

# Similkameen News Leader

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



The view of Tulameen River at Collins Gulch hours after a spill in the area dumped an estimated 6,000 gallons of tailings into the water. Coalmont Energy Corporation has taken full responsibility for the mishap. - photo submitted

## Tulameen River spill: Accident or disaster?

A tailings spill into Tulameen River Saturday, August 24th caught the attention of many who wondered why the river had turned into a dark, dirty coal-like colour.

Comments started to surface late in the day Sunday, August 25th on Facebook as residents started asking their questions online.

E-mails and photos started arriving at the News Leader office the afternoon of Monday, August 26th which prompted Owner/Publisher George Elliott to try to contact Coalmont Energy Corporation for some answers.

"CEC is not easy to contact as their

website contains outdated contact information," Elliott says.

"Finally I was able to get an e-mail address that worked at Arthon and fired off a request for anything, hoping for at least a news release."

Late the following afternoon, Tuesday, August 27th, Keith Meldrum of CEC sent the following statement:

"Late in the afternoon of Saturday, August 24th, a small tailings spill of approximately 30m<sup>3</sup> (6,500 gallons) breached an emergency containment pond, making its way to Collins Gulch and ultimately to the Tulameen

..... continued on Page 18

## Dr. Smith examines 'framework'

Similkameen News Leader recently spoke with Dr. David Smith about a number of recent developments related to local healthcare issues.

**News Leader:** Thanks again Dr. Smith for granting us this interview.

**Dr. Smith:** It's always a pleasure talking to you.

**News Leader:** Since our last interview many things have happened. Would you like to bring us up to date?

**Dr. Smith:** Well I think that the biggest news, which everyone now knows, is that we have three new doctors coming to Princeton. This is confirmed. The last one should be here by the end of October and the first one has already arrived. We are all very excited at this news.

**News Leader:** Are they all going to

have to work out of the Cascade Clinic?

**Dr. Smith:** Yes, Dr. Adams and I had offered to house some of the new doctors in our present clinics, but Interior Health (IH), or the new Action Framework Committee have shown no interest at all.

**News Leader:** Do you think this is a good thing that they are all housed together in one Clinic?

**Dr. Smith:** Well you know, we all thought that this was a great idea at first (centralization of services, based on eg. the Keremeos model of four doctors per facility!). Now I am afraid that I am having second thoughts.

**News Leader:** Why do you say this?

**Dr. Smith:** Well this takes me back

to the "The Action Framework" which was brought out by various stake holders in the community such as RDOS and others, which proports to "Sustain an effective health care model for Princeton and surrounding areas". The framework was based on a series of meetings led mostly by Dr. Tregellus from IH over the past 14 months, together with numerous other stake holders. An "Action Framework Committee" was subsequently formed which would basically lead us onwards towards Nirvana. Now part of the projected future of this "framework" was that IH were going to completely revamp the present Cascade Clinic to provide the following: a) two consulting rooms each for the four physicians as well as the Nurse Practitioner, and another for the visiting specialists (this is pretty standard fare in any modern day clinic); b) a large waiting room to accommodate at least 3-4 patients per doctor (room for about 15 to 20 patients at any one time), which again is pretty standard fare; c) a general coffee/relaxation room for the staff.

**News Leader:** Dr. Smith is there a

problem with this?

**Dr. Smith:** Well I suggest that you go up and look at the Cascade Clinic and the "new" facilities which are about to house all these new aspirant young Medici. I am afraid that all four doctors and the NP are going to have 1 room each with the waiting room in the corridor! I kid you not - go up and have a look yourself. In fact two of the consulting rooms do not even have windows. This was by the way after IH had been offered the tried and tested present downtown Clinics of both Dr. Adams and myself, both of which Clinics are spacious as you well know, and could have housed two doctors each with ample facilities.

**News Leader:** Do you see any other problems?

**Dr. Smith:** Having attended some of these initial meetings with IH and stakeholders, I made it quite clear that I supported the idea of the single Clinic with the one special proviso (amongst others) that the elderly patients who walked to both my and Dr. Adams Clinic from nearby locations would be supported by some sort of extra bus/taxi service to

enable them to get up to the Cascade Clinic expeditiously. This has not been implemented and I feel extremely sorry for many of these patients who will find it extremely difficult to get up the hill by bus/taxi and then have to wait hours to get the bus down again. This is, as far as I am concerned a backwards step, in the health care needs of the community as a whole, and especially those with no means of transport. I sincerely hope that the new Action Framework Committee are making this a top priority (and I am sure they will) as this is a problem that I am asked about every day from concerned patients.

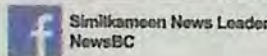
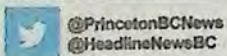
**News Leader:** Who is actually going to pay for and run this new Clinic?

**Dr. Smith:** Well, that's the million dollar question. All I can tell you is

..... continued on Page 2

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# Dr. Smith examines 'framework'

..... continued from Front Page that IH are not in the business of running Clinics, and are basically not interested in paying for, or participating in any Clinics. In fact it's common knowledge that IH would be delighted that somebody, or some organization, takes over the Clinic at flat monthly rental fee. I would like to know exactly what the new Action Framework Committee think about this. Is that what the people of Princeton want? A Clinic run privately might very well be the way to go, with IH having no further say in health matters in this community. It makes me however, a little afraid, and a little uneasy.

**News Leader:** So what is the bottom line here?

**Dr. Smith:** Well, it appears to me that we are being offered a new Clinic which does not in any way conform to the standard clinics which are being built anywhere else in the world. I have recently seen a new Clinic in Surrey where each doctor has 3 rooms (2 examining and 1 office) each. The present "new" Clinic at Cascade is definitely not what we were told to believe at the beginning of the "The Action Framework" when we started our first meetings about a year ago. However to be fair, the young doctors might very well love to work in cramped rooms, some of which that do not even have windows, but somehow I doubt it. Only time will tell.

**News Leader:** What are your views on the "Action Framework Document"?

**Dr. Smith:** Well I am pleased that we have one now and that it's not missing anymore! I would strongly advise all residents of Princeton and surrounds to read this document carefully, and take note of what isn't there. I am particularly referring to the fact that there is no mention of the start date of the 24/7 cover at the Hospital which I find almost fantastic. We have now come 14 months with countless negotiations and we still do not have any 24 hour cover at the Hospital, nor any date as to when we can expect this cover! What have we been doing in the past 14 months? There are of course lots of talking and suggestion all around the point, but actual date of when the people of this town can

expect 24 hour cover is totally missing. The other very obvious omission from the document is a signature to it. As far as I am concerned any document without a signature attached is not worth the paper that it is printed on. As a matter of interest when IH was approached by myself to ascertain if this was an official document from IH the reply was that nothing is official from IH unless it has its logo on it, and has been signed off by a IH office bearer. However the document has much merit to it and should be taken seriously. However somebody is going to have to sign off on it, otherwise it is worthless. My personal view is that it is worthless in any way without a date for the 24 hour cover.

**News Leader:** What about the "Action Framework Committee"?

**Dr. Smith:** Well I would like the "Action Framework Committee" to please present us with the names of the members of this committee (I was not able to find these facts out). After all it appears that they are now the "self appointed custodians" of the health care needs of this community. The committee needs to be

a well proportioned and a totally representative body so as to meet the needs of the community as a whole. For example, it appears that there are no representatives from the SOS (Save our Similkameen) group on this committee. This would be a grave injustice to a group who had done a tremendous amount of good work in furthering information and awareness in the health care needs of this area (and still are). What about the downtown Seniors Centre? Do they have a representative - absolutely essential.

**News Leader:** What about this recent problem over the weekend when the Hospital was shut down to do LLTO (Life and Limb) only?  
**Dr. Smith:** Well it appears that it was a simple problem of somehow, one of the locum physician doing call over the weekend, was apparently not informed of the fact that the apartment usually given to the physicians on call was no longer available (The Action Framework Committee/Municipality were running these lodgings). He arrived with wife, son and 3 dogs to stay for the weekend in the regular three ..... continued on Page 21

# Fair exhibitors down, money up

Competition at the annual Princeton Agricultural Fair was down this year, which made money for most exhibitors except in the Photography division, which offered its customary high level of competition. There were only 43 adult exhibitors and 42 junior exhibitors this year. The number of exhibits in many divisions were not down, due to some exhibitors entering great numbers of items. A total of \$1,245 in prize money was paid to the adult exhibitors and \$813 was paid out to Junior Fair exhibitors.

The following is a list of top exhibitors in each division:  
 Needlework - Janice Ashby (Penticton resident)  
 Leisure craft - Sharron Rose  
 Photography - Margaret Fraser  
 Art: tied - Jennifer Bernard and John Sandness  
 Flowers - Melissa Manning  
 Vegetables - Ben Mazarella  
 Fruit - Ken Heuser  
 Home Canning - Melissa Manning  
 Home Baking - Melissa Manning

Wine & Beer - Dorothy Lauder  
 Eggs - Loretta Gardiner  
 Poultry - Karen Fulton

The adult overall Top Exhibitor was Melissa Manning, who took home \$289 in prize money. The Top Junior Exhibitor was Piper Manning, who won \$157 in prize money.

Winners of the Bike Parade were: Tied for first - Tavin Gibson and Jazlyn Gibson; Tied for second were Jesse Menard and Marissa Menard, and third place tied were Paige Graves and Andrew Graves.

Winners of the Pet Parade were Ella Halipchuk with Daisy in first place, and rated Best in Show. Mary-Elizabeth Bond and Purple placed second, and third place went to Nathan and Haley Anderson with Bubba and Sammy.

The overall success of the fair will not be known until all of the receipts are counted.

Fair Board members will meet in the near future and will release that information after members are informed.

# Similkameen News Leader

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Princeton's Alan K. Parsons was the final performer featured in the free weekly concert series in Veterans Square on August 31st. The program was sponsored by Princeton Arts Council and was enjoyed by many over summer. \*

# Flip Of The Coyne

by Spencer Coyne

It never ceases to amaze me how some politicians are so eager to go to war. I am in agreement that the use of chemical weapons is crossing a line, but I want to see proof before we start sending troops off to die in another foreign land. Some of these so called power makers on the other hand seem too ready to send some other person's kids off to die in another foreign war that has nothing to do with our own national security.

I can't blame just the politicians. If you watch the American news outlets and you can almost see them getting giddy with the increased ratings that will come along with the American bombardment of another Middle Eastern country. It makes me sick. The rhetoric coming from these networks and the politicians is nearly one in the same. I watched a broadcast a few days ago and the guest questioned the idea of going to war in Syria and the host responded with, "It's ok to let another 100,000 people get killed." Here I thought journalists were supposed to be impartial. I guess not when they are spewing out the hawkish propaganda needed to garnish the support of the masses for another invasion of a far off country that most citizens wouldn't even be able to point out on a map.

If you listen to the build up for justification of an attack on Syria it is eerily reminiscent of the invasion of Iraq. Luckily this time the British House of Commons came to its senses before the bombs started dropping putting the Americans in the position of having to go it alone this time. It's not the best

thing when you consider that both Russia and China are against any attack on Syria and the United States has no green light from the UN Security Council. With its main NATO ally sitting this one out, you have to wonder how they plan on justifying unilateral action when so many other countries are having doubts.

If I was an American citizen I would be beating my congressman's door down demanding action. Although I have no love for the current regime in Syria, I have even less for al-Qaeda, and we know that some factions of the Syrian Rebels are allied with al-Qaeda, yet the American government is preparing to help them win a war which could see al-Qaeda not only gain a permanent foothold in Syria but could see them secure chemical weapons if they haven't already. Why would any Western government help anyone who has allied with the very organization we have been at war with since 2001?

Regardless of what any of us think about the situation, the President of the United States will make this decision. He and his advisors will flip a coin or roll some dice and they will attack or stand down. Those hawkish politicians who can't wait to annihilate another Islamic country will be sitting on the edge of their chairs as the cruise missiles launch from their battleships. Soldiers, sailors and airmen will brace for retaliation and the rest of us will hold our breath as we sit in awe of the might of the American Empire, but we will pray that Iran does not follow

through on its threats and that Syria does not unleash on Israel and if it does, we will all close our eyes and wait to see if Israel will do as they did in the first gulf war and not retaliate, or will they return fire bringing with it a regional war that will see mass civilian casualties and the destruction of nations? It really is too bad that Politicians don't have to be the first ones to hit the ground in wars. If they did maybe we would see politicians move a little slower when it came to jumping into war after war.

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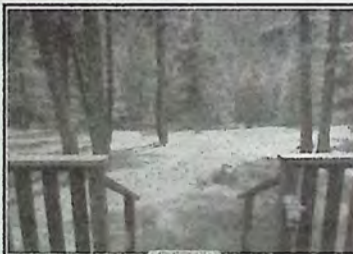
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# Editorial Page News Leader

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

## My Turn

### Crying Over Spilled Tailings

The spill August 24th of tailings into Tulameen River has been called an accident and a disaster.

According to information released from various sources it could easily be argued as either one of those.

Photos from the area verify something serious happened.

What I find most interesting about the entire situation is that Interior Health has issued a statement saying, "there is little or no impact to drinking water sources in the Coalmont and Tulameen areas" but then adds in the same news release "for people swimming in the river, IH recommends that they take routine precautionary measures: Do not drink untreated surface water, keep eyes closed under water and vigorously towel dry off after swimming."

In case that doesn't tell you something there's also this warning: "If the water is turbid or discoloured, Interior Health recommends avoiding swimming."

I don't know about you, but that reads like there is a problem with the water.

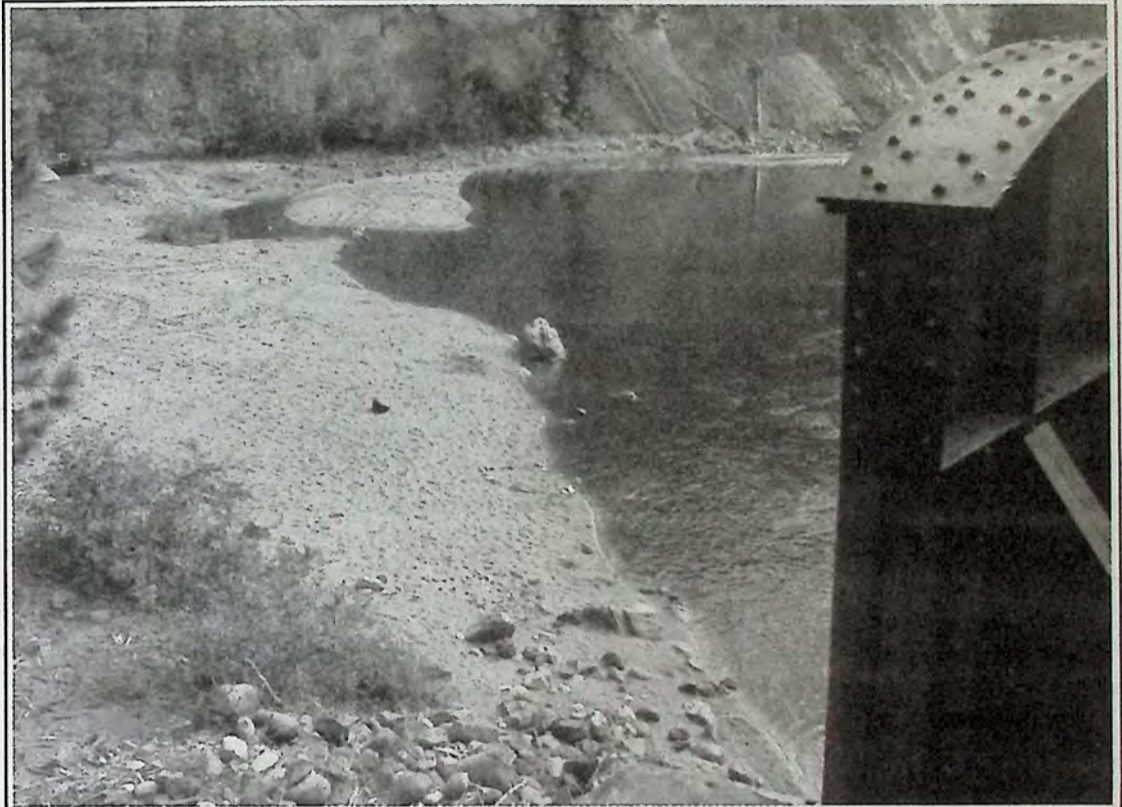
Sure, I'm not a scientist, nor am I privy to the kinds of tests that have been and will likely continue to be carried out on the river, but when I read something that says it's a good idea to avoid swimming in water that may look funny - oh, and you should probably not drink it either - it sends my radar into overdrive.

Lucky for us water has a movement to it and a lot of the problem will be washed downstream for other communities to enjoy, but what about the dark crap that has settled? I know, high water next spring should fix a lot of that as well, but I'm wondering how much of the dark crap already resting on the bottom of the river will affect fish habitat between now and then.

Remember, I'm not a scientist, just a guy who gets curious about things every now and then.

Thankfully the Ministry of Environment is involved and by all indications the mining company at the source of the accident has taken full responsibility for the incident.

Let's hope for a publicity stunt that brings big city media to town the next time so they can catch footage of clean-up crews and remediation programs being put in place because the mining company wants to be a good corporate citizen rather than because they are being forced to take action.



White Sands Beach showing the aftermath of the spill in Tulameen River August 24th. Photo: Bob Sterne

## Your Turn

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

To The Editor;

Attached are photos taken this morning (August 30), 6 days after the spill at the Basin Coal Mine in the hills above Coalmont, which dumped 6,500 gallons of coal slurry into Historic Collins Gulch.

The location in the photos is 3-kilometres downstream of

Coalmont on the Tulameen River, (over 7-kilometres downstream of Collins Gulch) at one of our prime Tourist Attractions, (formerly) known as White Sands Beach. While the river water has been running essentially clear for a couple of days, the deposit of coal dust remains firmly attached to the bottom of the river, which

still appears black.

The first photo (above) was taken from the first bridge East of Coalmont, overlooking one of the finest camping and swimming spots on the Tulameen River.

As you can see, the river still appears black, and there is a clear demarcation line about a foot from the shoreline where the sand turns from white to black.

This is what awaited visitors to our area for the Labour Day Weekend, one of the busiest of the Summer.

We had hoped that the coal dust would be scoured away by the river and that it would heal itself quickly, but it appears that may not soon be the case. We have ..... continued on Page 21

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



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# Current Comment

## Why We Need Debate In Government



**Dawn Johnson**  
editor@thenewsleader.ca

Our Members of Parliament will not be in the House of Commons this fall. Parliament is prorogued, which means it is not meeting but is not dissolved. While we might justifiably argue that our MPs should not be paid if they are not going to their place of work, many MPs had no choice in the matter. This is due to the unfortunate fact that we elected a government that now has an overwhelming majority of Members in the House of Commons.

With such a huge majority, our present government can simply go ahead and do as it pleases, including not opening the House of Commons where actions of the government are subject to questions and bills proposed are subject to debate. The job of the Loyal Opposition and other Members of Parliament is to debate any bills proposed by government. However, in our current situation, debate is almost useless as the strength of the party in power is such that there are not enough

Opposition Members to defeat any bill.

Note that I am not pointing a finger at any particular party. Although the Conservatives are in power, the problem is not the Conservatives, it is the huge majority the Conservatives won in the last election. I believe it is dangerous to our democracy to have any political party to have a huge majority.

When a government is so strong that it can avoid the debate of the House of Commons, it is thumbing its nose at the people who gave the government the power. When a government does not feel the need to hear questions and opposition debate, it is functioning very much like a dictatorship. When issues are not debated, when questioning the government does not take place, there is little media coverage because everything that government does will be done behind closed doors.

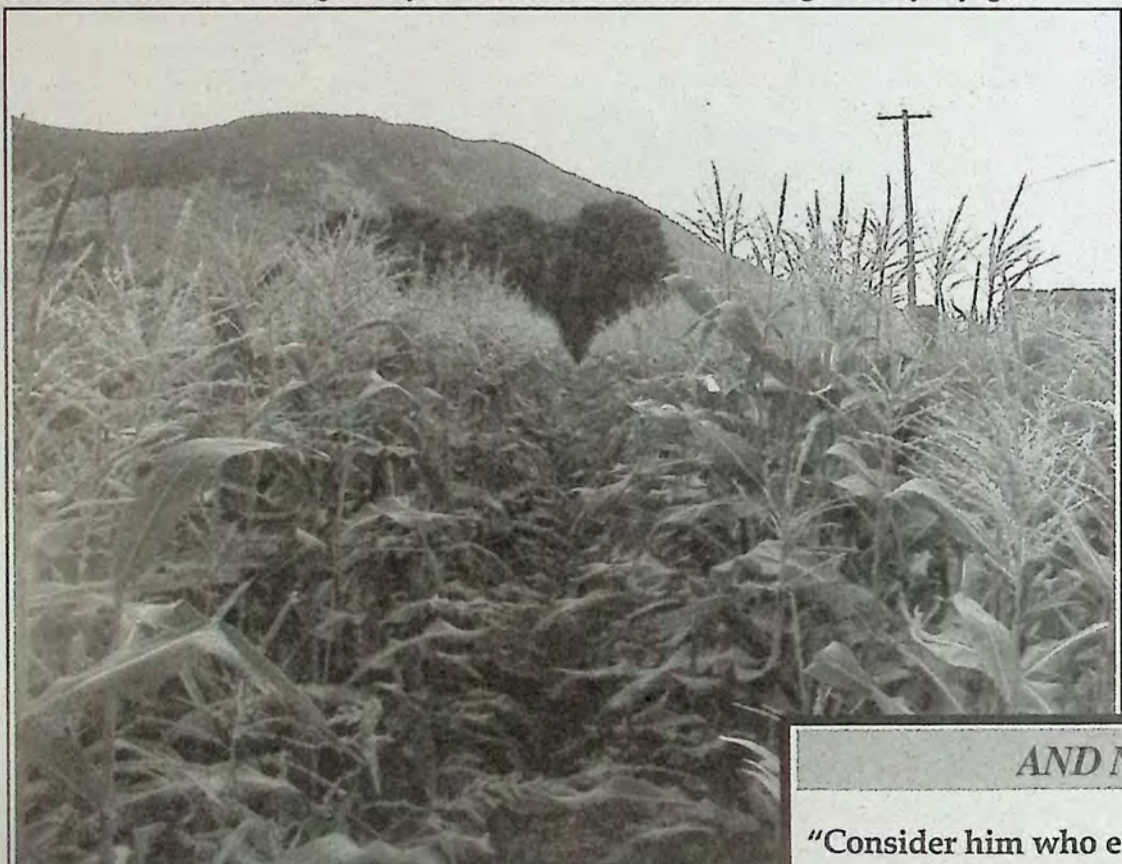
I am a firm believer in a minority government. Politicians in a minority government will complain they cannot get anything done because of all of the questions and debates, but there is a need to question whether a thing should be done and debate how it should be done. The government makes the laws and spends your money and mine. We pay for all of it, and we have a right and obligation to hear not only what the government plans to do, but what flaws the plan may have and what it may cost us.

These days, there seems to be, after every election, a big "rah, rah, rah" for the political party that wins by a landslide. It is worth remem-

bering that Hitler's government was elected through democratic process, and we know what happened when his party came into power. Any government with a huge majority can wield the same kind of power. We are the guardians of our own freedom. We need to demand that our government, even with a huge majority, should be conducting our business in the open forum of the House of Commons.

Canadians are far too trusting and complacent about our federal government. We have problems in Canada. We have seen too much selling off of Canadian assets, including our natural resources such as fresh water. We have seen corruption in recent months in the form of senators with their snouts way too deep in the public trough. We have seen increasing losses of our sovereignty through deals with other nations in these so-called 'fair' trade agreements. We have witnessed a continuing decline in federal contributions to health care. We have seen the growth of poverty along with the lack of growth in our economy. These problems need to be addressed by Parliament and solutions presented and openly debated.

We deserve better than a House of Commons shut down months at a time on the whim of a majority government. Why Canadians do not rise up in protest is beyond me. Maybe people believe that a government that appears to be doing nothing is the safest form of government. I do not believe it is, and this column is my way of protesting. Does anybody agree?



Fields of corn line Highway 3 in the Lower Similkameen Valley like this one in Cawston. These particular stalks are eight feet tall in parts of this field. \*

# Similkameen News Leader

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**Lower Valley News**

Keremeos - Cawston - Olalla



Sarah weeds her way through the pepper patch at Harkers Organics last week. The pepper harvest is of particular interest to the organizing committee working on Similkameen Sizzle, the annual pepperfest set for September 21st. \*

**Here's the Sizzle schedule**

The Similkameen Sizzle Planning Committee met August 28th in Keremeos to finalize plans for the 12th annual event set for later this month.

There have been hurdles leading up to the September 21st pepper festival. They have included such things as compliance with FoodSafe regulations, a shortage of volunteers for all elements related to the celebration and whether or not the day-long Sizzle would include a breakfast.

By the end of the August 28th meeting Emergency Services had committed to host the breakfast from 7:30 to 10:30 AM which

will include pancakes, bacon and eggs.

The rest of the day will see a performance by the Corner Turtles from 8:30 to 10:30 AM, Chili Cook-Off (tasting and judging) 11:00 AM to 12:30 PM.

Rob Robertson will perform from 11:00 AM to 12 Noon with the Refreshment Garden opening at 12 Noon and closing at 6:00 PM and Children's Games will run between 12 Noon and 4:00 PM.

Mat Duffus will be on stage from 12:30 to 2:30 PM with the Hot Sauce Contest Judging to take place from 1:30 to 2:30 PM.

The Blackbirds will provide live entertainment from 3:00 to 5:00 PM with the day ending with the Sear Factor Pepper Eating Contest at 5:00 PM.

Vendors and concession will run all day as well as raffles.

To find out more about Similkameen Sizzle visit their website at [www.gotpeppers.info](http://www.gotpeppers.info) where you'll find videos, entry forms and other details.

Similkameen Sizzle takes place the third Saturday in September in Memorial Park, Keremeos and as it is organized entirely by volunteers there is no admission fee to enter the park.



This pepper is getting hotter and hotter soaking up the Similkameen sun. \*



# Agricultural Fair

## 2013 Winners List

### 2013 FAIR WINNERS

#### Poultry/Vegetables

- Goats**  
Doe kid - Tauren Baird  
**Sheep**  
Any breed - Tauren Baird  
**Chickens**  
Standard purebred hen  
1. Haley Anderson  
2. Nathan Anderson  
3. Tied:  
Haley and Nathan Anderson  
Mixed breed  
1. Kyle Baird  
**Ducks**  
Purebred Drake  
1. Karen Fulton  
2. Karen Fulton  
3. Karen Fulton  
Purebred hen  
1. Karen Fulton \*Best in Show  
2. Karen Fulton  
3. Karen Fulton  
**Flowers & Plants**  
Assorted Asters  
1. Melissa Manning  
Daisies  
1. Maureen Turner  
2. Dawn Johnson  
Marigolds, small  
1. Maureen Turner  
2. Nancy Telford  
Petunias  
1. Melissa Manning  
Roses  
1. Marlene Fraser  
Sweet peas  
1. Nancy Telford  
2. Melissa Manning  
Sunflower, large  
1. Dawn Johnson  
Sunflowers, 3 of a kind  
1. Melissa Manning  
2. Dawn Johnson  
3. John Sandness  
Cosmos  
1. Melissa Manning  
Any other annual  
1. Dawn Johnson  
2. Melissa Manning  
3. John Sandness  
Any other perennial  
1. Maureen Turner  
2. Dawn Johnson  
3. Maureen Turner  
Mixed or single arrangement  
1. Cheryl Ferguson  
Mini arrangement  
1. Laura Haw  
Hanging basket  
1. Connie Shopshire  
Container garden  
1. Melissa Manning  
Any other  
1. Rosemary Woodruff  
2. Melissa Manning  
Hollyhocks, single  
1. John Sandness  
Hollyhocks, double  
1. Melissa Manning  
**Vegetables**  
Beans  
1. Connie Shopshire  
2. Nancy Telford  
3. Ben Mazzarella  
Beans, other

1. Ben Mazzarella  
2. Shirley Low  
3. Connie Shopshire  
**Beets**  
1. Melissa Manning  
2. Ben Mazzarella  
3. Dawn Johnson  
**Broccoli**  
1. Melissa Manning  
2. Connie Shopshire  
Brussels sprouts  
1. Melissa Manning  
Cabbage, green  
1. Connie Shopshire  
2. Ben Mazzarella  
Cabbage, red  
1. Ben Mazzarella  
Carrots  
1. Nancy Telford  
2. Dawn Johnson  
3. Melissa Manning  
Cauliflower  
1. Melissa Manning  
Celery  
1. Melissa Manning  
Corn  
1. Dawn Johnson  
Cucumbers  
1. Erin Williams  
2. Ben Mazzarella  
3. Jennifer Bernard  
Pickling cukes  
1. Ben Mazzarella  
Herbs, culinary  
1. Melissa Manning  
2. Dawn Johnson  
Kale  
1. Melissa Manning  
Kohlrabi  
1. Dawn Johnson  
2. Ben Mazzarella  
Lettuce, leaf  
1. Melissa Manning  
Lettuce, head  
1. Melissa Manning  
Onions, white, cooking  
1. Melissa Manning  
2. Ken Heuser  
3. Ben Mazzarella  
Onions, red, cooking  
1. Ken Heuser  
2. Dawn Johnson  
3. Ben Mazzarella  
Peas  
1. Nancy Telford  
2. Shirley Low  
3. Jennifer Bernard  
Peppers, sweet  
1. Ben Mazzarella  
2. Jennifer Bernard  
3. Melissa Manning  
Peppers, hot  
1. Melissa Manning  
Potatoes  
1. Loretta Gardiner  
2. Lee Augustin  
3. Ben Mazzarella  
Radishes  
1. Dawn Johnson  
Swiss Chard  
1. Ben Mazzarella  
2. Dawn Johnson  
3. Melissa Manning  
Spaghetti Squash  
1. Dawn Johnson  
Squash

1. Ben Mazzarella  
2. Linda Van Dyke  
**Tomatoes, green**  
1. Melissa Manning  
2. Dawn Johnson  
**Tomato, cherry, ripe**  
1. Ben Mazzarella  
3. Melissa Manning  
**Tomatoes, ripe**  
1. Ben Mazzarella  
2. Ken Heuser  
**Tomato, other**  
1. Ben Mazzarella  
2. Ken Heuser  
Zucchini, slicing  
1. Lee Augustin  
2. Melissa Manning  
3. Dawn Johnson  
Any other vegetable  
2. Ben Mazzarella  
Coffee bean  
1. Nancy Telford  
Vegetable collection  
1. Melissa Manning  
2. Ben Mazzarella  
3. Dawn Johnson



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Princeton Golf Club recently hosted their annual Men's Open Golf Championship. Overall Low Net Winner was Aaron Gould, left, and the Low Gross Champion was Galen Johnson. Photo: Sharleen Anderson

## Club hosts Men's Open Championship

The weekend of August 17 and 18 saw almost 100 golfers take to the immaculately groomed Princeton golf course to vie for the title of the Princeton Men's Open Champion. After 36 holes of competition, we are proud to announce that Galen Johnson shot a 144 gross score and reclaimed the title of Low Gross

Champion. Aaron Gould blasted a blistering second round of golf and captured the Overall Low Net title with a score of 138. First Round Gross winners in the 4 flights were: Keith Westover, Brent Bowden, Tom McLaren and Ed Simpson. The first round Net Winners were Curtis Sloan, Wes

Irwin, Jim Elko, and Gary Dobe. Second Round Gross Winners were Jake Greening, Harold Heldgerson, Ron Graff Jr. and Wayne Anderson, while the Net Winners for that flight were Mike Crouse, George Basran, Tyler Willis and Ron Graff Sr. .... continued on Page 21

## Saddles 'n' Spurs

by Pastor George Donovan

Coming from B.C., Saskatchewan was a shock to me, it seemed you could see forever and look at nothing. A man picked me up in a '54 Oldsmobile, it was a beautiful car and he was a friendly guy. I was commenting on the endless stretches of road when he said to me in a bragging tone.

"Did you know that Saskatchewan was the first province in Canada to complete their portion of the Trans-Canada highway?"

I thought to myself, "Big deal, all they had to do was snap a chalk line, scrape off the grass and start paving." I felt like saying, "Have you ever seen the roads in B.C.?" but I kept quiet about the highway and we continued just friendly conversation for the duration of the ride.

I was trying hard to make my \$30 last and in the process I was losing weight pretty fast. I would sometimes sleep in a cornfield, strip off a bunch of the lower leaves, make a bed to lay on and also pick a few of the baby cobs, they were small but soft enough to eat the whole thing, it made a meal.

I also would go into a meat market now and again and try to buy the wrinkled up end of the bologna rolls. People didn't want them and they were cheap. I don't know where the

expression came from but they were called bologna snobs. Anyway I got some protein.

Another thing I did was some of the box cars had carried wheat and there was usually some on the decks, so I would fill my pockets and give me

something to chew on during the journey.

I left home a slim 185 lbs at 6'1" and when I got back home I was 145 lbs and looked like a sack full of deer racks.

..... continued Next Week

## Living Past 100

### Natural Remedies Prevent Varicose Veins

Do you like buckwheat pancakes or buckwheat cereal? If you do, you are doing something good for your blood vessels. You are fighting varicose veins. Buckwheat contains a substance called rutin, which strengthens capillaries, those small blood vessels in your body.

Not everyone can indulge in buckwheat, and if you are one of those people who have an allergy to buckwheat, then you should make sure you have lots of parsley.

Blueberries, bilberries and grapes contain other substances that strengthen capillaries and may decrease the swelling of varicose veins. Tea helps reduce varicose veins, and so do black beans, black currants, blackberries and cherries. Cocoa is a good source of nutrients that discourage varicose veins.

Why worry about varicose veins? You can always cover them, right? Yes, you can cover varicose veins, but what you are covering is a symptom of a decrease in the health of your blood vessels. Wouldn't you rather have healthy blood vessels?

If you already have varicose veins, eat more of the foods mentioned above, and try this old remedy. Take three bay leaves and place them in a pan with four teaspoons of olive oil. Heat gently. When warm, remove from heat and let it cool. Then rub the oil gently on your varicose veins using your fingers or a soft cloth.





# News Leader Entertainment

Similkameen News Leader TV Guide Listings - September 2 - 8, 2013



Players gather around the coaching staff at the end of the second intra-squad game played in two nights August 30th at Princeton Arena. The following night the Posse opened their pre-season with a road trip to Summerland. \*

## Games draw good crowds

To talk to Princeton Posse President Dean Johnston just prior to the Intra-squad game scheduled for August 30th you'd think he had just won the lottery.

A bidding war of sorts developed between some friends and when the dust settled JDM and JRS Precision ended up sponsors of the Creek

Cup game pitting Posse hopefuls (Team McNaughton) in Yellow jerseys against more Posse hopefuls (Team Rotheisler) in Blue jerseys.

Both Intra-Squad games on August 29th and 30th pulled in good crowds waiting to get a glimpse of what could eventually be the new Princeton Posse.

There were some familiar names including Justin Moltzahn, Devan Suidy, Mason Chew, Josh Mack, Kraig Leochko and Kurtis Klinger as well as locals Josh Coyne, Ryan Grgich, Mort Johnston and Tristan VanderMeulen to name a few.

The games were fun for fans and that was a good thing.



Justin Moltzahn has committed to play his third and final Junior B season with Princeton Posse. He was on ice with a handful of other Posse vets last week during team try outs and the intra-squad games August 29 and 30. \*

## Princeton Posse 2013/14 Clip 'n' Save Game Schedule Similkameen News Leader

Date	Time	Away	Home
<b>Exhibition Season</b>			
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
<b>Regular Season</b>			
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 "The Queen and I" (2008, Documentary) Filmmaker Nahid Persson Sarvestani interviews Farah Pahlavi, widow of the Shah of Iran. (CC)  
 9:30 pm WTBS ch.3 "Win a Date With Tad Hamilton!" (2004, Romance-Comedy) Kate

Bosworth. Secretly in love with his friend, a supermarket manager becomes jealous when she meets a famous actor.  
 11:30 pm WTBS ch.3 "The Upside of Anger" (2005, Comedy-Drama) Joan Allen. An ex-ballplayer befriends a mother of four who has hovered in a boozey funk since her husband abandoned her.

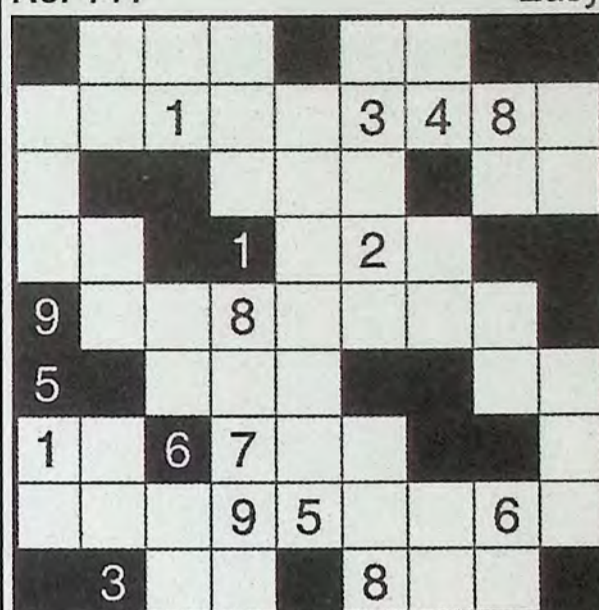
# News Leader Str8ts

## STR8TS

No. 141

Easy

Previous solution - Medium



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

You can find more help and strategies at [www.str8ts.com](http://www.str8ts.com) along with more puzzles, Apple apps and books.

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 SOLUTION WILL APPEAR  
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**TUESDAY, SEPTEMBER 3, 2013**

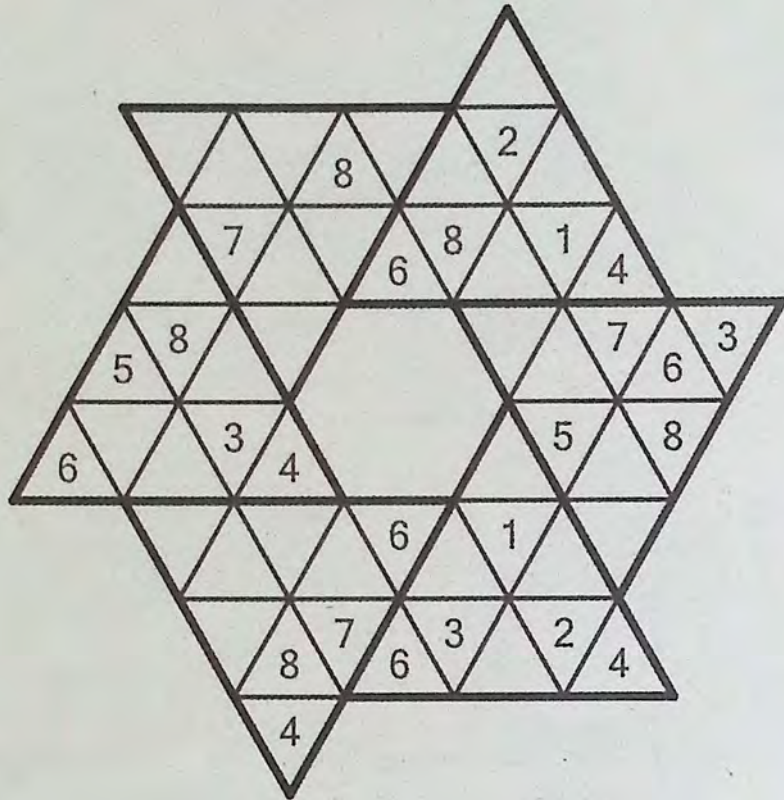
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Mighty Planes	Stella-Sam Phineas	CityLine (N)	Tattoo Rescue	Moves
7 AM	Law Order: CI		Ella the EI	Arthur	Today Lori Duron; Ariana Grande performs. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Penguins	SportsCentre		Highway Thru Hell	Shake It ANT Farm	Let's Make a Deal	Tattoo Rescue	World's
8 AM	Law Order: CI		Magie Bus	Curious			CSI: Miami			Morning Huntley	Bo On/Go	Pokémon	2013 U.S. Open Tennis: Men's		Backyard	Jessie	The Price is Right	Tattoo Rescue	Eat St.
9 AM	Millionaire	Morning	Dragon	Super Why!		The 700 Club	CSI: Miami "Chip/Tuck"	Livel Kelly and Michael	Morning Huntley	The Doctors	Super Why!	Rescue	Round of 16 and Women's Quarterfinals. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live)	Livel Kelly and Michael	Licence to Drill	Little Manny	Access Hollywood Live	Tattoo Rescue	Museum Secrets
10 AM	Divorce	The Doctors	Rob Robot	Sesame Street (E)		The Price is Right	Criminal Minds	The View	The Doctors	Chef/Home	Bookaboo	Little Bear		The View	How/Made	(10:04) Sofia the First	The Chew	Tattoo Rescue	Dig Wars
11 AM	Judge Alex	Chef/Home	Rollie Polie	Tiger	Judge B.	Young & Restless	Criminal Minds	Paid Prog.	Chef/Home	Noon News Hour (N)	Doc Zone	To School	2013 U.S. Open Tennis: Men's Quarterfinals. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live)	Marilyn Denis	Mighty Ships	Suite/Deck ANT Farm	General Hospital (N)	Tattoo Rescue	Monumental Mysteries
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose	HOPE Fit	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat	SpongeBob	CTV News (N)	Myth-Busters	Wizards	CityLine	Ink Master	Mysteries-Museum
1 PM	There Yet?	Days of our Lives (N)	Rob Robot	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		The Social	Backyard	Suite/Deck	Katie	Ink Master	Bizarre Foods/Zimmerman
2 PM	King	The Talk	Big Bear	Barny	Katie	Let's Make a Deal	The First 48	The Jeff Probst Show	The Talk	The Ricki Lake Show	Steven and Chris	Super Evil		Dr. Phil	Airplane Repo	Shake It ANT Farm	CityNews at 5 (N)	Ink Master	Sand M.
3 PM	The Office	The Ricki Lake Show	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	The Ricki Lake Show	Young & Restless	Recipes	Squirrel		The Dr. Oz Show	Mighty Ships	Jessie Austin	CityNews at 6 (N)	Ink Master	Eat St.
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Storage	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	Sports	Ellen DeGeneres Show	Daily Planet (N)	ANT Farm	How I Met 30 Rock	Ink Master	Museum Secrets
5 PM	Browns	News (N)	Martha	News	News	News	Storage	News	Early News Global Nat.	(4:59) News Hour (N)	News	Parents	Football: Montreal Alouettes at Toronto Argonauts. (Live)	CTV News at Five (N)	Gold Rush - The Dirt	Shake It	Rules	Ink Master	Dig Wars
6 PM	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		CTV News (N)	Gold Rush	Austin	America's Got Talent (N) (Live)	Ink Master	Monumental Mysteries
7 PM	Seinfeld	Ent	Be the Creature	Mount Rushmore	Jeopardy!	Inside Ed.	Barter Kings (N)	Ent	Ent	Elementary	George S	iCarly		Big Bang	Highway Thru Hell	Shake It	CityNews-Tonight (N)	Ink Master	Mysteries-Museum
8 PM	Family Guy	NCIS "Re-venge"	Helen of Troy	Paving the Way: Park	Hollywood Game Night	NCIS "Re-venge"	(8:01) Barter Kings	Extreme Weight Loss "Bob" (Season Finale) (N)	NCIS "Re-venge"	NCIS "Re-venge"	Mercer	Wipeout (N)		So You Think You Can Dance	River Monsters	Good Luck ANT Farm	CityNews-Tonight (N)	Tattoo	Museum Secrets
9 PM	Amer. Dad	NCIS: Los Angeles	Movie: "The Queen and I"	The National Parks: America's Best Idea	America's Got Talent (N Same-day Taps)	NCIS: Los Angeles	Storage	Storage	NCIS: Los Angeles	NCIS: Los Angeles	Arctic Air "Ts'inada"	Funnest Home Videos	Amazing Race	Law & Order: SVU	Gold Rush	Wingin' It	Jimmy Kimmel Live (N)	Ink Master	Dig Wars
10 PM	"Win a Date With Tad Hamilton!" (2004)	Elementary	Unheralded	Theodore Roosevelt	Person of Interest	Storage	Storage	Body of Proof	Elementary	News Hour Final (N)	The National (N)	The Middle	SportsCentre (N)	Highway Thru Hell	Good Luck	Jessie	Maury	Ink Master	Monumental Mysteries
11 PM	"Upside"	CHBC News Final (N)	Be the Creature	Parks	News	News	(11:01) Barter Kings	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	Jungle Gold	Hannah	Princess	Paid Prog.	Tattoo	Mysteries-Museum



# News Leader Sudoku 470

## HOSHI SUDOKU - About The Puzzle

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



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

## Wednesday Movies

### AFTERNOON

5:00 pm SPIKE ch.44 "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a distant planet, survivors must fight deadly creatures that come out only at night. (In Stereo)

distant planet, survivors must fight deadly creatures that come out only at night. (In Stereo)

9:30 pm WTBS ch.3 "The Tuxedo" (2002, Comedy) Jackie Chan. A chauffeur embarks on a covert mission after a tuxedo from a secret agent gives him extraordinary abilities.

### EVENING

7:32 pm SPIKE ch.44 "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a

11:30 pm WTBS ch.3 "Sneakers" (1992, Suspense) Robert Redford. An ex-'60s-radical computer hacker and his company are tapped for a shady black-box job.

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### WEDNESDAY, SEPTEMBER 4, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☺	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 Now (N) ☺	Kid vs. Kat Rescue	SportsCentre ☺	CTV Morning Live (N) ☺	Gold Rush ☺	Stella-Sam Phineas	CityLine (N) ☺	Bar Rescue ☺	Moves
7 AM	Law Order: CI		Ella the El PAW Patrol	Arthur Martha	Today Valerie Bertinelli; Phillip Lim. (N) ☺	CBS This Morning (N) ☺	Criminal Minds ☺	Good Morning America (N) ☺			Tiger Monster	Penguins T.U.F.F.	SportsCentre ☺		Canada's Worst Driver Auction	Shake It ANT Farm	Let's Make a Deal ☺	Bar Rescue ☺	World's World's
8 AM	Law Order: CI		Magie Bus Dinosaur	Curious Cat in the			CSI: Miami ☺			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre ☺		Auction Wizards	Jessie ☺	The Price Is Right ☺	Bar Rescue ☺	Eat St. ☺
9 AM	Millionaire	Morning Huntley	Dragon The Hive	Super Why! Dinosaur		The 700 Club ☺	CSI: Miami ☺	Livel Kelly and Michael	Morning Huntley	The Doctors ☺	Super Why! Cat in the	Rescue Mike	2013 U.S. Open Tennis	Livel Kelly and Michael	Last Car Standing	Little Manny	Access Hollywood Live	Bar Rescue ☺	Pitchin' In
10 AM	Divorce	The Doctors ☺	Rob Robot Humf ☺	Sesame Street ☺ (EI)		The Price Is Right ☺	Criminal Minds ☺	The View ☺	The Doctors ☺	Chef/Home Debt/Part	Bookaboo Doodlebop	Little Bear Berenstain	Men's and Women's Quarterfinals. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live) ☺	The View ☺	How/Made How/Made	Never Land Sofia	The Chew ☺	Bar Rescue ☺	Best Daym Best Daym
11 AM	Judge Alex	Chef/Home Debt/Part	Rolle Polle Thomas	Tiger Sit & Be Fit	Judge B. LazyTown	Young & Restless	Criminal Minds "100"	Paid Prog. Paid Prog.	Chef/Home Debt/Part	Noon News Hour (N)	Doc Zone ☺	To School Squirrel		Marilyn Denis	Gold Rush - The Dirt ☺	Suite/Deck ANT Farm	General Hospital (N) ☺	Bar Rescue ☺	Burger
12 PM	Excused	Noon News Hour (N)	Dino Dan Making	Charlie Rose ☺	Joint Help Hate Hair?	News Bold	The First 48 ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Parents Sidekick		CTV News (N) ☺	Gold Rush ☺	Wizards Hannah	CityLine ☺	Bar Rescue ☺	Bizarre Foods America
1 PM	There Yet?	Days of our Lives (N)	Rob Robot The Hive	Oil Painting Sewing	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Republic of Doyle ☺	Rated A Monster		The Social ☺	Highway Thru Hell	Suite/Deck Wizards	Katie ☺	Bar Rescue ☺	Bizarre Foods/Zim-mom
2 PM	Kling	The Talk ☺	Big Bear PAW Patrol	Barney WordWorld	Katie ☺	Let's Make a Deal ☺	The First 48 ☺	The Jeff Probst Show	The Talk ☺	The Ricki Lake Show	Steven and Chris ☺	Super Evil Sidekick		Dr. Phil ☺	River Monsters ☺	Shake It ANT Farm	CityNews at 5 (N) ☺	Bar Rescue ☺	Sand M.
3 PM	The Office	The Ricki Lake Show	Clifford G. Shrinks	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil ☺	The First 48 ☺	Rachael Ray ☺	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel T.U.F.F.		The Dr. Oz Show ☺	Mighty Planes "Orbis"	Jessie ☺ Austin	CityNews at 6 (N) ☺	Bar Rescue ☺	Eat St. ☺
4 PM	Big Bang	Young & Restless	Maya Bee Arthur ☺	Wild Kratts Electric	Jdg Judy Jdg Judy	The Dr. Oz Show ☺	Duck D. 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)	Good Luck Good Luck	How I Met 30 Rock	Bar Rescue ☺	World's
5 PM	Browns	News (N) ☺	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D. Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob	Men's and Women's Quarterfinals. (N) (Live) ☺	CTV News at Five (N)	Moonshiners ☺	Phineas Phineas	Maclean's Countdown	Movie: ** "Pitch Black" (2000)	Best Daym
6 PM	Browns	Global Nat. News	Animals Undersea	PBS News-Hour (N) ☺	Millionaire	KREM 2 News at 6 (N)	Duck D. Duck D.	News News	(5:59) News Hour (N)	ET Canada Ent	News Mercer	Sam & Cat Victorious		CTV News (N) ☺	Pot Cops ☺	Dog Dog	America's Got Talent	Radha Mitchell. ☺	Burger
7 PM	Seinfeld ☺	Ent ET Canada	Frontiers of Earthflight-Nat	Jeopardy! Wheel	Access H. Dads	Inside Ed. Dads	Duck D. Dads	Ent Insider	Ent ET Canada	(7:01) Camp (N) ☺	George S Coronation	ICarly ☺		Big Bang	Tickle ☺	Shake It	Cougar	Bar Rescue ☺	Bizarre Foods America
8 PM	Family Guy	Big Brother (N) ☺	Mekong: Soul of a	Paving the Way: Park	America's Got Talent	Big Brother (N) ☺	Dads Dads	The Middle ☺ (DVS)	Big Brother (N) ☺	Big Brother (N) ☺	Dragons' Den ☺	Wipeout (N) ☺	SportsCentre (N) ☺	Master-Chef Team mystery box challenge. (N) ☺	Highway Thru Hell	Good Luck ANT Farm	CityNews-Tonight (N)	"Pitch Black" (2000) Radha Mitchell.	Pitchin' In
9 PM	Amer. Dad	Divorced	Jazz Rock influences jazz musicians. ☺ (DVS)	The National Parks: America's Best Idea ☺	(10:01) Camp (N) ☺	Criminal Minds ☺	Duck D. Duck D.	Mod Fam Mod Fam	Divorced Divorced	Divorced Divorced	Republic of Doyle ☺	Funnlest Home Videos	49ers Ravens	Moonshiners ☺	Wingin' It Really Me	Jimmy Kimmel Live (N)		Best Daym Best Daym	
10 PM	Movie: ** "The Tuxedo" (2002) Jackie Chan.	(10:01) Camp (N) ☺			(10:01) Camp (N) ☺	CSI: Crime Scene	Duck D. Duck D.	ABC's The Lookout ☺	(10:01) Camp (N) ☺	News Hour Final (N)	The National (N) ☺	The Middle Mr. Young	SportsCentre (N) ☺	CSI: Crime Scene	Pot Cops ☺	Good Luck Jessie ☺	Maury ☺	(10:05) Tat-too Rescue	Burger
11 PM	"Sneak"	CHBC News Final (N)	Frontiers of	Charlie Rose (N) ☺	News Jay Leno	News Letterman	Duck D. Dads	News J. Kimmel	News Hour Final (N)	ET Canada J. Probst	CBC News George S	Boys Mr. Young	SportsCentre ☺	News-Lisa CTV News	Tickle ☺ Porter	Hannah Princess	Paid Prog. Paid Prog.	(11:05) Tat-too Rescue	Bizarre Foods America





Bright red peppers from Harkers Organics in Cawston mean one thing and one thing only - Similkameen Sizzle must be near! The 12th annual event is September 21st. \*

# INITIATIVE PETITION

An initiative to amend the *Police Act*

## KNOW THE RULES

If you plan to participate in the initiative campaign, it's important that you know the rules.

- The *Recall and Initiative Act* allows registered voters to propose new laws or changes to existing laws.
- On Monday, September 9, 2013, petition sheets for the initiative to amend the *Police Act* will be issued to the proponent, Dana Larsen.
- The proponent has 90 days to collect signatures from at least 10% of the registered voters in each of the province's 85 electoral districts. The petition must be returned to the Chief Electoral Officer by Monday, December 9, 2013.
- To sign the initiative petition, a person must be a registered voter on September 9, 2013 and may sign the petition only for the electoral district in which they are currently registered.
- A person may sign the initiative petition only once.
- Only registered canvassers may collect signatures.
- Initiative advertising may be conducted only by the proponent or a registered advertising sponsor.



Elections BC is a non-partisan Office of the Legislature responsible for the administration of the *Election Act*, *Recall and Initiative Act*, and conduct of referenda under the *Referendum Act*.

[elections.bc.ca](http://elections.bc.ca) / 1-800-661-8683



# SO COUNTRY INTERNET RADIO

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Olivia Lawrence of Keremeos skillfully hands off a water bottle to a passing cyclist at a bike aid station located on Highway 3 in Cawston during the first-ever Challenge Penticton triathlon held August 25th. \*

## Thursday Movies

### EVENING

9:30 pm WTBS ch.3 "The Score" (2001, Crime Drama) Robert De Niro. A master thief agrees to work with a volatile partner for one last

heist before he retires. 11:30 pm WTBS ch.3 "The Score" (2001, Crime Drama) Robert De Niro. A master thief agrees to work with a volatile partner for one last heist before he retires.

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### THURSDAY, SEPTEMBER 5, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☺	Wibbly Pig	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds ☺	News	Morning News (N) ☺	(5:00) Morning News (N)	CBC News Now (N) ☺	Kid vs. Kat Rescue	SportsCentre ☺	CTV Morning Live (N) ☺	Don't Drive Here	Stella-Sam Phineas	CityLine (N) ☺	Wildest Police Videos	Moves
7 AM	Law Order: CI		Ella the Elf	Arthur	Today Giada De Laurentiis; Joan Rivers. (N) ☺	CBS This Morning (N) ☺	Criminal Minds "100"	Good Morning America (N) ☺			Tiger	Penguins	SportsCentre ☺		Licence to Drill	Shake It ANT Farm	Let's Make a Deal ☺	Wildest Police Videos	World's
8 AM	Law Order: CI		Magic Bus	Curious			CSI: Miami "Dissolved"		Morning Huntley		Bo On/Go	Pokémon	SportsCentre ☺		Highway Thru Hell	Jessie ☺	The Price Is Right ☺	Wildest Police Videos	Eat St. ☺
9 AM	Millionaire	Morning Millionaire	Dragon	Super Why!		The 700 Club ☺	CSI: Miami	Live! Kelly and Michael	Morning Huntley	The Doctors ☺	Super Why! Cat in the Hat	Rescue Mike	2013 U.S. Open Tennis: Men's	Live! Kelly and Michael	Don't Drive Here	Little Manny	Access Hollywood Live	Wildest Police Videos	Disaster
10 AM	Divorce	The Doctors ☺	Rob Robot	Sesame Street ☺ (E)		The Price Is Right ☺	Criminal Minds ☺	The View ☺	The Doctors ☺	Chef/Home Debt/Part	Bookaboo	Little Bear	Quarterfinal and Mixed Doubles	The View ☺	How/Made	Never Land	The Chew ☺	Wildest Police Videos	Adam
11 AM	Judge Alex	Chef/Home	Rolie Polie	Tiger	Judge B.	Young & Restless	Criminal Minds ☺	Paid Prog.	Chef/Home	Noon News Hour (N)	Doc Zone ☺	To School	Final. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live) ☺	Marilyn Denis	Pyros ☺ (DVS)	Suite/Deck ANT Farm	General Hospital (N) ☺	Wildest Police Videos	Rock-RV
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose ☺	Paid Prog. Larry King	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) ☺	Moonshiners ☺	Wizards	CityLine ☺	Cops ☺	Sturgis: Wild Ride ☺
1 PM	There Yet?	Days of our Lives (N)	Rob Robot	Painting	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Republic of Doyle ☺	Rated A Monster		The Social ☺	Pot Cops ☺	Suite/Deck	Katie ☺	Cops ☺	Bizarre Foods/Zimmer
2 PM	King	The Talk ☺	Big Bear	Barney	Katie ☺	Let's Make a Deal ☺	The First 48 ☺	The Jeff Probst Show	The Talk ☺	The Ricki Lake Show	Steven and Chris ☺	Super Evil		Dr. Phil ☺	Ticke ☺	Shake It	CityNews at 5 (N) ☺	Cops ☺	Sand M.
3 PM	The Office	The Ricki Lake Show	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil ☺	The First 48 ☺	Rachael Ray ☺	The Ricki Lake Show	House ☺	Recipes Stefano	Squirrel	SportsCentre (N) ☺	The Dr. Oz Show ☺	How-Made	Jessie ☺	CityNews at 6 (N) ☺	Cops ☺	Eat St. ☺
4 PM	Big Bang	House ☺	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show ☺	The First 48 ☺	The Doctors ☺	House ☺	Early News	Dragons' Den ☺	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Jessie ☺	How I Met	Cops ☺	Disaster
5 PM	Browns	News (N) ☺	Martha	News	Football: Baltimore Ravens at Denver Broncos. (N) ☺	News	The First 48 ☺	ABC News	Early News	(4:59) News Hour (N)	News	Parents	NFL Kickoff Special (N)	CTV News at Five (N)	Fast N' Loud	Austin	Wipeout Couples on blind dates tackle obstacles.	Cops ☺	Adam
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) ☺		KREM 2 News at 6 (N)	After the First 48 (N)	News	(5:59) News Hour (N)	ET Canada	News	Big Time	Football: Baltimore Ravens at Denver Broncos. (N) (Live) ☺	CTV News (N) ☺	Fast N' Loud ☺	Shake It	Shake It	IMPACT Wrestling (N) ☺	Rock-RV
7 PM	Seinfeld ☺	Ent	Ancient Clues ☺	A Salute to Vienna A music and dance gala ☺		Inside Ed.	Panic 9-1-1 (N) ☺	Ent	Ent	(7:01) Rookie Blue (N)	George S Coronation	iCarly ☺		Big Bang	Overhaulin' "Parts Guy"	Shake It	Person of Interest ☺		Sturgis: Wild Ride ☺
8 PM	Family Guy	Glee "All or Nothing"	Electric Dreams ☺			Big Bang	(8:01) Panic 9-1-1 ☺	Wipeout Couples on blind dates tackle obstacles.	Glee "All or Nothing"	Glee "All or Nothing"	Royal Arrival	Wipeout (N) ☺		Big Bang	How-Made	Good Luck	CityNews-Tonight (N)	Unrivaled: Joe Warren	Disaster
9 PM	Amer. Dad	(9:01) Big Brother ☺	My Kid Could Paint That ☺	The National Parks: America's Best Idea ☺		(9:01) Big Brother ☺	(9:01) The First 48 ☺		(9:01) Big Brother ☺	(9:01) Big Brother ☺	Doc Zone ☺ (DVS)	Funnest Home Videos	NFL Films	CTV News (N) ☺	Fast N' Loud ☺	Wingin' It	Jimmy Kimmel Live (N)	Wildest Police Videos	Adam
10 PM	"The Score" (2001, Crime Drama)	(10:01) Rookie Blue (N)	Snapshot			(10:01) Elementary ☺	After the First 48 ☺	(10:01) Rookie Blue (N)	(10:01) Rookie Blue (N)	News Hour Final (N)	The National (N) ☺	The Middle	SportsCentre (N) ☺	Flashpoint ☺ (DVS)	Fast N' Loud ☺	Good Luck	Maury ☺	Wildest Police Videos	Rock-RV
11 PM	"The	CHBC News Final (N)	Ancient Clues ☺	Charlie Rose (N) ☺	News	News	(11:01) Panic 9-1-1 ☺	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre ☺	News-Lisa	Overhaulin' "Parts Guy"	Hannah	Paid Prog.	Wildest Police Videos	Sturgis: Wild Ride ☺



# Friday Movies

**EVENING**

8:00 pm YTV ch.18 "Spy Kids" (2001, Adventure) Antonio Banderas. When a technical genius kidnaps retired spies, only their children can save them. (In Stereo) (CC)  
 9:00 pm SPIKE ch.44 "Fighting" (2009, Drama) Channing Tatum. A scam artist introduces a young man to New York's bare-knuckle street-fighting circuit. (In Stereo)  
 9:30 pm WTBS ch.3 "Runaway

"Bride" (1999, Romance-Comedy) Julia Roberts. A New York reporter travels to Maryland to profile a woman who left three bridegrooms at the altar.  
 10:00 pm FAM ch.26 "Avalon High" (2010, Fantasy) Britt Robertson. A high-school student believes that her new classmates are reincarnations of King Arthur and members of his court. (In Stereo) (CC)

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# News Leader Recipe 577

## Soft Turkey Tacos/Gluten-Free Breakfast Sandwich

Get creative with your gluten-free foods

(NC) Take a look at these recipe ideas, courtesy of Piller's Fine Foods:

**Ingredients**

- 5 slices Piller's Simply Free Roasted Turkey Breast, cut into strips
- 4 soft corn tortillas
- 125 ml (1/2 cup) lettuce, shredded
- 60 ml (1/4 cup) carrots, cut into matchsticks
- 30 ml (2 Tbsp.) extra virgin olive oil
- 15 ml (1 Tbsp.) cilantro, finely chopped
- Juice of one lime
- Salt and pepper

**Directions**

In a large mixing bowl combine lettuce, carrots, cilantro, olive oil, lime juice, and salt and pepper to taste. Lay out tortillas and divide mixture among tortillas; top with turkey breast strips. Fold in half and enjoy. Serves 2.

**Gluten-Free Breakfast Sandwich**

**Ingredients**

- 1 slice (26 g) Piller's Simply Free Smoked Breakfast Ham\*, cut in half
- 1 fried egg
- 1 slice cheese, of your choice
- 1 rice bun, toasted
- 5 ml (1 tsp.) butter

\* Or equally delicious is Piller's Simply Free Cornmeal Back Bacon or Breakfast Sausage Rounds

**Directions**

Place Smoked Breakfast Ham slice on bottom of toasted, buttered bun; add egg and cheese and cover with toasted bun top. Serves 1. For more recipe ideas and for additional details on the brand go to pillers.com/simplyfree.

- www.newscanada.com

**FRIDAY, SEPTEMBER 6, 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) 20	Wibbly Pig	Bulldozer	KHQ News 6AM (N)	KREM 2 Morning News	Storage	News	Morning News (N) 20	(5:00) Morning News (N)	CBC News Now (N) 20	Kid vs. Kat	Sports	CTV Morning Live (N) 20	Pyros "Congo"	Stella-Sam Phineas	CityLine (N) 20	Ways Die	Moves
7 AM	Law Order: CI		Ella the El	Arthur	Today Alzheimers; author Amanda Lindhout. (N) 20	CBS This Morning (N) 20	Storage	Good Morning America (N) 20			Tiger	Yu-Gi-Oh!	SportsCentre 20		Don't Drive Here	Shake It	Let's Make a Deal 20	Ways Die	World's
8 AM	Law Order: CI		Magie Bus	Curlous			Storage			Morning	Bo On/Go	Pokémon	SportsCentre 20		Canada's Worst Driver	Jessie 20	The Price Is Right 20	Ways Die	Eat St. 20
9 AM	Millionaire	Morning	Dragon	Super Why!		Paid Prog.	Storage	Livel Kelly and Michael	Morning	The Doctors 20	Super Why!	Rescue	SportsCentre 20	Livel Kelly and Michael	Fantom-Works 20	Little	Access Hollywood Live	Ways Die	Weird or What?
10 AM	Divorce	The Doctors 20	Rob Robot	Sesame Street 20 (E)		2013 U.S. Open Tennis: Mixed Doubles Final and Women's Semifinals. From the USTA National Tennis Center in Flushing, N.Y. (N) 20	Storage	The View 20	The Doctors 20	Chef/Home	Bookaboo	Little Bear	Open Tennis: Mixed Doubles Final and Women's Semifinals. From the USTA National Tennis Center in Flushing, N.Y. (N) 20	The View 20	How/Made	Never Land	The Chew 20	Ways Die	The Dead Files 20
11 AM	Judge Alex	Chef/Home	Rolie Polie	Tiger	Judge B.		Storage	HOPE Fit	Chef/Home	Noon News Hour (N)	Doc Zone 20	To School	Squirrel	Marilyn Denis	How-Made	Suite/Deck	General Hospital (N) 20	Ways Die	The Dead Files 20
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose 20	Paid Prog.		Storage	The Chew 20	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 20	Parents	USTA National Tennis Center in Flushing, N.Y. (N) 20	CTV News (N) 20	Fast N' Loud	Wizards	CityLine 20	Ways Die	The Dead Files 20
1 PM	There Yet?	Days of our Lives (N)	Rob Robot	Gary Spetz	Days of our Lives (N)		Storage	General Hospital (N) 20	Days of our Lives (N)	100 Mile Challenge 20	Republic of Doyle 20	Rated A	Flushing, N.Y. (N) 20	The Social 20	Fast N' Loud 20	Suite/Deck	Katie 20	Deadliest Warrior	Bizarre Foods/Zimmerman
2 PM	King	100 Mile Challenge 20	Big Bear	Barney	Katie 20		Storage	The Jeff Probst Show	100 Mile Challenge 20	The Ricki Lake Show	Steven and Chris 20	Super Evil		Dr. Phil 20	Overhaul'n' "Parts Guy"	Shake It	CityNews at 5 (N) 20	Deadliest Warrior	Sand M.
3 PM	The Office	The Ricki Lake Show	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 20	Storage	Rachael Ray 20	The Ricki Lake Show	Young & Restless	Recipes	Squirrel	SportsCentre (N) 20	The Dr. Oz Show 20	How/Made	Jessie 20	CityNews at 5 (N) 20	Deadliest Warrior	Eat St. 20
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 20	Storage	The Doctors 20	Young & Restless	Early News	Dragons' Den 20	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Ink Master 20	Weird or What?
5 PM	Browns	News (N) 20	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	CTV News at Five (N)	Highway Thru	Dog	Liquidator	Ink Master 20	The Dead Files 20	
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) 20	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada	News	SpongeBob	CFL Football: Calgary Stampeders at Edmonton Eskimos. (Live) 20	CTV News (N) 20	Highway Thru Hell	Shake It	Murdoch Mysteries 20	Ink Master 20	The Dead Files 20
7 PM	Seinfeld 20	Ent	Billy Connolly: Journey	Wash	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Security	George S	SpongeBob	Big Bang	Mayday 20	ANT Farm	Murdoch Mysteries 20	Ink Master 20	The Dead Files 20	
8 PM	Family Guy	Bones 20 (DVS)	Murder Myster.	Doc Martin 20	Betty	Teach Four teachers navigate the school year. (N)	Storage	Last Man	Bones 20 (DVS)	Bones 20 (DVS)	Mr. D 20	Movie: *** "Spy Kids" (2001) 20	Shark Tank 20 (DVS)	Mayday 20	Big Ticket Summer	CityNews-Tonight (N)	Ink Master 20	Weird or What?	
9 PM	Amer. Dad	Copper	George Gently "Goodbye China" 20	The National Parks: America's Best Idea 20	Dateline NBC (N) 20		Storage	Shark Tank 20 (DVS)	Copper	Copper	the fifth estate 20		SportsCentre (N) 20	Orphan Black 20	Highway Thru Hell	Good Luck	Jimmy Kimmel Live (N)	Movie: ** "Fighting" (2009, Drama) Channing Tatum. 20	The Dead Files 20
10 PM	"Runaway Bride" (1999) Julia Roberts.	Security	Italian Job				Storage	(10.01) 20/20 20	Security	News Hour Final (N)	The National (N) 20	Boys	SportsCentre (N) 20	Blue Bloods 20	Loaded	Movie: * "Avalon High" (2010) 20	Maury 20		The Dead Files 20
11 PM		CHBC News Final (N)	Architects of Change	Charlie Rose (N) 20	News	News	Storage	Sports	News Hour Final (N)	ET Canada	CBC News	The Next Star 20	SportsCentre 20	News-Lisa	Mayday 20	Princess	Paid Prog.	Ways Die	The Dead Files 20



# News Leader Weekend - Saturday Movies

**MORNING**

11:00 am A&E ch.9 "Fried Green Tomatoes" (1991, Drama) Kathy Bates. A nursing-home resident regales a visitor with tales of the

close friendship between two women in 1930s Alabama. (CC)

**AFTERNOON**

12:00 pm FAM ch.26 "Teen Beach

Movie" (2013, Musical) Ross Lynch. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC) 2:00 pm CITV ch.12 "Quantum of Solace" (2008, Action) Daniel Craig.

James Bond's hunt for those responsible for Vesper Lynd's death leads him to a ruthless businessman who is plotting to seize control of a valuable resource. (CC) (DVS) 3:00 pm CHBC ch.4 BCTV ch.11 "Quantum of Solace" (2008, Action) Daniel Craig. James Bond's hunt for those responsible for Vesper Lynd's death leads him to a ruthless businessman who is plotting to seize control of a valuable resource. (CC) (DVS) 4:00 pm YTV ch.18 "Spy Kids" (2001, Adventure) Antonio Banderas. When a technical genius kidnaps retired spies, only their children can save them. (In Stereo) (CC) 5:00 pm WTBS ch.3 "300" (2007, Action) Gerard Butler. Sparta's King Leonidas and his badly outnumbered warriors fight to the death against King Xerxes' massive Persian army at the Battle of Thermopylae.

escaped convict and his two partners invade the home of an estranged Utah couple. (CC) (DVS) YTV ch.18 "Fantastic Mr. Fox" (2009, Comedy) Voices of George Clooney. Animated. After three nefarious farmers declare war on them, a sly fox rallies his animal neighbors to fight back. (In Stereo) (CC) VTV ch.22 "Tom, Dick & Harriet" (2013, Romance-Comedy) Steven Weber. Premiere. A con artist helps a man revive his career, until both fall for the same woman. (In Stereo) (CC) 9:00 pm FAM ch.26 "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (CC) DTOUR ch.45 "Dr. No" (1962, Action) Sean Connery. Agent 007 foils a SPECTRE madman out to divert rockets from Cape Canaveral. (In Stereo) (CC) 9:30 pm WTBS ch.3 "Zoolander" (2001, Comedy) Ben Stiller. A supermodel befriends a rival while becoming mixed-up in a brain-washing and assassination plot. 10:30 pm CBC ch.13 "Cooking With Stella" (2009, Drama) Don McKellar. A woman cooks for clients and tries to keep her thefts of food and money from being discovered. (In Stereo) (CC) FAM ch.26 "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full potential and become a championship dance team. (In Stereo) (CC)

**EVENING**

7:00 pm CITV ch.12 "Desperate Hours" (1990, Crime Drama) Mickey Rourke. An escaped convict and his two partners invade the home of an estranged Utah couple. (CC) (DVS) 7:30 pm WTBS ch.3 "Transporter 3" (2008, Action) Jason Statham. Mob courier Frank Martin and the subject of his assignment, a cynical Ukrainian woman, are fitted with shackles that will explode if they wander too far from his car. 8:00 pm CHBC ch.4 BCTV ch.11 "Desperate Hours" (1990, Crime Drama) Mickey Rourke. An



Although it looks as if Challenge Pentiction volunteer Josh Vissia, left, is trying to race this cyclist all he is doing is trying to make it easier to pass a bottle of water. Vissia was one of a number of volunteers helping on the course at the Bike Aid Station on Highway 3 in Cawston. The race, held August 25th, was the newest triathlon to pass through the area. \*

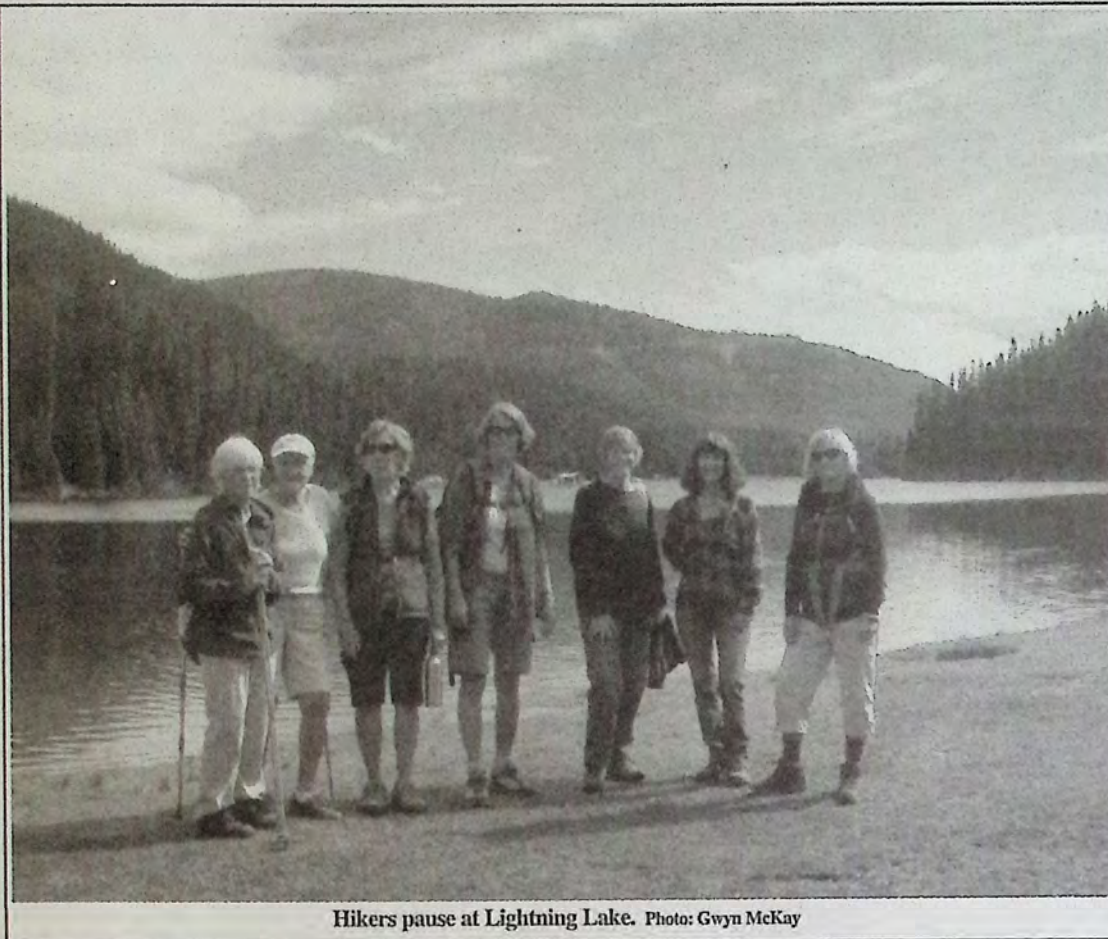
**SATURDAY, SEPTEMBER 7, 2013**

	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	SMART	Adventure	Peep, Big	Heartland	(5:00) Today (N) (D)	CBS This Morning	Criminal Minds "Run"	Paid Prog.	Adventure	Saturday Morning News Shane Jones. (N)	Monster	Kid vs. Kat	SportsCentre	Juicebox	Highway Thru Hell	Wingin' It	Kitchen	Xtreme 4x4	Live Here	
6:30	Paid Prog.	Fishful	Thomas	Fly Tying				Paid Prog.	Fishful		Busytown	Super Evil				Suite/Deck	Panorama	Horse.	Paid Prog.	
7 AM	Paid Prog.	Saturday Morning News Lynn	Rolie Polie	MotorWeek	KHQ News Saturday (N) (D)	Doodlebop	Flip This House	Good Morning America	Saturday Morning News Lynn		Animal	Sidekick	SportsCentre			Hannah	Eye/Asla	Trucks!	Security	
7:30	All. Eats		Tree Fu	Greener		Doodlebop					Super Why!	Squirrel			Ice Cold Gold	Wizards	Nossa TV	MuscleCar	Security	
8 AM	Browns	Collar, Welsa	Ella the El	Woodsmith		Busytown	Flip This House	Hanna	Collar, Welsa		Doodlebop	Kung Fu	SportsCentre	Canada AM Weekend	Mayday	Phineas	Polish Studio	Tattoo	Monumental Mysteries	
8:30	Jim	Wong, & Jay Janower. (N)	PAW Patrol	Woodshop		Busytown		Ocean	Wong, & Jay Janower. (N)		Cross	Allen			Dog			Tattoo		
9 AM	College Football: Western		Magic Bus	Hometime		2013 U.S. Open Tennis: Men's Semifinals. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live) (D)	Flipping Boston	Explore		Fishn	Absolutely Vancouver	SpongeBob	Motoring	Marilyn Denis	Don't Drive Here	Good Luck	EP Weekly	Tattoo	Mysterles-Museum	
9:30			Arthur	Old House				Rescue		Fishing		SpongeBob	Score Golf		Wingin' It	Reviews on	Tattoo			
10 AM	Kentucky at Tennessee. (N) (Live)						Flipping Boston	Recipe	Fishn	Powerboat	The Nature of Things	Sanjay	NFL Films	Children	Mayday	ANT Farm	Tow Biz	Tattoo	Best Daym	
10:30		Fishing	Pingu	Old House	LazyTown			Food	Fishing	Driving TV		Monsters	World Series of Poker	Is Written	Yukon Men	Austin	Shopping Channel	Tattoo	Burger	
11 AM		Powerboat	Marco Polo	Jazzy	Red Bull Signature Series From Whistler, B.C. (N) (Live) (D)		Movie: **** "Fried Green Tomatoes" (1991) (D)	XTERRA	Powerboat	House "Transplant"	the fifth estate	Turtles	World Series of Poker	Smile	Junk Raiders	Jungle Gold	Movie: "Teen Beach Movie" (2013) Ross Lynch.	Paid Prog.	Cops	Hotel Impossible
11:30		Driving TV	Wild Kratts	Martha				McCarver	Driving TV		the fifth estate	BeYblade	World Series of Poker		Barbie		Ed's Up	Tattoo	Burger	
12 PM		Noon News Hour (N)	Animals	Cook's				College Football: Teams TBA. (N) (Live)	Noon News Hour (N)	Moves	Recipes	Pokémon	CFL Pre							
12:30	Browns		Animals	Garden					Simpsons	Simpsons	Stefano	Rangers	CFL Pre							
1 PM	King	Moves	Parks	Antiques Roadshow	Yacht-ling: 34th America's Cup Match. (N) (D)			Storage	Moves	Simpsons	Equestrian: Spruce Meadows Suncor Cup. (N)	Yu-Gi-Oh! Battle	CFL Football: BC Lions at Hamilton Tiger-Cats. (N Subject to Blackout)	The Social	Highway Thru	Phineas	Tow Biz	Cops	Adam	
1:30	King	Simpsons	Parks					Storage	Simpsons	Simpsons	George S	Big Time	Big Time	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops	Eat St. (D)	
2 PM	Family Guy	Simpsons	Architects of Change	60s Girl Grooves (My Music) (D)	Jdg Judy	Access Hollywood (N)	Storage	Storage	Simpsons	Movie: *** "Quantum of Solace" (2008) Daniel Craig.	George S	Big Time	Big Time	Celebrity	How/Made	Wizards	Weekends	Cops	Eat St. (D)	
2:30	Family Guy	Simpsons			Chica		Storage	Storage	Simpsons	Movie: *** "Quantum of Solace" (2008) Daniel Craig.	Doc Zone	Movie: *** "Spy Kids" (2001) (D)	Big Time	Celebrity	How/Made	Jessie	G. Martin	Cops	Security	
3 PM	The Office	Movie: *** "Quantum of Solace" (2008) Daniel Craig.	Frontiers of				Storage	Countdown	Simpsons	Movie: *** "Quantum of Solace" (2008) Daniel Craig.	Doc Zone	Movie: *** "Spy Kids" (2001) (D)	Big Time	Celebrity	How/Made	Jessie	G. Martin	Cops	Security	
3:30	The Office						Storage	Countdown	Simpsons	Movie: *** "Quantum of Solace" (2008) Daniel Craig.	Doc Zone	Movie: *** "Spy Kids" (2001) (D)	Big Time	Celebrity	How/Made	Jessie	G. Martin	Cops	Security	
4 PM	Seinfeld (D)		Grizzly Cauldron	Drop 7 Foods, Feet Better Fast	Pajanimals	Liberty	Storage	NASCAR Racing: Sprint Cup: Federated Auto Parts 400. (N) (Live)	Simpsons	Movie: *** "Quantum of Solace" (2008) Daniel Craig.	Doc Zone	Movie: *** "Spy Kids" (2001) (D)	Big Time	Celebrity	How/Made	Jessie	G. Martin	Cops	Security	
4:30	Seinfeld (D)				Justin	Liberty	Storage	NASCAR Racing: Sprint Cup: Federated Auto Parts 400. (N) (Live)	Simpsons	Movie: *** "Quantum of Solace" (2008) Daniel Craig.	Doc Zone	Movie: *** "Spy Kids" (2001) (D)	Big Time	Celebrity	How/Made	Jessie	G. Martin	Cops	Security	
5 PM	Movie: *** "300" (2007) Gerard Butler, Lena Headey.		Electric Dreams	Super Brain With Dr. Rudy Tanzi	News	News	Duck D.	Federated Auto Parts 400. (N) (Live)	Global Nat.	Movie: *** "Desperate Hours" (1990)	Land/Sea	Sam & Cat	MLS Soccer: Toronto FC at Portland Timbers. (N)	Movie: "Tom, Dick & Harriet" (2013) (D)	Street Outlaws (N)	Shake It	CityNews Weekends	Bellator MMA Live (Season Premiere) (N) (Live)	Adam	
5:30					News	News	Duck D.	Federated Auto Parts 400. (N) (Live)	Global Nat.	Movie: *** "Desperate Hours" (1990)	Land/Sea	Sam & Cat	MLS Soccer: Toronto FC at Portland Timbers. (N)	Movie: "Tom, Dick & Harriet" (2013) (D)	Street Outlaws (N)	Shake It	CityNews Weekends	Bellator MMA Live (Season Premiere) (N) (Live)	Adam	
6 PM	Butler, Lena Headey.	Global Nat.	Be the Creature		News	News	Bad Ink		Global Nat.	Movie: *** "Desperate Hours" (1990)	One/One	Big Time	MLS Soccer: Toronto FC at Portland Timbers. (N)	Movie: "Tom, Dick & Harriet" (2013) (D)	Street Outlaws (N)	Shake It	CityNews Weekends	Bellator MMA Live (Season Premiere) (N) (Live)	Adam	
6:30					Wheel	Paid Prog.	Bad Ink		Global Nat.	Movie: *** "Desperate Hours" (1990)	One/One	Big Time	MLS Soccer: Toronto FC at Portland Timbers. (N)	Movie: "Tom, Dick & Harriet" (2013) (D)	Street Outlaws (N)	Shake It	CityNews Weekends	Bellator MMA Live (Season Premiere) (N) (Live)	Adam	
7 PM		16x9	Venom: Nature's Killers	60s Girl Grooves (My Music) (D)	CSI: Miami	Burn Notice	Bad Ink		Global Nat.	Movie: *** "Desperate Hours" (1990)	One/One	Big Time	MLS Soccer: Toronto FC at Portland Timbers. (N)	Movie: "Tom, Dick & Harriet" (2013) (D)	Street Outlaws (N)	Shake It	CityNews Weekends	Bellator MMA Live (Season Premiere) (N) (Live)	Adam	
7:30					CSI: Miami	Burn Notice	Bad Ink		Global Nat.	Movie: *** "Desperate Hours" (1990)	One/One	Big Time	MLS Soccer: Toronto FC at Portland Timbers. (N)	Movie: "Tom, Dick & Harriet" (2013) (D)	Street Outlaws (N)	Shake It	CityNews Weekends	Bellator MMA Live (Season Premiere) (N) (Live)	Adam	
8 AM	Movie: ** "Transporter 3" (2008, Action)		Heartbeat "Easy Rider"		American Ninja Warrior	NCIS: Los Angeles	Bad Ink	Northwest	Movie: *** "Desperate Hours" (1990)		Equestrian: Spruce Meadows BMO Nations Cup.	Movie: *** "Fantastic Mr. Fox" (2009) (D)	MLS Soccer: Toronto FC at Portland Timbers. (N)	Movie: "Tom, Dick & Harriet" (2013) (D)	Street Outlaws (N)	Shake It	CityNews Weekends	Bellator MMA Live (Season Premiere) (N) (Live)	Adam	
8:30					American Ninja Warrior	NCIS: Los Angeles	Bad Ink	Northwest	Movie: *** "Desperate Hours" (1990)		Equestrian: Spruce Meadows BMO Nations Cup.	Movie: *** "Fantastic Mr. Fox" (2009) (D)	MLS Soccer: Toronto FC at Portland Timbers. (N)	Movie: "Tom, Dick & Harriet" (2013) (D)	Street Outlaws (N)	Shake It	CityNews Weekends	Bellator MMA Live (Season Premiere) (N) (Live)	Adam	
9 AM			Midsomer Murders Crime during the election.	The National Parks: America's Best Idea	American Ninja Warrior	48 Hours	Duck D.	Entertainment Tonight	Durham County	News Hour	News	Boys	SportsCentre (N) (D)	Amazing Race	Yukon Men	Movie: "Jump In!" (2007) (D)	Murdoch Mysteries	Canadians	Movie: *** "Dr. No" (1962, Action) Sean Connery. (D)	
9:30					American Ninja Warrior	48 Hours	Duck D.	Entertainment Tonight	Durham County	News Hour	News	Boys	SportsCentre (N) (D)	Amazing Race	Yukon Men	Movie: "Jump In!" (2007) (D)	Murdoch Mysteries	Canadians	Movie: *** "Dr. No" (1962, Action) Sean Connery. (D)	
10 AM					Do No Harm (DVS)	48 Hours	Bad Ink	Sanctuary	Durham County	News Hour	News	Boys	SportsCentre (N) (D)	Amazing Race	Yukon Men	Movie: *** "Gotta Kick It Up" (2009)	G. Martin	Ways Die	Best Daym	
10:30					Do No Harm (DVS)	48 Hours	Bad Ink	Sanctuary	Durham County	News Hour	News	Boys	SportsCentre (N) (D)	Amazing Race	Yukon Men	Movie: *** "Gotta Kick It Up" (2009)	G. Martin	Ways Die	Best Daym	
11 AM					SNL	Cold Case	Bad Ink	Castle "Setup"	News Final	News Final	News Final	Mr. Young	SportsCentre	CTV News	Backyard	G. Martin	Ways Die	Best Daym		
11:30					SNL	Cold Case	Bad Ink	Castle "Setup"	News Final	News Final	News Final	Mr. Young	SportsCentre	CTV News	Backyard	G. Martin	Ways Die	Best Daym		









Hikers pause at Lightning Lake. Photo: Gwyn McKay

# Naturalists explore Manning Park's Lightning Lake

by Janis Wright, VFFN

The hills were alive (at times) with the sound of Rika's yodeling and ensuing echoes as a group of eight Vermilion Forks Field Naturalists trekked around Lightning Lake in Manning Park on August 24.

We also enjoyed the recurring calls of loons, the tiny toots of red-breasted nuthatches, and the bold antics of gray jays who literally stole food from our hands! We spotted a diving female goldeneye and a placid Franklin's grouse along the way, as

we inhaled the sweet fragrance of pines and delighted in the exquisite views around every turn in the trail. Good weather was a bonus, and we enjoyed a leisurely lunch and good conversation before heading for home.

Our next field trip will be led by Rika Ruebsaat on September 7, and will be a strenuous hike up to the beautiful alpine landscape of Jim Kelly Peak. Confirm with Rika at 250-295-4006 and meet at Billy's at 8:00 AM.

Our next meeting will take place September 10, 7:00 PM at Riverside Centre, when Zoe Kirk will speak on bear awareness, specific to our area. Please join us for our first meeting of the season!

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## Monday Movies

**EVENING**

8:00 pm CHBC ch.4 BCTV ch.11 CITYV ch.12 "27 Dresses" (2008, Romance-Comedy) Katherine Heigl. A perpetual bridesmaid balks upon learning that her next assignment would be standing up for her sister, who will marry the man the bridesmaid secretly loves. (CC)

9:30 pm WTBS ch.3 "Eurotrip" (2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal.

11:30 pm WTBS ch.3 "Final Destination 2" (2003, Horror) Ali

Larter. Death returns to claim the lives of those who did not die in a horrible highway calamity as they were meant to do.

**MONDAY, SEPTEMBER 9, 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	CITYV 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) [E]	Wibbly Pig	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [E]	News	Morning News (N) [E]	(5:00) Morning News (N)	CBC News Now (N) [E]	Kid vs. Kat Rescue	SportsCentre [E]	CTV Morning Live (N) [E]	Shred!	Stella-Sam	CityLine (N) [E]	CSI: NY [E]	Moves
7 AM	Law Order: CI		Ella the El	Arthur	Today (N) [E]	CBS This Morning (N) [E]	Criminal Minds [E]	Good Morning America (N) [E]			Tiger	Penguins	SportsCentre [E]		Salvage Hunters [E]	Shake It	Let's Make a Deal [E]	CSI: NY "Flash Pop" [E]	World's
8 AM	Law Order: CI		Magic Bus	Curious			CSI: Miami [E]		Morning		Bo On/Go	Pokémon	SportsCentre [E]		Canada's Worst Driver	Jessie [E]	The Price Is Right [E]	CSI: Crime Scene	Eat St. [E]
9 AM	Millionaire	Morning	Dragon	Super Why!		The 700 Club [E]	CSI: Miami [E]	Livel Kelly and Michael	Morning	The Doctors [E]	Super Why!	Rescue	SportsCentre [E]	Livel Kelly and Michael	Nerve Center [E]	Little	Jdg Judy	CSI: Crime Scene	Security
10 AM	Divorce	The Doctors [E]	Rob Robot	Sesame Street [E]		The Price Is Right [E]	Criminal Minds [E]	The View (N) [E]	The Doctors [E]	Chef/Home	Bookaboo	Little Bear	Motoring	The View (N) [E]	How/Made	Never Land	The Chew [E]	CSI: Crime Scene	To Be Announced
11 AM	Judge Alex	Chef/Home	Robo Polle	Tiger	Jdg Judy	Young & Restless	Criminal Minds [E]	Paid Prog.	Chef/Home	Noon News Hour (N)	Absolutely Vancouver	To School	Numbers Never Lie (N)	Marilyn Denis	Auction	Suite/Deck	General Hospital (N) [E]	Wildest Police Videos	Airport
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose [E]	Paid Prog.	News	The First 48 [E]	The Chew [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [E]	Parents	SportsNation (N) [E]	CTV News (N) [E]	Fantom-Works [E]	Wizards	CityLine [E]	Wildest Police Videos	Hotel Impossible (N) [E]
1 PM	There Yet?	Days of our Lives (N)	Rob Robot	Paint This	Days of our Lives (N)	The Talk (N) [E]	The First 48 [E]	General Hospital (N) [E]	Days of our Lives (N)	The Talk (N) [E]	Republic of Doyle [E]	Rated A	NFL Prime-Time (N) [E]	The Social (N) [E]	Mayday [E]	Suite/Deck	Katie [E]	Wildest Police Videos	Bizarre Foods/Zimmer
2 PM	King	The Talk (N) [E]	Big Bear	Barney	Katie [E]	2013 U.S. Open Tennis: Men's Final (N) (Live) [E]	The First 48 [E]	Bonanza	The Talk (N) [E]	100 Mile Challenge [E]	Steven and Chris [E]	Super Evil	NFL Monday Night Countdown (N) (Live) [E]	Dr. Phil [E]	Myth-Busters [E]	Shake It	CityNews at 5 (N) [E]	Cops [E]	Amazing
3 PM	The Office	100 Mile Challenge [E]	Clifford	Std	Ellen DeGeneres Show		Storage	Rachael Ray (N) [E]	100 Mile Challenge [E]	Young & Restless	Recipes	Squirrel	Bethenny [E]	Canada's Worst Driver	Jessie [E]	CityNews at 6 (N) [E]	Cops [E]	Eat St. [E]	
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy		Storage	The Doctors [E]	Young & Restless	Early News	Dragons' Den [E]	SpongeBob	NFL Football: Philadelphia Eagles at Washington Redskins. (N) (Live) [E]	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Cops [E]	To Be Announced
5 PM	Browns	News (N) [E]	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	Eagles at Washington Redskins. (N) (Live) [E]	CTV News at Five (N)	Airplane Repo (N)	Jessie [E]	Million Second	Cops [E]	Trip Flip
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) [E]	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada	News	Sam & Cat		CTV News (N) [E]	Amish Mafia "Amish Exorcism" (N) [E]	Good Luck	Broke Girl	Cops [E]	Airport
7 PM	Seinfeld [E]	Ent	Hope for Wildlife (N)	Downton Abbey Revisited [E]	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Under the Dome (N) [E]	George S	The Next Star (N) [E]	(7:15) NFL Football: Houston	Big Bang	Shake It	Shahs of Sunset [E]	Cops [E]	Hotel Impossible [E]	
8 PM	Family Guy	Movie: ** "27 Dresses" (2008) [E]	Park Avenue	Oscar Hammerstein - Out	Million Second	How I Met	Storage	Shark Tank [E] (DVS)	Movie: ** "27 Dresses" (2008) [E]	Movie: ** "27 Dresses" (2008) [E]	Murdoch Mysteries [E]	Wendell	Texas at San Diego Chargers. (N) (Live) [E]	Satisfact	Airplane Repo	Good Luck	CityNews-Tonight (N)	Cops [E]	Moves
9 PM	Amer. Dad	Movie: ** "Eurotrip" (2004) Scott Mechlowicz.	Vincent: The Full Story	American Ninja Warrior	Broke Girl	Storage	Mistresses [E] (DVS)	Storage	Storage	Storage	Cracked "Inquest" [E]	Funnest Home Videos		Amazing Race	Amish Mafia "Amish Exorcism" [E]	Wingin' It	Jimmy Kimmel Live (N)	Cops [E]	Trip Flip
10 PM		CHBC News Final (N)	Hope for Wildlife [E]	Charlie Rose (N) [E]	News	News	Storage	News	News Hour Final (N)	ET Canada	CBC News	Boys		Mistresses [E]	Airplane Repo	Hannah	Paid Prog.	Jail [E]	Hotel Impossible [E]
11 PM		"Final D 2"			Jay Leno	Letterman	Storage	J. Kimmel		The Test	George S	Mr. Young	Sports	News-Lisa	Airplane Repo	Princess	Paid Prog.	Jail [E]	



# Tulameen River Spill

## Accident or Disaster?

..... continued from Front Page River. The spill was the result of emergency repairs to the coal processing plant thus requiring parts of the plant to be evacuated of water. Under normal operations, all water used in the Basin Coal Mine plant is fully self-contained with no water leaving the plant site as it is all recycled and re-used in the plant processing operations.

"As soon as mine staff was aware of the spill, the emergency response plan was activated, mitigation efforts were initiated, and the Ministry of Energy and Mines and the Ministry of Environment were contacted and advised of the incident.

"As a result of this spill, some of the Tulameen River downstream of Collins Gulch became discoloured. This discolouration was a result of a small amount of carbon in the tailings, as well as the turbidity caused by the clay particles. In addition, slight amounts of carbon do tend to turn the surroundings black. Though this event created a strong visual impact, fortunately due to the high quality of coal being mined at the Basin Mine, and the state of the art processing technology in use, the environmental effects were minimized. As coal is a significantly minor percentage of the overall tailings material with the majority being standard soils and other products found in soil materials, it is believed that this event will have no significant environmental impact on the Tulameen River.

"Coalmont Energy Corp. is working closely with Interior Health regarding issues of water quality. Interior Health will be providing independent analysis and updates on this issue but due to the small amount of coal contained in the tailings, it is believed that wells have not been affected by this event. For those that obtain their drinking water directly from the Tulameen River, it is anticipated that the river has flushed clear but if water appears to be discoloured, it is recommended that residents use bottled water until the water runs clear.

"Basin Coal Mine staff are working very closely with the Ministry of Environment and the Ministry of Energy and Mines staff investigating the incident, including water quality monitoring and testing. Ministry officials have completed

their initial on-site investigation and have advised that once the plant repairs have been completed and their recommendations implemented, the mine can go back into full operation. No employees of the Basin Coal Mine have been laid off as a result of this event.

"Coalmont Energy Corp. will provide further updates and the results of water sampling."

### RDOS News Release

August 28, 2013

#### RDOS monitoring Coalmont spill on behalf of residents

The Regional District of Okanagan-Similkameen is working with environmental and health authorities on both sides of the Canada-U.S. border to provide information to Coalmont-area residents following a coal tailings spill at the Coalmont Energy mine 20 km west of Princeton.

Area 'H' Director Brad Hope says that as a regional representative he is fielding numerous calls from constituents.

"As quickly as possible, I'd like to know exactly what happened and why it happened," Director Hope said.

"I'd like to be able to go back to my constituents and confidently tell them what's being done. And I'd also like to tell them what's being done to make sure it doesn't happen again."

According to Coalmont Energy Corporation, about 30 cubic metres (6,500 gallons) of coal slurry breached an emergency containment pond late in the afternoon August 24. It eventually made its way to the Tulameen River.

The following morning, Tulameen and area residents began reporting the river was black and murky.

Dale Kronebusch, Emergency Management Services Supervisor with the RDOS, is working with the provincial Emergency Management Office, provincial Energy and Mines and Environment ministries and the Interior Health Authority (IHA) to ensure the spill is not posing any risks to the public.

"Thus far, we've been told the spill is not posing any risks to underground drinking water sources," Kronebusch said. "The Interior Health Authority is encouraging those who source drinking water directly from the Tulameen River to use bottled water if the water appears discoloured."



A dark Tulameen River following the spill near Collins Gulch. - photo submitted

The IHA is also recommending people take extra precautions if they intend to swim in the river, including not drinking surface water, swimming with eyes closed and vigorously towel off afterwards.

The provincial Environment ministry and IHA have sampled the water and are awaiting results. Washington State's Department of Ecology and Okanogan County Department of Emergency Management are also sampling the Similkameen River near Nighthawk, where the Similkameen River crosses into the United States.

Kronebusch said the Regional District will continue to monitor the event until it is certain the spill does not present any ongoing threat to the local community.

"Our responsibility is to the people of the region and their safety," he said. "We won't let this settle until we're sure our local communities are completely safe."

### Interior Health News Release

August 28, 2013

#### Tulameen River Tailings Spill - Impact to Water Quality

Interior Health wishes to advise areas residents that there is little or no impact to drinking water sources in the Coalmont and Tulameen areas as a result of the recent tailings spill breach from the Basin Coal Mine.

There are no regulated water systems in the Coalmont or Tulameen area that draw from surface water. All the water systems draw from well water and well water is unaffected by this spill. Information obtained from the Ministry of Environment water license database indicates that there are no surface

water intakes until two to three kilometres upstream of Princeton.

For residents that source drinking water directly from the Tulameen River, it is anticipated that the river has flushed clear but if water appears discoloured, it is recommended that residents use bottled water until the water runs clear.

For people swimming on the river, Interior Health recommends that they take routine precautionary measures: Do not drink untreated surface water, keep eyes closed under water and vigorously towel dry off after swimming. If the water is turbid or discoloured, Interior Health recommends avoiding swimming.

Ministry of Environment is conducting sampling of the Tulameen River around Coalmont and Princeton to further confirm there are no impacts on water quality.

If residents have questions related to their drinking water quality, they can call IH Health Protection's Penticton office at 250-770-5540.

### CEC News Release #2

August 28, 2013

Employees of the Basin Coal Mine continue to work with officials of the Ministry of Energy and Mines, Ministry of Environment, Fisheries and Oceans Canada, and Interior Health regarding the August 24th tailings spill.

As part of the standard notification process, Interior Health was immediately notified of this event and has been monitoring the situation. Earlier today they released a Public Service Announcement regarding the potential impact to water quality on the Tulameen River and state "Interior Health

wishes to advise areas residents that there is little or no impact to drinking water sources in the Coalmont and Tulameen areas as a result of the recent tailings spill breach from the Basin Coal Mine." Furthermore, the Ministry of Environment is conducting water sampling of the river and these results are expected to be available early next week.

Work priorities on site are currently focused on upgrades to the emergency catchment ponds, including a review by a registered professional geotechnical engineer. In addition to the remediation work, a full environmental assessment will be conducted by an independent third-party.

Once the remediation work has been completed to the satisfaction of the various government agencies, efforts will be directed to completing the necessary repairs to the processing plant. The plant will go back into operation upon approval of the various Ministries.

Officials of Coalmont Energy Corp. will hold a public information session for all local residents on Friday, August 30th at 5:00 PM at the Tulameen Community Hall, 2597 Otter Avenue.

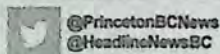
### CEC News Release #3

August 29, 2013

Efforts at the Basin Coal Mine continue to focus on upgrades to the emergency containment ponds and the full environmental assessment. Earlier today, the Ministry of Environment issued a directive to Coalmont Energy Corp. to complete a shoreline cleanup and

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..... continued on Page 22





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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](http://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.

Princeton & District Community Services has a janitorial position available. The work will include cleaning various sites, primarily the suites at Vermilion Court. The position is somewhat flexible and will guarantee 16 hours per week. Benefits are available after 3 months. Deadline for applications is September 5, 2013. Please submit applications to the attention of Lynn Pelly, Box 1960, Princeton, BC VOX 1W0; mail@pdcss.com or drop off at 47 Harold Avenue.

## Help Wanted

## Help Wanted



## 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](http://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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School District No. 58 (Nicola-Similkameen)  
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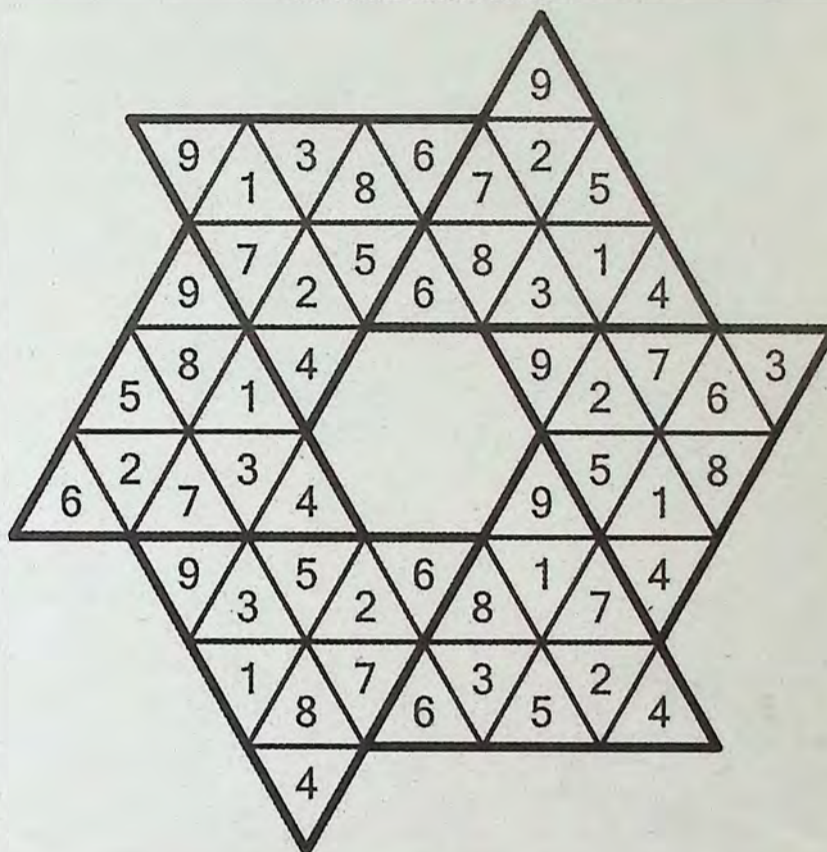
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White sand is visible - under a layer of darker sand - following a spill in Tulameen River. Photo: Bob Sterne

# Your Turn

## Letters to The Editor

..... continued from Page 4 received numerous phone calls inquiring about the condition of the river and in particular White Sands Beach, and now it will be our unfortunate duty to tell people exactly what it looks like. Until the river is returned to its former beauty, Tourism in the area will be sure to suffer, not to mention the as yet unknown damage to the Environment.

In the photo to the left, I used a

## Dr. Smith interview

..... continued from Page 2 bedrooomed apartment and was given a single room at the motel for them all. He found this unacceptable and left, after arranging with me to do call. Not a big deal and I was only too happy to help out. Unfortunately though, he and the locum doc of the previous weekend who had had a similar experience, have now both expressed doubts about coming here again. Its an unfortunate incident which could have been prevented by simple communication. Note that Interior Health was not to blame (if there is any blame at all) for any of this, as they were not instrumental in the renting of the apartment.

**News Leader:** Dr Smith are you pessimistic about the future of health care in this community?

**Dr. Smith:** Oh absolutely the oppo-

stick to draw a line in the black sand just to show the difference a so called "minor incident" can make to a pristine environment.

Perhaps it is time that the residents in Coalmont draw our own "line in the sand" with regards to Coalmont Energy Corp. and demand that they return the Tulameen River and Collins Gulch, and any other places affected to the way they were before the spill.

- Bob Sterne, Coalmont, B.C.

site! I am extremely optimistic that that with the community working together as a whole, that things are going to get a lot better. After all we have 3 new doctors coming, and we have the new "Action Framework Committee" who are trying their best to further the health care needs of the whole district. All that I hope for is that this organization remains completely non political and has representatives from all walks of society of Princeton. Then, and then only, is it going to succeed. There are obviously going to be "growing pains" at the Cascade Clinic, but this would happen in any new Clinic. I am a little upset that IH did not go a step further and provide us with a better facility, but hopefully things like this can be changed in the future according to circumstance. I hope it will and I wish it well.

## Club hosts Men's Open

..... continued from Page 8

Third Flight Low Gross winners were Mike Davies, Chris Hicks, Al Dubuc, and Jim Emmons while the Net Winners for that flight were Ron Marshall, Harry Bargaen, Clayton Vermette and Rob Hicks.

Fourth Flight Low Gross winners were Jonas Montgomery, Eddy Page, Kent Gibson and Stan Poslowsky Jr. The Low Net win-

ners were Drew Erickson, Len Castle, Kelvin Smith and Joe Beausoleil.

Alan Lawes won the Putting contest while Jesse McLean won the Chipping contest.

The course was in prime condition and the chef-prepared meals ensured that the local and visiting golfers all enjoyed a successful weekend!

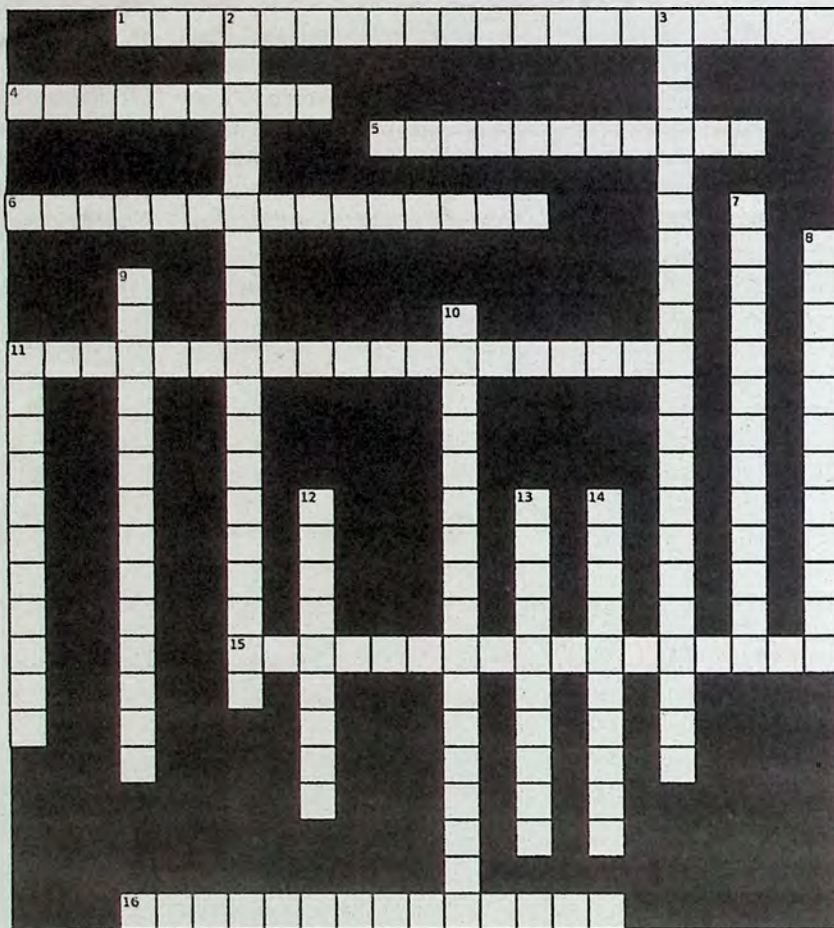
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# Similkameen News Leader Puzzler

Use the August 27 News Leader to find Answers Below...



- Across
- 1 Giant blue headline on Page 12.
  - 4 Name Dennis Walker's internet radio station.
  - 5 This sport involves getting a rope around a fake calf.
  - 6 The first half of Recipe 576.
  - 11 The 'PX' in PXA.
  - 15 Headline: "Town awards"
  - 16 She painted the side of one of the buildings at Princeton Fairgrounds.

- Down
- 2 This was held along with the Agricultural Fair.
  - 3 The 'XA' in PXA.
  - 7 This was held August 21st at Centennial Pool.
  - 8 The Traditional Music Society President.
  - 9 She works at the Keremeos InfoCentre.
  - 10 The proper name for the Keremeos pepper festival.
  - 11 The second half of Recipe 576.
  - 12 He provided live entertainment during the Agricultural Fair.
  - 13 The 'HC' in SOHC.
  - 14 The 'SO' in SOHC.

Similkameen News Leader

PUZZLER #139  
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# Tulameen River Spill

## Accident or Disaster?

..... continued from Page 18  
assessment techniques report. Once this is completed, recommendations from the report will dictate the cleanup and recovery of material. Triton Environmental Consultants Ltd. has been retained to complete the environmental assessment; their staff is on-site and this work is underway.

Coalmont Energy Corp. recently had the tailings material analyzed by an independent testing laboratory that has expertise in the coal mining industry. The waste product from coal washing is called filter cake; filter cake is sand that was previously clay and this sand contains elements naturally found in the area. The particles are extremely small, with the particle size measuring 250 microns or approximately 0.00975 inches. In addition to the sand and naturally occurring elements in the sand, 6% is fine coal dust. It is this material that turns the sand black.

Residents of the area are reminded that Coalmont Energy Corp. has scheduled a public information session on Friday, August 30th at 5:00 PM at the Tulameen Community Hall, 2597 Otter Avenue. For those residents who are not able to attend in person, questions or concerns can be emailed to [info@coalmontenergy.com](mailto:info@coalmontenergy.com).

**All In The Same Boat - Ole Juul Posted on August 31, 2013**  
<http://www.coco.coalmont.net/>

The public information session with Coalmont Energy Corporation took place at the Tulameen Community Hall this Friday evening (August 30th).

The meeting was attended by about 50 people, including representatives from Environment Canada, Fisheries, and Interior Health. Our MLA, Jackie Tegart, was there as was our Area 'H' representative, Brad Hope. Many people are involved with this and it isn't over yet.

President Kerry Leong was the first to speak. It was clear that this was a grave situation for him. The first thing he wanted to do was address the initial lack of contact. "I'm sorry we were so slow in community communication, I take responsibility, and apologize". Initially, the company was unable to respond to the crisis in the best

way because they were unprepared for this and nobody at the site had experience in public relations.

Allan McGowan is the mine manager and has been central to everything that has transpired. He has had to deal with the Inspector of Mines, Environment Canada, Forestry, Fisheries, and everyone else with direct concerns - not to mention visits from the media. A lot has happened this week and McGowan has been working far beyond normal.

Much of what needs to be dealt with falls on McGowan's shoulders. When the disaster happened, there was no one to help him with public relations and damage control. "We heard the discontent. It was loud and clear." He said. The first priority was to deal with the physical problems and work with Environment Canada. It wasn't until over a day later that Keith Meldrum was put in charge of communications and our community was informed of what was really going on.

Official testing to determine environmental damage and ensure public safety is the responsibility of the agencies, but the mine will have much remedial work to do. One of the things they are looking at is a secondary containment structure. At this point they have identified 9 points which they need to address. They have already dealt with four of those and hope to complete the remaining five by September 6. When the mine will actually reopen will be determined by the Government Mine Inspector.

Although this spill is relatively small as these things go, there is still some cleanup that can be done without further damaging the environment. As McGowan points out, it is easy to do more damage by using high pressure hoses and such, but he said they do have plans to clean up what they can. When asked how far down the river this work will be done, he replied "as far as necessary". They have hired an independent agency. Triton Environmental Consultants Ltd. and their senior aquatic biologist, Ryan Whitehouse, will be doing this work.

As we have already learned, the contaminants consist of nothing that isn't normally present other than 6% coal. It is nevertheless



Another view of Tulameen River at Collins Gulch. Photo: Bob Sterne

prudent to both confirm that and to continue monitoring. There appears to be no concern at this time, but the company promises to keep us informed so that we can be assured that that remains the case.

Bert Rice has pasture on the river and asked McGowan if the water would be safe for his cattle. Could there be problems over time? McGowan answered that he is not the one to answer that. "We cannot say that. It has to come from Interior Health. At this point the water has a clean bill of health from IH, Fisheries, and Environment Canada." His expertise is mining, and clearly he presumes no authority on the matter of water safety which he defers to the health authorities.

A spokesperson from Interior Health gave us the information about the suitability of the water for different uses. To confirm the safety of the water they tested samples

for metals and it showed the water is suitable for both agriculture and residential water use. What they do is match test results with specific guidelines for the different uses. However, they pointed out that right in Collins Gulch, some samples are above acceptable standards for aquatic life but the diluted result in the Tulameen River is a different situation. In any case, so far all tests are within guidelines. This work continues, and some results even came in within the last 3 hours.

There were other concerns voiced by the audience. Will there be fines? Keith Meldrum answered that they don't know yet. "First we will have to do cleanup and remedial work". Another person wanted to know if any of this work would cost the taxpayers anything, and a representative from Environment Canada was able to give a definitive answer on the spot: "the law

says, company pays".

This whole affair is going to be expensive for Coalmont Energy. Valuable lessons often are. Both Allan McGowan and Kerry Leong said there was going to be some major changes as a result of this and it was clear they meant it. That's the up side. Perhaps the down side could have been avoided. But it seems a shame that this should happen at such an early stage in the growth of the company. They employ about 150 people and a good share of those are Coalmontians or from the area. It would be nice if things continued in a way that benefits all of us. Kerry Leong told us at the meeting: "We want to be a good corporate citizen". "This is a family business and we have some ties to the area as well. We do have a great deal of respect for this area". It looks like we're all in the same boat.

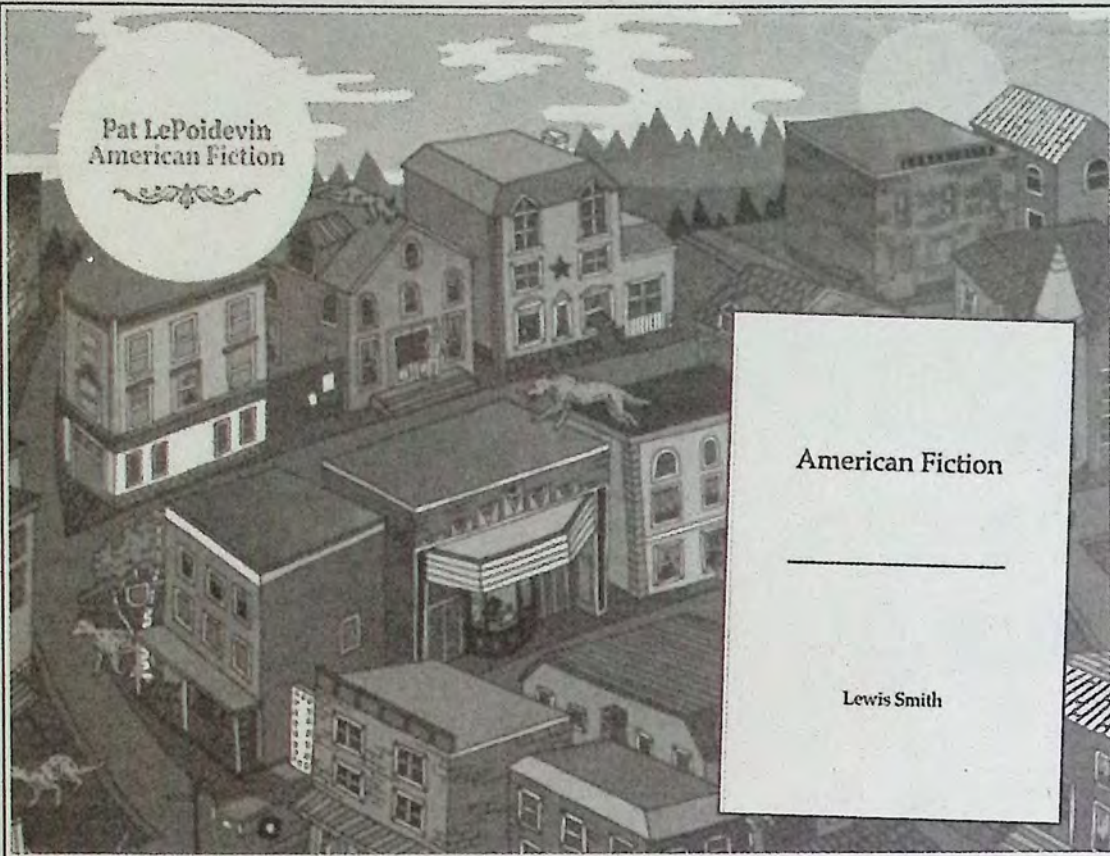


The Tulameen River as viewed in Coalmont last week. Photo: Bob Sterne

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Pat LePoidevin  
American Fiction

American Fiction is a CD of music as well as a book of short stories. Both were written by former Princeton students Pat LePoidevin and Lewis Smith. The pair will perform in Riverside Theatre with musician Matt Sarty.

## Princeton welcomes talented sons

When you look at the amazing talent that comes from, and continues to exist, in and around the Princeton area there is no wonder when a former resident comes to town there's cause for celebration.

When it happens to be residents with musical talent that celebration becomes a concert.

Pat LePoidevin, Lewis Smith and Matt Sarty will be making a stop at Riverside Centre this weekend and will be performing songs from LePoidevin's latest CD 'American Fiction,' which is also a book of short stories by Smith.

The website <http://www.pigeon-row.com/pat-lepoidevin-american-fiction/> explains it best:

*Born of a sleepy mountain town in British Columbia and built in equal parts by Scotland, New Brunswick, Nova Scotia, Ontario, and the Yukon, Pat LePoidevin is a songwriter strongly influenced by community. With an extensive songwriting resume and four albums to his name, LePoidevin has built a sizable fan base on relentless touring and standout performances at some of Canada's most prestigious music festivals, including the Dawson City Music Festival and SappyFest. On stage, LePoidevin is like a warm light filtering through cold windows to frozen streets. His powerful, melodic vocals bring life to his songs. With friends and fans across the country, LePoidevin is at home wherever he is playing.*

*LePoidevin's latest undertaking is focused largely on community and identity. The son of an American-born artist, LePoidevin has held dual citizenship since birth, yet has never felt different from any other Canadian boy, spending his child-*

*hood playing hockey and eating hot pockets. American Fiction marks a turn for LePoidevin. In search of his half-American identity, LePoidevin teamed up with his best friend from childhood and fellow Patrick Roy enthusiast Lewis Smith. Together, they wrote about ten small American towns, drawing inspiration from their own experiences in rural Canada. Accompanying the songs is a book of short stories written by Smith.*

*American Fiction is a heartfelt tribute to family, youth, and recurrence. Crafted over a winter spent along the Nova Scotia coastline, LePoidevin's latest effort swells with the presence and confidence of a songwriter truly coming into his own.*

*The album plays out like a series of intercepted love letters, with familiar themes and unknown postmarks. Stories of family, love, and warmth, beat and pulse and grow*


*to dark barrel-chested entities, with full lives in the vast unvisited America. By his own admission, these are untrue stories, but with every breath, LePoidevin creates truth and life from nothing. An American Fiction in name only, this album births a beautiful and real world, with baseball games, jean jackets and above all, full hearts.*

LePoidevin, Lewis and Sarty will be in performance at Princeton's Riverside Theatre Saturday, September 7th. The concert starts at 7:30 PM with doors opening at 7:00 PM. Tickets are \$10.00 each and available at the door.

Princeton has always had talented artists dating back to when the pioneers settled in the area. That tradition has continued to this day and is encouraged by Princeton Arts Council. On Saturday night welcome back a pair of friends who still call Princeton home.

### American Fiction

PAT LePOIDEVIN - LEWIS SMITH - MATT SARTY



## Saturday, September 7

CONCERT 7:30 PM - DOORS OPEN 7:00 PM  
TICKETS \$10.00 PER PERSON

RIVERSIDE THEATRE  
148 OLD HEDLEY ROAD, PRINCETON

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## Princeton Flower Stop

11km East of Princeton on Highway 3

Open 10:00 AM - 4:00 PM  
Saturdays  
(AUGUST/SEPTEMBER)

Call 250-295-7939 or e-mail [cindy@nethop.net](mailto:cindy@nethop.net)



## Annual General Meeting

6:30 PM Wednesday, September 18  
Riverside Centre  
**EVERYONE WELCOME!**

## FAX SERVICE



SENDING OR RECEIVING  
- CONFIDENTIALITY GUARANTEED -  
AVAILABLE AT:

Similkameen  
**News Leader**

226A Bridge Street, Princeton  
Phone: 250.295.4149 - Fax: 250.295.4103

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**April Earle**

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(250) 295-5346

**Sandra Simpson**

sandra@bcland.net  
(250) 499-9414

# Back-to-School



## SLOW DOWN!

### School Zones are in effect

**REALTY  
EXECUTIVES**

PRINCETON

**499 Similkameen Avenue**

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

**33-4354 Highway 3****KEREMEOS!**

River front lot located in the Riverside RV Park & Resort. This lot has pedestals for 2 RV's (water, electricity, sewer & phone) on an 8" shale base with landscape rocks along each side. This secure gated community has low maintenance fees and great facilities within easy walking distance for your use and comfort. MLS@144604 \$ 93,900

**459 Corina Avenue**

This family home is located in an established residential neighborhood. 4 bedroom and 2 full baths, 1 block from John Allison Elementary School. Lovely open living and dining room with new windows and patio door. Main bath is new, bright and clean, and features a deep soaker tub. Lots of space to expand on the lower level. MLS@142180 \$225,000

**332 Fenchurch Avenue**

This 3 bedroom, 3 bath house is the perfect place to call home. Located on the second bench in a family friendly neighbourhood, this house features new carpeting, fresh paint and a new basement. Fully renovated in the last six months, the basement features a rec room for the kids, a family room with a wood burning fireplace. MLS@142674 \$265,000

**237 The Ridgeway**

Immaculate view home on 3rd bench area, walk to school, hospital, and shopping! This perfect family home is 2 story, 2760 sq.ft. 4 bedrooms, 3 baths, large rec room in basement with gas fireplace so everyone has a place to call their own. Main floor is an open plan formal dining /living area also with gas fireplace and oversized windows. MLS@144407 \$359,000

**2133 Princeton/S'land Road**

Are you looking for some land? This 13.6 acre, Hayes Creek front property offers plenty of room for you to breathe in the country air! Built in 1990 this solid 2 bed, 2 bath panabode rancher is warm & inviting. It offers many unique features such as; propane thermal units for heating, gas stove, all fridge beside an upright freezer in the kitchen. MLS@145224 \$499,900

**REALTY EXECUTIVES PRINCETON**  
Gateway to the Okanagan

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