

Similkameen News Leader

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Tuesday, August 27, 2013

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



Shelby Maynard 'takes one for the team' in the Dunk Tank August 24th at the Princeton Agricultural Fair. The Princeton Highland Dancers were using the apparatus as a fundraiser during the popular local event. *

Blocked path launches dike war

Large cement blocks closed a popular walking path along Tulameen River dike last week.

The move has angered many in the Allison Flats neighbourhood and launched an investigation into who really owns the dike.

The building manager of the apartment block who put the cement wall up says the cement blocks are sitting just inside the property line.

Many believe the dike is public

property and Princeton Mayor Frank Armitage says the municipality, which took over the responsibility of the dikes a few years ago, is looking to Victoria for assistance.

"Nobody's asked the questions before, so now we need some answers."

At least one tenant of the building is applauding the move stating vandalism and trespassing issues prompted the measure.

MORE ON PAGE 4

PXA looks at year end

With the annual fair and Little Britches Rodeo part of the past for 2013, there is only one more big event scheduled for the fairgrounds - the annual Halloween party on October 26. Princeton Exhibition Association (PXA), the board of management for the fairgrounds, met August 20 to discuss ongoing projects that need to be completed before winter.

The grandstand project must be completed, there is a barn to paint, and the final touches to the electrical improvement project. A great deal of favorable comment has been expressed to the PXA regarding the improvements done to date, but there is much more to be done. Horse trainers from the coast have expressed interest in using the fairgrounds track and barns in the

spring. Early season training would mean a different method of putting the track to bed for the winter in order to have it ready to use in March. As this would be costly, the PXA is looking for a firm commitment from trainers.

Improvements to the base of the rodeo arena were required for barrel racers. With an improved arena condition and barn improvements, the PXA could attract more barrel racing events, thereby bringing in more revenue. The machine used to condition the race track needs a lot of parts replaced and the cost is estimated at \$7,500. Efforts are being made to find a less expensive alternative.

The lease with the Town of Princeton must be renewed in November, and the existing lease will be under review in September by a committee of the PXA. The present lease is for a renewable five year term.

Revenue has been slightly higher this year, although the number of major events is not greater. Stall rentals and small events have con-

tributed to a higher revenue during the summer months.

PXA President Paul Bedard had high praise for the work of volunteers in repairing and upgrading non-contract projects this year. The ongoing cleaning and repairs have drawn a lot of compliments from both the user groups and the public. He thanked everyone who has contributed their efforts to the improvements.

Special mention was made of the excellent job done by summer student help hired by the Town of

SOHC corrects error

SOHC (Support Our Health Care) would like to make one correction to the "thank you" letter that appeared on the front page of the previous issue of the Similkameen News Leader.

Our health care situation is actually better than reported.

As of the end of October, Princeton will actually have five doctors serving our health care needs, four at the Cascade Clinic located at the

Princeton. These young people took the project of weed whacking very seriously and did an outstanding job of it.

Work on the Halloween Spook House begins next month, so PXA meetings will be held at the library beginning on September 17.

Bookings for 2014 have begun. In addition to the annual events, the PXA has approved a wedding reception for June 7, details to be approved closer to the date. This booking is the result of targeted advertising by the PXA.

hospital and one at the Princeton Medical Clinic on Billiter Avenue.

Sorry for the miscount.
- Support Our Health Care

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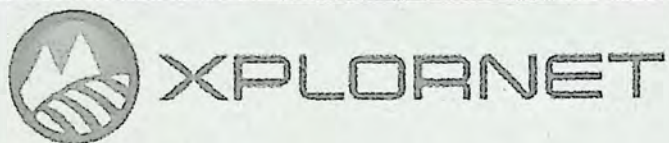


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Everybody likes 'Musical Chairs' regardless of age and especially if it means there's prizes of candy at the end of each round! Mexican Fiesta fun at Princeton's Centennial Pool August 21st. *

Mining News

Copper Mountain Mining Corp.

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced August 12th revenues of \$45.7 million after pricing adjustments and treatment charges for the three months ended June 30, 2013.

Jim O'Rourke, President and CEO of Copper Mountain, remarked "although SAG Mill throughput has challenged us longer than we anticipated following the start-up period, we are confident that recently implemented modifications will provide short term improvements while the longer term solutions are implemented. We are cash flow positive and we will be continuing to improve the operation as we increase the amount of minus 2 inch ore in the SAG Mill feed that will allow us to meet our production goals."

O'Rourke continued, "Looking forward, management's efforts are fully focused on optimizing the mill operations which include finalizing the work required to advance the installation of a permanent secondary crushing at the mine site. Production scale tests completed with pre-crushed ore to the SAG Mill have confirmed that by pre-crushing 100% of the ore to minus two inches the concentrator can achieve throughput rates above the designed capacity of 35,000 tpd. The Copper Mountain board of directors have approved the installation of a permanent SAG mill pre crusher and management is working with the Company's partner and lenders to obtain their agreements to move forward expeditiously."

Production during the quarter totaled 15.7 million pounds of copper, 5,600 ounces of gold, and 71,000 ounces of silver. Sales for the quarter were 14.7 million pounds of copper, 5,400 ounces of gold, and 66,000 ounces of silver, generating an Adjusted EBITDA of \$10.6 million for the quarter.

Copper Mountain Mine
During the quarter, the company completed three shipments of concentrate containing approximately 14.7 million pounds of copper to Japan for smelting and recorded revenues, net of smelter charges and pricing adjustments, of \$45.7 million, realizing a gross loss of \$1.6 million. The total cash cost of copper sold for the three months ended June 30, 2013 was US\$2.32 per pound of copper after gold and silver by-product credits, up from \$2.18 in the earlier quarter as a result of low production during the quarter.

Mining activities continued in the Pit #3 and Pit #2 area during the quarter. A total of 14.7 million tonnes of material was mined, including 4.4 million tonnes of ore and 10.3 million tonnes of waste at an average mining rate of 171,000 tonnes of per day moved during the second quarter of 2013. The ore grade averaged 0.33% Copper for the second quarter. Site cash costs were \$1.81 per pound of copper after gold and silver by-product credits.

Mill improvements were achieved during the quarter, in spite of the mill transformer loss time incident in mid-May that was fully repaired by early June, a full week ahead of schedule. The repaired transformer continued on Page 22



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There may not have been a lot of entries in the 'home baking' categories at the annual Agricultural Fair but we were particularly interested in how this loaf fared. Chances are the baker will enter more items next year. *

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Flip Of The Coyne

by Spencer Coyne

I have always been a firm believer that you can't appreciate what you have until you don't have it anymore. For that reason I always think it is best for people to leave home after they graduate and experience the world before settling into their routine.

Home is one of those things you really don't know how to appreciate until you have left. It's a feeling you get from Mom's cooking or the togetherness of your community, the feeling that you are not just another face in the crowd. No matter what makes home so great, we take it for granted way too much.

I just got back from a work trip to Toronto. If you want to appreciate home, you should go to Toronto! It takes forever to go anywhere in Toronto. The drivers are aggressive, fast and never seem to slow down. I can tell you that every time I go there I come home more grateful for our way of life than the time before. I love it here. I love it in BC. We are more relaxed and we live at a pace that you can actually keep up with.

The business end of things out there is as cutthroat as the speed that they drive on the 401. It is fast, intense and brutal. I am not sure why there is such a contrast between here and there.

We take our province and especially our home for granted. The natural beauty of our home is the envy of almost everyone I talked to at the convention I was attending. BC was actually on a few people's bucket list! Nearly everyone I spoke to was jealous of the opportunities we had, be it wine tours,

skiing, or the lakes and rivers we could swim in or fish. To those people, BC was a dream place to visit like the way we dream of seeing Paris or Rome. Of course being a fan of our home province and our valley, I had to encourage each and every one of them to come and visit the Okanagan-Similkameen and experience our natural wonders and experience our local charm.

It is too bad that more of our young people don't see what the rest of the world sees in our home. We need to take advantage of the fact that we are a true destination location for so many people. For that reason we as a community need to come together and work on ways to get more people to visit our home.

We love it here and they love the idea of here so we need to take the bull by the horns and get those people to come here and visit, to stay and spend their money with us. Maybe then our young people

will understand how great it is to live here and how lucky they have it here.

Although it is nice to get away from home once and awhile it is even better to get home. We were joking while we were driving home the other day. I was being my grumpy self, being tired from the flight with two kids being stuffed in a plane for five plus hours then getting into a car that they really didn't want to be in.

Thank God for Grandma and Grandpa in Penticton. As we drove home, I was grumbling along until we got into the Similkameen valley and the closer to home I got a little more excited and in turn my mood got a little better. I looked at Trish and said "I don't think I am as grumpy as I was." Her reply confirmed this. By the time we were home I was almost giddy. Needless to say I am happy to be home and I think I might love our little community a little more than I did when I left.

Prince Town 1826-1926

Prince Town 1826 - 1926

W. George Elliott

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THANK YOU!

The Living Water Community Church and the Living Water Community Coffee House would like to thank everyone involved in making this years Jam in the Valley a great success!

All told over 100 hundred people were in attendance and the live music and bar-b-que dinner was great!! Thank you to our corporate sponsors Weyerhaeuser, Similkameen News Leader, Living Water Community Church. Thank you for equipment and time to Rick Freeman, Rick Law, Ingrid "the bar-b-que Queen," Dale & Dianne and Chuck for their efforts in set up and tear down.

A huge thanks to all of the local musicians that gave freely of their time and talent. A great big thanks to the Community of Princeton for your support in making this years event great and raising money for India's Kids Charities of Canada!



Editorial Page News Leader

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

My Turn

Dike War - Round One

The cement barrier placed along the Tulameen River dike last week created quite a buzz.

In conversation with the building owner he told me days after the barrier went up that his property lines include the portion of the dike that are located to the rear of his property. He also said the barriers were placed following a suggestion from RCMP to combat vandalism and trespassing.

Another conversation with the mayor the same day indicated communication was ongoing with officials in Victoria to receive answers (and probably advice) on the matter.

There's a lot of paperwork out there from the Ministry of Environment centred on waterways and regulations protecting riparian areas. Most of it is pretty dry reading and probably useful to insomniacs.

But let's all assume the barrier is bylaw-compliant and does not violate any other rule or regulation governing public access to river diking. What has upset a lot of residents from what I've been able to determine is that it has "wrecked a walking path through town."

I thought that was the purpose of the Trans-Canada Trail.

I'm not trying to take away from the beautiful, safe, enjoyable stroll along the river but how many walking paths do we need in a town where you can virtually walk wherever you want in a matter of minutes already?

I am not ignoring the issue of safety because I know the Tulameen River dike is probably the safest, quickest route for many who live in that neighbourhood and since the Trans-Canada Trail does not go over there, the alternative is an often dangerous road.

What I'm really wondering is if it turns out that the cement barriers have to come down and that the dike is required to remain clear what will it really mean?

Sure, the neighbourhood will get the walking path back, but what about all the other properties backing up to dikes along both the Tulameen and Similkameen Rivers?

The Town would be doing residents a disservice by enforcing a change at one location and not at every other one in violation. I think it's safe to say the Dike War is just beginning.



Anger, disgust, confusion are words that describe the feelings of some residents after barriers went up last week blocking the dike along Tulameen River. The property owner told the News Leader days later that the move was prompted by a suggestion by RCMP to combat vandalism and trespassing. The cement blocks are apparently located within the property lines of the private property they are intended to protect. *

Your Turn

Letters and E-Mails Received This Past Week

To The Editor:

Issues are fought at different levels and the public is rarely privy to behind the scenes politicking. With the issue of the hospital and 24/7 ER there has been intrigue and "a whole lot of politics". The original document, "An Action Framework: To Sustain an Effective Health Care Model", given to the Stakeholders and to Town Council came from Interior Health Authority (IHA) via the Regional District Okanagan Similkameen (RDOS); each was given a different document. The Stakeholders were given the document and told to approve it, all in one smooth motion. Luckily, some of the Stakeholders said no; they wanted to study the document first, hence the

leak. Failure to sign meant no 24/7 ER even after all the prerequisites were met. The word "secret" was implied at the Town Council Meeting of August 8th. When one citizen present asked if he could have a copy, he was told NO. Why a secret? It's not a secret I was told afterwards, but no document would be forthcoming.

Enter the third document. Oops, IHA gave out the wrong document. Silly of them; they are only human? You think! What Princeton gets is a Primary Care Facility, a Clinic. Clinics do not have 24/7 ER, they do not have Obstetrics, nor simple surgery. According to the newspaper reporting everyone is happy. What a fantastic framework, IHA has devel-

oped. It reads and sounds like what every rural community has gotten. All it involves is changing the names here and there to make it relevant. Doctors, except for one, were never informed that they would help develop the framework. Hello, is there some misinformation here?

Yes, we have 4 doctors. Yes, we have achieved the goal of hiring 4 doctors, so there could be a 1 in 4 rotation, a condition before 24/7 ER could be restored. So why isn't it open? We have the locums and our available doctors have volunteered. What are we waiting for?

Before all the people in the newspaper take credit for all the achievements, there needs to be acknowledgement of the "heart of the community" and organizations that have worked tirelessly to make things happen. Two of them, The Senior Citizens and SOS (Save our Similkameen) don't need the glory, but fair is fair. Those names are missing from the submitted articles. The community just wants to see that the people gets the healthcare it deserves and pays for.

A Clinic doesn't cut it.
- M. Masiel, Princeton

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EDITORIAL GUIDE

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Current Comment

What Happened When A Secret Was Revealed



Dawn Johnson
editor@thenewsleader.ca

The controversy over the 'secret' health care documents brought up some issues that disturbed me greatly. The documents are no longer secret, and a final document is posted on SOHC.ca. This is the issue of transparency. I do not regard posting a document on the web as being truly transparent. For true transparency, the public should be informed in notices, advertising or any other means, where the document can be read. There is little transparency if the document is posted but nobody knows that fact and nobody knows where to find it. The next issue arose as a result of the president of Save Our Similkameen (SOS) bringing two documents to the attention of Town Council, and the public, that the Action Framework, as outlined in the two documents, contained discrepancies. Neither document was labelled as a draft copy which could be further negotiated. What bothered me was the reaction to this public revelation. I heard that individual members of

SOS were under verbal attack for taking action. This reaction disturbed me because it is no secret that SOS was involved in trying to get better health care for our area. SOS opened an office on Vermilion Avenue, and the president and members gave time and money to continuing their efforts. The Save Our Hospital Coalition (SOHC) was originally on side with SOS, but several months ago SOHC became Support Our Health Care. This created confusion, as it was like going to a baseball game and discovering, at the top of the seventh inning, that the teams were different and the game was cricket. It looked similar but the rules had changed.

SOS continued to lobby for having our hospital back with its surgical and obstetric services, and SOHC began to promote IHA and UBC initiatives funded through the \$20 million the Health Minister gives to UBC for health research.

Attacking members of SOS for doing what they say they do seemed to me to be dirty pool.

Then another disturbing element came into play. The week the documents were publicly presented, suddenly people are defending a locally elected official, as if this person were under attack. Although this person served on the committee that created the documents, there were 25 people on that committee, and I certainly heard no public attack on any of these individuals. The documents were being questioned, not attacked, and no personal attacks were involved, so why the defense?

I found the situation particularly disturbing when one defender pointed out that we elect people to represent us and make decisions for us, which is true, but the added implication was that we should not question publicly elected officials about their decisions. Balderdash! There is only one elected official I know of who is considered infallible, and that is the Pope. Unless something happened when I wasn't paying attention, Princeton is not Vatican City.

In our democratic monarchy, not only do we have the right to question those we elect, we have a civic duty and moral obligation to question them. They represent us, their decisions affect our lives, and damn it, they work for us and we pay them and we pay for their mistakes, too. I was absolutely appalled at the implied notion that simply because an elected official is a nice person and works hard, we should not question what is done and what decisions are made. I had some distant relatives in England who were nice people and who worked hard, but they adamantly maintained Earth is flat. I will defend their right to believe what they will, but that does not mean I will agree with them!

In our world today, people who speak out and pursue transparency are often persecuted. The Snowden and Manley cases are examples. Rather than admire their courage and support their honesty, they are condemned. In my mind, this brings up another issue. My brothers and cousins went to war to stop the advance of continued on Page 21



What's a 'Mexican Fiesta' without a pinata? It was all part of the fun and games August 21st at Centennial Pool. *

Similkameen News Leader

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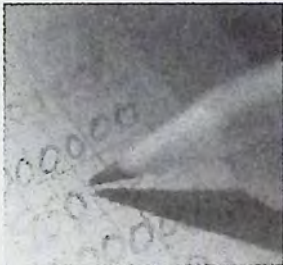
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Lower Valley News

Keremeos - Cawston - Olalla



18-year old Jenifer Sparkes of Keremeos will be assisting Similkameen Country InfoCentre Manager Colleen Christensen until December. Sparkes worked at the site as a summer student last year. *

Celebrate 'Folks At Work'

The Kettle Valley Brakemen perform at 2:00 PM at the Summer Kitchen during Labor Day celebration set for the Keremeos Grist Mill and Gardens on Monday, September 2.

Special historic interpretations on Labor Day will be all about working people.

Grist Mill Heritage Club volunteers and the site operator, Chris Mathieson, are teaming up to represent a gamut of working folks from around 1877, the year the mill was built.

Labor Day is a half price admission day at the mill.

The Keremeos Grist Mill and

Gardens is a Provincial Historic Site at 2691 Upper Bench Road in Keremeos which is open 9:00 AM to 5:00 PM every day from Victoria Day to Thanksgiving. The website is www.oldgristmill.ca.

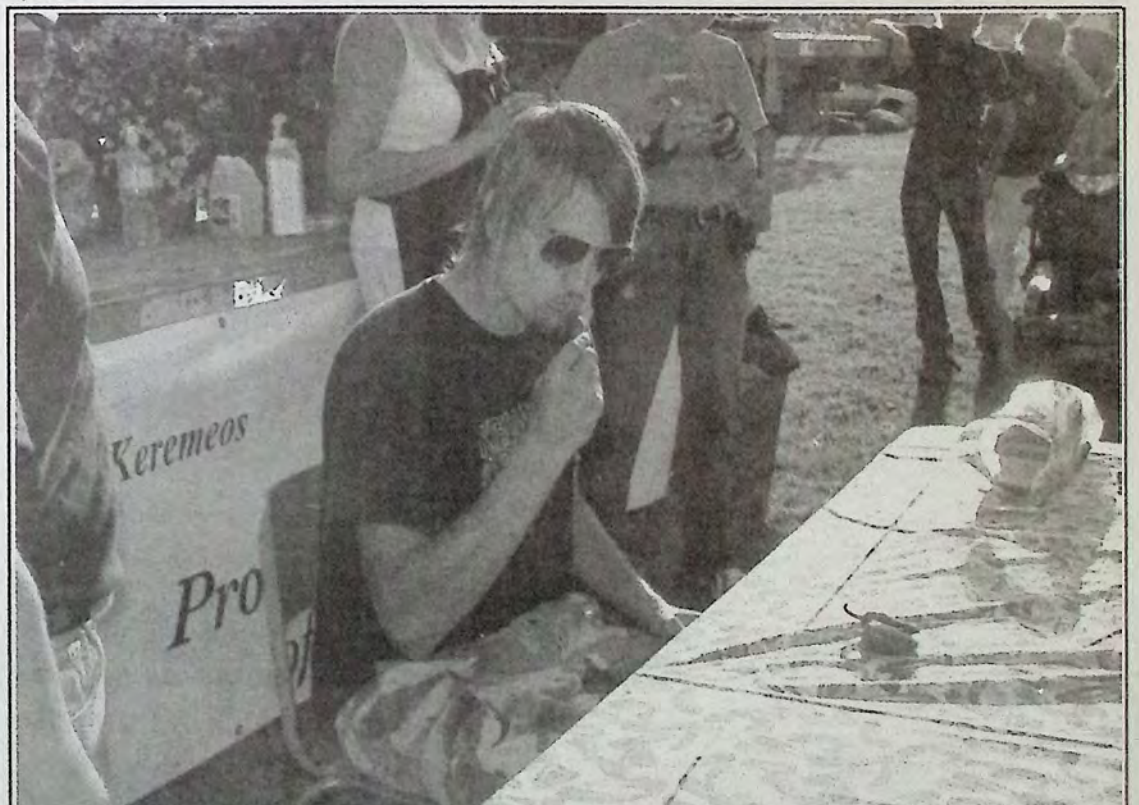
Folks interested in joining in "folks at work" fun on Labor Day and in enjoying a tasty Miller's Lunch for free can contact Dave Cursons at 250-499-5417 or through the Grist Mill at 250-499-2888.

What sorts of jobs did people have in the late 1800s? The list is longer than you probably would imagine.

Jobs varied depending on where you lived and what social status you had but the common ones were: blacksmith, baker, farmer, teacher, weaver, deckhand, servant, shoemaker, wig maker, dress maker, butcher, shopkeeper, fisherman, miner, tanner, farrier, mill worker and tailor.

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Don't forget the 'Sear Factor' Pepper Eating Contest is coming up as part of Similkameen Sizzle September 21st. *

BC Southern Interior MP Alex Atamanenko

The Nordic Law - The Swedish Experience

There is currently a campaign underway in Canada called Defend Dignity, an initiative of the Christian and Missionary Alliance in Canada. Defend Dignity exists to abolish prostitution and is asking the Canadian government to look at the Nordic law which was first implemented in Sweden in 1999. In essence, what the law does is penalize the buying of sex, while decriminalizing those who are being sold. The premise is that if there is no demand for purchases of sexual ser-

vices, there will be no supply.

Those leading this campaign, point to the fact that prostitution is violence against women, that prostitutes start young and are most often victims of sexual abuse as children. They also state that prostitution and poverty go hand-in-hand.

According to Shelagh Day, human rights advocate and founder of the Women's Legal Education and Action Fund, poverty drives women into prostitution and keeps them there. Women usually enter prosti-

tution to survive - to pay the rent, support kids, because they run away from home, or because they are not eligible for welfare.

First Nations women are at the greatest risk for prostitution in our country. For example, 52% of sex workers in Vancouver are First Nations women while only 1.7% of the population in that city are First Nations people.

The House of Commons Standing Committee on the Status of Women recognized that Aboriginal women

are trafficked internally in Canada, and that their poverty, poor conditions on reserves, and abuses in their communities cause Aboriginal women to be Canada's most vulnerable victims.

First Nations youth who leave their home communities for urban areas are particularly vulnerable to sexual exploitation in that they are both homeless and in an unfamiliar cultural environment.

Housing instability increases reserve-to-urban migration, leaving young women extremely vulnerable to prostitution, in that homelessness has been established as a primary risk factor for prostitution.

Sweden officially recognized prostitution as a form of exploitation and violence against women and children. By choosing to solely prosecute the purchasers of sexual services (predominantly men) rather than the prostitutes, Sweden is the first country to criminalize demand while decriminalizing supply. They have taken a firm position that prostitution entails oppression of women and is therefore an affront to gender quality, and as long as the prostitution of women and children exists, equality cannot be achieved.

The Law on Prohibition of the Purchase of Sexual Services is the legislative tool applied to eradicate prostitution in Sweden. In addition to eradicating prostitution, the law was also proposed to bring about a fundamental change in societal attitudes. Children are taught in school at a young age that the purchase of sex is illegal and unacceptable, in

hopes that the next generation will grow up considering prostitution a much more heinous offence than it is considered today.

It appears that before the law came into effect, there were nearly 2,500 prostitutes in Sweden. This figure was cut in half within a year of the law being enacted. In Stockholm, street prostitution has been reduced by two thirds and the number of purchasers (johns) of sex has decreased by 80%.

The government of Sweden published an evaluation of the law's first ten years and how it has actually worked in practise and the findings are pretty positive. Street prostitution has been cut in half; there is no evidence that the reduction in street prostitution has led to an increase in prostitution elsewhere, whether indoors or on the Internet; the bill provides increased services for women to exit prostitution; fewer men state that they purchase sexual services; and the ban has had a chilling effect on traffickers who find Sweden an unattractive market to sell women and children for sex. Following initial criticism of the law, police now confirm it works well and has had a deterrent effect on other organizer and promoters of prostitution. Sweden appears to be the only country in Europe where prostitution and sex trafficking has not increased.

Interestingly enough, the Government of Quebec is considering adopting similar legislation. Perhaps the time has come to have a discussion on the Swedish model in our country.



BC Southern Interior MP Alex Atamanenko was in town August 16th and 17th. The Friday night he welcomed visitors to the 6th annual Princeton Traditional Music Festival and performed on stage the following morning.*

Similkameen

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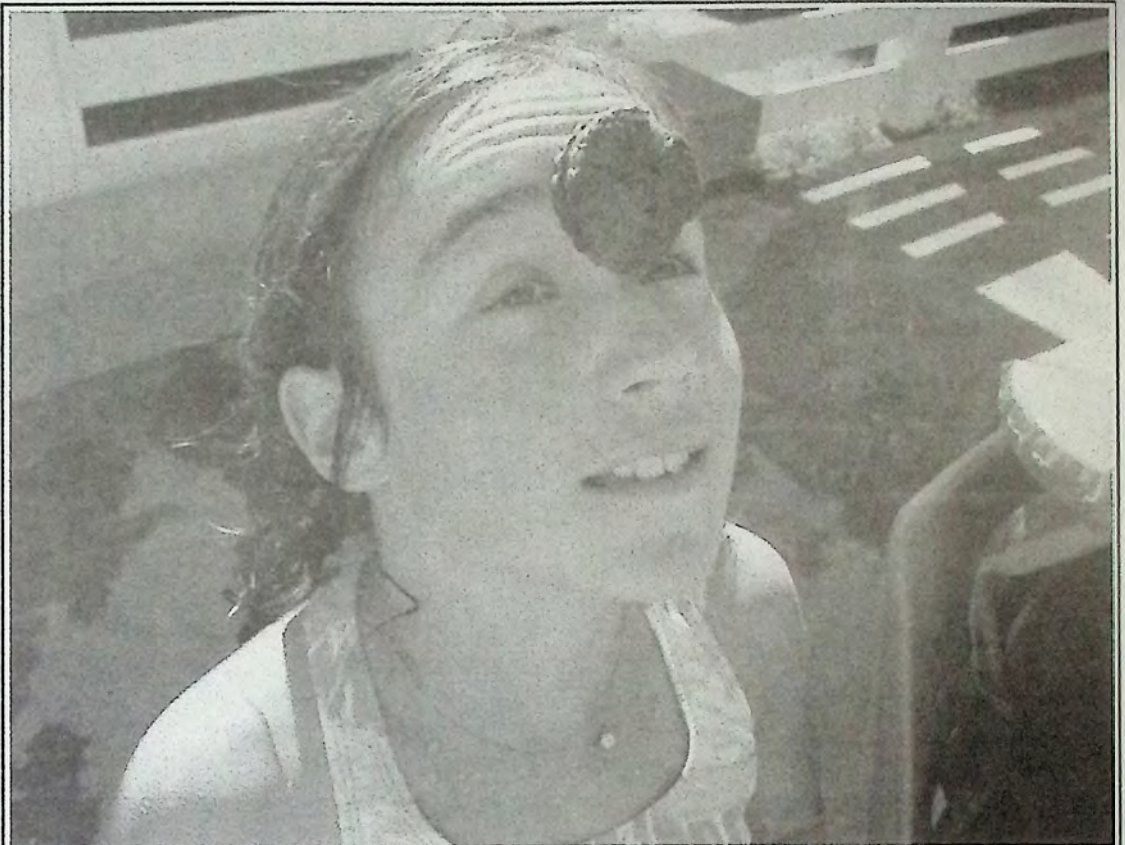
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Ever try to eat a cookie this way? First you place it on your forehead, and without using your hands, you have to move your face muscles to move it to your mouth. It is not easy as you can see. *

Saddles 'n' Spurs

by Pastor George Donovan

Having accomplished getting in the box car I had to make sure the door couldn't close on me. There was some broken dunnage on the floor so I stuck it in the way to make sure the door stayed open.

I settled in and was quite happy about this new adventure. For the most part I sat on the floor with my feet hanging out the door, only one side was open and sometimes I was looking out at beautiful scenery and others straight into a rock wall. Can't complain though as it was free!

As I mentioned I hadn't been this far east before. Tunnels weren't new to me, there were several on Highway 97 going to the Cariboo but I was in for a big surprise. The train entered a tunnel that I thought would never end. It was the spiral tunnel that goes into the mountain and in order to obtain elevation it makes a full circle inside the mountain before it comes out the other side. The speed was slow, the time was long, and the diesel smoke was thick, and was it ever dark! Finally it broke out into the open, I could see and breathe again.

On to Golden where it stopped and I went back to hitchhiking. While many of the memories are very clear to me, the place and times are a little foggy. I recall walking long distances and I saw a train station off in the distance so I thought I would hop another freight train.

It was late when I got there and no one was there except the station agent and he was busy tapping out morse code to somewhere or someone. I looked around and there were three or four rows of benches for waiting passengers so I interrupted

the station agent and asked if he minded if I spend the night on one of the benches. He told me to go ahead. There were no other passengers there so using my pack for a pillow I laid down and slept well clear through the night.

As I began to wake up I thought I heard people around me in the small station (about the same size as the

old train station that used to be here and now has two businesses in it).

I got my eyes open and yikes!! It was packed to standing room only and I was looking up at the people looking down at me. I quickly got up and got out of there, the only train was a passenger train so I headed back to the highway.

..... continued Next Week

Living Past 100

Natural Relief of Pain

Many people cannot take anti-inflammatory medications. These medications are important for fighting inflammations such as experienced by people with certain muscular conditions and those who have arthritis. Ginger can offer great relief as this spicy treat contains a digestive enzyme that is a powerful anti-inflammatory. Ginger contains four natural COX-2 inhibitors which have no side effects like prescription medications such as Celebrex.

Ginger can be purchased raw in most supermarkets. Fresh ginger is a root vegetable and can be peeled, grated, and used in recipes or steeped for a tea. Ginger can be found in the dried foods section, where it is sold in pieces and can be eaten like candy. You can find chocolate-coated ginger, too. Ginger also comes in a powdered form which can be sprinkled into recipes or into boiling water for a tea. You can buy medicinal dosages in capsule form.

To relieve inflammatory pain, you need to eat six teaspoons per day of raw ginger or one-half teaspoon of powdered ginger. Ginger is not the only anti-inflammatory food. Turmeric, oregano, rosemary, green tea and holy basil are other natural anti-inflammatory foods. Turmeric contains curcumin, which has pain-relieving COX-2 inhibitors. Studies have shown curcumin can help reduce the pain associated with rheumatoid arthritis. Turmeric is a spice used in the preparation of curry, so you might want to learn how to cook more curried foods. Turmeric is also an ingredient in prepared mustard. You can also take curcumin capsules.

If you suffer from the pain of fibromyalgia, then you should be eating pineapple. No, it is not a cure, but it does help relieve the conditions that cause the pain. Pineapple contains bromelain, which helps reduce swelling and inflammation. Pineapple contains manganese, which occurs in few foods. Manganese is essential for the formation of collagen, which builds connective tissue in bone, skin and cartilage. A cup of fresh pineapple daily should provide a lot of relief, not instantly, but over time as the manganese builds up.



News Leader Entertainment

Similkameen News Leader TV Guide Listings - August 26 - September 1, 2013



Princeton Posse Associate Coach Mark McNaughton (at chart board) explains the next drill during a session last week in the Minor Hockey Camp at Princeton Arena. Many local players participated in the event. *

Camps fill ice time at arena

A total of sixteen skaters and three goalies participated in the joint Princeton Posse/Minor Hockey Camp last week at Princeton Arena.

Posse Associate Coach Mark McNaughton says the three day camp was quite extensive.

"The morning sessions were focused more on individual skills especially skating with the afternoon sessions focused on getting the players out of their typical comfort zones and introducing them to more advanced drills making them work in a more dynamic way on the ice."

McNaughton says the camp was designed to make players "think and act in a more dynamic fashion" and that the ice sessions were to "provide the players with an edge going into their upcoming seasons as they now know that they are not limited to the basics as they move forward in their hockey pursuits."

The Posse followed the Minor Hockey Camp with a Junior Prep Camp.

McNaughton called it "a high tempo skating and skills camp that helped players shake off the last of

their summer rust as they prepare for the up coming season."

He told the News Leader players were "pushed to combine skills and increase their mental streams on the ice to give them some last minute preparation for their try out camps."

The Posse Main Try Out Camp is this week which will be an intense and competitive event.

"We have only invited a small number of players to attend and compete for a spot on our roster. There will be a large number of new faces as we try and move the program forward."

Posse News

President Dean Johnston

Arena Buzzing with Activity Again

The ice is in and Posse coaches Bill, Mark and Dave had their hands full and their skates on this past week. For the first time in many years the Posse coaching staff held a local minor hockey camp! It was a refreshing reminder of both the rewards from, and importance of interaction between the organization and community. It was clear that coaches and players alike all had a blast.

Cinch up Princeton because the ride is going to get better.

Prep Camp

No rest this time a year for the coaching staff. No sooner had the minor hockey school ended, and everyone was back on the ice for

Posse Prep Camp this past weekend. The passion was clear and evident in this new mix of coaches and coaching style. The organization believes it will also be contagious for the community.

Upcoming Events

Main Camp - This Wednesday, Thursday and Friday in the arena. Fans are encouraged to drop in. Local players will be on the ice along with returning, new and hopeful Posse players.

September 7, 8 - Saturday 7:00 PM and Sunday 2:00 PM Home exhibition weekend!

September 13 Home Opener - Tailgate and Tent party, Beer garden, Live pregame entertainment!

Eleven years ago the arena buzzed with activity. The organization is

abuzz again with anticipation and excitement for the upcoming season. The energy and enthusiasm in the Posse office and change room is infectious.

Change for the sake of change is never sound, but if one changes, let the cup be half full!

Huge Thank You!!!

The Posse organization thanks Billy's Restaurant, Booster Juice, Princeton Co-Gen, Shoppers Drug Mart, Envirogreen Technologies and Kal Tire for renewed corporate partnership with the Posse. Response from visits with local business partners has been well received and very supportive of this valuable community asset. This important interactive dialogue has been both constructive and greatly appreciated.

Princeton Posse

2013/14

Clip 'n' Save Game Schedule

Similkameen

News Leader

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

Tuesday Movies

EVENING

9:00 pm KNOW ch.5 "Born Into Brothels" (2004, Documentary) In Calcutta, photographer Zana Briski gives cameras to children of prostitutes and shows them how to take pictures.

KSPS ch.6 "The Reconstruction of Asa Carter" (2010, Documentary) Forrest Carter, author of acclaimed book "The Education of Little Tree," is revealed to be not a Cherokee but infamous racist Asa Carter, who wrote inflammatory speeches and established five chapters of the Ku Klux Klan. (In Stereo) (CC) (DVS)

9:30 pm WTBS ch.3 "Biker Boyz" (2003, Action) Laurence

Fishburne. A young prodigy threatens the undefeated champion of an underground club of motorcycle racers.

11:30 pm WTBS ch.3 "Body of Lies" (2008, Drama) Leonardo DiCaprio. A CIA operative hatches a dangerous plan to catch the leader of a terrorist organization, but conflicts with his two closest allies may cost him his life.

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

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

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

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

TUESDAY, AUGUST 27, 2013

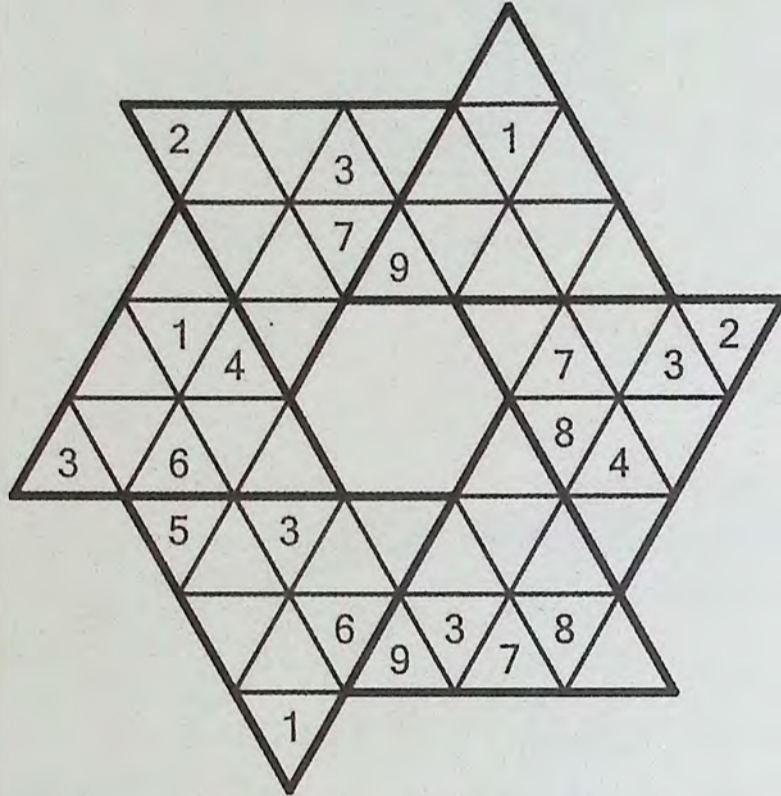
| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITY ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-----------|--------------------------|-----------------------|------------------------------------|---------------------|--|------------------------|-----------------------|---------------------------------------|-----------------------|-------------------------|---------------------|------------------|--|--|-----------------------|----------------------|-----------------------------------|------------------|----------------------|
| 6 AM :30 | In the Heat of the Night | Morning News (N) ☺ | To School | Thomas | KHQ News 6AM (N) | KREM 2 Morning News | Criminal Minds ☺ ☺ | News | Morning News (N) ☺ | (5:00) Morning News (N) | CBC News Now (N) ☺ | Belng Ian | SportsCentre ☺ | CTV Morning Live (N) ☺ | Mighty Planes "Orbis" | Stella-Sam Mickey | CityLine (N) ☺ | Tattoo Rescue ☺ | Moves |
| 7 AM :30 | Justice | Justice | Arthur ☺ | Arthur | Today (N) ☺ | CBS This Morning (N) ☺ | Criminal Minds ☺ | Good Morning America (N) ☺ | | | Tiger | Rescue | SportsCentre ☺ | | Highway Thru Hell | Never Land Hannah | Let's Make a Deal ☺ | Tattoo Rescue ☺ | World's |
| 8 AM :30 | Judge Alex | Judge Alex | Tree Fu | Curious | | | CSI: Miami ☺ | | Morning | Bo On/Go | Sidekick | SportsCentre ☺ | | Backyard | Suite/Deck | The Price is Right ☺ | Tattoo Rescue ☺ | Eat St. ☺ | |
| 9 AM :30 | Millionaire | Morning | WordWorld | Super Why! | | The 700 Club ☺ | CSI: Miami ☺ | Livel Kelly and Michael | Morning | The Doctors ☺ | Super Why! | Pokémon | SportsCentre ☺ | Livel Kelly and Michael | Licence to Drill | Wizards | Access Hollywood Live | Tattoo | Sand M. |
| 10 AM :30 | Law Order: CI | The Doctors ☺ | Dinosaurs | Sesame Street ☺ (E) | | The Price is Right ☺ | Criminal Minds ☺ | The View ☺ | The Doctors ☺ | Chef/Home | Bookaboo | Squirrel | 2013 U.S. Open Tennis: First Round. From the USTA National | The View ☺ | How/Made | ANT Farm | The Chew ☺ | Tattoo | Sand M. |
| 11 AM :30 | Law Order: CI | Chef/Home | Berenstain | Tiger | Judge B. | Young & Restless | Criminal Minds ☺ | Paid Prog. | Chef/Home | Noon News Hour (N) | Steven and Chris ☺ | Super Evil | Tennis Center in Flushing, N.Y. (N) (Live) ☺ | Marilyn Denis | Mighty Planes ☺ | Shake It | General Hospital (N) ☺ | Tattoo | Sand M. |
| 12 PM :30 | Excused | Noon News Hour (N) | Dino Dan | Charlie Rosa (N) ☺ | HOPE Fit | News | The First 48 ☺ | The Chew ☺ | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) ☺ | Kid vs. Kat | | CTV News (N) ☺ | Mighty Ships ☺ | Austin | CityLine ☺ | Tattoo | Sand M. |
| 1 PM :30 | There Yet? | Days of our Lives (N) | Clifford | Painting | Days of our Lives (N) | The Talk ☺ | The First 48 ☺ | General Hospital (N) ☺ | Days of our Lives (N) | The Talk ☺ | Republic of Doyle ☺ | Rated A | | Anderson Live ☺ | Backyard | Jessie ☺ | Katie ☺ | Ink Master ☺ | Sand M. |
| 2 PM :30 | King | The Talk ☺ | Lilly | Barney | Katie ☺ | Let's Make a Deal ☺ | The First 48 ☺ | The Jeff Probst Show | The Talk ☺ | The Ricki Lake Show | Steven and Chris ☺ | Almost | | Dr. Phil ☺ | Shred! | Good Luck | CityNews at 5 (N) ☺ | Ink Master ☺ | Sand M. |
| 3 PM :30 | The Office | The Ricki Lake Show | Rob Robot | Sid | Ellen DeGeneres Show | Dr. Phil ☺ | Storage | Rachael Ray ☺ | The Ricki Lake Show | Young & Restless | Recipes | Sidekick | | The Dr. Oz Show ☺ | How/Made | Wizards | CityNews at 6 (N) ☺ | Ink Master ☺ | Sand M. |
| 4 PM :30 | Big Bang | Young & Restless | G. Shrinka | Wild Kratts | Jdg Judy | The Dr. Oz Show ☺ | Storage | The Doctors ☺ | Young & Restless | Early News | Dragons' Den ☺ | SpongeBob | 2013 U.S. Open Tennis: First Round. From the USTA National | Ellen DeGeneres Show | Daily Planet (N) | Wizards | How I Met | Ink Master ☺ | Sand M. |
| 5 PM :30 | Browns | News (N) ☺ | Martha | News | News | News | Storage | News | Early News | (4:59) News Hour (N) | News | Parents | First Round. From the USTA National | CTV News at Five (N) | How/Made | Wizards | Rules | Ink Master ☺ | Dig Wars |
| 6 PM :30 | Browns | Global Nat. | Animals | PBS News-Hour (N) ☺ | News | KREM 2 News at 6 (N) | Storage | News | (5:59) News Hour (N) | ET Canada | News | iCarly ☺ | National Tennis Center in Flushing, N.Y. (N) | CTV News (N) ☺ | Ice Cold Gold (N) ☺ | Good Luck | America's Got Talent (N) ☺ (Live) | Ink Master ☺ | Monumental Mysteries |
| 7 PM :30 | Seinfeld ☺ | Ent | Be the Creature | In Performance... | Jeopardy! | Inside Ed. | Barter Kings (N) ☺ | Ent | Ent | Elementary ☺ | George S | Babysitting | | Big Bang | Loaded (N) | Good Luck | | Ink Master (N) ☺ | Mysteries-Museum |
| 8 PM :30 | Family Guy | NCIS "Berlin" ☺ | The Minotaur's Island | The March (N) ☺ | Hollywood Game Night | NCIS "Berlin" ☺ | (8:01) Barter Kings ☺ | Extreme Weight Loss "Cassandra" (N) ☺ | NCIS "Berlin" ☺ | NCIS "Berlin" ☺ | Mercer | Splatalot | SportsCentre (N) ☺ | So You Think You Can Dance (N Same-day Tape) | River Monsters | Good Luck | CityNews-Tonight (N) | Tattoo | Museum Secrets ☺ |
| 9 PM :30 | Amer. Dad | NCIS: Los Angeles ☺ | Movie: "Born Into Brothels" (2004) | "Reconstruction" | America's Got Talent (N Same-day Tape) | NCIS: Los Angeles ☺ | Storage | Storage | NCIS: Los Angeles ☺ | NCIS: Los Angeles ☺ | Arctic Air ☺ (DVS) | Wipeout Canada ☺ | Amazing Race | Ice Cold Gold ☺ | Wing'n' It | Jimmy Kimmel Live ☺ | Ink Master ☺ | Dig Wars | |
| 10 PM :30 | "Biker Boyz" (2003) | Elementary ☺ | Snapshot | Moyers & Company ☺ | Person of Interest ☺ | Storage | Storage | Body of Proof ☺ | Elementary ☺ | News Hour Final (N) | The National (N) ☺ | Prank Ptrl | SportsCentre (N) ☺ | Saving Hope ☺ (DVS) | Loaded | Lizzie | Maury ☺ | Ink Master ☺ | Monumental Mysteries |
| 11 PM :30 | "Body" | CHBC News Final (N) | Be the Creature | Charlie Rose (N) ☺ | News | News | (11:01) Barter Kings | News | News Hour Final (N) | ET Canada | CBC News | Weird | SportsCentre ☺ | News-Lisa | How/Made | Cory | Paid Prog. | Tattoo | Mysteries-Museum |

News Leader Sudoku 469

Wednesday Movies

HOSHI SUDOKU - About The Puzzle

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



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

EVENING

9:30 pm WTBS ch.3 "Get Smart" (2008, Comedy) Steve Carell. A newly promoted field agent, partnered with veteran Agent 99, blends inexperience, enthusiasm and ineptitude as he battles against KAOS.
11:30 pm WTBS ch.3 "Ghosts of Girlfriends Past" (2009, Romance-Comedy) Matthew McConaughey.

Spirits of jilted lovers take a photographer on an odyssey through his many failed relationships to find out what made him such a cad, and if there is any hope for true love.

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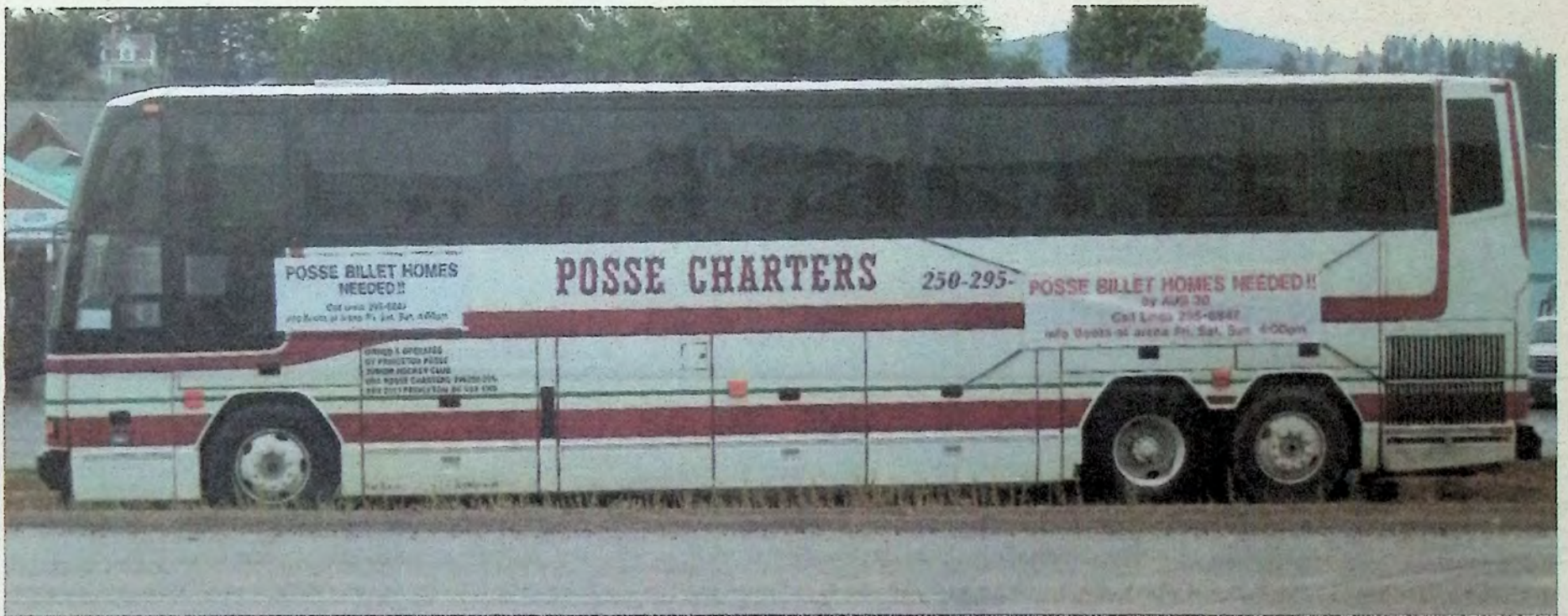
Explore The History Of Mining - Gold, Copper and Coal

WEDNESDAY, AUGUST 28, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITY ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-------|---|---------------------------|-------------------------------------|-------------------|-----------------------|----------------------|-----------------------|--------------------------|---------------------------------|-------------------------|-------------------|--|---|---|-------------------------|----------------------|-----------------------|-----------------------|----------------------|
| 6 AM | In the Heat of the Night | Morning News (N) | To School | Bulldozer | KHQ News 6AM (N) | KREM 2 Morning News | Criminal Minds | News | Morning News (N) | (5:00) Morning News (N) | CBC News Now (N) | Being Ian | SportsCentre | CTV Morning Live (N) | Don't Drive Here | Stella-Sam Mickey | CityLine (N) | Wildest Police Videos | Moves |
| 7 AM | Justice | Justice | Arthur | Arthur | Today (N) | CBS This Morning (N) | Criminal Minds | Good Morning America (N) | | | Tiger | Rescue | SportsCentre | | Canada's Worst Driver | Never Land Hannah | Let's Make a Deal | Wildest Police Videos | World's |
| 8 AM | Judge Alex | Judge Alex | Tree Fu | Curious | | | CSI: Miami | | | Morning Huntley | Bo On/Go | Sidekick | SportsCentre | | Strip the City "Sydney" | Sulte/Deck | The Price Is Right | Wildest Police Videos | Eat St. |
| 9 AM | Millionaire | Morning | WordWorld | Super Why! | | The 700 Club | CSI: Miami | Live! Kelly and Michael | Morning Huntley | The Doctors | Super Why! | Pokémon | SportsCentre | Live! Kelly and Michael | Last Car Standing | Wizards | Access Hollywood Live | Wildest Police Videos | Amazing |
| 10 AM | Law Order: CI | The Doctors | Dinosaurs | Sesame Street (E) | | The Price Is Right | Criminal Minds | The View | The Doctors | Chef/Home Debt/Part | Bookaboo | Squirrel | 2013 U.S. Open Tennis | The View | How/Made | ANT Farm | The Chew | Wildest Police Videos | Amazing |
| 11 AM | Law Order: CI | Chef/Home Debt/Part | Berenstain Bears | Tiger | Judge B. | Young & Restless | Criminal Minds | Paid Prog. Hate Hair? | Chef/Home Debt/Part | Noon News Hour (N) | Steven and Chris | Super Evil | Men's First Round and Women's Second Round. From the USTA National Tennis Center in Flushing, N.Y. (Live) | Marilyn Denis | Mayday | Shake It | General Hospital (N) | Wildest Police Videos | Amazing |
| 12 PM | Excused | Noon News Hour (N) | Dino Dan | Charlie Rose | Hate Hair? | News | The First 48 | The Chew | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) | Kid vs. Kat | Anderson Live | Ice Cold Gold | Austin | CityLine | Wildest Police Videos | Bizarro Foods/Zimmer | |
| 1 PM | There Yet? | Days of our Lives (N) | Clifford | Oil Painting | Days of our Lives (N) | The Talk | The First 48 | General Hospital (N) | Days of our Lives (N) | The Talk | Republic of Doyle | Rated A | Rated A | Anderson Live | Loaded | Jessie | Katie | Cops | Bizarro Foods/Zimmer |
| 2 PM | King | The Talk | Lilly | Barney | Katie | Let's Make a Deal | The First 48 | The Jeff Probst Show | The Talk | The Ricki Lake Show | Steven and Chris | Almost Super Evil | Dr. Phil | River Monsters | Good Luck | CityNews at 5 (N) | Cops | Bizarro Foods/Zimmer | |
| 3 PM | The Office | The Ricki Lake Show | Rob Robot | Slid | Ellen DeGeneres Show | Dr. Phil | The First 48 | Rachael Ray | The Ricki Lake Show | Young & Restless | Recipes Stefano | Sidekick Squirrel | The Dr. Oz Show | How/Made | Jessie | CityNews at 6 (N) | Cops | Bizarro Foods/Zimmer | |
| 4 PM | Big Bang | Young & Restless | G. Shrinks | Wild Kratts | Jdg Judy | The Dr. Oz Show | Duck D. | The Doctors | Young & Restless | Early News Global Nat. | Dragons' Den | SpongeBob Kung Fu | 2013 U.S. Open Tennis | Ellen DeGeneres Show | Daily Planet (N) | Jessie | How I Met | Cops | Bizarro Foods/Zimmer |
| 5 PM | Browns | News (N) | Martha | News | News | News | Duck D. | News | Early News (4:59) News Hour (N) | News | Parents | Men's First Round and Women's Second Round. (N) (Live) | CTV News at Five (N) | To Be Announced | Jessie | America's Got Talent | Cops | Best Daym | |
| 6 PM | Browns | Global Nat. News | Animals Undersea | PBS News-Hour (N) | News | KREM 2 News at 6 (N) | Duck D. | News | (5:59) News Hour (N) | ET Canada | News | Victorious | CTV News (N) | Austin | America's Got Talent | Cops | Burger | | |
| 7 PM | Seinfeld | Ent | Frontiers of (DVS) | Nature (DVS) | Jeopardy! | Inside Ed. | Duck D. | Ent | Ent | (7:01) Camp (N) | George S | Babysitting | Big Bang | Myth-Busters | Austin | Mod Fam | Cops | Bizarro Foods America | |
| 8 PM | Family Guy | Big Brother (N) | Mekong: Soul of a | NOVA (DVS) | America's Got Talent | Big Brother (N) | Dads | The Middle | Big Brother (N) | Big Brother (N) | Dragons' Den | Splatlat | SportsCentre (N) | MasterChef The Judges' sons critique a challenge. | Loaded | Austin | CityNews-Tonight (N) | Jail | Pitchin' In |
| 9 PM | Amer. Dad | Divorced | Jazz Rock era begins; Newport 1955. | NOVA (DVS) | America's Got Talent | Criminal Minds | Duck D. | Mod Fam | Divorced | Divorced | Republic of Doyle | Wipeout Canada | Motoring Score Golf | Loaded | Wingin' It | Jimmy Kimmel Live | Jail | Best Daym | |
| 10 PM | Movie: "Get Smart" (2008) Steve Carell. | Divorced (10:01) Camp (N) | Designing Healthy (DVS) | (10:01) Camp (N) | CSI: Crime Scene | Duck D. | ABC's The Lookout (N) | (10:01) Camp (N) | News Hour Final (N) | The National (N) | Frank Ptrl | SportsCentre (N) | The Listener (DVS) | Loaded | Lizzie | Maury | Jail | Burger | |
| 11 PM | "Ghosts" | CHBC News Final (N) | Frontiers of | Charlie Rose (N) | News | News | Duck D. | News | News Hour Final (N) | ET Canada | George S | Splatlat | CTV News | Myth-Busters | Cory | Paid Prog. | Jail | Bizarro Foods America | |



HELP!



BILLET FAMILIES NEEDED

The Princeton Posse are in dire need of support from the community in finding adequate billet housing for our hockey team for the upcoming season.

Without this essential resource it is very difficult for a junior hockey club to provide it's players and the town with the first class organization we are working towards.

"Billeting is not only a crucial part of operating a junior hockey team but it often provides a haven for great memories to grow, for both our players and your families." - GM/Head Coach Bill Rotheisler

BENEFITS OF BEING A BILLET HOME:

- *Bringing in a role model for children*
- *Positive healthy influence on families*
- *Supporting highly visible community organization*
- *Lasting unique relationships*
- *\$500.00 monthly*
- *Family seasons pass to all Posse home games*

CONTACT INFORMATION:

Phone Linda 250-295-6117

Arena Info Booth (during Main Camp) August 28-30

e-mail info@princetonposse.org

SO COUNTRY INTERNET RADIO

FOLLOW DENNIS WALKER ONLINE - NEWS, WEATHER, MUSIC, INTERVIEWS - www.socountry.ca



A classic car gets an annual update with produce from the adjoining orchard at Parsons Fruit Stand in Keremeos. *

Thursday Movies

EVENING

9:00 pm KNOW ch.5 "Soul Power" (2008, Documentary) James Brown, B.B. King, the Spinners, Miriam Makeba and others perform in concert in the days leading up to the 1974 boxing match between Muhammad Ali and George Foreman in Zaire.
9:30 pm WTBS ch.3 "Year One" (2009, Comedy) Jack Black. Two

lazy primitives begin an epic journey through the ancient world after they are banished from their village.
11:30 pm WTBS ch.3 "The Holiday" (2006, Romance-Comedy) Cameron Diaz. Two women, one from America and one from England, swap homes at Christmastime after bad breakups with their boyfriends.

Similkameen News Leader

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THURSDAY, AUGUST 29, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITY ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-------|-------------------------------|-------------------------|--------------------------------|---------------------------|-----------------------|---------------------------|-------------------------|--|-------------------------|-----------------------------|----------------------|------------------|---|-------------------------|----------------------|------------------------|------------------------|----------------------------------|----------------------|
| 6 AM | In the Heat of the Night | Morning News (N) 22 | To School | Thomas | KHQ News 6AM (N) | KREM 2 Morning News | Criminal Minds 2 22 | News | Morning News (N) 22 | (5:00) Morning News (N) | CBC News Now (N) 2 | Being Ian | SportsCentre 22 | CTV Morning Live (N) 22 | Nerve Center 22 | Stella-Sam Mickey | CityLine (N) 22 | Ink Master 2 22 | Moves |
| 7 AM | Justice | Justice | Arthur 2 | Arthur | Today (N) 2 22 | CBS This Morning (N) 2 22 | Criminal Minds 2 22 | Good Morning America (N) 22 | | | Tiger | Rescue | SportsCentre 22 | | Licence to Drill | Never Land Hannah | Let's Make a Deal 22 | Ink Master 2 22 | World's |
| 8 AM | Judge Alex | Judge Alex | Tree Fu | Curious | | | CSI: Miami 2 22 | | Morning | Bo On/Go | Slidekick | SportsCentre 22 | | Highway Thru Hell | Suite/Deck | The Price Is Right (N) | Ink Master 2 22 | Eat St. 2 | |
| 9 AM | Millionaire | Morning | WordWorld | Super Why! | | | | | Huntley | Busytown | Beyblade | | | | | | | | |
| 10 AM | Law Order: CI | The Doctors 2 22 | Dinosaurs | Sesame Street 2 (E) | | | | | | | | | | | | | | | |
| 11 AM | Law Order: CI | Chef/Home | Berenstain | Tiger | Judge B. | Young & Restless | Criminal Minds 22 | Paid Prog. | Chef/Home | Noon News Hour (N) | Steven and Chris 22 | Super Evil | Round. From the USTA National | Marilyn Denis | Pyros "Mexican Fire" | Shake It | General Hospital (N) 2 | Ink Master 2 22 | Waterparks |
| 12 PM | Excused | Noon News Hour (N) | Dino Dan | Charlie Rose (N) 22 | Paid Prog. | News | The First 48 22 | The Chew 2 22 | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) 2 | Kid vs. Kat | Tennis Center in Flushing, N.Y. (N) (Live) 22 | CTV News (N) 2 22 | Loaded | Austin | CityLine 22 | Ink Master 2 22 | Waterparks |
| 1 PM | There Yet? | Days of our Lives (N) | Clifford | Painting | Days of our Lives (N) | The Talk 2 22 | The First 48 22 | General Hospital (N) 2 | Days of our Lives (N) | The Talk 2 22 | Republic of Doyle 2 | Rated A | | Anderson Live 2 22 | Loaded | Jessie 22 | Katie 2 22 | Cops 22 | Waterparks Best |
| 2 PM | King | The Talk 2 22 | Lilly | Barney | Katie 2 22 | Let's Make a Deal 22 | The First 48 22 | The Jeff Probst Show | The Talk 2 22 | The Ricki Lake Show | Steven and Chris 22 | Almost | | Dr. Phil 2 22 | Myth-Busters 2 22 | Good Luck | CityNews at 5 (N) 22 | Cops 22 | Coaster |
| 3 PM | The Office | The Ricki Lake Show | Rob Robot | Sid | Ellen DeGeneres Show | Dr. Phil 2 22 | The First 48 22 | Rachael Ray 2 22 | The Ricki Lake Show | Young & Restless | Recipes | Slidekick | | The Dr. Oz Show 22 | How/Made | Good Luck | CityNews at 6 (N) 22 | Cops 22 | Coaster |
| 4 PM | Big Bang | Young & Restless | G. Shrinks | Wild Kratts | Jdg Judy | The Dr. Oz Show 22 | The First 48 22 | The Doctors 2 22 | Young & Restless | Early News | Dragons' Den 2 22 | SpongeBob | 2013 U.S. Open Tennis: Second Round. From the USTA National | Ellen DeGeneres Show | Daily Planet (N) | Good Luck | How I Met | Cops 22 | Coaster |
| 5 PM | Browns | News (N) 22 | Martha | News | News | News | The First 48 22 | News | Early News | (4:59) News Hour (N) | News | Parents | Round. From the USTA National | CTV News at Five (N) | Fast N' Loud (N) 22 | Good Luck | America's Got Talent | Cops 22 | Adam |
| 6 PM | Browns | Global Nat. | Animals | PBS News-Hour (N) 22 | News | KREM 2 News at 6 (N) | After the First 48 (N) | News | (5:59) News Hour (N) | ET Canada | News | Mr. Young | National Tennis Center in Flushing, N.Y. (N) | CTV News (N) 2 22 | Fast N' Loud (N) 22 | ANT Farm | Person of Interest 22 | IMPACT Wrestling (N) 2 (Live) 22 | Rock-FV |
| 7 PM | Seinfeld | Ent | Ancient Clues Vikings. | Light of Prairie | Jeopardy! | Inside Ed. | Panic 9-1-1 (N) 22 | Ent | Ent | Rookie Blue (N) 2 22 | George S | Babysitting | | Big Bang | Auction | ANT Farm | Person of Interest 22 | | Sturgis: Cops (N) 22 |
| 8 PM | Family Guy | Glee "Wonder-ful" 2 | Electric Dreams | New Tricks "Left Field" | America's Got Talent | Two Men | (8:01) Panic 9-1-1 22 | Motive A link between a killer and a victim. 2 | Glee "Wonder-ful" 2 | Glee "Wonder-ful" 2 | The Nature of Things | Splatalot | SportsCentre (N) 22 | Two Men | How/Made | ANT Farm | CityNews-Tonight (N) | Fight Master | Disaster |
| 9 PM | Amer. Dad | (9:01) Big Brother (N) | Movie: *** "Soul Power" (2009) | Inspector George Gently 2 | Hollywood Game Night | (9:01) Big Brother 22 | (9:01) The First 48 22 | | (9:01) Big Brother (N) | (9:01) Big Brother 22 | Doc Zone 22 (DVS) | Wipeout Canada 2 | Nine for IX 22 | Motive 2 22 (DVS) | Fast N' Loud 2 22 | Wingin' It | Jimmy Kimmel Live 2 | Wildest Police Videos | Adam |
| 10 PM | "Year One" (2009) Jack Black. | (10:01) Rookie Blue (N) | Hardwood | Healthy | Hollywood Game Night | (10:01) Elementary 22 | (10:01) The First 48 22 | (10:01) Rookie Blue (N) | (10:01) Rookie Blue (N) | (10:01) News Hour Final (N) | The National (N) 22 | Frank Ptrl | SportsCentre (N) 22 | Hollywood Game Night | Fast N' Loud 2 22 | Lizzie | Maury 2 22 | Wildest Police Videos | Rock-FV |
| 11 PM | "Holiday" | CHBC News Final (N) | Ancient Clues Vikings. | Charlie Rose (N) 22 | News | News | (11:01) Panic 9-1-1 22 | News | ET Canada | ET Canada | CBC News | Weird | SportsCentre 22 | News-Lisa | Auction | Cory | Paid Prog. | Wildest Police Videos | Sturgis: Cops 2 22 |

Friday Movies

EVENING

7:00 pm YTV ch.18 "The SpongeBob SquarePants Movie" (2004, Comedy) Voices of Tom Kenny. Animated. SpongeBob and Patrick head for Shell City to retrieve King Neptune's stolen crown and save the life of Mr. Krabs. (In Stereo) (CC)

8:00 pm FAM ch.26 "Jack and the Beanstalk" (2010, Comedy) Gilbert Gottfried. Premiere. A boy must climb a magic beanstalk to recover a treasured harp from an evil giant. (In Stereo) (CC)

9:00 pm KSPS ch.6 "Side by Side: The Science, Art, and Impact of Digital Cinema" (2012, Documentary) Premiere. Directors James Cameron, David Fincher, Martin Scorsese, Christopher Nolan and others discuss digital technology's impact on filmmaking. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Armored" (2009, Suspense) Matt Dillon. Armored-truck guards turn against one another after their plan to rob their company goes terribly awry.

10:01 pm FAM ch.26 "Hoot" (2006, Comedy) Luke Wilson. After moving from Montana, a youth and his new friends in Florida take on corrupt politicians and greedy developers in a fight to protect endangered owls. (In Stereo) (CC)

11:30 pm WTBS ch.3 "Gran Torino" (2008, Drama) Clint Eastwood. An unlikely friendship forms between a bigoted war veteran and an Asian boy who tried to steal the man's treasured automobile.

News Leader Recipe 576

Chili Lemongrass Poached Hoki

(NC) Lemongrass, chilies and coriander sprigs (including stems) create an aromatic broth in which to poach mild hoki. Reducing the broth after poaching concentrates the flavour. Look for certified sustainable eco-labels on products, such as The Marine Stewardship Council (MSC) which confirms the seafood product has come from a sustainable source. One of those, the delicious PC brand wild hoki, is featured in this recipe. MSC is an international non-profit organization that developed the world's leading environmental standard for independent, third-party scientific certification of sustainable and well-managed, wild-capture fisheries. Enjoy this tantalizing taste treat:

Ingredients

- 1 stalk lemongrass
- 1 package (900 mL) chicken broth
- 1 tsp (5 mL) finely sliced hot red chili pepper
- 1/4 cup (50 mL) roughly chopped green onions
- 1 thin slice ginger root
- 1/2 tsp (2 mL) salt
- 10 sprigs coriander
- 1 package (280 g) PC Blue Menu Wild Hoki Skinless Fillets, thawed
- 2 tbsp finely sliced green onions
- 2 tbsp (25 mL) coarsely chopped fresh coriander

Instructions

Rinse lemongrass and place on cutting board. Using back of a knife, whack vigorously several times to "bruise" the lemongrass. Cut bruised lemongrass stalk into 1-inch (2.5 cm) chunks and place in medium saucepan. Pour in broth. Bring to a simmer over medium-low heat. Add chillies, chopped green onions, ginger, salt and pepper; simmer for 10 minutes to flavour the broth. Add coriander sprigs and hoki fillets; simmer uncovered for 6 to 8 minutes or until fish is cooked through. Using slotted spoon, transfer fish to plate; cover and set aside.

Return saucepan to heat. Increase heat to medium-high and boil for 5 minutes. Strain broth, discarding solids. Stir in sliced green onions and coriander.

Place one hoki fillet in each of two shallow bowls. Pour 1/3 cup (75 mL) of broth over each. Serve garnished with additional green onions and coriander, if desired. Discard remaining poaching broth.

You can learn more about sustainable seafood, on any of these websites: www.msc.org, www.wwf-canada.com, www.oceansfortomorrow.ca or www.loblaw.ca/seafood.

- www.newscanada.com

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FRIDAY, AUGUST 30, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITY ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-----------|--------------------------------------|-----------------------|----------------------|----------------------------|-----------------------------------|------------------------|----------|--|-----------------------|-------------------------|---------------------|--|--|-------------------------|----------------------|---------------------------------|------------------------|-------------------|----------------------|
| 6 AM :30 | In the Heat of the Night | Morning News (N) Ⓢ | To School G. Shrinks | Bulldog Clifford | KHQ News 6AM (N) | KREM 2 Morning News | Shipping | News | Morning News (N) Ⓢ | (5:00) Morning News (N) | CBC News Now (N) Ⓢ | Belgian | SportsCentre Ⓢ | CTV Morning Live (N) Ⓢ | Pyros "The Big Show" | Stella-Sam Mickey | CityLine (N) Ⓢ | Jail Ⓢ | Moves |
| 7 AM :30 | Justice | Justice | Arthur Ⓢ | Arthur | Today Chris Brown performs. (N) Ⓢ | CBS This Morning (N) Ⓢ | Shipping | Good Morning America Alicia Keys performs. (N) | | | Tiger | Yu-Gi-Oh! | SportsCentre Ⓢ | | Don't Drive Here | Never Land Hannah | Let's Make a Deal | Deadliest Warrior | World's |
| 8 AM :30 | Judge Alex | Judge Alex | Tree Fu | Curious | | | Shipping | | Morning | Bo On/Go | Sidekick | SportsCentre Ⓢ | | Don't Drive Here | Suite/Deck | The Price Is Right Ⓢ | Deadliest Warrior | Eat St. Ⓢ | |
| 9 AM :30 | Millionaire | Morning | WordWorld | Super Why! | | The 700 Club Ⓢ | Shipping | Live! Kelly and Michael | Morning | The Doctors Ⓢ | Super Why! | Pokémon | SportsCentre Ⓢ | Live! Kelly and Michael | Mighty Planes Ⓢ | Wizards | Hollywood Live | Jail Ⓢ | The Dead Files Ⓢ |
| 10 AM :30 | Law Order: CI | The Doctors Ⓢ | Dinosaurs | Sesame Street Ⓢ (E) | | The Price Is Right Ⓢ | Shipping | The View Ⓢ | The Doctors Ⓢ | Chef/Home | Bookaboo | Squirrel | 2013 U.S. Open Tennis: Men's Second Round and Women's | The View Ⓢ | How/Made | ANT Farm | The Chew Ⓢ | Deadliest Warrior | The Dead Files Ⓢ |
| 11 AM :30 | Law Order: CI | Chef/Home | Berenstain | Tiger | Judge B. | Young & Restless | Shipping | Pa'd Prog. | Chef/Home | Noon News Hour (N) | Steven and Chris Ⓢ | Super Evil | Second Round and Women's | Marilyn Denis | Licence to Drill | Shake It | General Hospital (N) Ⓢ | Deadliest Warrior | The Dead Files Ⓢ |
| 12 PM :30 | Excused | Noon News Hour (N) | Dino Dan | Charlie Rosa (N) Ⓢ | Pa'd Prog. | News | Shipping | The Chew Ⓢ | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) Ⓢ | Kid vs. Kat | Third Round, From the USTA National Tennis Center in Flushing, N.Y. (N) (Live) Ⓢ | CTV News (N) Ⓢ | Fast N' Loud Ⓢ | Austin | CityLine Ⓢ | Deadliest Warrior | The Dead Files (N) Ⓢ |
| 1 PM :30 | There Yet? | Days of our Lives (N) | Clifford | Gary Spetz | Days of our Lives (N) | The Talk Ⓢ | Storage | General Hospital (N) Ⓢ | Days of our Lives (N) | The Talk Ⓢ | Republic of Doyle Ⓢ | Rated A | National Tennis Center in Flushing, N.Y. (N) (Live) Ⓢ | Anderson Live Ⓢ | Fast N' Loud Ⓢ | Jessie Ⓢ | Katie Ⓢ | Deadliest Warrior | The Dead Files (N) Ⓢ |
| 2 PM :30 | King | The Talk Ⓢ | Lilly Ⓢ | Barney | Katie Ⓢ | Let's Make a Deal Ⓢ | Storage | The Jeff Probst Show | The Talk Ⓢ | The Ricki Lake Show | Steven and Chris Ⓢ | Almost | | Dr. Phil Ⓢ | Don't Drive Here | Good Luck | CityNews at 5 (N) Ⓢ | Deadliest Warrior | The Dead Files Ⓢ |
| 3 PM :30 | The Office | The Ricki Lake Show | Rob Robot | Sid | Ellen DeGeneres Show | Dr. Phil Ⓢ | Storage | Rachael Ray Ⓢ | The Ricki Lake Show | Young & Restless | Reelcees | Sidekick | | The Dr. Oz Show Ⓢ | How/Made | Austin | CityNews at 6 (N) Ⓢ | Deadliest Warrior | The Dead Files Ⓢ |
| 4 PM :30 | Big Bang | Young & Restless | G. Shrinks | Wild Kratts | Jdg Judy | The Dr. Oz Show Ⓢ | Storage | The Doctors Ⓢ | Young & Restless | Early News | Dragons' Den Ⓢ | SpongeBob | Sports | Ellen DeGeneres Show | Daily Planet (N) | Austin | Murdoch Mysteries | Deadliest Warrior | The Dead Files Ⓢ |
| 5 PM :30 | Browns | News (N) Ⓢ | Martha | News | News | News | Storage | News | Early News | (4:59) News Hour (N) | News | Parents | World Series of Poker | CTV News at Five (N) | How/Made | Dog | Funniest Home Videos | Deadliest Warrior | The Dead Files Ⓢ |
| 6 PM :30 | Browns | Global Nat. | Animals | PBS News-Hour (N) Ⓢ | News | KREM 2 News at 6 (N) | Storage | News | (5:59) News Hour (N) | ET Canada | News | SpongeBob | Series of Poker | CTV News (N) Ⓢ | Don't Drive Here | Shake It | Parks | Deadliest Warrior | The Dead Files Ⓢ |
| 7 PM :30 | Seinfeld | Ent | The Blue Planet Ⓢ | Wash | Jeopardy! | Inside Ed. | Storage | Ent | Ent | 16x9 (N) Ⓢ | George S | Movie: "The SpongeBob SquarePants Movie" Ⓢ | CFL Pre | Big Bang | Mayday Ⓢ | ANT Farm | Montreal Ex | Deadliest Warrior | The Dead Files (N) Ⓢ |
| 8 PM :30 | Family Guy | Bones Ⓢ (DVS) | Murder Myster. | Doc Martin Ⓢ | Betty | Undercover Boss Ⓢ | Dads | Last Man | Bones Ⓢ (DVS) | Bones Ⓢ (DVS) | Mr. D Ⓢ | Mr. Young | Tiger-Cats at BC Lions. (N Subject to Blackout) | Shark Tank Ⓢ (DVS) | Mayday Ⓢ | Movie: "Jack and the Beanstalk" | CityNews-Tonight (N) | Deadliest Warrior | Weird or What? |
| 9 PM :30 | Amer. Dad | Hawaii Five-0 Ⓢ | George Gently Ⓢ | "Side by Side" | Dateline NBC (N) Ⓢ | Hawaii Five-0 Ⓢ | Storage | Shark Tank Ⓢ | Hawaii Five-0 Ⓢ | Hawaii Five-0 Ⓢ | the fifth estate Ⓢ | Mr. Young | | Orphan Black Ⓢ | Don't Drive Here | Jessie Ⓢ | Jimmy Kimmel Live Ⓢ | Deadliest Warrior | The Dead Files Ⓢ |
| 10 PM :30 | Movie: "Armored" (2009) Matt Dillon. | 16x9 (N) Ⓢ | ItalianJob | Live From Lincoln Center Ⓢ | News | News | Storage | (10.01) 20/20 (N) Ⓢ | 16x9 (N) Ⓢ | News Hour Final (N) | The National (N) Ⓢ | Boys | SportsCentre (N) Ⓢ | Blue Bloods Ⓢ | To Be Announced | (10:01) Movie: "Hoot" (2006) | Maury Ⓢ | Deadliest Warrior | Bizarre Foods/Zimmer |
| 11 PM :30 | "Torino" | CHBC News Final (N) | Architects of Change | Ribbon | Jay Leno | Letterman | Storage | News | News Hour Final (N) | ET Canada | CBC News | The Next Star Ⓢ | SportsCentre Ⓢ | News-Lisa | Mayday Ⓢ | Princess | Paid Prog. | Ways Die | The Dead Files Ⓢ |

News Leader Weekend - Saturday Movies

MORNING

10:00 am A&E ch.9 "Must Love Dogs" (2005, Romance-Comedy) Diane Lane. A divorced teacher meets a hopeless romantic after her sister thrusts her into the world of

Internet dating. (CC)

AFTERNOON

12:00 pm A&E ch.9 "Morning Glory" (2010, Romance-Comedy) Rachel McAdams. Disaster follows

a producer's decision to bring in a legendary TV anchor to revitalize a struggling morning-news program. (CC) FAM ch.26 "Jack and the Beanstalk" (2010, Comedy) Gilbert Gottfried. A boy must climb a magic

beanstalk to recover a treasured harp from an evil giant. (In Stereo) (CC)

2:00 pm CITV ch.12 "Battle: Los Angeles" (2011, Science Fiction) Aaron Eckhart. After the world's great cities fall, a Marine staff sergeant and his platoon make a last stand against alien invaders. (CC)

3:00 pm CHBC ch.4 BCTV ch.11 "Battle: Los Angeles" (2011, Science Fiction) Aaron Eckhart. After the world's great cities fall, a Marine staff sergeant and his platoon make a last stand against alien invaders. (CC)

4:00 pm YTV ch.18 "The SpongeBob SquarePants Movie" (2004, Comedy) Voices of Tom Kenny. Animated. SpongeBob and Patrick head for Shell City to retrieve King Neptune's stolen crown and save the life of Mr. Krabs. (In Stereo) (CC)

5:00 pm WTBS ch.3 "The Longest Yard" (2005, Comedy) Adam Sandler. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards.

7:30 pm WTBS ch.3 "Why Did I Get Married?" (2007, Comedy-Drama) Tyler Perry. Revelations of infidelity and other secrets force eight married friends to take a hard look at issues of commitment, betrayal and forgiveness.

8:00 pm CHBC ch.4 BCTV ch.11 "Four Extraordinary Women" (2006, Drama) Lindsay Wagner. A man copes as four of his loved ones battle breast cancer. (CC) (DVS)

YTV ch.18 "Legend of the Guardians: The Owls of Ga'Hoole" (2010, Adventure) Voices of Jim Sturgess. Animated. A kidnapped owl breaks away from his captors and, with his new companions, sets out to find a band of mythic warriors to defend his race from the evil Pure Ones. (In Stereo) (CC)

9:00 pm FAM ch.26 "Hatching Pete" (2009, Comedy) Jason Dolley. A teenager becomes a big hit when he dons a chicken suit to become a high-school mascot. (In Stereo) (CC)

10:00 pm WTBS ch.3 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment. 10:29 pm FAM ch.26 "Treasure Buddies" (2012, Comedy) Richard Riehle. The buddies travel to Egypt and race against an evil cat to find a great treasure. (In Stereo) (CC)

10:30 pm CBC ch.13 "Love & Savagery" (2009, Drama) Allan Hawco. A visiting geologist from Canada falls in love with an Irish barmaid who plans to become a nun. (In Stereo) (CC)

EVENING

6:00 pm CITY ch.29 "Men With Brooms" (2002, Comedy) Paul Gross. Four friends put past grievances behind them in order to participate in the sport of curling. (CC) (DVS)

7:00 pm CITV ch.12 "Four Extraordinary Women" (2006, Drama) Lindsay Wagner. A man copes as four of his loved ones battle breast cancer. (CC) (DVS)



On your mark, get set...go! Swimming races are always fun and the 'Mexican Fiesta' celebration at Centennial Pool August 21st had no shortage of them with plenty of prizes to be won. Find out more about the pool at 250.295.6535. *

SATURDAY, AUGUST 31, 2013

Table with columns for time slots (6 AM to 11:30 PM) and channels (WTBS ch.3, CHBC ch.4, KNOW ch.5, KSPS ch.6, KHQ ch.7, KREM ch.8, A&E ch.9, KXLY ch.10, BCTV ch.11, CITY ch.12, CBC ch.13, YTV ch.18, TSN ch.19, VTV ch.22, DISC ch.24, FAM ch.26, CITY ch.29, SPIKE ch.44, DTOUR ch.45). Each cell contains program titles and details.

News Leader Weekend - Sunday Movies

MORNING

8:00 am WTBS ch.3 "Confessions of a Shopaholic" (2009, Comedy) Isla Fisher. A compulsive shopper who is drowning in debt lands a job as an advice columnist for a financial magazine.

10:00 am WTBS ch.3 "Just Married"

(2003, Romance-Comedy) Ashton Kutcher. Two newlyweds deal with meddling friends, disapproving families and bad luck while honeymooning in Europe.

AFTERNOON

12:00 pm WTBS ch.3 "Shall We Dance?"

(2004, Romance-Comedy) Richard Gere. A married Chicago attorney takes dancing lessons with a beautiful woman he saw through a window.

FAM ch.26 "Geek Charming" (2011, Comedy) Sarah Hyland. A teen films a documentary about the most popular student at his high school. (In Stereo) (CC)

2:00 pm YTV ch.18 "Arthur 3: The War of the Two Worlds" (2010, Adventure) Voices of Selena Gomez. Premiere. Animated. Shrunk to only two inches tall, Arthur has to battle evil Maltazard, who decreases his size with the help of Selenia and Betameche. (In Stereo) (CC)

3:00 pm VTV ch.22 "The Man Who Lost Himself" (2005, Docudrama) David James Elliott. Canadian football player Terry Evanshen awakens from a coma with no memory of his life or loved ones. (In Stereo) (CC) (DVS)

4:15 pm YTV ch.18 "Space Chimps" (2008, Comedy) Voices

of Andy Samberg. Premiere. Animated. A fun-loving chimpanzee has to get serious when he becomes an astronaut and he and his shipmates become stranded at the other side of a black hole. (In Stereo) (CC)

5:00 pm WTBS ch.3 "The Informant" (2009, Comedy-Drama) Matt Damon. FBI agents receive an unpleasant surprise when they rely on ADM executive Mark Whitacre to gather evidence in their price-fixing case against agribusiness giant Archer Daniels Midland.

CBC ch.13 "Spy Kids 2: The Island of Lost Dreams" (2002, Adventure) Antonio Banderas. A young sister and brother encounter mutants and a wild scientist while searching for a device that could destroy Earth. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "Home Alone 2: Lost in New York" (1992, Comedy) Macaulay Culkin. Premiere. Once again left behind by his family, the boy hero lands in Manhattan and battles two burglars he faced before. (In Stereo) (CC)

7:00 pm WTBS ch.3 "Crouching Tiger, Hidden Dragon" (2000, Adventure) Chow Yun-Fat. A 19th-century martial arts master gives a sword called Green Destiny to his beloved, then the two must recover it from female thieves.

8:00 pm CBC ch.13 "Midnight's

Children" (2012, Drama) (Part 1 of 2) Satya Bhabha. Children born on the brink of India's independence grow up in a country that is vastly different from their parent's generation. (In Stereo) (CC)

9:00 pm FAM ch.26 "Lost in Yonkers" (1993, Drama) Richard Dreyfuss. Motherless siblings observe their hoodlum uncle and strange aunt while staying with their grandmother in 1942 New York. (In Stereo) (CC)

10:10 pm CBC ch.13 "Midnight's Children" (2012, Drama) (Part 2 of 2) Satya Bhabha. Children born on the brink of India's independence grow up in a country that is vastly different from their parent's generation. (In Stereo) (CC)

10:30 pm WTBS ch.3 "The Great Debaters" (2007, Docudrama) Denzel Washington. In 1930s Texas, Mel Tolson inspires students at a predominately black college to form a debate team and strive for the national championship.

11:00 pm KNOW ch.5 "Soul Power" (2008, Documentary) James Brown, B.B. King, the Spinners, Miriam Makeba and others perform in concert in the days leading up to the 1974 boxing match between Muhammad Ali and George Foreman in Zaire. (CC)

FAM ch.26 "Get a Clue" (2002, Comedy) Lindsay Lohan. A 13-year-old student enlists her friends to rescue her English teacher. (In Stereo) (CC)

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SUNDAY, SEPTEMBER 1, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITY ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-------|--|---|--------------------------|--|---|--|-------------------------------|-----------------------------------|-------------------------|---|--|--|-------------------|------------------------------|--------------------------------|---------------------------------------|----------------------|---------------------|----------------------|
| 6 AM | Mad About Career Day | In a Name Inventors | Wibbly Pig WordWorld | Mr. Rogers Signing | Today (N) Signing | CBS News Sunday Morning (N) | The Glades "Tin Cup" On Money | Paid Prog. Inventors | In a Name Inventors | Sunday Morning News (N) | Super Why! Poko | Kid vs. Kat Super Evil | SportsCentre | Hobo | Bering Sea Gold | Wingin' It Suite/Deck | R Schuller ChurchRck | Xtreme 4x4 Horse. | Fishful Paid Prog. |
| 7 AM | P. Affairs All. Eats | Sunday Morning News (N) | Rob Robot Rolie Polie | Barney Clifford | KHQ News Invest | The Nation | Longmire | Good Morning America | Sunday Morning News (N) | Animal | Squirrel | The Reporters | Lovett-Reid | Myth-Busters | Sonny | Eye/Asia | Trucks! | Extreme Resorts | |
| 8 AM | Movie: ** "Confessions of a Shopaholic" | | Back to School/ Franklin | Curious Cat in the | Meet the Press (N) | 2013 U.S. Open Tennis: Men's Third and Women's Fourth | Longmire | This Week | | Coronation | Pet Shop | NASCAR Racing | Canada AM Weekend | Myth-Busters | Phineas | Pakistan | Bar Rescue | Street Eats "USA" | |
| 9 AM | | | Charlie | DragonFly | Tree Fu | | Longmire | American Le Mans Series | | Coronation | T.U.F.F. | | World Vislon | Moonshiners | Good Luck | Festival Johnny Lombardi (In Italian) | Bar Rescue | State Fair Foods | |
| 10 AM | Movie: * "Just Married" (2003) | Designer | Wild Kratts | Global Spirit | Hate Hair? | Round. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live) | Barter Kings | Racing | Designer | J. Osteen | Coronation | Parents | Nine for IX | Corner Gas | Spawn of Jaws | ANT Farm | Bar Rescue | Killer Beach Houses | |
| 11 AM | Ashton Kutcher. | J. Osteen | Little | Inside | Track and Field | | Barter Kings | Extreme Weight Loss Trina | In Touch | Ministries | M'ketplace | Monsters | App | Return of Jaws | Austin | Shopping Channel | Bar Rescue | Coaster | |
| 12 PM | Movie: *** "Shall We Dance?" (2004) | News | Dogs/ Jobs | Moyers & Company | PGA Tour Golf: Deutsche Bank Championship, Third Round. (N) | | Barter Kings | tries to lose weight. | News | PGA Tour Golf: Deutsche Bank Championship, Third Round. (N) | Land/ Sea One/One | The Next Star | NASCAR Racing | First Story | Top 10 Sharkdown | Movie: *** "Geek Charming" (N) | Travels | Bar Rescue | Waterparks |
| 1 PM | | PGA Tour Golf: Deutsche Bank Championship, Third Round. | Can. Rivers | The March | Bank Championship, Third Round. (N) | | Barter Kings | To Be Announced | Q With Jian Ghomeshi | Big Time Boys | CFL Football: Winnipeg Blue Bombers at Saskatchewan Roughriders. | Canada's Worst Driver | Sharkpocalypse | First Story | Movie: *** "Get a Clue" (2002) | Phineas | Murdoch Mysteries | Bar Rescue | Rock-RV |
| 2 PM | The Closer | Haven | Be the Creature | Chihuly Outside | Paid Prog. Shark | Hate Hair? | Dads | To Be Announced | The Nature of Things | Can. Docs | Recipes Stefano | Movie: "Arthur 3: The War of the Two Worlds" | Cash Cab | Great White Serial | Gravity | Murdoch Mysteries | Bar Rescue | Sturgis: Cops | |
| 3 PM | Big Bang | Junk | The Blue Planet | Craft in America | CSI: Miami "Hell Night" | Backroads | Duck D. | Made in Hollywood | Junk | Simpsons | Dragons' Den | (4:15) Movie: * "Space Chimps" (2009) | NASCAR | Cash Cab | Good Luck | Wizards | CityNews | Bar Rescue | Eat St. O |
| 4 PM | Big Bang | Simpsons | Civilization- History? | Lark Rise to Candleford | News | News | Duck D. | ABC News | Simpsons | (4:59) News Hour (N) | Movie: "Spy Kids 2: The Island of Lost Dreams" | NASCAR Racing: Sprint Cup: AdvoCare 500. From Atlanta Motor Speedway in Hampton, Ga. (N) | Cash Cab | Mermaids: The Body Found (N) | Jessie | America's Got Talent | Bar Rescue | Extreme Resorts | |
| 5 PM | Movie: *** "The Informant" | Global Nat. | Frontiers of | Doc Martin | News | KREM 2 News at 6 (N) | Duck D. | News | (5:59) News Hour (N) | Howie Do Burgers | | Movie: *** "Home Alone 2: Lost in New York" (1992) Premiere. | CTV News (N) | Mermaids: The Body Found (N) | Good Luck | Secret Millionaire (N) | Bar Rescue | Extreme Vegas | |
| 6 PM | | News | | Joint Help | | | Duck D. | Estate | | | | | Cleveland | Mermaids: The Body Found (N) | Phineas | Wizards | Maclean's Countdown | Tattoo | Extreme Wild Parties |
| 7 PM | Movie: *** "Crouching Tiger, Hidden Dragon" (2000) | Howie Do | Grizzly Cauldron | Churchill | America's Got Talent | 60 Minutes (N) | Bad Ink | ABC Fall Prev. | Howie Do | Amer. Dad | Heartland | Movie: *** "Midnight's Children" (2012) | Satisfaction | Castle | Sonny | CityNews Weekends | Bar Rescue | Security | |
| 8 PM | | (8:01) Big Brother (N) | Born and Bred | Masterpiece "Silk" (N) | (8:01) Big Brother (N) | | Bad Ink | Secret Millionaire (N) | (8:01) Big Brother (N) | (8:01) Big Brother (N) | | | SportsCentre (N) | Unforgettable (N) | Mermaids: New | Movie: *** "Lost in Yonkers" (1993) | Canadians | Tattoo | Extreme Vegas |
| 9 PM | | Family Guy | Datzel and Pascoe | TV's Funniest of the Funniest-Paley Center | Unforgettable (N) | | Duck D. | MDA Show of Strength Telethon (N) | Family Guy | Family Guy | | | Babysitting | Motoring | | | | | |
| 10 PM | | Simpsons | Datzel and Pascoe | Scott & Bailey | The Mentalist | | Duck D. | | Simpsons | News Final | "Midnight's Children" | The Next Star | SportsCentre | The Mentalist | Myth-Busters | | | | |
| 11 PM | Movie: "The Great Debaters" (2007) | News Final | Movie: "Soul Power" | Land Girls | News | News | Bad Ink | News | News Final | PGA | CBC News | Mr. Young | SportsCentre | News-Lisa | Great White Serial | Movie: "Get a Clue" (N) | G. Martin | Bar Rescue | Extreme Wild Parties |



Centennial Pool Staff were ready to party - Mexican style - August 21st during their 'Mexican Fiesta' event. *

Town awards equipment contract

The Town of Princeton awarded a contract for the purchase of a Kubota Front Mount Tractor at the August 6th regular meeting of Town Council.

"Town of Princeton Public Works department requires a tractor capable of both mowing grass in the summer and removing snow from sidewalks in the winter," explained Deputy Treasurer/Collector Shirley McMahon in her report to council.

"Council has approved \$32,500 for the purchase of this tractor as part of the 2013 budget; the additional amount can be funded through the small equipment budget."

Currently the Town has a 2002 Kubota F2560 tractor in the fleet. The small tractor is a 2-wheel drive model and is equipped with a front mounted mower.

"As equipped, this tractor's sole purpose is to mow grass."

The replacement of the 2-wheel drive tractor with a 4-wheel drive model will allow the town to equip it with a cab, blade and broom, which will make it capable of being used in the winter months for snow removal.

The contract was awarded to Gerard's Equipment of Oliver which had the lowest quote of the five received at \$32,760.00 plus taxes, which will bring the final cost to \$2,553.00 over budget.

Monday Movies

AFTERNOON

4:30 pm FAM ch.26 "Teen Beach Movie" (2013, Musical) Ross Lynch. Premiere. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)

5:30 pm TSN ch.19 "Friday Night Lights" (2004, Drama) Billy Bob Thornton. A high-school football coach in Odessa, Texas, tries to lead his players to the state championship.

EVENING

9:00 pm SPIKE ch.44 "Broken Arrow" (1996, Action) John Travolta. An Air Force pilot matches wits with a renegade colleague who is threatening to detonate a pair of nuclear warheads. (In Stereo)

9:30 pm WTBS ch.3 "10,000 B.C." (2008, Adventure) Steven Strait. A young mammoth-hunter leads a small band of tribesmen on a journey to the ends of the Earth on a mission to save his beloved from her warlord kidnappers.

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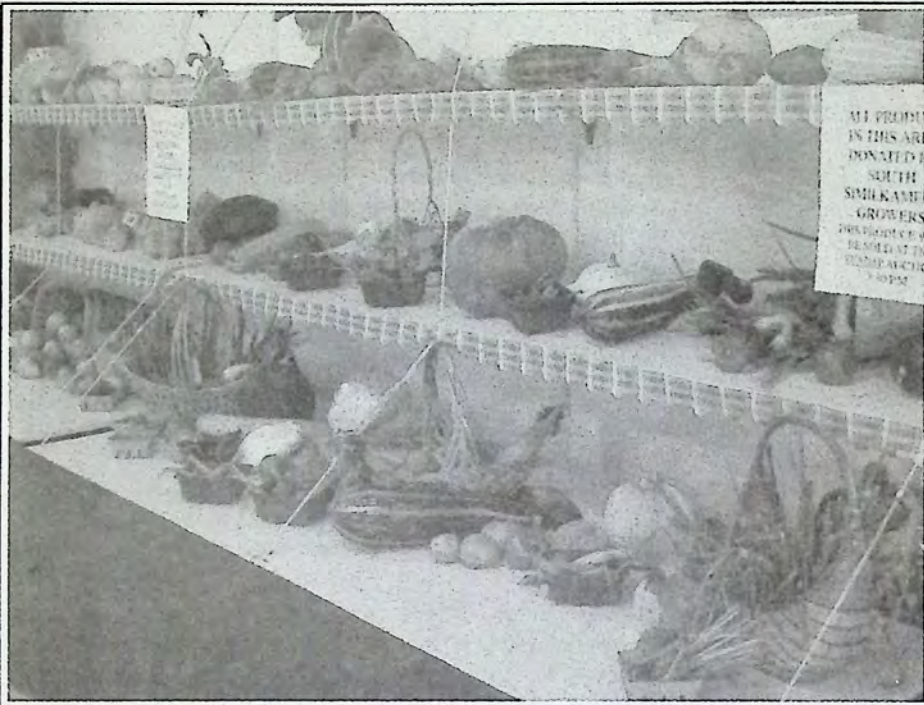
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MONDAY, SEPTEMBER 2, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITV ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-----------|--|---|--|---|--|--|--------------------|----------------------------|---|---|---|------------------------|---|-------------------------|---|-----------------------------|--|--|--|
| 6 AM :30 | In the Heat of the Night | Morning News (N) ☼ | Wibbly Pig G. Shrinks | Builder Clifford | KHQ News 6AM (N) | KREM 2 Morning News | Criminal Minds ☼ ☼ | News | Morning News (N) ☼ | (5:00) Morning News (N) | CBC News Poko ☼ | Kid vs. Kat Rescue | SportsCenter Rescue | CTV Morning Live (N) ☼ | Shred! | Stella-Sam Phineas | CityLine (N) ☼ | CSI: NY ☼ ☼ | Moves Moves |
| 7 AM :30 | Law Order: CI | | Ella the EI PAW Patrol | Arthur Martha | Today (Left in Progress) (N) ☼ ☼ | CBS This Morning (N) | Criminal Minds ☼ ☼ | Good Morning America (N) ☼ | | | Tiger Monster | Penguins T.U.F.F. | SportsCenter ☼ | | Cash Cab Cash Cab | Phineas Phineas | Let's Make a Deal ☼ | CSI: NY ☼ ☼ | World's World's |
| 8 AM :30 | Law Order: CI | | Magie Bus Dinosaur | Curious Cat In the | | 2013 U.S. Open Tennis: Men's and Women's Fourth Round. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live) ☼ | CSI: Miami ☼ ☼ | | | Sarah Huntley | Bo On/Go Busytown | Pokémon Beyblade | SportsCenter ☼ | | Canada's Worst Driver | Phineas Phineas | The Price Is Right ☼ | CSI: Crime Scene | Eat St. ☼ Eat St. ☼ |
| 9 AM :30 | Millionaire Millionaire | Sarah Huntley | Dragon The Hive | Super Why! Dinosaur | | | CSI: Miami ☼ ☼ | Livel Kelly and Michael | Sarah Huntley | The Doctors ☼ ☼ | Super Why! Cat in the | Parents Parents | SportsCenter ☼ | Livel Kelly and Michael | Nerve Center | Phineas Phineas | Access Hollywood Live | CSI: Crime Scene | Extreme RVs ☼ ☼ Extreme RVs ☼ ☼ |
| 10 AM :30 | Divorce Divorce | Chef/Home PGA Tour Golf: Deutsche Bank Championship, Final Round. From the TPC Boston in Norton, Mass. (N) ☼ | Rob Robot Humf ☼ Rolie Polie Thomas | Sesame Street ☼ (EI) Tiger Slt & Be Fit | Golf PGA Tour Golf: Deutsche Bank Championship, Final Round. From the TPC Boston in Norton, Mass. (N) ☼ | | Criminal Minds ☼ ☼ | The View ☼ ☼ | Chef/Home PGA Tour Golf: Deutsche Bank Championship, Final Round. From the TPC Boston in Norton, Mass. (N) ☼ | Chef/Home PGA Tour Golf: Deutsche Bank Championship, Final Round. From the TPC Boston in Norton, Mass. (N) ☼ | Bookaboo Doodlebop Absolutely Vancouver | Parents SpongeBob | Motoring Boxing: Jesus Ortega vs. Zou Shiming. ☼ ☼ | The View ☼ ☼ | Highway Thru Hell | Phineas Phineas | The Chew ☼ ☼ | CSI: Crime Scene | Extreme RVs ☼ ☼ Extreme RVs ☼ ☼ |
| 11 AM :30 | Judge Alex Judge Alex | Excused Excused | Dino Dan Making | Charlie Rose ☼ ☼ | | | The First 48 ☼ | The Chew ☼ ☼ | General Hospital (N) ☼ | | CBC News M'ketplace | SpongeBob SpongeBob | CTV News (N) ☼ ☼ | Highway Thru Hell | Phineas Phineas | CityLine ☼ | Movie: ** "Broken Arrow" (1996, Action) John Travolta. | Extreme RVs ☼ ☼ Extreme RVs ☼ ☼ | |
| 12 PM :30 | There Yet? There Yet? | | Rob Robot The Hive | Paint This Sewing | | | The First 48 ☼ | General Hospital (N) ☼ | | | Republic of Doyle ☼ | SpongeBob SpongeBob | Ravens CFL Pre | The Social ☼ ☼ | Highway Thru Hell | Phineas Phineas | Katie ☼ ☼ | Cops ☼ | Extreme RVs ☼ ☼ |
| 1 PM :30 | King King | | Big Bear PAW Patrol | Barney WordWorld | | | The First 48 ☼ | The Jeff Probst Show | | | Steven and Chris ☼ | SpongeBob SpongeBob | CFL Football: Edmonton Eskimos at Calgary Stampeders. (Live) ☼ | Dr. Phil ☼ ☼ | Highway Thru Hell | Phineas Phineas and Ferb | CityNews at 5 (N) ☼ | Cops ☼ Cops ☼ | Extreme RVs ☼ ☼ Extreme RVs ☼ ☼ |
| 2 PM :30 | The Office The Office | Debt/Part ET Canada | Clifford G. Shrinks | Sid WordGirl | Ellen DeGeneres Show | Dr. Phil ☼ ☼ | Storage Storage | Rachael Ray ☼ ☼ | Debt/Part ET Canada | Debt/Part ET Canada | Recipes Stefano | SpongeBob SpongeBob | The Dr. Oz Show ☼ | Highway Thru Hell | Phineas Phineas | Maclean's Countdown | CityNews at 6 (N) ☼ | Cops ☼ Cops ☼ | Extreme RVs ☼ ☼ Extreme RVs ☼ ☼ |
| 3 PM :30 | Big Bang Big Bang | The Doctors ☼ ☼ | Maya Bee Arthur ☼ | Wild Kratts Electric | Jdg Judy Jdg Judy | The Dr. Oz Show ☼ | Storage Storage | The Doctors ☼ ☼ | The Doctors ☼ ☼ | Early News Global Nat. | Dragons' Den ☼ | SpongeBob SpongeBob | Ellen DeGeneres Show | Highway Thru Hell | Phineas Movie: "Teen Beach Movie" (2013) Ross Lynch. | How I Met | CityNews at 6 (N) ☼ | Cops ☼ Cops ☼ | Extreme RVs ☼ ☼ Extreme RVs ☼ ☼ |
| 4 PM :30 | Browns Payne | News (N) ☼ | Martha Wild Kratts | News Business | News NBC News | News CBS News | Storage Storage | News ABC News | Early News Global Nat. | (4:59) News Hour (N) | News News | SpongeBob Sports | CTV News at Five (N) | Highway Thru Hell | How I Met | CityNews at 6 (N) ☼ | Cops ☼ Cops ☼ | Trip Flip Trip Flip | |
| 5 PM :30 | Browns Payne | Global Nat. News | The Hollow Tree ☼ | PBS News-Hour (N) ☼ | News Millionaire | KREM 2 News at 6 (N) | Storage Storage | News News | (5:59) News Hour (N) | ET Canada Ent | News Mercer | Sam & Cat Big Time | CTV News (N) ☼ ☼ | Highway Thru | Good Luck | Mindy | CityNews at 6 (N) ☼ | Cops ☼ Cops ☼ | Airport Airport |
| 6 PM :30 | Seinfeld ☼ Seinfeld ☼ | Ent ET Canada | Edge of the World: BC | 60s Girl Grooves (My Music) ☼ ☼ | Jeopardy! Wheel | Inside Ed. Access H. | Storage Storage | Ent Insider | Ent ET Canada | Under the Dome (N) ☼ | George S Coronation | The Next Star (N) ☼ | SportsCenter ☼ | Backyard Backyard | Shake It Good Luck | Shahs of Sunset ☼ | CityNews-Tonight (N) | Cops ☼ Cops ☼ | Hotel Impossible ☼ ☼ Hotel Impossible ☼ ☼ |
| 7 PM :30 | Family Guy Family Guy | Psych ☼ | Euro Crash | American Ninja Warrior Las Vegas finals (N) ☼ | How I Met Broke Girl | Storage Storage | Shark Tank ☼ ☼ | Psych ☼ | Psych ☼ | Murdoch Mysteries ☼ | Wendell Wendell | | Satisfact Anger | Auction Kings: 10 Odd | Good Luck Good Luck | CityNews-Tonight (N) | Cops ☼ Cops ☼ | Moves Moves | |
| 8 PM :30 | Amer. Dad Movie: ** "10,000 B.C." (2008) Steven Strait. | Psych ☼ | Chasing Wild Horses | The National Parks: America's Best Idea ☼ | Siberia "One by One" | Under the Dome (N) ☼ | Storage Storage | (10:01) Mistresses (N) | Under the Dome (N) ☼ | News Hour Final (N) | The National (N) ☼ | Funnest Home Videos | World Series of Poker | Amazing Race | Myth-Busters ☼ ☼ | Wingin' It Really Me | Jimmy Kimmel Live ☼ | Movie: ** "Broken Arrow" (1996, Action) John Travolta. ☼ | Trip Flip Trip Flip |
| 9 PM :30 | CHBC News Final (N) | Edge of the World: BC | Charlie Rose (N) ☼ | News Jay Leno | News Letterman | Storage Storage | News J. Kimmel | News News | News Hour Final (N) | ET Canada | CBC News George S | Boys Mr. Young | SportsCenter ☼ | News-Lisa CTV News | Auction Kings: 10 Odd | Hannah Princess | Paid Prog. Paid Prog. | Ways Die | Hotel Impossible ☼ ☼ |

Princeton Agricultural Fair

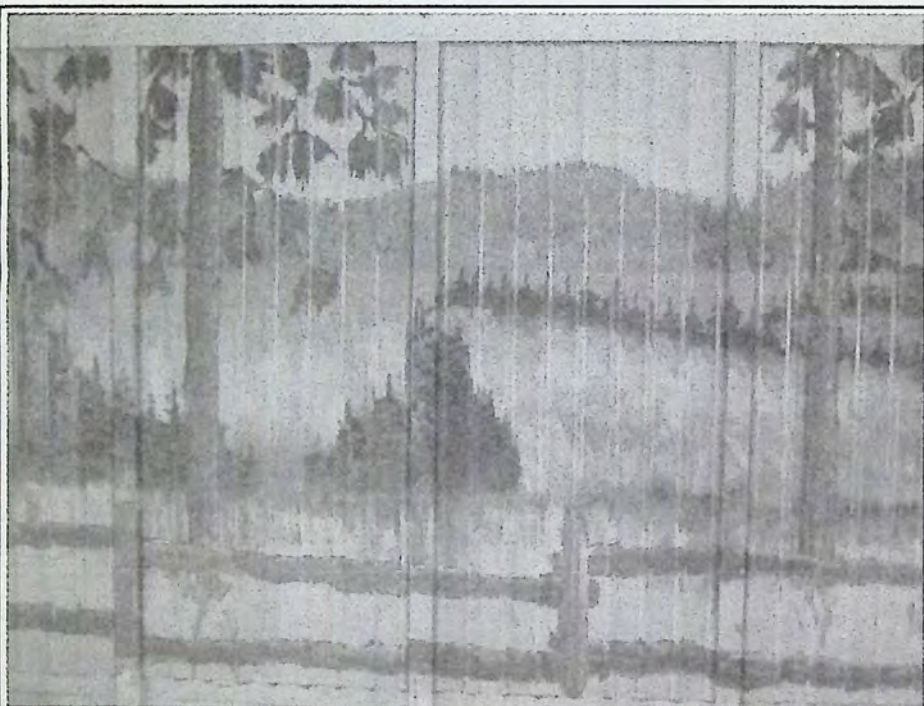
48th Annual - August 24 & 25, 2013



Gardeners in the Princeton area took advantage of the opportunity to show off the fruits (and vegetables) of their labour at the annual Agricultural Fair filling shelves in all buildings. *



Trust us, this is not what they mean by 'pole bending' although there was a lot of pole bending, barrel racing and assorted other Little Britches Rodeo events all weekend long. *



Local artist Shirley Freding assisted with giving the inside of the flower display area a face lift with a Western, rural-themed mural at Princeton Fairgrounds. *



Youngsters had a lot of activities tailored to their interests at the Agricultural Fair including a craft table hosted by local artist Shirley Freding. It was a popular stop for many! *



Cruise Schneider of Cawston shows how to get the job done during the Junior Boys Goat Tail Tying competition on Saturday morning. Little Britches action ran all weekend long. *



Popular family entertainer Mat Duffus playing his brand of fun-folk music and interactive performance as part of the live entertainment scheduled during the Agricultural Fair. *



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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

School District No. 58 (Nicola-Similkameen) is accepting applications for the following relief positions, which will be kept on file for 6-months:

Relief Janitor: Applicants are required to have a minimum Grade 10 education and a valid BC Driver's License. Job Code #122391.

Relief Bus Driver: Successful applicants will be required to have a Class 2 or higher license with air, a minimum Grade 10 education and six months to one year commercial driving experience or equivalent combination of training and experience. Preference will be given to those with bus driving experience. Drivers will also be required to provide a Driver's Abstract. Job Code #122390.

Relief CEA: Applicants for relief Certified Education Assistants will work with special needs student(s) in various schools in the District. Qualification requirements will vary subject to the needs of the student(s). Job Code #514834.

Relief Secretary: A minimum typing speed of 55 w. p. m. is required. Job Code #133681.

Relief Noon Hour Supervisors: 1 hour per school day. Previous experience dealing with students would be an asset. Job Code #133684.

All positions are **on-call positions**. Salary and benefits will be in accordance with the C. U. P. E. Local 847 Collective Agreement.

Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC, or on-line at www.sd58.bc.ca, click on Jobs/Support Positions/Job Postings, and enter the Job Code. Applications, including a detailed resume with a minimum of three references will be accepted until **September 6, 2013**.

Please forward to:
 Attn: Secretary Treasurer
 School District No. 58 (Nicola-Similkameen)
 P. O. Box 4100, 1550 Chapman Street
 Merritt, BC V1K 1B8
 Fax: (250) 378-6263

Only those applicants being interviewed will be contacted.

SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

FIRST NATIONS SUPPORT WORKER

School District No. 58 (Nicola-Similkameen) is accepting applications for a First Nations Support Worker at elementary schools in Princeton. This is a 25-hour per week, 10-month per year position.

The successful applicant will be responsible for providing counseling support, communicating with students and parents/guardians, tutoring, and cultural education.

Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC or on-line at www.sd58.bc.ca, click on Jobs/Support Positions/Job Postings, listed under **Job Code #228761**, and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until **September 10, 2013**.

Please forward to:
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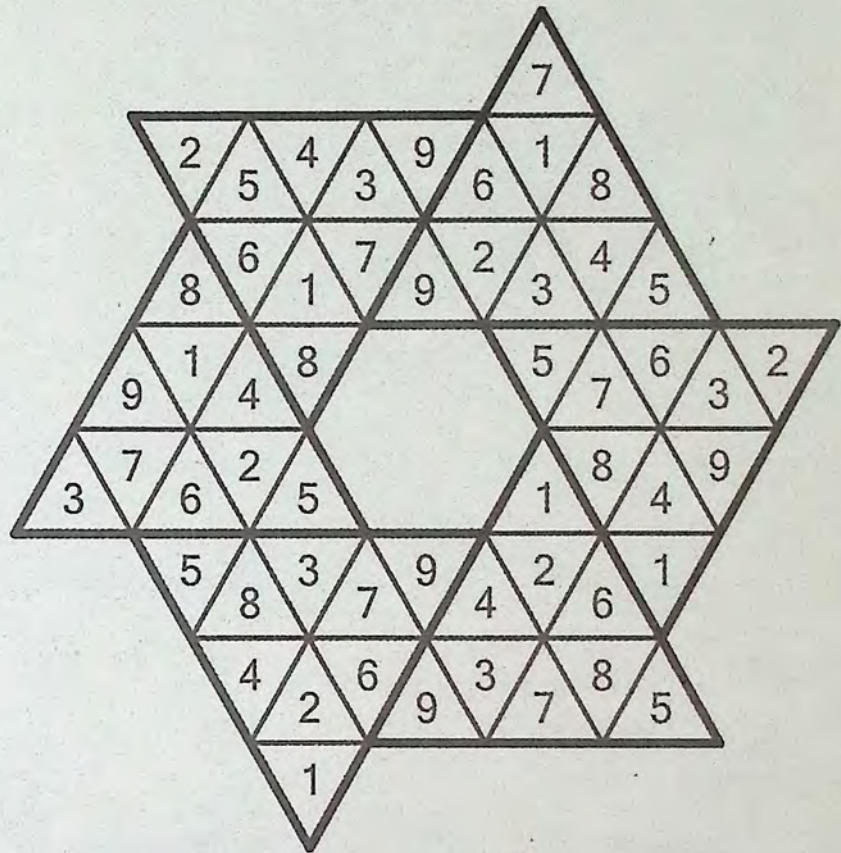
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Princeton Traditional Music Festival

Thank You, Thank You, Thank You!

The dust from this year's Princeton Traditional Music Festival is beginning to settle, which gives me the opportunity to thank all those who made the Festival possible. The people and organizations mentioned below demonstrate that the Festival is truly a community event.

One of the things that makes the Princeton Traditional Music Festival special is the fact that it's run entirely by volunteers – including the performers. This year we had 44 performing groups, which added up to over 100 individual performers, all of whom donated their talents to the Festival. A big thank you to all of you for bringing so much pleasure to the people of Princeton and to all our visitors.

Putting on a festival takes lots of

planning and organization. The Festival organizing committee began its work in February with monthly meetings. As the Festival approached, the workload and number of meetings increased until the week of the Festival, when we were all running around madly trying to get everything done. Thank you, Jon Bartlett, Festival Coordinator, who chaired all the meetings and with whom the buck stopped. Thank you, Derek Winter and Stuart James who were the site coordinators, to Mary Masiel who coordinated the stage managers, to Johanna Nott who found billets for out of town performers, to Ole Juul who was our webmeister, to Rosemary Doughty who was the vendor coordinator, to Darnella

Armitage who kept communication lines open between the Festival and town council and to Pat Schmunk who worked tirelessly coordinating all the activities in the Festival office the whole weekend. All of these people did much more than their job description indicates both before and especially during the Festival. They are a keen and competent crew and it's been a pleasure working with them.

The hour-by-hour work of the Festival was done by a host of volunteers – stage managers, MCs, office staff, hat sellers and lifters and movers of chairs, stages and whatever needed shifting. To all of you a big thank you! And a special thanks to all those who billeted

out-of-town performers. These people opened their homes to strangers and said goodbye to them as dear friends. Both the performers being billeted and the Princetonites who put them up had nothing but positive things to say about the experience.

The expenses of the Festival were paid for by generous grants from the Town of Princeton, Area H of the RDOS, the BC Government and the Government of Canada through the Department of Canadian Heritage, Building Communities Through Arts and Heritage Program. We are also very grateful to all the people attending the Festival who so generously donated money. To all of you a big thank you! The Town also provided a tent, street closures, port-a-potties, garbage bins and the use of Veterans' Square. A huge financial boost was provided by all the businesses and organizations to whom we are very grateful for purchasing ads in the program guide.

We thank the Princeton and District Museum and Archives for the use of their lawn for the Museum Stage, for the use of their electricity for the sound system and for the availability of their washrooms. Thank you to Valley First Credit Union for the free use of their tents and to Lori Thomas, the Chamber of Commerce and the Princeton Ambassadors for their help with publicity. The Princeton Arts Council has been partnering with the Festival since it began. We

thank them for selling Festival hats at the Sunflower Gallery.

This year we had two new non-amplified stages, one in the library and one at Golden Hills Grocery. When we spoke to the staff at the library they immediately set wheels in motion not only to allow us to have performances in the library, but also to publicize the Festival throughout the Okanagan Regional Library system. A big thank you to the Princeton and the regional librarians. Thank you also to Jay for his enthusiastic support for the open stage at Golden Hills. This year we had more street vendors than ever before. We thank them for their contribution to making the Festival more festive by their presence.

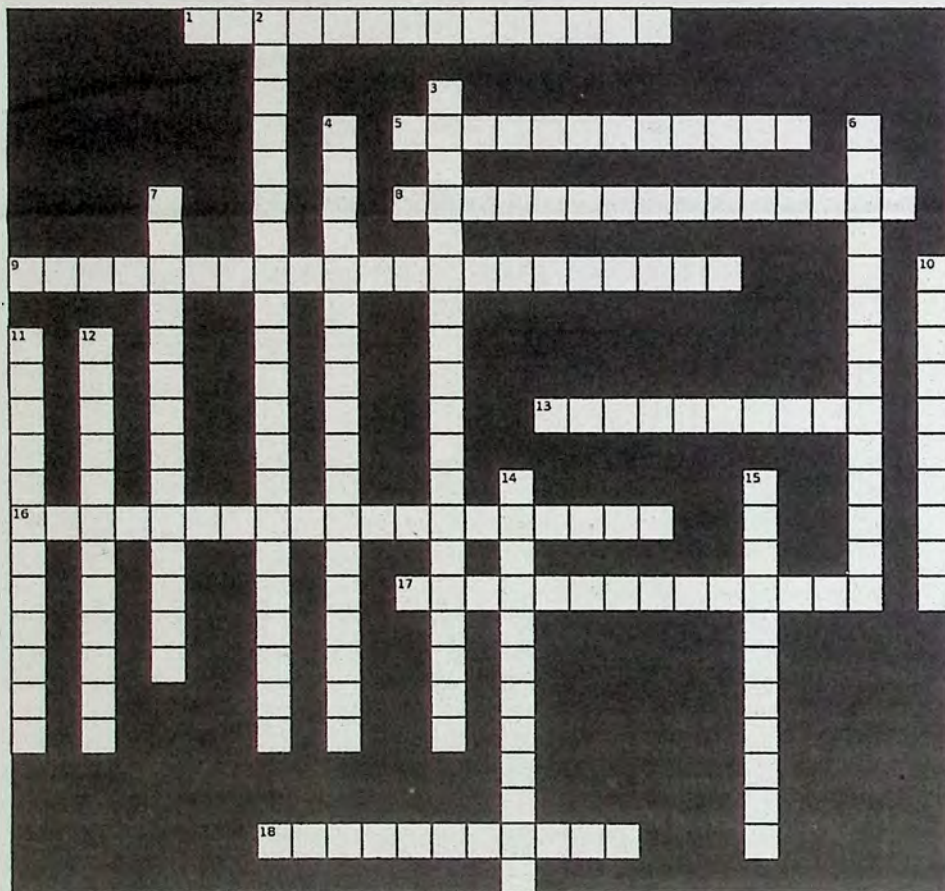
The News Leader has been a partner of the Festival since its inception. Every year the editor has generously published a series of articles submitted to him publicizing the Festival. For that we are very grateful.

Lastly we would like to thank the people of Princeton who have so enthusiastically embraced the Princeton Traditional Music Festival. Without your support it couldn't happen. If you have any feedback you'd like to share, any suggestions for next year, or if you'd like to get involved or billet a performer next year, please contact us.

- Rika Ruebsaat
President, Princeton Traditional Music Society

News Leader Puzzler

Use the August 20 News Leader to find Answers Below...



- | | |
|--|---|
| 1 Across Headline: "Framework _____" | 2 Down Where did Princeton Posse's Kurtis Bond get traded? |
| 5 Identify the Cariboo-Chilcotin MLA. | 3 On the school calendar October 25th is one of these. |
| 8 This Princeton group hosted a pancake breakfast August 17th. | 4 The Keremeos Chamber of Commerce is known as this. |
| 9 Name a local group that performed at the Traditional Music Festival. | 6 Name the Princeton Friendship Ambassador. |
| 13 The 'HC' in SOHC. | 7 Identify the BC Southern Interior MP's Assistant. |
| 16 On the school calendar February 21st is one of these. | 10 The 'SO' in SOHC. |
| 17 He's the Princeton Posse Associate Coach. | 11 Name a Princeton Youth Ambassador. |
| 18 The VFFN visited this. | 12 Name a Princeton Youth Ambassador. |
| | 14 Identify the Fraser-Nicola MLA. |
| | 15 Identify the puzzle on Page 11. |

Current Comment

Dawn Johnson

..... continued from Page 5
a regime that allowed no questioning of anyone in government. Every family in Canada has had some relative who fought in that war. Many have loved ones who died in that war. Those people were fighting to be free of the fear of a knock on the door that meant conscription, loss of livelihood, imprisonment and even death. Are we to live in a society where we are afraid to question our elected officials lest we be punished in some way? Are we to fear losing our livelihoods, losing our friends, losing our rights, if we dare to speak out? Would that not be the ultimate betrayal of what our soldiers fought for?

I am going to end this column with a poem written by the late Pastor Martin Niemoller in criticism of the

intellectuals of Germany who did not question the rising power of the Nazis. After all, who will guard our Canada if the thinking people do not question what elected officials are doing?

First they came for the communists, and I didn't speak out because I was not a communist.

Then they came for the socialists, and I didn't speak out because I was not a socialist.

Then they came for the trade unionists, and I didn't speak out because I was not a trade unionist.

Then they came for the Jews, and I didn't speak out because I was not a Jew.

Then they came for the Catholics, and I didn't speak out because I was not a Catholic.

Then they came for me, and there was no one left to speak for me.

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What's more Mexican than a good old-fashioned bean eating contest? This one saw only a couple of finishers during the 'Mexican Fiesta' held in the afternoon of August 21st at Princeton's Centennial Pool in Memorial Park. *

Mining News

Copper Mountain Mining Corp.

..... continued from Page 2

had all three sets of coils replaced and was fully inspected and certified as new prior to being returned to operation with a one year warranty. The mine exited the quarter on a positive note with the mill availability averaging 92.3% and copper production of 6.1 million pounds for the month of June. Mine production was 15.7 million pounds of copper, 5,600 ounces of gold, and 71,000 ounces of silver during the three months of operations ended June 30, 2013. This brought production for the six months to 29.9 million pounds of copper, 11,000 ounces of gold and 135,000 ounces of silver.

Plans for the mill operation for the balance of the year involve all available methods to provide finer ore to the SAG Mill. Utilizing high energy blasting will continue to maximize fragmentation of the ore, the contract portable crusher will continue to provide about 4,500 tpd of minus 2 inch ore and a newly acquired and installed portable crusher in July will provide up to 7,500 tpd of minus 2 inch SAG mill feed. These short term measures have had positive results

towards increasing mill throughput.

The Company ended the quarter with a working capital deficit of \$1.7 million, as compared with a working capital of \$10.1 million at March 31, 2013. Cash at the end of the quarter totaled \$7.0 million as compared to \$8.7 million at the end of the previous quarter as a result timing of the last shipment of the quarter which occurred on June 28, 2013. Subsequent to the end of the quarter on July 7, 2013 the Company received \$8.6 million for this shipment. In addition, subsequent to the end of the quarter, the Company contributed in kind \$18.8 million of mining equipment that is being used by the Copper Mountain Mine and was originally purchased in early 2012 for the mine, and Mitsubishi Materials Corporation contributed an additional \$6.3 million in cash to the project to match their pro rata share of the Company's contribution.

Guidance Revision

Copper Mountain is now projecting 2013 production to be approximately 65 to 70 million pounds of copper, 28,000 to 30,000 ounces of

gold, and 255,000 to 275,000 ounces of silver. The revised guidance is based on mining operations continuing in both the Pit 2 and Pit 3 areas with more ore coming from the Pit 3 area and the mill operating at a rate of 32,000 tpd for the balance of 2013. Management believe that the steps taken, including the high powder factor blasting that maximizes fragmentation, combined with the contractor portable crusher and the newly acquired and installed portable crusher will allow the mill to operate at or above the 32,000 tpd range in order to achieve production targets.

About Copper Mountain Mining Corporation:

Copper Mountain's flagship asset is the 75% owned Copper Mountain mine located in southern British Columbia near Princeton. The Company has a strategic alliance with Mitsubishi Materials Corporation who owns the remaining 25%.

The Copper Mountain mine commenced production in the summer of 2011, and has continued to improve its operations during the year; and attained design capacity in the summer of 2012. The 18,000 acre site has a resource of approximately 5 billion pounds of copper and remains open laterally and at depth. The mine has significant exploration potential that will need to be explored over the next few years to fully appreciate the properties full development potential. Additional information is available on the Company's new web page at www.CuMtn.com.

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Princeton Agricultural Fair

48th Annual - August 24 & 25, 2013



Now if every pantry had this kind of assortment... Just a small sample of some of the preserves entered in the annual Agricultural Fair over the weekend. It would have been hard to be a judge. *



Pole Bending was one of many Little Britches Rodeo events held in the Rodeo Arena at Princeton Fairgrounds. Competition was fierce with many competitors in each event. *



This is something you don't normally see in Princeton - a Junior Show 'n' Shine featuring some of the finest wheels you can imagine. Just on a slightly smaller scale than the real thing. *



We're not sure what attracted us to this bunny, as there were a lot of animals on display in the live pen area of Princeton Fairgrounds including ducks, chickens, rabbits and much more. *



A young cowboy gets a bit of practice in before the real test later in the morning as part of the Dummy Roping event held during the Little Britches Rodeo at the Agricultural Fair. *



The kids had games and entertainment. Adults had horseshoes and...BINGO! The Bingo tent was a frequent stop of many throughout the weekend and not just to sit in some shade! *

Brenda Crawford



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April Earle



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(250) 295-5346

Sandra Simpson



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(250) 499-9414

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2615 Otter Avenue



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Just a few blocks from Otter Lake you will find this fabulous lot in Tulameen. Known as a year round sports and recreation destination, Tulameen offers the best opportunities to get your family involved with nature. Water ski the lake, relax on the beach, snow mobile the mountains or hop on your bike and navigate the Trans Canada Trail. **MLS®141838 \$150,000**

4304 Princeton/S'land Road



Want the best of everything for the ultimate get a way! Then you have found the perfect match! A beautiful cabin/home with 5 bedrooms, 3 bathrooms, open plan kitchen/living area, industrial wood flooring, pine vaulted ceiling, stylish kitchen with stainless steel appliances and hickory cabinets. Master suite has walk in closet and jetted tub. **MLS®142136 \$699,000**

3987 Princeton/S'land Road



One acre of paradise! This immaculate home offers all you need. Open dining/living area with large picture windows overlooking Link lake. French doors open onto to spacious private deck. Easy care landscaping with perennials and shrubbery. Covered entry connects to 24 x 30 2 car garage with separate area used as a workshop. **MLS®143036 \$349,500**

440 Corina Avenue



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 kids trampoline. Inside there are 4 generous sized bedrooms for the family and 2 bathrooms. **MLS®140060 \$169,000**

132 Pinewood Drive



Get out of the city and out to the country! Level 5 acres with rise at back for great mountain views and access to the KVR. Quiet and peaceful, on a cul-de-sac road, Chain, Link and Osprey lakes just minutes away. For those with lots of toys or hobbies, there is a large shop, approx. 1000 sq ft with concrete floor, loft area and 220 power. **MLS®141686 \$279,900**

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