

Similkameen News Leader

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Volume 18 Issue 42 #908 ISSN 1712-090X

Tuesday, October 20, 2015

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



Princeton's Weyerhaeuser mill donated a load of logs to Princeton Secondary School recently. The school uses them as a fire wood fundraising project for the athletic department and grad class. Photo: Ian Tisdale

CMMC sets another third quarter mill record

Copper Mountain Mining Corporation (TSX: CUM) (the 'Company' or 'Copper Mountain') announced October 6th that in the third quarter of 2015 the mine produced 20.4 million pounds of copper. Concentrate shipped during the quarter contained approximately 21.9 million pounds of copper, plus gold and silver, generating an estimated US\$60 million in gross revenue. In the third quarter the mill achieved an average record throughput of 37,400 tpd, an increase of 22% over the comparative period of 2014. The ore grade averaged 0.35% copper for the quarter.

Jim O'Rourke, President and CEO of Copper Mountain, commented, "We are very pleased with Copper Mountain Mine's ability to continue to set production records. During the quarter, the mill averaged 37,400 tpd including an all-time high average throughput rate of 39,100 tpd for the month of July, as compared to 35,600 tpd achieved during the second quarter of 2015, which it included. This record throughput has contributed to strong third quarter production of 20.4 million pounds of copper."

"Management are fully focused on operational improvements and cost savings to ensure we are successfulcontinued on Page 4

Flu Clinic season is here

Interior Health is gearing up to help protect children, pregnant women, seniors, people with chronic illnesses and others who are most at risk from influenza and its complications.

In a typical influenza season, thousands of Canadians develop serious illness or even die from influenza or its complications. The flu shot is a safe and effective way to help people stay healthy, prevent illness and save lives.

"Many people incorrectly use the term 'flu' to refer to any illness caused by a virus, such as the stomach flu or the common cold. However, influenza tends to be more severe. Influenza reduces the

body's ability to fight illnesses and infections and it can also increase a person's risk for developing other serious conditions, including viral or bacterial pneumonia," said Dr. Kamran Golmohammadi, Medical Health Officer.

"Getting a flu shot and washing your hands frequently are the two most effective ways to protect yourself and others from influenza and its complications."

The flu shot provides protection from the influenza virus strains expected to be circulating this season based on trends worldwide. This year's flu shot offers protection against two influenza A viruses (an H1N1 and an H3N2 virus) and

one influenza B virus. For those under 18, the preferred vaccine also protects against an additional B influenza virus.

The flu shot is free for those at risk of complications from influenza and those in contact with people at risk. This includes:

- People 65 years and older and their caregivers/household contacts,
- People of any age in residential care facilities,
- Children and adults with chronic health conditions and their household contacts,
- Children and adolescents (6 months to 18 years) with conditions treated for long periods of time with Aspirin (ASA) and their household contacts,
- Children and adults who are morbidly obese,
- Aboriginal people,
- All children 6-59 months of age,
- Household contacts and caregivers of infants and children 0-59 months of age,
- Pregnant women at any stage of pregnancy during the influenza season and their household contacts,
- Visitors to hospitals, health centres

.....continued on Page 19

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6 27843 01719 6

Canadian Publications Mail Agreement No. 0040028036 - websites: www.thenewsleader.net - www.thenewsleader.mobi

Published Weekly in Princeton, British Columbia by Bengel Publishing Inc.

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Invasive mustard plant on the move in Princeton

by Lisa Scott
Okanagan and Similkameen
Invasive Species Society

There are a significant number of invasive plants in the mustard family that grow in our region. It seems that members of the mustard family have successfully adapted to a world disrupted by mankind. These Eurasian imports appear to have followed migrants to North America, many species brought purposely for use in cooking or medicine.

The mustard family can be readily identified by the typical mustard flower, which has four petals that give the appearance of a cross and are responsible for the scientific family name, Cruciferae. One interesting fact is that the seeds of all mustard species can be dried or used fresh as a substitute for black pepper.

Most of the mustards are opportunistic annuals that have found their niche in cultivated fields, including tumble mustards (*Sisymbrium* spp.), shepherd's purse (*Capsella bursa-pastoris*) and pennycress (*Thlaspi arvense*), all of which are commonplace in the Okanagan-Similkameen. Of greater concern are the perennial mustards. There are two perennials occurring

in our region that weed experts are closely monitoring: hoary alyssum (*Berteroa incana*) and hoary cress (*Cardaria draba*). Both of these species have the potential to invade agricultural fields and rangelands, where they can cause a serious environmental and economic impact. Fortunately hoary cress does not appear to have established a foothold in the Princeton area, but hoary alyssum seems to be on the move.

Hoary alyssum is an annual to short-lived perennial, its stems reaching heights of 0.3 to 1.1 metres. It is a tap-rooted plant that spreads only by seed. Plants vary from simple, slender and unbranched to fully branched and rounded. This variation in form is likely due to site specific conditions such as soil type, nutrient availability, moisture levels or competition with other plants for these limited resources. While it is most common on sandy or gravelly soils, hoary alyssum establishes in dry, disturbed habitats, such as roadsides and railway embankments. It is also found on meadows, pastures and hayfields.

The whole plant is covered with star-shaped hairs. The grey, upper



Hoary alyssum as it appears throughout the South Okanagan and Similkameen Valleys. Photo: Lisa Scott

leaves of hoary alyssum are elliptic and clasp the stem, while lower leaves have short stalks. Its white flowers appear in June and can continue blooming into the summer months and even the early fall, especially if plants are mowed. Hoary alyssum tends to increase in forage crops following drought or winterkill. Horses consuming this plant may be troubled with fever, limb edema and laminitis, with most poisonings occurring when bare stems are mixed in alfalfa hay.

Hoary alyssum has been targeted by the Okanagan and Similkameen Invasive Species Society during the

past few years, particularly along Willies Ranch Road and in the August Lake area. However, the spread of this invader to other areas of Princeton is a cause for concern and everyone needs to take responsibility.

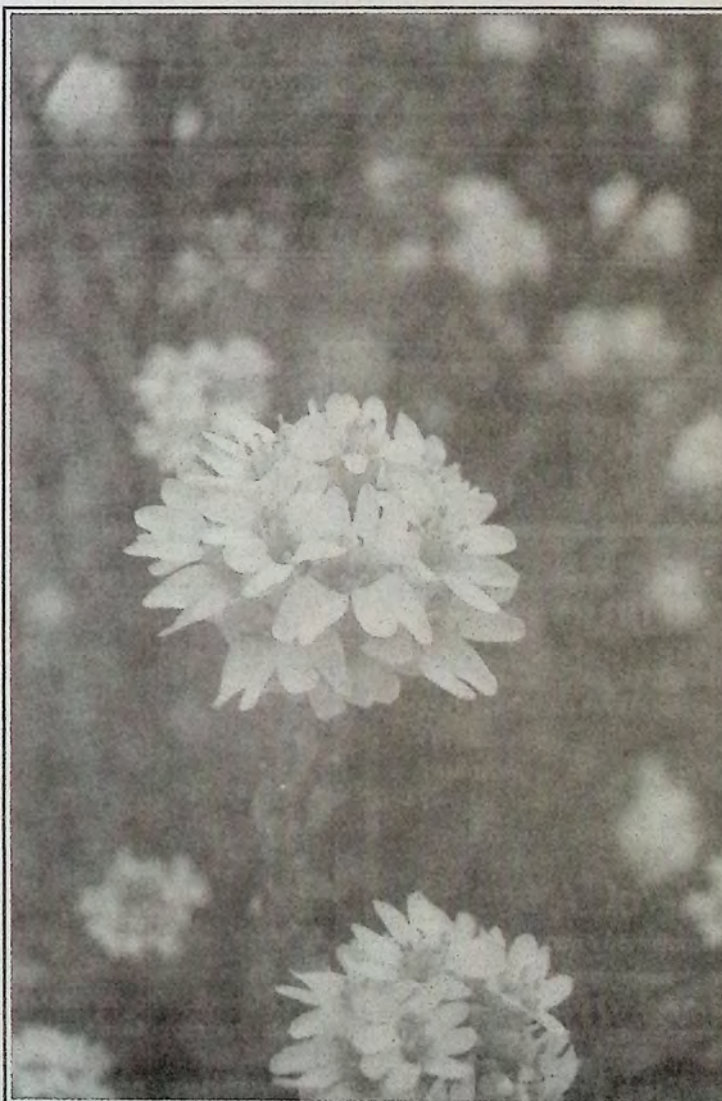
If your property supports hoary alyssum, it is important that infestations be eliminated whenever possible. Small patches of both species may be destroyed by hand pulling or digging. While mowing can prevent

seed production, this action tends to encourage hoary alyssum to shift from being an annual to a perennial. As with all invasive plants, disturbed areas should be seeded or planted to compete with and replace the weeds.

The Princeton Exhibition Association intends to host an information session in the spring where residents can learn more about hoary alyssum and other invasive plants to watch for.

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Another look at Hoary alyssum. Photo: Lisa Scott

Flip Of The Coyne

by Spencer Coyne

I have been watching this great series on APTN (Aboriginal Peoples Television Network) called Quest Out West. It is filmed in the Okanagan-Similkameen and talks about traditional foods as well as introduced foods. It has made me think again about sustainable food systems and how unsustainable our current food system is. We import our food from around the world. Look at your morning breakfast. If you are lucky, the grains in your cereal come from the prairies and the milk from the Fraser Valley. Your coffee comes from South America and your sugar comes from just about anywhere, from South America to a beet farm in Eastern Canada.

It isn't your fault that our food comes from just about every corner of the globe. It is just the way the system is set up now. Agriculture is about monocropping and maximizing profitability just like all business. Farming is input-intensive which makes margins low and risk high. When you go to the grocery store, the price you see is the accumulation of most of the actual costs plus processing, packaging, distribution, and of course the middle man, and then the grocer. You may have picked up that I said 'most' of the actual costs. Some crops are subsidized and in some countries the subsidies are higher than others and it will artificially bring the prices down.

When we move our farming from small local farms that would have traditionally fed the community or communities that are nearby to large scale monocropped farms, we put our food system at risk. If there is a disease or disaster, we can see entire crops destroyed and then our supply chain has holes. A few years ago this happened with tomatoes and you would go into places like Subway and they would have none or they would have to ration them as the entire North American tomato supply was near-

ly wiped out. We see this more and more now with contamination in certain products, like spinach where it comes from contaminated irrigation water or contamination in the processing plant. This happens more and more with large scale farming but also as our processing facilities become fewer and fewer, we see massive meat and produce recalls.

There are many factors as to why the family farm is not as abundant as they once were, but the one thing that is hard to argue is that the longer that supply chain becomes, the more possibility of problems there becomes. This does not mean that there were not problems before it came from halfway across the country, but there is something that can be said about knowing your local farmer.

In a perfect world we would have farms that would feed us with local food and then we would have a regional supply chain for things like grains and such, but this isn't a perfect world and we live in a time where people expect to be able to go into the supermarket and pick up fruit and veggies no matter what time of year it is. It is hard to see how this can be sustainable for ever, especially as we watch the climate change more and more every year. The risk to our food sources becomes more and more real and more and more possible. It would be nice if governments at all levels were at least talking about ways to encourage local farming on a scale that could support regional food systems. At one time Princeton used to have dairies, farms and ranches that provided much of the food consumed here. There will always be a need for a global system as we won't be able to grow our own oranges or bananas, but we could sure be growing more than we do now.

Maybe I am just dreaming, but it sure would be nice to see communities, regions and even countries

become more food secure as we move into a very unpredictable future. Someday we might go to the

store and find out more than a bag of spinach or some tomatoes are not available. What do we do then?

It takes months, not days, to grow food, so we need to think about these things going forward.



An early sign of winter? Snowblowers get ready for display last week at Mac's Auto Parts. - photo submitted

Dr. Berry at Vermilion Chiropractic Centre is pleased to welcome Dr. Rick Mozell, with his 26 years of Chiropractic experience, to the clinic.



Rick graduated from the Canadian Memorial Chiropractic College in Toronto in 1989. He has practiced in Canada and Australia. He earned his International Chiropractic Sports specialty in Australia.

He has treated athletes at the Ironman in Kona, the All-African games (Zimbabwe) and 1996 Summer Olympics (Atlanta). He established a full-time practice in Edmonton and 18 years later, in 2014, moved to the Okanagan.

Rick's goal and commitment is to provide you with the best chiropractic care and practices a similar style to that of Dr. Con Berry which can include gentle techniques, if needed.

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My Turn...

Another Year In This Career

This week will mark another anniversary for me. It will remind me that I first entered the Media Industry 37 years ago fresh out of high school in Kelowna. My childhood dream of being "that guy on the radio" came true thanks to assistance of a friend of a friend who knew my mother.

There was no way I could have ever imagined that first two hour early morning weekend shift of sitting in a tiny control room flicking switches was ever going to take me to where I am today. When I look back on it I had no clue what was going to happen.

In the 23 years that followed that first shift I went from part-time tape operator to full-time announcer and eventually to advertising sales rep to assistant manager through the course of six radio stations from Kelowna to Penticton to Princeton.

I will always remember those times as a great experience but would never have imagined they were preparing me for my shift into Print Media. I sometimes find it hard to believe I've already spent over 15 years in the newspaper business. Then there's the almost two years of freelance writing for clients in Australia and a whole collection of online projects and well, it even sounds to me that I'm a pretty busy guy.

Still to this day I get asked if I miss radio. Sometimes I do and sometimes I don't. For me, looking back on it, it was just part of the process of getting me here. The other side of it is that I consider myself extremely lucky to have been able to work at my 'dream job' so early in my working life. I know so many people who have not had that opportunity. I truly understand how fortunate I was to be able to do that.

While I never considered the newspaper business in my career plans, I do have to laugh at the fact that forty years ago I was a paperboy. My brother and I delivered papers and flyers door-to-door in up to five different paper routes long before flyers were stuffed in mailboxes on a regular basis.

So I guess in a way I was being prepared for what I am doing long before I had any idea it was happening.

What will my future plans hold? I'm not sure. I don't intend to stop writing any time soon, so watch for my thoughts to pop up continually in this paper and online.

As for retirement, I'm years away from that. I'm thankful for that and I'm thankful for your continued support of my small, independent weekly newspaper. The fact that you keep buying it and reading it tells me you like what we are doing here.

It's because of you I continue to publish this paper. Thanks for giving me another anniversary to celebrate.



Central & South Okanagan Similkameen United Way Marketing & Events Coordinator Marianne Dahl, left, presented car seats to Cindy White of Princeton Family Services Society October 16th. Photo: Jerciny Lugoway

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

Watching your cat expire - If you don't want to see your cat die before your very eyes, pay attention to the following advice.

Your beautiful pet has been the joy of your life for many years. You know by now most of his habits and then some. But now slowly, almost undetected, over the last days or weeks, your cat acquires some different habits: He drinks more; He urinates more. First signs of diabetes!

Take him to the vet. If you don't, he might stop peeing, drinking or

eating altogether and drag himself across the floor. Before you know it, he'll fall into a coma. Then it's too late to bring him to the vet. where he'll be diagnosed with high blood sugar and a defective liver. Your only recourse will be to put him to sleep permanently.

That's when you realize that in the past weeks, you have watched

your cat expire. Don't be like me, take action before this happens so that the nicest and most beautiful cat you've ever seen in your life may continue to have a happy life.

His last day was on October 9, 2015. So long Moca, you will always be on my mind.

- Joseph Dube, Princeton

.....continued from Front Page in addressing current global conditions. Adaptive mine plans for 2016 are being optimized to further strengthen our operating base and ensure our long-term success."

About Copper Mountain Mining Corporation:

Copper Mountain's flagship asset is the Copper Mountain mine located in southern British Columbia near Princeton.


The Company has a strategic alliance with Mitsubishi Materials Corporation who owns 25% of the

mine. The Copper Mountain mine commenced production in the summer of 2011 and has continued to improve its operations since start-up. The 18,000 acre site has a large resource of copper that remains open laterally and at depth.

The mine has significant exploration potential that will need to be explored over the next few years to fully appreciate the properties full development potential. Additional information is available on the Company's web site at www.CuMtn.com.

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



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Current Comment

The Old Girl May Be Nuts



Dawn Johnson
editor@thenewsleader.ca

Thanks to letters to the editor and particular remarks, I have become aware that my credibility as a columnist has been cast into doubt due to my stance on global warming. It would appear people think I am delusional, misguided, misinformed and maybe senile or crazy. That may be true, but if it is, I am in damned good company.

What set me off on this particular column was the intense direct gaze of Councillor Kim Maynard as he said Christy Clark is very concerned about global warming. Looking directly at me, eye-to-eye contact, as he said it, was amusing. Of course I should change my mind if Christy Clark believes in global warming, right?

President Obama and the Pope have made a big deal of showing their concern about global warming. If President Obama is so concerned, why did he not announce an end to the high altitude experiments that heat up our ionosphere? As for the Pope's concern, he has all those priests, bishops, Monsignors, cardinals and millions of devout followers, but I

never heard him say he is going to ask them to ask God to cool down Earth and stop global warming. Does the Pope lack faith in global warming or in God?

The United Nations has 52 scientists who say global warming is taking place and man-made carbon dioxide emissions are the cause of it. In 2010, 1,000 scientists signed a document opposing that theory. If you go on internet you can look it up and read the 321 page document giving their reasons for opposing the United Nations, where all this global warming stuff originated.

These scientists are among the good company I keep in my madness. Along with these 1,000 scientists, I enjoy the company of the 31,487 American scientists who signed a petition asking the American government to back off the Kyoto Accord because they opposed global warming. Nearly 10,000 of the scientists who signed had PhD's in their fields of science. If you do a Google search for "scientists opposed to global warming," you will find a lot more than I have mentioned.

I will share some of the comments of individual scientists. First, NASA scientist Dr. Leonard Weinstein stated, "Any reasonable scientific analysis must prove the basic theory wrong."

Nobel Prize winner Dr. Robert B. Laughlin, of Stanford University, stated, referring to global warming, "The whole thing is a fraud."

Nobel Laureate physicist Ivar Giaever stated in a speech in July, 2015, "Global warming is really becoming a new religion. Because you cannot discuss it. It's

not proper."

He goes on to say although there is no scientific basis for global warming, there must be a political basis for it to be promoted by politicians.

I tend to agree with him. Despite the assertions of Christy Clark, President Obama, and the Pope, I look at the qualifications of the people who oppose the theory of global warming, and the qualifications of the people who say there is no global warming, and I believe those with the appropriate qualifications. Clark, Obama and the Pope may be well-meaning, but their qualifications are in politics and religion, not science.

I look at the numbers: the United Nations has 52 scientists advocating global warming (a few of these have quit), and there are at least 31,487 scientists who oppose global warming theory. Can the majority be wrong? As for the 52 scientists, I wonder who they are and why they are working for a political organization promoting a theory so many other scientists oppose?

Dr. Ivar Giaever, in his recent speech, said you have to throw out the theory when it does not match the facts. He says the fact is there is no global warming, and worldwide temperatures have not increased at all in the past 17 years (since 1993). He compared global warming to the old story of the emperor's new clothes.

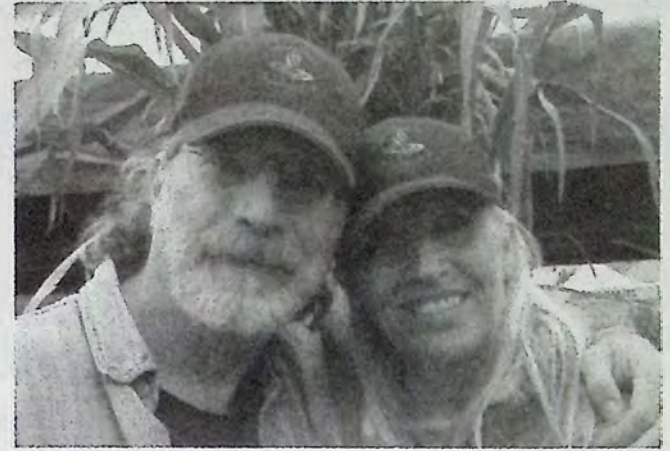
So, for all of you readers out there who think I am in denial of global warming, or maybe senile or nuts, I want you to consider the intellectual company I keep. I've got this feeling the majority of scientists can't be wrong.



A Stellar's Jay and a Magpie take turns picking up nuts left out for them last week. Now is the time to start preparing treats for birds wintering in the area.*

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You should rely on a certified furnace repairman to inspect your furnace. - photo submitted

600,000 furnaces in need of care

There are about to be more than 600,000 natural gas furnaces switched on throughout B.C., is yours ready for winter? Many people rely on their natural gas furnace, boiler or fireplace to keep them warm all winter so it's important for them to be aware that all natural gas appliances need to be serviced each year by a qualified natural gas contractor.

"Too few furnaces get attention until they malfunction, likely at the worst possible time - during the winter heating rush when the temperature drops and contractors' time is at a premium," said Ian Turnbull, damage prevention and emergency services manager at FortisBC.

"This can add up to a big expense or worse, create an unsafe situation

for the home's occupants."

Regular maintenance is key to keeping people safe and warm all winter. An appliance service will help maintain healthy air quality by preventing appliances from creating carbon monoxide. Service will also help appliances last longer and can determine if a furnace is running at its optimal efficiency to help save on heating costs.

"Like a car, furnaces and other natural gas appliances require regular servicing to operate safely, efficiently and trouble-free," said Turnbull.

"Most manufacturers recommend an annual service and may even require it to maintain the warranty."

The annual service should be done by a natural gas contractor who is licensed by the BC Safety

Authority. They'll follow the BC Safety Authority's Service Checklist which includes inspecting the system for leaks and proper venting, making sure the area is clear of fire-hazards and cleaning or repairing components. A licenced contractor can also identify if an appliance needs to be replaced before an emergency occurs and will install the new unit safely with all the appropriate permits in place.

Through its Find A Contractor Trade Ally Network, FortisBC maintains a comprehensive, searchable directory of qualified natural gas contractors. It also offers incentives for energy-efficient appliance upgrades and additional information about safe maintenance.

Pets 'n' Vets

Trick or Treating with Pets

by Ryan Ridgway, BSc Ag., DVM

As the leaves turn gold, orange and red and the department stores begin to stock more candy again, we know that Halloween is just around the corner. Many people dress their pets up and take them trick-or-treating with them. This is a great way to spend time with your pets but, as with ourselves and our children, Halloween can hold some hidden dangers.

Traffic:

Every year, pets are hit by vehicles while out trick-or-treating on Halloween night. Unfortunately, our pets don't know to look both ways before crossing a street so it is up to us to protect them. The first step is to always keep them on a leash to prevent them from darting out in front of a vehicle. Next, if you plan on being out after dark, make sure their costume has reflective patches on it.

If you are staying at home, don't leave your pet outside unattended -

pranksters might see an easy target to let your pet out on to the street.
Chocolate:

A bag full of candy from trick-or-treating is a great target for your pet. Though cats can also be affected by chocolate toxicity, they are less likely to scrounge for it or be given treats. Our pets are extremely sensitive to the toxic compound in chocolate, Theobromine, a more potent relative to caffeine. Darker chocolate has higher concentrations of Theobromine, so the animal has to eat less to receive the toxic dose. Vomiting and diarrhea are usually the first signs of chocolate toxicity, followed quickly by excitability leading to seizures. The treatment may require fluids and seizure control until the animal is rid of the toxin. If you are concerned about whether you pet ingested a toxic dose of chocolate, contact your veterinarian immediately.

Pranksters:

As we all know, Halloween is a time for kids to pull pranks. Many are harmless but there are some people that use the cover of Halloween to pull crimes. Unfortunately, pets are commonly the target of Halloween pranksters and every year pets are set on fire, injured and poisoned. For those who are planning on going out for Halloween to prank, remember that animal abuse is a serious crime and can be punished with jail time.

To make sure your pet isn't a victim of Halloween pranks, always keep your pet with you. Bring them inside and go outside with them when they need to go to the bathroom. For your safety as well as your pets, only go out into well lit areas and let someone know where you plan on walking your dog.

Halloween is a time of fun and costumes for most people. For those who are planning on using hair dye on their pets, remember that your pet will be stuck with that colour for a while. Plan ahead, be safe and watch out for ghosts, vampires, witches and werewolves.

Youth Bowling

YBC Scores - October 14, 2015

Copperhill Lanes, Princeton

Bowlasaurus - Boys

High Average
Liam Stadler-Edwards, 50
High Single
Landon Morris, 49

Bowlasaurus - Girls

High Average - Emma Kerfoot, 70
High Single - Mary Elizabeth Bond, 129

Bantams - Boys

High Average - Dayton Hargrave, 79
High Single - Sydney Hooper, 84
High Triple - Logan Currie, 168

Bantams - Girls

High Average - Elli Ryan, 91
High Single - Arora Christy, 105
High Triple - Halli Brewer, 254

Junior and Senior - Boys

High Average - Dayton Wales, 139
High Single - Dawson McFarlane, 186
High Triple - Ethan Kerfoot, 435

Living Past 100

How To Make Yourself Happy

Brain research is often about what happens inside the brain under certain conditions. Research has mapped areas of the brain which indicate moods. Using specialized equipment, researchers can detect activity in various parts of the brain and can tell when you feel happy, angry, depressed and other moods. One of the things they have learned is how to turn your unhappy mood into a better mood.

Suppose you feel 'blue' one day. Maybe your mind has been focused on all kinds of negative thoughts. How do you turn yourself around?

The first thing you can do is count your blessings and feel grateful for all of the good things going on in your life. Perhaps you have been focused on a friend who you feel has treated you badly. Instead of dwelling on that situation, start thinking about the people you know who treat you well, and be grateful for having those people in your life. Perhaps you are one of those people who fret about things you do not have. Start thinking about the good things you do have.

When you shift your thoughts to being grateful, a chemical change takes place in the brain, making you feel happier. Just the feeling of being thankful can change your mood at the physical level.

Many people begin to feel unhappy because they are in a situation they do not know how to fix. They worry about what to do to make the changes they feel they need. The source of the concern could be the result of a job situation which is not working out, or a relationship that is not working out. When this kind of situation arises, we have a tendency to worry about it, looking at it from one aspect, then another, then another. The result can vary from anger to depression. In fact, depression is often the result of an unresolved anger. We become depressed because there seems to be no reasonable way out of the situation.

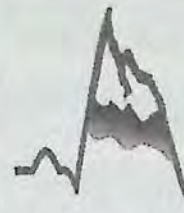
Worry does not change the situation, and worry does not make us feel better. What does work is making a decision. When we make a decision, the chemicals that make us feel good start flowing. Our brains turn on the happy chemicals when we make a decision. The decision does not have to change your whole life. Maybe you cannot resolve the problem, but you make a decision to give it one more good try, or you decide to look for a different job, or scrap the relationship. Just making the decision will make you feel better.

Sometimes, just making the decision to get out of bed and have breakfast will be enough of a decision to start the 'happy' chemicals start flowing. Your brain loves decisions.

Perhaps just making yourself feel happier can change how you see the world around you and set you on a more positive path. Try being grateful and making more decisions.



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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - October 20 - 26, 2015



When Grand Forks Border Bruins were in town there was a lot of action in front of both nets. This close up shows an interesting perspective of one such incident. Photo: Bob Marsh Photography

Princeton Posse feel the Heat

Princeton Posse hosted Chase Heat October 10th.

There has been a long-standing rivalry between Princeton and KI teams based in Chase that dates back to when the Chase Chiefs entered the league in 2007/08 and was reignited when the Chase Heat joined in 2011/12.

The Heat scored first at 9:10 in the opening frame. The power play goal was credited to Kolten Moore who had help from teammate Alex Durbeniuk. The Posse's Connor Harding was partway through a 2-minute Charging penalty at the time of the goal.

Chase added to their tally with another goal at 5:55 (Zachary Fournier from Grady Musgrave and Trevor Okino).

The visitors pounded the Posse net in the first 20-minutes with Princeton struggling to get aim on the Chase goal. After one period

Chase was leading 2-0 on the scoreboard and 15-4 in the shots on goal category.

Princeton prevented a shut out with their first goal of the game at 15:44 of the second. Joshua Dickson scored the shorthanded marker with an assist from Tristan Vandermeulen.

Chase added one more of their own at 2:24 (Kolten Moore from Travis Beaubien and Braden Hughes) and their fourth goal of the game with 5-seconds left in the period. Travis Beaubien got the point with help from Tommy Brown.

After two periods it was Chase ahead of Princeton 4-1 and the home team managed to narrow the shots on goal gap although the Heat was ahead 31-14 after 40-minutes of play.

The third period was a continuation of the Chase domination as

they scored three more unanswered goals (11:57 - Michael Fidanza from Pat Brady and Braden Hughes, 3:54 - a short handed goal by Logan Mostat from Nic Bruyere and a power play goal with 52-seconds to play credited to Trevor Okino with assists to

Kolten Moore and Travis Beaubien).

Princeton did score once more. With just 7-seconds remaining in the game Anders Saarela popped in a goal from a pass provided by Craig Thompson. Chad Kimmie got the second assist.

Final score: Chase 7, Princeton 2. Shots on Goal: Chase 44, Princeton 22. Penalties in Minutes: Princeton 9 for 26-minutes, Chase 7 for 14-minutes. Chase went 2 for 7 (28.6%) on the power play and Princeton was unsuccessful in six opportunities.



In case missed it...hockey is a rough sport! Photo: Bob Marsh Photography

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News Leader Str8ts

Tuesday - Wednesday

TUESDAY AFTERNOON

5:00 pm WTBS ch.3 "Anchorman: The Legend of Ron Burgundy" (2004, Comedy) Will Ferrell. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism.

Supremacy" (2004, Suspense) Matt Damon. A CIA chief sends a senior operative to take down Jason Bourne when it appears the rogue agent is behind the deaths of two people. (In Stereo)

4:30 pm SPIKE ch.44 "Transformers: Revenge of the Fallen" (2009, Science Fiction) Shia LaBeouf. When an ancient Decepticon rises for revenge, Sam and Mikaela must figure out the history of the Transformers' presence on Earth and find a way to save the planet. (In Stereo)

WEDNESDAY MORNING

7:30 am SPIKE ch.44 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac, who has a dangerous past, to dodge assassins as he tries to learn about himself. (In Stereo)

5:00 pm WTBS ch.3 "Mr. 3000" (2004, Comedy) Bernie Mac. Arrogant and out of shape, a baseball star comes out of retirement after learning he is three hits shy of 3,000.

10:30 am SPIKE ch.44 "The Bourne Supremacy" (2004, Suspense) Matt Damon. A CIA chief sends a senior operative to take down Jason Bourne when it appears the rogue agent is behind the deaths of two people. (In Stereo)

EVENING

8:00 pm SPIKE ch.44 "The Punisher" (2004, Action) Thomas Jane. An FBI agent becomes a gun-toting vigilante after a crooked businessman orders hit men to murder his family. (In Stereo)

AFTERNOON

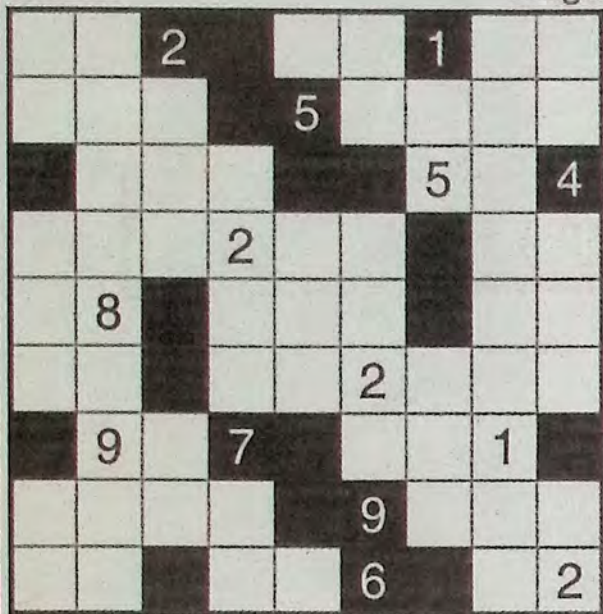
1:30 pm SPIKE ch.44 "The Bourne

STR8TS

No. 251

Tough

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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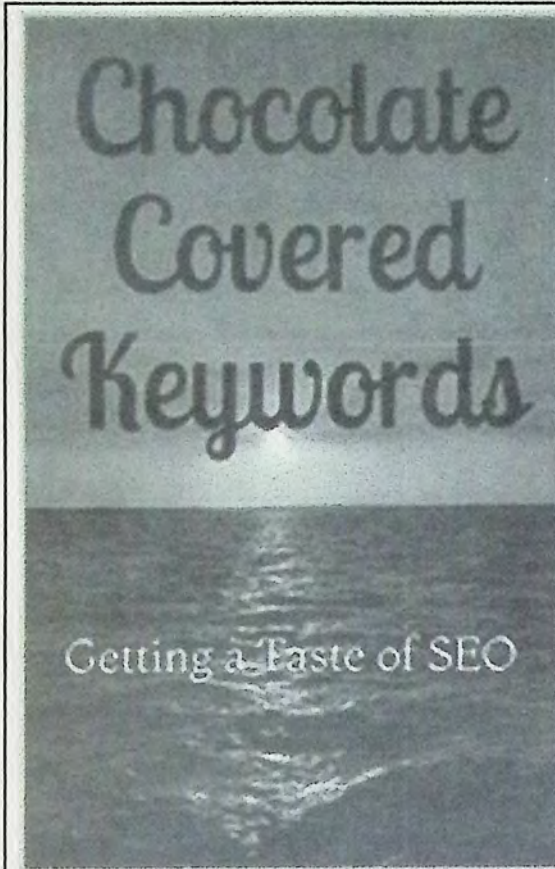
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TUESDAY, OCTOBER 20, 2015

	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 :30	Law Order: CI	Morning News (N) ☑	G. Shrinks Rob Robot	Clifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) ☑	(5:00) Morning News (N) ☑	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre ☑	CTV Morning Live Vancouver (N) ☑ ☑	Dangerous Flights	Justin ANT Farm	CityLine (N) ☑	Ink Master ☑ ☑	Restaurant Makeover
7 AM :30	Law Order: CI		Dinosaur Wild Kratts	Odd Squad Wild Kratts	Today Bill Murray; Jeff Daniels; Pentatonix. (N) ☑	CBS This Morning (N) ☑	Dog	Good Morning America (N) ☑			Super Why! Arthur ☑	Squirrel Chucks	SportsCentre ☑		Yukon Men ☑ ☑	Jessie ☑ ☑ Dog	Let's Make a Deal (N)	Ink Master ☑ ☑	Eat St. ☑
8 AM :30	Crime Watch Daily (N)		PAW Patrol Curious	Curlous Curlous			CSI: Miami ☑ ☑		Morning Huntley St.	Moblees	SpongeBob	SportsCentre ☑		Daily Planet ☑ (DVS)	I Didn't Phineas	The Price Is Right (N)	Ink Master ☑ ☑	Security	
9 AM :30	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Peg Tiger	Today (N) ☑ ☑	The 700 Club ☑ ☑	CSI: Miami ☑ ☑	Live! Kelly and Michael	Morning Huntley St.	Sugar ☑	Super Why! Napkin	Sidekick Almost	SportsCentre ☑	Live! Kelly and Michael	How/Made How/Made	Sarah Justin	FamFeud FamFeud	Ink Master ☑ ☑	The Dead Files ☑ ☑
10 AM :30	Divorce Divorce	Sugar ☑ Debt/Part	Boj ☑ ☑ PAW Patrol	Sesame Street ☑ (E)	Today (N) ☑ ☑	The Price Is Right (N)	CSI: Miami ☑ ☑	The View ☑ ☑	Sugar ☑ Debt/Part	Rachael Ray ☑ ☑	Bookaboo Monster	Spliced ☑ Kid vs. Kat	SportsCentre ☑	The View ☑ ☑	Mayday ☑	Thomas Julius Jr.	The Chew ☑ ☑	Ink Master ☑ ☑	Ghost Adventures ☑
11 AM :30	Judge Judge	Rachael Ray ☑ ☑	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 ☑ ☑	Paid Prog. Paid Prog.	Rachael Ray ☑ ☑	Noon News Hour (N)	Recipes Stefano	Rated A Rated A	UEFA UEFA	Marilyn Denis	How/Made How/Made	Lalaloopsy Wizards	General Hospital (N) ☑	Ink Master ☑ ☑	Security
12 PM :30	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose ☑ ☑	Paid Prog. Clangers	News Bold	The First 48 ☑ ☑	The Chew ☑ ☑	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☑	Chucks Squirrel	Champions League Soccer: Arsenal vs Bayern Munich	CTV News Vancouver	Ice Lake Rebels ☑	Wizards Good Luck	Celebrity Celebrity	Ink Master ☑ ☑	Security
1 PM :30	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Painting Quitting	Days of our Lives (N)	The Talk ☑ ☑	Storage Storage	General Hospital (N) ☑	Days of our Lives (N)	The Talk ☑ ☑	Heartland ☑ (DVS)	Almost Sidekick		The Social (N) ☑ ☑	Rebel Gold ☑	Good Luck Jessie ☑	CityLine ☑ ☑	Ink Master ☑ ☑	Border
2 PM :30	Payne Browns	The Talk ☑ ☑	Maya Curious	Thomas Sesame St.	TMZ (N) ☑ Inside Ed.	Let's Make a Deal (N)	Storage Storage	The Doctors ☑ ☑	The Talk ☑ ☑	Meredith Vieira	Murdoch Mysteries ☑	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil ☑ ☑	Rebel Gold ☑	Jessie ☑ ☑ Phineas	CityNews at 5 (N) ☑	Ink Master ☑ ☑	Ghost Adventures ☑
3 PM :30	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious Cat in the Hat	Ellen DeGeneres Show	The Dr. Oz Show ☑	Storage Storage	Rachael Ray ☑ ☑	Meredith Vieira	Young & Restless	Grand Designs (N) ☑	Sidekick Nerds	SC Top 10 SC ☑	Ellen DeGeneres Show	How/Made How/Made	Phineas Good Luck	(2:59) CityNews at 6 (N)	Ink Master "Ink Finale"	Eat St. ☑
4 PM :30	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil ☑ ☑	Storage Storage	FABLife ☑ ☑	Young & Restless	Early News Global Nat.	Bondi Vet Bondi Vet	SpongeBob Chucks	(3:50) FIFA U-17 World Cup: Chile vs Nigeria. (N)	The Dr. Oz Show ☑	Daily Planet (N)	Dog I Didn't	Mod Fam	Ink Master	Restaurant Makeover
5 PM :30	"Anchorman: The Legend of Ron Burgundy"	News (N) ☑	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Storage Storage	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den ☑	Parents SpongeBob	CTV News Vancouver	Arctic Rescue "Pilot"	Jessie ☑ ☑ Jessie ☑	Grand Grinder	Ink Master	Security	
6 PM :30		News Hour News	Hope for Wildlife ☑	PBS News-Hour (N) ☑	News Millionaire	KREM 2 News at 6 (N)	Storage Storage	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC Vancouver News	Hathaways Sam & Cat	SportsCentre (N) ☑	CTV News Vancouver	Edge of Alaska (N) ☑	Dog Awesome	Scream Queens (N) ☑	Ink Master	Mysteries at the Church
7 PM :30	Seinfeld ☑ Seinfeld ☑	Ent ET Canada	Canada: Over the Edge	The Forgotten Plague	Jeopardy! Wheel	Broke Girl Broke Girl	Storage Storage	Ent The Insider	Ent ET Canada	Limitless (N) ☑ ☑	Gags Coronation	Game Henry	SC Top 10 SC Top 10	etalk (N) Big Bang	Highway Thru Hell (N)	Make Me Next Step	Broke Girl Two Men	Sweat Inc. ☑	Mysteries-Museum
8 PM :30	King King	NCIS "Lockdown" (N)	First Footprints (N) ☑	Frontline Battles over immigration reform. (N) ☑	Best Time Ever	NCIS "Lockdown" (N)	Storage Storage	Pumpkin Toy Story	NCIS "Lockdown" (N)	NCIS "Lockdown" (N)	Mercer 22 Minutes	Funnelt Home Videos Cabbie	Hockey Cabbie	The Flash (N) ☑ ☑	Cold River Cash (N)	Next Step Jessie ☑	CityNews-Tonight (N)	Sweat Inc. ☑	Mysteries-Museum
9 PM :30	The Middle Family Guy	NCIS: New Orleans (N)	Hiller's Children ☑		The Voice (N) ☑ ☑	NCIS: New Orleans (N)	Storage Storage	Agents of S.H.I.E.L.D.	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Young Wolves	Wipeout ☑ ☑	SportsCentre (N) ☑	Agents of S.H.I.E.L.D.	Edge of Alaska ☑	HZipzer The X Factor UK "Live Show 6" ☑	EP Daily Reviews on	Ink Master	Mysteries at the Church
10 PM :30	Amer. Dad Amer. Dad	Limitless (N) ☑ ☑	Mugshot ☑	Global Health	Chicago Fire (N) ☑	Limitless (N) ☑ ☑	Storage Storage	Shark Tank ☑ ☑	Limitless (N) ☑ ☑	News Hour Final (N)	The National (N) ☑	Haunting Haunting	SportsCentre (N) ☑	CSI: Cyber (N) ☑ ☑	Highway Thru Hell ☑	Extra (N) Liquidator	Sweat Inc. ☑	Mysteries-Museum	
11 PM :30	Family Guy Payne	News Final Colbert	Canada: Over the Edge	Charlie Rose (N) ☑	News J. Fallon	News Colbert	Storage Storage	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation	Gags Gags	SportsCentre ☑	News-Lisa CTV News	Cold River Cash ☑	The X F. Connor	Crime Watch Daily (N)	Bar Rescue ☑	Ghost Adventures ☑



The News Leader's George Elliott currently has three eBooks online. His plan is to have a large library of them available in the next few months. *

Paper publisher releases more eBooks

Upper Similkameen newspaper Owner/Publisher George Elliott continues to publish eBooks online adding his third one last week.

He says his goal is to provide a series of "how to..." guides on many different subjects that can be downloaded for a nominal fee to handheld devices and eReaders.

"I consider myself a 'curious guy' and as such I will do an extensive amount of research on projects I

may want to try," Elliott explains.

"What I am always looking for is a short, concise guide with an explanation about the project and step-by-step instructions on how to get from start to finish without a lot of extra filler."

He says difficulty finding these kinds of information guides has inspired the eBooks he has already published.

Elliott's first one, released in mid-

August deals with how to secure online freelance writing jobs - something he has been doing part-time for close to two years. His second eBook was released in early September and it focuses on search engine optimization for websites and blogs - another subject Elliott has had experience with.

The third eBook, published last week, is about insect farming.

"I know, it sounds a bit 'out there' but I've done the research and it's been going on for centuries in different parts of the world."

Elliott says insect farming is still new to North America but is starting to catch on.

"Primarily it's crickets and mealworms and the cost versus yield of raising insects for food blows all other protein sources off of the chart."

Yes, his eBook is about raising crickets and mealworms as a food source.

Elliott says it takes an average of 22-kilograms of feed to raise 1-kilogram of beef compared to less than a kilogram of feed for a single kilogram of crickets. Plus, while only 40-percent of the cow can be consumed, over 80-percent of a cricket can be.

"It's the rage in the health industry in the United States and bigger centres in Canada where ground insects are used in protein drinks and protein bars," he says.

Elliott plans to continue to launch eBooks over the next few months in order to put together an inventory of products available online.

"I've tried selling other people's products online in the past and would rather just have a library of my own items to sell," he says.

Elliott is publishing and selling his eBooks exclusively through Amazon in the Kindle format.

Amazon also has free downloadable tools available to convert Kindle published books into other formats for reading on desktops or other eReader products.

You can find Elliott's eBooks by going to Amazon and entering his

name "W. George Elliott" in the search window. A list of his eBooks will appear or you can just visit his online Amazon Author Page located at this link: <http://www.amazon.com/W.-George-Elliott/e/B0141SHROC>.



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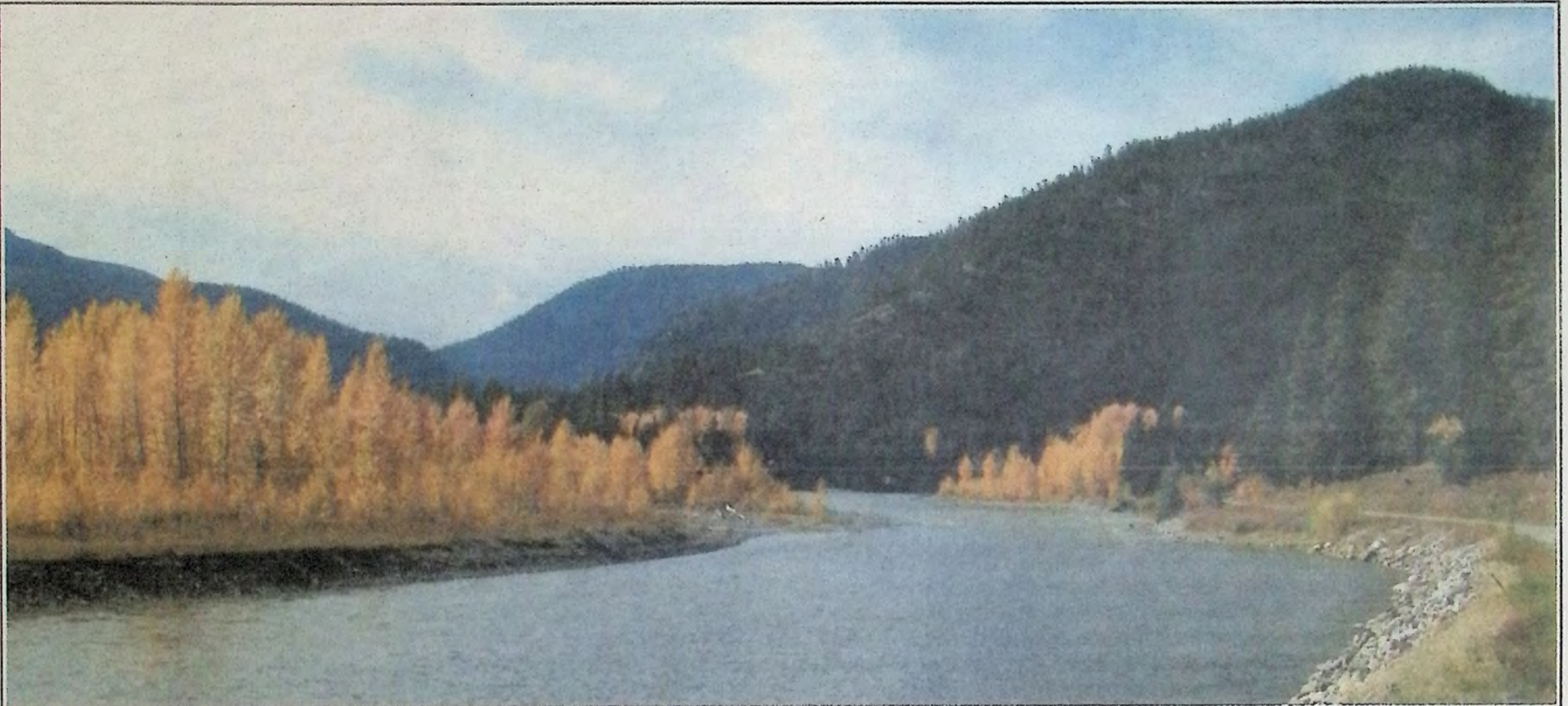
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MacKenzie Wray and Talyn Ferch wore traditional Metis jiggling attire and performed the Red River and Orange Blossom Jigs as part of the Princeton Schools First Nations Dinner on September 28th. Photo: Renee Hartwell

SO COUNTRY INTERNET RADIO



The past couple of weeks have been perfect to capture fall colours in photos. This one was taken October 11th along Old Hedley Road and is looking back towards Princeton. *

WEDNESDAY, OCTOBER 21, 2015

	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	Law Order: CI	Morning News (N) [RE]	G. Shrinks Rob Robot	Clifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N) [RE]	(5:00) Morning News (N) [RE]	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre [RE]	CTV Morning Live Vancouver (N) [RE]	Airshow [RE]	Justin ANT Farm	CityLine (N) [RE]	Tattoo Sweat Inc. [RE]	Restaurant Makeover	
7 AM	Law Order: CI		Dinosaur Wild Kratts	Odd Squad Wild Kratts	Today Kate Hudson; Michael J. Fox. (N) [RE]	CBS This Morning (N) [RE]	Dog Dog	Good Morning America (N) [RE]			Super Why! Arthur [RE]	Squirrel Chucks	SportsCentre [RE]		Cold Water Cowboys	Jessie [RE] Dog	Let's Make a Deal (N)		Movie: *** "The Bourne Identity" (2002, Suspense) Matt Damon. [RE]	Eat St. [RE]
8 AM	Crime Watch Daily (N)		PAW Patrol Curious	Curious Curious			CSI: Miami [RE]			Morning Huntley St.	Mobles Tiger	SpongeBob Wayside	SportsCentre [RE]		Daily Planet [RE] (DVS)	I Didn't Phineas	The Price Is Right (N)		Security	
9 AM	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Peg Tiger	Today (N) [RE]	The 700 Club [RE]	CSI: Miami "F-T-F" [RE]	Livel Kelly and Michael	Morning Huntley St.	Sugar [RE]	Super Why! Napkin	Sidekick Almost	SportsCentre [RE]	Livel Kelly and Michael	How/Made How/Made	Sarah Justin	FamFeud FamFeud		The Dead Files [RE]	
10 AM	Divorce Divorce	Sugar [RE] Debt/Part	Boj [RE] PAW Patrol	Sesame Street [RE] (EI)	Today (N) [RE]	The Price Is Right (N)	CSI: Miami [RE]	The View [RE]	Sugar [RE] Debt/Part	Rachael Ray [RE]	Bookaboo Monster	Spliced [RE] Kid vs. Kat	SportsCentre [RE]	The View [RE]	Mayday "Ripped Apart"	Thomas Julius Jr.	The Chew [RE]		Movie: *** "The Bourne Supremacy" (2004) Matt Damon. [RE]	Ghost Adventures [RE]
11 AM	Judge Judge	Rachael Ray [RE]	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 [RE]	Best Cook! Pald Prog.	Rachael Ray [RE]	Noon News Hour (N)	Recipes Stefano	Rated A Rated A	UEFA UEFA	Marilyn Denis	Arctic Rescue "Pilot"	Lalaloopsy Wizards	General Hospital (N) [RE]		Security	
12 PM	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose [RE]	Pald Prog. Lunal	News Bold	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Nords Squirrel	Champions League Soccer	CTV News Vancouver	Edge of Alaska [RE]	Wizards Good Luck	Celebrity Celebrity		Mysteries at the Church	
1 PM	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Oil Painting Sewing	Days of our Lives (N)	The Talk [RE]	The First 48 [RE]	General Hospital (N) [RE]	Days of our Lives (N)	The Talk [RE]	Heartland [RE] (DVS)	Almost Sidekick		The Social (N) [RE]	Highway Thru Hell [RE]	Good Luck Jessie [RE]	CityLine [RE]	Repo Movie: *** "The Bourne Supremacy" (2004) Matt Damon. [RE]	Mysteries-Museum	
2 PM	Payne Browns	The Talk [RE]	Maya Curious	Thomas Sesame St.	TMZ (N) [RE] Inside Ed.	Let's Make a Deal (N)	The First 48 [RE]	The Doctors [RE]	The Talk [RE]	Meredith Vieira	Murdoch Mysteries [RE]	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil [RE]	Cold River Cash (N)	Jessie [RE] Phineas and Ferb [RE]	CityNews at 5 (N) [RE]		Ghost Adventures [RE]	
3 PM	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious Cat In the Hat	Ellen DeGeneres Show	The Dr. Oz Show [RE]	Duck D. Duck D.	Rachael Ray [RE]	Meredith Vieira	Young & Restless	Grand Designs (N) [RE]	Sidekick Chucks	SC	Ellen DeGeneres Show	How/Made How/Made	Good Luck	CityNews at 6 (N)		Eat St. [RE]	
4 PM	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil [RE]	Duck D. Duck D.	FABLIFE [RE]	Young & Restless	Early News Global Nat.	Bondi Vet (N) [RE]	SpongeBob Penguins	FIFA U-17 World Cup: Argentina vs Germany. (N)	The Dr. Oz Show [RE]	Daily Planet (N)	Dog I Didn't	Mod Fam	Repo Movie: ** "Transformers: Revenge of the Fallen" (2009) Shia LaBeouf. [RE]	Restaurant Makeover	
5 PM	Movie: *** "Mr. 3000" (2004) Bernie Mac.	News (N) [RE]	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Duck Dynasty [RE]	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den [RE]	Parents SpongeBob	CTV News Vancouver	Yukon Men [RE]	Jessie [RE] Jessie [RE]	Empire "Bo True" (N)		Security		
6 PM		News Hour	Canada: Over the Edge	PBS News-Hour (N) [RE]	News Millionaire	KREM 2 News at 6 (N)	Duck D. Duck D.	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC Vancouver News	Hathaways Sam & Cat	SportsCentre (N) [RE]	CTV News Vancouver	Unearthed (N) [RE]	I Didn't HZipzer	Mod Fam blackish		The Dead Files [RE]	
7 PM	Seinfeld [RE] Seinfeld [RE]	Ent ET Canada	The Water Park	Nature (N) [RE] (DVS)	Jeopardy! Wheel	Broke Girl Broke Girl	Duck D. Duck D.	Ent The Insider	Ent ET Canada	Chicago PD (N) [RE]	Young Coronation	Make, Pop Bella	SC Top 10 SC Top 10	etalk (N) Big Bang	Airplane Repo (N) [RE]	The X Factor UK "Live Show 7" [RE]	Broke Girl Two Men		Ghost Adventures [RE]	
8 PM	King King	Survivor (N) [RE]	Lost Kingdom of Tibet	NOVA [RE] (DVS)	The Mysteries of Laura	Survivor (N) [RE]	Duck D. Duck D.	The Middle Goldbergs	Survivor (N) [RE]	Survivor (N) [RE]	Dragons' Den [RE]	Funnies Home Videos	SC Top 10 SC Top 10	Arrow "Restoration" (N)	Highway Thru Hell [RE]	Jessie [RE]	CityNews-Tonight (N)		Movie: ** "The Punisher" (2004) Thomas Jane, John Travolta. [RE]	Mysteries at the Castle
9 PM	The Middle Family Guy	Chicago Fire (N) [RE]	Gala From Berlin 2011 [RE]	Brain-David Engleman	Law & Order: SVU	Criminal Minds (N) [RE]	(9:01) Duck Dynasty [RE]	Mod Fam blackish	Chicago Fire (N) [RE]	Chicago Fire (N) [RE]	The Romeo Section (N)	Wipeout [RE]	SportsCentre (N) [RE]	Criminal Minds (N) [RE]	Yukon Men [RE]	HZipzer Wingin' It	EP Daily Reviews on		The Dead Files [RE]	
10 PM	Amer. Dad Amer. Dad	Chicago PD (N) [RE]	Park	Earth: The Inside Story	Chicago PD (N) [RE]	Code Black (N) [RE]	Duck D. Duck D.	Nashville (N) [RE]	Chicago PD (N) [RE]	News Hour Final (N)	The National (N) [RE]	Haunting Haunting	SportsCentre (N) [RE]	Code Black (N) [RE]	Unearthed [RE]	Life Derek Werthogal	Extra (N) Liquidator		Ghost Adventures [RE]	
11 PM	Family Guy Payne	News Final Colbert	Park The Water	Charlie Rose (N) [RE]	News J. Fallon	News Colbert	Duck D. Duck D.	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation	Gags Gags	SportsCentre [RE]	News-Lisa CTV News	Airplane Repo [RE]	Wizards Connor	Crime Watch Daily (N)	Repo Repo	Ghost Adventures [RE]	

THURSDAY, OCTOBER 22, 2015

Table with 19 columns (ch.3 to ch.45) and 11 rows (6 AM to 11 PM). Each cell contains program names and channel numbers for Thursday, October 22, 2015.

FRIDAY, OCTOBER 23, 2015

Table with 19 columns (ch.3 to ch.45) and 11 rows (6 AM to 11 PM). Each cell contains program names and channel numbers for Friday, October 23, 2015.

News Leader Sudoku

SUDOKU

No. 251

Easy

Previous solution - Very Hard

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

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

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Sudoku you'll really like 'Str8ts' and our other puzzles, Apps and books. Visit www.str8ts.com

The solutions will be published here in the next issue.

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

Monday Movies

MONDAY MORNING

9:30 am A&E ch.9 "The Village" (2004, Suspense) Bryce Dallas Howard. Members of a 19th-century community fear the strange creatures that inhabit the surrounding forest. (In Stereo) (CC)

AFTERNOON

5:00 pm WTBS ch.3 "Sinbad: Legend of the Seven Seas" (2003, Adventure) Voices of Brad Pitt. Animated. The adventurous sailor and a beautiful stowaway have 10 days to save a prince from execution.

8:00 pm FAM ch.26 "R.L. Stine's Mostly Ghostly: Have You Met My Ghoulfriend?" (2014, Fantasy) Bella Thorne. When Max finally scores a date with Cammy on Halloween, Phears, an evil ghost with plans on taking over the world, unleashes his ghouls and things go haywire. (In Stereo) (CC)

EVENING



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MONDAY, OCTOBER 26, 2015

	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 :30	Law Order: CI	Morning News (N) [CC]	G. Shrinks Rob Robot	Clifford Arthur	KHQ News GAM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) [CC]	(5:00) Morning News (N) [CC]	The Early Edition (N)	Kid vs. Kat Almost	SportsCenter [CC]	CTV Morning Live Vancouver (N) [CC]	Highway Thru Hell	Justin ANT Farm	CityLine (N) [CC]	Cops [CC]	Restaurant Makeover
7 AM :30	Law Order: CI		Dinosaur Wild Kratts	Odd Squad Wild Kratts	Today (N) [CC]	CBS This Morning (N) [CC]	Dog	Good Morning America (N) [CC]			Super Why! Arthur [CC]	Squirrel Chucks	SportsCenter [CC]		To Be Announced	Jessie [CC]	Let's Make a Deal (N)	Jail [CC]	Eat St. [CC]
8 AM :30	Crime Watch Daily (N)		PAW Patrol Curious	Curious George-Boo			Dog		Morning Huntley St.		Moblees Tiger	SpongeBob	SportsCenter [CC]	Daily Planet [CC] (DVS)	I Didn't Phineas	The Price Is Right (N)	Cops [CC]	Security	
9 AM :30	Hot Bench	Morning Huntley St.	Astroblast Kate and Tiger	Peg	Today (N) [CC]	The 700 Club [CC]	Dog the Bounty Hunter	Livel Kelly and Michael	Morning Huntley St.	Sugar [CC]	Super Why! Napkin	Sidekick Almost	SportsCenter [CC]	Livel Kelly and Michael	How/Made	Sarah Justin	FamFeud	Vegas Cops [CC]	The Dead Files [CC]
10 AM :30	Divorce	Sugar [CC]	Boj [CC]	Sesame Street [CC] (EI)	Today (N) [CC]	The Price Is Right (N)	"The Village" (2004) Bryce Dallas Howard.	The View [CC]	Sugar [CC]	Rachael Ray [CC]	Bookaboo Monster	Spliced [CC]	SportsCenter [CC]	The View [CC]	Mayday [CC]	Thomas Julius Jr.	The Chew [CC]	Cops [CC]	Ghost Adventures [CC]
11 AM :30	Judge	Rachael Ray [CC]	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench	Young & Restless		Paid Prog. Rachael Ray [CC]	Rachael Ray [CC]	Noon News Hour (N)	Our Vancouver [CC]	Rated A Rated A	Ironman Canada	Marilyn Denis	Cold Water Cowboys	Lalaloopsy Wizards	General Hospital (N) [CC]	Wildest Police Videos	Security
12 PM :30	Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose (N) [CC]	Ruf-Tweet Astroblast	News BOLD	The Enfield Haunting	The Chew [CC]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [CC]	Nerds Squirrel	Hockey Lunch	CTV News Vancouver	Jade Fever	Wizards Good Luck	Celebrity	Wildest Police Videos	Delicious
1 PM :30	Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Paint This Fit 2 Stitch	Days of our Lives (N)	The Talk [CC]	The Enfield Haunting	General Hospital (N) [CC]	Days of our Lives (N)	The Talk [CC]	Heartland [CC] (DVS)	Almost Sidekick	Lumber Reporters	The Social (N) [CC]	Airshow "Two for One"	Good Luck Jessie [CC]	CityLine [CC]	Cops [CC]	Uncommon Grounds [CC]
2 PM :30	Payne Browns	The Talk [CC]	Maya Curious	Thomas Sesame St.	TMZ (N) [CC]	Let's Make a Deal (N)	The Enfield Haunting	The Doctors [CC]	The Talk [CC]	Meredith Vieira	Murdoch Mysteries [CC]	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil [CC]	Pacific Warriors [CC]	Jessie [CC]	CityNews at 5 (N) [CC]	Cops [CC]	Ghost Adventures [CC]
3 PM :30	Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious George-Boo	Ellen DeGeneres Show	The Dr. Oz Show [CC]	My Haunted House [CC]	Rachael Ray [CC]	Meredith Vieira	Young & Restless	Grand Designs (N) [CC]	Sidekick Chucks	Monday Night Countdown (N) (Live) [CC]	Ellen DeGeneres Show	Canada's Worst Driver	Phineas Good Luck	(2:59) CityNews at 6 (N)	Cops [CC]	Eat St. [CC]
4 PM :30	Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy	Dr. Phil [CC]	My Haunted House [CC]	FABLife [CC]	Young & Restless	Early News Global Nat.	Bondl Vet Bondl Vet	SpongeBob Kung Fu		Daily Planet (N)	Dog I Didn't	Mod Fam Cops [CC]	Cops [CC]	Restaurant Makeover	
5 PM :30	Movie: "Sinbad: Legend of the Seven Seas"	News (N) [CC]	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Fear: Buried Alive Three people are buried alive.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den [CC]	Parents SpongeBob	(5:15) NFL Football: Baltimore Ravens at Arizona Cardinals. (N) (Live) [CC]	CTV News Vancouver	How/Made Jessie [CC]	Muppets The Middle	Cops [CC]	Security	
6 PM :30		News Hour News	Warships (N) [CC]	PBS News-Hour (N) [CC]	News Millionaire	KREM 2 News at 6 (N)		News at 6 News	(5:59) News Hour (N)	Ent Chicago Fire (N) [CC]	CBC Vancouver News M'ketplace	A Monstrous Holiday Stanley		CTV News Vancouver	Ice Lake Rebels (N)	Gaming Life	The Middle Scorpion (N) [CC]	Cops [CC]	Security
7 PM :30	Seinfeld [CC]	Ent Minority Report (N) [CC]	Hope for Wildlife [CC]	Field Guide Steves	Jeopardy!	Broke Girl	Cursed: The Bell Witch	Ent The Insider	Ent	Ent	Coronation Max			etalk (N)	Canada's Worst Driver	Nowhere Nowhere	Cops [CC]	Border	
8 PM :30	King	Supergirl "Pilot" [CC]	Australia with	Antiques Roadshow	The Volce The strongest vocalists face off. (N) [CC]	Big Bang Supergirl "Pilot" [CC]	Cursed: The Bell Witch (9:03) Fear: Buried Alive [CC]	Dancing With the Stars (N) Same-day Tape [CC]	Minority Report (N) [CC]	Minority Report (N) [CC]	Murdoch Mysteries [CC]	Funnest Home Videos Haunting	SportsCenter (N) (Live) [CC]	Gotham (N) [CC] (DVS)	How/Made How/Made	"Mostly Ghostly: Ghoulfriend"	CityNews-Tonight (N)	Cops [CC]	Mysteries at the Castle
9 PM :30	The Middle	Chicago Fire (N) [CC]	The Art of Australia (N)	Antiques Roadshow (N)		Scorpion (N) [CC]		Chicago Fire (N) [CC]	Truth Be	News Hour Final (N)	The National (N) [CC]	Wipeout "Rats!" [CC]	SportsCenter (N) [CC]	Blindspot (N) [CC]	Ice Lake Rebels [CC]	Gaming Reviews on	EP Daily	Vegas Jail [CC]	Security
10 PM :30	Amer. Dad	Truth Be	Finding the Fallen [CC]	I'll Have What Phil's	Blindspot (N) [CC]			(10:01) Castle [CC]	Truth Be					Canada's Worst Driver	"Mostly Ghostly: Ghoulfriend"	Extra (N)	Jail [CC]	Border	
11 PM :30	Family Guy	News Final Colbert	Hope for Wildlife [CC]	Charlie Rose (N) [CC]	News J. Fallon	News Colbert	Cursed: The Bell Witch	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation	Gags	SportsCenter [CC]	News-Lisa CTV News	How/Made Connor	Crime Watch Daily (N)	Jail [CC]	Ghost Adventures [CC]	



Although one candidate was unable to attend, close to 75 residents went to the October 14th All-Candidates Forum organized by the Princeton Chamber of Commerce. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

I attended the All-Candidates Forum last Wednesday night, although I had already voted during the Advance Poll. I wasn't expecting to hear anything spectacular but there was one thing that did stand out for me.

The Green Party Candidate made a comment that really made sense to me and I thought could be applied to the workings of the Town of Princeton.

His statement was part of an answer he was giving to a question

from the floor. He asked what level of environmental disaster are we willing to accept before all of us clue in that without a healthy environment, nothing else matters.

I know he was aiming that primarily at water and air but I also realized it could go a step further.

I continue to shake my head that there are still around 17 empty storefronts in 75 buildings that make up the commercial/retail core of the community. I know, Princeton is not the only communi-

ty in British Columbia with empty storefronts but the Green Party Candidate's statement sort of added to a conversation I had in my office a few days before.

A traveler passing through town was quizzing me on the local economy. He was telling me that since the copper mine opened (re-opened, actually) that things must be just awesome for local business.

That was when I pointed out the around 17 empty storefronts (I haven't counted them lately) out of 75 commercial properties and the 7-on/7-off plus 4-on/4-off work schedules. I'm not trying to lay blame here but I'm starting to see a crisis in our local economic 'environment' and wonder what the breaking point will be.

Do we need to see 25 or 50 empty storefronts before the alarms start ringing at all levels of government that Princeton and every other small town in the province needs some

financial help to boost the local economy?

I keep thinking about the potential that can come from tourism and the many ways our community attracts that traffic. We live in an area that many desire to visit. We have wildlife wandering our streets and neighbourhoods that others would pay to see but some of us see these attractions as bothersome nuisances.

We have a potentially major traveling route cutting through our town in the form of the Trans-Canada Trail that funnels bags and bags of money into other communities however, some of us here see it as a liability rather than an asset.

We are messing around with our economic 'environment' by not actually seeing the positives that could come from what we look at as negatives.

Travelers who stop into our office often comment on the amazing things we have here that we take for

granted. This includes such things as deer and marmots, walking, biking and ATVing trails.

But we don't see those things the way a tourist does.

I've written about it many times before. When Brenda and I go out of town to a different community we aren't looking for the biggest, brightest or most elaborate (fill in the blank). We are looking for things that amuse us, occupy us long enough to allow us to make a connection of some kind. That connection is what keeps pulling us back to the same places again and again. The two of us have 'favourite' places we will stop at in Osoyoos, Manning Park, Penticton and Tonasket because of the connections we have made in each of those places.

It's not always people connections, either. We connect with experiences and have been lucky tocontinued on Page 20

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Furnished apartment in Princeton, available now. Excellent references and damage deposit required. No pets, must be quiet. Rates start at \$500.00/month. Phone 250-295-1006 for details or leave a message with the best time to call back. Exp 22-Oct-27

Upstairs, quiet and private \$650.00/month, heat and light included. Downstairs studio with two sitting/living rooms \$550.00/month, heat and light NOT included. Large one bedroom with private garden \$650.00/month, heat and light NOT included, available October 15. Studio space with kitchen, bathroom \$650.00/month, heat and light included. Two storefronts \$480.00/month and \$550.00/month. For details call 250-295-4113. Oct 09-20

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Notices

Multi-Family Garage Sale
9:00 AM - 1:00 PM
Saturday, October 24
Tulameen Trail (3rd Bench) Princeton

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Granite Creek
Preservation Society

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OF THE MONTH
EXCEPT JULY & AUGUST

1:00 PM Princeton Museum
Everyone Welcome!

Commercial space, 1,500 square feet, 20-foot ceilings, overhead door, small office at 600 Similkameen Avenue, Princeton. Asking \$800/month plus utilities. Call 604-877-1599 daytime or 604-298-1948 nighttime. to Oct 20

Wanted

Flatmate. November 1st for 2-bedroom Condo, \$550.00/month. All inclusive. Must love cats, quiet building, LGBTQ2 friendly. Please inquire at The Style Chamber. Oct 20

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Lower Valley News

Keremeos - Cawston - Olalla



"You work hard for your money." This crew was installing rows of black plastic mulch along Highway 3 near Keremeos recently. The black plastic will be buried with dirt for the winter so that it doesn't weather too much. Come next Spring, ground crops will emerge from slits cut into the plastic. Plastic irrigation tubing inside the rows will ensure water isn't wasted due to evaporation. Photo: Arlene Arlow

Okanagan College delivers Writing Out Loud

The Writing Out Loud series of last Spring will resume November 4th at 2:00 PM in the upstairs meeting room at the Royal Canadian Legion Branch #192, 510 Veterans

Avenue in Keremeos. The series is free of charge and happens each Wednesday afternoon through to December 9th. As with last Spring they will be led by

Mary Kiviste, from Adult Literacy programs at Okanagan College in Penticton.

"People have wonderful stories to tell. Most people, when given a little encouragement discover they are much better writers than they thought they were," says Kiviste.

Writing Out Loud is about being creative in your own way while

writing.

All materials are provided the written work belongs to the writer only.


Spelling and grammar are not important and there is a door prize presented at each session.

Host for the Writing Out Loud series is Similkameen Family Literacy, a program of Lower

Similkameen Community Services, which is funded with BC Gaming Proceeds.

Register in advance on weekdays from 8:00 AM until 12 Noon by calling 250-499-2352.

Inquiries go to Dave Cursons, co-coordinator Similkameen Family Literacy, at 250-499-2352 Local 107.

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D'Arcy, Scott and Mark were busy ripping and tearing at the front of the Keremeos Seniors Hall October 13th. The trio is building a much-needed overhang at the front of the hall so that scooters can be kept out of the elements while their owners are inside. Photo: Arlene Arlow

Lower Valley News

Keremeos - Cawston - Olalla



A peaceful, seasonal scene from downtown Keremeos highlighting the efforts of the local garden club. Photo: Marty Menzies

Similkameen hosts annual flu clinics

.....continued from Front Page and residential care facilities,
 - People who work with live poultry,
 - Health-care and other care providers in facilities and community settings who are capable of transmitting influenza disease to those at high risk of influenza complications,
 - People who provide care or service in potential outbreak settings housing high-risk persons,

- People who provide essential community services (first responders, corrections workers),
 Interior Health holds public clinics for those who are eligible for the free flu shot. Public clinics will start in some communities the week of October 27. Many doctor's offices, pharmacies and walk-in clinics are also providing flu shots. Those who are not eligible for the free vaccine will be required to pay a fee.

In Princeton the flu clinic will be held from 1:00 to 5:00 PM on Wednesday, October 28th in the Seniors Citizens Branch 30 Drop In

Centre at 162 Angela Avenue.

The Keremeos Flu Clinic will be from 9:30 AM to 2:30 PM on Tuesday, November 10th and again

from 9:00 AM to 12 Noon on Tuesday, November 24th. Both will be at the Keremeos Seniors Centre at 421-7th Avenue.

Accident closes Highway 3

Highway 3 was closed for part of the afternoon of October 16th due to a motor vehicle accident. A single vehicle left the road at a location approximately 10-kilometres West

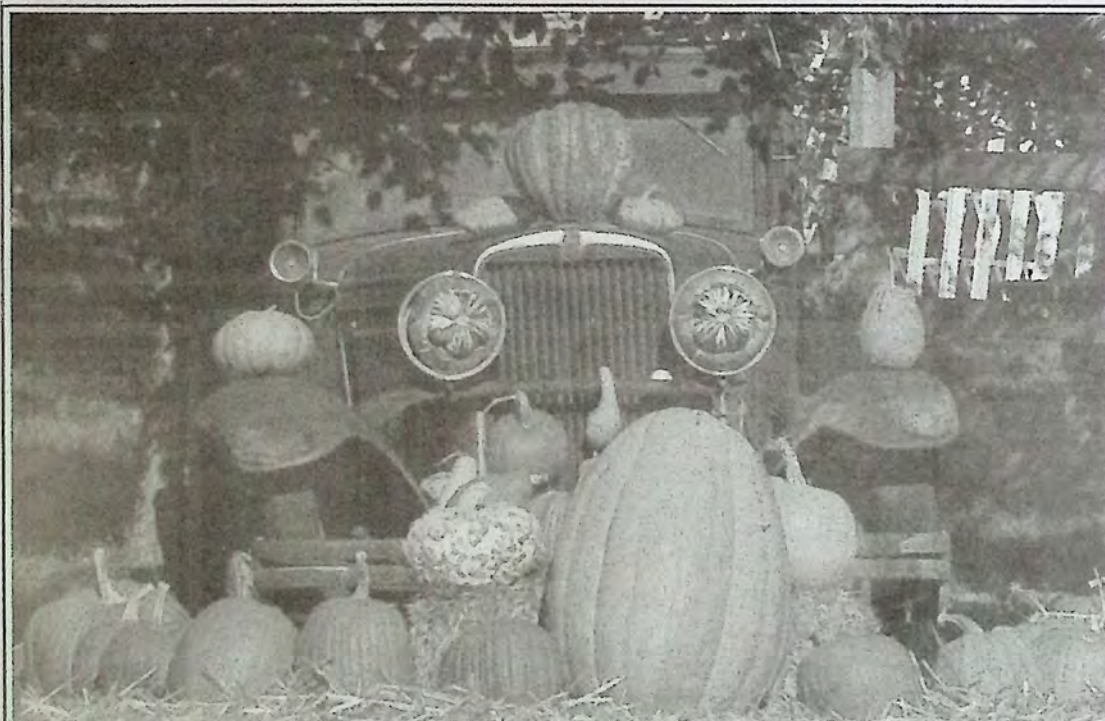
of Keremeos.

The vehicle had rolled down an embankment and into Similkameen River.

BC Air Ambulance Service was dispatched to the scene and one person was airlifted to hospital at about 3:30 PM that afternoon.

RCMP say the driver of the vehicle had "suffered a medical condition" which caused him to drive off of Highway 3.

Witnesses say the unidentified vehicle was partly submerged in the shallow river. No other details were available at press time.



Parsons Fruit Stand is one of the many fruit stands in the Keremeos area that takes their decorating seriously. Similkameen Fruit Stands might do well to send their pumpkins across the border this year. Illinois grows 90% of the pumpkins in the USA and heavy rains have put a damper on the 2015 pumpkin harvest. The humble Hallowe'en pumpkin is different than the one used for canning (and hence the pumpkin pie): The jack o'lantern Field Pumpkin for carving is a deeper orange and is mostly hollow. The paler, smaller Sugar Pumpkin is used for baking. Photo: Arlene Arlow

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