

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.



Dr. John Adams, left, is joined by his wife Sylvia during the presentation of a Bob Cormack print from Mayor Frank Armitage, right, on behalf of the Town of Princeton. A retirement tea, hosted September 9th by Save Our Similkameen at Princeton Museum, was to honour the years of service Dr. Adams provided to the community. Photo: Brenda Engel

Swim Club receives \$10,000

Two Fraser-Nicola swim clubs will benefit from \$20,000 in Community Gaming Grants from the BC Government.

The organizations receiving grants announced September 10th are: Merritt Otters Swim Club (Merritt) - \$10,000 and Kokanee Summer Swim Club Society (Princeton) - \$10,000.

"Swimming is a great activity that keeps people of all ages fit and active," says Fraser-Nicola MLA

Jackie Tegart.

"These grants will help these swim clubs continue to offer programs that build a healthier community and produce great competitive swimmers."

Community Gaming Grants allow non-profit organizations to apply for provincial gaming revenues.

During the 2012/13 fiscal year, \$135 million worth of gaming grants were provided to approximately 5,300 community organizations.

Coalmont mining jobs appear to be in limbo

by Ole Juul,
<http://coco.coalmont.net>

The Coalmont Energy Corporation coal mine was supposed to be back in operation this week - it's not.

Here is what we know from public statements issued by Coalmont Energy:

"As of Monday, September 2, a temporary operational curtailment, that is expected to last between seven and ten days, was put into effect. During this curtailment, only those staff required for ongoing response and recovery efforts as well as those necessary to maintain basic mine operations will be working. This curtail-

ment affects up to 100 Basin Coal Mine employees and sub-contractors."

The expected maximum 10 days would put the mine back in operation September 12th so we are now officially in limbo. Back in August we were told that it was a matter of implementing ministry recommendations.

"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."

At this point we can only speculate as to what is going on. Did the mine do the repairs? One would assume that they would be most eager to get back into production since that is what pays the bills. The best guess might be that the Inspector of Mines has not issued the go-ahead yet. We have left a message with his office, but as of this writing, have not yet received a reply.

This is starting to look like a political problem. All the talk is about the environmental impact of the spill but

frankly, that's getting a little old at this point. Of course cleanup is a big priority, but it is a separate issue from mine operations.

Who is responsible for the delay? One hundred people are waiting for that back-to-work call. Government communications tell us that there is a labour shortage which is threatening to slow down what could become booming jobs and development possibilities in B.C.'s resource sectors. We are also told that it is difficult to find qualified workers, particularly

for coal mining. Here we have them now, let's not lose them because of bureaucratic procrastination.

This has gone on too long already. At this point perhaps we need our government leaders to step in and confirm that they are indeed all about jobs. Do they realize that every day the mine stays closed is a day that workers don't get paid and a household that depends on the mine will have to go without money for yet another day? One hundred coal miners certainly do.

Board audits forest practices

The Forest Practices Board will examine the forest activities of Ka-Bar Resources Ltd., along the Princeton-Summerland Road near Osprey Lake, on September 16.

Auditors will examine planning, timber harvesting, road construction and maintenance, as well as silviculture and fire prevention practices, carried out by Ka-Bar Resources Ltd., under six forest licences to cut, for compliance with the Forest and Range Practices Act and the Wildfire Act.

The harvesting work has been mostly to salvage beetle-killed pine, but

was also aimed at protecting the community from wildfire by reducing forest fuel hazards created by the dead trees.

Once the audit work is completed, a report will be prepared, and any party that may be adversely affected by the audit findings will have a chance to respond. The board's final report and recommendations will then be released to the public and government.

The Forest Practices Board is B.C.'s independent watchdog for sound forest and range practices, reporting its

findings and recommendations directly to the public and government.

The board audits forest and range practices on public land, as well as appropriateness of government enforcement.

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A fire that occurred at about 6:00 AM September 12th at Cedars Motel in Princeton completely destroyed one of the rooms and left one more with serious damage. Volunteer firemen were quickly on the scene and prevented the fire from moving any further in the building. While the incident is under investigation, no word has been released on the probable cause of the blaze. There were no injuries. Photo: Jackie Furgason

Agricultural Fair

2013 Winners List

MORE FAIR WINNERS

This is Part Three of the Winners List from the 2013 Princeton & District Agricultural Fair which was held August 24 and 25 at Sunflower Downs/Princeton Fairgrounds.

NEEDLECRAFT

This division had few exhibitors and in most categories, no exhibits.

KNITTING

Child's garment
1. Janice Ashby
Sweater or cardigan
1. Janice Ashby
Small knitted article
1. Janice Ashby

CROCHET

Afghan
1. Laura Haw
2. Connie Shopshire
Toy
1. Judy Green

NEEDLEWORK

Plastic canvas
1. Laura Haw
Rug, hooked, braided
1. Connie Shopshire

SEWING

No entries
QUILTING
Patchwork
2. Janice Ashby
Applique
1. Janice Ashby

Embroidered

1. Janice Ashby
Wall hanging
1. Janice Ashby
Miniature quilt
1. Janice Ashby

Table runner

1. Janice Ashby
Other quilting
1. Sue Bothe * Best in Show

LEISURECRAFT

WOODWORK

Wood turning
1. Dallas Earle
Novelty item
1. Jack Gardiner
Other
1. Alda McCulloch *Best in Show

WOODWORK

2. John Sandness
3. Linda Van Dyke

HANDICRAFTS

Holiday decoration
1. Sharron Rose
2. Dawn Johnson

Rock work

1. Liz Yeates
2. Darlene Blogg

Handmade greeting card

1. Sharron Rose
2. Erin Williams

Handmade jewelry

1. Janice Ashby
Scrapbook page
1. Erin Williams

Paper craft

1. Sharron Rose
Other craft
1. Janice Ashby

Ceramics

2. Margaret Fraser
Unfired finish
2. Dawn Johnson

Collections

1. Margaret Fraser
2. Sharron Rose

RECYCLED ARTICLES

3. John Sandness
Wood
1. Dawn Johnson

Other

2. John Sandness
1. Karin Green

PHOTOGRAPHY

Fall scene
1. Eva Pratico
2. Margaret Fraser

WOODWORK

3. Tim Graves

Winter scene

1. Melissa Manning
2. Jennifer Bernard
3. Dawne Graves

Spring scene

1. Margaret Fraser
2. Jennifer Bernard
3. Eva Pratico

Summer scene

1. Tim Graves
2. Margaret Fraser
3. Eva Pratico

Sky scene

1. Jennifer Bernard
2. Margaret Fraser
3. Eva Pratico

Domestic livestock

1. Margaret Fraser
2. Dawne Graves
3. Janice Ashby

Household pets

1. Jennifer Bernard
2. Marlene Fraser
3. Margaret Fraser

Wildlife, animals

1. Margaret Fraser
2. Eva Pratico
3. Jennifer Bernard

Wildlife, bird

1. Margaret Fraser
2. Eva Pratico
3. Melissa Manning

Wildlife, fish

1. Margaret Fraser
2. Margaret Fraser

Portrait

1. Melissa Gibson
2. Dawne Graves
3. Eva Pratico

4 or 5 photos tell a story

1. Jennifer Bernard
2. Dawne Graves

..... continued on Page 21



Hours after the early morning fire September 12th at Cedars Motel in Princeton, volunteer firemen were on scene doing mop up and making sure there were no 'hot spots' remaining as a result of the incident. *

Flip Of The Coyne

by Spencer Coyne

The other day I was killing some time before an appointment so I took a drive through the industrial park. I take a drive through this area every now and then to see if there are any new developments. If you haven't been up there, you should take a drive through there one day or evening. It is a nice little drive. In fact, it may be one of the nicest paved roads in Princeton. The saddest part of the industrial park is all the empty lots.

The empty lots got me thinking. Why doesn't Princeton have an Economic Development Officer? We have a nearly empty industrial park, a downtown that could use a little help, and what appears to be a slower housing market, yet we have no one with the job of working on attracting new business to town. I am not talking about hiring someone who will create business or provide handouts to people who say they are interested in coming to Princeton. I am talking about getting someone who has the job of selling Princeton to businesses that are looking for a place to relocate or to start up.

Some will argue that we do not have the money to hire another staff member, but I don't buy that. Over the past number of years the town has spent a small fortune on consultants and other experts on recreation surveys and referendums and stairways, yet how much money has the town spent on actually promoting the area for business? Where is our business development plan? Is it supposed to be the Official Community Plan, the OCP? If it is, well we know that it hasn't really worked out so well.

I can't find any documents on the town's website that deal with just business development, and I can't find a tourism plan anywhere. I found a document that outlines Council's priorities for 2012-2013 that states that they are looking at marketing opportunities to sell industrial lots, and I read a line about creating a new zoning bylaw, but that is as close to any sort of economic development in the priorities list. There is an entire section in Council's priorities list to parks, recreation and culture. This is all fine and dandy but what about bringing money into this community?

I am not against spending money on public services, but we need to be realistic. If we don't do something to grow the local economy, you will only be able to provide a certain level of service and if business does not grow or it shrinks you can only tax the local tax base so much before it breaks. Council

may want to try and download the responsibility of growing the local tax base on the Chamber of Commerce or some other organization but it isn't their job. It is the job of the local government to create a climate that invites business into the community. They do this by selling those publicly owned lots in the industrial park at affordable prices to bring in new jobs and taxes. They do it by finding ways to encourage businesses downtown with a competitive tax structure that rewards business. They also need pro business bylaws and zoning that does not stand in the way of new startups.

So let's look at the budget. Let's look at where we are spending money and maybe we could maintain services that we currently have and redistribute funds from some of those consultants and surveys into a development office that might actually grow our tax base instead of sucking it dry.

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Editorial Page

News Leader

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

My Turn...

Are You Going To Retweet That?

Social media.

Like it or not, if you have a Facebook profile, you are part of the social media world. Even if you barely use it.

I have, probably by accident, become quite involved in social media. I am not a computer geek in any way, but I do find Facebook and Twitter to be quite fun and often very useful.

I currently have four different Facebook pages and four different Twitter accounts. Add to that extras like Foursquare, Instagram and Pinterest and it sounds like a lot of work but it really isn't.

I have in the neighbourhood of 5,000 or so followers combined from all of my social media accounts and a very small percentage of them are Similkameen residents.

I'll be the first to tell you I did not see the internet as much value to my small local business at first many years ago. But, eventually, I had a friend put up a small website and over the years I have discovered that social media has become an extension of my business and of myself.

We don't have cell phones anymore but I have found social media allows me to stay in contact with some friends. It has also allowed others quick access to information we share on the News Leader Facebook and Twitter locations.

I have totally changed my attitude about the internet.

For example, this past weekend I 'tweeted' over 300 game updates live during the past two Posse games. The webcast system was not operational, so I opted for using Twitter which kept out-of-town fans, players families and other teams completely up-to-date on what was happening in Princeton Arena as it happened.

It also allowed fans to share my game tweets to their friends and followers which – and here's the big part – actually helped in spreading the word about something good going on in Princeton.

Think about it, in a total time of 3-hours I said something nice about Princeton 300 times. Total cost to you and the Town of Princeton: Zero.

That's one of the great things about social media is that it can be such a powerful marketing tool if it is used properly. We've all heard stories of angry or nasty tweets that have sent corporations into serious damage control and that's one of the negative parts about the instant information world we live in.

I have opted to use social media for good as I am so closely connected to my business and my community that I feel an obligation to use these tools in a positive way.

Besides, it's not called anti-social media for a reason.



Hannah, a FortisBC Community Ambassador, was taking registration forms and signing residents up for the Okanagan Similkameen Energy Diet during a presentation event September 11th at the Skills Centre. *

Big time B-ball comes to town

On September 27th and 28th the King's University Basketball Men's and Women's Teams are traveling to Princeton to host four basketball games at the Princeton Secondary School Gymnasium. The Men's team traveled through last fall on their way down to the Lower Mainland and enjoyed their time so much they thought they would explore the opportunity to host the games in Princeton. Columbia Bible College from Abbotsford signed on to play, and the event was all set.

There are a number of Princeton connections to the games as the King's Women's team includes local PSS basketball star Makenzie Johnston, and the Men's team is coached by Jesse McLean and Jason Leslie who are both graduates of PSS. Makenzie is going into her fourth year of eligibility and is primed for a big season as she becomes a veteran leader on a young team. Last season, the Women's team went 21-2

and were nationally ranked all season, spending most of the time at #3 in the nation. The team lost three key members of that team and now look to re-emerge with a lot of new faces, and Makenzie will play a big role in leading the team. Makenzie will start at the point guard position for King's and will be expected to cover the opposition's best guards. Jesse McLean is entering his fourth year with King's and third year as Head Coach. The team has improved their win totals every season since Jesse took over and is primed for a run to the playoffs this year in the ACAC.

"I am excited both for our teams to get to play these games, but I am also excited to bring this high level of basketball to Princeton. These are elite athletes performing at an extremely high level and I think that the people who come out to watch will be very impressed with the basketball being played. On our Men's team we have many players

who play above the rim, 5 or 6 of them that could throw down a dunk at any time," says McLean.

King's University plays in the Alberta Colleges Athletic Conference (ACAC) and is part of the Canadian Colleges Athletic Association (CCAA). King's plays against 14 other member schools in the ACAC including NAIT, MacEwan, and SAIT. Columbia Bible College is part of the PacWest Conference, playing schools such as Douglas, Capilano and Camosun, and is also a member of the CCAA.

- submitted

LETTER TO THE EDITOR

To The Editor;

With all the negative press the RCMP has received lately, I would like to point out that the Princeton RCMP is on top of things.

With all the possibility of a huge mishap waiting to happen, (a stag party on a lot, with about 30-40 young men, copious amounts of alcohol, ATV's and fireworks), the RCMP showed up to lay down the law, before an incident happened.

Residents of Tulameen thank you Princeton RCMP for a relatively peaceful Saturday night.

- Anne Passey, Tulameen BC

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Current Comment

Conformity, Uniformity, Insecurity



Dawn Johnson
editor@thenewsleader.ca

Among most cultures in the world, there is a lot of pressure on people to conform to some kind of standard, not only of behaviour, but down to what the people should wear and when they should wear it. I remember an English friend of mine who was concerned that he could not go to a funeral because he had no black shoes, only brown. Apparently, where he came from, people would frown on him for wearing brown shoes to a funeral. I assured him that, around this neck of the woods, paying one's respects is more important than what colour shoes you wear.

This little story illustrates a major difference between the culture of what is known as "the west" as opposed to eastern North America or Mexico. There is a story that says the first time the tribes of the west saw cavalry troops, they laughed in astonishment at the idea that the white man's warriors all dressed alike! Individuality was highly prized among the tribes of the west, although warriors often wore the same hair style to denote they were warriors of a particular tribe. Other than haircut, no warrior wanted to look like any other warrior. As to the rest of the tribal people, they wore what they had, which was what was practical for the lifestyles they led.

Another friend comes from India and is considered quite a rebel because he refuses to wear the turban, long hair and beard of his religious sect. When he visits with the

family on occasions of weddings and funerals, he is criticized for his non-traditional appearance. His sister defies tradition by wearing blue jeans and tee shirts on all but ceremonial occasions.

We see many examples of this social pressure to conform. In Muslim nations, conformity in dress, particularly for women, is enforced by law. If you think it is totally different here, you are mistaken. Remember the big fuss when Sikh men were allowed to wear turbans with their uniforms? Their religious code demanded turbans, but I heard many people criticize the government for allowing the turbans, although military people are allowed to wear Christian cross necklaces under their uniforms.

I have often asked myself what it is that makes people demand that others conform to a certain code of dress or custom. This demand for conformity and uniformity seems to me to stem from a kind of mass insecurity about identity. Is there a deep-seated sense of comfort in knowing everybody else looks the same? I believe there is. I have known people who agonize over what to wear on what occasion. I know people who are afraid to go into different cultural events because they feel they will not know how to behave.

I remember one of my friends turning down my invitation to a particular social function among a group of people with whom she had no ties.

"I won't know how to act," she said.

I said, "Don't act. Just be yourself."

Herself was too insecure to attend. I had a great time.

If you study psychology and sociology, at some point you encounter the concept of "herd mentality". This term, herd mentality, describes this need to be one of a group who behave, dress and speak the same language, and in general, think and believe the same things. If you study spirituality (not religion), you discover

that herd mentality is the lowest form of spiritual awareness. The more enlightened a person becomes, the more individualistic the person becomes.

Often, those who lead the herd use this need to belong to enslave the rest of the herd. Those who do not conform are punished. The Inquisition of the Middle Ages punished those who dared to present scientific information that did not conform to church teachings. Gay people have suffered the same punishing criticism from a society that demanded sexual conformity. Many people have been socially punished because their skin was dark, or light, which meant they were not conforming to the ruling class.

Our basic need to belong to some group derives from herd mentality, but that does not mean herd mentality is right. We can pretend herd thinking is right because everybody does it, but what everybody does is not necessarily right. The Aztecs ritually tore the hearts out of captives to appease the gods, but was it right, or was it a way to enslave people's minds?

When we refuse to open our minds to new thoughts, when we demand conformity and uniformity, aren't we saying we are too insecure to stand alone as an individual and think our own thoughts? When we demand that others conform to our thinking, our way of dress, our lifestyles, aren't we trying to chain them down? Aren't we saying we are too insecure to tolerate those who do things differently?

What I am saying does not mean that I, personally, think we should defy all laws. On the contrary, I am a law-abiding citizen because laws are here to ensure the safety and peace we need to live comfortably. My first question about any rule or law is this: does it protect us? And my first question about people who do things differently is this: are they doing any harm?

Many years ago, my sister gave me a poster of a frog hanging precariously from a branch. The caption says, "All progress has been made by those who took unpopular positions."

It serves as a reminder that a popular idea or belief may contribute nothing to the progress of the human race. Conformity and uniformity are the opposite of individual creativity.

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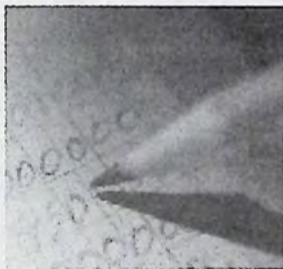
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Lower Valley News

Keremeos - Cawston - Olalla



The Ed Paulson chuck wagon is but one of the many artifacts big and small at the South Similkameen Museum. This picture was taken prior to the wagon wheels being restored. The museum is open during the summer months, Tuesday through Saturday at 604-6th Avenue in Keremeos. Photo: Arlene Arlow

Museum continues restoration

The South Similkameen Museum Society is pleased to announce that the Wagon wheels have been restored and are back on the wagon which sits on the museum grounds.

Donated by Ed Paulson in 1982, the wagon is nearly 90 years old and was used on the Graham-Willis Ranch (now known as the Rocking Chair Ranch) located between Keremeos and Cawston. The wagon was used by Garnet "Garney" Willis in the 1930's to haul supplies for sheep herders as

they moved the sheep from pasture to pasture.

The wagon was restored in 1989 by Ken Smith and – thanks to the generous help of caring donors – the wheels were recently restored by Danley Carriage And Wheel in Armstrong, BC.

The Museum Society is inviting the public to the official dedication of the nameplates that honour donors who made this project a reality. The dedication ceremony is scheduled for Saturday, September 28th at the museum

between 2:00 and 4:00 PM. Refreshments will be served. The occasion will also be the last opportunity for the public to tour the museum this year.

If you would like to donate artifacts or money towards the maintenance of artifacts, the Society is accepting all donations including pennies, and you need not have the coins rolled!

Call Judy Chisholm at 250-499-2883 and a member of the Museum Society will be glad to drop by to pick-up your donation.



Jenifer Sparkes has been talking about Similkameen Sizzle with a lot of visitors to the Similkameen Country InfoCentre. Full details are on Page 12 of this issue of the News Leader or online at www.gotpeppers.info. *

Similkameen Sizzle!

The History of The Keremeos Pepper Festival

It all started with a program called Opportunities in Agriculture a dozen years ago.

It was awarded to Keremeos and the task was to deliver a community event that would become part of a larger promotional event in conjunction with the South Okanagan Circle Tour Association.

The 'new' local event was meant to bring tourism to the region in the months between summer and Christmas and following much consultation with community members, and the Village Council at the time, Similkameen Country chose to develop an event that centered on peppers.

Similkameen Country hired Bernice Power as Community Event Coordinator on July 31, 2002 and her ten-week contract put her in control of the development of Similkameen Sizzle and that year's Taste of Our Valley.

The first pepperfest was built around a Guinness Book of Records attempt under the category of 'Most Jalapeno Peppers Eaten In One Minute' and the full day of activities in Keremeos Memorial Park included vendors, chainsaw art demos, family games and entertainment and the Guinness Book attempt (won by Princeton's Steve Kovacs) and wrapped up with an evening dance.

The unusual idea for a community celebration ended up being the most successful event held that year in the Lower Similkameen.

In 2003 Judy Egli volunteered to be the Event Coordinator and more new events were added to the celebration including a pig roast dinner to complement an evening dance and numerous organized children's games.

Many activities from the first year continued including pepper garden tours, vendors and live entertainment. The Guinness Book Record attempt turned into the Sear Factor pepper-eating contest, which saw Preet Lidder and Kelly Dennis, both of Cawston, tie for First Place.

The event turned a profit and plans were underway for a 3rd annual pepperfest soon after.

In 2004 Similkameen Sizzle expanded to a full day format adding a pancake breakfast to the schedule of events as well as the first chili cook off, which in actual fact is more of a 'taste off' than a cook off. Event Coordinator Judy Egli served her second year in the position and was joined by a solid volunteer board of directors. The giant red pepper signs you may have seen at the three main entrances to Keremeos were purchased in 2004 and have fulfilled the original purpose of being a year 'round reminder of Similkameen Sizzle.

Sizzle that year also had a 'mystery event' planned for the afternoon of



We caught Sarah working in the pepper patch at Harkers Organics two weeks ago where she said they were in excellent condition. The 'official' supplier of the Sear Factor peppers has always been Harkers Organics located in Cawston. *

the celebration which turned out to be the wedding of Sizzle Board member George Elliott and event volunteer Brenda Engel. It was also the only year Similkameen Sizzle was forced indoors due to weather. A storm saw a scaled down pepperfest fill the Keremeos Legion and although a number of vendors packed up and left town, those who toughed it out in the cramped space enjoyed themselves.

Cawston's Kelly Dennis took First Place in the pepper eating contest, Dave Egli of Keremeos won First Place in the first ever Chili Cook-Off and despite the weather there were other successes of note: 52 Mexican breakfasts were served and 163 people attended the evening dinner and dance at Victory Hall.

Judy Egli served her third year as Event Coordinator for the 2005 Sizzle which saw many events from the previous year become fixtures in the 4th annual celebration and many years after including the pancake breakfast and chili cook-off. Another dinner and dance was planned although early in the planning stages it was noted that more volunteers were needed to keep the event moving smoothly.

A total of 277 ballots were cast in the People's Choice category of the Chili Cook Off in 2005, which saw Patricia Peart take the top prize. Cawston's Kelly Dennis earned a 'three-peat' winning the Sear Factor pepper-eating contest. The dinner/dance attracted 200 people.

In 2006 Similkameen Sizzle adopted a shorter schedule with Judy Egli still at the helm. Volunteers were getting burned out working an eight-

hour day so the pancake breakfast and dinner/dance were dropped from the event. Another new feature, Celebrity Chefs, was added with a small handful of chefs sharing pepper-related recipes (and samples!).

A total of three 'chefs' were featured in the cooking demonstrations including Tuesday MacDonald, MLA Harry Lali and Chef Chris Remington.

A pancake breakfast was added to the schedule late in the planning and was run by the local Firemen, some retired, others not so tired, and served 250 plates of food.

WorkZone Keremeos took First Place in the Chili Cook-Off, which had 13 entries, and Henry Maktaak of Penticton won Sear Factor. Three-time Champion Kelly Dennis of Cawston finished second.

Duncan MacArthur became Similkameen Sizzle Event Coordinator for the 6th pepperfest in 2007.

Changes to the event saw a joint Lions/Firefighters pancake breakfast, Latin dancing demonstrations, the return of Celebrity Chefs and another attempt at a dinner/dance.

The day saw a few glitches (mechanical failure delayed the arrival of the afternoon live entertainment), but was still a success. Princeton's Brenda Engel won the Chili Cook Off. Her vegetarian chili recipe had won Second the year before and Third the year before that. Cawston's Kelly Dennis took back his crown in a First Place finish in the pepper-eating contest. A review of the day showed that although only 90 dinner/dance tickets were sold the Sizzle still earned a profit.

few changes to the now regular schedule of events at Memorial Park. There was a slight drizzle during the day, which had an affect on attendance, but the day was still a success with 200 people starting their day off at the pancake breakfast. A total of 175 people voted in the Chili Cook Off with Collin Shore Farm of Cawston winning. Ash Bund of England walked away with the Sear Factor Championship.

In 2011 Vickie Morgan became Sizzle Chair and with a number of corporate sponsors entering the final year of their three-year sponsorship the push was on to re-sign them and add to the list of Sizzle sponsors.

The tenth annual Sizzle was another success with perfect weather and a full Memorial Park. With only a few entries in the Chili Cook Off 200 people still tasted and voted with Riverside RV Park taking top honours with their Caribbean Chili. The Sear Factor event saw the number of entries limited for one of the first times as the popularity of this event continues to grow. Daniel Melnyk of Vancouver won the pepper-eating contest.

Carroll MacLean came back to chair Sizzle for 2012 which saw the 11th annual event held Saturday, September 15th. There were few surprises as the schedule of activities has proven to be successful in the current format.

There were a total of seven entries in the Chili Cook-Off and 270 ballots cast. Beer Belly Chili of Penticton took First Place with Riverside RV Park Second and Blooming Good Chili of Keremeos Third. The Grist Mill won the Best Decorated Booth prize.

A total of twenty contestants entered Sear Factor with Thomas Steffenhoer of Winnipeg wining First Place with a time of 39.3-seconds. Second went to Bonnie Lumley of Penticton (43.0-seconds) and Anthony Klinkcera of Vancouver was Third with a time of 43.4-seconds.

The 2013 Sizzle has been co-chaired by Joan McMurray and Traci Russell. The committee has worked hard to put together the annual event and has managed to navigate some interesting challenges in the past couple of months - including a requirement from Interior Health where all food vendors will need FoodSafe certification.

The major reoccurring theme that has tied all twelve years of Similkameen Sizzle together, aside from it having a lot to do with spicy food, is that there has never been a charge to enter Memorial Park to enjoy the afternoon. The Sizzle Committee pays for all the entertainment so that there is no cover charge to attend.

In 2008 Carroll MacLean came on board as Committee Chair and along with him came some fresh ideas. One of the best was to sign corporate sponsors for three-year commitments to Sizzle. A small committee was formed to develop a package for presentation to potential sponsors. The success of that plan continues to this day.

The daylong event continued with the familiar format of a pancake breakfast at the start and a dinner/dance at the end with numerous established activities filling the space between in Memorial Park. Princeton's Durby's Hilbilly Chili (Dana Stevens) took first in the Chili Cook Off and Sandor Kolejzak of Cawston won the Sear Factor event. A new feature saw a Restaurant Chili Challenge, which had a handful of entries from local restaurants.

Carroll MacLean continued as Committee Chair in 2009 and the event schedule saw more fine-tuning with the elimination of the dinner/dance. Instead of a dinner/dance, local restaurants were encouraged to feature Sizzle Saturday menu items to help cross promote the pepperfest in August and early September. Three-year sponsorships were being signed which helped considerably as annual cash donations had dropped from the previous year.

Princeton's Durby's Hilbilly Chili (Dana Stevens) took first in the Chili Cook Off for the second year in a row and Cawston's Kelly Dennis took First Place (again) in the Sear Factor pepper-eating contest.

The 2010 Similkameen Sizzle, chaired by Carroll MacLean, saw

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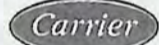
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**SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)**

BOARD MEETING DATES

Regular Meetings of the Board of Education
will be held as follows:

- September 18, 2013 - Merritt
- October 16, 2013 - Princeton
- November 13, 2013 - Merritt
- December 11, 2013 - Princeton
- January 15, 2014 - Merritt

Meetings are held in the School Board Office
and start at 6:00 PM.



Town of Princeton Councillor Kim Maynard was one of the first Princeton area residents to sign up to participate in the Okanagan/Similkameen Energy Diet program hosted by FortisBC. They made a community presentation September 11th at the Skills Centre. If you missed it, you can find out more at www.fortisbc.com/energydiet. *

Saddles 'n' Spurs

by Pastor George Donovan

I should say that after sending the postcard to my mom I continued along the shores of the lake and was picked up by the driver of a semi truck. He was very friendly – in fact he was far too friendly and when he got down to saying what he had in mind, I said “I don’t do that kind of stuff!”

He immediately pulled the truck over and told me to get out, I was happy to oblige. He had just passed

**Garden Club
says thanks**

by Doreen Poulsen

The gardening club would like to express our sincere appreciation and thanks to the Town of Princeton for giving us a grant of \$250.00 to offset the costs of printing our book.

In case you missed our other articles here's some background information for you. Our members along with some excellent gardeners in town have written a book entitled "Yes, You Can Garden In Princeton". It containing interesting fact, information, stories and anecdotes about gardening in our Zone 3 climate.

The book went on sale May 26 and we are quite pleased with our sales so far. The book is available in town at the following merchants, Image Emporium, An Ounce of Prevention, Belaire Restaurant, Billy's Restaurant, Everything Pets, Sunflower Gallery, Princeton Farm and Garden, Realty Executives and the Winking Pedlar.

Cost is only \$18.00 and all profits will be used for bursaries and guest speakers and workshops.

a side road that looked like it went to a bay so I walked back and down the road which led to a beautiful sandy beach and a quaint tourist village.

I roamed around town and back for awhile and spotted a place that had wooden boats for rent. I was leaning on a rail looking at them when another fellow came and started talking with me who worked for the rental company.

I said, “Some of your boats are needing repairs pretty badly,” and

told him I was an apprentice boat builder. He immediately offered me a job and said they had the tools but no one to do the work. I thought it over for awhile and then declined and carried on.

I don't know why I said no because I was just about out of money and it would have helped but I was restless and wanted to keep moving to who knows where.

It seemed like I was getting too far away from my saddles and spurs.

..... continued Next Week

Living Past 100

The Health Benefits of Kohlrabi

Many people have never eaten kohlrabi. Many would not even recognize it in the produce department and would have no idea what to do with it if they bought it. This lack of knowledge about kohlrabi is unusual, as it has been a staple in European diet since the time of the Romans.

Kohlrabi is a member of the cabbage family. It looks like a turnip that grew above ground on the stem of a broccoli plant. It may look like a turnip, but it does not taste like turnip. It is more bland and sweet. For those who have problems digesting raw cabbage, kohlrabi makes a good substitute for cabbage in coleslaw. Just peel it and grate it, and mix it with grated carrot and minced onion for a great fall salad.

In the past, kohlrabi was used in the treatment of tuberculosis. The recipe called for boiling together the clean leaves and bulb of a kohlrabi plant in six cups of water until only half the water remains. The liquid is strained into a bottle, and the patient drinks half a cup of this kohlrabi tea five times a day. There are no statistics to show how effective this treatment was.

This treatment, according to one source, worked well for those suffering from asthma.

Like all members of the cabbage family, kohlrabi helps prevent cancer, particularly breast cancer. Kohlrabi contains a lot of potassium (for lower blood pressure) and phosphorus, but also contains a special form of sulphate that stimulates glutathione in the bowels, which cleans out toxins.

Kohlrabi can be found in the supermarket, but you can grow it yourself if you like gardening. Unlike broccoli and cabbage, kohlrabi is not damaged by the cabbage moth. Kohlrabi matures in late summer and early fall, perfect timing to go into coleslaw.



News Leader Entertainment

Similkameen News Leader TV Guide Listings - September 17 - 23, 2013



Princeton's Justin Moltzahn takes flight in the early moments of the Posse regular season opener September 13th at Princeton Arena against Kelowna Chiefs. The home team ended up victorious with a 4-3 win over their rivals. *

Posse win season opener at home

To say there are a lot of changes that have taken place with the Princeton Posse would be putting it lightly.

The 'new look' team, with many new faces, is being coached by new GM/Head Coach Bill Rotheisler. Joining him behind the bench this season is new Associate Coach, and friend, Mark McNaughton. They share the players box with veteran Assistant Coach Dave Clare.

The new Board of Directors is led by new President Dean Johnston who has a lot of new faces, along with some familiar ones, on the Posse Executive that have worked extremely hard to bring new life into the local organization.

If the crowd outside Princeton Arena enjoying the tailgate party September 13th prior to the Posse season home opener was any indication, there's clearly something new about the club and a lot of people want to either be a part of it, or have some of the 'newness' rub off on them.

Live music, barbeque snacks and frosty beverages set the tone for the

game that saw Princeton Posse host Kelowna Chiefs.

Just moments before the opening face-off Posse President Dean Johnston stepped on-ice with microphone in hand and said that he was taking care of "some unfinished business from last season" which was presenting Princeton's Kurtis Klinger with the KIJHL Player of the Month Award he won in February 2013.

Moments after that it was a solid 60-minutes of hockey under the new, bright lights of Princeton Arena.

The Posse scored first at 8:18 of the first period on the power play. Returning veteran Jon Thompson got the goal with help from Eric Schmidt and vet Devan Suidy.

The trio added a second power play goal at 12:30 (Eric Schmidt from Jon Thompson and Devan Suidy).

Kelowna responded at 16:19 with a power play goal of their own when Jordan Salahor swooped into Princeton territory with the puck, crossed the blue line and sent a low

shot across the ice that ended up deep in the bottom corner of the net. Assists went to Nick Josephs and Alex Fortin.

The first period saw another Posse goal scored on the power play at 17:48 by returning vet Eric Kubis who was helped by another popular Posse player from last season, Kurtis Klinger.

Kelowna chewed at the Posse lead scoring their second goal of the night at 5:34 of the second. It was an unassisted marker by Nick Gnazdowsky.

The home team responded with an unassisted goal at 12:27 by vet Josh Mack followed by another Kelowna goal at 14:56 by Jaeger Bowles (from Nick Josephs and Jordan Salahor).

Both teams battled it out for the final five minutes of the game where the Chiefs almost tied the game, but it did not happen.

Final Score: Princeton 4, Kelowna 3. Shots on goal: Kelowna 27, Princeton 23. Penalties in Minutes: Princeton 10 for 20-minutes, Kelowna 5 for 10-minutes.

Princeton Posse

2013/14

Clip 'n' Save Game Schedule

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

MORE POSSE GAME ACTION ON PAGE 21

Tuesday Movies

EVENING

7:00 pm CITV ch.12 "Iron Man 2" (2010, Action) Robert Downey Jr. Premiere. With the world now aware that he is Iron Man, billionaire inventor Tony Stark must forge new alliances and confront a powerful new enemy. (In Stereo)

8:00 pm CHBC ch.4 KXLY ch.10 BCTV ch.11 "Iron Man 2" (2010, Action) Robert Downey Jr. Premiere. With the world now aware that he is Iron Man, billionaire inventor Tony Stark must forge new alliances and confront a powerful new enemy. (In Stereo)

VTV ch.22 "Into the Wild" (2007, Adventure) Emile Hirsch. Premiere. Following his graduation from college, Christopher McCandless gives up his savings and possessions and makes an ill-fated trek to the Alaskan wilderness. (In Stereo) (CC)

9:00 pm KNOW ch.5 "Dying at Grace" (2003, Documentary) Filmmaker Allan King docu-

ments the final hours of five terminally ill people at a health center. (CC)

9:30 pm WTBS ch.3 "Crimson Tide" (1995, Suspense) Denzel Washington. Two U.S. Navy officers clash aboard a nuclear submarine bound for Russia, while that country is under rebel siege. 11:30 pm WTBS ch.3 "Double Jeopardy" (1999, Suspense) Tommy Lee Jones. While in jail for murdering her husband, a woman discovers he is living under a new identity with their son.

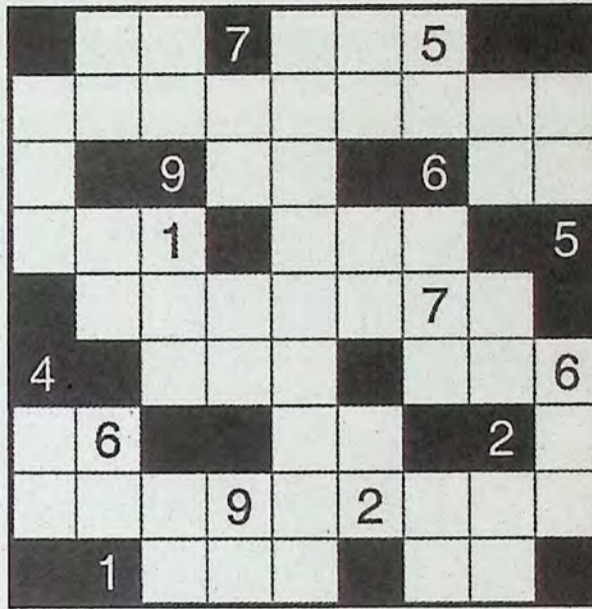
News Leader Str8ts

STR8TS

No. 143

Tough

Previous solution - Medium



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

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

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

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TUESDAY, SEPTEMBER 17, 2013

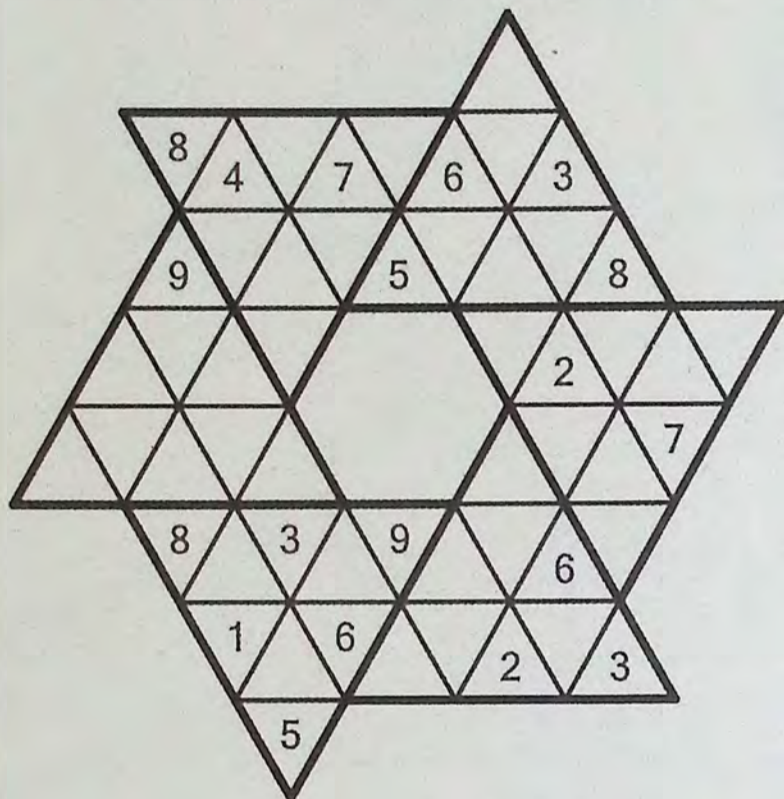
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Mighty Planes	Stella-Sam Phineas	CityLine (N)	Tattoo Rescue	Moves
7 AM	Law & Order: SVU		Ella the Elf	Arthur	Today Mindy Kaling; Jim Ziolkowski;	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Penguins	SportsCentre		Dangerous Flights	Shake It	Let's Make a Deal	Tattoo Rescue	World's
8 AM	Law & Order: SVU		Magic Bus	Curious	Glada De Laurentis.		CSI: Miami			Morning Huntley	Bo On/Go	Pokémon	SportsCentre		Don't Drive Here	Jessie	The Price Is Right	Tattoo Rescue	Eat St.
9 AM	Millionaire	Morning	Dragon	Super Why!		The 700 Club	CSI: Miami "L.A."	Livell Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the Hat	Rescue	SportsCentre	Livell Kelly and Michael	To Be Announced	Little	Jdg Judy	Tattoo Rescue	Museum Secrets
10 AM	Divorce	The Doctors	Rob Robot	Sesame Street (N)		The Price Is Right	Criminal Minds	The View	The Doctors	Chef/Home	Bookaboo	Little Bear	NHRA Drag Racing: NHRA Nationals. From Concord, N.C.	The View	How/Made	Never Land	The Chew	Ink Master	Dig Wars
11 AM	Judge Alex	Chef/Home	Rolle Polle	Tiger	Jdg Judy	Young & Restless	Criminal Minds	Paid Prog.	Chef/Home	Noon News Hour (N)	Doc Zone	To School	Squirrel	Marilyn Denis	Airplane Repo	Barbie	General Hospital (N)	Ink Master	Monumental Mysteries
12 PM	Browns	Noon News Hour (N)	Dino Dan	Charlie Rose	Larry King	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)	Amish Mafia: The Res	Wizards	CityLine	Ink Master	Mysteries-Museum
1 PM	Community	Days of our Lives (N)	Rob Robot	Painting	Days of our Lives (N)	The Talk (N)	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Republic of Doyle	Rated A	SportsNation (N)	After the Race	Amish Mafia	Suite/Deck	Katie (N)	Ink Master	Bizarre Foods/Zimmer
2 PM	King	The Talk (N)	Big Bear	Barney	Katie (N)	Let's Make a Deal	The First 48	Queen Latifah	The Talk (N)	Queen Latifah	Steven and Chris	Super Evil	Off Record	Dr. Phil	Airplane Repo	Shake It	CityNews at 5 (N)	Ink Master	Extreme RVs
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray (N)	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCentre (N)	Bethenny	Mighty Ships	Jessie	CityNews at 6 (N)	Ink Master	Eat St.
4 PM	Big Bang	Young & Restless	Maya See	Wild Kratts	Jdg Judy	The Dr. Oz Show	Storage	The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (DVS)	ANT Farm	How I Met	Ink Master	Museum Secrets
5 PM	Browns	News (N)	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	Boxing	CTV News at Five (N)	Gold Rush: Pay Dirt (N)	Shake It	Dads	Ink Master	Dig Wars
6 PM	Browns	Global Nat.	Hope for Wildlife	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	ICarly		CTV News (N)	Gold Rush (N)	Austin	New Girl	Ink Master	Monumental Mysteries
7 PM	Seinfeld	Ent	Be the Creature	Latino Americans (Series Premiere) (N)	Jeopardy!	Inside Ed.	Barter Kings (N)	Ent	Ent	Movie: *** "Iron Man 2" (2010) Robert Downey Jr. Premiere.	George S	Wipeout (N)	SportsCentre (N) (Live)	etalk (N)	Highway Thru Hell (N)	Shake It	Person of Interest	Ink Master	Mysteries-Museum
8 PM	Family Guy	Movie: *** "Iron Man 2" (2010) Robert Downey Jr. Premiere.	Athens: Truth	Frontline	America's Got Talent (N Same-day Tape)	NCIS: Los Angeles	(8:01) Barter Kings	Movie: *** "Iron Man 2" (2010) Robert Downey Jr. Premiere.	Movie: *** "Iron Man 2" (2010) Robert Downey Jr. Premiere.	Movie: *** "Iron Man 2" (2010) Robert Downey Jr. Premiere.	Mercer	22 Minutes	Off Record	Movie: *** "Into the Wild" (2007) Emile Hirsch. Premiere.	How/Made	Good Luck	CityNews-Tonight (N)	Tattoo	Museum Secrets
9 PM	Amer. Dad	Movie: *** "Crimson Tide" (1995, Suspense)	Movie: *** "Dying at Grace" (2003, Documentary)	Moyers & Company	Per seph of Interest	Storage	Storage	Storage	Storage	Storage	True Crime Canada (N)	Funnlest Home Videos	Amazing Race	Highway Thru Hell	Gold Rush	Wingin' It	Jimmy Kimmel Live (N)	Ink Master	Dig Wars
10 PM		CHBC News Final (N)	Cedar	Charlie Rose (N)	News	News	(11:01) Barter Kings	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Jungle Gold	Hannah	Paid Prog.	Tattoo	Mysteries-Museum
11 PM	"Double J"				Jay Leno	Letterman		J. Kimmel		The Test	George S	Mr. Young		CTV News	Princess	Paid Prog.		Tattoo	

News Leader Sudoku 472

Wednesday Movies

HOSHI SUDOKU - About The Puzzle

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



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

MORNING

8:30 am SPIKE ch.44 "Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies. (In Stereo)
 10:30 am 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)

AFTERNOON

1:00 pm SPIKE ch.44 "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. (In Stereo)
 4:00 pm SPIKE ch.44 "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. (In Stereo)

EVENING

8:00 pm VTVch.22 "X-Men: First Class" (2011, Action) James McAvoy. Premiere. Charles Xavier and Erik Lehnsherr work with other mutants to prevent a nuclear nightmare, but a situation soon tears the close friends apart. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "Double Jeopardy" (1999, Suspense) Tommy Lee Jones. While in jail for murdering her husband, a woman discovers he is living under a new identity with their son.
 11:30 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth.

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WEDNESDAY, SEPTEMBER 18, 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 Pkg	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Gold Rush	Stella-Sam Phineas	CityLine (N)	Deadliest Warrior	Moves
7 AM	Law & Order: SVU		Ella the El PAW Patrol	Arthur Martha	Today Hugh Jackman; Paula Patton. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger Monster	Penguins T.U.F.F.	SportsCentre		Canada's Worst Driver	Shake It Liv-Mad.	Let's Make a Deal	Deadliest Warrior	World's
8 AM	Law & Order: SVU		Magie Bus Dinosaur	Curious Cat In the			CSI: Miami			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre		Auction	Jessie	The Price Is Right	Ways Die	Eat St. O
9 AM	Millionaire	Morning Millionaire	Dragon The Hive	Super Why! Dinosaur		The 700 Club	CSI: Miami "Dishonor"	LJvel Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the	Rescue Mike	SportsCentre	Livel Kelly and Michael	To Be Announced	Little Manny	Jdg Judy	"Resident Evil" (2002, Horror)	Pitchin' In
10 AM	Divorce	The Doctors	Rob Robot Humf	Sesame Street (N)		The Price Is Right	Criminal Minds "Doubt"	The View	The Doctors	Chef/Home Debt/Part	Bookaboo Doodlebop	Little Bear Berenstain	Nine for IX	The View	How/Made	Never Land Sofia	The Chew		Feed-Bea.
11 AM	Judge Alex	Chef/Home Debt/Part	Rolie Polle Thomas	Tiger Sit-Be Fit	Jdg Judy LazyTown	Young & Restless	Criminal Minds	Pald Prog.	Chef/Home Debt/Part	Noon News Hour (N)	Doc Zone	To School Squirrel	E:60 (N)	Marilyn Denis	Gold Rush: Pay Dirt	Suite/Deck ANT Farm	General Hospital (N)	"Pitch Black" (2000) Radha Mitchell.	Burger
12 PM	Browns Payne	Noon News Hour (N)	Dino Dan Making	Charlie Rose	Larry King Hate Hair?	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Parents Sidekick	Numbers Never Lie	CTV News (N)	Gold Rush	Wizards Hannah	CityLine	Bizarre Foods America	
1 PM	Community	Days of our Lives (N)	Rob Robot The Hive	Oil Painting Sewing	Days of our Lives (N)	The Talk (N)	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Republic of Doyle	Rated A Monster	SportsNation (N)	The Social	Highway Thru Hell	Suite/Deck Wizards	Katie (N)	Movie: "Doom" (2005) The Rock.	Bizarre Foods/Zimmerman
2 PM	King The Middle	The Talk (N)	Big Bear PAW Patrol	Barney WordWorld	Katie (N)	Let's Make a Deal	The First 48	Queen Latifah	The Talk (N)	Queen Latifah	Steven and Chris	Super Evil Sidekick	Off Record Interruption	Dr. Phil	To Be Announced	Shake It ANT Farm	CityNews at 5 (N)	Extreme RVs	
3 PM	The Middle King	Queen Latifah	Clifford G. Shrinks	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray (N)	Queen Latifah	Young & Restless Stefano	Recipes	Squirrel T.U.F.F.	SportsCentre (N)	Bethenny	Mighty Planes	Jessie Austin	CityNews at 6 (N)	Deadliest Warrior	
4 PM	Big Bang	Young & Restless	Maya Bee Arthur	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show	Duck D.	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob Kung Fu	Hockey McKenzie's	Ellen DeGeneres Show	Daily Planet (N)	Good Luck	How I Met 30 Rock	Movie: "Doom" (2005) The Rock.	
5 PM	Browns Payne	News (N)	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	ABC News	Early News Global Nat.	(4:59) News Hour (N)	News	Parents SpongeBob	World Series of Poker	CTV News at Five (N)	Moonshiners	Phineas	Million Second	Feed-Bea.	
6 PM	Browns Payne	Global Nat. News	Animals Undersea	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	News Mercer	Sam & Cat Victorious	World Series of Poker	CTV News (N)	Pot Cops (N)	Dog	America's Got Talent The winner is announced.	Ways Die	
7 PM	Seinfeld	Ent	Frontiers of Earthflight-Nat	Jeopardy! Wheel	Jeopardy! Access H.	Inside Ed. Dads	Duck D.	Ent	Ent	Ent	George S Coronation	ICarly	SportsCentre (N) (Live)	etalk (N) Big Bang	Tickle (N) Porter	Shake It Good Luck	is announced.	Ways Die	
8 PM	Family Guy	Survivor (Season Premiere)	Gandhi	NOVA	Million Second	Survivor (Season Premiere)	Dads	The Middle	Survivor (Season Premiere)	Survivor (Season Premiere)	Dragons' Den	Wipeout (N)	Off Record	Movie: "X-Men: First Class" (2011) James McAvoy. Premiere.	Highway Thru Hell	Good Luck ANT Farm	CityNews-Tonight (N)	Ways Die	
9 PM	Amer. Dad	Big Brother (Season Finale) (1999)	Europa Konzert 2009 From Napoli	Brains on Trial Life In Cold Blood	America's Got Talent The winner is announced.	Big Brother (Season Finale) (N)	Duck D.	Mod Fam Nashville	Big Brother (Season Finale) (N)	Ent	Republic of Doyle	Funniest Home Videos	E:60	Moonshiners	Wingin' It Really Mo	Jimmy Kimmel Live (N)	Maury	Ways Die	
10 PM	"Double Jeopardy" (1999)		CHBC News Final (N)	Frontiers of Charlie Rose (N)	News Jay Leno	News Letterman	Duck D.	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News George S	Boys Mr. Young	SportsCentre	News-Lisa	Tickle Hannah	Pald Prog.	Ways Die	Bizarre Foods America	
11 PM	"Envy"													CTV News	Porter Princess	Pald Prog.	Ways Die		

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- 7:30am - 10:30am Emergency Services Pancake Breakfast
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- 11:00am - 12:30pm Chili Cook-Off: Tasting & Judging
- 11:00am - 12:00pm Live Music: Rob Robertson
- 12:00pm - 4:00pm Children's Games
- 12:00pm - 6:00pm Beverage Gardens
- 12:30pm - 2:30pm Live Music: Mat Duffus
- 1:30pm - 2:30pm Best Hot Sauce Competition
- 3:00pm - 5:00pm Live Music: The Blackbirds
- 5:00pm Sear Factor Hot Pepper Eating Contest

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The Northern Pacific Tree Frog is usually a bright green colour. Juvenile frogs such as the one pictured are the exception. Preferring darkness, this fellow was discovered September 7th under the cover of a barbecue in what was formerly Chinatown in Keremeos. Notice the Toonie in the picture. Originally, the area was a swamp at the east end of 6th Avenue where the homes were built on stilts. Relatives of this frog are seen in the subdivision each year. The range of the Northern Pacific Tree Frog includes California, the Pacific Northwest and Southernmost British Columbia. Photo: Ariene Arlow

Thursday Movies

MORNING

6:00 am SPIKE ch.44 "Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies. (In Stereo)
 8:00 am 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)
 10:30 am SPIKE ch.44 "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. (In Stereo)

EVENING

7:00 pm CITV ch.12 "The Dark Knight" (2008, Action) Christian Bale. Batman has to keep a balance between heroism and vigilantism

to fight a vile criminal known as the Joker, who would plunge Gotham City into anarchy. (CC) (DVS)
 8:00 pm CHBC ch.4 BCTV ch.11 "The Dark Knight" (2008, Action) Christian Bale. Batman has to keep a balance between heroism and vigilantism to fight a vile criminal known as the Joker, who would plunge Gotham City into anarchy. (CC) (DVS)
 9:30 pm WTBS ch.3 "Into the Blue 2: The Reef" (2009, Suspense) Chris Carmack. Two professional divers fight for their lives when they encounter criminals in Hawaiian waters.
 11:30 pm WTBS ch.3 "Larry the Cable Guy: Health Inspector" (2006, Comedy) Larry the Cable Guy. An uncouth health inspector and his new partner probe an outbreak of food poisonings in the city's ritziest restaurants.

THURSDAY, SEPTEMBER 19, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "Doubt"	Morning Northwest	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 Phiness	CityLine (N)	Movie: ** "Resident Evil" (2002, Horror)	Moves
7 AM	Law & Order: SVU		Ella the Elf	Arthur	Today Five for Fighting: Terrence Howard. (N)	CBS This Morning (N)	Criminal Minds "CSI: Miami Backfire"	Good Morning America (N)				Tiger	Penguins	SportsCentre	Licence to Drill	Shake It	Let's Make a Deal		World's
8 AM	Law & Order: SVU		Magie Bus	Curious								Monster	Sidekick	Highway Thru Hell	Jessie	The Price Is Right	Movie: ** "Pitch Black" (2000)	Radha Mitchell	World's
9 AM	Millionaire	Morning	Dragon	Super Why!		The 700 Club	CSI: Miami "Meltdown"	Livel Kelly and Michael	Morning	The Doctors	Super Why!	Rescue	SportsCentre	Livel Kelly and Michael	Don't Drive Here	Little	Jdg Judy	Disaster	Disaster
10 AM	Divorce	The Doctors	Rob Robot	Sesame Street (N)		The Price Is Right	Criminal Minds	The View	The Doctors	Chef/Home	Bookaboo	Little Bear	Amazing Race	The View	How/Made	Never Land	The Chew		Adam
11 AM	Judge Alex	Chef/Home	Rolie Polle	Tiger	Jdg Judy	Young & Restless	Criminal Minds	Paid Prog.	Chef/Home	Noon News Hour (N)	Doc Zone	To School	E:60 (N)	Marilyn Denis	Pyros "Istanbul"	Suite/Deck	General Hospital (N)	Movie: ** "Doom" (2005) The Rock	Rock-RV
12 PM	Browns	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	Numbers Never Lie (N)	CTV News (N)	Moonshiners	Wizards	CityLine	Cops	Bizarro Foods/Zimmer
1 PM	Community	Days of our Lives (N)	Rob Robot	Painting	Days of our Lives (N)	The Talk (N)	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Republic of Doyle	Rated A	SportsNation (N)	The Social	Pot Cops	Suite/Deck	Katie (N)	Cops	Bizarro Foods/Zimmer
2 PM	King	The Talk (N)	Big Bear	Barney	Katie (N)	Let's Make a Deal	The First 48	Queen Latifah	The Talk (N)	Queen Latifah	Steven and Chris	Super Evil	Off Record	Dr. Phil	Tickle	Barbie	CityNews at 5 (N)	Cops	Extreme RVs
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray (N)	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCentre (N)	Bethenny	How-Made	Jessie	CityNews at 6 (N)	Cops	East SL
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	The First 48	The Doctors	Young & Restless	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	News	News	The First 48	News	Early News	(4:59) News Hour (N)	News	Parents	Preseason Hockey: Maple Leafs at Senators	CTV News at Five (N)	Fast N' Loud (N)	Liv-Mad.	The Million Second Quiz "Final" (Live)	Cops	Adam
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	The First 48	News at 6	(5:59) News Hour (N)	ET Canada	News	Big Time	News	CTV News (N)	Fast N' Loud (N)	Shake It	Shake It	IMPACT Wrestling (N) (Live)	Rock-RV
7 PM	Seinfeld	Ent	Ancient Clues	Health Matt.	Jeopardy!	Inside Ed.	The First 48	Ent	Ent	Movie: **** "The Dark Knight" (2008)	George S	Carly	SportsCentre (N) (Live)	etalk (N)	Overhaul'n	Shake It	Murdoch Mysteries	Sturgis "Metal Mania"	
8 PM	Family Guy	Movie: **** "The Dark Knight" (2008)	The Joy of Stats	To Be Announced	The Million Second Quiz "Final"	Big Bang	(8:01) The First 48	Wipeout	Movie: **** "The Dark Knight" (2008)	Christian Bale	Coronation	Mr. Young	Off Record	Big Bang	How-Made	Good Luck	CityNews-Tonight (N)	Bellator MMA Live	Disaster
9 PM	Amer. Dad	Christian Bale	The King of Hollywood:			Big Bang	(9:01) The First 48	Grey's Anatomy	Christian Bale	(DVS)	Doc Zone (DVS)	Funnest Home Videos	E:60	Big Bang	Fast N' Loud	Wingin' It	Jimmy Kimmel Live (N)	Ink Master	Adam
10 PM	Movie: "Into the Blue 2: The Reef" (2009)		The King of Hollywood:	The Bletchley Circle	Valerie's Story: Special	(10:01) Elementary	(10:01) The First 48	Scandal	News Hour Final (N)	The National (N)	The Middle	Mr. Young	SportsCentre (N)	Criminal Minds	Fast N' Loud	Good Luck	Maury	Tattoo	Rock-RV
11 PM	"Larry"	CHBC News Final (N)	Ancient Clues	Charlie Rose (N)	Jay Leno	Letterman	(11:01) The First 48	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Overhaul'n	Hannah	Paid Prog.	Tattoo	Sturgis "Metal Mania"

Friday Movies

EVENING

8:00 pm CBC ch.13 "Cars 2" (2011, Comedy) Voices of Owen Wilson. Animated. Mater takes a detour into international espionage when he and Lightning McQueen head overseas for the World Grand Prix. (In Stereo) (CC)
 YTV ch.18 "The Karate Kid" (2010, Drama) Jaden Smith. A Chinese maintenance man instructs an American boy in the art of kung fu to help the youth face down bullies at his new school. (In Stereo) (CC)
 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)

9:30 pm WTBS ch.3 "Larry the Cable Guy: Health Inspector" (2006, Comedy) Larry the Cable Guy. An uncouth health inspector and his new partner probe an outbreak of food poisonings in the city's ritziest restaurants.
 10:00 pm FAM ch.26 "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time. (In Stereo) (CC)
 11:30 pm WTBS ch.3 "Crouching Tiger, Hidden Dragon" (2000, Adventure) Chow Yun-Fat. A 19th-century martial arts master gives a sword called Green Destiny to his beloved, then the two must recover it from female thieves.

News Leader Recipe 579

Miso Mushroom Noodle Bowl

Ingredients

- 2 tablespoons vegetable oil
- 2 shallots, finely sliced
- 2 small hot chili peppers, finely sliced
- 2 cloves garlic, minced
- 1 x 1-inch piece ginger, grated
- 3 tablespoons yellow miso paste
- 2 tablespoons soy sauce
- 4 cups mushroom or vegetable broth
- 2 cups mixed mushrooms (I used white, crimini and shiitake and left the shiitake intact, quartered the white and finely sliced the crimini)
- 200g fresh soba noodles handful cilantro, roughly chopped

Method

- Heat the vegetable oil in a large pot (big enough to hold all the broth and other ingredients).
- Over a medium-high heat sauté the shallots, chili peppers, garlic and ginger until they are just starting to soften, but don't let them colour.
- Add the miso paste and soy sauce and stir to thoroughly coat the shallot mixture.
- Add the broth, increase the heat and bring to a boil.
- Add the mushrooms and bring back to the boil.
- Add the noodles and cook for a remaining 4-5 minutes ^ the noodles and the mushrooms should be „al dente%a.
- Divide amongst four bowls and serve with a scattering of cilantro. Serves 4.

For more great mushroom recipes, tips and information visit Mushrooms Canada online at www.mushrooms.ca

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FRIDAY, SEPTEMBER 20, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM :30	In the Heat of the Night	Morning News (N) ☺	Wibbly Pig G. Shrinks	Bullider Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Longmire ☺	Morning Northwest	Morning News (N) ☺	(5:00) Morning News (N)	CBC News Now (N) ☺ Rescue	Kid vs. Kat Tiger Monster	SportsCentre ☺ SportsCentre ☺ SportsCentre ☺	CTV Morning Live (N) ☺	Pyros ☺ (DVS)	Stella-Sam Phineas	CityLine (N) ☺	Deadliest Warrior	Moves Moves
7 AM :30	Law & Order: SVU		Ella the EI PAW Patrol	Arthur Martha	Today Bob Dotson; Ed Brown; Taye Diggs. (N) ☺	CBS This Morning (N) ☺	Longmire "Carcasses" ☺	Good Morning America (N) ☺				Yu-Gi-Oh! T.U.F.F.	SportsCentre ☺		Don't Drive Here	Shake It ANT Farm	To Be Announced	Deadliest Warrior	World's World's
8 AM :30	Law & Order: SVU		Magic Bus Dinosaur	Curious Cat in the			Longmire ☺			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre ☺		Canada's Worst Driver	Jessie ☺ Wizards	The Price Is Right ☺	Deadliest Warrior	Eat St. ☺ Eat St. ☺
9 AM :30	Millionaire	Morning Huntley	Dragon The Hive	Super Why! Dinosaur		The 700 Club ☺	Longmire ☺	Livel Kelly and Michael	Morning Huntley	The Doctors ☺	Super Why! Cat in the	Rescue Mike	SportsCentre ☺	Livel Kelly and Michael	Fantom-Works ☺	Little Manny	Jdg Judy Jdg Judy	Deadliest Warrior	Weird or What?
10 AM :30	Divorce	The Doctors ☺	Rob Robot Humf ☺	Sesame Street (N)		The Price Is Right ☺	Longmire ☺	The View ☺	The Doctors ☺	Chef/Home Debt/Part	Bookaboo Doodlebop	Little Bear Berenstain	World Series of Poker	The View ☺	How/Made How/Made	Never Land Soffa	The Chew ☺	Deadliest Warrior	The Dead Files (N) ☺
11 AM :30	Judge Alex	Chef/Home Debt/Part	Rolie Polie Thomas	Tiger Sit-Be Fit	Jdg Judy	Young & Restless	Longmire "Tell It Slant" ☺	Pald Prog.	Chef/Home Pald Prog.	Noon News Hour (N)	Doc Zone ☺	To School Squirrel	World Series of Poker	Marilyn Denis	How-Made How-Made	Suite/Deck ANT Farm	General Hospital (N) ☺	Deadliest Warrior	The Dead Files (N) ☺
12 PM :30	Browns Payne	Noon News Hour (N)	Dino Dan Making	Charlie Rose ☺	Pald Prog. Pald Prog.	News Bold	Longmire ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Parents Sidekick	Numbers Never Lie (N)	CTV News (N) ☺	Fast N' Loud ☺	Wizards Hannah	CityLine ☺	Deadliest Warrior	The Dead Files (N) ☺
1 PM :30	Community Community	Days of our Lives (N)	Rob Robot The Hive	Gary Spatz Scrapbook	Days of our Lives (N)	The Talk (N) ☺	Longmire ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk (N) ☺	Republic of Doyle ☺	Rated A Monster	SportsNation (N) ☺	The Social ☺	Fast N' Loud ☺	Suite/Deck Wizards	Katie (N) ☺	Cops ☺ Cops ☺	Bizarre Foods/Zimmermann
2 PM :30	King The Middle	The Talk (N) ☺	Big Bear PAW Patrol	Barney WordWorld	Katie (N) ☺	Let's Make a Deal ☺	Longmire "Tuscan Red" ☺	Queen Latifah	The Talk (N) ☺	Queen Latifah	Steven and Chris ☺	Super Evil Sidekick	Off Record Interruption	Dr. Phil ☺	Overhaul'n	Shake It ANT Farm	CityNews at 5 (N) ☺	Cops ☺ Cops ☺	Extreme RVs ☺
3 PM :30	The Middle King	Queen Latifah	Clifford G. Shrinks	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil ☺	Storage Storage	Rachael Ray (N) ☺	Queen Latifah	Young & Restless	Recipes Stefano	Allen T.U.F.F.	SportsCentre (N) ☺	Bethenny ☺	How/Made How/Made	Jessie ☺ Austin	CityNews at 6 (N) ☺	Cops ☺ Cops ☺	Eat St. ☺ Eat St. ☺
4 PM :30	Big Bang Big Bang	Young & Restless	Maya Bee Arthur ☺	Wild Kratts Biz Kid\$	Jdg Judy Jdg Judy	The Dr. Oz Show ☺	Storage Storage	The Doctors ☺	Young & Restless	Early News Global Nat.	Dragons' Den ☺	SpongeBob Kung Fu	Hockey CFL Pre	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	How I Met 30 Rock	Cops ☺ Cops ☺	Weird or What?
5 PM :30	Browns Payne	News (N) ☺	Martha Wild Kratts	News Business	News NBC News	News CBS News	Storage Storage	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob	CFL Football: Edmonton Eskimos at Winnipeg Blue Bombers. (Live) ☺	CTV News at Five (N)	Highway Thru	Liv-Mad. Good Luck	Liquidator Liquidator	Cops ☺ Cops ☺	The Dead Files ☺
6 PM :30	Browns Payne	Global Net. News	Animals Parks	PBS News-Hour (N) ☺	News Millionaire	News KREM 2 News at 6 (N)	Storage Storage	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	News Mercer	SpongeBob SpongeBob	Eskimos at Winnipeg Blue Bombers. (Live) ☺	CTV News (N) ☺	Highway Thru Hell	Shake It Austin	Seed ☺ Seed ☺	Bellator MMA Live (N) ☺ (Live)	The Dead Files ☺
7 PM :30	Seinfeld ☺ Seinfeld ☺	Ent ET Canada	Billy Connolly: Journey	Wash Charlie	Jeopardy! Wheel	Inside Ed. Access H.	Storage Storage	Ent Insider	Ent ET Canada	Bomb Girls ☺ (DVS)	George S Coronation	SpongeBob SpongeBob	etalk (N) Big Bang	etalk (N) Big Bang	Mayday ☺	Next Step Jessie (N)	Mantracker ☺ (DVS)	The Dead Files ☺	
8 PM :30	Family Guy Family Guy	Elementary "Heroine"	Murder Myster.	Last Tango in Halifax	Betty Betty	Undercover Boss ☺	Storage Storage	Last Man Neighbors	Elementary "Heroine"	Elementary "Heroine"	Movie: *** "Cars 2" (2011) ☺	Movie: *** "The Karate Kid" (2010, Drama) Jaden Smith. ☺	SportsCentre (N) ☺	Neighbors Neighbors	Mayday ☺	Movie: "Teen Beach Movie" (2013)	CityNews-Tonight (N)	Bellator MMA Live ☺	Weird or What?
9 PM :30	Amer. Dad Movie: "Larry the Cable Guy: Health Inspector"	Hawaii Five-0 ☺	George Gently "Gently With Class"	Great Performances King Richard calls for a duel. (N) ☺	Dateline NBC ☺	Hawaii Five-0 ☺	Storage Storage	Shark Tank ☺	Hawaii Five-0 ☺	Hawaii Five-0 ☺	Movie: *** "Cars 2" (2011) ☺	World Series of Poker Jaden Smith. ☺	Orphan Black ☺	Highway Thru Hell	Loaded Loaded	Movie: ** "The Cheetah Girls" ☺	Jimmy Kimmel Live ☺	Ways Die Ways Die	The Dead Files ☺
10 PM :30		CHBC News Final (N)	Architects of Change		News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	The Next Star ☺	SportsCentre ☺	News-Lisa	Mayday ☺		Paid Prog.	Ways Die	The Dead Files ☺
11 PM :30	"Crouch				Jay Leno	Letterman	Storage	J. Kimmel		The Test	George S			CTV News		Princess	Paid Prog.	Ways Die	The Dead Files ☺

News Leader Weekend - Saturday Movies

MORNING

10:30 am A&E ch.9 "Titanic" (1997, Historical Drama) Leonardo DiCaprio. A society girl abandons her haughty fiance for a penniless artist on the ill-fated ship's maiden voyage. (CC)

AFTERNOON

12:00 pm FAM ch.26 "Rebound" (2005, Comedy) Martin Lawrence. Suspended after a public outburst, a college basketball coach accepts a short-term job with a team of middle schoolers. (In Stereo) (CC)

1:00 pm WTBS ch.3 "High School Musical 3: Senior Year" (2008, Musical Comedy) Zac Efron, Troy Gabriella and the rest of the Wildcats plan an elaborate spring musical to express their experiences, hopes and fears for their futures.

EVENING

6:00 pm WTBS ch.3 "Talladega Nights: The Ballad of Ricky Bobby" (2006, Comedy) Will Ferrell. NASCAR driver Ricky Bobby faces his greatest challenge ever when French Formula One driver Jean Girard roars onto the scene.

CITY ch.29 "Hugh Hefner: Playboy, Activist and Rebel" (2009, Documentary) (Part 1 of 2) Hugh M. Hefner. Hugh Hefner, magazine entrepreneur and lover of beautiful women, battles the U.S. government, religious groups and militant feminists to stay in business.

7:00 pm CITY ch.12 "Dark Storm" (2006, Science Fiction) Stephen Baldwin. A scientist gains the ability to control the weather after an experimental weapon malfunctions. (CC)

8:00 pm CHBC ch.4 BCTV ch.11 "Dark Storm" (2006, Science Fiction) Stephen Baldwin. A scientist gains the ability to control the

weather after an experimental weapon malfunctions. (CC)

YTV ch.18 "Dr. Dolittle 3" (2006, Comedy) John Amos. A young woman uses her ability to talk to animals to save a dude ranch on the verge of financial collapse. (In Stereo) (CC)

9:00 pm WTBS ch.3 "Catch Me if You Can" (2002, Comedy-Drama) Leonardo DiCaprio. An FBI agent pursues Frank Abagnale Jr., a con man who assumes various identities and commits forgery.

FAM ch.26 "Minutemen" (2008, Comedy) Jason Dolley. Three high-school outcasts face unexpected problems when they use a time machine to change the past. (In Stereo) (CC)

SPIKE ch.44 "A Bronx Tale" (1993, Drama) Robert De Niro. The son of an honest bus driver looks up to a local mob boss amid racial tension in 1960s New York. (In Stereo)

DTour ch.45 "Goldfinger" (1964, Action) Sean Connery. Agent 007 drives an Aston Martin, runs into Oddjob and fights Goldfinger's scheme to rob Fort Knox. (In Stereo) (CC)

10:30 pm FAM ch.26 "It Could Happen to You" (1994, Romance-Comedy) Nicolas Cage. A New York policeman keeps his promise to split a \$4 million lottery prize with a waitress, but his wife objects. (In Stereo) (CC)

11:45 pm WTBS ch.3 "Men in Black II" (2002, Action) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world.



Another night-time, outdoor resident of Keremeos experienced catch-and-release September 9th. This male Ten-Line June Beetle was just bigger than a loonie. Males come out at night to feed on foliage. The bug is non-toxic but the immature grubs live underground and can damage the roots, ultimately weakening or killing a plant. Photo: Arlene Arlow

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Similkameen News Leader

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SATURDAY, SEPTEMBER 21, 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	Paid Prog.	Ancestors	Peep, Big	Heartland	Today (N)	CBS This Morning	Criminal Minds	Paid Prog.	Ancestors	Saturday Morning News Share	Monster	Kid vs. Kat	Formula One Racing	Juicebox	Highway Thru Hell	Wingin' It	Kitchen	Xtreme 4x4	Live Here
6:30	Paid Prog.	Fishful	Thomas	Fly Tying	⬆				Fishful	Jones. (N)	Busytown	Super Evil	One Racing	⬆	Suite/Deck	Panorama	Horse.	Paid Prog.	
7 AM	The Office	Saturday Morning News Lynn	Rolie Polie	MotorWeek	KHQ News Saturday (N)	Doodlebop	Flip This House	Good Morning America	Saturday Morning News Lynn	Animal	Sideldck	SportsCentre	Ice Cold Gold	Hannah	Eye/Asia	Truckal (N)	Security		
7:30	All. Eats	Tree Fu	Greener		Doodlebop				Colliar, Welsa & Jay Janower. (N)	Super Why!	Squirrel			Wizards	Nossa TV	MuscleCar	Security		
8 AM	Paid Prog.	Colliar, Welsa & Jay Janower. (N)	Ella the El	Woodsmith		Busytown	Flip This House	Hanna	Colliar, Welsa & Jay Janower. (N)	Doodlebop	Kung Fu	SportsCentre	Canada AM Weekend	Barbie	Polish Studio	Ink Master	Monumental Mysteries		
8:30	The Office	PAW Patrol	Woodshop		Busytown			Ocean	Wong, & Jay Janower. (N)	Cross	Allen			Dog					
9 AM	College Football: North Texas at Georgia. (N) (Live)		Magic Bus	Hometime	PGA Tour Golf: The Tour Championship, Third Round. (N) (Live)	Liberty	Flipping Boston	Explore	PGA Tour Golf: The Tour Championship, Third Round. (N) (Live)	Absolutely Vancouver	SpongeBob	Motoring	Marilyn Denis	To Be Announced	Good Luck	EP Weekly	Ink Master	Mysteries-Museum	
9:30			Arthur ⬆	Old House	⬆	Liberty		Rescue	⬆	SpongeBob	Fins/Skins			Wingin' It	Reviews on				
10 AM		PGA Tour Golf: The Tour Championship, Third Round. (N)	Pingu	Old House		Paid Prog.	Flip House	Recipe	PGA Tour Golf: The Tour Championship, Third Round. (N)	The Nature of Things	Sanjay	NFL Films	Children	Mayday	ANT Farm	Tow Biz	Ink Master	Feed-Bea.	
10:30		Jack	Kitchen		Backroads	Movie: **** "Titanic" (1997) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship.	Food	XTERRA	McCarver	Triathlon: ITU World Grand Final. From London.	Turtles	MLS Soccer: Whitecaps FC at Impact	Is Written	Yukon Men	Austin	Shopping Channel	Ink Master	Burger	
11 AM		Marco Polo	Jazzy		Stars on Sports				⬆	Final. From London.	Beyblade		Smile	Shake It	Shake It				
11:30		Wild Kratts	Martha		Football					Rangers	Pokémon		Junk Raiders	Jungle Gold	Movie: ** "Rebound" (2005) ⬆	Shopping Channel	Ink Master	Bizarro Foods America	
12 PM	Browns	News Hour	Animals	Garden	College Football: Michigan State at Notre Dame. (N) (Live)	College Football: Tennessee at Florida. (N) (Live)	College Football: Teams TBA. (N) (Live)	College Football: Teams TBA. (N) (Live)	Simpsons	Simpsons	Lang & O'Leary	Yu-Gi-Oh!	CFL Football: Montreal Alouettes at Hamilton Tiger-Cats. (Live)	The Social	Highway Thru	Phineas	Paid Prog.	Cops	Hotel Impossible
1:30	Movie: "High School Musical 3: Senior Year"	Simpsons	Parks	Antiques Roadshow					Simpsons	Simpsons	Simpsons	Dragons' Den	The Next Star	Canada's Worst Driver	Highway Thru Hell	Gravety	Tow Biz	Cops	Adam
2:30	Senior Year	Simpsons	Architects of Change	To Be Announced					Simpsons	Canadian	National	The Next Star	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops	Eat St. ⬆	
3:30	Community	The Best Years	Frontiers of						The Best Years	The Best Years	M'ketplace		Celebrity	How/Made	Next Step	Cops	Eat St. ⬆		
4:30	Family Guy	Whatever	Crocodile King	To Be Announced	Pajanimals	Access Hollywood (N)	Bad Ink	Beer Geek	Whatever	In a Name	NHL Preseason Hockey: Toronto Maple Leafs at Buffalo Sabres. (N)	The Next Star	Sports	etalk-Fall TV Preview	How/Made	Jessie	Murdoch Mysteries	Cops	Security
5:30	The Middle	In a Name	The Joy of Stats		Justin	Dads	News	College Football: Teams TBA. (N) (Live)	In a Name	News Hour (N)		The Next Star	CFL Football: Toronto Argonauts at Calgary Stampeders. (Live)	etalk	Gold Rush	Shake It	Murdoch Mysteries	Cops (N)	Hotel Impossible
6:30	Talladega Nights: The Ballad of Ricky Bobby	Global Nat.	Hope for Wildlife	To Be Announced	News	News	Dads	(5:59) Evening News (N)	Global Nat.	16x9		The Next Star	CTV News (N)	To Be Announced	Good Luck	Wingin' It	Hugh Hefner: Playboy	Cops	Adam
7:30		Balance	Orca Killing School ⬆		Wheel	Paid Prog.	Dads		Balance	Movie: "Dark Storm" (2006) Stephen Baldwin.	NHL Preseason Hockey: Vancouver Canucks at Edmonton Oilers. (N)	Movie: ** "Dr. Dolittle 3" (2006) John Amos.	W5	To Be Announced	Wizards	Suite/Deck	TBA	Cops	Bizarro Foods America
8:30	The Closer	Movie: "Dark Storm" (2006) Stephen Baldwin.	Heartbeat	To Be Announced	American Ninja Warrior	Mike	Dads	Insider	Movie: "Dark Storm" (2006) Stephen Baldwin.	Durham County ⬆	Funniest Home Videos	World Series of Poker	Mike	Street Outlaws (N)	Shake It	CityNews Weekends	Cops	Eat St. ⬆	
9:30	Movie: *** "Catch Me if You Can" (2002) Tom Hanks	Durham County ⬆	Midsomer Murders A local bower returns.	Infinity Hall Live	Saturday Night Live	48 Hours	Dads	Sanctuary	Durham County ⬆	News Hour	Boys	SportsCentre (N)	Mike	To Be Announced	Movie: *** "Minutemen" (2008)	The Office	Movie: *** "A Bronx Tale" (1993) Robert De Niro, Chazz Palminteri.	Movie: *** "Goldfinger" (1964) Sean Connery.	
10:30	"Men Blk	SNL	For King and Empire	Austin City Limits	News	News	The Marriage Test	Castle ⬆	News Final	(10:35) Saturday Night Live ⬆	Winnipeg Comedy	Mr. Young	Mike	Gold Rush	It Could Happen to You	Paid Prog.			
11:30				SNL	The Closer				SNL		For Laughs	Mr. Young							



What kind of tailgate party has live entertainment on a stage in the middle of a parking lot filled with rabid hockey fans? The Princeton Posse regular season opener September 13th featured a tailgate party outside the Arena complete with food, drink and music provided by Princeton's 'The Switch-Men of the KVR.' Photo: Bob Marsh Photography

Happy 9th Anniversary, Brenda!

SEPTEMBER 18

Te Amo, George



Monday Movies

MORNING

11:00 am SPIKE ch.44 "Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies. (In Stereo)

facility after a deadly virus turns the entire staff into ravenous zombies. (In Stereo)

EVENING

6:00 pm SPIKE ch.44 "Piranha" (2010, Horror) Elisabeth Shue. Spring break turns gory at a popular waterside resort, where hundreds of prehistoric man-eating fish have come to dine on hapless humans. (In Stereo)

AFTERNOON

2:00 pm SPIKE ch.44 "Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research

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MONDAY, SEPTEMBER 23, 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) 2x	Wibbly Pig	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 2x	Morning Northwest	Morning News (N) 2x	(5:00) Morning News (N)	CBC News Now (N) 2x	Kid vs. Kat Rescue	SportsCentre 2x	CTV Morning Live (N) 2x	Shred!	Stella-Sam (N) 2x	CityLine (N) 2x	CSI: NY "Unwrapped"	Moves
7 AM	Law & Order: SVU		Ella the Elf	Arthur	Today (N) 2x	CBS This Morning (N) 2x	Criminal Minds 2x	Good Morning America (N) 2x			Tiger	Penguins	SportsCentre 2x		Salvage Hunters 2x	Shake It	Let's Make a Deal 2x	CSI: NY "Near Death"	World's
8 AM	Law & Order: SVU		PAW Patrol	Martha			CSI: Miami 2x			Morning	Bo On/Go	Pokémon	SportsCentre 2x	Final Offer 2x	Jessie 2x	The Price Is Right (N)	CSI: Crime Scene	Eat St. 2x	
9 AM	Millionaire	Morning	Magic Bus	Curious					Huntley	Huntley	Busytown	Beyblade			Wizards	Jdg Judy	CSI: Crime Scene	Eat St. 2x	
10 AM	Divorce	The Doctors 2x	Dinosaur	Cat in the	The 700 Club 2x	CSI: Miami 2x	Live! Kelly and Michael	Morning	The Doctors 2x	Super Why!	Rescue	SportsCentre 2x	Live! Kelly and Michael	Nerve Center 2x	Little	Jdg Judy	CSI: Crime Scene	Security	
11 AM	Judge Alex	AnnaOlson	Dragon	Super Why!					AnnaOlson	Bookaboo	Little Bear	Sportfish	The View 2x	How/Made	Never Land	The Chew 2x	CSI: Crime Scene	To Be Announced	
12 PM	King	Noon News Hour (N)	PAW Patrol	Martha					Debt/Part	Doodlebop	Berenstein	Motoring		How/Made	Sofia				
1 PM	Community	Days of our Lives (N)	Poppy Cat	Sesame Street 2x (EI)	The Price Is Right (N)	Criminal Minds 2x	The View 2x	The Doctors 2x	Noon News Hour (N)	Absolutely Vancouver	To School	Engraved on a Nation	Marilyn Denis	Auction	Suite/Deck	General Hospital (N) 2x	Movie: * "Resident Evil" (2002, Horror) 2x	Airport	
2 PM	King	Noon News Hour (N)	Pajanimals						Debt/Part		Squirrel	Parents	To Be Announced	Auction	ANT Farm	CityLine 2x		Hotel Impossible 2x	
3 PM	Community	Days of our Lives (N)	Rob Robot	Paint This	Days of our Lives (N)	The Talk (N) 2x	The First 48 2x	General Hospital (N) 2x	Days of our Lives (N)	Republic of Doyle 2x	Rated A	NFL Live (N) 2x	The Social 2x	Mayday 2x	Suite/Deck	Katle (N) 2x	CSI: Crime Scene	Bizarre Foods/Zimmer	
4 PM	Seinfeld 2x	The Talk (N) 2x	The Hive	Sewing					Queen Latifah	Steven and Chris 2x	Super Evil	Off Record	Dr. Phil 2x	Myth-Busters 2x	Shake It	CityNews at 5 (N) 2x	Movie: * "Resident Evil" (2002, Horror) 2x	Extreme Pig Outs 2x	
5 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 2x	Storage	Rachael Ray 2x	Queen Latifah	Recipes	Squirrel	Sports	Bethenny 2x	Canada's Worst Driver	Jessie 2x	CityNews at 6 (N) 2x		Eat St. 2x	
6 PM	Big Bang	Young & Restless	G. Shrinks	WordGirl					Young & Restless	Early News	Dragons' Den 2x	SpongeBob	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Ways Die	To Be Announced	
7 PM	Browns	News (N) 2x	Wild Kratts	Electric	Jdg Judy	The Dr. Oz Show 2x	Storage	The Doctors 2x	Young & Restless	Global Nat.	SpongeBob	Kung Fu			Phineas	Mod Fam	Ways Die		
8 PM	Browns	Global Nat.	Wild Kratts	Business	News	News	Storage	News	Early News	(4:59) News Hour (N)	Parents	To Be Announced	CTV News at Five (N)	Airplane Repo (N) 2x	Jessie 2x	How I Met	Ways Die	Trip Flip	
9 PM	Browns	Global Nat.	Animals	Business	News	News	Storage	News	Early News	(5:59) News Hour (N)	Sam & Cat		CTV News (N) 2x	Amish Mafia	Good Luck	Broke Girl	Movie: * "Piranha" (2010) Elisabeth Shue. 2x	Airport	
10 PM	Mod Fam	Ent	Hope for Wildlife (N)	The Café	Jeopardy!	Inside Ed.	Storage	Ent	Ent	The Blacklist "Pilot" 2x	George S	ICarly 2x	To Be Announced	etalk (N)	Amish Mafia (N)	Shake It	The Project: Guatemala	Hotel Impossible 2x	
11 PM	Family Guy	Bones 2x (DVS)	China: Triumph	Antiques Roadshow	The Voice Vocalists perform.	How I Met	Storage	Dancing With the Stars (N)	Bones 2x (DVS)	Murdoch Mysteries 2x	Wendell		SportsCentre 2x	The Voice Vocalists perform.	Airplane Repo	Good Luck	CityNews-Tonight (N)	Deepest Warrior	
	Family Guy																		
	Amer. Dad	Sleepy Hollow (N) 2x	Vincent: The Full Story	Genealogy Roadshow		Broke Girl	Storage	Same-day Tape 2x	Sleepy Hollow (N) 2x	Sleepy Hollow (N) 2x	Cracked 2x (DVS)	Funniest Home Videos	NFL Films		Amish Mafia	Wingin' It	Jimmy Kimmel Live (N)	Ways Die	Trip Flip
	Bedtime Stories (2003, Comedy)	The Blacklist "Pilot" 2x	Architects of Change	POV Janet Mino helps autistic boys.	(10.01) The Blacklist 2x	Hostages	Storage	(10.01) Castle 2x	The Blacklist "Pilot" 2x	News Hour Final (N)	The National (N) 2x	The Middle	SportsCentre 2x	Hostages "Pilot" 2x	Amish Mafia	Good Luck	Maury 2x	Ways Die	Airport
	Vertical	CHBC News Final (N)	Hope for Wildlife 2x	Well Read	Jay Leno	Letterman	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 2x	News-Lisa	Airplane Repo	Hannah	Paid Prog.	Movie: * "Piranha" (2010) 2x	Hotel Impossible 2x
										The Test	George S	Mr. Young		CTV News	Princessa	Paid Prog.			



News Leader Classified Ads

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Obituary	Obituary	For Rent	Services	Services
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Debra Lynn White (Neufield)
June 28, 1977 - September 3, 2013



It is with great sadness that we announce the passing of Debbie at the young age of 36. She was a loving wife, amazing mother, caring daughter, awesome sister and special aunt. She fought her short battle with Creutzfeldt-Jakob disease and died peacefully at Hospice House with her husband by her side. She was taken much too quickly from us but suffers no more. She leaves behind her husband Michael who was her rock and their two children Braydon and Bailey whom she loved so much. She grew up in Princeton and it was always home to her. She is survived by her parents Richard and Pauline Neufield, brother Jason and sister Lynette (Curtis) Boyd and her nieces Alexia and Kirsten Boyd. She will forever be remembered for her gentle kindness, laughter and beautiful smile that lit up the room. Memorial service was held at St. Michael's Anglican Church, September 13, 2013 Kelowna, BC. Many thanks to family and friends for your continued support.

1-bedroom apartment in Princeton. Available immediately. Excellent references and damage deposit required. No pets, must be quiet. Asking \$530.00/month plus utilities. Can furnish if needed. Call 250.295.1006 for details or leave message with the best time to call back. Sep 03-17

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Secure container rental. 8-foot x 20-foot insulated, vented, good access \$89.00/month. First month FREE with 6-month rental. Call 604-877-1599 (day) or 604-298-1948 (night). Sep 17 - Oct 01



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Notices	Help Wanted
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Princeton & District Community Services Society Notice of Annual Meeting. On Monday, September 30, 2013 in the Vermillion Court Lounge, 72 Fenchurch Avenue, Princeton, BC. Meeting will commence at 2:00 PM. Registration opens at 1:30 PM. Election of Officers will take place at this meeting. New Members Welcome! By Order of the Board Princeton & District Community Services Society. Sep 17 - 24

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Help Wanted

Princeton & District Community Services is in urgent need of qualified home support workers. Prospective home support workers must be registered with the BC Care Aide Community Health Worker Registry. Successful applicants must have access to a vehicle, a clear criminal record check, a TB skin test and an aptitude for working with seniors. Application forms are available at 47 Harold Avenue (Princeton) and resumes may be mailed to Box 1960, Princeton, BC V0X 1W0 or e-mailed to mail@pdcss.com. Sep 17-Oct 01

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Chalet with Loft	1,500 + \$300
Large Chalet - Main and Loft	1,800 + \$250
Large Chalet - Lower 2-Bedroom	1,000 + \$200
House on Lake - Main 3-Bedroom	1,600 + \$250
House on Lake - Lower 2-Bedroom	1,000 + \$200

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Help Wanted	Help Wanted
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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)
CARPENTER/TRADESPERSON

Applications are invited for the position of Carpenter/Tradesperson with School District No. 58, (Nicola-Similkameen) in Princeton.

This is a 12 month per year, 7.5 hours per day position. Salary and benefits will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

The district has a high percentage of First Nations and other multicultural students and so being sensitive to cultural diversities would be an asset.

For information regarding qualifications, please refer to the district's website under Jobs, Support Positions, and Current Job Opportunities (Job Code #517004). Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC or online at www.sd58.bc.ca, click on Jobs/Support Positions and search under 'Current Job Opportunities' and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until **September 17, 2013**.

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

Only those applicants being interviewed will be contacted.

For Sale	Help Wanted
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Landscaping shale pit. Located in Princeton area. Not a retail outlet, bulk sales only. Vermilion shale, a red colour with a mix of browns. Asking \$20,000.00 OBO. For more information call Darlene at 250-497-7060. Sep 10-Nov 05

Seeking persons with an E.C.E. certificate or an E.C.E. Assistant certificate to work as a substitute teacher at Little Folks Nursery School. Closing September 27th. Please contact Sandy Yee at 250-295-3083. Sep 10-24

Notices

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LUNCH 11:30 AM - 1 PM**

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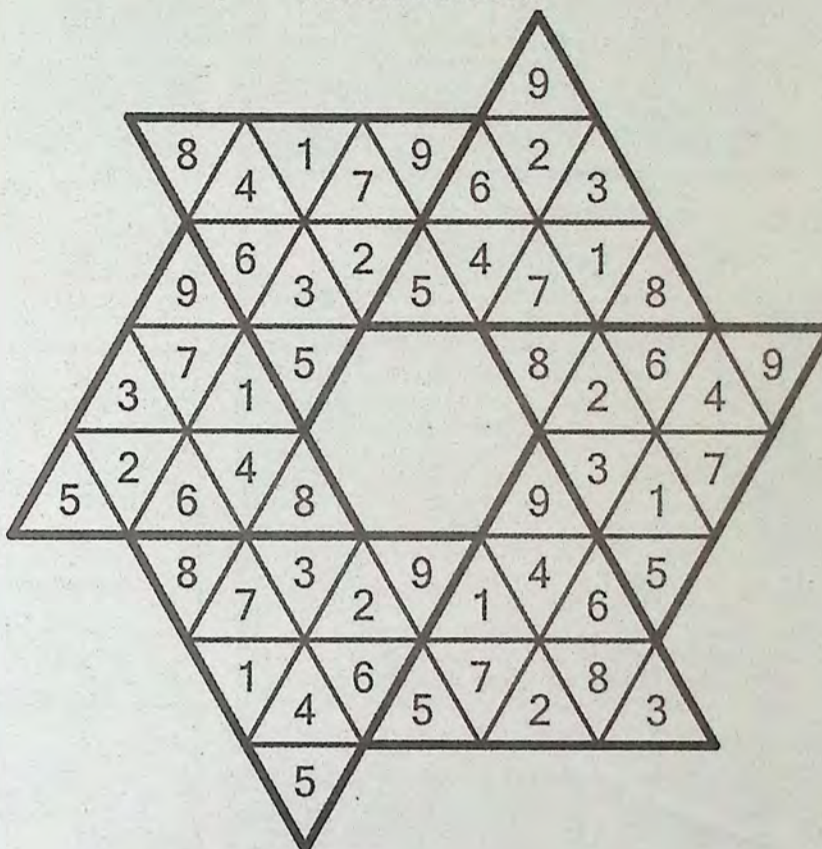
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From this angle the BC Transit 'Bus of the Future' looks very, very impressive! *

..... continued from Page 2

3. Margaret Fraser

Humorous photo

1. Melissa Manning

2. Jennifer Bernard

3. Eva Pratico

Action photo

1. Margaret Fraser

2. Tim Graves

3. Eva Pratico

Black & White photo

1. Melissa Gibson

2. Eva Pratico

3. Margaret Fraser

Fall Fair photo

1. Dawn Graves

2. Lisa Carleton

Farm, ranch activities

1. Margaret Fraser

2. Dawn Graves

3. Janice Ashby

Old building

1. Jennifer Bernard

2. Margaret Fraser

3. Eva Pratico

Landscape

1. Margaret Fraser

2. Tim Graves

3. Dawn Graves

Night Photo

1. Melissa Manning

2. Jennifer Bernard

3. Eva Pratico

Flower photo

1. Dawn Graves

2. Eva Pratico

3. John Sandness

WRITING

Short fiction

1. John Sandness

Poem or verse

1. Jennifer Bernard

2. Ruth Murphy

ART

Oil

1. Loretta Gardiner *Best in Show

Water colour

1. Liz Yeates

2. John Sandness

Acrylic

1. Joanne Esselink

2. Liz Yeates

Pastels

1. John Sandness

Pencil

1. Jennifer Bernard

Pen & ink

1. Jennifer Bernard

Mixed media

1. Jennifer Bernard

1. John Sandness

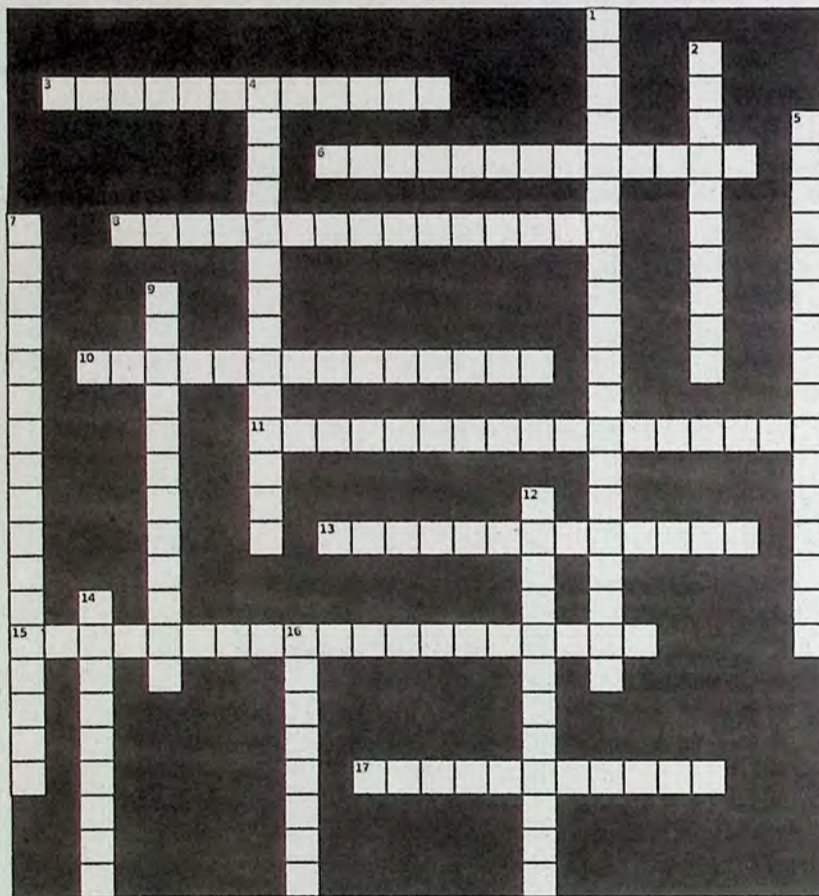
3. Erin Williams

Any medium

1. John Sandness

Similkameen
News Leader Puzzler

Use the September 10 News Leader to find Answers Below...



- Across
- 3 Her smiling face is on Page 8.
 - 6 Princeton Posse started their season playing this team.
 - 8 Who is Treasurer of GCPS?
 - 10 Often referred to as CBM.
 - 11 The pepperfest in Keremeos goes by this name.
 - 13 His smiling face is on Page 8.
 - 15 The 'PS' in GCPS.
 - 17 Who is Secretary of GCPS?

- Down
- 1 Princeton's second home game of the season was against this team.
 - 2 Name one of the stars of Heartland who stopped in Princeton September 1.
 - 4 Name the new Princeton Posse GM/Head Coach.
 - 5 The charging unit at Town Hall is for these.
 - 7 The Lower Similkameen event held August 30 to September 1 was called this.
 - 9 The ghost town with a new preservation society.
 - 12 The 'GC' of GCPS.
 - 14 Name the Princeton Public Works Manager.
 - 16 Name one of the stars of Heartland who stopped in Princeton September 1st.

Posse earn point in double OT

Princeton Posse hosted North Okanagan Knights September 14th.

Both teams bounced back and forth, pushing and shoving their way around Princeton Arena for the majority of the game.

It took half a period before lights on the score clock showed anything other than the time and it was the daring heroics of Princeton's Devan Suidy who made the scoreboard brighter.

Suidy scooped a shovel pass from Kurtis Klinger at 8:15 near the back corner of the Knight goal. Suidy avoided a North Okanagan player waiting along the boards for him, took a sharp left towards the goal, and executes a tight hook to get into position. Then he smacks the puck with such force it jumped up and hit the bottom of the crossbar, grazed the far post and then hit the ice in the back centre of the goal. In case the goal judge missed it, the puck then bounced up and into the netting.

North Okanagan tied the game at 14:22 (Anthony Ruggiero from Tyler Godberson and Colin Robin).

Not even a penalty light flashed until early in the second but that wasn't until after the Knights took the lead at 0:45 with a goal scored by Matt Lambert. Assistance came from Matt Halvorson.

Princeton tied the game at 2-all with a power play goal scored by Eden Dubchak with assists going to Jon Thompson and Eric Schmidt.

The seesaw battle continued with the Knights taking back the lead at 10:19 with a power play goal scored by Brett Hawrys. Justin Lange got the assist.

Princeton tied the game at 15:54. Credit went to Mason Chew, with help from Destin Robinson and Justin Moltzahn.

The third period saw a continuation of the seesaw battle, but the only part of the scoreboard to show any of it was penalty lights with a total of eight infractions called with five of them being assessed with only 53-seconds left in the game when North Okanagan's Dryden Profeit was laid out along the boards near the exit to the visitor's dressing room.


Officials jumped Princeton's Curtis Sexsmith and North Okanagan's Tanner Burns in an attempt to separate the pair.

The period ended shortly after that which brought on a 5-minute overtime period of 4-on-4 hockey, which quickly transitioned into a second 5-minute overtime period but this time with 3-on-3.

It took just about the entire extra (extra) frame before North Okanagan broke the tie with a goal scored by Logan Mostat. Assists came from Brett Hawrys and Matt Halvorson.

There was 1:38 left on the clock.

Final score: North Okanagan 4, Princeton 3 (2 OT). Shots on goal: Princeton 28, North Okanagan 27. Penalties in Minutes: Both teams tied at 7 for 33-minutes each.



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The interior of the BC Transit 'Future Bus' displays various work stations and information panels dealing with a regional transit plan. The vehicle was parked on Bridge Street in downtown Princeton September 11th.*

Mining News

Sego Resources

Sego Resources Inc. (the "Company") (TSX-V: SGZ) announced September 9th that the Company has completed 1,743 metres of percussion drilling in 32 holes. All drill cuttings were analyzed by a Niton XL2 Gold portable x-ray fluorescent analyzer for copper grade and mineralized cuttings were sent to Acme Labs for analysis. The focus of the program was to test new zones identified by a recent airborne survey and subsequent data re-analysis of the Titan 24 Survey data (See News Release dated June 28, 2013). Priority was given to targets with coincidental magnetic, IP chargeabil-

ity, and soil geochemical anomalies. The Company has received analytical results from the most significant hole completed in the Upper Regal Zone, the first area tested in the 2013 drilling program. This zone is topographically above the large Regal slide block (~500,000 tonnes at 0.5% Copper) in an area where soil geochemistry results and geomorphology studies suggested that the block had moved only a short distance downslope. The zone was tested with ten short percussion drill holes for a total of 474 metres along a north-south road that transects the target area which is southwest of the

known mineralization in the Cuba Zone. Based on the Niton XL2 results only hole PDH 109 was submitted for assay. Logging of the drill cuttings revealed broad zones of chlorite-albite-pyrite alteration containing copper mineralization similar to the Cuba Zone, plus indications of skarn type mineralization. The alteration and mineralization patterns suggest that drilling to date may have intercepted the upper levels of an alkalic porphyry system.

The most significant results from this zone were encountered in PDH-13-109 which was drilled on the flank of a large magnetic anomaly. Results are as follows:

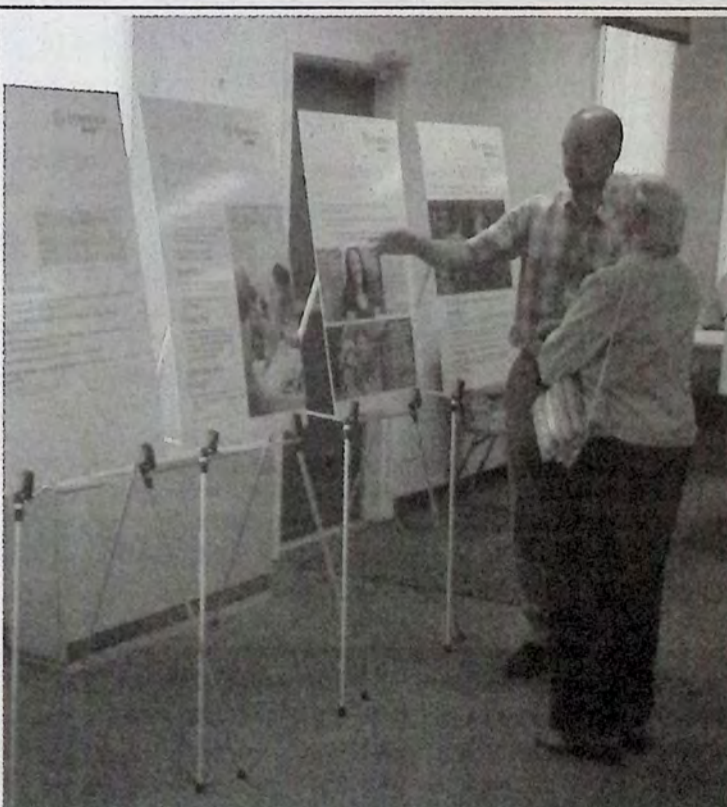
- 30 metres of 0.31% Copper and 0.15 g/t Gold from 32m to 62m
- Including 10 metres of 0.55% Copper and 0.36 g/t Gold from 46m to 56m
- And 2 metres of 1.026% Copper and 0.4 g/t Gold from 48m to 50m

The mineralization consists of bornite and chalcopyrite in potassium feldspar veins within a large magnetite-rich zone, bounded by a halo of epidote-magnetite alteration containing lower copper grades. This alteration halo extends at least 50 metres north and south from PDH 109, and a least 120 metres to the southeast.

The main magnetic anomaly extends 170 metres northwest and will be further tested by subsequent exploration.

Additional analytical results from other zones are pending and will be released when received.

This News Release was reviewed and approved by V.A. Preto Ph.D., P. Eng, a Qualified Person under NI 43-101.



Any idea what an Energy Diet is? Basically it has to do with the amount of energy your home uses throughout the year. FortisBC was in Princeton September 11th at the Skills Centre sharing the diet plan with residents. *

Great Canadian Shoreline Cleanup

Friends of Osprey Lake



Group cleans Osprey, Link and Chain Lakes

by Terry Tellier

Coordinator Great Canadian Shoreline Cleanup Osprey Lake

The "Friends of Osprey Lake" cleanup crew gathered again for the 6th annual shoreline cleanup at Osprey, Link and Chain Lake. It is the 20th year that Great Canadian Shoreline Cleanups have been happening all over Canada and we were proud to be part of the effort.

Nineteen volunteers took to the water or shorelines of the three lakes to make it safe for all who inhabit or visit it. Tellier's Fisherman's Cove hosted a campfire and potluck supper for those who helped out.

Once again there was a lot of discarded material from cigarettes and packaging of smoking material. Also problematic was litter from

sports fishing such as Styrofoam bait containers, plastic lids, fishing line, fishing hooks and bobbers. Beverage bottles, cans, and caps composed some of the recyclable materials as well as a propane bottle and various pieces of metal and bro-

ken glass. Unusual items retrieved from Osprey Lake were three full tackle boxes, fillet knives, butcher knife, Tracker location device, key-hole saw, comforter, blue jeans, food and beverage items.

We want to extend our thanks to

the Town of Princeton for waiving the landfill fees. Many thanks also go to Norm Christman for transporting the garbage weighing approximately 500lbs. We also recognize the Osprey Lake Ratepayers Association for hosting the infor-

mation on their Website.

To get involved in a cleanup near you go to Shoreline Cleanup.ca and become a coordinator or participant. It is up to all of us to make our waterways safe and enjoyable for all.

Legion L.A. starts new year

After a summer recess, members of the Legion Ladies Auxiliary met September 10 to begin the 2013-14 year of activities. The meeting began with a minute of silence to remember Marion Marsel, a member who passed away September 4.

There was discussion of upcoming events, including the work party for the dinner held September 14. The October meet-

ing will be on the regular date, October 8, but the November meeting is scheduled for the first Tuesday, November 5, to finalize plans for Remembrance Day, which falls on the following Monday. The Auxiliary will confer with the Legion to determine a date for Poppy Day, when Auxiliary members give lapel poppies in return for a donation to the Poppy

Fund.

Legion member Chuck Whitlock began a work project cleaning a storage space and discovered a number of Ladies Auxiliary photo albums. These are now on display in the lounge where they bring back memories of events during years past.

A number of certificates of appreciation were part of the find in storage, and Auxiliary members approved hanging these in the lounge. A further discovery was a box of license plate frames with the Legion identifier on them. These are available by donation at the Legion office weekdays.



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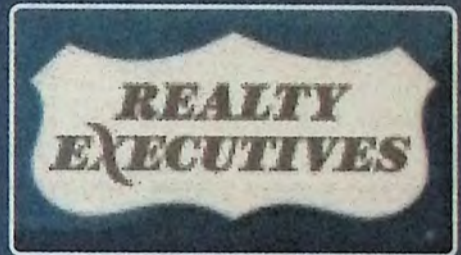
Sandra Simpson



sandra@bcland.net
(250) 499-9414

Come out and celebrate the **HEAT!**
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Saturday, September 21
Memorial Park, Keremeos



PRINCETON

Lot 39km Princeton/S'land Road



New to market! Level 2 acres backing down to the KVR for instant access to unlimited recreation! Nicely treed with open areas makes for several choices for building or just parking your RV. Access is off a paved, school bus route. Minutes to both Link and Osprey lakes, perfect to catch "the big one" or just a cool dip in the summer. MLS@144116 \$140,000

145 Thistle Road



EASTGATE!

Welcome to the Four Season getaway of East Gate. Located just a short drive from notable Manning Park, this little gem of a cabin will offer your family all season recreation at its finest. Enjoy year round living, log construction, 4 bedrooms and a loft room that is large enough to accommodate all your friends and family. MLS@137220 \$289,000

107-66 Angela Avenue



Easy one level living in this spacious 2 bedroom condo! Renovated only one year ago, everything is new. Comes with refrigerator, stove, microwave, washer and dryer. This bright unit is located at the back of the complex, next to parking so easy access to bring in groceries, no stairs or elevators to negotiate. MLS@145253 \$159,000

2-76 Kenley Avenue



This 2 bedroom, 2 bath strata has low fees and is a great place to call home. This property is perfect: for those who have a second home elsewhere, why rent? Just starting out, why rent? Looking to down size and retire, low maintenance. Walking distance to all the amenities and next to the Town Hall and post office. MLS@145403 \$159,000

3900 Princeton/S'land Road



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

125 Taptan Avenue



First time offered for sale! Lots of possibilities with this home zoned RM4, in town with upper 2 bedroom suite. Remodelled from the inside out, it is one you have to see to appreciate the work done. 2 bedrooms on the main, freshly remodelled bathroom, spacious kitchen with tons of storage. Screened in porch for enjoying the outdoors. MLS@143919 \$339,000

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