER	LEGAL DESCRIPTION	CIVIC ADDRESS	ORGANIZATION	ESTIMATED VALUE OF PROPERTY TAX EXEMPTION - REGIONAL DISTRICT PORTION ONLY
715-00565.105	Parcel A, BL 3, DL210 SDYD PL 519	224 Robinson Avenue Naramata	Naramata Museum Society	\$1,442
714-796.090	Lot 9, PL 34520, DL 374 SDYD	1145 Main Street Okanagan Falls	Okanagan Falls Heritage & Museum Society	\$2,638
714-6485.000	Lot 3, PL 4041, DL 2450S, SDYD Portion L 727	10384-384 Avenue	South Okanagan Sportsman Association	\$1,238
714-6485.100	Lot 1, PL 13268, DL 2450S, SDYD	10393-384 Avenue		\$ 171
714-9060.000	DL 2450S, SDYD	14000 Strawberry Creek Road	Osoyoos Wildlife Federation	\$ 406
715-2713.010	Lot A, PL 40972, DL 2 366 367, ODYD (portion outside Municipal Boundary)	600 Comox Street Penticton	City of Penticton (leased to golf course)	\$ 852
716-2752.000	Lot A, PL B6949, DL 319, SDYD	Keremeos Rural	Keremeos-Cawston Sportsmen Association	\$ 954
716-9035.000	Lot 13-15, Block 8, PL 2565, DL 2482, SDYD	1396 Scott Avenue	Hedley Sports Association	\$ 508
716-10308.000	SDYD, SUP 11350	Penticton Rural	Nickel Plate X-Country Ski Club	\$ 434
714-6476.020	Lot 1, PL KAP62023, DL 2450S	Old Golf Course Road	Fairview Mountain Golf Club Society	\$10,906
717-895.600	Block B, DL 1091 OS, SDYD	365 Darcy Mtn. Road	Princeton Golf Club	\$3,485
716-02837.000	Parcel A, DL 0457, SDYD	3012 River Road	Keremeos Elk Lodge	\$1,234
714-00319.031	Parcel Y, DL 0374, SDYD	1108 Willow Street	OK Falls United Church	\$ 618
714-05353.070	Lot B, PL KAP69970, DL 2450S	Oliver Rural	The Natures Trust	\$ 560
777-09000.100	DL 2499 Except Plan H 397 41847, For Mobile Folio C/REF 69000.100	1787 Highway 97	Penticton Shooting Sports Association	\$1,420

The "Estimated Value of Property Tax Exemption" is the amount of taxes that would be imposed on each property if they were not exempt. The value of the exemption has been calculated using 2013 Property Tax rates.

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The News Leader's Dawn Johnson wore a different hat Friday, October 25th as the Ladies Auxiliary to Princeton Legion Branch #56 kicked off Poppy Fund activities with Poppy Tag Day in downtown Princeton. *

Flip Of The Coyne

by Spencer Coyne

"My difficulty with the Prime Minister at this point is that I don't think he's been forthcoming and honest on fairly simple questions when there appeared to be contradictions."

Can you guess where this quote came from? Tom Mulcair, leader of the Opposition? Maybe Justin Trudeau, leader of the Liberal Party of Canada? The leader of the Green Party, Elizabeth May or maybe just some MP or spokesperson for one of the opposition parties? If you said "yes" to any of the suggestions above you would be wrong. This quote came from Stephen Harper, leader of the Opposition.

It's funny how things change when you become the guy in power. When you are in Opposition, you can always call on

the other guy to do the right thing. Heck, you run on the idea that you will do better than the last guy and be more honest, more open, and more accountable, but then when you get the big chair, you throw all that out the window.

Since the beginning of the entire circus around the Senate scandal Harper has done everything he can to deflect attention away from him and his office, but one thing will always remain: the three senators who are the centre of this mess were appointed by Prime Minister Harper himself. They were all Harper's choice. To top it all off, his chief of staff cut a personal cheque to Mr. Duffy to cover \$90,000. So, who knows what they learned and when. We may never know, but we have Mr. Duffy now claiming that

Harper knew from the beginning and the Prime Minister himself is starting to admit that there were a few people who knew about the scheme, but of course, he didn't know right away.

Harper loves to try and brush off the three troubled appointees, touting that they are no longer in the Conservative caucus. Does this really matter? Does it matter that they were caught with their hands in the public cookie jar and were either forced, or chose to leave the embrace

..... continued on Page 23

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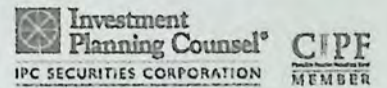
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Editorial Page News Leader

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My Turn...

Slow Down!

The single vehicle accident last Friday that closed Highway 3 for most of the day was tragic.

RCMP said the driver was killed instantly and I've seen photos of the scene. The semi tractor unit carrying a container unit was pretty much stretched across the complete width of the two-lanes.

It happened about 27-kilometres east of Princeton, so a little past Bromley Rock Provincial Park and RCMP point to three contributing factors: fog, black ice and speed.

It's that time of year when the cooler temperatures combine with moisture in the air and make roads slippery.

It is also the time of year that scares me most when driving.

I'm not usually worried about my driving as I'll drop to way below the speed limit if I get a hint of black ice or my visibility is limited and there's no way to pull over and wait it out.

It's oncoming traffic that spooks me when I'm doing everything I can to be safe and careful out there.

The speed limit signs are a 'suggested maximum' not a 'recommended approximate' and are intended to reflect a safe traveling speed under ideal conditions NOT when visibility is limited or if the roads are covered in ice or slush.

But, since we are all used to zipping down the highway at record speed on nice, hot sunny days I guess some of us are slow to adapt our ways and conform with the changing conditions.

Friday's accident, unfortunate as it was, should serve as a very early warning for the rest of us it is now time to start paying attention to the signs on the highway.

Time to think seriously about leaving a bit earlier for that appointment out of town so that driving slower, and more for the conditions, will get you where you need to be safer and without incident.

The clocks go back an hour this weekend. It's as good a time as any to consider switching your tires and driving habits to fit the season.

It's just sad that a serious accident has to happen in order for many of us to pay attention to the changes going on around us.



Volunteers set up this mobile billboard the day before each and every Princeton Posse home game. Way to go! *

...Your Turn

Letters And E-Mails Received This Week

To The Editor;

Well, it seems I have created a bit of a stir for some residents of this wonderful town and surrounding area with my letter to the editor published last week and now must withdraw or try to explain some of my comments so here goes...

I have now learned that my comments about seeing doctors at the clinic in the hospital have been taken out of context by a few or perhaps

I did not word my thoughts appropriately. You CAN and WILL have

your own doctor who will get to know you on a medical basis and who would be available to you at any time.

The situation is that IF your personal doctor is not available for an emergency then rather than go to emergency you could see another doctor at the clinic as a walk-in patient.

I have also learned that the transportation survey many of us completed has been studied and that prior to the survey committees were working on solving this prob-

lem of transport to the clinic for those who cannot drive themselves or cannot afford to pay to get up to the clinic...a phone number is soon to be published in the papers where people can phone, say I have an appointment with my doctor and could I please get a ride to the clinic at such and such a time. Apparently the ride would be free of charge.

Another thing I have learned is that the hospital will have (or perhaps already has recently had installed) tele-help where a patient has immediate access to specialists who can receive your information via tele-help and advise the local doctors immediately as to what care is necessary to help you, the patient.

If my previous letter has put some people into panic mode I do apologize - I was not trying to cause problems, rather I was trying to express my concerns and they have now been cleared up to me and now I do the same back to you. I am truly hopeful that the plans in progress, many of which we are not yet aware, will bring Princeton into the future.

- Lynne Boyd, Princeton

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Current Comment

A World Disaster Is Waiting To Happen



Dawn Johnson
editor@thenewsleader.ca

You are not hearing about it on television and you are not reading about it unless you follow it on the net. Fukushima seems to be out of the news but it should be the top of the news everywhere.

The March 2011 Fukushima disaster was covered extensively - the earthquake, the tidal wave, the explosions at the nuclear power plant - but it seems the major media seem to have forgotten Fukushima. This is foolish, as there is a potential now for a worse disaster that will affect the entire northern hemisphere and most certainly would affect you and me.

The Fukushima story is not over. The situation is not under control. Every typhoon aimed at Fukushima and every earthquake

in the Fukushima area is a threat. Although the world seems unworried about the continuous flow of radioactive water into the Pacific Ocean, there is an even greater threat - uncontrolled nuclear reaction.

The threat comes from the cooling pools. Unit 4 of the Fukushima plant has 1,535 fuel rods which must be kept cool at all times. Loss of water would increase the chance of explosion, and it is likely the containment walls of Unit 4 are crumbling. The fuel rods must be removed, but this is a highly dangerous procedure that demands absolute perfection in the removal process. The reason it is so dangerous is this: if one fuel rod touches another during the removal procedure, there will be an uncontrolled nuclear reaction that will initiate a nuclear chain reaction. The explosion from that reaction would be like a nuclear bomb. At this time, none of the experts feel there is adequate equipment to do the job of removing the rods perfectly.

To make matters worse, and there is a worse scenario, in a storage area near Unit 4 there are 6,375 fuel rods in a pool. Should a chain reaction occur at Unit 4, the water in the storage pool would evaporate instantly and the fuel rods in storage would become part of the

chain reaction. Many of those rods contain plutonium. A professor at Yale University has stated that the resulting nuclear explosion would be 15,000 times worse than the bomb dropped on Hiroshima in 1945.

The total number of fuel assemblies on the site exceeds 11,000. There is really no way to calculate the magnitude of such an explosion nor the damage it would do, but the experts say even Tokyo would have to be evacuated and shut down. Most of northern Japan would be uninhabitable for hundreds of years, if there is anything left of northern Japan. It is impossible to estimate the damage to a land resting on the brink of one of the world's deepest earth faults.

Beyond the shores of Japan, those nations closest to the disaster would be subject to radioactive fallout because the radioactivity would be airborne. We would be in the path of the radioactive fallout. So would every person in the northern hemisphere. Fukushima is far worse than Chernobyl, and Chernobyl was considered the worst disaster in history until Fukushima.

Tokyo Electric (TEPCO) has been highly criticized for its handling of the Fukushima disaster, but criticism is useless if nobody steps in to assist with what needs to be done. At this point, the situation is so dangerous that experts wonder if anything can be done. One criticism I have is the lack of action by the other nations in the northern hemisphere, from the beginning. It was treated as Japan's problem, not the world's problem. That is a political stance, not a common sense nor environmental stance.

The nuclear power plant operators of the world, and the world's politicians, need to reconsider the threat of nuclear power plants. All of them are located on water, because it is not the nuclear materials that create the power. The actual electrical power is created through steam - that is why the plants must be located on bodies of water.

When I think of nuclear power plants, I always think of what Albert Einstein said about them: "It seems to be a very expensive way to boil water."

He might have added "a very dangerous way to boil water."

Fab Four were fun

Beatles fans filled Riverside theatre October 19 to enjoy Fab Fourever, a Beatles tribute band. The group captured the enthusiasm of the audience with their Beatle hair styles, Beatles suits that brought back the skinny pants of the early 1960s, and the Beatles songs.

They sang Beatles songs for two hours, ranging through a huge repertoire: Hard Days' Night, She Loves You, Roll Over Beethoven, Twist and Shout, I'll Never Dance With Another, She's Got a Ticket to Ride, and many more, one after another. Their music was good, the notes and timing right on, echoing the Beatles sound to perfection. For some songs, members of the audience danced at the front of the stage, the only space left. At the end, they were called back for

an encore, with Yellow Submarine as the final number including plenty of audience participation.

This was one of the best concerts brought in by the Arts Council. When the group asked the audience if they would like to see the group back next year, there was resounding applause.

The next Arts Council concert is the Christmas Songfest on Wednesday, December 11. There will be two Arts Council special events after Christmas: Outerbridge, a magic show on February 23, and Wheat in the Barley on March 14. Other concerts of local groups will be announced. Riverside theatre has become increasingly busy, so booking space for impromptu concerts are not as easily done as in the past.

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Lower Valley News

Keremeos - Cawston - Olalla



Wine, widgets and wonders of Similkameen were sought after by die-hard silent auction goers October 19th. Local businesses did themselves proud with well over 50 items being donated for fundraising at the Taste of Our Valley held at Victory Hall in Keremeos. Close to 100 people enjoyed local eats like squash soup, custom sauces and home baking. The \$7 admission provided tickets which could be exchanged for a sampling of local wines. Photo: Arlene Arlow

RDOS issues meeting highlights

Selected highlights from the regular meeting of the Regional Board of the Regional District of Okanagan-Similkameen held Thursday, October 17.

- A Regional Heritage Strategy is one step closer after the Board endorsed a project to identify existing heritage sites throughout the region and define future directions. The \$56,850 contract was awarded to Denise Cook Design.

It is expected that the final project report will be delivered to the

RDOS Board by late spring 2014.

- The Board gave three readings to bylaws administering untidy and unsightly premises in Princeton Rural Area "H".

The bylaws provide the Regional District with the legal ability to deal with properties where garbage, standing water or noxious weeds have accumulated, where trees and plant material are overgrown such that there is a safety hazard, where there is graffiti and other unsightly conditions

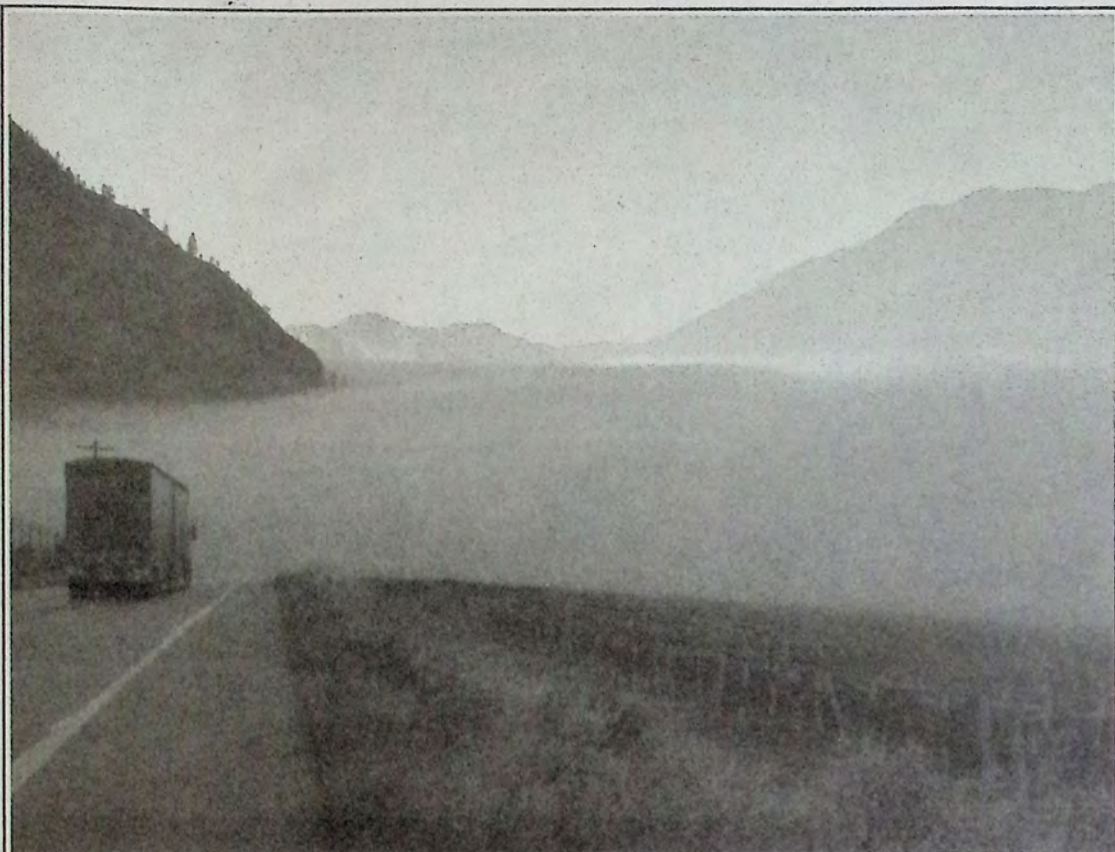
on the property or in a building or structure.

Electoral Areas "C" (Oliver Rural), "D" (Kaleden/Okanagan Falls), "E" (Naramata), "F" (Okanagan Lake West/West Bench) and "G" (Keremeos Rural/Hedley) have similar bylaws.

- Voters in the Village of Keremeos and Electoral Areas "B" (Cawston) and "G" (Keremeos Rural/Hedley) can continued on Page 7



A single human leaf burner stood watch over a pile of leaves October 21st in Keremeos. For those who love the smell of burning wood or burning leaves, Fall brings us back to childhood memories of helping around the yard. The air was still October 21st at 4:44 PM: the smoke moved up with the heat from the burning leaves and then stayed put a few feet above the ground. Photo: Arlene Arlow



Fall fog was the order of the day between Cawston and Osoyoos October 24th. This picture was taken at 8:29 AM near Chopaka. The eastbound truck in the picture just left one fog bank and is about to enter another. Photo: Arlene Arlow

RCMP continue accident investigation

On October 25th at 5:41 AM the Princeton RCMP and RCMP South Okanagan Traffic Services attended to a fatal motor vehicle collision that occurred on Highway 3 approximately 26-kilometres east of Princeton, at Bromley Rock.

The collision involved a tractor trailer unit that had gone off the road with the trailer blocking both lanes of traffic.

The highway remained closed to all traffic until about 5:00 PM however, a detour was available via Old Hedley Road which allowed through traffic to continue to flow.

The lone male driver was pronounced dead on the scene. Road conditions and weather conditions were poor at the time of the collision with dense fog and ice covered

roads. The RCMP South Okanagan Traffic Services and the BC Coroners Services are investigating the collision. Efforts are continuing to notify the 50 year old man's next of kin.

The man was from the Lower Mainland with the truck being operated by a LMD transport company. Further information may be provided by the BC Coroners Service when available.

RDOS highlights

..... continued from Page 6
express opposition to a proposed service to partially fund the Similkameen Country Visitor Information Centre by signing and submitting an elector response form.

The Regional District has estimated the total number of qualified electors in the service area to be 4,088.

Ten percent of that number (409 qualified electors) must submit signed forms to prevent the adoption of the bylaw.

The deadline for delivering the original signed Elector Response Form to the Regional District is 4:30 PM on Monday December 2, 2013.

More information is available at www.rdos.bc.ca. - submitted

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A copy of the Similkameen News Leader made it to Times Square in New York City last month! - photo submitted

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Town of PRINCETON PUBLIC HEARING
NOVEMBER 4TH, 2014 AT 6:30 PM
PRINCETON REGIONAL LIBRARY, 107 VERMILION AVENUE

Pursuant to the provisions of Section 892 of the Local Government Act, notice is hereby given that Town Council will consider a new Zoning Bylaw and amendment to the Town of Princeton Official Community Plan Bylaw No. 808, 2008.

The Council of the Town of Princeton will meet and hold a Public Hearing on Monday, November 4th, 2013 at 6:30 pm at the Princeton Regional Library, 107 Vermilion Avenue to consider the following proposed Zoning Bylaw and Official Community Plan Bylaw amendment. All persons who believe their interest in property is affected by the proposed bylaws will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall. Council will receive no representations on these bylaws after the close of the Public Hearing.

TOWN OF PRINCETON ZONING BYLAW	OCP AMENDMENT 304 LAURIE CURRIE WAY

A copy of the subject Zoning Bylaw No. 880, 2013 (New Zoning Bylaw) and Bylaw No. 883, 2013 (304 Laurie Currie Way) to amend the Town of Princeton Official Community Plan Bylaw No. 808, 2008, are available on the Town of Princeton's website www.princeton.ca and during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. up to the date of the Public Hearing on November 4th, 2013. Given under my hand this 8th day of October, 2013.

Rick Zerr CAO, Town of Princeton



NEW TOWN HALL UPDATE - The old Court House will soon be the new Town Hall, with a new front entry, new carpeting, new lights, new drywall and new paint. The Town staff expects to be in their new offices by November 15. Handicapped access will be at the rear of the building, where handicapped parking spaces will be reserved. A ramp and push-button door will allow less able persons to enter into a short hall and receive service in a specialized space. However, no elevator to second floor will be in place for less able persons to attend court proceedings.

Saddles 'n' Spurs

by Pastor George Donovan

One of my next rides dropped me off on the highway somewhere around Medicine Hat, Alberta.

It was out in the country but I spotted a restaurant close by, so I checked my finances and I had exactly 25 cents left.

Boy was I hungry. I stood and contemplated what might be the best use of the last of my money. I decided, hot chocolate and two doughnuts so I went in for my meal. I slowly savoured both my doughnuts and hot chocolate to get my money's worth.

While I was sitting at the bar there was a man who came in by himself, sat at a table and ordered a steak lunch. I watched with envy as he picked up his utensils and started on the steak, it sure looked good.

The next thing I saw was two men who came and sat at the bar and the man with the steak got up from his place and went to talk to them at the bar. I kept looking at that steak trying to get up the nerve to ask if he was going to eat it.

I was finished my doughnuts when

the waitress came and cleared his table, steak and all, it was over. I can still see that steak in my mind.

Oh well, back on the road and nothing in my pocket.

..... continued Next Week

Living Past 100

Reduce Cost of Healthy Eating

There is an old saying you'll save money if you shop the perimeters of the supermarket. It is true, and you will eat healthier, too. The healthiest foods are generally found around the perimeter - fruits and vegetables, dairy products, meat, bread, and eggs. The expensive stuff is generally in the aisles.

There are some exceptions to the rule. For example, oatmeal is found among all the cereals, but serving per serving comparison shows oatmeal costs less than the dry cereals. On the other hand, bagged salads cost more per serving than buying the ingredients individually.

There is another rule you need to follow: the more foods are prepared for you, the more they will cost. A bag of carrots will yield the same number of servings as four or five cans of carrots, and cost much less. An exception may be bags of frozen vegetables, particularly if they are on special sale.

Learning to be a good cook saves you money and you will eat healthier meals. Cooking your own chili con carne, pasta dishes, stew and soups will save you a lot of money. Soups are an excellent way to use leftover meat and vegetables. Good cooks never throw away the skeleton of a roasted chicken or turkey. It becomes the basis for a good pot of soup!

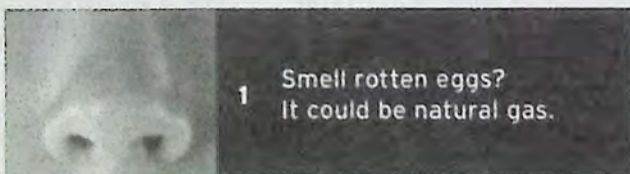
Being a good cook does not mean being a fancy cook. It means serving food that tastes good and is good for you. Too many people feel discouraged by watching television chefs whip up delicacies that cost a fortune. Cooking for a family on a budget means being even better at cooking because it is a challenge to cook healthy meals on a budget.

The final bit of advice may be coming too late for this year, but keep it in mind for next year. Look for free food. Ask the neighbour with an apple tree if you can pick the apples for a share of them. If your neighbour has a rhubarb patch, ask if you could have some rhubarb. If you have a space to grow food in your yard, even if it is a small patch, try growing your own food. If you plant spinach seeds now, you will have spinach by the beginning of May!

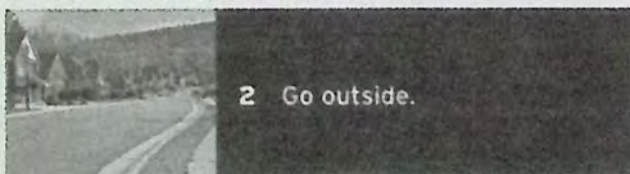
The last bit of advice on saving money is to buy lots of whatever is the special of the week if you have a place to store it. You may think two flats of diced tomatoes is a good deal but you have no place to store it. The hall closet might be the place, or in the linen cupboard. Cooks have to think creatively at all times.



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News Leader Entertainment

Similkameen News Leader TV Guide Listings - October 29 - November 4, 2013



That's a traffic jam! Princeton hosted Spokane October 19th and beat them in overtime. Photo: Bob Marsh Photography

Posse beat Braves in OT

The Spokane Braves are the reason for the 'I' in the KIJHL as they are the only non-Canadian franchise in the 20-team league.

When they go on the road it is always to play somewhere in Canada, more specifically British Columbia. Their first stop in their most recent road trip was in Osoyoos.

Princeton Posse hosted the Braves October 19th in the second game of that trip which saw the Braves take 6-hours to reach the Similkameen Valley.

In case you aren't aware, Osoyoos and Princeton are only 100-kilometres apart. On a good day it's an hour-long drive.

For some reason, the Braves ended up in Penticton for the night and then took a side trip to Kelowna. They found Princeton later that day.

Following two National Anthems the puck was dropped in Princeton Arena and two great nations battled it out on a sheet of shimmering ice.

Princeton scored first on the power play.

Eric Kubis, one of three Americans on the Posse roster (Philadelphia, PA) got the power play marker at 14:20 with help from fellow American Kurtis Klinger (Santa Rosa, CA) and Devan Suidy (Langley, BC).

At 18:09, Princeton's Kurtis Klinger took a pass from Kurtis Coburn (Kelowna, BC) deep in Posse territory. Klinger slowly glided across the neutral zone along the boards and past the penalty box. He slipped into the Brave end of the arena as if in slo-motion then sent a gentle wrist shot onto the goal. The puck stayed low and drifted across the crease from the stick side and deposited itself in the low corner of the net just inside the goal post.

The second period, the frame where Princeton has so far scored most of their goals this season, went by with no goals scored by either team, although the teams matched shots on goal for both periods.

The third period saw Spokane destroy the Posse two-goal lead with a goal scored at 15:25 (Justin Bonanno, unassisted) and at 16:26 (Taylor Everhart from Paxton Malone and Kurtis Redding) to tie the game.

The period also saw referee Quinn Bjordal hand out misconducts as if they were Christmas presents and did a pretty good job of getting across the fact that if he called a penalty the only way to change it was to question the call which almost always changed the penalty from a minor to a major.

Bjordal and his linesmen (Austen

Baptiste and Simon Boscarol) did a good job of keeping a lid on things, regardless of who ended up in the box, or in the case of the third period, in the dressing room.

Time did expire which pushed the game into overtime and still the teams matched in shots on goal (10 per side in both the first and third with 8 apiece in the second).

It took just about the full 5-minute extra frame of 4-on-4 hockey before Princeton's Kurtis Klinger scored (with 24.5-seconds left) on the power play to give his team the win. Assists went to Eric Kubis and Devan Suidy.

Final score: Princeton 3, Spokane 2. Shots on Goal: Princeton 37 (9 in OT), Spokane 29 (1 in OT). Penalties in Minutes: Spokane 16 for 64-minutes, Princeton 13 for 26-minutes.

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Princeton Posse

2013/14

Clip 'n' Save Game Schedule

Similkameen

News Leader

Date	Time	Away	Home
Exhibition Season			
Sat Aug 31	7:30 PM L	Princeton 3	Summerland 5
Sat Sep 7	7:00 PM L	100 Mile House 7	Princeton 0
Sun Sep 8	2:00 PM W	Grand Forks 1	Princeton 2
Regular Season			
Fri Sep 13	7:00 PM W	Kelowna 3	Princeton 4
Sat Sep 14	7:00 PM OT L	N Okanagan 4	Princeton 3
Wed Sep 18	7:35 PM L	Princeton 1	Osoyoos 6
Fri Sep 20	7:00 PM L	Kamloops 5	Princeton 4
Sat Sep 21	7:00 PM L	Princeton 0	Kelowna 6
Sun Sep 22	3:00 PM	CANCELLED Princeton @ N Okanagan	
Fri Sep 27	7:30 PM L	Princeton 3	Summerland 4
Sun Sep 29	2:00 PM W	Osoyoos 2	Princeton 4
Fri Oct 4	7:00 PM L	Kelowna 4	Princeton 1
Sat Oct 5	7:00 PM L	Summerland 4	Princeton 1
Fri Oct 11	7:35 PM L	Princeton 2	Osoyoos 6
Sat Oct 12	7:00 PM OT W	Sicamous 4	Princeton 5
Tue Oct 15	7:00 PM L	Princeton 4	Kelowna 5
Sat Oct 19	7:00 PM OT W	Spokane 2	Princeton 3
Fri Oct 25	7:00 PM	Revelstoke @	Princeton
Sun Oct 27	2:00 PM	Kelowna @	Princeton
Sat Nov 2	5:00 PM	Summerland @	Princeton
Sun Nov 3	3:00 PM	Princeton @	N Okanagan
Fri Nov 8	7:00 PM	Princeton @	Nelson
Sat Nov 9	7:00 PM	Princeton @	Castlegar
Fri Nov 15	7:00 PM	Nelson @	Princeton
Sat Nov 16	7:00 PM	Beaver Valley @	Princeton
Sun Nov 17	5:00 PM	Princeton @	Kamloops
Fri Nov 22	7:00 PM	Princeton @	Kelowna
Sat Nov 23	7:30 PM	Princeton @	Summerland
Wed Nov 27	7:00 PM	Osoyoos @	Princeton
Fri Nov 29	7:00 PM	100 Mile House @	Princeton
Fri Dec 6	7:00 PM	Princeton @	N Okanagan
Sat Dec 7	7:00 PM	Castlegar @	Princeton
Fri Dec 13	7:00 PM	Princeton @	Chase
Sat Dec 14	7:00 PM	Princeton @	Sicamous
Sun Dec 15	2:00 PM	Princeton @	Revelstoke
Wed Dec 18	12 Noon	Osoyoos @	Princeton
Fri Dec 20	7:00 PM	Kelowna @	Princeton
Wed Jan 1	2:00 PM	N Okanagan @	Princeton
Fri Jan 3	7:30 PM	Princeton @	Summerland
Sat Jan 4	7:35 PM	Princeton @	Osoyoos
Tue Jan 7	7:00 PM	Summerland @	Princeton
Fri Jan 10	7:00 PM	Princeton @	Grand Forks
Fri Jan 17	7:30 PM	Princeton @	Beaver Valley
Sat Jan 18	7:00 PM	Princeton @	Spokane
Fri Jan 24	7:30 PM	Princeton @	Summerland
Sat Jan 25	7:00 PM	N Okanagan @	Princeton
Fri Jan 31	7:00 PM	Princeton @	100 Mile House
Sun Feb 2	3:00 PM	Princeton @	N Okanagan
Tue Feb 4	7:00 PM	Princeton @	Kelowna
Fri Feb 7	7:00 PM	Osoyoos @	Princeton
Sun Feb 9	2:00 PM	Chase @	Princeton
Wed Feb 12	7:35 PM	Princeton @	Osoyoos
Fri Feb 14	7:00 PM	N Okanagan @	Princeton
Sat Feb 15	7:00 PM	Summerland @	Princeton
Sat Feb 22	7:00 PM	Grand Forks @	Princeton

Tuesday Movies

MORNING

6:00 am SPIKE ch.44 "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. (In Stereo)

EVENING

6:30 pm YTV ch.18 "Monster High: 13 Wishes" (2013, Comedy) Voices of Erin Fitzgerald. Animated. The young ghouls at Monster High learn that a genie's wishes come with a high price. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason

Statham. In 1971 London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.
 11:30 pm WTBS ch.3 "Bedtime Stories" (2008, Comedy) Adam Sandler. A hotel handyman tries to make the most of the situation when he learns that the outlandish tales he tells his niece and nephew are coming true.

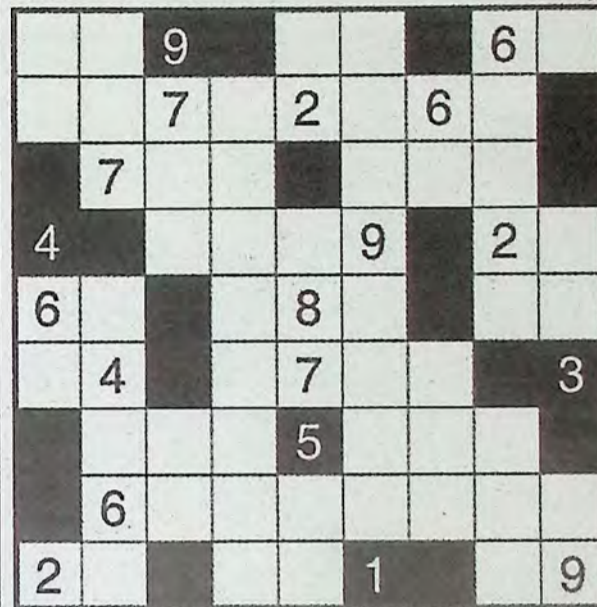
News Leader Str8ts

STR8TS

No. 149

Easy

Previous solution - Medium



How to beat Str8ts - Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

You can find more help and strategies at www.str8ts.com along with more puzzles, Apple apps and books.

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Explore The History Of Mining - Gold, Copper and Coal

THIS WEEK'S
News Leader Str8ts
SOLUTION WILL APPEAR
IN NEXT WEEK'S ISSUE

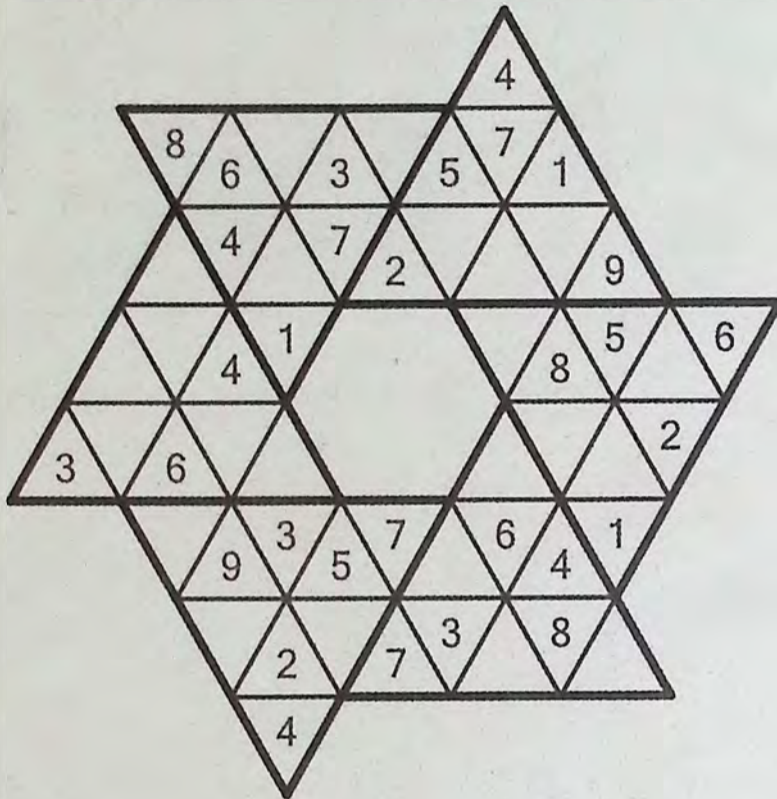
TUESDAY, OCTOBER 29, 2013

	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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 30	Wibbly Pig	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N) 30	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 30	Kid vs. Kat Rescue	SportsCentre 30	CTV Morning Live (N) 30	Mighty Planes 30	Stella-Sam Phineas	CityLine (N) 30	Movie: *** "The Green Mile" (1999, Drama) Tom Hanks, David Morse, Michael Clarke Duncan. (N)	Pitchin' In
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Ice skating: Mary Steen-burgen. (N) 30	CBS This Morning (N) 30	Criminal Minds (N) 30	Good Morning America (N) 30			Tiger	Penguins	SportsCentre 30		Dangerous Flights	Shake It	Let's Make a Deal (N)		Disaster
8 AM	Law & Order: SVU		Magie Bus	Curious			CSI: Miami (N) 30			Morning Huntley	Bo On/Go	Pokémon	SportsCentre 30		Canada's Worst Driver	Jessie 30	The Price is Right (N)		Eat St. (N)
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club (N) 30	CSI: Miami (N) 30	Livel Kelly and Michael	Morning Huntley	The Doctors (N) 30	Super Why!	Rescue	SportsCentre 30	Livel Kelly and Michael	Overhaulin' (N) 30	Little	Jdg Judy		World's
10 AM	Divorce	The Doctors (N) 30	Poppy Cat	Sesame Street (EI)		The Price is Right (N)	Criminal Minds (N) 30	The View (N) 30	The Doctors (N) 30	AnnaOlson	Bookaboo	Little Bear	Strength	The View (N) 30	How/Made	Never Land	The Chew (N) 30		Halloween Craziest (N)
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds (N) 30	Paid Prog. Levine	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School	Beach Voll.	Marilyn Denis	Airplane Repo (N) 30	Phineas	General Hospital (N) 30		Mysteries-Museum
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose (N) 30	Paid Prog.	News	The First 48 (N) 30	The Chew (N) 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Kid vs. Kat	SportsNation (N) 30	CTV News (N) 30	Amish Mafia (N) 30	Wingin' It	CityLine (N) 30		Museum Secrets (N)
1 PM	Community	Days of our Lives (N)	Dragon	Painting	Days of our Lives (N)	The Talk (N) 30	After the First 48 (N) 30	General Hospital (N) 30	Days of our Lives (N)	The Talk (N) 30	Republic of Doyle (N) 30	Rated A	NBA Preview	The Social (N) 30	Canada's Worst Driver	Wizards	Katie (N) 30	Cops (N) 30	Bizarre Foods/Zimmerman
2 PM	Seinfeld (N)	The Talk (N) 30	Big Bear	Thomas	Katie (N) 30	Let's Make a Deal (N)	The First 48 (N) 30	Queen Latifah	The Talk (N) 30	Queen Latifah	Steven and Chris (N) 30	Super Evil	Off Record	Dr. Phil (N) 30	Airplane Repo (N) 30	Shake It	CityNews at 5 (N) 30	Jail (N) 30	Airport
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil (N) 30	Storage	Rachael Ray (N) 30	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCentre (N) 30	Bethenny (N) 30	Mighty Ships 30	Jessie 30	CityNews at 6 (N) 30	Cops (N) 30	Eat St. (N)
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) 30	Storage	The Doctors (N) 30	Young & Restless	Early News	Dragons' Den (N) 30	SpongeBob	NHL Hockey: Dallas Stars at Montreal Canadiens. (N) 30	Ellen DeGeneres Show	Daily Planet (N) (DVS)	Good Luck	Mod Fam	Cops (N) 30	Museum Secrets (N)
5 PM	Browns	News (N) 30	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	CTV News at Five (N)	Gold Rush: Queen of Diamonds	Dog	Dads (N) 30	Cris Angel BeLIEve (N)	Places	
6 PM	Browns	Global Nat.	Hope for Wildlife (N) 30	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N) 30	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	Shrekless	CTV News (N) 30		Phineas	New Girl	Cris Angel BeLIEve (N)	Halloween Craziest (N)	
7 PM	Mod Fam	Ent	Frontiers of	African Americans	Jeopardy!	Inside Ed.	Hoggers	Ent	Ent	(7:01) Chicago Fire (N)	George S	Coronation	etalk (N)	Highway Thru Hell (N)	Shake It	Body of Proof (N) 30	Cris Angel BeLIEve (N)	Mysteries-Museum	
8 PM	Family Guy	NCIS "Oil & Water" (N)	Ancient Egypt	War of the Worlds	The Biggest Loser (N)	NCIS "Oil & Water" (N)	Hoggers	Agents of S.H.I.E.L.D.	NCIS "Oil & Water" (N)	Mercer	Hathaways	That's Hockey 2 Nite	Agents of S.H.I.E.L.D.	Jungle Gold (N) 30	Good Luck	CityNews-Tonight (N)	Cris Angel BeLIEve (N)	Museum Secrets (N)	
9 PM	Amer. Dad	NCIS: Los Angeles (N)	(9:05) Do You Really Want to Know?	Frontline (N) 30	The Voice "The Knockouts, Part 2" (N) 30	NCIS: Los Angeles (N)	Storage	Goldbergs	NCIS: Los Angeles (N)	Crossing Lines (N) 30	Funnlest Home Videos	Motoring	Goldbergs	Gold Rush -The Dirt (N)	Wingin' It	Jimmy Kimmel Live (N)	Cris Angel BeLIEve (N)	Places	
10 PM	The Bank Job (2008)	(10:01) Chicago Fire (N)	Foncle's	Moyers & Company (N)	Person of Interest (N)	Storage	Storage	Shark Tank (N) (DVS)	(10:01) Chicago Fire (N)	The National (N) 30	The Middle	SportsCentre (N) 30	Person of Interest (N)	Highway Thru Hell	Good Luck	Maury (N) 30	Cris Angel BeLIEve (N)	Halloween Craziest (N)	
11 PM	Bed	CHBC News Final (N)	Frontiers of	Charlie Rose (N) 30	News	News	Hoggers	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 30	Jungle Gold (N) 30	Wizards	Paid Prog.	Ways Die	Mysteries-Museum	

News Leader Sudoku 478

HOSHI SUDOKU - About The Puzzle

Sudoku - also known as "Number Place" - is a logic-based, combinatorial number-placement puzzle. The aim of Sudoku is to enter a number from 1 through 9 in each cell of a grid, most frequently a 9x9 grid made up of 3x3 subgrids. Each row, column and region must contain only one instance of each number. This Sudoku variant is called "Hoshi Sudoku". It contains six large triangles. The numbers 1 to 9 must be placed into the cells of each large triangle. Every line of any length - even uncontinuous - must contain every number not more than once.



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

Wednesday Movies

MORNING

10:30 am SPIKE ch.44 "The Wolfman" (2010, Horror) Benicio Del Toro. A nobleman contends with an ancient curse, scouring his childhood homeland for his missing brother, while a bloodthirsty beast prowls the moors. (In Stereo)

9:30 pm WTBS ch.3 "Biker Boyz" (2003, Action) Laurence Fishburne. A young prodigy threatens the undefeated champion of an underground club of motorcycle racers.
11:30 pm WTBS ch.3 "Brothers" (2009, Drama) Tobey Maguire. After his brother is presumed dead in Afghanistan, a drifter and his sister-in-law are drawn together through their grief and unexpected attraction.

EVENING

6:00 pm YTV ch.18 "Monsters vs. Aliens" (2009, Comedy) Voices of Reese Witherspoon. Animated. A giant woman, a bug-headed scientist and a gelatinous mass are among the ragtag monsters that must defend Earth from a rampaging alien robot. (In Stereo) (CC)
7:30 pm SPIKE ch.44 "Halloween II" (2009, Horror) Malcolm McDowell. Premiere. Evil comes home to roost, as unstoppable killer Michael Myers returns to Haddonfield to restore his family, together with his ghostly matriarch. (In Stereo)

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WEDNESDAY, OCTOBER 30, 2013

	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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☺	Wibbly Pig	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds ☺ ☻	Morning Northwest	Morning News (N) ☻	(5:00) Morning News (N)	CBC News Now (N) ☺	Kid vs. Kat Rescue	SportsCentre ☺	CTV Morning Live (N) ☺ ☻	Ice Cold Gold ☺	Stella-Sam Phineas	CityLine (N) ☺	Ways Die	Pitchin' In
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Scarlett Lewis; "Wicked" (N) ☺ ☻	CBS This Morning (N) ☺ ☻	Criminal Minds ☺ ☻	Good Morning America (N) ☻			Tiger	Penguins	SportsCentre ☺		Don't Drive Here	Gravity	Let's Make a Deal ☺	Ways Die	Bizarre Foods America
8 AM	Law & Order: SVU		Magie Bus	Curious			CSI: Miami ☺ ☻			Morning Huntley	Bo On/Go	Pokémon	SportsCentre ☺		Jungle Gold ☺ ☻	Jessie ☺	The Price Is Right (N)	Ways Die	Eat St. ☺
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club ☺ ☻	CSI: Miami "Kill Clause"	Livel Kelly and Michael	Morning Huntley	The Doctors ☺ ☻	Super Why!	Rescue Mike	SportsCentre ☺	Livel Kelly and Michael	Pyros "It Ain't Cricket"	Manny	Jdg Judy	Ways Die	World's
10 AM	Divorce	The Doctors ☺ ☻	Poppy Cat	Sesame Street ☺ (EI)		The Price Is Right (N)	Criminal Minds "100"	The View (N) ☺ ☻	The Doctors ☺ ☻	AnnaOlson	Bookaboo	Little Bear	Strength 24 CH (N)	The View (N) ☺ ☻	How/Made	Never Land	The Chew ☺ ☻	Ways Die	Halloween Ext.
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds ☺ ☻	Paid Prog.	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School Squirrel	World Series	Marilyn Denis	Gold Rush: Queen of Diamonds	Phineas	General Hospital (N) ☺	Ways Die	Places
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose ☺ ☻	Paid Prog.	News	After the First 48 ☺	The Chew ☺ ☻	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Parents	SportsNation (N) ☺	CTV News (N) ☺ ☻		Wander	CityLine ☺	Pitchin' In	Pitchin' In
1 PM	Community	Days of our Lives (N)	Dragon	Oil Painting	Days of our Lives (N)	The Talk ☺ ☻	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺ ☻	Republic of Doyle ☺	Rated A Monster	That's Hockey 2 Nite	The Social ☺ ☻	Highway Thru Hell	Shake It	Katie ☺ ☻	Stephen King's It Maine friends struggle with the embodiment of evil. ☺	Bizarre Foods/Zimmer
2 PM	Seinfeld ☺	The Talk ☺ ☻	Big Bear	Thomas	Katie ☺ ☻	Let's Make a Deal ☺	The First 48 ☺	Queen Latifah	The Talk ☺ ☻	Queen Latifah	Steven and Chris (N) ☺	Super Evil	Off Record	Dr. Phil ☺ ☻	Jungle Gold ☺ ☻	Phineas	CityNews at 5 (N) ☺	Friends struggle with the embodiment of evil. ☺	Airport
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil ☺ ☻	The First 48 ☺	Rachael Ray ☺ ☻	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N) ☺	Bethenny ☺ ☻	Mighty Planes "Trump"	Liv-Mad.	CityNews at 6 (N) ☺		Eat St. ☺
4 PM	Blg Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show ☺	Duck D.	The Doctors ☺ ☻	Young & Restless	Early News	Dragons' Den ☺ ☻	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Dog	Mod Fam		World's
5 PM	Browns	News (N) ☺	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents	NHL Hockey: Toronto Maple Leafs at Calgary Flames. ☺	CTV News at Five (N)	Moonshiners ☺ ☻	Shake It	Revolution (N) ☺ ☻	Ways Die	Halloween Ext.
6 PM	Browns	Global Nat.	Frontiers of	PBS News-Hour (N) ☺	News	KREM 2 News at 6 (N)	Duck Dynasty ☺	News at 6	(5:59) News Hour (N)	ET Canada	News	Movie: * * * "Monsters vs. Aliens" (2009) ☺	NHL Hockey: Detroit Red Wings at Vancouver Canucks. ☺	CTV News (N) ☺ ☻	High Tech Rednecks	Phineas	Mod Fam	Ways Die	Places
7 PM	Mod Fam	Ent	Waterfront Cities	Nature ☺ ☻ (DVS)	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Ironside ☺ ☻	George S			The Tomorrow People	Tickle (N)	Dog	Nashville (N) ☺ (DVS)	Ways Die	Toy Hunter ☺ ☻
8 PM	Family Guy	Survivor (N) ☺ ☻	Secrets of the Tang	NOVA (N) ☺ (DVS)	Revolution (N) ☺ ☻	Survivor (N) ☺ ☻	Duck D.	The Middle	Survivor (N) ☺ ☻	Survivor (N) ☺ ☻	Dragons' Den (N) ☺	Jimmy		Arrow "Crucible" (N) ☺	Highway Thru Hell	Good Luck	CityNews-Tonight (N)	Movie: * * * "Halloween II" (2009) Malcolm McDowell.	Pitchin' In
9 PM	Amer. Dad	Parenthood (N) ☺ ☻	La Traviata Verdi's tragic opera. ☺	Raw to Ready (N) ☺	Law & Order: SVU	Criminal Minds (N) ☺	Duck D.	Mod Fam	Parenthood (N) ☺ ☻	Parenthood (N) ☺ ☻	Republic of Doyle (N)	Funniest Home Videos		Criminal Minds (N) ☺	Moonshiners ☺ ☻	Jessie ☺	Jimmy Kimmel Live (N)		Places
10 PM	"Biker Boyz" (2003) Derek Luke	Ironside ☺ ☻		Eisenhower-Wr	Law & Order: SVU	CSI: Crime Scene	(10.01) Duck Dynasty	Nashville (N) ☺ (DVS)	Ironside ☺ ☻	News Hour Final (N)	The National (N) ☺	The Middle Mr. Young	SportsCentre (N) ☺	CSI: Crime Scene	High Tech Rednecks	Good Luck	Wander	Maury ☺ ☻	Criss Angel BeLIEve ☺
11 PM	"Brothers"	CHBC News Final (N)	Battle	Charlie Rose (N) ☺	News	News	Duck D.	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre ☺	News-Lisa	Tickle ☺	Really Ma	Paid Prog.	Criss Angel BeLIEve ☺	Toy Hunter ☺ ☻



Ashley Cantelo and Miranda McIntyre show their team spirit at the October 25th game. *



Eden Dubchak scores Princeton's first goal. Photo: Bob Marsh Photography

Princeton Posse Game Report

Posse Declaw Revelstoke October 25th

Princeton Posse hosted Revelstoke Grizzlies October 25th.

The two teams used to meet frequently but league expansion and division realignment changed the number of visits over the past couple of seasons.

The home team got on the scoreboard first with an unassisted, short-handed goal by Eden Dubchak. It was scored at 6:52.

The Posse only managed four shots on goal in the period but the single goal gave them a 25% return on their investment.

It was the beginning of a pattern that saw special teams

control the game and a lot of unassisted goals.

Princeton added their second goal at 5:29 of the second period. It was a power play goal scored by Eric Kubis and unassisted.

At 9:02 Princeton widened their lead to three with a goal scored at even strength by Dalton Dubetz with assistance from Eric Kubis and Eric Schmidt.

With only ten shots in the period and two goals, the home team saw a 20% scoring percentage in the middle frame.

The third period started with a slight shift in momentum with Revelstoke switching to a more physical approach to the

game.

At 1:22 Princeton's Kurtis Coburn pulled the puck out of the neutral zone and raced to the Grizzly goal. He broke past the defence and had just enough freedom to pop the puck up high and over the shoulder of Revelstoke goalie Bryson McKinnon.

It was another unassisted goal followed by a power play marker at 6:30 when Princeton's Devan Suidy snagged a long rebound and sent it low on the stick side. It went over the outstretched arm of the goalie and gave the home team a 5-0 lead and brought the number of unassisted goals in the game up to

four.

The home team added another power play goal at 9:20 when Justin Moltzahn fed the puck to Kurtis Klinger who fired a shot on goal. The rebound went directly to Eric Schmidt who flipped the puck up high and off the crossbar into the net.

Revelstoke could not get on the scoreboard although they dominated on shots on goal for

the majority of the game.

The win gave Princeton's Harris Whitlock his first KIJHL shut out and was the first shut out of Revelstoke by the Posse since March 4, 2009 which ended with a 3-0 score.

Final Score: Princeton 6, Revelstoke 0. Shots on Goal: Princeton 28, Revelstoke 26. Penalties in Minutes: Revelstoke 12 for 43-minutes, Princeton 8 for 19-minutes.

Similkameen News Leader

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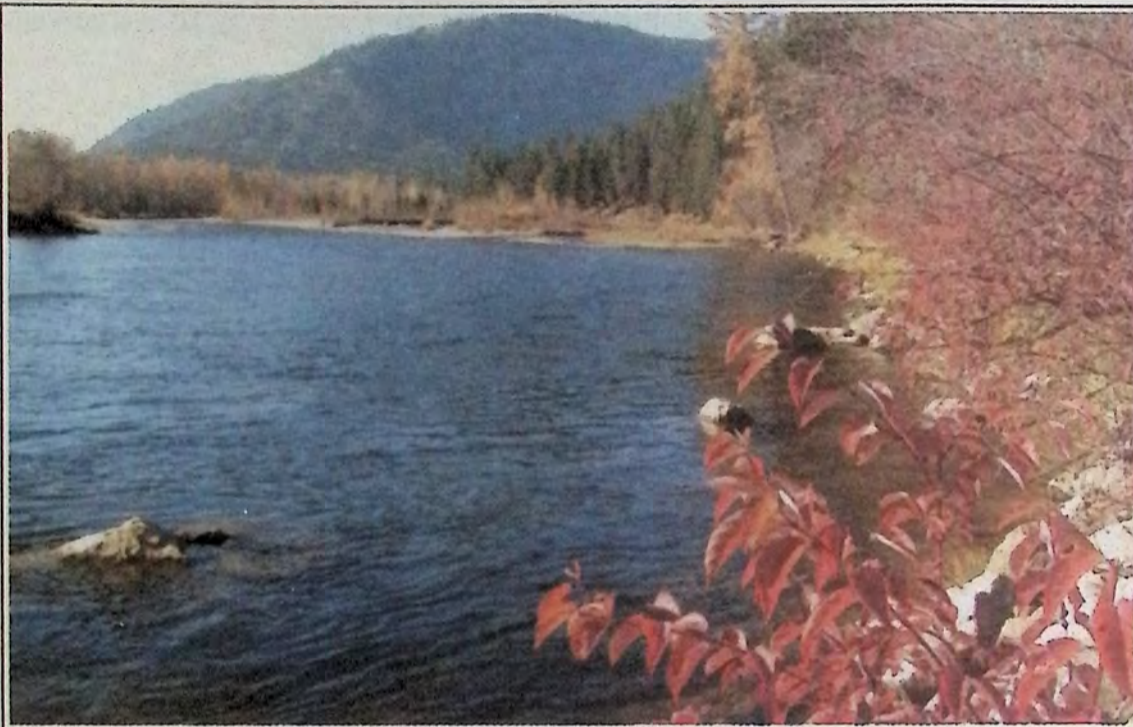
Princeton's Devan Suidy scores another Posse goal. Photo: Bob Marsh Photography



Princeton's Bryan Kromm settles the score on ice. Photo: Bob Marsh Photography

SO COUNTRY INTERNET RADIO

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Sometimes you need to stop the car and crawl down a rock bank along Old Hedley Road to find spots like this. Sunday afternoon, October 20th, was another beautiful day to explore and photograph Similkameen River. *

Thursday Movies

MORNING

8:00 am SPIKE ch.44 "The Wolfman" (2010, Horror) Benicio Del Toro. A nobleman contends with an ancient curse, scouring his childhood homeland for his missing brother, while a bloodthirsty beast prowls the moors. (In Stereo)
 11:00 am SPIKE ch.44 "The Wolfman" (2010, Horror) Benicio Del Toro. A nobleman contends with an ancient curse, scouring his childhood homeland for his missing brother, while a bloodthirsty beast prowls the moors. (In Stereo)

ghostly matriarch. (In Stereo)

EVENING

9:00 pm KNOW ch.5 "Inside Job" (2010, Documentary) Narrated by Matt Damon. Filmmaker Charles Ferguson grills government and corporate fat cats on their roles in the global economic crisis. (CC)
 9:30 pm WTBS ch.3 "Scream 2" (1997, Horror) David Arquette. A masked killer continues to pursue a California student and her friends at an Ohio college.
 11:30 pm WTBS ch.3 "1408" (2007, Horror) John Cusack. A writer who specializes in debunking supernatural phenomena experiences true terror when he spends a night in a reputedly haunted room of a hotel.

AFTERNOON

3:30 pm SPIKE ch.44 "Halloween II" (2009, Horror) Malcolm McDowell. Evil comes home to roost, as unstoppable killer Michael Myers returns to Haddonfield to restore his family, together with his

THURSDAY, OCTOBER 31, 2013

	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	CITV 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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 30	Wibbly Pig	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "100"	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 30	Kid vs. Kat	SportsCentre 30	CTV Morning Live (N) 30	Silver Rush 30	Stella-Sam	CityLine (N) 30	Ways Die	Disaster
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Celebrating Halloween; Vanilla Ice. (N) 30	CBS This Morning (N) 30	Criminal Minds 30	Good Morning America (N) 30				Tiger	Penguins	SportsCentre 30	Pyros 30 (DVS)	Dog	Let's Make a Deal (N)	Ways Die	Magie Man
8 AM	Law & Order: SVU		Magie Bus	Curious George-Boo			CSI: Miami 30					Monster	Sidekick	Airplane Repo 30	Jessie 30	The Price is Right (N)	Movie: *** "The Wolfman" (2010)	Ways Die	Magie Man
9 AM	Millionaire	Morning	Dragon	Peg			CSI: Miami 30	Livel Kelly and Michael	Morning	The Doctors 30	Super Why!	Rescue	SportsCentre 30	Livel Kelly and Michael	Yukon Men 30	Manny	Jdg Judy	Benicio Del Toro. 30	World's
10 AM	Divorce	The Doctors 30	Poppy Cat	Sesame Street (N)			The Price is Right (N)	Criminal Minds 30	The View (N) 30	The Doctors 30	AnnaOlson	Bookaboo	Little Bear	Strength	The View (N) 30	How/Made	Never Land	The Chew (N) 30	World's
11 AM	Judge Alex	AnnaOlson	Rolle Poife	Tiger	Jdg Judy	Young & Restless	Criminal Minds 30	Paid Prog.	AnnaOlson	Noon News	The Nature of Things	To School	World Series	Marilyn Denis	Last Car Standing	Phineas	General Hospital (N) 30	Movie: *** "The Wolfman" (2010)	Extreme RVs 30
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose 30	Paid Prog.	News	The First 48 30	The Chew (N) 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Kid vs. Kat	SportsNation (N) 30	CTV News (N) 30	Moonshiners 30	Wizards	CityLine 30	Benicio Del Toro. 30	Disaster
1 PM	Community	Days of our Lives (N)	Dragon	Painting	Days of our Lives (N)	The Talk 30	The First 48 30	General Hospital (N) 30	Days of our Lives (N)	The Talk 30	Republic of Doyle 30	Rated A	Hockey	The Social 30	High Tech Rednecks	Phineas	Katie 30	Deadliest Warrior	Bizarro
2 PM	Seinfeld	The Talk 30	Big Bear	Thomas	Katie 30	Let's Make a Deal (N)	The First 48 30	Queen Latifah	The Talk 30	Queen Latifah	Steven and Chris (N) 30	Super Evil	Off Record	Dr. Phil 30	Tickle 30	Really Me	CityNews at 5 (N) 30	Deadliest Warrior	Airport
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 30	After the First 48 30	Rachael Ray 30	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCentre (N) 30	Bethenny 30	How/Made	Dog	CityNews at 6 (N) 30	Movie: *** "Halloween II" (2009)	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 30	The First 48 30	The Doctors 30	Young & Restless	Early News	Dragons' Den 30	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Austin	Mod Fam	Malcolm McDowell. 30	Disaster
5 PM	Browns	News (N) 30	Martha	News	News	News	The First 48 30	News	Early News	(4:59) News Hour (N)	News	Parents	NBA Basketball: New York Knicks at Chicago Bulls. 30	CTV News at Five (N)	Fast N' Loud	ANT Farm	Once Wonderland	Magie Man	
6 PM	Browns	Global Nat.	Waterfront Cities	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	After the First 48 (N)	News at 6	(5:59) News Hour (N)	ET Canada	News	Mr. Young		CTV News (N) 30	Fast N' Loud (N) 30	Shake It	Crazy	IMPACT Wrestling (N) 30	Ghost Adventures: Transylvania (N) 30
7 PM	Mod Fam	Ent	Park	Chihuly In the Hot-shop	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	Elementary (N) 30	George S	Boys		etalk (N)	Overhaul'n (N) 30	Liv-Mad.	Scandal (N) 30	Rampage	Disaster
8 PM	Family Guy	Welcome	Galapagos	Father Brown 30	Saturday Night Live (N)	Big Bang	Beyond Scared Straight	It's the Great Pumpkin	Welcome	Welcome	The Nature of Things	Wipeout	Basketball: Warriors at Clippers	Big Bang	How/Made	Good Luck	CityNews-Tonight (N)	Chandler	Disaster
9 PM	Amer. Dad	Sean Save	Movie: *** "Inside Job" (2010)	Foyle's War 30	Sean Save	Crazy	(9:01) The First 48 30	Gray's Anatomy (N) 30	Sean Save	Sean Save	Doc Zone (N) 30	Funnlest Home Videos		Grey's Anatomy (N) 30	Fast N' Loud	Gravity	Jimmy Kimmel Live (N)	PPV Countdown	Magie Man
10 PM	Movie: *** "Scream 2" (1997) David Arquette.	(10:01) Elementary (N)		Hemingway In Cuba	Parenthood (N) 30	(10:01) Elementary (N)	After the First 48 30	Scandal (N) 30	(10:01) Elementary (N)	The National (N) 30	The Middle	Mr. Young	SportsCentre (N) 30	Played "Guns" (N) 30	Fast N' Loud 30	Phineas	Maury 30	Ways Die	Ghost Adventures: Transylvania 30
11 PM	"1408"	CHBC News Final (N)	Park	Charlie Rose (N) 30	News	News	Beyond Scared Straight	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 30	News-Lisa	Overhaul'n 30	Gravity	Paid Prog.	Rampage	Chandler

Friday Movies

EVENING

6:00 pm YTV ch.18
 "Hoodwinked Too! Hood vs. Evil" (2011, Comedy) Voices of Hayden Panettiere. Premiere. Animated. Red cuts short her training with covert group Sisters of the Hood to help save Hansel and Gretel from a wicked witch. (In Stereo) (CC)
 8:00 pm YTV ch.18
 "Madagascar" (2005, Comedy) Voices of Ben Stiller. Animated. Zoo animals must learn to survive in the wild after they wash ashore on an exotic island. (In Stereo) (CC)
 FAM ch.26 "The Incredibles" (2004, Comedy) Voices of Craig T. Nelson. Animated. Now fighting boredom in suburbia, a former superhero and his family

get a chance to save the world. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "The Women" (2008, Comedy-Drama) Meg Ryan. A grave betrayal causes cracks in the friendship between two women, while the rest of those in their circle begin to question their own relationships.
 10:01 pm FAM ch.26 "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely organizer falls for an engaged pediatrician while coordinating his wedding and reception. (In Stereo) (CC)

News Leader Recipe 585

Coconut Peanut Macaroons

Holiday Cookie Recipe: Add peanuts to macaroons for a tasty holiday treat

(NC)—Both decadent and quick to prepare with few ingredients, these peanutty macaroons are sure to be a welcome addition to your holiday baking lineup. Additional recipes can be found at www.peanutbureau.ca. Prep time: 5 minutes. Baking time: 15 minutes. Makes about 36

Ingredients:

- 4 egg whites
- 1/2 cup (125 mL) granulated sugar
- 1 tsp (5 mL) vanilla
- 1/2 tsp (2 mL) salt
- 234 cups (675 mL) sweetened coconut, flaked or shredded
- 1 cup (250 mL) peanuts, coarsely chopped

Directions:

1. Preheat oven to 350°F (180°C). Line 2 baking sheets with parchment paper.
2. Whisk egg whites with sugar, vanilla and salt until well combined. Stir in coconut and peanuts.
3. Using 2 dessert spoons (as mixture is sticky), gather a heaping tablespoon (about 22 mL) of the mixture. Place on baking sheet and form into a tight mound. Repeat with remaining mixture, stirring mixture in bowl occasionally. Set macaroons about 2 inches (5 cm) apart on baking sheet.
4. Bake 1 sheet at time until tops of cookies are golden brown, about 13 to 15 minutes. If macaroons aren't perfectly shaped, edges can be trimmed with scissors, if desired.
5. Remove from oven and cool for 10 minutes on baking sheet. Then remove to a rack to cool completely, about 20 minutes.

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FRIDAY, NOVEMBER 1, 2013

	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	CITV 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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☺	Wibbly Pig	Bulldozer	KHQ News 6AM (N)	KREM 2 Morning News	Storage	Morning Northwest	Morning News (N) ☺	(5:00) Morning News (N)	CBC News Now (N) ☺	Kid vs. Kat Rescue	SportsCentre ☺	CTV Morning Live (N) ☺	Auction	Stella-Sam	CityLine (N) ☺	Tenants	GoldMind
7 AM	Law & Order: SVU		Ella the Elf	Arthur	Today Michael Douglas;	CBS This Morning (N) ☺	Storage	Good Morning America (N) ☺			Tiger	Yu-Gi-Oh!	SportsCentre ☺		Licence to Drill	Shake It	Let's Make a Deal ☺	Tenants	Making Monsters (N) ☺
8 AM	Law & Order: SVU		PAW Patrol	Martha	Morgan Freeman. (N) ☺		Storage			Morning	Bo On/Go	Pokémon	SportsCentre ☺		Canada's Worst Driver	Jessie ☺	The Price Is Right (N)	Tenants	Eat St. ☺
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club (N) ☺	Storage	Livell Kelly and Michael	Morning	The Doctors (N) ☺	Super Why!	Rescue	SportsCentre ☺	Livell Kelly and Michael	Airplane Repo ☺	Little	Jdg Judy	Tenants	World's
10 AM	Divorce	The Doctors (N) ☺	Pajanimals	Sesame Street (E)		The Price Is Right (N)	Storage	The View (N) ☺	The Doctors (N) ☺	AnnaOlson	Bookaboo	Little Bear	NHRA Drag Racing: NHRA	The View (N) ☺	How/Made	Never Land	The Chew (N) ☺	Tenants	The Dead Files (N) ☺
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Storage	Paid Prog.	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School	Nationals. (Taped) ☺	Marilyn Denis	How/Made	Phineas	General Hospital (N) ☺	Cops ☺	The Dead Files (N) ☺
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose (N) ☺	Paid Prog.	News	Storage	The Chew (N) ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Parents		CTV News (N) ☺	Fast N' Loud	Wizards	CityLine ☺	Cops ☺	GoldMind
1 PM	Community	Days of our Lives (N)	Dragon	Watercolor	Days of our Lives (N)	The Talk (N) ☺	Storage	General Hospital (N) ☺	Days of our Lives (N)	The Talk (N) ☺	Republic of Doyle (N) ☺	Rated A	Hockey	The Social (N) ☺	Fast N' Loud (N) ☺	Wizards	Katie (N) ☺	Cops ☺	Bizarro Foods/Zimmer
2 PM	Seinfeld	The Talk (N) ☺	PAW Patrol	Super Why!		Let's Make a Deal ☺	Storage	Queen Latifah	The Talk (N) ☺	Queen Latifah	Steven and Chris (N) ☺	Super Evil	Off Record	Dr. Phil (N) ☺	Overhaul'n ☺	Shake It	CityNews at 5 (N) ☺	Cops ☺	Airport
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil (N) ☺	Storage	Rachael Ray (N) ☺	Queen Latifah	Young & Restless	Recipes	Allen	SportsCentre (N) ☺	Bethenny (N) ☺	How/Made	Jessie ☺	CityNews at 6 (N) ☺	Cops ☺	Eat St. ☺
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show ☺	Storage	The Doctors (N) ☺	Young & Restless	Early News	Dragons' Den (N) ☺	SpongeBob	CFL	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops ☺	Weird or What?
5 PM	Browns	News (N) ☺	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	Alouettes at BC Lions.	CTV News at Five (N)	Canada's Worst Driver	ANT Farm	Storage	Cops ☺	Making Monsters ☺
6 PM	Browns	Global Nat.	Park	PBS News-Hour (N) ☺	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	Movie: "Hoodwinked Too"	(Live) ☺	CTV News (N) ☺	Highway Thru Hell	Mighty	The Middle	Cops ☺	The Dead Files (N) ☺
7 PM	Mod Fam	Ent	Wild Coasts	Wash	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Dracula (N) ☺	George S	Hood vs. Evil	CFL Football: Calgary Stampeders	Grimm	Mayday ☺	Next Step	Liquidator	Cops ☺	The Dead Files (N) ☺
8 PM	Family Guy	Elementary "M." ☺	Murder Myster.	Call the Midwife ☺	Deteline NBC (N) ☺	Undercover Boss (N) ☺	Storage	Last Man	Elementary "M." ☺	Elementary "M." ☺	M'ketplace	Movie: "Madagascar" (2005)	(N Subject to Blackout)	MasterChef The winner is chosen.	Mayday ☺	Movie: "The Incredibles" (2004) ☺	CityNews-Tonight (N)	PPV Countdown	Weird or What?
9 PM	Amer. Dad	Hawaii Five-0 (N) ☺	The Inspector Lynley Mysteries	Great Performances San Francisco Opera's "Moby-Dick" (N)	Grimm "PTZD" (N) ☺	Hawaii Five-0 (N) ☺	Storage	Shark Tank (N) ☺	Hawaii Five-0 (N) ☺	Hawaii Five-0 (N) ☺	the fifth estate (N) ☺			Highway Thru Hell			Jimmy Kimmel Live ☺	Cops ☺	Making Monsters ☺
10 PM	Movie: "The Women" (2003)	Dracula (N) ☺			Dracula (N) ☺	Blue Bloods (N) ☺	Storage	(10:01) 20/20 (N) ☺	Dracula (N) ☺	News Hour Final (N)	The National (N) ☺	Boys	SportsCentre (N) ☺	Blue Bloods (N) ☺	Canada's Worst Driver	(10:01) "The Wedding Planner"	Paid Prog.	Jail ☺	The Dead Files (N) ☺
11 PM	Annette Bening.	CHBC News Final (N)	Architects of Change	NW Profil	Jay Leno	Letterman	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre ☺	News-Lisa	Mayday ☺	Princess	Paid Prog.	Jail ☺	The Dead Files (N) ☺

Vermilion Forks Field Naturalists

Naturalists Hike China Ridge

by Janis Wright, VFFN

Saturday, October 19 was a perfect day for a hike - cool but sunny - and 14 of us thoroughly enjoyed John Henry's trek along some of the trails at China Ridge.

We hit the high points to enjoy great views to the east and southwest, and came across the old downhill ski t-bar used decades ago. John pointed out volcanic rock deposits, and at a lower elevation

we discovered remnants of a cabin and other evidence of homesteaders from ages past.

Almost everywhere we went we found *Lactarius deliciosus* mushrooms, aka saffron milk caps, but

regrettably, they were just a little too old to pick! Some of the bird highlights were Clark's nutcrackers, turkey vultures, and Cassin's finches. A panicked rabbit also sprinted across our path, with its black fur in the midst of changing colour to white.

We found a warm and welcoming clearing in the forest, complete with natural seating, for our lunch break, and then resumed walking along fallen leaves to complete our colourful three-hour walk!

Our next field trip will be led by Charlotte Sellers on Saturday,

November 2. We will meet at Billy's at 10:00 AM for a 5-6 kilometre hike in the area of China Creek, on the airport side.

Bring a lunch and we'll have a fire at the pond. Contact Charlotte at 250-295-6079 to confirm. Non-members welcome!

Vermilion Forks Field Naturalists' next meeting will be Tuesday, November 12, 7:00 PM at Riverside Centre, when we will host a mine engineer from Copper Mountain to talk about their mining operation. Please join us for an educational evening!



The view from China Ridge enjoyed by hikers October 19th. - photo submitted

Monday Movies

MORNING

6:30 am SPIKE ch.44 "Lara Croft: Tomb Raider" (2001, Adventure) Angelina Jolie. A beautiful globe-trotter battles otherworldly creatures for possession of a powerful artifact. (In Stereo)
 9:30 am SPIKE ch.44 "King Kong" (2005, Adventure) Naomi Watts. Premiere. Members of a film crew encounter prehistoric beasts and a gigantic ape on mysterious Skull Island. (In Stereo)


EVENING


9:30 pm WTBS ch.3 "Larry the Cable Guy: Health Inspector" (2006, Comedy) Larry the Cable Guy. An uncouth health inspector and his new partner probe an outbreak of food poisonings in the city's ritziest restaurants.
 11:30 pm WTBS ch.3 "Beyond a Reasonable Doubt" (2009, Drama) Jesse Metcalfe. A journalist's plan to expose a corrupt district attorney backfires when the journalist's quarry gets wind of the set-up.

MONDAY, NOVEMBER 4, 2013

	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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 22	Wibbly Pig	Builder	KHQ News GAM (N)	KREM 2 Morning News	Criminal Minds Cults.	Morning Northwest	Morning News (N) 22	(5:00) Morning News (N)	CBC News Now (N) 1	Kid vs. Kat Rescue	SportsCentre 22	CTV Morning Live (N) 1 22	Highway Thru Hell	Stella-Sam Phineas	CityLine (N) 22	Cops 22	Sunset
7 AM	Law & Order: SVU		Elfa the Elf	Arthur	Today (N) 1 22	CBS This Morning (N) 1 22	Criminal Minds 1 22	Good Morning America (N) 22			Tiger	Penguins	SportsCentre 22		Salvage Hunters 22	Shake It ANT Farm	Let's Make a Deal (N)	** "Lara Croft: Tomb Raider" (2001)	Pitchin' In
8 AM	Law & Order: SVU		PAW Patrol	Martha			CSI: Miami 1 22				Monster	T.U.F.F.		Overhaul'n 1 22	Jessie 22	The Price Is Right (N)	Angelina Jolie, Iain Glen. 1	Eat St. 1	
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club 1 22	CSI: Miami 1 22	Live! Kelly and Michael	Morning	The Doctors 1 22	Super Why! Cat in the	Rescue	SportsCentre 22	Live! Kelly and Michael	Mayday 22	Little	Jdg Judy		World's
10 AM	Divorce	The Doctors 1 22	Poppy Cat	Sesame Street 1 (E)		The Price Is Right (N)	Criminal Minds 1 22	The View (N) 1 22	The Doctors 1 22	AnnaOlson	Bookaboo	Little Bear	To Be Announced	The View (N) 1 22	How/Made	Never Land	The Chew 1 22	Naomi Watts. A beauty tames a savage beast.	Airport
11 AM	Judge Alex	AnnaOlson	Rolle Polle	Tiger	Jdg Judy	Young & Restless	Criminal Minds 1 22	Paid Prog.	AnnaOlson	Noon News Hour (N)	Our Vancouver (N) 22	To School		Marilyn Denis	Auction	Phineas	General Hospital (N) 1		The Get-away 1 22
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose 1 22	Paid Prog.	News	The First 48 22	The Chew 1 22	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 1	Parents		CTV News (N) 1 22	Shipwreck Men 22	Wingin' It	CityLine 22		Security
1 PM	Community	Days of our Lives (N)	Dragon	Paint This	Days of our Lives (N)	The Talk 1 22	The First 48 22	General Hospital (N) 1	Days of our Lives (N)	The Talk 1 22	Republic of Doyle 1	Rated A	TBA	The Social 1 22	Mayday 22	Wizards	Katie 1 22	Deadliest Warrior	Bizarro Foods/Zimmer
2 PM	Seinfeld 1	The Talk 1 22	Big Bear	Thomas	Katie 1 22	Let's Make a Deal (N)	The First 48 "Missing"	Queen Latifah	The Talk 1 22	Queen Latifah	Steven and Chris (N) 1	Super Evil	To Be Announced	Dr. Phil 1 22	Myth-Busters 1 22	Shake It	CityNews at 5 (N) 22	Deadliest Warrior	Hid. City
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 1 22	Gangsters: Most Evil	Rachael Ray 1 22	Queen Latifah	Young & Restless	Recipes	Squirrel		Bethenny 1 22	Canada's Worst Driver	Jessie 22	CityNews at 6 (N) 22	Deadliest Warrior	Eat St. 1
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 22	Gangsters: Most Evil	The Doctors 1 22	Young & Restless	Early News	Dragons' Den 1	SpongeBob	To Be Announced	Ellen DeGeneres Show	Daily Planet (N)	Good Luck	Mod Fam	Deadliest Warrior	Security
5 PM	Browns	News (N) 22	Martha	News	News	News	Gangsters: Most Evil	News	Early News	(4:59) News Hour (N)	News	Parents		CTV News at Five (N)	Airplane Repo (N) 22	Austin	How I Met	Deadliest Warrior	Bggg Bttls
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) 22	News	KREM 2 News at 6 (N)	Gangsters: Most Evil	News at 6	(5:59) News Hour (N)	ET Canada	News	Sam & Cat		CTV News (N) 1 22	To Be Announced	Phineas	Mike	Deadliest Warrior	Airport
7 PM	Mod Fam	Ent	Hope for Wildlife 22	The Cafe	Jeopardy!	Inside Ed.	Gangsters: Most Evil	Ent	Ent	(7:01) The Blacklist (N)	George S	Hathaways		etalk (N)	Canada's Worst Driver	Phineas	Law & Order: UK 22	Deadliest Warrior	Hotel Impossible (N) 1
8 PM	Family Guy	Almost Human 1 22	Viking Saga	Antiques Roadshow (N)	The Voice The artists perform.	How I Met Broke Girl	Gangsters: Most Evil	Dancing With the Stars (N)	Almost Human 1 22	Almost Human 1 22	Murdoch Mysteries (N)	Wipeout 1 22	SportsCentre 22	The Voice The artists perform. 1 22	Airplane Repo 1 22	Phineas	CityNews-Tonight (N)	Deadliest Warrior	Moves
9 PM	Amer. Dad	Sleepy Hollow (N) 22	(9:05) The Art of Spain	Antiques Roadshow	Mike Mom (N)	Gangsters: Most Evil	Gangsters: Most Evil	Same-day Tapo) 22	Sleepy Hollow (N) 22	Sleepy Hollow (N) 22	Cracked "Ghost Dance"	Wendell		To Be Announced	Phineas	Jimmy Kimmel Live (N)	Deadliest Warrior	Pitchin' In	
10 PM	"Larry the Cable Guy: Health Inspector"	(10:01) The Blacklist (N)	Architects of Change	Independent Lens (N)	(10:01) The Blacklist (N)	Hostages "Hail Mary"	Gangsters: Most Evil	(10:01) Castle (N) 22	(10:01) The Blacklist (N)	News Hour Final (N)	The National (N) 22	Mr. Young		(10:01) Hostages (N) 1	Canada's Worst Driver	Good Luck	Maury 1 22	Deadliest Warrior	Airport
11 PM	"Beyond"	CHBC News Final (N)	Hope for Wildlife 22	Charlie Rose (N) 22	News	News	Gangsters: Most Evil	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys		CTV News	Airplane Repo 1 22	Wizards	Paid Prog.	Deadliest Warrior	Hotel Impossible 22

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Support Our Health Care - SOHC

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
Community

The Official Facebook Page for Support Our Health Care in Princeton, BC. SOHC is dedicated to the improvement of healthcare in Princeton and Area.


About - Suggest an Edit



Photos

 **165**

Likes



Events

In addition to a website (www.sohc.ca) Support Our Health Care also has a Facebook page. *

SOHC - Support Our Health Care

A Year In Review

The group formerly known as Save Our Hospital Coalition, and currently as Support Our Health Care, hosted their annual general meeting October 23rd at Riverside Centre.

A total of 12 people attended the meeting including local government representatives Mayor Frank Armitage, Councillor Kim Maynard and Area H Director Brad Hope.

While the financial report revealed a very small bank account balance, a year in review showed a lot had been accomplished in a short period of time.

"This has been a very interesting year and when we put together the Year in Review it became apparent how interesting it actually was," Ed Staples stated.

The new executive includes Staples as President, Spencer Coyne Vice President, Nienke Klaver Secretary, June Hope Treasurer and Directors Ole Juul and Judy Short.

- October 3, 2012
- first SOHC AGM held at Riverside Centre
- October 15
- Princeton ER Sustainability Steering Committee - SOHC is represented for the first time on this committee
- October 20

- SOHC Executive strategic planning session held - Robin Thomas, facilitator
- November
- SOHC becomes member of the BC Health Coalition and is invited to sit on their Elections 2013 work group
- November 14
- Ed Staples makes presentation on health care at Alex Atamanenko public forum - Legion Hall
- November 19
- monthly meeting of the Princeton ER Sustainability Steering Committee
- November 23
- first meeting of Community Consultation organization committee - Barb Pesut, Susan Brown, Nienke Klaver, Ed Staples
- December 10
- BC Health Coalition Public Forum on Seniors Care at Maritime Labour Centre in Vancouver - met Gloria Levi, coordinator of Integrated Care Advocacy
- ER Sustainability Steering Committee - teleconference from Vancouver
- December 14
- Community Consultation teleconference - planning meeting with Barb Pesut, Marilyn Harkness, Brad Hope, Nienke Klaver, Ed Staples
- December 17

- telephone conversation with Adam Lynes-Ford - BC Health Coalition, to discuss BC Ombudsperson's report on seniors care
- January 14, 2013
- Community Consultation planning meeting - teleconference with Barb Pesut, Susan Brown, Marilyn Harkness, Brad Hope, Nienke Klaver, Ed Staples
- January 21
- ER Sustainability Committee meeting
- January 29
- Community Consultation at Riverside - 42 community stakeholders meet at Riverside to discuss challenges to Princeton's health care system - Barb Pesut, facilitator
- January 30
- Community Consultation Focus Group meeting - follow up and media briefing
- February 15
- Community Consultation Summary prepared by Dr. Pesut and released to the public
- February
- SOHC Action Plan developed in response to Community Consultation Summary
- February 18
- Princeton ER Sustainability Steering Committee changes its name to Princeton Health Care Sustainability

- Committee
- February 25
- Gloria Levi presentation at Riverside Centre - Integrated Care for Seniors
- February 28
- Princeton Health Care Action Framework - first meeting of the development committee at PGH - Valerie Tregillus, consultant
- March
- throughout the month, SOHC publishes responses to our questions from local candidates running in the provincial election
- March 5
- SOHC Executive decides to change its name from Save Our Hospital Coalition to Support Our Health Care - the decision is based on recommendations received from Community Consultation; SOHC feels that the new name better reflects their present efforts
- March 6
- Okanagan Similkameen Healthy Living Coalition - Brad Hope, Nienke Klaver, and Ed Staples attend meeting with Dr. Gerry Karr and Betty Brown at RDOS office in Penticton
- March 18
- second meeting of the Action Framework development committee at PGH - first draft Of the Action

- Framework is presented by Valerie Tregillus; discussed by committee; changes and additions made
- SOHC presentation to Princeton Town Council - official name change from Save Our Hospital Coalition to Support Our Health Care, update on SOHC activities and presentation of SOHC Action Framework
- April 8
- meeting with Janice Perrino (South Okanagan Similkameen Hospital Foundation) to discuss funding support
- April 15
- third meeting of Action Framework development committee - 2nd draft presented and discussed
- May 8
- South Okanagan Healthy Communities Forum, Osoyoos - June Hope represents SOHC
- May 27
- fourth meeting of Action Framework development committee - 3rd draft presented and discussed
- June 21
- fifth meeting of Action Framework development committee - final draft presented for approval - discussion results in further changes and revisions
- extra meeting called for July 3
- June 28

..... continued on Page 21



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Card of Thanks

Card of Thanks

A very special thank you to the people of Princeton for all of their hard work at getting the Princeton Hospital Emergency back up and running. On October 6th, 2013 at 12:30 AM I suffered a severe heart attack. Because of the quick thinking of Dr. Dimma from Osoyoos and the excellent work of the ER Nurses I am alive today. But without all of you helping to get that ER open I would not be here today. So again, to all of the people responsible for getting the ER open you have mine and my husband's deepest gratitude. Yours sincerely, Mema Hamilton and Jeff Lord

Half acre view lot. Septic approved, services at lot line. Asking \$123,000.00. 306 Jacobsen Road. Call 250-295-6548 for more information. Oct 15-29

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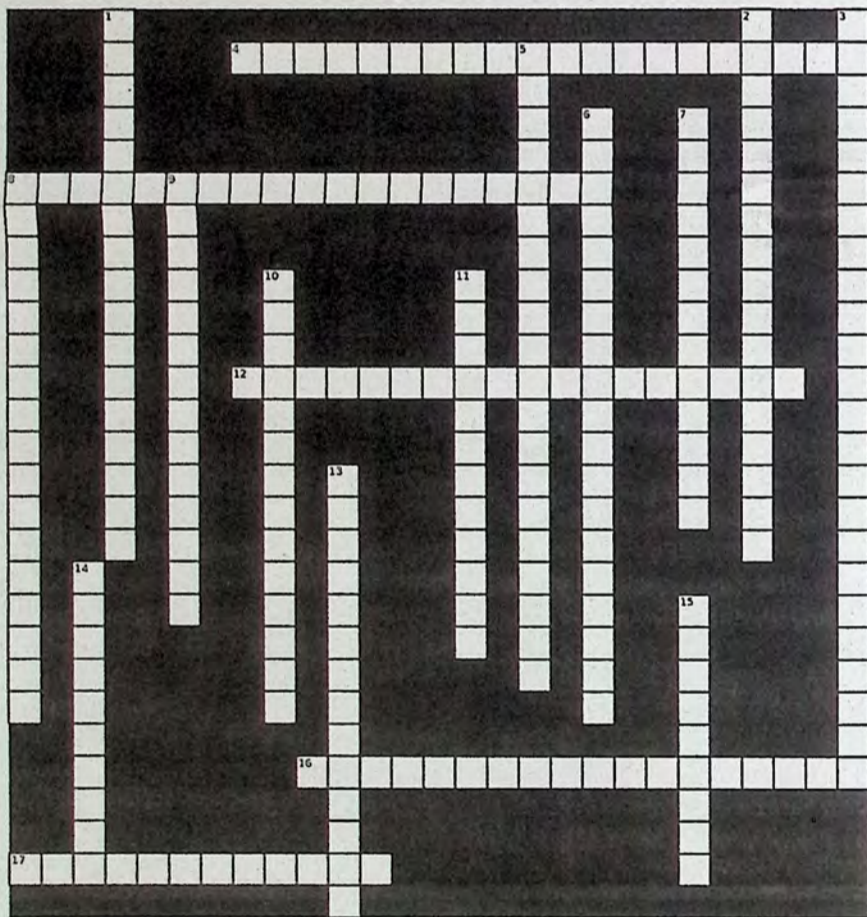
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To all you fishermen out there, the aerator at Yellow Lake has been turned on. Yellow Lake is quite possibly named after the yellow-green tinge that the lake acquires each summer when the algae grow and multiply. The swirl effect of the water-borne algae can be seen on the lake surface regularly. Did you know that Yellow Lake was the second lake in BC to have artificial circulation? A diesel-powered circulation system was operated from November 5 to December 21, 1969. It required daily maintenance and was abandoned. Windmills were used for a time in the early 1970's but it was discovered that the high winds at Yellow Lake caused the wind turbines to disintegrate (the windmills had no governors). Fast-forward to the electrical aerator of today. Photo: Arlene Arlow

Similkameen
News Leader Puzzler

Use the October 22 News Leader to find Answers Below...



- | | |
|---|--|
| <p>Across</p> <p>4 Living Water Church recently reopened this.</p> <p>8 Vermillion Forks School recently received funding for this.</p> <p>12 A different kind of KFC which includes Princeton.</p> <p>16 The 'CF' in CFIB.</p> <p>17 Who is developing the property at Treasure Mountain?</p> | <p>Down</p> <p>1 You are attempting to solve one.</p> <p>2 John Allison School recently received funding for this.</p> <p>3 It's called a CoR.</p> <p>5 October is also known as this.</p> <p>6 The 'IB' in CFIB.</p> <p>7 The photo on Page 4 was taken here.</p> <p>8 Identify one Princeton student on the School Board.</p> <p>9 Headline: "High school adapts _____"</p> <p>10 "Weekly Independent. _____"</p> <p>11 Sometimes this is simply known as 'FN.'</p> <p>13 Name the team Princeton beat October 12th in double OT.</p> <p>14 Identify one Princeton student on the School Board.</p> <p>15 Who was identified as the culprit for the handiwork on Page 23?</p> |
|---|--|

SOHC Year in Review

..... continued from Page 18

- SOHC meeting with Jackie Tegart, our newly elected MLA at Riverside - Brad Hope, June Hope, Ole Juul, Nienke Klaver, Ed Staples

July 3

- final meeting of Action Framework development committee - final draft presented and approved - to be sent to RDOS, Town of Princeton, and IHA for endorsements

July 4

- IHA endorses Action Framework - SOHC meets to discuss Action Framework - unanimously endorses the document

July 15

- SOHC receives team building grant from RHSRNbc to work with Dr. Barb Pesut of UBCO to develop a research project on chronic illness with Princeton as the research community

August 16

- meeting with Jackie Tegart, MLA Fraser Nicola and Donna Barnett, MLA Cariboo Chilcoten - attended by Lilly Zekanovic, constituency assistant to Alex Atamanenko, Kim Maynard, Brad Hope, June Hope, Angelique Wood, Ole Juul, Nienke Klaver, Ed Staples

August 20

- organizational meeting of Princeton Health Care Steering Committee at PCH

September 5

- teleconference meeting with Susan Brown, Dr. Adams, Dr. Bell to discuss transportation concerns

September 10

- organizational meeting of the Princeton-UBC research team - chronic illness and end of life care in Princeton

September 12

- transportation concerns meeting - Dr. Adams, Lynn Pelly, Brad Hope, Marilyn Harkness, Ed Staples, Nienke Klaver - held at Vermillion Medical Clinic

September 17

- first full meeting of the Princeton Health Care Steering Committee at PGH

- announcement made that ER will return to 24/7 mode on October 11

September 25

- presentation to BC Standing Committee on Finance - Merritt

October 1

- teleconference with BC Health Coalition - discussion re: the illegal practices of Dr. Day and the Cambie Clinic in Vancouver and Dr. Day's legal challenge to Canada Health Act

October 7

- Canada Health Accord workshop in Kamloops - presented by Doctors for Medicare and CUPE

October 10

- Healthy Communities meeting with Gerry Karr and Betty Brown

- Health Care Celebration - Riverside

October 15

- Health Care Steering Committee - PGH - 2nd meeting

October 16

- BC Healthy Communities webinar

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Potters display their results from the Raku firing. Back row: Barb Gagnon, Joan Kelly, April Earle, Courtney Gillingham, Michelle Webb and Shirley Frieding. Front row: Sue Delatour, Shirley Low, Ed Staples and Ben. - photo submitted

Local artists attend Raku Party

by Sue Delatour

On Sunday, October 20th, Ed Staples and Nienke Klaver hosted a "raku party" for a group of local potters. I also invited students from the Princeton Riverside Pottery Studio Adult Fall Pottery Class to participate in the event.

Ed introduced this special firing technique by giving everyone a short description of the history of Raku, which originated in Japan and was associated with the Japanese Tea Ceremony.

He went on to explain how over the years, North Americans have adapted the firing to include a post-reduction process. This produces decorative ware with the signature white crackle glaze, shiny iridescent copper glazes and jet black bottoms.

Each participant was able to glaze two pieces, some of them originally made by the artists and some created by Ed.

The pieces were then put into the kiln, two or three at a time. When

the kiln reached 980 degrees Celsius, great excitement ensued as the work, molten hot, was removed with tongs and placed into metal garbage cans with newspaper to act as a reduction chamber.

The results were enjoyed by all and everyone was keen to do this again, perhaps next spring.

For more information on Adult Pottery Classes at Riverside Centre or future Raku gatherings give me, Sue Delatour, a call at 250-295-0527.

PXA deals with rodeo issue

..... continued from Front Page
 rodeo, horse racing and the fair. She has volunteered to do the same promotion in 2014.

The PXA voted to buy a quarter page advertisement in the Similkameen Valley Tourist Guide. The rodeo, horse races and fair will

be advertised along with the availability of overnight boarding for horses and grounds rental opportunities.

The major events scheduled for 2014 are the rodeo, May 10 and 11, horse racing tentatively Canada Day weekend, and the fair on

September 6 and 7.

The regularly scheduled meeting of the PXA would have been on November 19th, and would have been the annual general meeting. The Town scheduled a "Let's Talk" session on that date, so the PXA has moved its annual general meeting to November 26th at the library.

The PXA will be looking for five new Directors, who are expected to come from user groups.

Karrie Crucil will not run for President of Racing Days Association, and has indicated she will not fill that Directorship nor seek a seat on the PXA Board. Secretary Dawn Johnson will not continue on the Board.

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OUTBACK JACKS

HORSE RESCUE ANNUAL FLEA MARKET
 9:00 AM - 4:00 PM Saturday, November 9 - St. Paul's United Church Hall
 \$1.00 Admission - Volunteers/Baking Donations Needed - Call 250-295-0775



These giant shelves took Princeton Home Hardware Owner/Manager Peter Rubingh two days to build and will become the front window display in the expanded area of the hardware store. Watch for changes daily this week. *

Flip Of The Coyne

by Spencer Coyne

..... continued from Page 3 of the Conservative caucus? I think not. Mr. Harper, you appointed them. You picked them above any other Canadians out of a sort of political patronage, so no matter what comes of the three senators, the fact will always remain that they were your senators, Mr. Prime Minister.

The Prime Minister needs to take his own advice and start answering some "simple questions." You can only stay in power for so long, and the longer Mr. Harper says he knew

nothing while his right hand man was in the thick of it, makes it hard for anyone to believe that he knew nothing. After all, this is the same Stephen Harper who controls nearly every bit of his government, going so far as to make scientists who work for federal ministries have to get ministerial approval before they do what scientists do, publish works within their fields. Yet we are to believe that the Prime Minister's very own chief of staff would make a decision to give a troubled senator 90,000 dollars and that he did not

discuss this decision with Mr. Harper?

Mr. Harper, just tell us what you knew and when. If you knew from the beginning, tell us. If you are lying, it is better to fess up now before an inquiry or RCMP investigation finds something to the contrary. Not only is his career in the balance, so is his cabinet and the future of his party. If this scandal runs deep and there was a coverup, there will be a lot more than just three fallen senators in the unemployment line when all is said and done.



Take a wild guess who these Posse fans are cheering for! *

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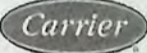
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OUTBACK JACKS

HORSE RESCUE DINNER & DANCE

6:30 - 11:00 PM Saturday, November 9 - St. Paul's United Church Hall

\$10.00 per Person - Dessert Toonie Auction - Volunteers/Baking Donations Needed - Call 250-295-0775

Brenda Crawford



brenda@bcland.net
(250) 295-8182

April Earle



april@bcland.net
(250) 295-5346

Sandra Simpson



sandra@bcland.net
(250) 499-9414

Happy Halloween!

BE SAFE WITH THESE HELPFUL TIPS:

1. Give your kids a map of their trick or treat route so they can find their way home. Mark the homes of nearby friends and relatives in case they need assistance on their journey. Younger children should be chaperoned by an adult.
2. Instruct children to walk on the sidewalk not the street, even princesses and fairies have to watch out for motorists!
3. Prepare for the dark with lighter coloured clothing and reflective surfaces. What better way to decorate a sword or a cape, than with magical glowing tape?
4. Avoid any type of flame by substituting candles with glow sticks. Wigs and costumes are highly flammable and glow sticks are perfect for illuminating Jack-o-lanterns.
5. Remind your kids to stick with groups of at least four or five - after all, even legendary heroes are stronger as a team (like the Avengers and X-Men!)
6. Tell them to only visit residences with a porch light on and not to enter a stranger's home. Politely accept candy and promptly leave.
7. Costumes are meant to embellish not to hide. Keep hems short to avoid tripping and don't let masks block the eyes.
8. Whether you have one eye, two eyes, three eyes or four, always look both ways before crossing the street.
9. Both mystical creatures and children need to let parents check their candy before eating to remove any potential hazards.
10. A flashlight is akin to a protective light saber of sorts and makes nighttime travelling safer (it also helps you spot a ghost or goblin trying to plan a surprise attack!).

Following these tips on October 31 will help ensure your family has a fun and safe night of trick or treating!



PRINCETON

499 Similkameen Avenue



Solid 3 bedroom home a few blocks walk to the Similkameen River and walking distance to town! New flooring, bathroom, roof, windows, hot water tank, and furnace in last 5 years. Fully fenced yard, oversized lot with garage, and workshop area for hobbies or just storage. Basement is low, but useable with cement floor and woodstove. MLS@141294 \$175,300

4350 Princeton/S'land Road



OSPREY LAKE. 1600 sq.ft. newer home. 2 bedroom/2 bath. Spacious loft master bedrm with huge walk in closer/bathroom. Great room has solid teak flooring, wood stove and electric heat. Year round living or Recreational-either way you will be impressed. Outside you will find a 2 car garage, quad shed, wood shed and more! MLS@142422 \$419,000

321 Fenchurch Avenue



Solid home on second bench, well cared for, well loved and it shows! A double lot gives lots of room for 3 separate areas, very private middle area with enclosed, covered sun-room to enjoy the gardens in any weather, manicured front lawn and back veggie garden area with access to generous sized workshop. MLS@145199 \$259,000

630 Highway 3



Country living in the city! Imagine almost 14 acres just a few short minutes from town! Very private acreage with well-loved home and it shows! Purchase these 2 adjoining parcels of land with separate titles offering lots of possibilities. This 5 bedroom home, fully finished up and down is perfect for families and extended families. MLS@145197 \$575,000

3900 Princeton/S'land Road



What a great find! This 2 bedroom cabin sits back on an all useable 1 acre property. Hester Creek runs the length of the property so soothing water sounds! There is some work to be done, but the basics are in place. Some newer windows, metal roof over garage/storage shed. Extra storage shed also a great space to house all the toys. MLS@144171 \$160,000

76 Halliford Avenue



Located in the heart of Princeton, this level-entry, two bedroom house is waiting for you. Double lot gives you plenty of property to enjoy. Alley access leads you to the large double garage which offers secure parking and storage. This simple design gives you large rooms and easy enjoyment and flow between the spaces. MLS@145815 \$160,000

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