

# Similkameen News Leader

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Canada WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF CANADA THROUGH THE CANADA PERIODICAL FUND (CPF) FOR OUR PUBLISHING ACTIVITIES.



Princeton Town Council shows off the WoodWORKS BC Community Recognition Award at their October 1st regular meeting. The award was in recognition of the 'Bridge of Dreams' project. From left, Councillors Marilyn Harkness and Jason Earle, Mayor Frank Armitage, Councillors Kim Maynard and Doug Pateman. \*

## Zigzag project stalls

With no work done on the zigzag project for nearly a month the topic was discussed briefly at the October 1st regular meeting of Princeton Town Council.

"We've come into a number of glitches and we are working diligently to have the project completed before the snow flies," stated Interim CAO Helen Koning.

At issue are two problems, which have forced the contractors, Mierau Contractors Ltd. to halt work on the project to allow the architects who came up with the design to address drainage concerns and the location of a utility service.

The original zigzag dirt path with

weathered wooden railings linked First Bench with downtown Princeton at Billiter Avenue was destroyed June 3, 2010 when a runaway pickup truck rolled down the hill during the noon hour coming to rest straddling the flowerbed at the bottom of the path.

Mierau Contractors Ltd. was awarded the contract to replace the damaged footpath on June 4, 2012 with a winning bid of \$206,117.00. At the time Mierau estimated it would take a total of eight weeks to complete and once they started working on site requested Town Council allow them to work on Sundays and holidays in order to meet their projected timeline.

## Campground contractor remains

At the October 1st regular meeting of Town Council the 2013 contract for the operation and management of the town-owned Princeton Municipal Campground was awarded to Jim and Karen Manion in the amount of 50% of gross revenues.

The Town requires the services of an operations manager for the 73-site full service campsite on the banks of the Similkameen River just East of Princeton on Highway 3. The contract includes guest reg-

istration, cash receipting along with all routine maintenance of equipment and facilities.

The campground operates from May to October and the Town asked for proposals for the management and operation of the site for the 2013 season with an option at the sole discretion of the Town to renew for the 2014, 2015 and 2016 seasons providing the contractor also agrees to the renewal.

Only one proposal was received, from the Manions who operate under the business name of JAKA Associates.

"Their proposal was in accordance with the request and the contract value is unchanged from the previous three years," states a

report to Town Council by Deputy Treasurer Shirley McMahon.

"The Town has in all cases been satisfied with the work of the contractor."

Revenues for the 2011 season

were reported at \$74,471, down from \$95,306 a year before. The 2012 figures are expected to be similar to last year's.

The Manions have submitted a request for improvements to the

campground with a specific target in mind for the coming season.

"The primary improvement requested is to the bathrooms," McMahon stated at the Town Council meeting.

## Lali issues statement

Harry Lali, the New Democrat MLA for Fraser-Nicola issued the following statement in response to the announcement October 1st that Judith Guichon will become British Columbia's new Lieutenant-Governor.

"On Monday, Stephen Harper, the Prime Minister of Canada, announced that Judith Guichon will be the next Lieutenant-Governor for British Columbia.

"Ms. Guichon, who is known as 'Judy' to her friends, lives near Merritt in the Nicola Valley. She has made the people of Fraser-Nicola very proud by attaining this great honour to serve as our Lieutenant-Governor. I have every confidence that Ms. Guichon, whose family has deep roots in the Nicola Valley, will do a fantastic job as B.C.'s Lieutenant-Governor.

"Judy is a high-profile rancher from the Nicola Valley and has been a staunch advocate of an environmentally-sustainable cattle industry. Judy has had a long-time association with the B.C. Cattlemen's Association and served as President from 2010 until June of this year.

"Judy has also worked with community-based organizations such as the Fraser Basin Council of B.C. and the Grasslands Conservation Council of B.C. Judy, a strong proponent of Rural B.C., has worked tirelessly on major initiatives affecting ranching and the rural way of life, such as water conservation, ecologically-beneficial ranching practices, and effective prevention and control of noxious weeds.

"Though we do not share the same politics, I have known Judy to be

sincere, dedicated, intelligent and very personable in her dealings with people on both the professional and personal level.

"Judy will bring great honour and dignity to the position of Lieutenant-Governor of British Columbia. Congratulations to Judy on her great achievement!"

Guichon becomes the 29th Lieutenant-Governor for British Columbia replacing Stephen Point who has served in that role since October 1st, 2007.

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**TOWN OF PRINCETON TAX EXEMPTION BYLAW**

At the October 15th, 2012 Regular Meeting Town Council will consider providing permissive tax exemption for the following properties for the 2013 taxation year in accordance with Section 224 of the Community Charter.



| Name  | 2012 Exemption         |
|---|------------------------|
| Roman Catholic Church                         | 43 Billiter 281.48     |
| Princeton Silver Crest Housing Center         | 34 Billiter 290.73     |
| Princeton Silver Crest Housing Center         | 11 Fenchurch 433.98    |
| Foursquare Gospel Church                      | 38 Kenley 242.00       |
| Foursquare Gospel Church                      | Kenley Ave 95.52       |
| Foursquare Gospel Church                      | Kenley Ave 27.07       |
| Foursquare Gospel Church                      | Halliford Ave 12.74    |
| Pentecostal Assemblies                        | 165 Vermillion 189.46  |
| St Paul's Presbyterian Church                 | 190 1st St 323.19      |
| Princeton Long Term Care Society              | 100.17                 |
| Interior Health Authority                     | 595 Ridgewood 1,523.16 |
| Princeton Congregation of Jehovah's Witnesses | 604 Ridgewood 528.57   |
| Crown Provincial BC - trails                  | 12.10                  |
| Crown Provincial BC - trails                  | 14.33                  |
| Baptist Church of Princeton                   | 160 Old Hedley 238.17  |
| Crown Provincial BC - trails                  | 8.60                   |
| Crown Provincial BC - trails                  | 45.85                  |
| Princeton & District Community Services       | 262 Poplar 140.87      |
| Princeton & District Community Services       | 88 Fenchurch 272.23    |
| Princeton & District Community Services       | 252 Lachine 159.11     |

This bylaw proposes to exempt properties from taxation that would have otherwise generated approximately \$5,000 annual tax revenue.

Shirley McMahon  
Deputy Treasurer/Collector for the Town of Princeton

# Electoral Area 'G' Report

## Director Angelique Wood

UBCM - Union of British Columbia Municipalities Convention. Victoria, BC September 23 to 28th, 2012  
PART TWO

The preamble below is excerpted from the beginning of this report, submitted in two parts, which gives context to the items included within it.

This year's UBCM convention theme is "in conversation"; elected officials in local government from all over BC have gathered under one roof to engage, to dialogue, to discuss and to learn. Throughout our communities, many emerging issues have inspired passionate feelings from our friends and families, which has certainly been translated into heated debate at this convention.

The convention program has been divided into debate sessions, educational workshops and clinics, resolution sessions and panel discussions with our various provincial Ministers. In addition, I have been able to attend a number of meetings with Ministers in order to support our community's calls for increases in funding for health care for both the ER in Princeton and the building addition in Penticton.

For me, as a newly elected official, the access to information provided by these sessions has been invaluable. Many of the speakers have provided insights and innovative solutions to the trying times we are in, and during debate it has often been clear that both sides of each argument have merit worthy of consideration.

Below is a recap of the activities I've taken part in since the Monday morning, with a few of the most

salient points made at each presentation:

7:30 AM

### Wednesday, September 26th First Nations Participation as Members of Regional Districts

This was an exciting clinic devoted to describing the new relationship between a number of First Nations on Vancouver Island and the Alberni Capital Regional District. Before April this year, the Regional District had an elected Board numbering 10 Directors, and now that number has increased to 12 Directors which includes representation by the Huu-ay-aht First Nation and Yuulu'il'at' government.

*The catalog description of the clinic says it all:*

The Alberni Clayoquot RD invites UBCM participants to experience *tasii* - the path forward. Two of their First Nations Directors will share the journey of their First Nations as they became members of the ACRD on April 1, 2012. They will present a toolkit for the inclusion of First Nations as voting members of regional districts following the process for exploring and resolving preliminary planning and communication issues identified by the Huu-ay-aht, Yuulu'il'at' and ACRD staff and elected officials. They will outline a process to determine cost sharing/cost recovery options for service and program areas; identification of key deliverables and a general process time line. The toolkit was sponsored by the Province of British Columbia and prepared by Ecoplan. It is meant as a resource for all local governments.

**Participants:**

- Russell Dyson, CAO, Alberni-Clayoquot Regional District
- Glenn Wong, Chair, Alberni-Clayoquot Regional District
- John Jack, First Nations Director representing Huu-ay-aht First Nation
- Al McCarthy, First Nations Director representing Yuulu'il'at' Government
- John Ingram, Ecoplan

At the conclusion of this presentation about what is a pretty groundbreaking relationship between local governments here in British Columbia, it was explained that in a few weeks' time, the "toolkit" will be available to all Union of British Columbia Municipalities members. This could become an invaluable resource for communities working on building capacity and reducing duplication of services when sharing costs makes sense. I plan to follow up on this and will keep you posted.

Wednesday, September 26th was the formal start of the UBCM convention, with many delegates who live closer to Victoria attending at

this time. For many rural elected officials, the expense incurred in travelling this far, as well as the time invested in travel, it makes more sense to attend the WHOLE convention, taking advantage of all of the educational sessions as they are a rare opportunity to learn about the latest policy changes, programs available, and participating in the AGM which includes a lengthy, two day "resolutions" session.

Resolutions are submitted by individuals or area associations in the summer months prior to the convention. A timely or well-crafted resolution will often gain the unanimous support of the membership, and upon the finish of the assembly, these resolutions are submitted to the Provincial and Federal governments (depending on whose jurisdiction they fall under) so that they know the thoughts and feelings of the electorate.

Since about 1,000 people from all around our province are debating and voting on resolutions at any given time, it is fair to say that there is considerable representation of our public sentiment on all these resolutions. Often, but not always, these resolutions will have an impact on how parties decide on their platform going into elections, and often, but not always, these resolutions will help the existing government decide how to proceed on hot-button issues.

This year's resolutions session included many debates, with resolutions ranging from Rural Policing Policies to Raw Log Exports, and from Declining Health Services to Oil Tanker Opposition. It is now up to the various levels of senior government to determine the course of action which will satisfy the proposals put forth by the UBCM membership, which represents all of you.

9:25 AM

### Wednesday, September 26th

#### Keynote Address:

#### Anna Maria Tremonti

A former war correspondent and award-winning journalist addressing a room full of elected officials first thing in the morning is a sure way to elicit some nervous laughter and the odd case of the jitters. Anna Maria Tremonti took the theme of the convention, "in conversation" and really highlighted that her job, and our job as elected officials, is to communicate.

She cited examples of interviews gone wrong. (Henry Kissinger hung up on her after she asked if George Bush ought to be tried for war crimes) and interviews she had made the mistake of pre-judging another person (Monique Lepin, mother of mass murderer, Paul Lepin). Tremonti was tremendous, giving us an hour of inspirational ..... continued on Page 7

# THANK YOU!

The Princeton Volunteer Fire Department would like to thank the following sponsors for helping with our Fire Safety program. Their donations helped us purchase 280 Community Safety Net Fire 'Safety Booklets'. The booklets will be handed out to all elementary school children during the 'Get Out Alive' safety program.

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Gena Sandli kisses her daughter Jess Saturday, October 6th in the old Overwaitea building - the site of a giant flea market which raised money to support the efforts of Outbackjacks Horse Rescue Program. \*

# Flip Of The Coyne

by Spencer Coyne

When we consolidated all of our meat processing in one place who would have ever thought we could contaminate nearly the entire food chain with one mistake? Who would have thought that there could be a downside of allowing monopolies to take over food production, not only in Canada but globally?

We are facing a massive beef recall that will ultimately harm Canadian beef producers and we could see some of them go under over this recall. I thought the government would have clued into the problems with the Maple Leaf recall in 2008, but instead Harper cut jobs in food safety. Of course, Harper now understands that he needs to restore those jobs, or maybe not. According to recent reports, the government is planning on spending millions less this year on the Canadian Food Inspection Agency.

Governments have only a few real responsibilities, among them are keeping their citizens safe. If the government is not willing to keep our food system safe, which in turn keeps us healthy and safe, then what legitimacy does the government have? We have been watching our food system become more and more vulnerable as government cuts have allowed tainted products to make their way into our homes. Then there is the other side where here in BC we have seen the government single-handedly shut down small safe processing facilities. Consumers for the most part have been oblivious to the changes in the food production system. Many still believe that their eggs come from chickens that roam around pecking at the ground, yet in reality they are in cages and may never actually see

natural light during their lives. Government has rules and regulations on whether telecommunication companies can merge or have monopolies, yet when it comes to agriculture it is expected. Each year more and more of our food production becomes consolidated in the hands of a few companies. There might be farms but the contracts are with monopolies.

The government at nearly all levels has dropped the ball when it comes to food safety and food security. It has allowed the means of production to be controlled by a small handful of corporations who now hold the entire market at their mercy. There are fewer farmers now than ever, yet there are more people to feed and more food produced than at any other time in history. This is the result of "factory farming", which of course has its benefits like mass production of food stuffs with a minimal amount of workers, but we are seeing some of the negatives of this system as well. We have witnessed time and time again how one contaminated plant or animal can bring the entire system to a standstill. If we still had family farms producing food for local markets we would not be witnessing these types of massive recalls. We would not be seeing ranchers on the verge of losing their entire livelihood because the one processing plant that they can sell to is closed. Some of the prices might be a little higher if we had more local production but we are going to see price increases because of the very system we now have.

With the change in the climate, crop failures, and lack of profits, Canadians will be facing ever

increasing costs at the grocery store. Scientists are now warning that after genetically modified crops in South Africa and Asia have been linked to the cause of crop failures, that the United States and other countries should be prepared. It's time for our governments, all of them, to start taking a serious look at agriculture in this country. If they don't we will see even bigger monopolies and more problems. The history is there and it keeps repeating itself over and over again with the same results time and time again.

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# Editorial Page News Leader

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

## My Turn

### That's A Freakin' Fine

The City of Brussels has an interesting law, which has recently gone into effect.

You can be fined 250 Euro (about \$320) for swearing in public.

Apparently the Mayor of Brussels is trying to 'clean up' the streets and the first target is those who cuss.

I'm not saying it's a bad idea, I'm just wondering how that's going to be policed in a city with a population 1.1-million.

Imagine how much easier it would be to enforce in a community the size of say, Princeton.

I would think that getting fined once to the tune of \$320 would curb the habit of cursing while walking downtown in quite a few of us in a quick hurry.

Maybe there would be designated 'curse free' zones in and around town and most public areas would become 'fine free' areas for those wanting to swear as much as they want without fear of getting caught and fined for foul-mouthed behaviour.

I could see a whole shift in focus in the community with those who support cursing fighting for their rights and demanding the anti-swearing law be only enforced during certain hours on certain days of the week.

Maybe many of the smokers out there will finally have some sympathizers in those who want to swear but are forced to restrict that activity to specific locations.

Then there's guys like me who, for lack of a better reason, have substituted many of my all-time favourite swear words with what I playfully refer to as 'sound alikes' so I can claim I've kicked the habit but can still let go with any number of 'substitutions' without actually breaking the law.

And who is going to define the words that should not be used in public?

Some of them would be obvious choices, but what about the borderline cusses?

It reminds me of my former life at the local radio station when I was tipped off that a co-worker had been using a particular word on air that some would consider a bad word but sort of sits on the edge of gray area when it comes to censorship.

I recall having a brief meeting with the person and asked that they kindly refrain from using that word.

"But I hear it all the time on TV," was the response.

It makes me quite curious about how the anti-swear law is panning out in the Belgian capitol and whether or not they are going to waffle on the idea.

**GET OUT OF THE KITCHEN!**  
CONTEST DETAILS - PAGE 23

Similkameen  
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#### EDITORIAL GUIDE

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



Events like the Outbackjacks (Horse Rescue) Giant Flea Market on October 6th are not possible without assistance from volunteers including Mel and Sherry Reimer and the crew from Princeton Baptist Church. Photo: Brenda Engel

## Your Turn

### Letters And E-Mails Received This Week

To the Editor:

I would just like to extend a personal 'thank you' to Mayor Armitage and all of our other municipal representatives across the province for their votes in defense of the environment at last

week's Union of BC Municipalities' meeting in Victoria.

Enbridge's proposed Northern Gateway twin pipelines, to run from northern Alberta - Kitimat, and the accompanying oil tanker

traffic through the treacherous waters of Douglas Channel and the Great Bear Rainforest can only mean inevitable devastation for our spectacularly unique and sensitive coast.

- Jason Yates, Princeton

## Town awards fire inspection contract

Princeton Town Council awarded a contract on October 1st for the provision of Fire Inspection Services for the community to Safety By Design Fire Prevention Services in the amount of \$7,036.20 per year.

The Town of Princeton Volunteer Fire Department requires a contractor to provide inspection services to the Town to ensure compliance with the BC Fire Code 2006 and the BC Fire Services Act. Town Council had approved \$9,000 for

the provision of this service in the 2012 Financial Plan.

There are approximately 180 buildings within the town boundaries that fall under the criteria of fire safety inspections and those inspections are to be completed by December 31st of each year.

"John Sharhon of Safety By Design has provided this service to the town since 2008 and the service has been satisfactory," says a report to Council from Deputy Treasurer/Collector Shirley

McMahon.

A total of seven responses were received in response to invitations to tender with five of them in compliance with the terms of the request for proposals. Of those five contract bids Safety By Design was the lowest and had not changed from the bid quoted in their 2008 proposal.

The next highest bid was \$5,913.80 more than the winning one and the highest bid was just under \$30,000.

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# Current Comment

## Economist Sees Government Ignorance



**Dawn Johnson**  
editor@thenewsleader.ca

Once in awhile, I read something that assures me I have been on the right track. I feel that satisfaction that comes from knowing an expert opinion coincides with mine. I have just finished reading *End This Depression Now*, a book written this year by Paul Krugman, 2008 winner of the Nobel Prize in Economics.

Krugman outlines all of the reasons why the current depression in the United States and the European Union exists, then he explains how to pull out of it fast. He is critical of the role the governments have played in making the past five year depression drag on, and maintains these same governments could end the depression now.

His simple truth is this: What you spend is my income, and what I spend is your income. If neither of us spends, we are both broke. If neither of us earns, we are both broke. This is pretty basic stuff, but if you look at it in mass terms, the way economists look at national economies, you can see it at work right now and for the past five years.

The more jobs that are lost, the worse the economy performs, because less money is spent.

When less money is spent, fewer workers are hired, less business investment and expansion takes place, and the depression hole is dug a little deeper. Then everybody gets scared, and the hole rapidly deepens. This is why government austerity programs do not work. In fact, this is why austerity programs make things worse!

Although you don't see much about it on mainstream news, people in Spain and Greece have been rioting for months about the austerity programs imposed by the European Union. Those people in the street are right. Although the money loaned to stabilize the banks may keep the banks healthy, the economy and the people are suffering. In those rioting nations, one out of every four employable people is without a job. No earnings, no spending, so the hole is deeper by the day.

The United States offered a stimulus package when Obama became President, but Krugman says it was too little. He points to 300,000 school teachers laid off and an equal amount of health care workers and government employees of all kinds. Krugman says those people should not have been laid off, because their spending would have helped stabilize the economy and would have begun to reverse the depression. Instead, the austerity mentality took over at the state level and the hole in the economy was not filled.

Part of the reason the stimulus package was not big enough was political partisanship. The right wing conservative strength of the Republicans opposed any sort of stimulus. They were content to bail out the banks, insurance companies and a few major corporations, but opposed measures such

as generous mortgage relief because some 'undeserving' people might benefit. In short, the conservative element was willing to toss out the baby with the bath water. The US economy is a pretty big baby to toss out, but they were willing to do it.

Krugman does recognize the influence of the super-rich in buying the loyalty of senators and congressmen. The rich have a vested interest in keeping taxes down. However, politicians' first consideration should always be what is best for the people who elected them.

Reading the book about what has happened in the United States has lessons for us in Canada, as I see the same thing happening here. The economy slumps, and the first thing we start hearing is this: the government should spend less. So the Harper government lays off thousands of employees, the provincial government in British Columbia has been doing that for years, and the slump becomes a slide edging toward a landslide into a very deep hole.

Governments and big business decide they cannot afford the high wages of unions, and begin measures to bust unions. Governments off-load their responsibilities onto provinces or municipalities, causing more job losses. Businesses turn to foreign imports from countries where wages are really low. Then the economy declines more.

Krugman gives plenty of facts to show how economic depressions begin and how they end, and they do not end with government austerity programs, they end through governments creating more jobs through infrastructure programs, direct hiring, and ensuring everybody has money to spend, either through direct payments to seniors and the unemployed, or through stimulus packages to businesses to hire more employees.

There is another simple truth Krugman touches on: when the rich have money, they tend to guard it, but when the poor have money, they spend it. When you look at the fact that only one percent of the economy depends on the spending of the rich, and 99 percent of the economy depends on the spending of the rest of us, who should the government support first?

# Similkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.



**George Elliott**  
OWNER/PUBLISHER  
george@thenewsleader.ca

**Brenda Engel**  
OFFICE ADMINISTRATOR  
brenda@thenewsleader.ca

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but the same Spirit distributes them." - 1 Corinthians 12:4



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# Lower Valley News

Keremeos - Cawston - Olalla



One of the best things about living in the Similkameen Valley is the creative ways fruit stands/orchardists in the Keremeos/Cawston area display their fall harvest. This is a part of the display at Parsons. Photo: Dawn Johnson

## Cawston school receives grant

Valley First announced on October 3rd the distribution of more than \$42,000 in grant funding from the Valley First Community Endowment, with \$14,000 earmarked for three not-for-profit organizations in South Okanagan and Similkameen communities.

Grants from the endowment, which is administered by the First West Foundation, are being used to support programs related to helping children, families and youth at risk of hunger. Recognizing the opportunity to strengthen existing initiatives and advance new food-related programs, grants have been provided to organizations advancing the overall health of their communities.

*In the South Okanagan and Similkameen, grants were provided to the following organizations:*

- Oliver Elementary School Farm-2-School program
- Penticton & District Resources Society nutrition enhancement for childcare program
- Cawston Primary School breakfast and lunch program

"We are so pleased to be able to support these important community organizations through grants from the Valley First Community Endowment," says Seline Kutan executive director of the First West Foundation.

"We strongly believe healthy communities are the backbone of

healthy economies. These organizations are inspiring examples of how we can make life better in a very simple way."

It is widely acknowledged that a child who is hungry cannot learn to their maximum potential. A hungry child also struggles with the social and emotional skills needed to be successful in a classroom. The breakfast and lunch program at Cawston Primary School is an example of how proper nutrition can positively affect other areas of young lives.

"Our breakfast and lunch program is open to any child that comes to school hungry," says Cawston Primary School principal Linda Thiel.

"Funding from the Valley First Community Endowment takes some pressure off the program as it allows us to keep supporting children in need and direct other money back into our education program. When I heard we were successful with our grant application I was delighted. Very pleased. I was especially happy for the children who benefit most from our program."

Valley First's employee giving campaign runs from October 9 to 18. During this time, employees and members are encouraged to make a donation to the First West Foundation in support of the Valley First Community Endowment. If

you are interested in making a donation, please visit your nearest Valley First branch.

This year, the First West Foundation is distributing more than \$42,000 in grants from the Valley First Community Endowment to support charities and initiatives helping children, families, and youth at risk of hunger in the Okanagan, Similkameen and Thompson regions. For more information about the First West Foundation and the Valley First Community Endowment visit [firstwestcu.ca](http://firstwestcu.ca).

**About the First West Foundation**  
The First West Foundation was established in 1996 by the management and Board of Directors of First West Credit Union. Our purpose is to support initiatives that enhance the quality of life in our communities and to create capital for sustainable community support by encouraging philanthropy. Since inception, the Foundation has proudly distributed over \$2 million in grants to charities.

**About Valley First**  
Valley First is a division of First West Credit Union, B.C.'s third-largest credit union, which has 37 branches and 29 insurance offices throughout the Lower Mainland, Fraser Valley, Kitimat and Okanagan, Similkameen and Thompson valleys. Led by Luni Skinner, First West has approximately \$6.6 billion in assets under administration, more than 169,000 members and close to 1,400 employees. For more information about Valley First, visit [www.valleyfirst.com](http://www.valleyfirst.com).

- submitted

THE SIMILKAMEEN SIZZLES!

[www.gotpeppers.info](http://www.gotpeppers.info)



# Electoral Area 'G' Report

Director Angelique Wood

..... continued from Page 2 and emotional stories which spoke to the heart of communication.

12:00 – 1:30 PM

**Wednesday, September 26th**  
**Area Association Lunches:**  
**SILGA (Southern Interior Local Government Association)**

I sit on this elected board which represents all of the local governments within the Southern Interior. The strength of Area Associations lies in the potential of flexibility to represent issues more localized than UBCM, but which, by gaining support of local governments, can have more impact at the larger forum of UBCM.

An example of this regional approach is that a few years' back, increasing power costs were identified by local elected officials as extraordinary and beyond the carrying capacity of the populace. This was brought forward to UBCM by SILGA, and endorsed by the assembly, so that a cap was placed at that time on the increasing power costs proposed by Fortis.

At this Area Association Luncheon, the main thrust of SILGA's presentation revolved around the upcoming AGM in Salmon Arm in 2013. Member towns and cities can submit a bid to have the AGM come to their area; this is often a great economic development opportunity as several hundred people visit an area on business with a secondary agenda to learn about its best recreational and cultural experiences.

The 2012 AGM was held in Revelstoke, a mountain resort town which has transformed itself from a railway based economy to include all forms of outdoor snow activities of the highest caliber and intensity.

3:00 PM

**Wednesday, September 26th**  
**Cabinet Panel:**

**Resources and the Environment**

There were four different panels to choose from, and it was a difficult choice to narrow down to this Cabinet Panel, which included:

- Rich Coleman, Minister of Energy and Mines
- Norm Letnik, Minister of Agriculture
- Steve Thompson, Minister of Forests, Lands, and Natural Resources Operations
- Terry Lake, Minister of Environment

In the end, I decided this group of Ministers would explain more about the interaction and concerns of governmental regulations reflective of Area G in the Okanagan-Similkameen, where we have mining and logging operations upstream of ranching and agricultural operations. To add to the complication of our "mix" in this area, we share a common watershed and airshed which we are all reliant on for sur-

vival.

With limits set on time for presentation, each Minister had only 4 minutes to describe an aspect of their Ministries current accomplishments or actions. Both Rich Coleman and Terry Lake focussed on talking about the Northern Gateway Pipeline Project, which could have significant favourable impacts on British Columbia, but which could also carry huge environmental, financial and legal risks.

To date, there has been a full federal environmental assessment through a joint review panel, led by the National Energy Board. The JRP (joint review panel) has put forward a recommendation that the project proceed, with a recommendation that BC establish a world-leading marine oil spill response prevention and recovery strategy.

Scheduled cross-examinations of industry have taken place and are slated with one completed in Edmonton, and two more planned for Prince George (October 9) and Prince Rupert (November 22). These have focussed and will continue to emphasize the methods used to prevent marine spills.

Steve Thompson took a few moments to explain about the expansion of Front Counter BC, with 28 offices now open. He reported that the activities were up in July 2012 with 13% greater than in July 2011. This included notices of work in Mining.

Norm Letnik spoke of the BC Agrifoods Strategy, which includes a vision of being an innovative, adaptive and globally competitive agrifoods sector, with a target of 14-billion in agrifoods by 2017. His Ministry has re-introduced the "Buy Local" campaign, which helps producers from farm-gate to farmer's market to large-scale operation advertise their products in a competitive marketplace.

During the Question and Answer period, there was an opportunity to hear a number of the issues reflected in the resolutions sessions asked directly of the Ministers.

The Minister of Agriculture, Norm Letnik, responded favourably to protecting the existing organic tree fruit grower's industry by doing what he could to prevent the entrance of the genetically modified Arctic Apple into British Columbia.

Aware that changes to meat regulations have decimated ranchers as the costs and the damages to animals are too high using centralized inspection agencies, the Minister of Agriculture resolved to address this important issue.

The issue of derelict vessels in our ocean and waterways came up with both Terry Lake and Steve Thompson identifying that the vessels fall under NO-ONE's jurisdiction,

but they realize the environmental hazard posed requires the Ministries jointly "figure this one out".

Good answers to hard questions characterized this Cabinet Panel. I was both surprised and pleased to hear thoughtful and engaged responses to incredibly divisive issues, often "dumbed down" to bite-sized pieces in the media.

Wednesday evening was the night for receptions: there were three – Government of BC reception (pay for your own drinks); Canadian Association of Petroleum Producers reception (free drinks, all you can drink) and the CUPE BC reception (free drinks, all you can drink).

I opted out of the parties as a childhood friend now lives in Victoria and I am the Godmother to her young son. Visiting with a two year old was a good way to decompress after long days of deep thinking. My only issue with visiting him/them three times during the evenings of this convention is that I have caught one heckuva kid-cold, sneezing, wheezing and sniffing all over everything.

8:35 AM

**Thursday, September 27th**  
**Address by the Leader of the Official Opposition: Adrian Dix**

Adrian Dix was the second Big "P" Provincial Politician to address the UBCM delegates, with Bill Bennett having done so the day before. In marked contrast to Bennett's fear-mongering and obvious soap-box grandstanding, Dix talked about a government of co-operation and moderacy.

He did begin with the comment "How nice it is for Ministers to have an opportunity to see each other in the fall," a dig at the Legislature (and Premier Clark) for not sitting for the fall session.

Throughout Thursday, September 27 the Resolutions sessions continued, with topics spanning Contaminated Soil Relocation to Shipping of Dangerous Goods Liabilities and from Noxious Weeds and Range Lands to Siting of Telecommunications Towers and Antennae. The Resolutions sessions ran all the way through Thursday and into Friday, and were finished before the convention was over, a milestone in UBCM convention history.

1:30 PM

**Thursday, September 27th**  
**BC Public Libraries Reception:**  
**In Conversation with the Minister of Education**

This was an engaging head-to-head with Don McRae, current Minister of Education and Minister Responsible for Public Libraries, chatting with Dave Obee, author of *The Library Book; a History of* ..... continued on Page 22

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# Health/Lifestyle News

## Save Our Hospital Coalition Elects Board

The Princeton Save Our Hospital Coalition (SOHC) held its first Annual General Meeting on Wednesday, October 3rd. A new Board of Directors was elected which includes Spencer Coyne as President; Ed Staples, Vice president; Nienke Klaver, Secretary; Penny Goodfellow, Treasurer; Chris Goodfellow, Director; and Ole Juul, Director.

President Coyne presented the society's proposed Constitution and Bylaws which was approved by the membership.

There were three reports given at the meeting. The first was on the society's finances given by President Coyne. The financial statements will

be available to the public on the SOHC website: [savepgh.ca](http://savepgh.ca). Penny Goodfellow accepted the financial documents and will be preparing an updated statement at the next meeting of the SOHC Board of Directors.

The second report was on the SOHC Discussion Paper entitled Developing an Improved and Sustainable Health Care Model for Princeton. President Coyne emphasized the importance of the paper and encouraged members to provide feedback. The general public can access the discussion paper at the SOHC website.

The third report was on the Rural Health Research Conference that was held on October 2nd and 3rd in

Kelowna. Sponsored by the Rural Health Services Research Network, the conference brought together university professors, health care researchers, medical practitioners, and community leaders to discuss how health services and policies can be shaped through research. The conference was attended by Ed Staples and Nienke Klaver who received offers of assistance from researchers at the University of British Columbia, UBC Okanagan, the University of Saskatchewan and Interior Health.

The new Board of Directors is eager to continue working with the community of Princeton to find solutions to our health care problems.

## Be Power Smart and save in Princeton!

BC Hydro is partnering with three Princeton retailers to offer incentives for the purchase of energy-efficient products during October, Power Smart Month.

Power Smart discounts are available to customers for in-store purchases of energy-efficient lighting, televisions and appliances.

Every year during October, Power

Smart Month, BC Hydro shows British Columbians how easy it is to make smart energy use choices and save money on monthly electricity bills. BC Hydro provides increased rebates and incentives to help encourage energy conservation throughout the year.

Facts:

Customers can save up to \$6 on

select ENERGY STAR compact fluorescent light bulbs and up to \$8 on ENERGY STAR LED bulbs.

Some retailers are also offering additional savings on ENERGY STAR fixtures like ceiling fans, and other energy-saving devices like motion sensors for lighting and power bars.

Some retailers are also offering a 12 per cent discount on select energy-efficient ENERGY STAR rated televisions and major appliances, as well as double the mail-in rebates on select ENERGY STAR clothes washers, dishwashers, refrigerators and freezers.

More than 700 retailers in over 90 communities across the province are participating in Power Smart month incentives.

For a complete list of all rebates and specials and for more information visit [powersmart.ca](http://powersmart.ca).

Energy efficient, ENERGY STAR lighting, televisions and appliances can help reduce electricity costs.

- LEDs use at least 75 per cent less energy than incandescent lighting and can last up to 25 years.

- ENERGY STAR televisions use up to 30 per cent less electricity than standard models.

- ENERGY STAR fridges and freezers use 20 per cent less energy.

- ENERGY STAR washing machines are 36 per cent more efficient and a front-loading washing machine can cut water use by nearly 40 per cent.

Participating retailers in Princeton include:

- Home Hardware
- Cooper's Foods
- Sears

- submitted

## Living Past 100

### A Good Mineral For A Long Life

Although magnesium deficiency is not common among the young, it is common among older people. Magnesium is extremely important in the diet. It activates enzymes, controls metabolism, is essential in the absorption of proteins, prevents muscle cramps, and keeps the nervous system healthy. Studies done in the United States have shown an adequate supply of magnesium prevents the development of type II diabetes in older women.

Those most likely to suffer from magnesium deficiency are people with diabetes, alcoholics, people taking diuretics, and people who cannot properly digest gluten (a protein found in wheat, rye and barley).

More than half of the magnesium in the body is found in the bones, with only a tiny percentage in the blood, but this small amount in the blood is in the form of ions, and those ions of magnesium are essential to many body functions.

Many people are aware of a need for magnesium when they become constipated and take milk of magnesia, but too frequent use of this source of magnesium can lead to a form of deficiency. The best sources of magnesium are in foods rich in this mineral.

The body requires 300 - 500 mg. of magnesium daily to maintain a healthy level of this vital mineral. Whole grains and legumes are excellent sources of magnesium. For example, a half cup of white beans, such as you find in pork and beans, provides 173 mg. of magnesium. Black-eyed peas provide 196 mg. of magnesium per half cup. Two slices of whole wheat bread provide 45 mg. of magnesium, but two small buckwheat pancakes will give you 300 mg. of magnesium.

If you think these foods are high in magnesium, take a look at those leafy greens! A half pound of beet greens yields 240 mg. of magnesium, the same amount of spinach yields 200 mg. and a half pound of Swiss chard yields 148 mg. These are the top sources of magnesium.

All vegetables give some magnesium, but not the amounts derived from the green leafy vegetables mentioned. All fruits contain some magnesium, with blackberries and banana giving the most. Even chocolate will yield some magnesium. All nuts and seeds will provide some magnesium, and so will dairy products, except for butter.

It is important to be aware of magnesium in the foods you eat because a slight deficiency may not cause any symptoms, but can affect overall health, whether in bones, nervous system, or muscle tone. As slight deficiencies occur primarily in people over 40, making sure you get enough magnesium could mean the difference between healthy aging and devastating disease.

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# News Leader Entertainment

Similkameen News Leader TV Guide Listings - October 9 - 15, 2012



Princeton Posse's Josh Mack (#14) appears to be in the middle of a Columbia Valley sandwich! \*

## Posse bury Rockies in landslide

On paper the teams were fairly evenly matched: Princeton Posse 4-3 in second place of their Division with 8 points and Columbia Valley Rockies tied for second in their Division with 3-4 and 7 points.

So when the Rockies came to town to play the Posse on October 5th, it was a safe bet that an entertaining game was on the schedule.

Well, entertaining turned out to be too weak a word to describe the action on ice that never let up in the full 60-minutes of play.

Princeton scored first at 14:06 of the first.

Kyle Raymond got the power play goal with assists going to Jon Forrest and Kurtis Klinger.

The second period saw Princeton dominate the scoreboard with goals at 15:32 (Kurtis Bond from Kyle Raymond and Jon Forrest) and

11:53 (Kaleb Boyle from Eric Kubis).

Referee Alex Teichroeb waved off a goal scored by Columbia Valley at 9:00 as the net was full of players and one likely bumped the puck in with something other than a stick.

Princeton added another goal at 8:16 (Eric Kubis from Lane Erickson).

Although the home team was leading with a score of 4-0 after two periods, the game was still evenly matched with each team tied with 12 shots on goal in the second period.

And goalies at both ends of the rink were incredible, even blessed at

times with pucks clanging off of posts and crossbars with high frequency.

The third period saw Princeton continue to light up the scoreboard with goals at 18:27 (Lane Erickson from Eric Kubis and Kaleb Boyle) and 14:32 (Josh Mack from Kyle Raymond and Mason Chew).

With ten-minutes left to play Columbia Valley switched goalies but it was far too late.

Final score: Princeton 6, Columbia Valley 0. Shots on Goal: Columbia Valley 60, Princeton 59. Penalties in minutes: Princeton 6 for 20-minutes, Columbia Valley 9 for 18-minutes.

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# Tuesday Movies

**AFTERNOON**

5:00 pm TSN ch.19 "Rocky IV" (1985, Drama) Sylvester Stallone. Champ Rocky Balboa trains in Siberia for a bout against a lab-tested Soviet with a 2000-psi punch. (CC)

**EVENING**

9:00 pm KNOW ch.5 "Trouble the Water" (2008, Documentary) A couple stranded in New Orleans during Hurricane

Katrina document their survival. 9:30 pm WTBS ch.3 "Paulie" (1998, Comedy) Gena Rowlands. A parrot at an animal research lab tells his life story to a janitor who tries to help him escape. 11:30 pm WTBS ch.3 "The Perfect Man" (2005, Romance-Comedy) Hilary Duff. A crafty teen invents a secret admirer to prevent her mother from having another bad relationship.

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# News Leader Horoscopes

October 10 - 17, 2012

**ARIES** - Your energy level climbs now until mid-November. This is a great time to study if you use willpower. This same period is not a good time to travel. Drive carefully. Errands will be a bother, and messages may go astray. Health is good, job runs smoothly. Interact with charm.

**TAURUS** - You like to enjoy yourself through games, sports. Young people bring happiness. Problems arise in financial area. Pay attention to budget, contracts, banking, insurance. Focus on employment and health this week and next. Partner, friend can teach you now: listen and learn.

**GEMINI** - You may feel others put pressure on you, oppose you, or speak harshly. It is not your fault, They are going through ego issues. Stand your ground if you can't ignore them but try to avoid conflict. Focus on creative activities, clean house or make home more attractive.

**CANCER** - Maintain focus on home and property and finish up projects related to residence. Female sibling or neighbour is a comfort. Talk to young people in your life and spend some time walking, cycling or dancing. Subtle changes are taking place in partner and friends. Observe.

**LEO** - Be cautious doing any sports for the next few weeks - don't take risks. Focus now on putting your ideas across, as your verbal skills are highlighted. You may be overconfident about how much you can spend, and may spend on things you will regret buying! Save your money.

**VIRGO** - This is a good time to work at looking your best, but it is not time to spend a lot of money on it. You are not out of the woods yet. You could be in for some good news about your career this week. There may be problems with home and property - check for safety hazards.

**LIBRA** - You must restrict your spending now, and make a budget and stick to it. You are going to have to conserve your resources. Be cautious about speaking from ego or anger for the next few weeks or you will pay a price. Take care of your throat, you are subject to infections now.

**SCORPIO** - Money problems related to what you own and what you owe could give you worries for the next six weeks. Pay down what you owe, be careful with your money. Beware of being robbed or cheated of money. Focus on associates, groups you belong to. Speak out if need be.

**SAGITTARIUS** - Energy and ego are high until mid-November. Do not let ego get in the way of good sense or good manners, or you will alienate those who might have done you some good. Partner and friends will be the first to take offence. They may forgive but not forget. Be nice!

**CAPRICORN** - You may have a lot of worries or be secretly angry at somebody. You need to watch out for betrayal of trust. Focus on career. Travel should go well now. When among groups you belong to, do not be afraid to discuss matters of concern to all of you. You are changing.

**AQUARIUS** - This is no time to be hazy about your financial situation. Circumstances force you to be very conservative in your spending. Young people are good to you, but this could change. Problems among groups you associate with may turn into conflict. Be sure you face problems.

**PISCES** - You need to pay close attention to any resources shared with others, such as investments, loans, or other financial involvements. If you have been renovating or redecorating your home, complete it this week or you will have problems later. Friends, partner are kind.

**TUESDAY, OCTOBER 9, 2012**

|       | WTBS ch.3                                | CHBC ch.4             | KNOW ch.5                              | KSPS ch.6                     | KHQ ch.7                                      | KREM ch.8               | A&E ch.9                 | KXLY ch.10                 | BCTV ch.11                | CITY ch.12                | CBC ch.13                | YTV ch.18                 | TSN ch.19                                  | VTV ch.22               | DISC ch.24              | FAM ch.26               | CITY ch.29             | SPIKE ch.44            | TROP ch.45              |
|-------|--|-----------------------|--|-------------------------------|---|-------------------------|--------------------------|----------------------------|---------------------------|---------------------------|--------------------------|---------------------------|--|-------------------------|-------------------------|-------------------------|------------------------|------------------------|-------------------------|
| 6 AM  | In the Heat of the Night                 | Morning News (N) ☺    | Poppets<br>G. Shrinks                  | Thomas<br>Clifford            | KHQ News 6AM (N)                              | KREM 2 Morning News     | Criminal Minds "Lucky"   | News                       | Morning News (N) ☺        | (5:00) Morning News       | CBC News Now ☺           | Kid vs. Kat<br>Super Evil | SportsCentre ☺                             | CTV Morning Live (N) ☺  | Mayday ☺                | Henry<br>Phineas        | CityLine (N) ☺         | CSI: NY<br>Parts. ☺    | Canadian Pickers ☺      |
| 7 AM  | Justice                                  | Justice               | Martha<br>HI-5                         | Arthur<br>Martha              | Today Todd and Sonja Burpo; The Script. (N) ☺ | CBS This Morning (N) ☺  | Criminal Minds ☺         | Good Morning America (N) ☺ |                           |                           | Turbo<br>Monster         | Slidekick<br>Beblade      | SportsCentre ☺                             |                         | Nerve Center ☺          | Shake It<br>ANT Farm    | Let's Make a Deal (N)  | CSI: NY "Jamaica" ☺    | Earth: Final Conflict ☺ |
| 8 AM  | Judge Alex                               | Judge Alex            | Dive, Oily<br>Magic Bus                | Curious<br>Cat in the         |   |                         | CSI: Miami "Kill Clause" |                            |                           | 100 Huntley Street ☺      | Bo On/Go<br>Busytown     | Pokemon<br>Super Evil     | SportsCentre ☺                             |                         | Auction<br>Auction      | Jessie ☺<br>Phineas     | The Price Is Right (N) | CSI: NY "Trapped" ☺    | Canadian Pickers ☺      |
| 9 AM  | Millionaire                              | 100 Huntley Street ☺  | Dinosaur<br>Sid                        | Super Why!<br>Dinosaur        |   | The 700 Club ☺          | CSI: Miami ☺             | Livel Kelly and Michael    | 100 Huntley Street ☺      | The Doctors ☺             | Super Why!<br>Cat in the | Almost<br>Squirrel        | SportsCentre ☺                             | Livel Kelly and Michael | Cash Cab<br>How/Made    | Mickey<br>Never Land    | Access Hollywood Live  | CSI: Crime Scene       | Canadian Pickers ☺      |
| 10 AM | Law Order: CI                            | The Doctors ☺         | Noodle<br>Timothy                      | Sesame Street ☺               |   | The Price Is Right (N)  | Criminal Minds ☺         | The View (N) ☺             | The Doctors ☺             | Mamas<br>Debt/Part        | Poko ☺<br>Doodlebop      | Slidekick<br>Puppies      | Sportfish<br>Lumberj.                      | The View (N) ☺          | Salvage Hunters ☺       | Mickey<br>Manny         | The Chew ☺             | CSI: Crime Scene       | Law & Order ☺           |
| 11 AM | Law Order: CI                            | Mamas<br>Debt/Part    | Joe- Jack<br>G. Shrinks                | Tiger<br>Sit & Be Fit         | Judge B.<br>Poppy Cat                         | Young & Restless        | Criminal Minds ☺         | Paid Prog.                 | Mamas<br>Debt/Part        | Noon News Hour            | Steven and Chris ☺       | Kid vs. Kat<br>Rated A    | Score Golf Television                      | Marilyn Denis           | Toughest Trucker        | Phineas<br>Suite/Deck   | General Hospital (N) ☺ | Ink Master ☺           | Friends ☺               |
| 12 PM | Excused                                  | Noon News Hour (N)    | Arthur ☺<br>Peep, Big                  | Charlie Rose (N) ☺            | Paid Prog.<br>Bold                            | News                    | The First 48 ☺           | The Chew ☺                 | Noon News Hour (N)        | Days of our Lives (N)     | CBC News Now (N) ☺       | Squirrel<br>Slidekick     | Poker<br>NFL Films                         | CTV News (N) ☺          | Mighty Ships Lo Boreal. | Wizards<br>Hannah       | CityLine ☺             | Ink Master ☺           | 3rd Rock                |
| 1 PM  | There Yet?                               | Days of our Lives (N) | Poppets<br>Save-Ums!                   | Paint<br>Quitting             | Days of our Lives (N)                         | The Talk ☺              | The First 48 ☺           | General Hospital (N) ☺     | Days of our Lives (N)     | The Jeff Probst Show      | Heartland ☺ (DVS)        | Mr. Young<br>Idle         | NFL Live (N) (Live) ☺                      | The Dr. Oz Show ☺       | Auction<br>Auction      | Sonny<br>Random         | Katie (N) ☺            | Ink Master ☺           | Married                 |
| 2 PM  | King                                     | The Jeff Probst Show  | Mag Fero<br>Rolie Polie                | Barney<br>WordWorld           | Katie (N) ☺                                   | Let's Make a Deal (N)   | The First 48 ☺           | The Jeff Probst Show       | The Jeff Probst Show      | The Ricki Lake Show       | Steven and Chris (N) ☺   | Almost<br>Super Evil      | Off Record<br>Interruption                 | Dr. Phil ☺              | Ragin' Cajuns ☺         | So Raven<br>Suite/Deck  | CityNews at 5 (N) ☺    | Ink Master ☺           | Law & Order ☺           |
| 3 PM  | The Office                               | The Ricki Lake Show   | Dinosaur<br>Arthur ☺                   | Sid<br>WordGirl               | Ellen DeGeneres Show                          | Dr. Phil ☺              | Storage                  | Rachael Ray ☺              | The Ricki Lake Show       | Young & Restless          | Recipes<br>Stefano       | Squirrel<br>Slidekick     | SportsCentre (N) ☺                         | Ellen DeGeneres Show    | Cash Cab<br>How/Made    | Wizards<br>ANT Farm     | CityNews at 6 (N) ☺    | Ink Master "Game On" ☺ | Canadian Pickers ☺      |
| 4 PM  | Big Bang                                 | Young & Restless      | Clifford<br>WordWorld                  | Wild Kratts<br>Electric       | Jdg Judy                                      | The Dr. Oz Show ☺       | Storage                  | The Doctors ☺              | Young & Restless          | Early News<br>Global Nat. | Dragons' Den ☺           | Penguins<br>Penguins      | Hockey<br>Interruption                     | Anderson Live (N) ☺     | Daily Planet (N) ☺      | Phineas<br>Phineas      | How I Met 30 Rock      | Ink Master ☺           | Canadian Pickers ☺      |
| 5 PM  | Browns                                   | News (N) ☺            | Dive, Oily<br>Wild Kratts              | News<br>Business              | News<br>NBC News                              | News<br>CBS News        | Storage                  | News<br>ABC News           | Early News<br>Global Nat. | (4:59) News Hour          | News<br>News             | Penguins<br>Penguins      | Movie: ** "Rocky IV" (1985) Tallia Shire ☺ | CTV News at Five (N)    | How/Made<br>How/Made    | Wingin' It<br>Good Luck | Raising Ben-Kate       | Ink Master ☺           | Friends ☺               |
| 6 PM  | Browns                                   | Global Nat.<br>News   | Animals<br>Dogs                        | PBS News-Hour (N) ☺           | News<br>Millionaire                           | KREM 2 News at 6 (N)    | Storage                  | News<br>News               | (5:59) News Hour (N)      | ET Canada                 | News<br>Exchange         | iCarly ☺                  | CTV News (N) ☺                             | Yukon Men (N) ☺         | Wizards<br>ANT Farm     | Phineas<br>Mindy        | New Girl               | Ink Master ☺           | 3rd Rock                |
| 7 PM  | Sinfeld ☺                                | Ent<br>ET Canada      | Hope for Wildlife                      | KSPS Election Special         | Jeopardy!<br>Wheel                            | Inside Ed.<br>Access H. | Storage                  | Ent<br>The Insider         | Ent<br>ET Canada          | Vegas (N) ☺               | George S<br>Coronation   | Mr. Young<br>Boys         | SportsCentre (N) (Live) ☺                  | etalk (N)<br>Big Bang   | Highway Thru Hell (N)   | Jessie ☺<br>Good Luck   | Private Practice (N) ☺ | Ink Master ☺           | Married                 |
| 8 PM  | Family Guy                               | NCIS "Phoenix" (N) ☺  | Ancient Worlds                         | History Detectives (N)        | The Voice ☺                                   | NCIS "Phoenix" (N) ☺    | Storage                  | Dancing With the Stars     | NCIS "Phoenix" (N) ☺      | NCIS "Phoenix" (N) ☺      | Mercer<br>22 Minutes     | Wipeout<br>Contestants.   | Off Record                                 | The Voice (N) ☺         | How/Made<br>How/Made    | Jessie ☺<br>Really Me   | CityNews-Tonight (N)   | Ink Master (N) ☺       | Debt/Part<br>ET Canada  |
| 9 PM  | Amer. Dad                                | NCIS: Los Angeles (N) | Movie: **** "Trouble the Water" (2008) | Frontline "The Choice 2012" ☺ | Go On (N)<br>Normal                           | NCIS: Los Angeles (N)   | Storage                  | Dancing With the Stars     | NCIS: Los Angeles (N)     | NCIS: Los Angeles (N)     | The Big Decision ☺       | Funnest Home Videos       | Score Golf Television                      | Anger<br>Normal         | Yukon Men ☺             | Wingin' It<br>Warhogs!  | Jimmy Kimmel Live (N)  | Tattoo Rescue ☺        | Friends ☺               |
| 10 PM | Movie: ** "Paulie" (1998) Gena Rowlands. | Vegas (N) ☺           |  | (10:01) Parenthood (N)        | Vegas (N) ☺                                   |                         | Storage                  | Private Practice (N) ☺     | Vegas (N) ☺               | News Hour Final (N)       | National                 | Weird<br>Splatalot        | SportsCentre (N) ☺                         | (10:01) Criminal Minds  | Highway Thru Hell       | Lizzie<br>So Raven      | Maury ☺                | Ink Master ☺           | 3rd Rock                |
| 11 PM | "Perfect"                                | CHBC News Final (N)   | Hope for Wildlife                      | Charlie Rose (N) ☺            | News<br>Jay Leno                              | News<br>Letterman       | Storage                  | News<br>Nightline          | News Hour Final (N)       | ET Canada<br>The Talk     | CBC News<br>George S     | Mr. Young<br>Boys         | SportsCentre ☺                             | CTV News<br>CTV News    | Daily Planet ☺          | Cory<br>Princess        | Paid Prog.<br>EP Daily | Ink Master ☺           | Married                 |



# News Leader Recipe 523

## Overnight Peanut and Pear Muesli

Diabetes-Friendly Food: Peanut and pear muesli jump starts the day

(NC)—This delightful muesli is a tasty breakfast or snack option for those who live with diabetes, and also offers beneficial fibre, calcium, iron and folate. The peanut butter, oats and yogurt in this recipe provide the nutrition kick, and the cinnamon and ginger will delight the tastebuds. More tasty recipes can be found at [www.peanutbureau.ca](http://www.peanutbureau.ca). Makes 4 servings.

**Ingredients:**

- 1/2 cup (125 mL) dry large flake oats
- 2 tbsp (30 mL) wheat germ
- 2 cups (500 mL) plain, non-fat yogurt
- 3 tbsp (45 mL) smooth peanut butter
- 1/2 tsp (2 mL) ground cinnamon
- 1/4 tsp (1 mL) ground ginger
- 1 red pear, diced
- 3 tbsp (45 mL) unsalted dry-roasted peanuts, chopped
- 2 tbsp (30 mL) dried cranberries

**Directions:**

- Preheat the oven to 350°F (180°C). Spread the oats and wheat germ on a parchment paper-lined baking sheet. Toast for 5 to 7 minutes or until fragrant. Cool to room temperature. Oat mixture can be toasted ahead and stored in an airtight container for up to 1 week.
- Stir the yogurt with the peanut butter until well combined. Stir in oat mixture, cinnamon, ginger and pear until well combined. Divide equally between 4 bowls and wrap tightly (or transfer to airtight portable containers). Reserve in the refrigerator overnight or up to 2 days.
- Sprinkle with peanuts and cranberries just before serving.

Per serving (1/4 recipe): 255 calories, 11 g fat, 2 g saturated fat, 3 mg cholesterol, 118 mg sodium, 29 g carbohydrates, 4 g fibre, 11 g sugars, 14 g protein. High source of fibre. Good source of calcium and iron. Source of folate.

**Tips:**

- Replace the oats with one or a combination of grains such as spelt, rye or quinoa flakes that are available at most bulk and health food stores.
- If you prefer a sweetened yogurt, you can add honey to taste. Note that every 1 tsp (5 mL) of honey you add, will add 6 g of sugar per serving.

- [www.newscanada.com](http://www.newscanada.com)

# Wednesday Movies

**MORNING**

11:00 am TSN ch.19 "Rocky IV" (1985, Drama) Sylvester Stallone. Champ Rocky Balboa trains in Siberia for a bout against a lab-tested Soviet with a 2000-psi punch. (CC)

"Freedomland" (2006, Crime Drama) Samuel L. Jackson. A detective investigates a carjacking that resulted in the abduction of the young son of a troubled woman.

11:30 pm WTBS ch.3 "Quigley Down Under" (1990, Western) Tom Selleck. An Old West sharpshooter goes to Australia, where his new boss expects him to kill Aborigines.

**EVENING**

9:30 pm WTBS ch.3

**Now It's Called Princeton**

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### WEDNESDAY, OCTOBER 10, 2012

|       | WTBS ch.3                                   | CHBC ch.4                 | KNOW ch.5                          | KSPS ch.6               | KHQ ch.7  | KREM ch.8                 | A&E ch.9               | KXLY ch.10                    | BCTV ch.11                | CITY ch.12                | CBC ch.13                 | YTV ch.18                 | TSN ch.19                                    | VTV ch.22  | DISC ch.24              | FAM ch.26                                 | CITY ch.29                | SPIKE ch.44               | TROP ch.45                 |
|-------|---|---------------------------|------------------------------------|-------------------------|---|---------------------------|------------------------|-------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|--|--|-------------------------|---|---------------------------|---------------------------|----------------------------|
| 6 AM  | In the Heat of the Night                    | Morning News (N) [RE]     | Poppets<br>G. Shrinks              | Builder<br>Clifford     | KHQ News 6AM (N)                                  | KREM 2 Morning News       | Criminal Minds [RE]    | News                          | Morning News (N) [RE]     | (5:00) Morning News       | CBC News Now [RE]         | Kid vs. Kat<br>Super Evil | SportsCentre [RE]                            | CTV Morning Live (N) [RE]                          | Dangerous Flights       | Henry<br>Phineas                          | CityLine (N) [RE]         | CSI: NY<br>"Wasted" [RE]  | Weird or What?             |
| 7 AM  | Justice                                     | Justice                   | Martha<br>Hi-5                     | Arthur<br>Martha        | Today Marlo Thomas; The Script performs. (N) [RE] | CBS This Morning (N) [RE] | Criminal Minds [RE]    | Good Morning America (N) [RE] |                           |                           | Turbo<br>Monster          | Sidekick<br>Beyblade      | SportsCentre [RE]                            |  | Toughest Trucker        | Shake It<br>ANT Farm                      | Let's Make a Deal (N)     | CSI: NY<br>"Risk" [RE]    | Earth: Final Conflict [RE] |
| 8 AM  | Judge Alex                                  | Judge Alex                | Dive, Oily<br>Magic Bus            | Curious<br>Cat in the   |   |                           | CSI: Miami "L.A." [RE] |                               |                           | 100 Huntley Street [RE]   | Bo On/Go<br>Busytown      | Pokemon<br>Super Evil     | SportsCentre [RE]                            |  | Airplane Repo [RE]      | Jessie [RE]<br>Phineas                    | The Price Is Right (N)    | CSI: NY<br>"Stuck on You" | Weird or What?             |
| 9 AM  | Millionaire                                 | 100 Huntley Street [RE]   | Dinosaur<br>Sid                    | Super Why!<br>Dinosaur  |   | The 700 Club [RE]         | CSI: Miami [RE]        | Livel Kelly and Michael       | 100 Huntley Street [RE]   | The Doctors [RE]          | Super Why!<br>Cat in the  | Almost<br>Squirrel        | SportsCentre [RE]                            | Live! Kelly and Michael                            | Cash Cab<br>How/Made    | Mickey<br>Never Land                      | Access Hollywood Live     | CSI: Crime Scene          | Weird or What?             |
| 10 AM | Law Order: CI                               | The Doctors [RE]          | Slamase<br>Mr. Moon                | Sesame Street [RE]      |   | The Price Is Right (N)    | Criminal Minds [RE]    | The View (N) [RE]             | The Doctors [RE]          | Mamas<br>Debt/Part        | Poko [RE]<br>Doodlebop    | Sidekick<br>Rated A       | Fishing<br>NFL Films                         | The View (N) [RE]                                  | Breaking Point "Boal"   | Mickey<br>Manny                           | The Chew [RE]             | CSI: Crime Scene          | Law & Order [RE]           |
| 11 AM | Law Order: CI                               | Mamas<br>Debt/Part        | Joe- Jack<br>G. Shrinks            | Tiger<br>Sit & Be Fit   | Judge B.<br>Wiggles                               | Young & Restless          | Criminal Minds [RE]    | Youthful<br>Perfect Bra       | Mamas<br>Debt/Part        | Noon News Hour            | Steven and Chris [RE]     | Kid vs. Kat<br>Rated A    | Movie: ** "Rocky IV" (1985) Talia Shire [RE] | Marilyn Denis<br>CTV News (N) [RE]                 | Pyros "The Falls"       | Phineas<br>Suite/Deck                     | General Hospital (N) [RE] | CSI: Crime Scene          | Friends [RE]               |
| 12 PM | Excused                                     | Noon News Hour (N)        | Arthur [RE]<br>Peep, Blg           | Charlie Rose (N) [RE]   | Paid Prog.<br>Paid Prog.                          | News<br>Bold              | Duck D.<br>Duck D.     | The Chew [RE]                 | Noon News Hour (N)        | Days of our Lives (N)     | CBC News Now (N) [RE]     | Squirrel<br>Sidekick      | NFL Live (N) (Live) [RE]                     | CTV News (N) [RE]                                  | Mayday<br>Hannah        | Wizards<br>Hannah                         | CityLine [RE]             | CSI: Crime Scene          | '70s Show                  |
| 1 PM  | There Yet?                                  | Days of our Lives (N)     | Poppets<br>Doggy Day               | Oil Painting<br>Sewing  | Days of our Lives (N)                             | The Talk [RE]             | Duck D.<br>Duck D.     | General Hospital (N) [RE]     | Days of our Lives (N)     | The Jeff Probst Show      | Heartland [RE] (DVS)      | Mr. Young<br>Indie        | NFL Live (N) (Live) [RE]                     | The Dr. Oz Show [RE]                               | Highway Thru Hell       | Sonny<br>Random                           | Katie (N) [RE]            | CSI: Crime Scene          | Friends [RE]               |
| 2 PM  | King  | The Jeff Probst Show      | Mag Fero<br>Rolie Polle            | Barney<br>WordWorld     | Judge B.<br>Judge B.                              | Let's Make a Deal (N)     | Duck D.<br>Duck D.     | The Jeff Probst Show          | The Jeff Probst Show      | The Ricki Lake Show       | Steven and Chris (N) [RE] | Almost<br>Super Evil      | Off Record<br>Interruption                   | Dr. Phil [RE]                                      | Bering Sea Gold [RE]    | So Raven<br>Suite/Deck                    | CityNews at 5 (N) [RE]    | Bar Rescue [RE]           | Law & Order [RE]           |
| 3 PM  | The Office                                  | The Ricki Lake Show       | Dinosaur<br>Arthur [RE]            | Sid<br>WordGirl         | Ellen DeGeneres Show                              | Dr. Phil [RE]             | Storage<br>Storage     | Rachael Ray [RE]              | The Ricki Lake Show       | Young & Restless          | Recipes<br>Stefano        | Squirrel<br>Sidekick      | SportsCentre (N) [RE]                        | Ellen DeGeneres Show                               | Cash Cab<br>How/Made    | Wizards<br>ANT Farm                       | CityNews at 6 (N) [RE]    | Bar Rescue [RE]           | Weird or What?             |
| 4 PM  | Big Bang                                    | Young & Restless          | Clifford<br>WordWorld              | Wild Kratts<br>Electric | Jdg Judy  | The Dr. Oz Show [RE]      | Storage<br>Storage     | The Doctors [RE]              | Young & Restless          | Early News<br>Global Nat. | Dragons' Den [RE]         | SpongeBob<br>SpongeBob    | Hockey<br>Team Canada Rewind (N) [RE]        | Anderson Live (N) [RE]                             | Daily Planet (N) [RE]   | Phineas<br>Phineas                        | How I Met 30 Rock         | Bar Rescue [RE]           | Weird or What?             |
| 5 PM  | Browns                                      | News (N) [RE]             | Dive, Oily<br>Wild Kratts          | News<br>Business        | News<br>NBC News                                  | News<br>CBS News          | Storage<br>Storage     | News<br>ABC News              | Early News<br>Global Nat. | (4:59) News Hour          | News<br>News              | SpongeBob<br>SpongeBob    | CTV News at Five (N)                         | Auction<br>Auction                                 | Wingin' It<br>Good Luck | The Middle<br>Mod Fam                     | Ink Master [RE]           | Friends [RE]              |                            |
| 6 PM  | Browns                                      | Global Nat.               | Animals<br>Undersea                | PBS News-Hour (N) [RE]  | News<br>Millionaire                               | KREM 2 News at 6 (N)      | Storage<br>Storage     | News<br>News                  | (5:59) News Hour (N)      | ET Canada                 | News<br>Exchange          | ICarly [RE]               | CTV News (N) [RE]                            | Auction<br>Auction                                 | ANT Farm<br>Wizards     | Mod Fam<br>Bachelor Canada (N) [RE] (DVS) | Ink Master [RE]           | '70s Show                 |                            |
| 7 PM  | Seinfeld [RE]                               | Ent<br>ET Canada          | Frontiers of Nature [RE] (DVS)     | Nature [RE] (DVS)       | Jeopardy!<br>Wheel                                | Inside Ed.<br>Access H.   | Duck D.<br>Duck D.     | Ent<br>The Insider            | Ent<br>ET Canada          | Chicago Fire "Pilot" [RE] | George S<br>Coronation    | Victorious<br>Big Time    | SportsCentre (N) (Live) [RE]                 | etalk (N)<br>Big Bang                              | Myth-Busters [RE]       | Jessie [RE]<br>Good Luck                  | CityNews-Tonight (N)      | Tattoo Rescue [RE]        | Friends [RE]               |
| 8 PM  | Family Guy                                  | Survivor: Philippines (N) | Asla's Monarchies                  | NOVA (N) [RE] (DVS)     | Practice<br>Guys-Kids                             | Survivor: Philippines (N) | Duck D.<br>Duck D.     | The Middle<br>Neighbors       | Survivor: Philippines (N) | Survivor: Philippines (N) | Dragons' Den (N) [RE]     | Wipeout [RE]              | Off Record                                   | The X Factor Auditions continue in Miami. (N) [RE] | Highway Thru Hell       | Austin<br>Gravity                         | CityNews-Tonight (N)      | Auction<br>Auction        | Debt/Part<br>ET Canada     |
| 9 PM  | Amer. Dad                                   | Go On (N)                 | Adrian                             | Nova scienceNOW [RE]    | Law & Order: SVU                                  | Criminal Minds (N) [RE]   | Storage<br>Storage     | Mod Fam<br>Mod Fam            | Go On (N)                 | Go On (N)                 | Titanic: Blood and Steel  | Funnest Home Videos       | World Series of Poker                        | Auction<br>Auction                                 | Wingin' It<br>Warthogs! | Jimmy Kimmel Live (N)                     | Auction<br>Auction        | Friends [RE]              |                            |
| 10 PM | Movie: ** "Freedomland" (2006, Crime Drama) | Chicago Fire "Pilot" [RE] | Vic.- Orchestra                    | Space-NASA              | Chicago Fire "Pilot" [RE]                         | CSI: Crime Scene          | Storage<br>Storage     | Nashville "Pilot" [RE]        | Chicago Fire "Pilot" [RE] | News Hour Final (N)       | National                  | Weird<br>Splatalot        | SportsCentre [RE]                            | CSI: Crime Scene                                   | Auction<br>Auction      | Lizzie<br>So Raven                        | Mauri [RE]                | Auction<br>Auction        | '70s Show                  |
| 11 PM | "Quigley"                                   | CHBC News Final (N)       | Frontiers of Charlie Rose (N) [RE] | News<br>Jay Leno        | News<br>Letterman                                 | Duck D.<br>Duck D.        | News<br>Nightline      | News<br>Nightline             | News Hour Final (N)       | ET Canada<br>The Talk     | CBC News<br>George S      | Mr. Young<br>Boys         | SportsCentre [RE]                            | CTV News<br>CTV News                               | Daily Planet [RE]       | Cory<br>Princess                          | G. Martin<br>EP Daily     | Auction<br>Auction        | Friends [RE]               |



## Around The Similkameen



Richard Dubeki and Hannah Hafso, energy efficiency ambassadors for FortisBC PowerSense, delivered laundry lines to all of the residents of the Riverside RV Resort in Keremeos.

# RV park joins clothesline revolution

The 80 residents of the Riverside RV Park near Keremeos look forward to joining the 'laundry revolution'.

Historically, clotheslines have been banned from the park, but this year, residents voted in favour of joining the laundry revolution.

"The FortisBC PowerSense clothesline campaign helped raise awareness about clotheslines and our residents decided that it made more sense to be environmentally friendly than to ban them," explains Vickie Hansen, park administrator.

"We are now encouraging residents to take advantage of our sunny and windy area and hang their laundry outside to dry. To keep our park looking tidy, we ask that residents use retractable clotheslines like the ones given to us by FortisBC and hang laundry out only as long as needed. We hope other strata-type properties are inspired to take similar action," she adds.

In fact, this past summer, PowerSense ambassadors delivered some 9,200 free laundry lines to customers at more than 120 events across the Okanagan, Similkameen, Kootenay and Boundary regions.

Taking simple steps to reduce energy use when doing laundry can make a big difference and, as cus-

tomers become increasingly energy-conscious, clotheslines are becoming more popular.

"We're encouraged to see that this campaign has helped people to think differently about the way they use energy every day throughout their home, particularly for doing laundry. We're proud of the residents of the Riverside RV Park in Keremeos for taking this step towards reducing their energy consumption," said Tom Loski, FortisBC vice president of customer service.

"After the refrigerator, dryers typically use more energy than any other appliance in the home so using a clothesline is an ideal way to reduce your energy bill and save," adds Loski.

In addition to saving money and energy, using a clothesline reduces fabric shrinkage, wear, and laundry smells fresh when dried in the sun. During the winter months, an indoor drying rack is a good alternative to an outdoor clothesline.

For more information on energy efficiency tips, rebates and programs to help you save energy in your home or business, contact your local PowerSense representative by calling 1-866-436-7847, email [powersense@fortisbc.com](mailto:powersense@fortisbc.com) or visit [www.fortisbc.com](http://www.fortisbc.com).

FortisBC is committed to helping customers conserve energy and get the most out of their energy dollar by providing both financial incen-

tives and advice on energy efficient technologies and practices. Since its inception in 1989, FortisBC's PowerSense program has helped

southern interior customers save more than 425 gigawatt hours (GWh), enough energy to power over 32,000 homes for a year.



Ever notice a brownish streak down the middle of the highway lane on highways in the Okanagan and Similkameen? Ever wonder if it was, well, poop from a Septic Truck? Well, the answer is, "Yes, it is poop from a Septic Truck". This "streak" was seen on the downhill slopes of Highway 3A just before the junction with Highway 97 on September 10th. The photographer took the OK Falls exit ramp by chance that morning. Photo: Arlene Arlow





The colours of Fall along the Similkameen River as viewed from Old Hedley Road. \*

# Thursday Movies

**EVENING**

9:00 pm KNOW ch.5 "Roger & Me" (1989, Documentary) Michael Moore. Gadfly filmmaker Michael Moore hounds General Motors chairman Roger Smith for closing a

truck plant in Flint, Mich.  
9:30 pm WTBS ch.3 "Quigley Down Under" (1990, Western) Tom Selleck. An Old West sharpshooter goes to Australia, where his new boss expects him to kill Aborigines.  
11:30 pm WTBS ch.3 "Rat Race"

(2001, Comedy) Rowan Atkinson. A hotel owner devises a contest where six Las Vegas gamblers frantically search for a bag containing \$2 million.

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**THURSDAY, OCTOBER 11, 2012**

|              | WTBS ch.3                   | CHBC ch.4             | KNOW ch.5                 | KSPS ch.6                           | KHQ ch.7                                       | KREM ch.8                           | A&E ch.9               | KXLY ch.10                          | BCTV ch.11                | CITY ch.12                | CBC ch.13                | YTV ch.18                 | TSN ch.19                      | VTV ch.22               | DISC ch.24             | FAM ch.26               | CITY ch.29             | SPIKE ch.44           | TROP ch.45             |
|--------------|-----------------------------|-----------------------|---------------------------|-------------------------------------|--|-------------------------------------|------------------------|-------------------------------------|---------------------------|---------------------------|--------------------------|---------------------------|--------------------------------|-------------------------|------------------------|-------------------------|------------------------|-----------------------|------------------------|
| <b>6 AM</b>  | In the Heat of the Night    | Morning News (N)      | Poppets<br>G. Shrinks     | Thomas<br>Clifford                  | KHQ News 6AM (N)                               | KREM 2 Morning News                 | Criminal Minds         | News                                | Morning News (N)          | (5:00) Morning News       | CBC News Now             | Kid vs. Kat<br>Super Evil | SportsCentre                   | CTV Morning Live (N)    | Pyros (DVS)            | Henry<br>Phineas        | CityLine (N)           | Jail                  | Eat St.                |
| <b>7 AM</b>  | Justice                     |                       | Martha<br>Hi-5            | Arthur<br>Martha                    | Today Glada De Laurentiis; Ellie Goulding. (N) | CBS This Morning (N)                | Criminal Minds         | Good Morning America (N)            |                           |                           | Turbo<br>Monster         | Sidekick<br>Boylade       | SportsCentre                   |                         | Licence to Drill       | Shake It<br>ANT Farm    | Let's Make a Deal (N)  | Jail                  | Earth: Final Conflict  |
| <b>8 AM</b>  | Judge Alex                  |                       | Dive, Oily<br>Magic Bus   | Curious<br>Cat in the               |  |                                     | CSI: Miami "Backfire"  |                                     | 100 Huntley Street        |                           | Bo On/Go<br>Busytown     | Pokemon<br>Super Evil     | SportsCentre                   |                         | Greatest Know-It-All   | Jessie<br>Phineas       | The Price Is Right (N) | Jail                  | Eat St.                |
| <b>9 AM</b>  | Millionaire                 | 100 Huntley Street    | Dinosaur<br>Sid           | Super Why!<br>Dinosaur              |  | The 700 Club                        | CSI: Miami "Meltdown"  | Livel Kelly and Michael             | 100 Huntley Street        | The Doctors               | Super Why!<br>Cat in the | Almost<br>Squirrel        | SportsCentre                   | Livel Kelly and Michael | Cash Cab<br>How/Made   | Mickey<br>Never Land    | Access Hollywood Live  | Jail                  | Eat St.                |
| <b>10 AM</b> | Law Order: CI               | The Doctors           | Siamese<br>Mr. Moon       | Sesame Street                       |  | The Price Is Right (N)              | Criminal Minds         | The View (N)                        | The Doctors               | Mamas<br>Debt/Part        | Poko<br>Doodlebop        | Sidekick<br>Puppies       | Motoring<br>Team Canada Rewind | The View (N)            | Licence to Drill       | Mickey<br>Manny         | The Chew               | Jail                  | Law & Order            |
| <b>11 AM</b> | Law Order: CI               | Mamas<br>Debt/Part    | Joe- Jack<br>G. Shrinks   | Tiger<br>Sit & Be Fit               | Judge B.<br>Judge B.                           | Young & Restless                    | Criminal Minds         | Paid Prog.                          | Mamas<br>Debt/Part        | Noon News Hour            | Steven and Chris         | Kid vs. Kat<br>Rated A    |                                | Marilyn Denis           | Dirty Jobs             | Phineas<br>Suite/Deck   | General Hospital (N)   | Jail                  | Friends                |
| <b>12 PM</b> | Excused                     | Noon News Hour (N)    | Arthur<br>Peep, Big       | Charlie Rose (N)                    | Paid Prog.                                     | News<br>Bold                        | The First 48           | The Chew                            | Noon News Hour (N)        | Days of our Lives (N)     | CBC News Now (N)         | Squirrel<br>Sidekick      |                                | CTV News (N)            | Auction                | Wizards<br>Hannah       | CityLine               | Jail                  | Friends                |
| <b>1 PM</b>  | There Yet?                  | Days of our Lives (N) | Poppets<br>Save-Umsl      | Painting<br>Knit                    | Days of our Lives (N)                          | The Talk                            | The First 48           | General Hospital (N)                | Days of our Lives (N)     | The Jeff Probst Show      | Heartland (DVS)          | Mr. Young<br>Indie        | NFL Live (N) (Live)            | The Dr. Oz Show         | Auction                | Sonny<br>Random         | Katie (N)              | Jail                  | 3rd Rock               |
| <b>2 PM</b>  | King                        | The Jeff Probst Show  | Mag Fero<br>Rolie Polie   | Barney<br>WordWorld                 | Katie (N)                                      | Let's Make a Deal (N)               | The First 48           | The Jeff Probst Show                | The Jeff Probst Show      | The Ricki Lake Show       | Steven and Chris         | Almost<br>Super Evil      | Off Record<br>Interruption     | Dr. Phil                | Myth-Busters           | So Raven<br>Suite/Deck  | CityNews at 5 (N)      | Jail                  | Law & Order            |
| <b>3 PM</b>  | The Office                  | The Ricki Lake Show   | Dinosaur<br>Arthur        | Sid<br>WordGirl                     | Ellen DeGeneres Show                           | Dr. Phil                            | The First 48           | Rachael Ray                         | The Ricki Lake Show       | Young & Restless          | Coronation<br>George S   | Squirrel<br>Sidekick      | SportsCentre (N)               | Ellen DeGeneres Show    | Cash Cab<br>How/Made   | Wizards<br>ANT Farm     | CityNews at 6 (N)      | Jail                  | Eat St.                |
| <b>4 PM</b>  | Big Bang                    | Young & Restless      | Clifford<br>WordWorld     | Wild Kratts<br>Electric             | Jdg Judy                                       | The Dr. Oz Show                     | The First 48           | The Doctors                         | Young & Restless          | Early News<br>Global Nat. | Dragons' Den             | Parents<br>Parents        | Hockey<br>Interruption         | Anderson Live (N)       | Daily Planet (N)       | Phineas<br>Phineas      | How I Met              | Jail                  | Eat St.                |
| <b>5 PM</b>  | Browns                      | News (N)              | Dive, Oily<br>Wild Kratts | News<br>Business                    | News<br>NBC News                               | News<br>CBS News                    | The First 48           | News<br>ABC News                    | Early News<br>Global Nat. | (4:59) News Hour          | News<br>News             | Parents<br>Parents        | 30 for 30 (N)                  | CTV News at Five (N)    | Dirty Jobs             | Wingin' It<br>Good Luck | 30 Rock<br>Parks       | IMPACT Wrestling (N)  | Friends                |
| <b>6 PM</b>  | Browns                      | Global Nat.           | Animals<br>Rivers         | Vice Presidential Debate (N) (Live) | Vice Presidential Debate (N) (Live)            | Vice Presidential Debate (N) (Live) | The First 48 (N)       | Vice Presidential Debate (N) (Live) | (5:59) News Hour (N)      | ET Canada<br>Ent          | News<br>TBA              | ICarly                    | 9.79 Post                      | CTV News (N)            | American Chopper (N)   | ANT Farm<br>Wizards     | Person of Interest     |                       | Friends                |
| <b>7 PM</b>  | Seinfeld                    | Ent<br>ET Canada      | What's That About?        |                                     |  |                                     | Beyond Scared Straight |                                     | Ent<br>ET Canada          | NCIS (DVS)                | To Be Announced          | Victorious<br>Big Time    | SportsCentre (N) (Live)        | etalk (N)<br>Big Bang   | Flying Wild Alaska (N) | Jessie<br>Good Luck     | Scandal                | Ink Master            | 3rd Rock               |
| <b>8 PM</b>  | Family Guy                  | Last Resort (N)       | Mapping the World         | New Tricks                          | 30 Rock  | Big Bang                            | Beyond Scared Straight | Last Resort (N)                     | Last Resort (N)           | Last Resort (N)           |                          | Wipeout                   | Off Record                     | Big Bang<br>Two Men     | Mayday "Bad Attitude"  | Good Luck<br>Wingin' It | CityNews-Tonight (N)   | Ink Master            | Debt/Part<br>ET Canada |
| <b>9 PM</b>  | Amer. Dad                   | The Office            | Movie: "Roger & Me"       | Foyle's War                         | News<br>Millionaire                            | Gubernatorial Debate                | (9:01) The First 48    | To Be Announced                     | The Office<br>Practice    | The Office<br>Practice    |                          | Funnest Home Videos       | World Series of Poker          | Grey's Anatomy          | American Chopper       | Wingin' It<br>Warthogs! | Jimmy Kimmel Live (N)  | Ways Die              | Friends                |
| <b>10 PM</b> | "Quigley Down Under" (1990) | NCIS "Defiance"       | Snapshot                  | KSPS Election Special               | Jeopardy!                                      | To Be Announced                     | (10:01) The First 48   |                                     | NCIS "Defiance"           | News Hour Final (N)       | National                 | Weird<br>Splatalot        | SportsCentre                   | Flashpoint (N)          | Flying Wild Alaska     | Lizzie<br>So Raven      | Maury                  | GTTV                  | Friends                |
| <b>11 PM</b> | "Rat Race"                  | CHBC News Final (N)   | What's That About?        | Charlie Rose (N)                    | News<br>Jay Leno                               | News<br>Letterman                   | Beyond Scared Straight | News<br>Nightline                   | News Hour Final (N)       | ET Canada<br>The Talk     | CBC News<br>George S     | Mr. Young<br>Boys         | SportsCentre                   | CTV News                | Daily Planet           | Cory<br>Princess        | G. Martin<br>EP Daily  | Ways Die<br>Entourage | 3rd Rock               |



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# Friday Movies

**AFTERNOON**

5:00 pm SPIKE ch.44 "Gridiron Gang" (2006, Drama) The Rock. Premiere. A counselor at a juvenile detention facility turns a group of young criminals into a football team to teach them self-respect and responsibility. (In Stereo)

**EVENING**

8:00 pm YTV ch.18 "Men in Black" (1997, Action) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. (In Stereo) (CC)  
 FAM ch.26 "Girl vs. Monster" (2012, Comedy) Olivia Holt. Premiere. With help from her friends, a savvy teen must battle an immortal monster and her

army. (In Stereo) (CC)  
 9:30 pm WTBS ch.3 "Rat Race" (2001, Comedy) Rowan Atkinson. A hotel owner devises a contest where six Las Vegas gamblers frantically search for a bag containing \$2 million.  
 10:04 pm FAM ch.26 "Halloweentown High" (2004, Fantasy) Debbie Reynolds. Two witches protect a group of students from the legendary Knights of the Iron Dagger. (In Stereo) (CC)  
 11:30 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.

# News Leader Sudoku 423

by Carter Boswell

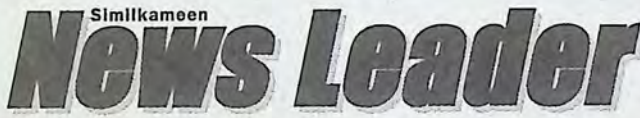
## HOW TO PLAY:

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

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

THIS WEEK'S SOLUTION:  
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News Leader Sudoku grids, puzzles and solutions  
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FRIDAY, OCTOBER 12, 2012

|           | 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   | TROP ch.45              |
|-----------|--|-----------------------|--------------------------------|--------------------------|---|-------------------------|--------------------------|----------------------------|---------------------------|---------------------------|---------------------------|------------------------------------|--|-------------------------|-----------------------|-------------------------------------|------------------------|---|-------------------------|
| 6 AM :30  | In the Heat of the Night                                 | Morning News (N) ☺    | Poppets<br>G. Shrinks          | Builder<br>Clifford      | KHQ News 6AM (N)                            | KREM 2 Morning News     | Dog the Bounty Hunter    | News                       | Morning News (N) ☺        | (5:00) Morning News       | CBC News Now ☺            | Kid vs. Kat Super Evil             | SportsCentre ☺   | CTV Morning Live (N) ☺  | Inventions That Shook | Henry's Phineas                     | CityLine (N) ☺         | Deadliest Warrior   | Outlaw Bikers ☺         |
| 7 AM :30  | Justice  |                       | Martha<br>Hi-5                 | Arthur<br>Martha         | Today Donald Trump; Anthony Bourdain. (N) ☺ | CBS This Morning (N) ☺  | The First 48 ☺           | Good Morning America (N) ☺ |                           |                           | Turbo Monster             | Yu-Gi-Oh! Beyblade                 | SportsCentre ☺   |                         | Curiosity ☺           | Shake It ANT Farm                   | Let's Make a Deal (N)  | Deadliest Warrior   | Earth: Final Conflict ☺ |
| 8 AM :30  | Judge Alex   |                       | Dive, Oily<br>Magic Bus        | Curious<br>Cat in the    |   |                         | The First 48 ☺           |                            |                           | 100 Huntley Street ☺      | Bo On/Go Busytown         | Pokemon Super Evil                 | SportsCentre ☺   |                         | Myth-Busters ☺        | Jessie ☺<br>Phineas                 | The Price Is Right (N) | Deadliest Warrior   | Casino                  |
| 9 AM :30  | Millionaire  | 100 Huntley Street ☺  | Dinosaur<br>Sid                | Super Why!<br>Dinosaur   |   |                         | The 700 Club ☺           | The First 48 ☺             | Livel Kelly and Michael   | 100 Huntley Street ☺      | Super Why!<br>Cat in the  | Almost Squirrel                    | SportsCentre ☺   | Livel Kelly and Michael | Cash Cab<br>HowMade   | Mickey<br>Never Land                | Access Hollywood Live  | Deadliest Warrior   | Outlaw Bikers ☺         |
| 10 AM :30 | Law Order: CI  | The Doctors ☺         | Siamese<br>Mr. Moon            | Sesame Street (N) ☺      |   |                         | The Price Is Right (N)   | The First 48 ☺             | The View (N) ☺            | The Doctors ☺             | Mamas Poko ☺<br>Doodlebop | Sidekick<br>Rated A                | NHRA Drag Racing: Auto-Plus Nationals. From Reading, Pa. (Taped) ☺ | The View (N) ☺          | Inventions That Shook | Mickey<br>Manny                     | The Chew ☺             | Deadliest Warrior   | Law & Order "Virtue"    |
| 11 AM :30 | Law Order: CI  | Mamas<br>Debt/Part    | Joe-Jack<br>G. Shrinks         | Tiger<br>Sit & Be Fit    | Judge B.<br>Judge B.                        | Young & Restless        | The First 48 ☺           | Ninja!<br>Paid Prog.       | Mamas<br>Debt/Part        | Noon News Hour            | Steven and Chris ☺        | Kid vs. Kat<br>Rated A             |  | Marilyn Denis           | Finding Blgfoot ☺     | Phineas<br>Suite/Deck               | General Hospital (N) ☺ | Deadliest Warrior   | Friends ☺               |
| 12 PM :30 | Excused  | Noon News Hour (N)    | Arthur ☺<br>Peep, Blg          | Charlie Rose (N) ☺       | Paid Prog.<br>Paid Prog.                    | News<br>Bold            | The First 48 ☺           | The Chew ☺                 | Noon News Hour (N)        | Days of our Lives (N)     | CBC News Now (N) ☺        | Squirrel<br>Sidekick               |  | CTV News (N) ☺          | American Chopper ☺    | Wizards<br>Hannah                   | CityLine ☺             | Deadliest Warrior   | Law & Order ☺           |
| 1 PM :30  | There Yet?   | Days of our Lives (N) | Poppets<br>Save-Ums!           | Painting<br>Scrapbook    | Days of our Lives (N)                       | The Talk ☺              | The First 48 ☺           | General Hospital (N) ☺     | Days of our Lives (N)     | The Jeff Probst Show      | Heartland ☺ (DVS)         | Mr. Young<br>Indie                 | NFL Live (N) (Live) ☺  | The Dr. Oz Show ☺       | Flying Wild Alaska ☺  | Sonny<br>Random                     | Katie (N) ☺            | Deadliest Warrior   | Law & Order "Helpless"  |
| 2 PM :30  | King   | The Jeff Probst Show  | Mag Fero<br>Rolle Polte        | Barney<br>WordWorld      | Katie (N) ☺                                 | Let's Make a Deal (N)   | The First 48 ☺           | The Jeff Probst Show       | The Jeff Probst Show      | The Ricki Lake Show       | Steven and Chris (N) ☺    | Almost Super Evil                  | Off Record<br>Interruption   | Dr. Phil ☺              | Myth-Busters ☺        | So Raven<br>Suite/Deck              | CityNews at 5 (N) ☺    | Deadliest Warrior   | Law & Order "Virtue"    |
| 3 PM :30  | The Office   | The Ricki Lake Show   | Dinosaur<br>Arthur ☺           | Sid<br>WordGirl          | Ellen DeGeneres Show                        | Dr. Phil ☺              | Criminal Minds ☺         | Rachael Ray ☺              | The Ricki Lake Show       | Young & Restless          | Recipes<br>Stefano        | Squirrel<br>Sidekick               | SportsCentre (N) ☺   | Ellen DeGeneres Show    | Cash Cab<br>How/Made  | Wizards<br>ANT Farm                 | CityNews at 6 (N) ☺    | Deadliest Warrior   | Casino                  |
| 4 PM :30  | Big Bang   | Young & Restless      | Clifford<br>WordWorld          | Wild Kratts<br>Blz Kid\$ | Jdg Judy<br>Jdg Judy                        | The Dr. Oz Show ☺       | Criminal Minds ☺         | The Doctors ☺              | Young & Restless          | Early News<br>Global Nat. | Dragons' Den ☺            | Kung Fu<br>Kung Fu                 | CFL Pre<br>CFL   | Anderson Live (N) ☺     | Daily Planet (N) ☺    | Phineas<br>Phineas                  | How I Met 30 Rock      | Deadliest Warrior   | Outlaw Bikers ☺         |
| 5 PM :30  | Browns<br>Payne  | News (N) ☺            | Dive, Oily<br>Wild Kratts      | News<br>Business         | News<br>NBC News                            | News<br>CBS News        | Criminal Minds "Proof" ☺ | News<br>ABC News           | Early News<br>Global Nat. | (4:59) News Hour          | News<br>News              | Kung Fu<br>Kung Fu                 | Football: BC Lions at Hamilton Tiger-Cats. (N) (Live) ☺            | CTV News at Five (N)    | Highway Thru Hell     | Gravity<br>Good Luck                | Last Man<br>Community  | Movie: *** "Gridiron Gang" (2006) The Rock, Xzibit. Premiere. ☺ | Friends ☺               |
| 6 PM :30  | Browns<br>Payne  | Global Nat.<br>News   | Animals<br>Parks               | PBS News-Hour (N) ☺      | News<br>Millionaire                         | KREM 2 News at 6 (N)    | Criminal Minds ☺         | News<br>News               | (5:59) News Hour (N)      | ET Canada<br>Ent          | News<br>Exchange          | SpongeBob<br>SpongeBob             |  | CTV News (N) ☺          | Oddities<br>Oddities  | Shake It<br>Austin                  | Fringe "The Recordist" | Law & Order ☺   |                         |
| 7 PM :30  | Seinfeld ☺   | Ent<br>ET Canada      | Mega Builders ☺                | Wash.<br>Need            | Jeopardy!<br>Wheel                          | Inside Ed.<br>Access H. | Criminal Minds ☺         | Ent<br>The Insider         | Ent<br>ET Canada          | 16x9 ☺                    | George S<br>Coronation    | SpongeBob<br>SpongeBob             |  | etalk (N)               | Mayday ☺ (DVS)        | Jessie ☺<br>ANT Farm                | Mantracker ☺           | Law & Order "Helpless"  |                         |
| 8 PM :30  | Family Guy<br>Family Guy                                 | Bones ☺               | Murder Myster.                 | Doc Martin ☺             | Grimm ☺ (DVS)                               | CSI: NY "2,918 Miles"   | (8:01) Criminal Minds    | SharkTank (N) ☺            | Bones ☺                   | Bones ☺                   | M'ketplace<br>Mercer      | Movie: *** "Men in Black" (1997) ☺ |  | SportsCentre (N) ☺      | Cash Cab<br>Cash Cab  | Movie: "Girl vs. Monster" (2012)    | CityNews-Tonight (N)   | Ink Master ☺  | Debt/Part<br>ET Canada  |
| 9 PM :30  | Amer. Dad<br>Movie: ** "Rat Race" (2001) Rowan Atkinson. | Made in Jersey (N) ☺  | Silk<br>Call the Midwife (N) ☺ | Grimm "The Bottle Imp"   | Made in Jersey (N) ☺                        | (9:01) Criminal Minds   | Primetime: What Would    | Made in Jersey (N) ☺       | Made in Jersey (N) ☺      | fifth estate              |                           | Weld<br>Mr. Young                  | Formula One Racing   | Blue Bloods (N) ☺       | Highway Thru Hell     | (10:04) "Halloweentown High" (2004) | Maury ☺                | Deadliest Warrior   | Law & Order ☺           |
| 10 PM :30 |  | CHBC News Final (N)   | Mega Builders ☺                | Charlie Rose (N) ☺       | News<br>Jay Leno                            | News<br>Letterman       | (11:01) Criminal Minds   | News<br>Nightline          | News Hour Final (N)       | ET Canada<br>The Talk     | CBC News<br>George S      | Boys<br>Boys                       | SportsCentre ☺   | CTV News                | Daily Planet ☺        | Princess                            | G. Martin<br>EP Daily  | Ink Master ☺  | Law & Order "Helpless"  |



# News Leader Weekend - Saturday Movies

**MORNING**

10:00 am A&E ch.9 "The Pelican Brief" (1993, Suspense) Julia Roberts. A Washington reporter helps an on-the-run law student who knows too much about a gov-

ernment cover-up. (CC)

**AFTERNOON**

12:00 pm FAM ch.26 "Halloweentown" (1998, Comedy-Drama) Debbie Reynolds. After

learning she is a witch, a girl helps save a town full of other supernatural creatures. (In Stereo) (CC)  
1:00 pm A&E ch.9 "The Shawshank Redemption" (1994, Drama) Tim Robbins. Two life sentences for a 1947 double murder

land an innocent man in a corrupt Maine penitentiary. (CC)

2:00 pm CITV ch.12 "The Incredible Hulk" (2008, Action) Edward Norton. As Bruce Banner seeks to rid himself of The Hulk forever, a powerful enemy known as The Abomination arises to wreak havoc on the human race. (CC)

3:00 pm CHBC ch.4 BCTV ch.11 "The Incredible Hulk" (2008, Action) Edward Norton. As Bruce Banner seeks to rid himself of The Hulk forever, a powerful enemy known as The Abomination arises to wreak havoc on the human race. SPIKE ch.44 "Gridiron Gang" (2006, Drama) The Rock. A counselor at a juvenile detention facility turns a group of young criminals into a football team to teach them self-respect and responsibility. (In Stereo)

5:00 pm WTBS ch.3 "Rocky Balboa" (2006, Drama) Sylvester Stallone. Retired Rocky's plan to re-enter the ring for a few small matches escalates into a full-fledged bout with the world's reigning heavyweight.

entering the U.S. Naval Academy in Maryland.

8:00 pm KSPS ch.6 "Rain Man" (1988, Comedy-Drama) Dustin Hoffman. A wheeler-dealer meets his brother, an institutionalized autistic-savant, heir to \$3 million. (In Stereo) (CC)

9:00 pm WTBS ch.3 "I Love You, Man" (2009, Comedy) Paul Rudd. As a bridegroom's bond with his new best friend grows, it threatens his relationship with his fiancée. FAM ch.26 "Under Wraps" (1997, Adventure) Adam Wylie. While three children come to the aid of a 3,000-year-old mummy on Halloween, a criminal has plans of his own. (In Stereo) (CC)

10:00 pm CITY ch.29 "Knowing" (2009, Science Fiction) Nicolas Cage. A professor and his son obtain an encoded time-capsule document that lists every major disaster over the past 50 years and predicts a future global calamity. (CC)

10:31 pm FAM ch.26 "Roxy Hunter and the Horrific Halloween" (2008, Mystery) Aria Wallace. Roxy thinks that her classmate is a vampire from Transylvania. (In Stereo) (CC)

11:00 pm WTBS ch.3 "A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million.

**EVENING**

6:00 pm SPIKE ch.44 "Gridiron Gang" (2006, Drama) The Rock. A counselor at a juvenile detention facility turns a group of young criminals into a football team to teach them self-respect and responsibility. (In Stereo)

7:00 pm WTBS ch.3 "Annapolis" (2006, Drama) James Franco. A young man from the wrong side of the tracks realizes his dream of



Traffic on Highway 3 near Hedley was down to single lane early this week for shoulder paving, which also required a bit of site preparation prior to the heavy equipment arriving. The delays were not long going either direction. \*

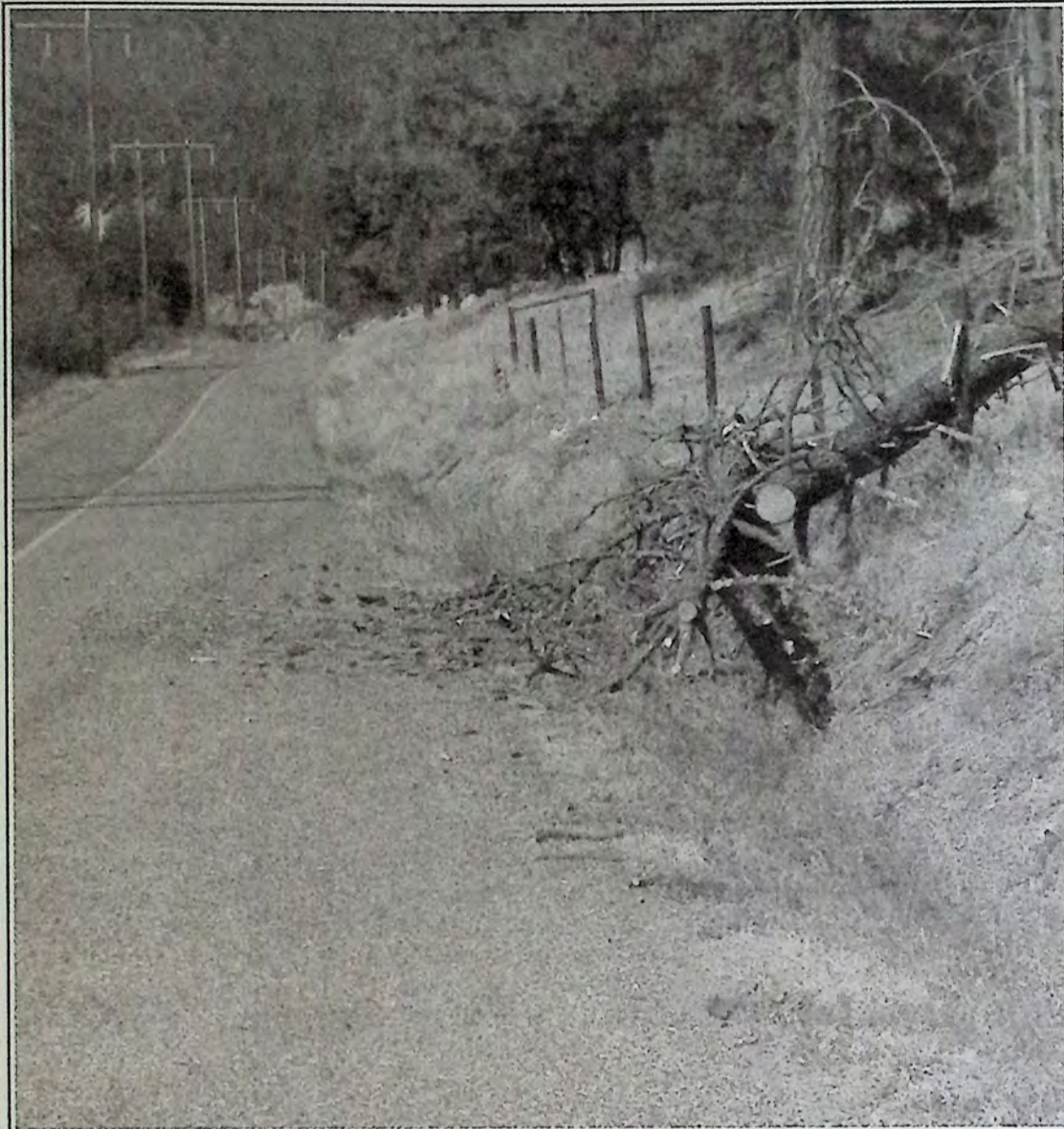
**SATURDAY, OCTOBER 13, 2012**

|          | WTBS ch.3   | CHBC ch.4  | KNOW ch.5                          | KSPS ch.6                    | KHQ ch.7   | KREM ch.8   | A&E ch.9   | KXLY ch.10                              | BCTV ch.11   | CITY ch.12   | CBC ch.13             | YTV ch.18      | TSN ch.19   | VTV ch.22             | DISC ch.24                  | FAM ch.26                      | CITY ch.29                               | SPIKE ch.44  | TROP ch.45         |
|----------|---|--|------------------------------------|------------------------------|--|---|--|---|--|--|-----------------------|----------------|---|-----------------------|-----------------------------|--------------------------------|--|--|--------------------|
| 6 AM     | Paid Prog.  | Canada   | Dinosaurs                          | Heartland                    | (5:00) Today (N) Ⓢ                                     | (5:00) CBS This Morning                             | Flip This House Ⓢ  | Does Your Bra Fit? Ⓢ                    | Canada   | Saturday Morning News Shane Jones.                       | Monster               | Kid vs. Kat    | SportsCentre Ⓢ  | Jukebox Ⓢ             | Airplane Repo Ⓢ             | Wingin' It                     | Kitchen                                  | Xtreme 4x4   | Instant            |
| 6:30 AM  | Paid Prog.  | Fishful  | Nelly                              | Fly Tying                    |  |   |  |   | Fishful  |  | Busytown              | Cat In the Hat |   |                       |                             | Suite/Deck                     | Panorama                                 | Horse.   | Paid Prog.         |
| 7 AM     | Paid Prog.  | Saturday Morning News Lynn Colliar. (N) Ⓢ                | Martha                             | MotorWeek                    | KHQ Local News Saturday 7AM (N) Ⓢ                      | Doodlebop   | Flipping Boston Ⓢ  | Good Morning America                    | Saturday Morning News Lynn Colliar. (N) Ⓢ                |  | Animal                | Rated A        | SportsCentre Ⓢ  |                       | Oddities                    | Hannah                         | Eye/Asla                                 | Trucks! (N)  | Weird or What?     |
| 7:30 AM  | Paid Prog.  |  | Rolie Polie                        | Greener                      |  | Doodlebop   |  |   |  |  | Super Why!            | Kid vs. Kat    |   | Oddities              | Wizards                     | Nossa TV                       | MuscleCar                                |  |                    |
| 8 AM     | Payne   |  | Tree Fu                            | Woodsmith                    |  | Busytown  | Flipping Boston Ⓢ  | Hanna                                   |  |  | Doodlebop             | Almost         | SportsCentre Ⓢ  | Anne                  | Mayday Ⓢ                    | Phineas                        | Polish Studio Ⓢ                          | Ink Master Ⓢ   | Jokers             |
| 8:30 AM  | Jim   |  | Jelly Jamm                         | Rough Cut                    |  | Busytown  |  | Ocean                                   |  |  | Cross                 | SpongeBob      |   | Hobo                  |                             | Gravity                        |  |  | Jokers             |
| 9 AM     | College Football: Auburn at Mississippi. (N) (Live) |  | Lilly                              | Hometime                     |  | Liberty   | Flipping Boston Ⓢ  | College Football: Teams TBA. (N) (Live) | Driving TV   |  | Absolutely Canadian Ⓢ | SpongeBob      | Motoring  | Marilyn Denis         | Cash Cab                    | Good Luck                      | EP Daily                                 | Ink Master Ⓢ   | Friends Ⓢ          |
| 9:30 AM  |   |  | Arthur Ⓢ                           | Old House                    |  | Liberty   |  |   | Fishing  |  | T.U.F.F.              | CFL Pre        |   | How/Made              | Wingin' It                  | Reviews                        |  | Friends Ⓢ  |                    |
| 10 AM    |   | Fishn  | Upside                             | Old House                    | LazyTown   | Paid Prog.  | Movie: *** "The Pelican Brief" (1993, Suspense) Julia Roberts. Ⓢ |   | Fishn  | Powerboat  | The Nature of Things  | Kung Fu        | CFL Football: Calgary Stampede at Winnipeg Blue Bombers. (N) Ⓢ              | SickKids Foundation Ⓢ | Mighty Ships Ⓢ              | ANT Farm                       | Tow Biz                                  | Tenants  | Friends Ⓢ          |
| 10:30 AM |   | Fishing  | Miss BG                            | Kitchen                      | Sports Illustrated (N) Ⓢ                               | Paid Prog.  |  |   | Fishing  | Canada   |                       | Korra          |   |                       | Jessie Ⓢ                    | Ed's Up                        | Tenants                                  | Friends Ⓢ  |                    |
| 11 AM    |   | Powerboat  | Dino Dan                           | Cooking                      | Notre Dame Football                                    | Carolina  |  |   | Powerboat  | House "Bombshells" Ⓢ                                     | To Be Announced       | Turtles        | Is Written  | Canada's Worst Driver | Austin                      | Get Stuffed                    | Tenants                                  | Friends Ⓢ  |                    |
| 11:30 AM |   | Driving TV   | Wild Kratts                        | Cooking                      | College Football: Stanford at Notre Dame. (N) (Live) Ⓢ | Football  |  |   | Driving TV   |  |                       | Beywheelz      | Car Bnss  | Mayday Ⓢ              | Movie: ** "Halloweentown" Ⓢ | Travels                        | Tenants                                  | 70s Show   |                    |
| 12 PM    |   | Noon News Hour (N)                                       | Dogs/Jojs                          | Cook's                       | College Football: Alabama at Missouri. (N) (Live) Ⓢ    | College Football: Alabama at Missouri. (N) (Live) Ⓢ | Movie: *** "The Shawshank Redemption" (1994) Tim Robbins. Ⓢ      |   | Noon News Hour (N)                                       | Howie Do   |                       | Pokemon        |   | Living                | Planet                      | Tenants                        | 70s Show                                 |  |                    |
| 12:30 PM | Payne   |  | Dogs/Jojs                          | Victory                      |  |   |  | College Football: Teams TBA. (N) (Live) | Simpsons   | Simpsons   |                       | Power          | Cash Cab  |                       | Paid Prog.                  | Tenants                        | 3rd Rock                                 |  |                    |
| 1 PM     | King  | Howie Do   | Can. Rivers                        | Antiques Roadshow Ⓢ          |  |   |  |   | Howie Do   | Simpsons   |                       | Yu-Gi-Oh!      | CFL Football: Saskatchewan at Edmonton Eskimos. (N) Ⓢ                       | SportsCentre Ⓢ        | Highway Thru Hell           | Phineas                        | Paid Prog.                               | Tenants  | 3rd Rock           |
| 1:30 PM  | King  | Simpsons   | Rivers                             | History Detectives Ⓢ         |  |   |  |   | Simpsons   | Simpsons   |                       | Monsuno        |   |                       | Gravety                     | Tow Biz                        | Tenants                                  | Friends Ⓢ  |                    |
| 2 PM     | Family Guy  | Simpsons   | Mega Builders Ⓢ                    |                              |  |   |  |   | Simpsons   | Movie: *** "The Incredible Hulk" (2008) Edward Norton. Ⓢ | To Be Announced       | Big Time       | Roughriders at Edmonton Eskimos. (N) Ⓢ                                      | Lovett-Reid           | Myth-Busters Ⓢ              | ANT Farm                       | Ed's Up                                  | Tenants  | Friends Ⓢ          |
| 2:30 PM  | Family Guy  | Simpsons   |                                    |                              |  |   |  |   | Simpsons   |  |                       | Big Time       |   | Cash Cab              | Cash Cab                    | Good Luck                      | CityNews Weekends                        | Movie: *** "Gridiron Gang" (2006, Drama) The Rock, Xzibit. Ⓢ | Canadian Pickers Ⓢ |
| 3 PM     | The Office  | Movie: *** "The Incredible Hulk" (2008) Edward Norton. Ⓢ | Frontiers of                       | Globe Trekker Ⓢ              |  |   |  |   | Movie: *** "The Incredible Hulk" (2008) Edward Norton. Ⓢ | Hulk" (2008) Edward Norton. Ⓢ                            | National              | Big Time       |   | Cash Cab              | Cash Cab                    | Good Luck                      |  |  |                    |
| 3:30 PM  | The Office  |  |                                    |                              |  |   |  |   |  |  |                       | Big Time       |   | Cash Cab              | How/Made                    | Sonny                          |  |  |                    |
| 4 PM     | Seinfeld Ⓢ  |  | N. Geographic Specials             | Stevens                      | Pajanimals   | Access Hollywood (N)                                | Storage  | NASCAR                                  | Hulk" (2008) Edward Norton. Ⓢ                            | Global Nat.  | To Be Announced       | Big Time       | NASCAR Racing: Sprint Cup:  | Way Off Broadway Ⓢ    | Cash Cab                    | Jessie Ⓢ                       | G. Martin                                |  | Weird or What?     |
| 4:30 PM  | Seinfeld Ⓢ  |  |                                    | Travel                       | Poppy Cat  |   | Storage  | NASCAR Racing: Sprint Cup:              |  |  |                       | Big Time       | Bank of America 500. From Charlotte Motor Speedway in Charlotte, N.C. (N) Ⓢ | Cash Cab              | Cash Cab                    | Wizards                        | Out There                                | The Rock, Xzibit. Ⓢ  |                    |
| 5 PM     | Movie: *** "Rocky Balboa" (2006, Drama)             |  | Mapping the World Ⓢ                | Last/Wine                    | News   | News  | Storage  | Bank of America 500. (N) (Live)         |  | News Hour  |                       | Turtles        | App   | Auction               | Shake It                    | Bachelor Canada Ⓢ (DVS)        |  | Friends Ⓢ  |                    |
| 5:30 PM  |   |  |                                    | TBA                          | Wheel  | CBS News  | Storage  |   |  |  |                       | Turtles        | CTV News (N) Ⓢ  | Dirty Jobs Ⓢ          | Good Luck                   |                                |  | Friends Ⓢ  |                    |
| 6 PM     |   | Global Nat.  | Hope for Wildlife Ⓢ                | Lawrence Welk                | Jeopardy!  | Paid Prog.  | Parking  |   | (5:59) News Hour (N)                                     | renegade   |                       | ICarly Ⓢ       |   | Really Me             | Get Stuffed                 |                                |  | Friends Ⓢ  |                    |
| 6:30 PM  |   | News   |                                    |                              |  |   |  |   | renegade   |  |                       | ICarly Ⓢ       |   |                       |                             |                                |  | Friends Ⓢ  |                    |
| 7 PM     | Movie: ** "Annapolis" (2006)                        | renegade   | Dam Beavers Ⓢ                      | Keep Up As Time...           | Criminal Minds Ⓢ                                       | Burn Notice Con artist.                             | Billy  |   | renegade   | Very Bad Men   | To Be Announced       | ICarly Ⓢ       |   | W5 (N) Ⓢ (DVS)        | American Chopper Ⓢ          | Wizards                        | Hall Mary                                |  | Jokers             |
| 7:30 PM  |   | renegade   |                                    |                              |  |   | Billy  |   | renegade   |  |                       | ICarly Ⓢ       |   |                       |                             | Suite/Deck                     | The Beat                                 |  | Jokers             |
| 8 PM     | James Franco.                                       | Practice   | Heartbeat Ⓢ                        | Movie: *** "Rain Man" (1988) | Revolution Ⓢ   | NCIS: Los Angeles Ⓢ                                 | Billy  |   | Practice   | Practice   |                       | ICarly Ⓢ       | "Party With Victorious" Ⓢ   | Big Bang              | Highway Thru Hell           | Sonny                          | CityNews Weekends                        |  | Canadian Pickers Ⓢ |
| 8:30 PM  |   | Go On Ⓢ  |                                    |                              |  |   | Billy  |   | Go On Ⓢ  | Go On (N)  |                       | ICarly Ⓢ       |   | Big Bang              |                             | Random                         |  |  |                    |
| 9 PM     | Movie: *** "I Love You, Man" (2009)                 | Chicago Fire Ⓢ   | A Touch of Frost "Keys to the Car" | Dustin Hoffman. Ⓢ            | Chicago Fire Ⓢ   | Hawaii Five-0 "Pahole"                              | Storage  |   | Chicago Fire Ⓢ   | Chicago Fire Ⓢ   |                       | ICarly Ⓢ       |   | Big Bang              | Dirty Jobs Ⓢ                | Movie: ** "Under Wraps" (1997) | The Office                               | Deadliest Warrior  | 70s Show           |
| 9:30 PM  |   | Very Bad Men Ⓢ   |                                    |                              |  |   | Storage  |   |  |  |                       | ICarly Ⓢ       |   | Big Bang              |                             |                                | The Office                               |  | 70s Show           |
| 10 PM    |   |  |                                    | Best Fest                    | Law & Order: SVU                                       | 48 Hours (N) Ⓢ                                      | Parking  |   | Very Bad Men Ⓢ   | News Hour  |                       | Zolink'd! Ⓢ    | SportsCentre Ⓢ  | Neighbors             | Auction                     | "Roxy Hunter and Halloween"    | Movie: ** "Knowing" (2009) Nicolas Cage. | Repo   | 3rd Rock           |
| 10:30 PM |   |  |                                    |                              |  |   | Parking  |   | News Final   | Saturday Night Live (N) Ⓢ                                |                       | Splatalot      | Formula One Racing  | CTV News              | American Chopper Ⓢ          |                                | Repo                                     | Friends Ⓢ  |                    |
| 11 PM    | Movie: "A Simple Plan"                              | News Final SNL   | For King and Country               | Austin City Limits (N)       | News   | News  | Billy  |   | SNL  |  |                       | Splatalot      |   | CTV News              |                             |                                | Repo                                     | Friends Ⓢ  |                    |









Recent windstorms knocked down numerous trees along Old Hedley Road, including this one that had blocked the entire road prior to being cut back. Most of the damage along the route was restricted to fencelines. \*

# Monday Movies

**AFTERNOON**

4:00 pm SPIKE ch.44 "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)

**EVENING**

7:00 pm SPIKE ch.44 "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth

Vader's identity. (In Stereo)  
 8:00 pm CHBC ch.4 BCTV ch.11 "The Ugly Truth" (2009, Romance-Comedy) Katherine Heigl. A chauvinist puts a romantically challenged producer through a series of outrageous tests to prove his theories about relationships. (CC)  
 9:30 pm WTBS ch.3 "Van Helsing" (2004, Fantasy) Hugh Jackman. A monster-hunter joins forces with a beautiful woman to battle Dracula and otherworldly creatures in Transylvania.

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**MONDAY, OCTOBER 15, 2012**

|       | WTBS ch.3                | CHBC ch.4                                 | KNOW ch.5              | KSPS ch.6           | KHQ ch.7   | KREM ch.8              | A&E ch.9                 | KXLY ch.10                          | BCTV ch.11                       | CITY ch.12             | CBC ch.13              | YTV ch.18           | TSN ch.19  | VTV ch.22                           | DISC ch.24               | FAM ch.26              | CITY ch.29  | SPIKE ch.44   | TROP ch.45              |
|-------|--------------------------|---|------------------------|---------------------|--|------------------------|--------------------------|-------------------------------------|----------------------------------|------------------------|------------------------|---------------------|--|-------------------------------------|--------------------------|------------------------|---|---|-------------------------|
| 6 AM  | In the Heat of the Night | Morning News (N) Ⓢ                        | Poppets                | Builder             | KHQ News 6AM (N)                                 | KREM 2 Morning News    | Criminal Minds Ⓢ         | News                                | Morning News (N) Ⓢ               | (5:00) Morning News    | CBC News Now Ⓢ         | Kid vs. Kat         | SportsCentre Ⓢ   | CTV Morning Live (N) Ⓢ              | Mighty Planes Ⓢ          | Henry                  | CityLine (N) Ⓢ  | CSI: NY "Fare Game"   | Ex-Wives                |
| 6:30  |                          |   | G. Shrinks             | Clifford            |  |                        |                          |                                     |                                  |                        |                        | Super Evil          |  |                                     |                          | Phineas                |   |   | Ex-Wives                |
| 7 AM  | Justice                  |   | Martha                 | Arthur              | Today (N) Ⓢ                                      | CBS This Morning (N) Ⓢ | Criminal Minds Ⓢ         | Good Morning America (N) Ⓢ          |                                  |                        | Turbo                  | Sidekick            | SportsCentre Ⓢ   |                                     | Cash Cab                 | Shake It               | Let's Make a Deal (N)   | CSI: NY "Cool Hunter"   | Earth: Final Conflict Ⓢ |
| 7:30  | Justice                  |   | HI-5 Ⓢ                 | Martha              |  |                        |                          |                                     |                                  |                        | Monster                | Beyblade            |  | Cash Cab                            | ANT Farm                 |                        |   |   |                         |
| 8 AM  | Judge Alex               |   | Dive, Oily             | Curious             |  |                        | CSI: Miami Ⓢ             |                                     |                                  | 100 Huntley Street Ⓢ   | Bo On/Go               | Pokemon             | SportsCentre Ⓢ   | Deadliest Catch Ⓢ                   | Jessie Ⓢ                 | The Price Is Right (N) | CSI: NY Ⓢ   |   | Housewives              |
| 8:30  | Judge Alex               |   | Magic Bus              | Cat In the          |  |                        |                          |                                     |                                  |                        | Busytown               | Super Evil          |  |                                     | Phineas                  |                        |   |   |                         |
| 9 AM  | Millionaire              | 100 Huntley Street Ⓢ                      | Dinosaur               | Super Why!          |  | The 700 Club Ⓢ         | CSI: Miami Ⓢ             | Live! Kelly and Michael             | 100 Huntley Street Ⓢ             | The Doctors Ⓢ          | Super Why!             | Almost              | SportsCentre Ⓢ   | Cash Cab                            | Mickey                   | Access Hollywood Live  | CSI: Crime Scene  |   | Ex-Wives                |
| 9:30  | Millionaire              |   | Sid                    | Dinosaur            |  |                        |                          |                                     |                                  |                        | Cat in the             | Squirrel            | Live! Kelly and Michael                                      | How/Made                            | Never Land               |                        |   |   | Ex-Wives                |
| 10 AM | Law Order: CI            | The Doctors Ⓢ                             | Siamese                | Sesame Street Ⓢ     |  | The Price Is Right (N) | Criminal Minds Ⓢ         | The View (N) Ⓢ                      | The Doctors Ⓢ                    | Mamas                  | Poko Ⓢ                 | Sidekick            | Sportfish  | Mayday Ⓢ                            | Mickey                   | The Chew Ⓢ             | CSI: Crime Scene  |   | Law & Order (DVS)       |
| 10:30 |                          |   | Mr. Moon               |                     |  |                        |                          |                                     |                                  | Debt/Part              | Doodlebop              | Rated A             | Motoring   |                                     | Manny                    |                        |   |   |                         |
| 11 AM | Law Order: CI            | Mamas                                     | Joe-Jack               | Tiger               | Judge B.   | Young & Restless       | Criminal Minds Ⓢ         | Paid Prog.                          | Mamas                            | Noon News Hour         | Steven and Chris Ⓢ     | Kid vs. Kat         | Bowling  | Marilyn Denis                       | Mighty Planes Ⓢ          | Phineas                | General Hospital (N) Ⓢ  | CSI: Crime Scene  | Friends Ⓢ               |
| 11:30 |                          | Debt/Part                                 | G. Shrinks             | Sit & Be Fit        | Judge B.   |                        |                          | Paid Prog.                          |                                  |                        |                        | Rated A             | Bowling  |                                     |                          | Suite/Deck             |   |   | Friends Ⓢ               |
| 12 PM | Excused                  | Noon News Hour (N)                        | Arthur Ⓢ               | Charlie Rose Ⓢ      | Paid Prog.                                       | News                   | The First 48 Ⓢ           | The Chew Ⓢ                          | Noon News Hour (N)               | Days of our Lives (N)  | CBC News Now (N) Ⓢ     | Squirrel            | NFL Prime-Time (N) Ⓢ   | Deadliest Catch Ⓢ                   | Wizards                  | CityLine Ⓢ             | CSI: Crime Scene  |   | Raymond                 |
| 12:30 | Excused                  |   | Peep, Big              |                     | Paid Prog.                                       | Bold                   |                          |                                     |                                  |                        |                        | Sidekick            |  |                                     | Hannah                   |                        |   |   | Raymond                 |
| 1 PM  | There Yet?               | Days of our Lives (N)                     | Poppets                | Paint This          | Days of our Lives (N)                            | The Talk Ⓢ             | The First 48 Ⓢ           | General Hospital (N) Ⓢ              | Days of our Lives (N)            | The Jeff Probst Show   | Heartland Ⓢ (DVS)      | Mr. Young           | NFL Live (N) (Live) Ⓢ  | Oddities                            | Sonny                    | Katie (N) Ⓢ            | CSI: Crime Scene  |   | King                    |
| 1:30  | There Yet?               |   | Save-Ums!              | Sewing              |  |                        |                          |                                     |                                  |                        |                        | Indie               |  | Oddities                            | Random                   |                        |   |   | King                    |
| 2 PM  | King                     | The Jeff Probst Show                      | Mag Fero               | Barney              | Katie (N) Ⓢ                                      | Let's Make a Deal (N)  | The First 48 Ⓢ           | The Jeff Probst Show                | The Jeff Probst Show             | The Ricki Lake Show    | Steven and Chris (N) Ⓢ | Almost              | Off Record   | Moonshiners Ⓢ                       | So Raven                 | CityNews at 5 (N) Ⓢ    | CSI: Crime Scene  |   | Law & Order Ⓢ (DVS)     |
| 2:30  | King                     |   | Rolle Polie            | WordWorld           |  |                        |                          |                                     |                                  |                        |                        | Super Evil          | Interruption   |                                     | Suite/Deck               |                        |   |   |                         |
| 3 PM  | The Office               | The Ricki Lake Show                       | Dinosaur               | Sid                 | Ellen DeGeneres Show                             | Dr. Phil Ⓢ             | The First 48 Ⓢ           | Rachael Ray Ⓢ                       | The Ricki Lake Show              | Young & Restless       | Recipes                | Squirrel            | Sports   | Cash Cab                            | Wizards                  | CityNews at 6 (N) Ⓢ    | CSI: Crime Scene  |   | Housewives              |
| 3:30  | The Office               |   | Arthur Ⓢ               | WordGirl            |  |                        |                          |                                     |                                  |                        | Stefano                | Sidekick            | Monday Night Countdown (N) (Live) Ⓢ                          | How/Made                            | ANT Farm                 |                        |   |   |                         |
| 4 PM  | Big Bang                 | Young & Restless                          | Clifford               | Wild Kratts         | Jdg Judy   | The Dr. Oz Show Ⓢ      | Hoarders "Wilma; Nora"   | The Doctors Ⓢ                       | Young & Restless                 | Early News Global Nat. | Dragons' Den Ⓢ         | SpongeBob           | SpongeBob  | Daily Planet (N) Ⓢ                  | Phineas                  | How I Met              | Movie: "Star Wars VI: Return of the Jedi" (1983) Mark Hamill. |   | Ex-Wives                |
| 4:30  | Big Bang                 |   | WordWorld              | Electric            | Jdg Judy   |                        |                          |                                     |                                  |                        |                        |                     |  | Phineas                             | 30 Rock                  |                        |   |   | Ex-Wives                |
| 5 PM  | Browns                   | News (N) Ⓢ                                | Dive, Oily             | News                | News   | News                   | Hoarders                 | News                                | Early News                       | (4:59) News Hour       | News                   | SpongeBob           | NFL Football: Denver Broncos at San Diego Chargers. (Live) Ⓢ | Myth-Busters Ⓢ                      | Wingin' It               | How I Met              | Return of the Jedi" (1983) Mark Hamill.                       |   | Friends Ⓢ               |
| 5:30  | Payne                    |   | Wild Kratts            | Business            | NBC News   | CBS News               |                          | ABC News                            | Global Nat.                      |                        |                        |                     |  |                                     | Good Luck                | Partners               |   |   | Friends Ⓢ               |
| 6 PM  | Browns                   | Global Nat.                               | Animals                | PBS News-Hour (N) Ⓢ | News   | KREM 2 News at 6 (N)   | Hoarders "Joni & Millie" | News                                | (5:59) News Hour (N)             | ET Canada              | News                   | iCarly Ⓢ            |  | Junk Raiders                        | ANT Farm                 | Broke Girl             |   |   | Raymond                 |
| 6:30  | Payne                    | News                                      | Gardens                | Millionaire         |  |                        |                          | News                                |                                  | Ent                    | Exchange               |                     |  |                                     | Wizards                  | Apt. 23                |   |   | Raymond                 |
| 7 PM  | Seinfeld Ⓢ               | Ent                                       | Canada: Over the Edge  | Wait... Steves      | Wheel  | Access H.              | Intervention "Ryan" (N)  | Ent                                 | Ent                              | Hawaii Five-0 (N) Ⓢ    | George S               | Victorious          |  | etalk (N)                           | Auction                  | Jessie Ⓢ               | (7:01) Revolution (N) Ⓢ                                       | Movie: "Star Wars VI: Return of the Jedi" (1983) Mark Hamill. | King                    |
| 7:30  | Seinfeld Ⓢ               | ET Canada                                 |                        |                     |  |                        |                          | The Insider                         | ET Canada                        |                        | Coronation             | Rock                |  | Big Bang                            | Auction                  | Good Luck              | CityNews-Tonight (N)  |   | King                    |
| 8 PM  | Family Guy               | Movie: "The Ugly Truth" (2009) Ⓢ          | Island of the Minotaur | Antiques Roadshow Ⓢ | The Voice The vocalists perform for the coaches. | How I Met Partners     | (8:01) Intervention Ⓢ    | Dancing With the Stars: All-Stars Ⓢ | Movie: "The Ugly Truth" (2009) Ⓢ | Bones Ⓢ                | Over the               | Wipeout Ⓢ           |  | Dancing With the Stars: All-Stars Ⓢ | Final Offer "Stoned" (N) | ANT Farm               | CityNews-Tonight (N)  |   | Debt/Part               |
| 8:30  | Family Guy               |   |                        |                     |  |                        |                          |                                     |                                  |                        | Send Off               |                     |  |                                     | Wizards                  |                        |   |   | ET Canada               |
| 9 PM  | Amer. Dad                | Movie: "Van Helsing" (2004) Hugh Jackman. | Looking for Lowry      | Market Warriors (N) |  | Broke Girl             | (9:01) Hoarders Ⓢ        |                                     |                                  | Parenthood Ⓢ           | Murdoch Mysteries (N)  | Funnest Home Videos |  | To Be Announced                     | Wingin' It               | Jimmy Kimmel Live Ⓢ    |   |   | Friends Ⓢ               |
| 9:30  |                          |   |                        |                     |  | Mike                   |                          |                                     |                                  |                        |                        |                     | NFL Films  |                                     | Warthogs!                |                        |   |   | Friends Ⓢ               |
| 10 PM |                          | Hawaii Five-0 (N) Ⓢ                       | Architects of Change   | Standing Bear's     | (10:01) Revolution (N)                           | Hawaii Five-0 (N) Ⓢ    | (10:01) Hoarders Ⓢ       | (10:01) Castle (N) Ⓢ                | Hawaii Five-0 (N) Ⓢ              | News Hour Final (N)    | National               | iCarly Ⓢ            | SportsCentre (N) Ⓢ   | Auction                             | Lizzie                   | Maury Ⓢ                | Repo  |   | Raymond                 |
| 10:30 |                          |   |                        |                     |  |                        |                          |                                     |                                  |                        |                        |                     |  | Auction                             | So Raven                 |                        |   |   | Raymond                 |
| 11 PM |                          | CHBC News Final (N)                       | Canada: Over the Edge  | Charlie Rose (N) Ⓢ  | News   | News                   | (11:01) Intervention Ⓢ   | News                                | News Hour Final (N)              | ET Canada              | CBC News               | Victorious          | SportsCentre Ⓢ   | Daily Planet Ⓢ                      | Cory                     | Paid Prog.             | Repo  |   | King                    |
| 11:30 |                          |   |                        |                     | Jay Leno   | Letterman              |                          | Nightline                           |                                  | The Talk               | George S               | Rock                |  | CTV News                            | Princess                 | EP Daily               | Entourage   |   | King                    |



**MONDAY NIGHT BINGO**  
 162 Angela Avenue, Princeton  
 (Senior Citizens Association - Branch #30)

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 ELECTORAL AREA 'H' OFFICIAL COMMUNITY PLAN  
 BYLAW No. 2497; and  
 SIMILKAMEEN VALLEY ZONING BYLAW No. 2498

Pursuant to the provisions of Section 892 of the Local Government Act, the Regional District of Okanagan-Similkameen will conduct a series of Public Hearings to consider the Electoral Area 'H' Official Community Plan Bylaw No. 2497 and Similkameen Valley Zoning Bylaw No. 2498.

**Location and Date of Public Hearings:**

The Public Hearings will be held at the following locations:

| Location: | Chain Lakes   | Princeton                               | Eastgate                              |
|-----------|---|---|---------------------------------------|
| Address:  | 3950 Princeton-Summerland Road (Hayes Creek Firehall) | 148 Old Hedley Drive (Riverside Centre) | 140 Airstrip Road (Eastgate Firehall) |
| Date:     | October 13, 2012                                      | October 13, 2012                        | October 13, 2012                      |
| Time:     | 1:00 pm   | 4:00 pm                                 | 7:00 pm                               |

**NOTE:**

The public hearing will recess in Chain Lake at 3:00 PM (or earlier, at the discretion of the Chair if there are no further members of the public wishing to speak after the Chair has called 3 times for further speakers) and will reconvene in Princeton at 4:00 PM.

The public hearing will recess in Princeton at 6:00 PM (or earlier, at the discretion of the Chair if there are no further members of the public wishing to speak after the Chair has called 3 times for further speakers) and will reconvene in Eastgate at 7:00 PM.

The intent of this continuing Public Hearing is to ensure members of the public are given the opportunity for public input.

**PURPOSE:**

The purpose of the proposed bylaws is to enact an Official Community Plan (OCP) Bylaw and Zoning Bylaw for the area comprised of Electoral Area 'H'.

Bylaw No. 2497 provides a general statement of the broad objectives and policies of the Board respecting present and proposed land use and development.

Bylaw No. 2498 will guide development and regulate the use and subdivision of land within Electoral Area 'H'.

Mapping is available at the Regional District of Okanagan-Similkameen office or digitally by request.

**COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AND MATERIALS MAY BE VIEWED AT:**

Regional District Okanagan-Similkameen  
 101 Martin Street, Penticton, BC  
 on weekdays (excluding statutory holidays)  
 between the hours of 8:30 AM to 4:30 PM

Anyone who considers themselves affected by the proposed bylaw amendments can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw No. 2497 and 2498 c/o Regional District of Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

Please note that all correspondence submitted to the Regional District in response to this Notice will form part of a public record and will be published in a meeting agenda when this matter is before the Regional Board or a Committee of the Board. The Regional District considers the author's address relevant to the Board's consideration of this matter and may discuss this personal information. The author's phone number and e-mail address is not relevant and should not be included in the correspondence if the author does not wish this personal information disclosed.

**FOR MORE INFORMATION PLEASE CONTACT DEVELOPMENT SERVICES:**

Telephone (250) 490-4107 - Fax (250) 492-0063 - e-mail: planning@rdos.bc.ca - Web: www.rdos.bc.ca

Donna Butler, MCIP  
 Manager of Development Services

Bill Newell  
 Chief Administrative Officer

# Group cleans up two local lakes

by Terry Tellier  
**Great Canadian Shoreline Cleanup 2012 Coordinator**  
**Osprey Lake**

Recently "The Friends of Osprey Lake" conducted their 5th annual shoreline and lake cleanup of Osprey and Link Lakes.

As part of the Great Canadian Shoreline Cleanup a record 22 volunteers joined in and gathered litter from around the two lakes. There were three boats used on each lake to inspect and clean the shoreline. Participants also picked up garbage on the roadside of the community plus on the Trans-Canada Trail.

Again as in past years cigarette packages, cellophane and butts as well as cigarillo tips were the most frequently observed and picked up item. If you smoke do not use the lake or ground as your ashtray. Be responsible and butt out in your own container.

Wildlife and aquatic life can perish if they ingest these items. Also butting out on the ground is a definite fire hazard.

Other items picked up were tires, a derelict boat, cans, bottles, fishing line and bait containers. The most interesting item found in the water was a "Whistle Post" used by the

Kettle Valley Railway.

This was certainly an original sign dating back to approximately 1913. All told the group gathered about 400-pounds of waste including recyclable cans and bottles.

We would like to recognize the Teepee Lakes Store which offered everyone free coffee during the cleanup. Also thank you to Norm Christman and Jill Pelland for transporting the material to the landfill.

Finally, we would like to note that without the support of the Town of Princeton for waiving the landfill fees we would not be able to carry out our cleanup.



A load of garbage collected from the shoreline cleanup project at Osprey and Link Lakes. - photo submitted



# News Leader Classified Ads

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

**Obituary**

**Obituary**

**For Rent**

**For Rent**

**For Rent**

**Rosemary Anita Ursula Aiken (Nee Somerfeld)**

July 20, 1964 - September 28, 2012



Rose was not able to recover from the post surgery complications after a double lung transplant in August 2011.

Rose was born Rosemary, Anita, Ursula Somerfeld to Willi and Waltraud Somerfeld in North Vancouver BC. Rose as she was called by most was raised in North Vancouver and went to school there graduating in 1983 from Argyle Secondary School. Rose worked at Expo 86 as a greeter, was first married in 1987 and gave life to Anthony in 1987 and Charmaine in 1989. Her first marriage ended in 1991 and she met the eventual Love of her life Wally that same year. They were married in 1994 and Rose inherited her second

daughter Kristin when she married Wally. Through both of her daughters she became a three time grandma and loved her Grandbabies very much.

Rose loved the outdoors and camping with the campfire her favorite activity. She also was very involved in helping others and was active in the Royal Purple, her church, BC Emergency Social Services and Princeton and District Crisis assistance society.

Rose leaves behind her loving husband of 18 years Walter (Wally) Aiken, Princeton BC, Her Daughters Kristin Aiken (Zackery & Clairissa) and Charmaine Aiken (Leyman) Princeton BC and Son Anthony Aiken Penticton BC. She also leaves behind Her mother Waltraud (Trudy) Somerfeld, North Vancouver BC and Mother in Law Doris Driver, Princeton BC. As well as Her Brothers and Sisters Willi, Phil, Barb Somerfeld and Sabrina (Emma, Naomi, Little Willi and Sophia) MacKay of North Van BC, as well as her Sister and Brothers in law Pearl Driver (Orion, Leigha and Travis), Cyril Driver and Lary Driver all of Princeton BC. As well as numerous nieces, nephews, cousins, aunts and Uncles and close friends.

Rose is predeceased by; Sister in Law Arlene Heppner, Father Willi Somerfeld, Father in Law Earl Driver and Niece Shayla Driver as well as a very special Aunt and Uncle Randi and Neil Gough.

A celebration of life is planned for October 20th @ 1:00 pm in the Living Water Foursquare Church with Pastor Bob Stewart Officiating.

Memorial contribution can be sent to the charity of your choice in memory of Rosie.

Spacious, comfortable, sunny, 3-bedroom house on lovely acreage with pond, creek, pastures and woods. Large livingroom, large rec room, diningroom, laundry/mudroom. New paint and renovations. Only 5-minutes from town. Hike, ski or snowshoe right from your front door. Socialized pets welcome (we have cats, a dog and horses). Carport and separate garage. Asking \$1,200.00 per month. Phone 604.838.5848. Oct 02-16

**Real Estate**

Princeton mobile home for sale. Blow out price \$20,000.00 if sold by October 31st. 2-bedroom mobile in Pines Mobile Home Park or rent to own \$30,000.00 @ 10% interest. Call 250.487.0864. Oct 02-16

**For Sale**

Cinderblock chimney and liner (22-foot stack). Asking \$200.00. Will deliver in town. Call 250.295.5028. Sep 18-Oct 09

Antique buffet, refinish in nice condition \$300.00, 3 sets metal bifold closet doors to fit 4-foot opening \$50.00/set, newer black bar fridge \$125.00, Honeywell air purifier \$100.00, large antique Chinese plant pot \$80.00, antique replica phone - really works \$60.00, newer 24 cu. ft. deep freeze \$500.00, small curio cabinet \$40.00, 2 Nautilus inflatable PFD life jackets. Cost \$160.00 plus tax, asking \$60.00 each. New security camera, connects to TV \$100.00, antique washboard, excellent condition \$40.00, glider chair and stool \$100.00, gas leaf blower \$60.00, heavy duty trailer hitch and stabilizer bars \$200.00, stacking washer and dryer, works great \$125.00. Call 250.295.6408. to Oct 02

2012 Yamaha C3 scooter 49CC - used only 3 times. Has total of 29KM. Street legal. Only Driver's License required. Asking \$2,000.00 firm. Call 250.295.7256. Sep 25-Oct 16

Massey Ferguson 3070 82HP 4WD with cab, runs good, new battery. Asking \$9,500.00. Call 250.295.0719. Oct 02-16

2006 Yamaha TTR50 dirt bike. The perfect beginner bike, electric start, 3-speed with auto clutch, adjustable throttle stop, excellent condition. Asking \$1,500.00. 2010 KTM SX50 Motocross bike, the next step up for a young rider. Bike is ready to race, stock clutch, newer rubber, excellent condition, \$3,200.00. Call Dan 250.295.0648. Oct 02-16

**MONTHLY RENTAL + UTILITIES**

|                                      |            |            |
|--------------------------------------|------------|------------|
| Room with shared Kitchen/Bathroom    | \$400.00   | -----      |
| 1-Bedroom Loft with Kitchen/Bathroom | \$550.00   | + \$150.00 |
| Small Chalet                         | \$1,000.00 | + \$250.00 |
| Chalet with Loft                     | \$1,500.00 | + \$300.00 |
| Large Chalet - Main and Loft         | \$1,600.00 | + \$250.00 |
| Large Chalet - Lower 2-Bedroom       | \$1,000.00 | + \$200.00 |
| House on Lake - Main                 | \$1,600.00 | + \$250.00 |
| House on Lake - Lower 2-Bedroom      | \$1,000.00 | + \$200.00 |

**CASTLE RESORT - 250.295.7988**

**For Rent**

316 Pine with carport. 4-bedroom, 2-bath. Asking \$850.00/month plus utilities. Available immediately. For more information contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Oct 02

435 Billiter Avenue. 4-bedroom family home, attached double garage located on the Third Bench. Asking \$1,200.00/month plus utilities. Available November 1st. For more information contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Oct 09

For rent or with option to purchase. Looking for a responsible person or working couple. Must provide good references. Mobile is completely remodeled. Size is 14' x 70' with all new appliances. Available October 1st. Contact George or Donna at 250.295.3532 or 250.295.5429. Sep 25-Oct 09

Apartment in Princeton. Available now. Excellent references and damage deposit required. No pets, can furnish, if needed. Rent starts at \$500.00/month. Call 250.295.1006 for details or leave message with the best time to call back. Sep 18-Oct 30

1-bedroom basement suite, Kenley Avenue. Fridge, stove and utilities included. Shared washer/dryer. Non-smoker, no pets. Asking \$500.00/month. Available October 15th. Call 250.295.6329 or 250.295.0048. Oct 09-23

**For Sale**

Haddon Hall China hutch, like new, 34" wide x 65" high \$200.00. Electric rock face fireplace, 39" wide x 40" high \$200.00. Weslo Treadmill, used one winter \$200.00. Call 250.295.6026. Oct 02-16

**For Rent**

260 Penryn with garage, close to downtown. 3-bedroom, 1-bath. Asking \$800.00/month plus utilities. Available immediately. For more information contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Oct 09

101-301 Bridge Street. 1-bedroom, \$730.00/month utilities included. Available November 1st. For more information contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Oct 09

Ground floor of home on Auburn with separate entrance. Good sized yard and own covered deck. 1-bedroom, 1-bath, in-suite laundry, all appliances, A/C. RV parking available. N/S. Small pet negotiable. Available NOW. Asking \$700.00/month includes heat and hydro. Call 604.535.1980 for more information/viewing. Oct 02-16

Bright and clean 2-bedroom suite, downtown location. Heat, lights and laundry included. No pets. References and damage deposit required. Asking \$750.00/month. Available now. Call 250.295.6408. Oct 09-23

Apartment in Princeton - available now. Excellent references and damage deposit required. No pets. Can furnish, if needed. Rent starts at \$500.00/month. Call 250.295.1006 for details or leave message with the best time to call back. Oct 09-23

**Wanted**

Will child mind in my home after school. Qualified Social Worker and clear criminal check. Experience with FASD. Or other in-home work. Call 250.295.0409. Sep 25-Oct 09

**Services**

Need help with housekeeping? Bondable. Call JC's Housecleaning at 250.295.1622. Sep 25-Oct 09

**Services**

NO JOB TOO SMALL. Painting, janitorial, fencing, yardwork. Very reliable handyman. Call ed 250.295.4038. Oct 09-23

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Similkameen **News Leader**

www.thenewsleader.net

**GET OUT OF THE KITCHEN!**  
CONTEST DETAILS - PAGE 23

Classified Ad Deadline: 12 Noon Fridays • All Classified Ads MUST be paid in advance  
Payment Options: Cash, Cheque, Debit, Visa, Mastercard  
Phone: 250.295.4149 • Fax: 250.295.4103





Notices

**MONDAY NIGHT BINGO  
IN PRINCETON  
SENIOR CITIZENS BR. #30**

162 Angela Avenue  
4:30 PM Sales Start  
5:30 PM 1st 47 Bonanza #'s  
SPECIALS, REGULAR GAMES, ODD &  
EVEN, PROGRESSIVE SNOWBALL &  
LOONIE POT, "LUCKY 7" WON EVERY  
MONDAY (MIN. \$50.00 GUARANTEED)  
BC Gaming License #109667  
"KNOW YOUR LIMIT. PLAY WITHIN IT"

**WEDNESDAYS  
SCA Branch #30**

Quilting 10:00 AM  
General Meeting 2nd Wed. 1:30 PM  
Exercise Class 10:15 AM  
Cards, Pool all day - except 2nd Wed.

OPEN 9:00 AM - 4:00 PM  
Lunch: 11:30 AM - 1:00 PM

**Narcotics Anonymous**

**OPEN MEETINGS**  
7:30 PM  
Wednesdays & Sundays  
at the InfoCentre on  
Highway 3

Info: (250) 295-7919 OR 295-6531, 295-6723

Sudoku

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

CHALLENGE #423

572 983 614  
461 527 983  
938 146 725  
285 791 436  
146 235 897  
793 864 152  
659 378 241  
814 652 379  
327 419 568

**INDIVIDUALLY  
PREPARED  
HOROSCOPE**

Natural character chart - \$25.  
Basic chart plus predictive - \$50.

Phone 295-6063  
Completely confidential

**Drinking a problem?**

Alcoholics Anonymous  
Meets 7:30 PM Thursdays  
Princeton Baptist Church  
160 Old Hedley Road  
Fred 295-7272/Marena 295-7663

Notices

Notices

Notices



You never know what you're going to find hidden in a lake until you start cleaning it! Friends of Osprey Lake pull an abandoned boat from the water as part of the 5th annual Great Canadian Shoreline Cleanup. - photo submitted

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

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**PICK IT UP YOURSELF - AND SAVE**

If you live in the Princeton area you can drop into our office weekly to pick-up your Similkameen News Leader. You could pay us a dollar each time or you could just pay for a 'Pick-Up Subscription' and spend even less. It's your decision.

Princeton/Area H Pick-Up - \$30.00  
(Seniors Pay Only \$25.00)  
ALL PRICES INCLUDE TAXES

**RELY ON CANADA POST - AND SAVE**

If you live in the Similkameen Valley you can have the Similkameen News Leader mailed to you every week - and it's still cheaper than buying it each week at our office or at your favourite local newsstand. For a few bucks more we'll even send you the Similkameen News Leader anywhere in Canada. Including the prairie provinces and Quebec!

Princeton/Keremeos (VOX) Mail - \$40.00  
(Seniors Pay Only \$35.00)  
ALL PRICES INCLUDE TAXES

Regional (Other VO) Mail - \$45.00  
(Seniors Pay Only \$40.00)  
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National (Elsewhere in Canada) Mail - \$55.00  
(Seniors Pay Only \$50.00)  
ALL PRICES INCLUDE TAXES

**PICK YOUR SUBSCRIPTION**

GRAB YOUR CREDIT CARD AND CALL US!

**Similkameen News Leader 250.295.4149**





The dedicated group of volunteers identified as 'Friends of Osprey Lake' pose for a group shot before tackling the task of cleaning up both Osprey and Link Lakes as part of the Great Canadian Shoreline Clean Up. - photo submitted

# Maestro entertains at Riverside Centre

The audience at the Ed Peekekoot concert on September 29 heard a maestro on guitar as he played Malagena and thrilled everyone with his rendition.

That number was just one of the many musical treats on guitar, banjo, fiddle and native American flute, all of which were played with expertise.

In fact, in one number, Peekekoot played both the banjo and guitar, both instruments on his lap at the same time as he switched from one to the other and back again.

The concert began and ended with the haunting notes of the flute, but in between were an amazing number of tunes demonstrating Peekekoot's comfort with all musical trends, from blues to country to folk and classic. A special treat was the Metis jig ren-

dered on the fiddle. His talent is remarkable.

In between numbers, Peekekoot offered humorous comments on life in Saskatchewan and life on the Indian Reserve when he was a boy.

There was one very funny song about the ill fate of a moose hunter in northern Saskatchewan. The song ended with the line, 'He was goosed by a moose in the spruce.'

The recent concert was the second appearance in Princeton. His first gig here was as part of the Traditional Music Festival in 2010. His second appearance was courtesy of Princeton Arts Council.

This is the first Arts Council concert in a series of four, with the next concert scheduled for March 2, when the Arts Council presents De Danaan Irish Dancers.

# Listings jump in September

Real estate statistics for September released by the South Okanagan Real Estate Board show huge jumps from the same month last year.

In Princeton a total of 67 units were listed last month, an increase of 168% from the 25 units listed in September 2011.

A total of 8 units were sold last month, a jump of 33% from 6 units sold a year before. The 8 units sold last month were worth a reported \$1,532,965, an increase of 10% from the \$1,387,300 value of the 6

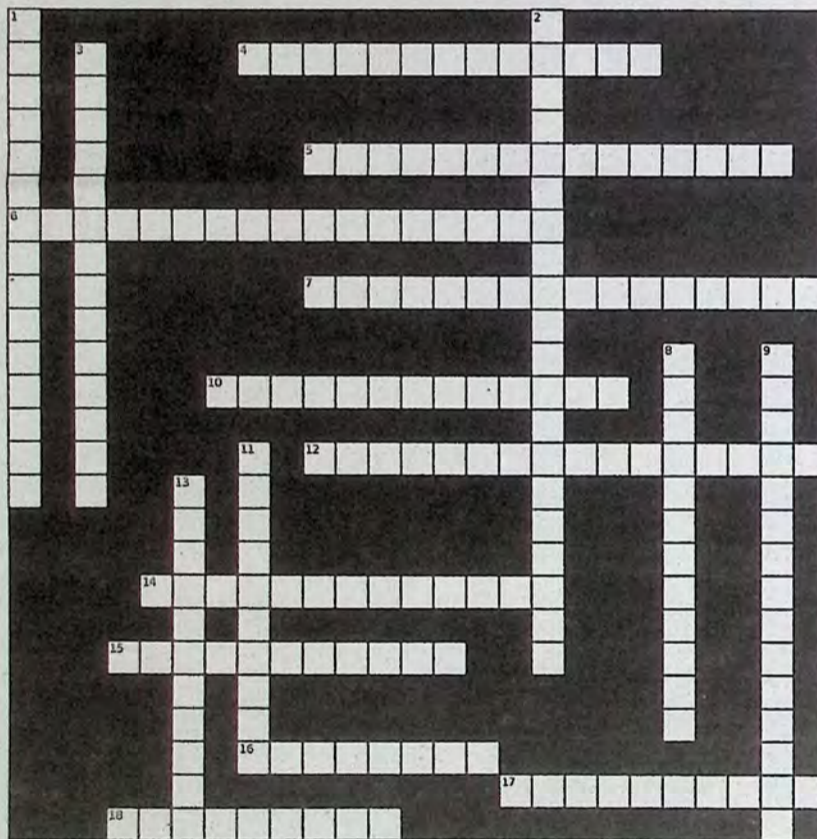
units sold in September 2011.

Comparing the Princeton figures over the first nine months of 2012 to the same period in 2011 there has been an increase of 12% in units listed (451 this year, 402 in 2011) with a decrease of -28% in the number of units sold (68 so far this year, 94 in 2011).

On the plus side, the average selling price of units sold so far this year has increased 11% to \$256,375 from \$231,879 over the same period last year.

## Similkameen News Leader Puzzler

Use the October 2 News Leader to find Answers Below...



- Across**
- 4. Headline: "Community Services faces \_\_\_\_\_"
  - 5. The Discovery Channel program featuring heavy rescue trucks on the Coquihalla Highway.
  - 6. Identify Lynn Pelly's role with Community Services.
  - 7. Name Jeff Turner's new project.
  - 10. Name the September Student of the Month at PSS.
  - 12. MP Alex Atamanenko's monthly column focuses on this.
  - 14. Name the RDOS Director for Area G.
  - 15. The Kokanee Swim Club built this.
  - 16. Name the Christmas event planned for December 12th.
  - 17. According to 'Living Past 100' what should you enjoy?
  - 18. Name Princeton Agricultural Fair President.

- Down**
- 1. What organization is Sharon Anderson President of?
  - 2. Recipe #522 minus the mushrooms.
  - 3. Name the Princeton project recognized by WoodWORKS BC.
  - 8. Who should you contact for information on disability services?
  - 9. The 'BC' in UBCM.
  - 11. Name the Discovery Channel program host visited by News Leader staff.
  - 13. A Bear destroyed a fence in her back yard.

STAND UP AND FIGHT FOR RURAL HEALTH CARE SERVICES!

[www.RuralBCHealthWatch.com](http://www.RuralBCHealthWatch.com)

## Similkameen News Leader

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

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226A Bridge Street, Princeton

Phone: 250.295.4149 - Fax: 250.295.4103





With over 40 vendors filling the old Overwaitea building on Bridge Street October 6th, the Giant Flea Market in support of Outbackjacks had a little something for everyone! \*



In addition to vendors, live entertainment filled the air during the Outbackjacks Giant Flea Market October 6th in the old Overwaitea building on Bridge Street. \*

..... continued from Page 7  
Service to British Columbians and Editor-In-Chief of the Victoria Times Colonist.

The tenor of the "conversation" revolved around the remarkable job that libraries have done to re-invent themselves during a time of huge change with the advent of digital media. Time and time again, the

resources and the research capacity of libraries continue to serve all classes of the public in the quest for information and knowledge.

**6:30 PM and 7:30 PM  
Thursday, September 27th  
UBCM Reception and  
Annual Banquet**

By this time the numbers of delegates to the convention had swollen

to their fullest. It was now difficult to find familiar faces as many of the largest Municipality representatives had shown up.

Steve Patterson, of CBC's The Debaters, gave a rousing performance of stand-up comedy. His self-deprecating humour was great fun to listen to and his references were very much of an us-and-them attitude, as he calls Toronto home.

**8:35 AM  
Friday, September 28th  
Policy Session**

It was during this time that policy papers which had been authored by the UBCM were brought forward for discussion and endorsement. Complex matters, such as Watershed governance, and Affordable Housing were considered.

While many attendees could support collaborative approaches between First Nations, Industry and Local Governments in the administration and caretaking of our shared watersheds, there were those who felt it was anachronistic to ask those stakeholders to cooperate on issues which would take into account pub-

lic drinking water. Balancing the needs for economic development and public and environmental protection is an ongoing challenge in a resource-based economy like British Columbia.

One resolution put forward used tax incentives to developers to increase affordable housing. After heated debate the resolution was amended to read, "therefore be it resolved that the provincial government provide incentives for the retention of existing and the development of new market rental housing." This took into account the observation that developers might create "rental housing" for tax benefit and convert that "rental housing" into "market housing" once the tax benefit was claimed.

The resolution respecting the "Highway of Tears" resolved that the UBCM petition the BC Government to establish and fund a shuttle bus service between northern communities.

**10:30 AM  
Friday, September 27th  
Address by the Premier**  
Premier Christy Clark had a num-

ber of announcements to make at this year's UBCM convention. Unlike Gordon Campbell in years previous, who utilized the conference opportunity to "give" the communities their projects and funding under the spotlight, most of Clark's projects are already underway and couldn't grab public attention quite the same way.

However, she had positive announcements - \$207 million in schools, housing, and roads to be completed in 2012/2013; the BCGEU settlements and tentative agreements with BC Nurses. She reiterated a commitment to 4-laning parts of the Yellowhead between Kamloops and the Alberta border, with 141-kilometres worked on this year and \$509 million slated for the highway's development over the next ten years.

Finally, she announced a commitment to reducing the bottleneck of the Massey tunnel - good news to commuters from around the Lower Mainland - with solutions being sought with the communities of Ladner, Delta and Richmond over the coming years.

## THANK YOU!

On behalf of all of us at Outbackjacks Horse Rescue I want to say a special 'Thank You' to all who made our Giant Flea Market October 6th such a success. Thank you Brenda Engel for the original idea, thank you to Cooper's Foods for the use of the former Overwaitea building and parking lot, thank you to Pastor Mel Reimer and Princeton Baptist Church for the bouncy kids games, thank you to the live musicians, thank you to all the vendors, thank you to all my wonderful volunteers, thank you to Rob Bett (Cooper's Foods Manager) and Similkameen News Leader for providing hot dogs, buns, pop and the use of a BBQ, thank you to our clown girl, thank you to everyone who attended and helped us raise close to \$2,000. Sorry if I've missed someone - thank you for being part of our big event.

- Gena Sandli, Outbackjacks Horse Rescue Thrift Store



Children had fun in the inflatable maze provided by Princeton Baptist Church at the October 6th Giant Flea Market which saw over 300 people go through the main door during the day. \*



Hot dogs and pop were provided by Cooper's Foods and Similkameen News Leader as part of the fundraising during the Giant Outbackjacks Flea Market October 6th. \*



# GET OUT OF THE KITCHEN!

**CONTEST**

BROUGHT TO YOU BY:



206 Bridge Street, Princeton



WE'RE DIFFERENT, AND WE LIKE THAT.

226A Bridge Street, Princeton

## YOU COULD WIN THIS:



**9-piece Kuraidori Cookware Set which includes:**

1 Quart (14cm) saucepan with lid, 2 Quart (18cm) saucepan with lid, 2.5 Quart (20cm) saucepan with lid, 6 Quart (24cm) dutch oven with lid, 10-inch (24cm) open skillet with stainless steel finish PLUS BONUS paring knife!

**VALUE: \$249.99**

ONE PRIZE ONLY  
MUST BE PICKED UP

COURTESY OF:



### HERE'S HOW YOU ENTER THE GET OUT OF THE KITCHEN CONTEST:

1. Take your partner out for lunch or dinner at a Participating 'Get Out Of The Kitchen' Contest Restaurant during the month of October.
2. Enter your meal receipt (with your name and phone number written on the back) in the Draw Box located at the front of the Similkameen News Leader office at 226A Bridge Street (next to CIBC).

**PRIZE DRAW: 12 NOON OCTOBER 31**

**WATCH THE SIMILKAMEEN NEWS LEADER WEEKLY FOR SPECIALS ADVERTISED BY PARTICIPATING RESTAURANTS**

**Cool Beanz Coffee House**

**Elbow Room Cafe**

**Belaire Restaurant**

**'Round The Corner Cafe**

**Cowboy Coffee/CoCo's Bistro**

**WITH MORE TO COME...**



**Brenda Crawford**



brenda@bcland.net  
(250) 295-8182

**April Earle**



april@bcland.net  
(250) 295-5346

**Sandra Simpson**



sandra@bcland.net  
(250) 499-9414

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**264 Luard Avenue**



Entering this 3-bedroom, 2-bath home, you can't help but notice the great layout and comfortable setting. Move-in ready, clean and well maintained. Nicely designed to accommodate a range of individuals. If you have a family, want a family or looking to retire and downsize, you won't find many homes like this in this price range. MLS®134183 \$210,000

**209 Vermillion Avenue**



**SOLD!**

Beautiful character home right in the heart of Princeton! This home has been redone, yet has still kept it's 'heritage charm' with the original fir floors (refinished). The 'heritage' ends there and the wiring and plumbing systems have been completely replaced, a 'chef' worthy kitchen with custom cabinetry, new hot water tank and windows! MLS®132437 \$182,000

**432 Darcy Mountain Road**



A little bit of country just minutes from the city! Bright and open 7-year old Jennish design home nestled on .56 of an acre. Treed and open areas, 8 x 12 shed for storage, gardens in place and some fencing. Home has easy care flooring throughout, denim wood cabinetry, and tile entry. Lots of windows let in the light! MLS®139388 \$249,900

**70 Kenley Avenue**



Investor Alert! Excellent downtown location, updated and ready for you! Designed with two separate living spaces, this property features a large 3-bedroom house with Juliette balconies out the living room and second bedroom, large kitchen with porch, jetted tub and elevator. Current rent \$1,175. On really nice property. MLS®132767 \$329,000

**440 Corina Avenue**



CONTINGENT on Probate. Location plus! This spacious rancher is nestled in a quiet cul de sac along the Tulameen River. There are lots of opportunities to get the garden growing with stepped garden beds in the back yard, plenty of storage for the tools and still room for the kid's trampoline. Inside there are 4 generous sized bedrooms. MLS®136618 \$180,000

**158 Deerview Crescent**



When only the best will do, you will want to put this lovely home on your list! Located in sought after Deerview Estates, much care and attention has been given to upgrades, maintenance and finishing both inside and out and it shows. New flooring, paint, finished basement complete with wine storage, decking, underground irrigation and more! MLS®138237 \$429,900

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