

Similkameen News Leader

\$1
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Tuesday, September 24, 2013

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



The Courthouse building on Vermilion Avenue continues to get renovated so that it can become the new Town Hall. The exterior received a serious face lift with a new paint job last week. Here's how it looked early on September 20th. *

24/7 ER returns to PGH

Following the successful recruitment of three new physicians, the emergency department at Princeton General Hospital will return to 24/7 service on October 11th. The new physicians will join the permanent physician and nurse practitioner at the Cascade Medical Clinic to offer primary care services. The four physicians will also share emergency department coverage.

"I am pleased 24/7 service will soon be available again to residents

that find themselves in an emergency health situation - day or night," says Jackie Tegart, Fraser-Nicola MLA.

"The recruitment of the new physicians and restoration of full-time ED coverage is a direct result of the cooperative and hard work among many different stakeholders. This collaboration not only resulted in the return of full-time ED coverage but also in a long term sustainable continued on Page 2

PXA hurries work schedule

The September 17 meeting of Princeton Exhibition Association (PXA), the board of management for Princeton's fairgrounds, was held at the library conference room to facilitate the construction of the Halloween Spook House. The Halloween party is on October 26, and some surprises as well as fireworks are planned.

On a sad note, the meeting began with President Paul Bedard expressing regret at the passing of PXA member Sandy Gabor. Many members had not heard of her death, and were shocked. Bedard recalled the many years during which Sandy Gabor helped every user group during their major events, and served on the PXA

Board of Directors.

President Bedard welcomed two guests to the meeting, Chloe Littlejohn and Melissa Birchart, who have been doing some work for the PXA.

The theme of the meeting might well be described as "let's get it done before winter". The electrical upgrade is nearly complete, two people are painting the renovated barn, and the grandstand is yet to be finished. The committee looking into the terms of the lease have met and will review the existing lease before going to the Town to have the lease renewed. The PXA leases the fairgrounds complex from the Town, but also receives money from the Town to maintain

and improve the grounds.

The electrical upgrade is already paying off. Vice-President Dan Kastor reported a decline in the cost of electricity since the new energy efficient lighting has been installed. The improvements have been done thanks to a grant secured through Regional District by Area H Director Brad Hope.

The rodeo arena needs a better base, but that is a project for next

spring. President Bedard asked all groups to submit a 'wish list' of improvements they would like to see done next year. These items will be placed on a priority list, and a budget developed from those priorities.

Racing Days Association President Karrie Crucil stated the horse trainers interested in coming to Princeton have now backed off as Hastings Park management

decided to open the park early for training purposes. President Crucil reported there must be a new approach to the Racing Days format next year, and her team will be working on changes during the winter months. They will still be applying for the last Saturday in June.

Agricultural Fair President Dan Kastor reported changing the date continued on Page 21

Arts Council starts new year

Princeton Community Arts Council elected a new Board of Directors on September 18. The annual general meeting was held in the Arts Council room at Riverside Centre, and when the election was over, there were some new members on the Board.

Marjorie Holland returns as President, with Joann Gabriel as Secretary and Averia de Bungi as Treasurer. Unfortunately, there were no nominations for Vice-President so that position remains vacant. Directors are Dierra Maynard, Dwayne Sininger, Alan

Parsons, Merrillyn Huycke and Franz Hofer.

A new membership system has been put in place. Every member of the Arts Council is now an individual member on payment of \$5.00 per annum in dues, commencing January 2014. This system is expected to resolve issues raised by members of groups regarding group versus individual membership dues.

The Arts Council has had a very good year financially. With support from Area H and Town of Princeton grants, the Arts Council

has been able to leverage other grants for concerts and programs to the tune of \$68,000. Only \$917 remain in the kitty, and there are a lot of activities planned for fall and winter.

President Holland reviewed the continued on Page 22

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TAX EXEMPTION BYLAW

At the October 7, 2013 Regular Meeting Town Council will consider providing permissive tax exemption for the following properties for the 2014 taxation year in accordance with Section 224 of the Community Charter.

Name		Unrealized tax (land only)
Roman Catholic Church	43 Billiter	291.83
Princeton Silver Crest Housing Center	34 Billiter	311.08
Princeton Silver Crest Housing Center	11 Fenchurch	464.35
Foursquare Gospel Church	38 Kenley	257.90
Foursquare Gospel Church	Kenley	99.09
Foursquare Gospel Church	Kenley	28.17
Foursquare Gospel Church	Haliford	13.23
Pentecostal Assemblies	165 Vermillion	201.91
St Pauls Presbyterian Church	190 1st St	344.43
Princeton Long Term Care Society		107.18
Interior Health Authority	595 Ridgewood	1,634.95
Princeton Congregation of Jehovahs Witnesses	604 Ridgewood	563.31
Crown Provincial BC - trails		12.90
Crown Provincial BC - trails		15.27
Baptist Church of Princeton	160 Old Hedley	151.69
Crown Provincial BC - trails		8.82
Crown Provincial BC - trails		48.87
Princeton and District Community Services	262 Poplar	119.62
Princeton and District Community Services	88 Fenchurch	282.80
Princeton and District Community Services	252 Lachine	135.18

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

Shirley McMahon
Deputy Treasurer/Collector for the Town of Princeton



A record number of Kokanee Swimmers competed at Regionals this past swim season. - photo submitted

Swim Club spends grant money in advance

The Princeton Kokanees were very grateful to receive recent programming funds from the provincial government in the form of a Community Gaming Grant. Gaming funds are awarded to youth sport groups who apply and meet provincial qualifications. The funding is awarded based on enrollment numbers. As the largest youth sport group in Princeton (over 65 swimmers in 2013) the Kokanees received a significant amount of funds to help cover regular program operating costs. The Provincial funds allowed the Princeton Kokanee Swim Club to pay outstanding accounts payable from the 2013 season, namely coaches' wages and pool rental with the Town of Princeton.

"The difficult part for the club is that funding is awarded at the end of our season so it is a constant cash

flow struggle," said president Sharon Anderson.

The Princeton Kokanees have grown significantly in the last few years. Enrollment is the highest in Kokanee history, parent involvement is great, and the club has quality programming packed with summer activities for youth swimmers. Princeton has been noticed in the region and complimented on its program and positive team atmosphere.

Results in the pool have been equally impressive in 2013 with a record number of Princeton swimmers competing at regionals. Additionally, several swimmers qualified for Provincials and swam extremely well in Coquitlam. In division four boys; Nicholas Cimbaro placed 6th in 50 freestyle, 10th in 100 freestyle and 18th in 100 Backstroke, Norman Anderson placed 14th in 50 fly, and Aidan

Neilson placed 18th in 100 breaststroke. In addition Nicholas Cimbaro, Norman Anderson and Aidan Neilson swam with Colton Heron in the division 5 relays placing 8th in medley relay and 9th in freestyle relay. Finally, coach Pete van Genne placed 12th in mens division 8 100 backstroke.

In addition to regular operating costs the club was hit with a large capital expense this year. Pool maintenance staff informed the swim club that the starting blocks require replacement. Starting blocks are an essential piece of equipment for the continuation of the Kokanees program. Purchase cost and installation will be a minimum of \$10,000. The club has not been able to locate sources of funding to replace the aging starting blocks. The club plans to seek corporate sponsorship. - submitted

24/7 ER returns to PGH

..... continued from Front Page health care plan for the community." The Princeton Health Care Steering Committee has developed an Action Framework, which will serve as a blueprint for developing and sustaining an effective health care model for people living in and around Princeton.

Membership in the committee includes representation from Interior Health, the Regional District of Okanagan-Similkameen, the Town of Princeton, physicians, the South Okanagan Similkameen Division of Family Practice and the community.

"Princeton is a great example of a community that meets challenges by continuing to put its best foot forward to attract physicians and work as a vital partner in the recruitment process," says Andrew Neuner, Community Integrated Health Services VP.

"We would like to thank Princeton and area residents for their patience these past many months."

Princeton General Hospital's emergency department has been closed four nights a week since May 2012 due to ongoing physician shortages.

"It has been a long and sometimes difficult process," says Brad Hope,

Area H Director for Regional District Okanagan-Similkameen.

"But it demonstrates very clearly just how much can be accomplished when we all work together. My profound thanks to this amazing community, to our healthcare professionals, to Interior Health and to the Province for making this happen."

"This is great news. Reducing the ED's hours of operation was a difficult decision but one that was done to preserve work-life balance for the community's physicians providing coverage," says Susan Brown, Community Integrated Health Services' Administrator.

"Sixteen months later not only is the emergency department returning to full-time service but we also have three additional physicians providing primary care to residents and accepting new patients."

WHAT YOU CAN'T SEE, YOU STILL BREATHE

www.CleanAirBC.org



The Posse Whitecaps Ticket Raffle winner is Taylor White, centre. She won two tickets to the Vancouver Whitecaps game against Real Salt Lake on September 29th plus \$75 spending money. The Posse thank Layfield Plastics from Richmond BC for the ticket prize donation. Layfield has been supporting the community by supplying plastic products to Princeton Co-Gen Corp for years. Photo: Bob Marsh Photography

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Flip Of The Coyne

by Spencer Coyne

This past week was a little exciting for technology lovers everywhere, from the release of the video game Grand Theft Auto 5 and the newest iPhone, to the demise of Canada's BlackBerry as they were to release their BB Messenger to IOS and Android.

I am not a video game enthusiast. I had a Nintendo back in the day and I did complete all three of the Super Mario games, but since then I haven't really gotten into video games. We bought a Microsoft Xbox for our household, and I do pick up a game from time to time, but I am not too serious about it. Since I am not a big gamer, I will admit that I have never played any of the games in the Grand Theft Auto series, but this doesn't mean I am not interested in what the creators of this video game have been able to accomplish. With only three days on shelves, Grand Theft Auto 5 has done what no other video game or movie has ever done, exceeding one billion dollars in sales. Yes, you read that right, one billion dollars in sales only three days on the market. Grand Theft Auto may have just changed the entertainment industry. The last major video game to break records took fifteen days to break the billion dollar mark.

The sale of Apple's newest iPhone release started this past week as well with the release of the 5s and

the 5c. The iPhone 5s is the next step in Apple's mobile lineup with all the latest bells and whistles and the 5c is seen as being a more affordable alternative to Apple's regular lineup. Apple CEO Tim Cook has taken some heat over the high price of the iPhone 5s as it comes in at over \$700 with no contract. It is no surprise that Apple followers have flocked to retail outlets in droves for the newest iPhone lineup. It is what Apple fans do, so it isn't a surprise that online sales of the iPhone 5s have drained supply globally. It seems now that iPhone fans will have to wait until sometime in October. This is not something new with Apple. They always run out of supply on opening week. I have yet to see sale numbers for the lower cost 5c, but I am anticipating it will outsell the 5s in the end, it may just take a little longer.

The other big news this week should have been the release of BB Messenger across IOS and Android allowing mobile users of all stripes to take advantage of one of BlackBerry's most successful products. Unfortunately BlackBerry is in the news for massive layoffs with more looming and a possible one billion dollar shortfall. BlackBerry has been on a perpetual free fall since the release of the Z10. I have

a love-hate relationship with BlackBerry, formally RIM. In one way I love them because they are Canadian and they have some amazing products, but then I hate them because, since the introduction of Apple's iPhone and the take off of the Android market, BlackBerry has been playing catch-up and always seem to be one step behind the competition. Their foray into the tablet market was a complete failure as their tablet ran a different operating system from their phones which limited the app availability making just about every other tablet on the market superior. If RIM would have opened their ecosystem to work with the Android system when they released the playbook (which would have been easy as they are both Linux based systems) we would not be talking about the demise of one of the greatest tech companies in history.

The fall season of 2013 is only going to get more exciting for techies and geeks alike as the new Google Nexus is expected to be released. The new lineup of GoPro is slated for October and then there is the release of both the Xbox One and the Playstation 4. The lead up to Christmas this year could be a techie's dream come true.

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TOWN OF PRINCETON ANNUAL TAX SALE NOTICE

Pursuant to Section 403 of the Local Government Act on the 30th day of September 2013 in the Library Meeting Room, 107 Vermilion Avenue at the hour of 10:00 am there shall be offered for sale by public auction each and every parcel of property including improvements upon which any of the taxes are delinquent.

The following properties have Delinquent Taxes owing as of September 19, 2013.

Roll Number	Legal Description	Address
562-00744.000	PLAN NUMBER: KAP1459; BLOCK: 11; LOT: 8; DISTRICT LOT: 706; Lot 9, Block 11, Plan KAP1459, District Lot 706,	631 SIMILKAMEEN
562-01007.075	PLAN NUMBER: KAP87501; LOT: 15; DISTRICT LOT: 277;	206 WESTRIDGE CRT
562-01007.080	PLAN NUMBER: KAP87501; LOT: 16; DISTRICT LOT: 277;	204 WESTRIDGE CRT

The following Manufactured Homes have Delinquent Taxes owing. If payment is not received prior to Monday, September 30th, 2013 the Town of Princeton will be registering a lien on the title and proceeding with collection action.

562-70001.022	Manufactured Home Reg. # 93087, Bay # 2, PINES	2 - 263 HIGHWAY 3
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Shirley McMahon, Deputy Treasurer/Collector
Town of Princeton



Editorial Page News Leader

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

My Turn...

The Uniqueness Of Our Valley

Have you ever stopped to think about how unique the Similkameen Valley is?

Aside from all the usual reasons people give when they talk about this area the local celebrations are very unique.

I think about this having finished spending a day in Keremeos over the weekend at their annual pepper festival. It's been called Similkameen Sizzle from the beginning and it has become a unique staple in the list of valley celebrations.

Princeton Racing Days is all about live horse racing. Many of us don't realize how unique an event that is because we're used to it being part of Princeton.

The Traditional Music Festival is another example of a unique event that many of us already take for granted is it's happened annually for more than just a couple of years.

Keremeos will celebrate their next big event next month with the annual Taste of Our Valley – another unique way of promoting the offerings of the Similkameen to locals and visitors.

There are many more examples, but those four stand out to me in my definition of a unique celebration.

Most communities have a Canada Day Celebration of some kind, many have Christmas Celebrations, but in the Similkameen Valley we take it a bit further and focus on what makes us different than say, the Okanagan, with unique celebrations that make us stand out a little bit more.

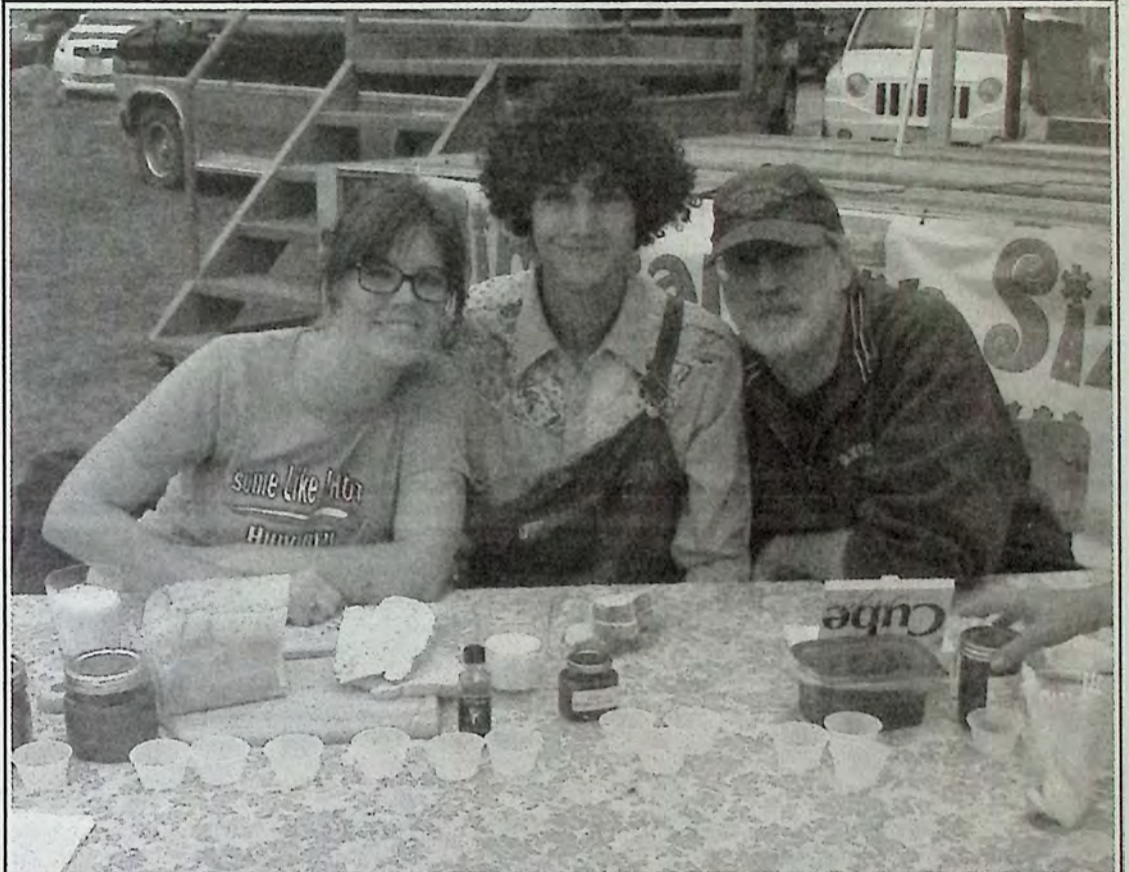
It's one of the many reasons why I love living here.

We are a bit different, so we do things differently.

I think it's because of the longer winters in the Upper Similkameen and the longer growing season in the Lower Similkameen that gives us extra time to ponder things such as, what shall we celebrate this month?

If you are new to the area I bet you know exactly what I mean. Horse races, street dancing, hot peppers and food tasting events punctuate the summer and fall months in the Similkameen.

That in itself I think is worthy of celebration and most certainly a look at one more interesting aspect of life in this valley that could aid in promoting the uniqueness of the Similkameen.



Similkameen Sizzle 'Hot Sauce Contest' Judges Amber Herbison, Jason Stashko and the News Leader's George Elliott pause a moment before tasting the various entries in the competition. Results are listed on Page 6. Photo: Brenda Engel

Your Turn

Letters And E-Mails Received This Week

To The Editor;

I was deeply disappointed to see and hear Director Wood's and Tom Siddon's criticism of Telus as she reluctantly accepted, that cell phone service will be coming to the people of Hedley.

Instead of criticising Telus she should be thanking them on behalf of our entire town. Let's not forget that the majority of residents in our town have wanted this service for a very long time. Due to the small population of our

town, Telus is making an investment here that they may never recover.

It's a gift and we should be grateful to them (Telus) and to the person/persons who made this possible. On behalf of the pro cell phone user and Hedley, Thank you Telus for your support, to help bring cell service to Hedley!
- Don Armstrong, Hedley

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HEDLEY CEMETERY SOCIETY

INAUGURAL MEETING

Saturday, September 28, 2013

1:00 PM

Hedley Seniors Centre
789 Scott Avenue

Please come out to meet the founding Directors and learn more about why the Society was formed and its plans to help protect and enhance the cemetery, with the long-term goal of reopening the cemetery for burials

Everyone is welcome

Refreshments will be served

For further information prior to the meeting, please contact:

Elid Chisholm, Director at (250) 292-8010 / globalnewsca@gmail.com

or
Eric Vance, Director at (250) 469-0029 / ericvance@shaw.ca

The Hedley Cemetery Society was incorporated as a non-profit society in the Province of BC on June 17, 2013 (incorporation No. 0-208934)

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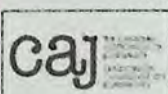
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EDITORIAL GUIDE

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



Current Comment

CBM? No Fracking Way!



Dawn Johnson
editor@thenewsleader.ca

When I first heard about coal bed methane and fracking, I didn't worry about it. Then I learned that this fracking business pumps water deep underground to force methane gas to the surface where it can be collected. The gas is a commercial product used for heating homes. The gas has economic value, but the environment pays a high price, because not only is a lot of water being used, it is being contaminated.

When Petrobank was promoting coal bed methane (CBM) exploration and development in the upper Similkameen Valley, they said they would truck the contaminated water to Alberta. This is supposed to make us feel better about

having our fresh water contaminated? Does trucking it to another location somehow make it okay to turn fresh water into poisoned water?

How much of our fresh water would be used in fracking? We do not know, but what we do know is that the water would be extracted from our watershed and it would not be replaced. It would be subtracted from water available to us. What might that mean in a dry year?

The fracking process has other dangers. When the water is pumped underground to force the gas out, the water alters the underground structure containing the gas. Deep in the layers of rock under us, everything is under pressure. Pumping water down a hole in the ground creates another pressure and the results are not entirely predictable, particularly in a fractured underground environment. The upper Similkameen Valley is one of those places with a volcanic history, and is heavily fractured. Where fracking has been done, or in locations where it is being done, it is not unusual to have a series of small earthquakes happening at random times. This may seem like no big deal, but when these little quakes go on for years, changing our underground landscape, can

anyone accurately predict what might occur as a result? No, nobody can, but we know underground changes will eventually cause surface changes.

Methane gas is not scarce. It is one of the most plentiful gases on our planet and is considered a big nuisance. It is so undesirable that environmentalists warn about it continuously. At one time there was a campaign to turn us into vegetarians because livestock cause so much methane in the air. They poop, and their poop piles up and decomposes and creates methane. Sewerage treatment plants are sources of methane. The rotting vegetation of a swamp creates methane and in summer, the arctic tundra gives off huge amounts of methane. I read about one inlet on the coast of Siberia where there is so much methane gas in the air that ships do not enter the inlet for fear of a spark causing an explosion that would set fire to hundreds of thousands of hectares of tundra.

With all of this methane available on the surface of the planet, why is it necessary to drill thousands of feet underground to tap methane from coal beds? Why not use the far simpler technology of generating methane gas from human and livestock manure?

Or is that just too simple?

Agricultural Fair

Junior Fair Winners

..... continued from Last Week
ART continued

Cartoon

Age 0-5 1. Hunter Clements 1. Lilly Pratico 2. Colby Young 3. Peyton Ortwein Age 6-9 1. Maddy Fulton 2. Tyler Clements Age 10-13 1. Piper Manning

Printmaking picture

Age 0-5 1. Matthew Williams
Coloured page from colouring book

Age 0-5 1. Jamie Jantunen 2. Mary Elizabeth Bond 3. Lilly Pratico

Any other art

Age 0-5 1. Hunter Clements 2. Mary Elizabeth Bond Age 6-9 1. Maddy Fulton 2. Jake Krenn 3. Tyler Clements Age 10-13 2. Chloe Jantunen 3. Piper Manning

Heritage colouring page

Age 0-5 1. Tauren Bond 2. Miranda Boulega Lance Boulega Age 6-9 1. Ella Halipchuk 2. Maddy Fulton 3. Shaelin Tamusiak Age 10-13 2. Abbegeael Fulton 2. Brianna Tamusiak Age 14-18 1. Kaci Van Horlick

JUNIOR FAIR HANDICRAFTS

Woodwork

Age 0-5 1. Chloe McClelland 2. Hunter Clements 3. Tauren Bond

Age 6-9 1. Andrew Graves 2. Lacey Baird 3. Tyler Clements Age 10-13 1. Chloe Jantunen 2. Riley Saddleman Age 14-18 1. Kyle Baird

Ceramics

Age 6-9 1. Tyler Clements 2. Jake Krenn

Dough art project

Age 0-5 1. Hunter Clements Age 6-9 1. Maddy Fulton 2. Tyler Clements Age 10-13 1. Piper Manning

Pottery, hand built

Age 6-9 1. Maddy Fulton 2. Marcus Fulton Age 10-13 1. Abbegeael Fulton Age 14-18 Kyle Baird

Halloween decoration

Age 0-5 1. Hunter Clements 2. Mary Elizabeth Bond 3. Paige Graves Age 6-9 1. Tyler Clements Age 10-13 1. Abbegeael Fulton

Christmas decoration

Age 0-5 1. Hunter Clements Age 6-9 1. Andrew Graves 2. Jake Krenn 3. Marcus Fulton Age 10-13 1. Riley Saddleman

Sewing

Age 6-9 1. Maddy Fulton Age 10-

13 2. Piper Manning
Model built from kit

Age 0-5 1. Tauren Bond 2. Paige Graves Age 6-9 1. Tyler Clements, Andrew Graves 2. Maddy Fulton, Marcus Fulton Age 10-13 1. Piper Manning 2. Abbegeael Fulton 3. Piper Manning

Stuffed toy or doll

Age 6-9 1. Marcus Fulton 2. Maddy Fulton

Handmade jewelry

Age 0-5 1. Hunter Clements 2. Paige Graves 3. Mary Elizabeth Bond Age 6-9 1. Tyler Clements 2. Maddy Fulton 3. Andrew Graves Age 10-13 1. Chloe Jantunen 2. Abbegeael Fulton 3. Riley Saddleman

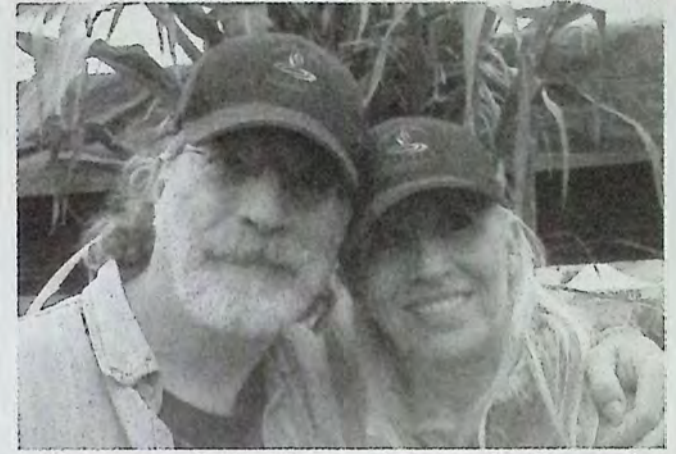
Clay/play dough sculpture

Age 0-5 1. Owen Kaiser Age 6-9 1. Lacey Baird 2. Jake Krenn

..... continued on Page 21

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AND NOW...A LITTLE GOOD NEWS!

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Harkers Organics

CELEBRATES NATIONAL ORGANIC WEEK

What is Organic Week?

Canada's National Organic Week (September 21-28) is the largest annual celebration of organic food, farming and products across the country. Hundreds of individual events showcase the benefits of organic agriculture and its positive impact on the environment. Organic represents a vibrant alternative food system and an alternative option for clothing, personal care and cleaning products.

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Saturday, October 5

Lower Valley News

Keremeos - Cawston - Olalla



The date stamp was intentionally left in this picture from along Highway 3. The LSIB (Lower Similkameen Indian Band) Community Building east of Cawston is well beyond the drawing board. Excavators and heavy equipment have been working on the site since August. Some of the concrete forms have been poured. The General Contractor, Tri-City Canada Inc., is endeavouring to employ as many first-nations contractors as possible. The 2,695-square metre building will house the band's administration offices, boardrooms, a full gymnasium with commercial kitchen, physician's offices and medical examination rooms. Photo: Arlene Arlow

Sizzle continues despite rain

The 12th annual Similkameen Sizzle – the Keremeos Pepper Festival – started as planned early Saturday, September 21st in Memorial Park with the Pancake Breakfast and transitioned into one event after another throughout the entire day.

A total of 247 votes were cast in the Chili Cook-off, which saw a total of seven entries. Using a 'people's choice' format, First Place went to Riverside RV Park with Second going to Shore Farms and Third taken by Team Intrigue of Richmond.

A total of eight sauces were

entered in the Hot Sauce Contest which saw Gregor's Gourmet of Cawston win Best Special Sauce, Sara Harker of Harkers Organics in Cawston win Best Green Sauce, Intrigue Sauce of Richmond was selected Best Red Sauce and East Vancouver Smokin' 666 was chosen Best Overall Sauce. The judges for the event, Amber Herbison, Jason Stashko and George Elliott were impressed with the variety of sauces entered in the competition.

A short rainstorm passed over Memorial Park, dumping enough rain in a matter of minutes to scatter the crowd and cause a breaker to blow shutting down all sound to the stage at the end of a set featuring Mat Duffus. Following a short break, and the return of sunny skies, live entertainment shifted to The Blackbirds.

A total of 21 brave souls entered the Sear Factor Hot Pepper Eating Contest, but not all of them competed. Four contestants did not stay for the event and another four could not finish the three jalapeno peppers required for a qualified

time in the event.

Dan Ragula of Toronto won \$100.00 (First Place) with a time of 40.2-seconds. Second Place (\$75.00) went to Luke Vesprey of Keremeos with a time of 48.8-seconds. Third Place (\$25.00) was won by Anthony Klinkera of Vancouver with a time of 51.6-seconds.

The rest of the qualified times were: 4th – Sandor Koleszar (Vancouver) 56.9-seconds, 5th – Salvador Munoz (Mexico) 58.2-seconds, 6th – Joshua Mendelsohn (Keremeos) 58.4-seconds, 7th – Gerald Gillies (Olalla) 1:01.4, 8th – Karoly Puskas (Summerland) 1:23.9, 9th – Nigel Brusch (Penticton) 1:29.5, 10th – Lauren McKay (Toronto) 1:30.0, 11th – Michael Whittaker (Ghallaagher Lake) 1:30.2, 12th – Bob Lucy (Keremeos) 1:46.7 and 13th – Andrea Mirtoe (Italy) 1:51.9.

The Sizzle Committee will likely meet one more time in the next month to review Saturday's event and start planning for the 13th annual event for September 2014.

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Similkameen Sizzle!

The Keremeos Pepper Festival



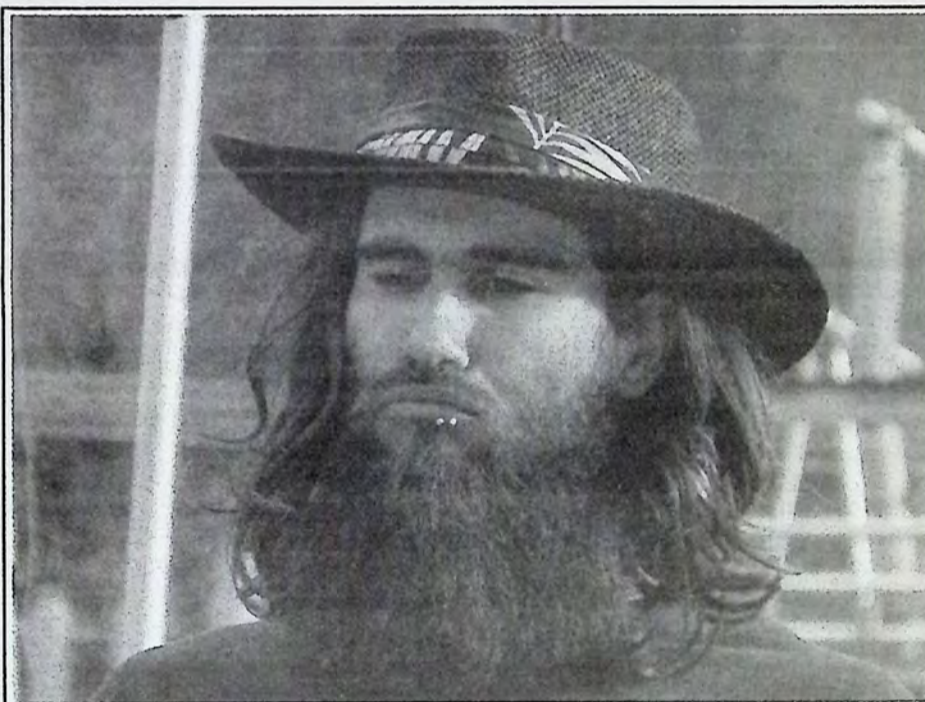
The first Sear Factor contestant, Gerald Gillies of Olalla, right, gets a review of the rules by MC George Elliott, left, and Judge Keremeos Mayor Manfred Bauer. Photo: Tamara Malanchuk



Grist Mill Operations Manager Chris Mathieson spent most of September 21st at Memorial Park. He volunteered during the pancake breakfast and dished out chili as a Chili Cook Off contestant. *



A total of eight hot sauces were entered in the Hot Sauce Contest. Samples were tasted by three judges. The samples were served in individual 'tasting cups' to keep it simple. Photo: Brenda Engel



Dan Ragula of Toronto pauses briefly between peppers in the Sear Factor pepper eating contest he ended up winning with the blazing fast time of 40.2-seconds. Photo: Tamara Malanchuk



Vendors did a brisk business in 'vendors alley' set up in Memorial Park during Similkameen Sizzle. There were a lot of different products available for purchase at this year's event. *



Live entertainment filled the air throughout the entire day at Keremeos Memorial Park and wrapped up early in the evening with the very popular local group, The Blackbirds. *

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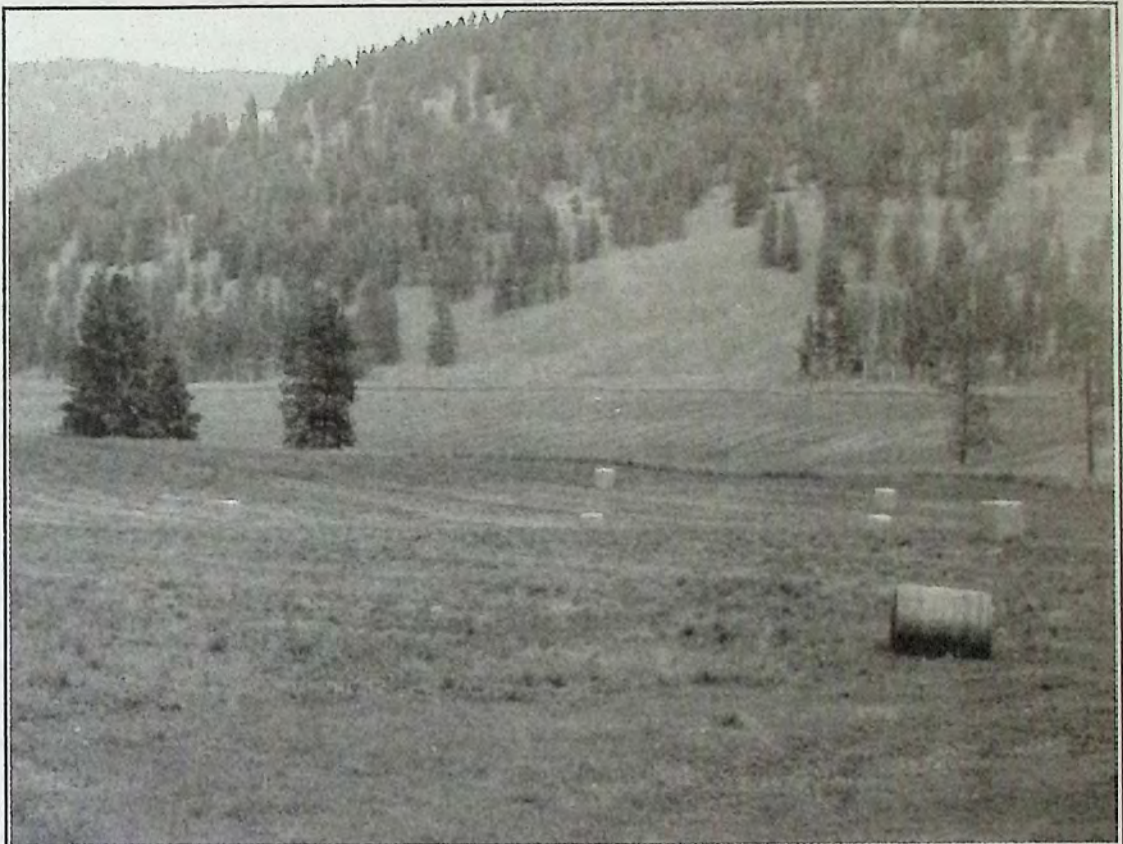
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Similkameen News Leader

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e-mail: george@thenewsleader.ca brenda@thenewsleader.ca



A peaceful view near August Lake of a hayfield that has been cut and baled. The giant round bales dotted the valley floor September 15th waiting to be picked up and hauled to storage or to be sold to other ranchers.*

Saddles 'n' Spurs

by Pastor George Donovan

It wasn't too long after my job offer on the boats that I was picked up by a working man on his way home, lunch bucket by his side and dirty from his work.

During our conversation he told me he was a preacher. Now I knew what a priest looked like but he didn't fit the mould. It turned out he was pastor of a Pentecostal Church in Clinton, Ontario. He and his wife offered to let me stay for supper and overnight.

I gladly accepted. It was Saturday evening. I can't remember what we had for supper but I do remember it was porridge for breakfast. I hated porridge and having had porridge for breakfast at home for most of my childhood and I had sworn never to eat it again. As a child I thought it was part of the WW2 rations. That morning I ate the porridge and was glad for it. I don't think I've had it since. Oats is horse feed!

Before church started he asked me if he could give me a Bible. I took it and put it in my pack. They invited me to stay for church, as I mentioned I attended an Anglican church at home so was happy to go with him. I was one of the first ones there so I sat toward the back and just waited.

In the Anglican Church you sat in your pew quietly and with reverence and barely nodded to your friends that came in, you socialized after the service was over and outside.

Pretty well everyone that came into this quaint little church came over to this new kid and said hello, real friendly folks. After the singing the pastor said "let's pray." Still nothing new, we prayed at home. The pastor prayed and then the new to me stuff

started happening.

A lady in the church started praying out loud and she went on for quite long and then she started praying for me. Others followed and I was included in their prayers as well.

I Don't ever remember being

prayed for like this before, they didn't even know me and I was impressed by the genuine love I felt there.

After service I left with my Bible in my pack.

..... continued Next Week

Living Past 100

Food For Good Blood Pressure

Anyone with high blood pressure knows enough to stay away from salted foods, but there are lots of foods that help you prevent or lower blood pressure. Treating food as medicine is what keeps us healthy. Some foods, like sugary foods, contribute to poor health. Others contribute to good health.

Potassium and calcium are two minerals that help keep blood pressure down because these minerals relax the blood vessels. They have the opposite effect of salt.

Fruits and vegetables contain a lot of potassium and a diet high in fruits and vegetables almost guarantees lower blood pressure. Foods rich in potassium are beans, potatoes, avocados, lima beans, bananas, steamed clams, and dried fruits such as apricots and raisins.

Dairy products contain a lot of calcium. Low-fat yogurt has over 400 mg. of calcium in a cupful. Kale and broccoli are loaded with calcium, and so are beans (dried, not green).

Cantaloupe is a fruit high in potassium, and it is one of those foods that help fight high cholesterol. It is rich in Vitamin C and beta-carotene, both good for your circulatory system.

Watermelon is an excellent source of potassium. Celery is another food that contains compounds that help reduce blood pressure, and it helps prevent cancer.

Magnesium is another mineral that helps lower blood pressure. People with a magnesium deficiency will have high blood pressure, but when they get enough magnesium, their blood pressure goes down and their blood is less likely to clot.

Good sources of magnesium are quinoa, chick peas, buckwheat, beet greens, Swiss chard, spinach, and beans. There is a small amount of magnesium in dairy products, but beans and greens are the best sources.

Think of what you eat as medicine you need to stay healthy.

Learn all you can about the nutrients foods contain and what they can do for your health.

Good health is the first step toward happiness.



News Leader Entertainment

Similkameen News Leader TV Guide Listings - September 24 - 30, 2013



Princeton Posse's Kurtis Klinger (#25) and Cooper Prechel (#3) give their goalie a hand in the September 20th game. *

Posse lose squeaker to Kamloops

Princeton Posse hosted Kamloops Storm September 20th, which marked a comeback of sorts. Former Princeton Posse player Anthony Leardo was back on ice – only this time wearing the stripes of a Linesman.

The 26-year old Leardo played three seasons in the KIJHL starting with the 2005/06 season where he played part of it in Summerland with the Sting and part in Princeton. The following season Leardo played a full season with Princeton then part of the 2007/08 campaign with the Posse and part with the Creston Valley Thunder Cats.

The game itself started off a bit lopsided on the scoreboard with Kamloops scoring three unanswered goals in the First Period.

Brock Balson got the visitors on the stat sheet first with a goal at 11:53. Assists went to Bobby Kashuba and Josh Rasmussen. Their second goal came at 10:59 (Rourke O'Briain from Ian Chrystal and Felix Larouche) and the third – a power play goal – was

scored at 5:32 (Brock Balson from Luke Gordon and Josh Rasmussen).

The Second Period saw a shift and a spark.

Princeton's Josh Mack snagged a loose puck deep in his own zone and slowly, methodically, skillfully and artistically ducked, weaved and carved his way along the ice into Storm territory. When he got close to the net he pulled across the front to the stick side, waited for Storm goalie Nolan Munden to drop in a split and flicked the puck under the goalie's right foot in a sliver of space that was just wide enough for the puck to pass through.

The time was 13:05. The goal was unassisted.

Princeton's second goal came with just 1:37 left on the clock.

A pass from Nicholas Thompson gave Kurtis Klinger a chance to unload a 'zinger' of a shot. Devan Suidy got an assist on the play.

The third period saw the home

team battle back and tie the game at 3-all at 13:41 (Eric Kubis from Devan Suidy) then take the lead at 7:37 (Kurtis Coburn from Brayden Horcoff and Justin Moltzahn).

A Butt-ending call against Princeton's Brayden Horcoff for four-minutes at 6:11 gave Kamloops the edge they needed to tie the game at 4-all at 5:36 with a power play goal by Daniel Buchanan (from Luke Gordon and Brock Balson) and then take the lead at 4:49 in the same powerplay (Luke Gordon from Daniel Buchanan and Brock Balson).

With 1:15 left in the game, a Princeton time out and the removal of goalie Harrison Whitlock for an extra man was just not enough for the home team to tie the game.

Final score: Kamloops 5, Princeton 4. Shots on Goal: Princeton 40, Kamloops 30. Penalties in Minutes: Princeton 8 for 18-minutes, Kamloops 5 for 18-minutes.

www.thenewsleader.net

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

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

Tuesday Movies

EVENING

9:30 pm WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground.
11:30 pm WTBS ch.3 "Step Up"

(2006, Musical) Channing Tatum. A troubled guy but a gifted dancer attracts the attention of a talented ballerina at a Maryland school.

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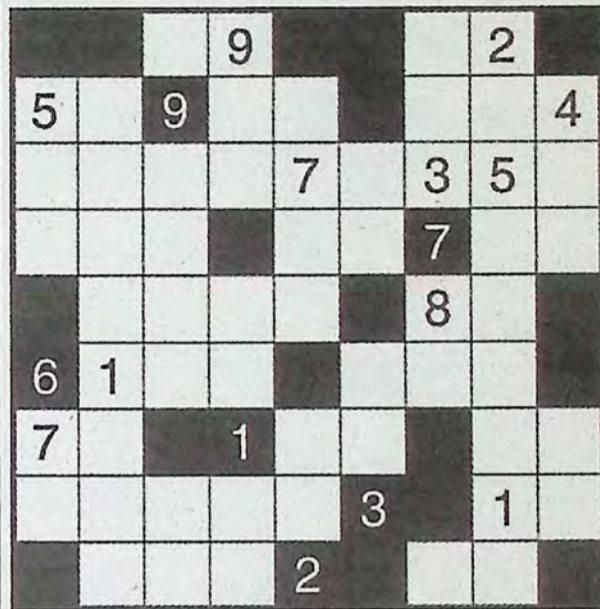
News Leader Str8ts

STR8TS

No. 144

Medium

Previous solution - Tough



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

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

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

TUESDAY, SEPTEMBER 24, 2013

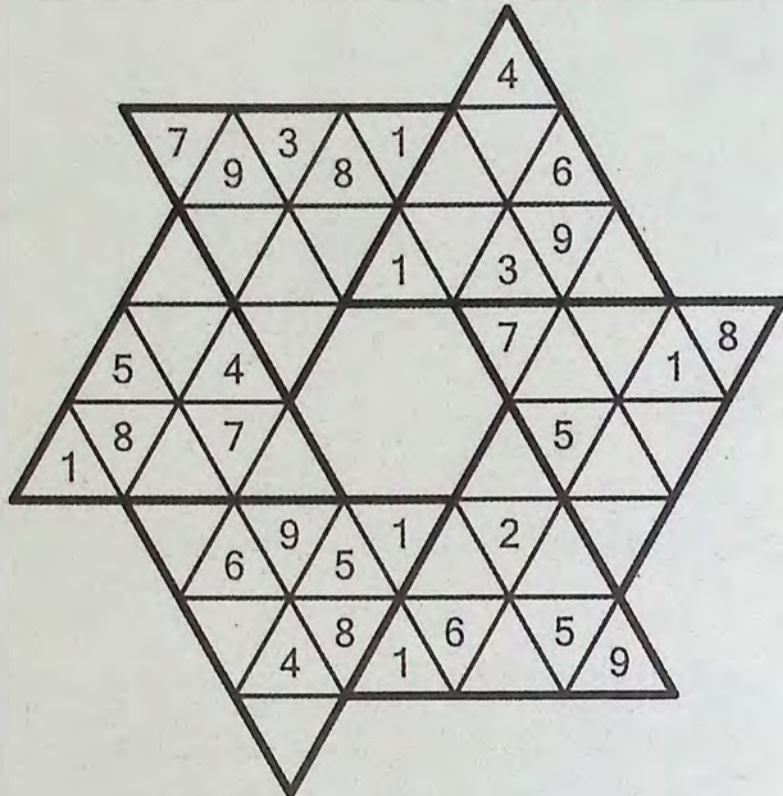
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 30	Wibbly Pig G. Shrinks	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N) 30	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 30	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N) 30	Mighty Planes	Stella-Sam Phineas	CityLine (N) 30	Tattoo	Moves
7 AM	Law & Order: SVU		Ella the Elf PAW Patrol	Arthur Martha	Today Jesse Spencer and Taylor Kinney (N) 30	CBS This Morning (N) 30	Criminal Minds (N) 30	Good Morning America (N) 30			Tiger Monster	Penguins Slidekick	SportsCentre		Dangerous Flights	Shake It ANT Farm	Let's Make a Deal	Tattoo	World's
8 AM	Law & Order: SVU		Magic Bus Dinosaur	Curious Cat in the Hat			CSI: Miami (N) 30			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre		Don't Drive Here	Jessie Wizards	The Price is Right (N)	Tattoo	Eat St. 30
9 AM	Millionaire	Morning Huntley	Dragon The Hive	Super Why! Dinosaur		The 700 Club (N) 30	CSI: Miami (N) 30	Livell Kelly and Michael	Morning Huntley	The Doctors (N) 30	Super Why! Cat in the Hat	Rescue Mike	Sports	Livell Kelly and Michael	To Be Announced	Little Manny	Jdg Judy	Ink Master (N) 30	Museum Secrets 30
10 AM	Divorce	The Doctors (N) 30	Poppy Cat Pajanimals	Sesame Street (EI)		The Price is Right (N)	Criminal Minds "Lucky" (N) 30	The View (N) 30	The Doctors (N) 30	AnnaOlson Debt/Part	Bookaboo Doodlebob	Little Bear Berenstain	Boxing: Darren Barker vs. Daniel Geale, Middle-weights. 30	The View (N) 30	How/Made	Never Land Sofia	The Chew (N) 30	Ink Master (N) 30	Mysterie-Museum
11 AM	Judge Alex	AnnaOlson Debt/Part	Rollo Polie Thomas	Tiger Sit-Be Fit	Jdg Judy	Young & Restless	Criminal Minds (N) 30	Paid Prog. Defrosting	AnnaOlson Debt/Part	Noon News Hour (N)	The Nature of Things	To School Squirrel	Marilyn Denis	Airplane Repo	Suite/Deck ANT Farm	General Hospital (N) 30	Ink Master (N) 30	Monumental Mysteries	
12 PM	King	Noon News Hour (N)	Dino Dan Making	Charlie Rose (N) 30	Focus T25 Paid Prog.	News Bold	The First 48 30	The Chew (N) 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Kid vs. Kat SpongeBob	Numbers Never Lie (N)	CTV News (N) 30	Amish Mafia	Wizards Barbie	CityLine (N) 30	Ink Master (N) 30	Mysterie-Museum
1 PM	Community	Days of our Lives (N)	Rob Robot The Hive	Painting Quilting	Days of our Lives (N)	The Talk (N) 30	The First 48 30	General Hospital (N) 30	Days of our Lives (N)	The Talk (N) 30	Republic of Doyle (N) 30	Rated A Monster	SportsNation (N) 30	The Social (N) 30	Amish Mafia	Suite/Deck Wizards	Katie (N) 30	Ink Master (N) 30	Bizarre Foods/Zimmer
2 PM	Seinfeld	The Talk (N) 30	Big Bear PAW Patrol	Barney WordWorld	Katie (N) 30	Let's Make a Deal 30	The First 48 30	Queen Latifah	The Talk (N) 30	Queen Latifah	Steven and Chris (N) 30	Super Evil Slidekick	Off Record Interruption	Dr. Phil (N) 30	Airplane Repo	Shake It ANT Farm	CityNews at 5 (N) 30	Ink Master (N) 30	Roadside Adventures
3 PM	The Middle	Queen Latifah	Clifford G. Shrinks	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil (N) 30	Storage	Rachael Ray (N) 30	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel T.U.F.F.	SportsCentre (N) 30	Bethenny (N) 30	Mighty Ships "Umiak I"	Jessie Austin	CityNews at 5 (N) 30	Ink Master (N) 30	Eat St. 30
4 PM	Big Bang	Young & Restless	Maya Bee Arthur (N)	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show 30	Storage	The Doctors (N) 30	Young & Restless	Early News Global Nat.	Dragons' Den (N) 30	SpongeBob Kung Fu	Hockey Reporters	Ellen DeGeneres Show	Daily Planet (DVS)	ANT Farm ANT Farm	Mod Fam Mod Fam	Ink Master (N) 30	Museum Secrets 30
5 PM	Browns	News (N) 30	Martha Wild Kratts	News Business	News NBC News	News CBS News	Storage	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob	Fantasy Draft	CTV News at Five (N)	Gold Rush: Pay Dirt (N)	Shake It Shake It	Dads (N) Brooklyn	Ink Master (N) 30	Mysterie-Museum
6 PM	Browns	Global Nat. News	Hope for Wildlife 30	PBS News-Hour (N) 30	News Millionaire	KREM 2 News at 6 (N)	Storage	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	News Mercer	ICarly 30 Victorious	NHL Preseason Hockey: Rangers at Oilers	CTV News (N) 30	Gold Rush (N)	Austin Austin	New Girl Mindy	Ink Master (N) 30	Monumental Mysteries
7 PM	Mod Fam	Ent ET Canada	Frontiers of Latino Americans (N) 30	Jeopardy! Wheel	Access H.	Barter Kings 30	Ent	Ent Insider	Ent ET Canada	(7:01) Chicago Fire 30	George S Coronation	ICarly 30	Wipeout (N) 30	etalk (N) Big Bang	Highway Thru Hell (N)	Shake It Good Luck	Lucky 7 "Pilot" (N) 30	Ink Master (N) 30	Mysterie-Museum
8 PM	Family Guy	NCIS (N) 30 (DVS)	Athens: Truth (DVS)	The Voice As blind auditions	NCIS (N) 30 (DVS)	(8:01) Barter Kings 30	Agents of S.H.I.E.L.D. (DVS)	NCIS (N) 30 (DVS)	NCIS (N) 30 (DVS)	Mercer 22 Minutes	Wipeout (N) 30	SportsCentre 30	Agents of S.H.I.E.L.D.	How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Tattoo	Museum Secrets 30	
9 PM	Amer. Dad	NCIS: Los Angeles (N) 30	Hitter's Children 30	Frontline (N) 30	continuo. (N) 30	NCIS: Los Angeles (N) 30	Storage	Goldbergs Trophy	NCIS: Los Angeles (N) 30	NCIS: Los Angeles (N) 30	True Crime Canada (N)	Funnlest Home Videos	Top 10	Goldbergs	Gold Rush	Wingin' It Really Me	Jimmy Kimmel Live (N)	Ink Master (N) 30	Mysterie-Museum
10 PM	"The Time Machine" (2002)	(10:01) Chicago Fire (N)	Offspring (N) 30	Moyers & Company (N) 30	(10:01) Chicago Fire (N)	Person of Interest 30	Storage	Lucky 7 "Pilot" (N) 30	(10:01) Chicago Fire (N)	News Hour Final (N)	The National (N) 30	The Middle Mr. Young	SportsCentre (N) 30	Person of Interest 30	Highway Thru Hell	Good Luck Jessie	Maury (N) 30	Ink Master (N) 30	Monumental Mysteries
11 PM	"Step Up"	CHBC News Final (N)	Frontiers of	Charlie Rose (N) 30	News Jay Leno	News Letterman	(11:01) Barter Kings	IXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News George S	Boys Mr. Young	SportsCentre 30	News-Lisa CTV News	Jungle Gold (N) 30	Hannah Princess	Paid Prog. Paid Prog.	Tattoo	Mysterie-Museum

News Leader Sudoku 473

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

7:30 am SPIKE ch.44 "Broken Arrow" (1996, Action) John Travolta. An Air Force pilot matches wits with a renegade colleague who is threatening to detonate a pair of nuclear warheads. (In Stereo)
 10:00 am 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)

AFTERNOON

3:00 pm SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

EVENING

7:30 pm SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone.

John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)
 9:30 pm WTBS ch.3 "Step Up" (2006, Musical) Channing Tatum. A troubled guy but a gifted dancer attracts the attention of a talented ballerina at a Maryland school.
 11:30 pm WTBS ch.3 "Step Up 2 the Streets" (2008, Drama) Briana Evigan. A street dancer enrolls at Maryland School of the Arts and teams up with a talented classmate to take a team to an underground dance contest.

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News Leader

226A Bridge Street, Princeton

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WEDNESDAY, SEPTEMBER 25, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☐	Wibbly Pig	Bulldozer	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "Lucky"	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 Elf	Arthur	Today Michael J. Fox; Blake Shelton. (N) ☐	CBS This Morning (N) ☐	Criminal Minds ☐	Good Morning America (N) ☐			Tiger	Penguins	SportsCentre ☐		Don't Drive Here	Shake It	Let's Make a Deal ☐		World's
8 AM	Law & Order: SVU		Magic Bus	Curious			CSI: Miami ☐			Morning Huntley	Bo On/Go	Pokémon	SportsCentre ☐		Auction	Jessie ☐	The Price Is Right (N)		World's
9 AM	Millionaire	Morning	Dragon	Super Why!		The 700 Club ☐	CSI: Miami ☐	Live! Kelly and Michael	Morning Huntley	The Doctors ☐	Super Why! Cat in the Hat	Rescue Mike	SportsCentre ☐	Live! Kelly and Michael	To Be Announced	Little	Jdg Judy		Pitchin' In
10 AM	Divorce	The Doctors ☐	Poppy Cat	Sesame Street ☐ (El)		The Price Is Right (N)	Criminal Minds ☐	The View ☐	The Doctors ☐	AnnaOlson	Bookaboo	Little Bear	NHL Plays	The View ☐	How/Made	Never Land	The Chew ☐	Movie: *** "A Bronx Tale" (1993)	Feed-Bea.
11 AM	Judge Alex	AnnaOlson	Rolle Polle	Tiger	Jdg Judy	Young & Restless	Criminal Minds ☐	Paid Prog. Hate Hair?	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School Squirrel	Fantasy Draft	Marilyn Denis	Gold Rush: Pay Dirt	Suite/Deck	General Hospital (N) ☐	Robert De Niro, Chazz Palminteri.	Burger
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose ☐	Paid Prog. HOPE Fit	News	The First 48 ☐	The Chew ☐	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☐	Parents	Numbers Never Lie (N)	CTV News (N) ☐	Gold Rush ☐	Wizards	CityLine ☐		Bizarre Foods America
1 PM	Community	Days of our Lives (N)	Rob Robot	Oil 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 Monster	SportsNation (N) ☐	The Social ☐	Highway Thru Hell	Suite/Deck	Katie (N) ☐	Deadliest Warrior	Bizarre Foods/Zimmerman
2 PM	Seinfeld	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 (N) ☐	Super Evil	Off Record	Dr. Phil ☐	To Be Announced	Shake It	CityNews at 5 (N) ☐	Deadliest Warrior	Extreme Pools ☐
3 PM	The Middle	Queen Latifah	Clifford	Slid	Ellen DeGeneres Show	Dr. Phil ☐	The First 48 ☐	Rachael Ray ☐	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N) ☐	Bethenny ☐	Mighty Planes ☐	Jessie ☐	CityNews at 6 (N) ☐	Movie: *** "Rambo" (2008)	Eat St. ☐
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show ☐	Duck D.	The Doctors ☐	Young & Restless	Early News Global Nat.	Dragons' Den ☐	SpongeBob	That's Hockey! (N) ☐	Ellen DeGeneres Show	Daily Planet (N)	Good Luck	Mod Fam	Sylvester Stallone.	World's
5 PM	Browns	News (N) ☐	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents	NHL: Top 50	CTV News at Five (N)	Moonshiners ☐	Phineas	Revolution ☐	Deadliest Warrior	Feed-Bea.
6 PM	Browns	Global Nat.	Frontiers of	PBS News-Hour (N) ☐	News	KREM 2 News at 6 (N)	Duck D.	News at 6 (N)	(5:59) News Hour (N)	ET Canada	News	Sam & Cat	NHL Preseason Hockey:	CTV News (N) ☐	To Be Announced	Dog	Modern Family ☐	Deadliest Warrior	Burger
7 PM	Mod Fam	Ent	Waterfront Cities	Earthlight-Nat	Jeopardy!	Inside Ed.	Duck Dynasty ☐	Ent	Ent	Hawaii Five-0 ☐	George S	ICarly ☐	Phoenix Coyotes at Calgary Flames.	etalk (N)	Tickle (N)	Shake It	Nashville ☐ (DVS)	Movie: *** "Rambo" (2008)	Bizarre Foods America
8 PM	Family Guy	Survivor (N) ☐	Gandhi ☐	NOVA ☐	Revolution ☐	Survivor (N) ☐	(8:01) Duck Dynasty	The Middle Back In	Survivor (N) ☐	Survivor (N) ☐	Dragons' Den ☐	Wipeout (N) ☐	SportsCentre (N) ☐	Law & Order: SVU	Highway Thru Hell	Good Luck	CityNews-Tonight (N)	Sylvester Stallone.	Pitchin' In
9 PM	Amer. Dad	Fox Show	Il Giardino Armonico	Skeleton-Sahar	Law & Order: Special Victims Unit ☐	Criminal Minds ☐	Duck D.	Modern Family ☐	Fox Show	Fox Show	Republic of Doyle ☐	Funnest Home Videos	Top 10	Criminal Minds ☐	Moonshiners ☐	Wingin' It	Jimmy Kimmel Live (N)	Deadliest Warrior	Feed-Bea.
10 PM	Movie: *** "Step Up" (2006) Channing Tatum.	Hawaii Five-0 ☐	The Young Romantic	Life in Cold Blood ☐	Unit ☐	CSI: Crime Scene	Duck D.	Nashville ☐ (DVS)	Hawaii Five-0 ☐	News Hour Final (N)	The National (N) ☐	The Middle Mr. Young	SportsCentre (N) ☐	CSI: Crime Scene	To Be Announced	Good Luck	Maury (N) ☐	Deadliest Warrior	Burger
11 PM	"Step Up"	CHBC News Final (N)	Waterfront Cities	Charlie Rose (N) ☐	News	News	(11:01) Duck Dynasty	KXLY 4 J. Kimmell	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre ☐	News-Lisa	Tickle ☐	Hannah	Paid Prog.	Ways Die	Bizarre Foods America

Similkameen Sizzle!

The Keremeos Pepper Festival



Sandor Koleszar of Vancouver chomps on a jalapeno pepper during the Sear Factor pepper eating contest at Similkameen Sizzle. His time of 56.9-seconds placed him in 4th. Photo: Tamara Malanchuk



FortisBC Community Ambassadors Hannah and Laura get silly while teaching children about energy conservation. They had a booth at Similkameen Sizzle in Memorial Park. *



That's something you don't see every day in Keremeos. Children were kept busy during Similkameen Sizzle with a whole section of Memorial Park dedicated to children's games. *



Luke Vesprey of Keremeos listens to the rules of Sear Factor prior to gulping down three peppers in 48.8-seconds - good enough for Second Place. Sear Factor MC George Elliott is visible in his shades as is a portion of the crowd at Memorial Park. Photo: Tamara Malanchuk



Lauren McKay of Toronto was not the only female to enter the Sear Factor pepper eating contest but she was the only one to finish them. Her time was 1:30.0. Photo: Tamara Malanchuk



Sear Factor Winners pose for the traditional group photo. From left, Luke Vesprey of Keremeos (Second \$75.00), Sear Factor Judge Keremeos Mayor Manfred Bauer, Dan Ragula of Toronto (First \$100.00) and Anthony Klinkera of Vancouver (Third \$25.00). Photo: Tamara Malanchuk

SO COUNTRY INTERNET RADIO

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Laurie Currie Junior Golf Championship

Chase Rempel congratulates fellow competitor, Michael White, on his repeat capture of the Laurie Currie Memorial Junior Golf Club Championship title. Michael White had a 2-stroke lead after the first day (September 14) and widened the gap to claim the weekend victory with a two day gross score of 168. Chase earned second spot honours with Eric Holland, Corey Thompson and Hannah Gould rounding out the field. On-course prizes were dominated by Chase who won closest chip, furthest after 2 shots, KP, and longest putt. Eric Holland won KP on hole #11 while Hannah Gould won the Longest Putt sunk on Hole #17. Congratulations to all the golfers who enjoyed two sunny days of golf on a challenging course. - submitted

Thursday Movies

EVENING

9:00 pm KNOW ch.5 "Joan Baez: How Sweet the Sound" (2009, Documentary) Filmmaker Mary Wharton examines the life and career of Joan Baez, singer and human-rights activist.
9:30 pm WTBS ch.3 "Step Up 2 the Streets" (2008, Drama) Briana Evigan. A street dancer enrolls at Maryland School of the Arts and

teams up with a talented classmate to take a team to an underground dance contest.
11:30 pm WTBS ch.3 "The Ring" (2002, Horror) Naomi Watts. A journalist investigates the mystery behind a bizarre videotape that brings death after seven days to all who view it.

Similkameen News Leader

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THURSDAY, SEPTEMBER 26, 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) 8:30	Wibbly Pig G. Shrinks	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 8:30	Morning Northwest	Morning News (N) 8:30	(5:00) Morning News (N)	CBC News Now (N) 9:00	Kid vs. Kat Rescue	SportsCentre 8:30	CTV Morning Live (N) 9:00	Don't Drive Here	Stella-Sam Phineas	CityLine (N) 8:30	Wildest Police Videos	Moves Moves
7 AM	Law & Order: SVU		Ella the Elf PAW Patrol	Arthur Martha	Today Peter Krause; Martha Stewart (N) 9:00	CBS This Morning (N) 9:00	Criminal Minds 9:00	Good Morning America (N) 9:00			Tiger Monster	Penguins Sidekick	SportsCentre 9:00		Pyros "Fire and Ice"	Shake It ANT Farm	Let's Make a Deal 9:00	Wildest Police Videos	World's World's
8 AM	Law & Order: SVU		Magic Bus Dinosaur	Curious Cat In the Hat			CSI: Miami 9:00			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre 9:30	Airplane Repo 9:30	Jessie 9:30 Barble	The Price Is Right (N)	Wildest Police Videos	Eat St. 9:00 Eat St. 9:00	
9 AM	Millionaire	Morning Millionaire	Dragon The Hive	Super Why! Dinosaur		The 700 Club 9:00	CSI: Miami 9:00	Live! Kelly and Michael	Morning Huntley	The Doctors 9:00	Super Why! Cat in the Hat	Rescue Mike	SportsCentre 9:30	Live! Kelly and Michael	Don't Drive Here	Little Manny	Jdg Judy	Cops 9:00 Jail 9:00	Disaster Disaster
10 AM	Divorce	The Doctors 9:00	Poppy Cat Pajanimals	Sesame Street (N)		The Price Is Right (N)	Criminal Minds 10:00	The View 10:00	The Doctors 10:00	AnnaOlson Debt/Part	Bookaboo Doodlebop	Little Bear Berenstain	NASCAR Racing	The View 10:00	How/Made How/Made	Never Land Sofia	The Chew 10:00	Cops 9:00 Jail 9:00	Adam Adam
11 AM	Judge Alex	AnnaOlson Debt/Part	Rolie Polie Thomas	Tiger Sit-Be Fit	Jdg Judy Noodle	Young & Restless	Criminal Minds 11:00	Paid Prog. Paid Prog.	AnnaOlson Debt/Part	Noon News Hour (N)	The Nature of Things	To School Squirrel	NHL: Top 50	Marilyn Denis	Pyros "I Ain't Cricket"	Suite/Deck ANT Farm	General Hospital (N) 11:00	Cops 9:00 Cops 9:00	Rock-RV Rock-RV
12 PM	King	Noon News Hour (N)	Dino Dan Making	Charlie Rose 12:00	Paid Prog. Larry King	News Bold	The First 48 12:00	The Chew 12:00	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 12:00	Kid vs. Kat SpongeBob	Numbers Never Lie (N)	CTV News (N) 12:00	Moonshiners 12:00	Wizards Hannah	CityLine 12:00	Cops 9:00 Jail 9:00	Bizarre Foods/Zimmer
1 PM	Community	Days of our Lives (N)	Rob Robot The Hive	Painting Knit	Days of our Lives (N)	The Talk (N) 1:00	The First 48 1:00	General Hospital (N) 1:00	Days of our Lives (N)	The Talk (N) 1:00	Republic of Doyle 1:00	Rated A Monster	SportsNation (N) 1:00	The Social 1:00	To Be Announced	Suite/Deck Wizards	Katie (N) 1:00	Cops 9:00 Cops 9:00	Bizarro Foods/Zimmer
2 PM	Seinfeld 2:00	The Talk (N) 2:00	Big Bear PAW Patrol	Barney WordWorld	Katie (N) 2:00	Let's Make a Deal 2:00	The First 48 2:00	Queen Latifah	The Talk (N) 2:00	Queen Latifah	Steven and Chris (N) 2:00	Super Evil Sidekick	Off Record Interruption	Dr. Phil 2:00	Tickle 2:00 Porter	Shake It ANT Farm	CityNews at 5 (N) 2:00	Cops 9:00 Cops 9:00	Extreme Houseboats
3 PM	The Middle Mod Fam	Queen Latifah	Clifford G. Shrinks	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil 3:00	The First 48 3:00	Rachael Ray 3:00	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel T.U.F.F.	SportsCentre (N) 3:00	Bethenny 3:00	How-Made How-Made	Jessie 3:00 Austin	CityNews at 5 (N) 3:00	Cops 9:00 Ways Die	Eat St. 3:00 Eat St. 3:00
4 PM	Big Bang Big Bang	Young & Restless	Maya Bee Arthur 4:00	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show 4:00	The First 48 4:00	The Doctors 4:00	Young & Restless	Early News Global Nat.	Dragons' Den 4:00	SpongeBob Kung Fu	Hockey NHL	Ellen DeGeneres Show	Daily Planet (N)	Jessie 4:00 Jessie 4:00	Mod Fam	Ways Die Disaster	Disaster
5 PM	Browns Payne	News (N) 5:00	Martha Wild Kratts	News Business	News NBC News	News CBS News	The First 48 5:00	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob	Preseason Hockey: Boston Bruins at Winnipeg Jets. (N)	CTV News at Five (N)	Fast N' Loud 5:00	Austin Austin	Parks and Recreation	Ways Die Adam	Adam
6 PM	Browns Payne	Global Nat. News	Waterfront Cities	PBS News-Hour (N) 6:00	News Millionaire	KREM 2 News at 6 (N)	The First 48 6:00	News at 6 News	(5:59) News Hour (N)	ET Canada	News Secrets	iCarly 6:00 Victorious		CTV News (N) 6:00	Fast N' Loud (N) 6:00	Shake It Shake It	Crazy Broke Girl	IMPACT Wrestling (N) 6:00 (Live)	Rock-RV Rock-RV
7 PM	Mod Fam Seinfeld 7:00	Ent ET Canada	Ancient Clues 7:00	Spokane Superlized	Jeopardy! Wheel	Inside Ed. Access H.	The First 48 7:00	Ent Insider	Ent ET Canada	Elementary "Step Nine"	George S Coronation	iCarly 7:00 iCarly 7:00	NHL Preseason Hockey: Rangers at Canucks	etalk (N) Two Men	Overhaul'n (N) Next Step	Shake It Next Step	Murdoch Mysteries 7:00		Sturgis "Wild and Free"
8 PM	Family Guy Family Guy	NCIS: Los Angeles 8:00	Warren Buffett	Masterpiece Mystery! 8:00 (DVS)	Parks and Recreation Fox Show	Big Bang Crazy	(8:01) The First 48 8:00	Shark Tank 8:00 (DVS)	NCIS: Los Angeles 8:00	NCIS: Los Angeles 8:00	The Nature of Things	Wipeout (N) 8:00		Big Bang Big Bang	How-Made ANT Farm	Good Luck ANT Farm	CityNews-Tonight (N)	Bellator MMA Live 8:00	Disaster Disaster
9 PM	Amer. Dad Movie: ** "Step Up 2 the Streets" (2008)	Glee 9:00 (DVS)	"Joan Baez: How Sweet the Sound"	Invisible	Fox Show Fox Show	Two Men	(9:01) The First 48 9:00	Grey's Anatomy (Season Premiere) (N) 9:00	Glee 9:00 (DVS)	Glee 9:00 (DVS)	Doc Zone 9:00 (DVS)	Funniest Home Videos		Grey's Anatomy (Season Premiere) (N) 9:00	Fast N' Loud 9:00	Wingin' It Really Me	Jimmy Kimmel Live (N)	Ink Master 9:00	Adam Adam
10 PM		(10:01) Elementary	The Bletchley Circle Snapshot	Parenthood 10:00	(10:01) Elementary	(10:01) The First 48	(10:01) The First 48	(10:01) Elementary	News Hour Final (N)	The National (N) 10:00	The Middle Mr. Young	SportsCentre (N) 10:00		Fast N' Loud 10:00	Good Luck Jessie 10:00	Maury (N) 10:00	Tattoo Tattoo	Rock-RV Rock-RV	
11 PM		CHBC News Final (N)	Ancient Clues 11:00	Charlie Rose (N) 11:00	News Jay Leno	News Letterman	(11:01) The First 48	KXLY 4	News Hour Final (N)	ET Canada	CBC News George S	Boys Mr. Young	SportsCentre 11:00	News-Lisa CTV News	Overhaul'n Princess	Hannah Out There	EP Daily Tattoo	Tattoo Tattoo	Sturgis "Wild and Free"

Friday Movies

AFTERNOON

3:00 pm A&E ch.9 "The Imposter" (2012, Documentary) Premiere. Filmmaker Bart Layton chronicles the tale of Frederic Bourdin, a 34-year-old French con artist who seemingly tricked a Texas family into believing he was a relative who disappeared years earlier. (CC)

EVENING

8:00 pm YTV ch.18 "Ever After: A Cinderella Story" (1998, Romance) Drew Barrymore. Treated as a servant by her stepmother, a 16th-century woman wins the heart of the French prince. (In Stereo) (CC)

FAM ch.26 "Phineas and Ferb: The Movie: Across the 2nd Dimension" (2011, Comedy) Voices of Vincent Martella. Animated. Along with their pet platypus, stepbrothers Phineas and Ferb battle evil Dr. Doofenshmirtz. (In Stereo) (CC)
9:30 pm WTBS ch.3 "Redbelt"

(2008, Drama) Chiwetel Ejiofor. A martial artist finds his integrity on the line after he saves an action star from attack and takes a job in the film industry.

10:00 pm FAM ch.26 "Skyrunners" (2009, Science Fiction) Kelly Blatz. A teen and his younger brother uncover an extraterrestrial plot against Earth. (In Stereo) (CC)

11:30 pm WTBS ch.3 "The Reaping" (2007, Horror) Hilary Swank. A former Christian missionary who now debunks religious phenomena encounters biblical plagues in a small town.

News Leader Recipe 580

Teriyaki Salmon with Crimini Mushrooms & Bok Choy

Ingredients

- 30 g (2 tbsp) toasted sesame seeds
- 2 small salmon fillets
- 120 g + 30 g (1/2 cup + 2 tbsp) teriyaki sauce
- 2 bunches of baby bok choy
- 250 g (2 cups) sliced mushrooms
- 250 g (2 cups) rice, cooked as per package instructions

Method

1. Toast sesame seeds. Heat non-stick pan on medium-high. Add sesame seeds to pan and toss 1-2 minutes until lightly toasted. Transfer to a bowl.
2. Preheat oven to 375C. Place salmon fillets in greased baking dish. Brush with 2 tbsp teriyaki sauce. Bake salmon 15-20 minutes.
3. Meanwhile, sauté baby bok choy and mushrooms in a splash of olive oil and 1/2 cup teriyaki sauce. Prepare rice as per package instructions.
4. Serve salmon, mushrooms and baby bok choy over rice. Sprinkle with sesame seeds.

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

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6 AM	In the Heat of the Night	Morning News (N) 22	Wibbly Pig	Bulldozer	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N) 22	(5:00) Morning News (N)	CBC News Now (N) 1	Kid vs. Kat Rescue	SportsCentre 22	CTV Morning Live (N) 1 22	Pyros 22 (DVS)	Stella-Sam Phineas	CityLine (N) 22	Deadliest Warrior	Moves
7 AM	Law & Order: SVU		Ella the El PAW Patrol	Arthur	Today Kenan Thompson; "Weird Al" Yankovic. (N) 1 22	CBS This Morning (N) 1 22	Dog the Bounty Hunter	Good Morning America (N) 22			Tiger	Yu-Gi-Oh! T.U.F.F.	SportsCentre 22		Don't Drive Here	Shake It ANT Farm	To Be Announced	Deadliest Warrior	World's
8 AM	Law & Order: SVU		Magic Bus	Curious			Dog			Morning Huntley	Bo On/Go	Pokémon	SportsCentre 22	Canada's Worst Driver	Jessie 22	The Price is Right (N)	Deadliest Warrior	Eat St. 1	
9 AM	Millionaire	Morning Huntley	Dragon	Super Why!		The 700 Club 1 22	Dog the Bounty Hunter	Livel Kelly and Michael	Morning Huntley	The Doctors 1 22	Super Why! Cat in the Hat	Rescue Mike	SportsCentre 22	Livel Kelly and Michael	Fantom-Works 22	Little Manny	Jdg Judy	Cops 22	Weird or What?
10 AM	Divorce	The Doctors 1 22	Poppy Cat	Sesame Street 1 (E)		The Price is Right (N)	Dog the Bounty Hunter	The View 1 22	The Doctors 1 22	AnnaOlson	Bookaboo	Little Bear	NHRA Drag Racing: AAA Texas Fall Nationals. From Dallas. (Taped) 22	The View 1 22	How/Made	Never Land	The Chew 1 22	Cops 22	The Dead Files (N) 22
11 AM	Judge Alex	AnnaOlson	Rolla Polle	Tiger	Jdg Judy	Young & Restless	Dog the Bounty Hunter	Hate Hair? Paid Prog.	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School Squirrel		Marilyn Denis	How-Made	Suite/Deck	General Hospital (N) 1	Cops 22	The Dead Files (N) 22
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose 1 22	Paid Prog.	News	Dog	The Chew 1 22	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 1	Parents		CTV News (N) 1 22	Fast N' Loud 1 22	Wizards	CityLine 22	Cops 22	The Dead Files (N) 22
1 PM	Community	Days of our Lives (N)	Rob Robot	Gary Spetz	Days of our Lives (N)	The Talk (N) 1 22	Dog the Bounty Hunter	General Hospital (N) 1	Days of our Lives (N)	The Talk (N) 1 22	Republic of Doyle 1	Rated A	Numbers Never Lie (N)	The Social 1 22	Fast N' Loud 1 22	Suite/Deck	Katie (N) 1 22	Cops 22	Bizarre Foods/Zimmer
2 PM	Seinfeld 1	The Talk (N) 1 22	Big Bear	Barney	Katie (N) 1 22	Let's Make a Deal 22	Dog the Bounty Hunter	Queen Latifah	The Talk (N) 1 22	Queen Latifah	Steven and Chris (N) 1	Super Evil	Off Record	Dr. Phil 1 22	Overhaul	Shake It	CityNews at 5 (N) 22	Cops 22	Beach Houses
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 1 22	Movie: *** "The Imposter" (2012) Premiere.	Rachael Ray 1 22	Queen Latifah	Young & Restless	Recipes Stefano	Allen T.U.F.F.	SportsCentre (N) 22	Bethenny 1 22	How/Made	Jessie 22	CityNews at 6 (N) 22	Cops 22	Eat St. 1
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 22		The Doctors 1 22	Young & Restless	Early News Global Nat.	Dragons' Den 1 22	SpongeBob Kung Fu	Hockey CFL Pre	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops 22	Weird or What?
5 PM	Browns	News (N) 22	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	CFL Football: BC Lions at Winnipeg Blue Bombers. (N Subject to Blackout)	CTV News at Five (N)	Highway Thru	Jessie 22	Murdoch Mysteries 1	Cops 22	The Dead Files 1 22
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) 22	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	SpongeBob	Winnipeg Blue Bombers. (N Subject to Blackout)	CTV News (N) 1 22	Highway Thru Hell	(6:15) Jessie (N) 22	The Middle	Bellator MMA Live (N) 1 (Live)	The Dead Files 1 22
7 PM	Mod Fam	Ent	Billy Connolly: Journey	Wash	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Bomb Girls 22 (DVS)	George S	SpongeBob		etalk (N)	Mayday "Blind Spot"	Next Step	Liquidator		The Dead Files 1 22
8 PM	Family Guy	Parenthood 1 22	Murder Myster.	Last Tango in Halifax	Fox Show	Undercover Boss 22	Storage	Last Man	Parenthood 1 22	Parenthood 1 22	Mr. D 1	Movie: *** "Ever After: A Cinderella Story" (1999) 1	SportsCentre (N) 22	MasterChef Junior 1	Mayday "Turning Point"	"Phineas and Ferb: The Movie"	CityNews-Tonight (N)	Bellator MMA Live 1	Weird or What?
9 PM	Amer. Dad	Hawaii Five-0 1 22	George Gently "The Lost Child" 1	Great Performances The Battle of Shrewsbury. (N) 1 22	Deteline NBC (Season Premiere)	Hawaii Five-0 1 22	Storage	Shark Tank (N) 1	Hawaii Five-0 1 22	Hawaii Five-0 1 22	the fifth estate 1 22		NHL: Top 50	Orphan Black 1	Highway Thru Hell	Shake It	Jimmy Kimmel Live 1		The Dead Files 1 22
10 PM	"Redbelt" (2008) Chiwetel Ejiofor.	Bomb Girls 22 (DVS)	ItalianJob			Blue Bloods 1 22	Storage	(10:01) 29/29 (N) 22	Bomb Girls 22 (DVS)	News Hour Final (N)	The National (N) 22	Boys	SportsCentre (N) 22	Blue Bloods 1 22	Sons of Guns 1 22	Movie: *** "Skyrunners" 1	Maury (N) 1 22	Ways Die	The Dead Files 1 22
11 PM	"Reaping"	CHBC News Final (N)	Architects of Change		News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 22	News-Lisa	Mayday "Blind Spot"	Princess	Paid Prog.	Ways Die	The Dead Files 1 22

News Leader Weekend - Saturday Movies

MORNING

8:00 am SPIKE ch.44 "Fantastic Four" (2005, Action) Ioan Gruffudd. Four people gain unusual powers after a space mission exposes them to cosmic radiation. (In Stereo)
 11:00 am SPIKE ch.44 "Fantastic Four" (2005, Action) Ioan Gruffudd. Four people gain unusual powers after a space mission exposes them to cosmic radiation. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club. (In Stereo) (CC)
 12:30 pm A&E ch.9 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac, who has a dangerous past, to dodge assassins as he tries to learn about himself. (CC)
 1:00 pm WTBS ch.3 "Swing Vote" (2008, Comedy) Kevin Costner. A precocious adolescent sets off a chain of events that leads to her beer-slinging dad holding the outcome of an election in his hands.
 2:30 pm CITY ch.12 "Fantastic Four: Rise of the Silver Surfer" (2007, Science Fiction) Ioan Gruffudd, Reed, Susan, Johnny and Ben face an intergalactic messenger who has arrived to prepare Earth for destruction. (CC)
 3:30 pm CHBC ch.4 BCTV ch.11 "Fantastic Four: Rise of the Silver Surfer" (2007, Science Fiction) Ioan Gruffudd, Reed, Susan, Johnny and

Ben face an intergalactic messenger who has arrived to prepare Earth for destruction. (CC)
 4:00 pm YTV ch.18 "A Cinderella Story" (2004, Romance-Comedy) Hilary Duff. A teenager with a wicked stepmother develops an online relationship with a popular high-school quarterback. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "The Rock" (1996, Action) Sean Connery. A scientist and a British spy who once escaped from Alcatraz are sent to the former island prison to stop a disgruntled war hero from obliterating San Francisco with chemical warheads.
 YTV ch.18 "Ella Enchanted" (2004, Romance-Comedy) Anne Hathaway. A young woman embarks on a journey to break the curse of obedience placed upon her by a fairy godmother. (In Stereo) (CC)
 CITY ch.29 "Hugh Hefner: Playboy, Activist and Rebel" (2009,

Documentary) (Part 2 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.
 8:00 pm KSPS ch.6 "Fiddler on the Roof" (1971, Musical) Topol. A poor Jewish milkman and his wife try to marry off their five daughters in czarist Russia. (In Stereo) (CC)
 YTV ch.18 "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook. (In Stereo) (CC)
 SPIKE ch.44 "Fantastic Four" (2005, Action) Ioan Gruffudd. Four people gain unusual powers after a space mission exposes them to cosmic radiation. (In Stereo)
 9:00 pm FAM ch.26 "A Knight's Tale" (2001, Adventure) Heath Ledger. An English commoner dons the armor of a dead jousting knight, with the help of friends, competes against nobles in 14th-century France. (In Stereo) (CC)
 DTOUR ch.45 "Thunderball" (1965, Action) Sean Connery. Agent

007 scuba dives after SPECTRE's Largo hijacks nuclear bombs with a hydrofoil yacht. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "Rush Hour 3" (2007, Action) Jackie Chan. The assassination of a Chinese ambassador reunites Lee and Carter, who tangle with Triad gangsters in France.
 10:30 pm 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.

11:11 pm FAM ch.26 "The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls go to India to appear in a Bollywood musical, but the director can choose only one of them for the role. (In Stereo) (CC)
 11:30 pm WTBS ch.3 "King's Ransom" (2005, Comedy) Anthony Anderson. An obnoxious businessman arranges his own kidnapping to foil his wife's impending divorce settlement.

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SATURDAY, SEPTEMBER 28, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45		
6 AM	Defrosting	Ancestors	Peep, Big	Heartland	(5:30) Today (N) (CC)	CBS This Morning	Criminal Minds (CC)	Paid Prog.	Ancestors	Saturday Morning News Shane Jones. (N)	Monster	Kid vs. Kat	Sports	Juicebox (CC)	Highway Thru Hell	Wingin' It	Kitchen	Xtreme 4x4	Live Here		
6:30	Paid Prog.	Fishful	Thomas	Fly Tying				Paid Prog.	Fishful		Busytown	Super Evil	Pregame			Suite/Deck	Panorama	Horse.	Paid Prog.		
7 AM	The Office	Saturday Morning News Lynn	Rolie Polie	MotorWeek	KHQ News Saturday (N) (CC)	Lucky Dog	Flip This House (CC)	Good Morning America	Saturday Morning News Lynn		Animal	Sidekick	English Premier League Soccer		Ice Cold Gold (CC)	Sonny	Eye/Asia	Truckst (N)	Security		
7:30	All. Eats	Tree Fu	Greener			Dr. Chris	Flip This House (CC)	Hanna	Colliar, Welsa		Super Why!	Squirrel				Wizards	Nossa TV	MuscleCar	Security		
8 AM	Paid Prog.	Colliar, Welsa	Ella the EI	Woodsmith		Reclpe	Flip This House (CC)	Ocean	Wong, & Jay Janower. (N)		Doodlebop	Kung Fu		Canada AM Weekend	Mayday "Blind Spot"	Phineas	Polish Studio (CC)	Movie: ** "Fantastic Four" (2005, Action) Ioan Gruffudd. (N)	Monumental Mysteries		
8:30	The Office	Wong, & Jay Janower. (N)	PAW Patrol	Woodshop		J. Oliverr					Cross	Allen				Dog		Movie: ** "Fantastic Four" (2005, Action) Ioan Gruffudd. (N)	Mysterfles-Museum		
9 AM	College Football: South		Magic Bus	Hometime		All In	Flipping Boston (CC)	College Football: Teams TBA. (N) (Live)		Fish'n	Absolutely Vancouver	SpongeBob	Premier	Marilyn Denis	To Be Announced	Good Luck	EP Weekly				
9:30	Alabama at Tennessee. (N) (Live)	Fish'n	Pingu (CC)	Old House	English Premier League Soccer	Changers	Flipping Boston (CC)		Fish'n	Powerboat	The Nature of Things	SpongeBob	Top 10	SickKids Foundation (N)	Mayday "Turning Point"	ANT Farm	Tow Biz		Feed-Bea.		
10 AM		Real Fish.	Jack (CC)	Kitchen		Backroads	Flipping Boston (CC)		Real Fish.	Driving TV	Monsters			United at Toronto FC. (N) (CC)	Yukon Men (N) (CC)	Smile	Shopping Channel (CC)	Movie: ** "Fantastic Four" (2005, Action) Ioan Gruffudd. (N)	Burger		
11 AM		Powerboat	Marco Polo	Jazzy		Lucas Oil Off Road	Flipping Boston (CC)		Powerboat	House (N) (CC)	the fifth estate (N) (CC)	Turtles	Beyblades	Is Written	Austin	Shake It	Shopping Channel (CC)	Movie: ** "Fantastic Four" (2005, Action) Ioan Gruffudd. (N)	Burger		
11:30		Driving TV	Wild Kratts	Martha	Red Bull Series	Football	Flip House		Driving TV	Moves	Recipes	Pokémon	Motoring	Junk Ral-ders (N) (CC)	Jungle Gold (N) (CC)	Movie: ** "High School Musical 2" (2007) (N)	Paid Prog.	Ways Die	Hotel Im-possible (CC)		
12 PM	Browns	Noon News Hour (N)	Animals	Cook's		College Football: LSU at Notre Dame. (N) (Live) (CC)	College Football: LSU at Georgia. (N) (Live) (CC)	Movie: *** "The Bourne Identity" (2002) Matt Damon.	College Football: Teams TBA. (N) (Live)	Moves	Simpsons	Hockey: Play On National Street Championships.	Sanjay	Sanjay	NASCAR Racing: Nationwide Series: OneMain Financial 200.	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Eat St. (N)
1:30	Movie: *** "Swing Vote" (2008, Comedy)	Moves	Parks	Antiques Roadshow		Storage	Storage	Storage	McCarver	Simpsons	Simpsons	Sanjay	Sanjay	CFL Football: Calgary Stampeders at Hamilton Tiger-Cats. (Live) (CC)	Celebrity	How/Made	Jessie (CC)	Murdoch Mysteries (N)	Cops (CC)	Security	
2:30	Comedy	Simpsons	Frontiers of	Genealogy Roadshow		Storage	Storage	Storage	News	Simpsons	Simpsons	Sanjay	Sanjay	Movie: ** "A Cinderella Story" (2004) (N) (CC)	Movie	How/Made	Dog	Murdoch Mysteries (N)	Cops (N)	Hotel Im-possible (CC)	
3:30	Community	Simpsons	Waterfront Cities	Globe Trek-ker (N)		Storage	Storage	Storage	College Football: Teams TBA. (N) (Live) (CC)	Simpsons	Simpsons	Sanjay	Sanjay	Movie: *** "Ella Enchanted" (2004) (N) (CC)	CTV News (N) (CC)	To Be Announced	Good Luck	"Hugh Hefner: Playboy, Activist and Rebel"	Cops (CC)	Adam	
4:30	Family Guy	** "Fantastic Four: Rise of the Silver Surfer"	Fatal In-somnia (CC)	Stevens	Pajanimals	Access Hol-lywood (N)	Storage	Storage	News	Simpsons	Simpsons	Sanjay	Sanjay	Movie: ** "Ella Enchanted" (2004) (N) (CC)	W5 (N) (DVS)	To Be Announced	Wizards	Suite/Deck	Cops (CC)	Bizarro Foods America	
5:30	The Middle	News	Warren Buffett	Last/Wine	News	News	Storage	Storage	College Football: Teams TBA. (N) (Live) (CC)	Simpsons	Simpsons	Sanjay	Sanjay	Movie: *** "Hook" (1991)	Big Bang	Street Outlaws (N) (CC)	Shake It	Austin	CityNews Weekends	Movie: ** "Fantastic Four" (2005, Action) Ioan Gruffudd. (N)	Movie: *** "Thunderball" (1965) Sean Connery. (N) (CC)
6:30	Movie: *** "The Rock" (1996, Action) Sean Connery.	Global Nat.	Hope for Wildlife (CC)	Lawrence Welk	News	News	Storage	Storage	(5:59) Evening News (N)	16x9 (CC)	Animism: God's Lake	Battle of the Blades (N) (CC)		Movie: *** "Ella Enchanted" (2004) (N) (CC)	Anger	To Be Announced	Shake It	The Office	Movie: ** "Resident Evil" (2002)	Feed-Bea.	
7:30		News	Prehistoric Hunters (CC)	Keep Up As Time...	CSI: Miami	Burn Notice (CC)	Storage	Storage	16x9 (CC)	Animism: God's Lake	Durham County (N)			Movie: *** "Hook" (1991)	Anger	To Be Announced	Shake It	The Office	Movie: ** "Resident Evil" (2002)	Feed-Bea.	
8:30	The Closer	Animism: God's Lake	Heartbeat (CC)	Movie: *** "Fiddler on the Roof" (1971, Musical) Topol. (N) (CC)	Chicago Fire (N) (CC)	To Be Announced	Storage	Storage	Animism: God's Lake	Durham County (N)				Movie: *** "Hook" (1991)	Anger	To Be Announced	Shake It	The Office	Movie: ** "Resident Evil" (2002)	Feed-Bea.	
9:30	Movie: ** "Rush Hour 3" (2007) Jackie Chan.	The Black-list "Pilot" (N)	Midsomer Murders "Fit for Murder" (N) (CC)	The Black-list "Pilot" (N)	The Black-list "Pilot" (N)	To Be Announced	Storage	Storage	Animism: God's Lake	Durham County (N)				Movie: *** "Hook" (1991)	Anger	To Be Announced	Shake It	The Office	Movie: ** "Resident Evil" (2002)	Feed-Bea.	
10:30		Durham County (N)		Saturday Night Live (N)	48 Hours (N) (CC)	Storage	Storage	Storage	Animism: God's Lake	Durham County (N)				Movie: *** "Hook" (1991)	Anger	To Be Announced	Shake It	The Office	Movie: ** "Resident Evil" (2002)	Feed-Bea.	
11:30	News Final	Waterfront Cities	Austin City Limits (CC)	News	News	Storage	Storage	Storage	Animism: God's Lake	Durham County (N)				Movie: *** "Hook" (1991)	Anger	To Be Announced	Shake It	The Office	Movie: ** "Resident Evil" (2002)	Feed-Bea.	
	"Kings"	SNL		SNL	The Closer	Storage	Storage	Storage	Animism: God's Lake	Durham County (N)				Movie: *** "Hook" (1991)	Anger	To Be Announced	Shake It	The Office	Movie: ** "Resident Evil" (2002)	Feed-Bea.	

News Leader Weekend - Sunday Movies

MORNING

8:00 am WTBS ch.3 "Shrek" (2001, Comedy) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess.

9:00 am YTV ch.18 "Barbie Mariposa & the Fairy Princess" (2013, Fantasy) Voices of Kelly Sheridan. Premiere. Animated. Mariposa becomes the royal ambassador of Flutterfield and is sent to make peace with the Crystal Fairies of Shimmervale. Due to a misunderstanding, she is banished but returns when she learns that a dark fairy is on her way to destroy Shimmervale. (In Stereo) (CC)

10:00 am WTBS ch.3 "Shrek 2" (2004, Comedy) Voices of Mike Myers. Animated. A green ogre, his new wife and a donkey find adventure while visiting his in-laws.

A&E ch.9 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac, who has a dangerous past, to dodge assassins as he tries to learn about himself. (CC)

AFTERNOON

12:00 pm WTBS ch.3 "Race to Witch Mountain" (2009, Adventure) Dwayne Johnson. A Las Vegas taxi driver unexpectedly becomes the guardian of two runaways who possess paranormal powers.

FAM ch.26 "16 Wishes" (2010,

Comedy) Debby Ryan. The wishes of a teenager magically come true on her 16th birthday. (In Stereo) (CC)

1:45 pm YTV ch.18 "Muppet Treasure Island" (1996, Adventure) Tim Curry, Kermit, Long John Silver and Young Jim Hawkins set sail for riches using a dead pirate's treasure map. (In Stereo) (CC)

2:00 pm CTV ch.12 "You Don't Mess With the Zohan" (2008, Comedy) Adam Sandler. A much-feared Israeli commando fakes his own death and moves to New York, where he fulfills his dream of becoming a successful hairstylist. (CC)

3:00 pm CHBC ch.4 BCTV ch.11 "You Don't Mess With the Zohan" (2008, Comedy) Adam Sandler. A much-feared Israeli commando fakes his own death and moves to New York, where he fulfills his dream of becoming a successful hairstylist. (CC)

4:00 pm YTV ch.18 "Nim's Island" (2008, Adventure) Abigail Breslin. A fairhearted adventure writer joins forces with a courageous youngster to save the girl's island home and find her missing father. (In Stereo) (CC)

5:00 pm CBC ch.13 "The Hunchback of Notre Dame" (1996, Drama) Voices of Tom Hulce. Animated. Disney's musical version of the Victor Hugo classic centers on a disfigured man who rings the bells of Notre Dame Cathedral in 15th-century Paris. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Mission: Impossible III" (2006, Action) Tom Cruise. Now a trainer for IMF recruits, agent Ethan Hunt squares off against the toughest foe he has ever faced: a ruthless arms and information broker.

YTV ch.18 "Madagascar: Escape 2 Africa" (2008, Comedy) Voices of Ben Stiller. Animated. Zoo animals from New York

meet others of their species for the first time after crash-landing on the Dark Continent. (In Stereo) (CC)

9:00 pm FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school students form a music group and prepare to compete against a popular rock band. (In Stereo) (CC)

10:30 pm WTBS ch.3 "The Foot Fist Way" (2006, Comedy)

Danny R. McBride. After discovering his wife's infidelity, a bombastic but hopelessly inept martial artist sets out on a quest to meet his idol.

10:48 pm FAM ch.26 "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A 14-year-old deals with a coldhearted captain after she reluctantly joins a military academy. (In Stereo) (CC)



Why rename the 'zigzag' path? Maybe because the new design made it zigless? *

SUNDAY, SEPTEMBER 29, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	In a Name	Peep, Big	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Kid vs. Kat	Sports	Canada AM Weekend	Bering Sea Gold	Wingin' It	R Schuller	Xtreme 4x4	Fishful
:30	Coolest	Inventors	Thomas	Signing	o	Paid Prog.	Minds	Hometime	Inventors	News (N)	Poko	Super Evil	Reporters			Suite/Deck	ChurchRck	Horse.	Paid Prog.
7 AM	P. Affairs	Sunday Morning News (N)	Rolle Polle	Barney	KHQ News	CBS News Sunday Morning (N)	Criminal Minds	Good Morning America	Sunday Morning News (N)		Animal	Squirrel	NFL Countdown (Live)	App	To Be Announced	Hannah	Eye/Asia	Trucks!	Rock-RV
:30	Atl. Eats	News (N)	Upside	Clifford	Invest	Monday (N)	Minds	Morning America	News (N)		Artzooka	Pet Shop	(Live)	The Social		Wizards	Dharti	MuscleCar	Rock-RV
8 AM	Movie: Shrek		Ella the EI	Curious	Meet the Press (N)	The Nation	Criminal Minds	This Week			Coronation	Pet Shop		Question Period (N)	To Be Announced	Phineas	Pakistan	Bar Rescue	Feed-Bea.
:30	(2001) Eddie Murphy		PAW Patrol	Cat in the			Minds				Coronation	T.U.F.F.		World Vision		Dog	Festival Italiano di Johnny Lombardi (In Italian)	Bar Rescue	Feed-Bea.
9 AM			Dino Dan	DragonFly	Tree Fu	The NFL Today (N)	Criminal Minds	Explore		Block	Coronation	"Barbie Mariposa"		Moonshiners	Good Luck	Liv-Mad.		Bar Rescue	Feed-Bea.
:30			Arthur	The Impact	Paid Prog.		Minds	Rescue		Context	Coronation							Bar Rescue	Feed-Bea.
10 AM	Movie: Shrek 2	Block	Wild Kratts	Inside Olympia	Hate Hair?	NFL Football: Minnesota Vikings vs. Pittsburgh Steelers. (N)	Movie: The Bourne Identity	Recipe	Block	J. Osteen	Coronation		CFL Football: Saskatchewan Roughriders at Montreal Alouettes. (Live)	NFL Football (N)	Highway Thru Hell	Barbie		Bar Rescue	Food Wars
:30	(2004) Eddie Murphy	Context	Little		Paid Prog.	(Live)	"The Bourne Identity"	Food		Jeremiah	M'ketchplace	Monsters		(Live)		Jessie		Bar Rescue	Food Wars
11 AM		J. Osteen	Little	Inside	Paid Prog.		(2002) Matt Damon.	Hollywood	J. Osteen	16x9	Absolutely Vancouver	Turtles			Bering Sea Gold	Austin	Shopping Channel	Bar Rescue	Food Wars
:30		Jeremiah	Marco Polo	Europe Jrnl	Fishing			Paid Prog.	Jeremiah		Parents	Parents			Shake It			Bar Rescue	Food Wars
12 PM	Movie: Race to Witch Mountain	News	Dogs/Jobs	Moyers & Company		MLS Soccer: Los Angeles Galaxy at Portland Timbers. (N)	Barter Kings	Smoothies	News	Moves	Land/ Sea	Sam & Cat		Don't Drive Here	Movie: 16 Wishes (2010)	Travels	Bar Rescue	Food Wars	
:30	"Race to Witch Mountain"	Gridiron	Dogs				Kings	Gridiron	Simpsons	One/One	Big Time					Get Stuffed		Food Wars	
1 PM		Moves	Can. Rivers	Life in Cold Blood		NFL Post.	Barter Kings	Extreme Weight Loss "David and Rebecca"	Moves	Simpsons	Q With Jian Ghomeshi	Mr. Young	NHL on TSN Season Preview (N)	River Monsters	Phineas		Bar Rescue	Rock-RV	
:30		Simpsons	Can. Rivers			NFL Post.	Barter Kings	Simpsons	Simpsons	Simpsons	The Nature of Things	(1:45) "Muppet Treasure Island" (1996)	Worst Handyman	Backyard	Gravity		Bar Rescue	Ext. Hawaiian Escapes	
2 PM	King	Simpsons	Ancient Clues	Rumrunners' Paradise		Bull Riding	Bad Ink	Simpsons	Movie: You Don't Mess With the Zohan	Battle of the Blades		SportsCentre	First Story	Cash Cab	Next Step		Bar Rescue	Eat St. o	
:30	King	Simpsons						Simpsons	(2008)				First Story	Cash Cab			Bar Rescue	Eat St. o	
3 PM	Big Bang	Movie: You Don't Mess With the Zohan	Billy Connolly: Journey	Divine Women	Football Night In America	CW 2013	Duck D.	Beer Geek	Movie: You Don't Mess With the Zohan	Global Nat.		Movie: Nim's Island	Corner Gas	Daily Planet	Jessie		Bar Rescue	Food Wars	
:30	Big Bang	the Zohan" (2008)			(N)	News	Duck D.	Estate	(2008)			(2008)	Corner Gas	(DVS)	Dog	Liquidator		Bar Rescue	Food Wars
4 PM	Mod Fam		Civilization: History?	Lark Rise to Candleford		News	Duck D.	News		(4:59) News Hour (N)	Movie: The Hunchback of Notre Dame	(5:15) NFL Football: New England Patriots at Atlanta Falcons. (N)	W5	To Be Announced	Shake It	Storage	Bar Rescue	Extreme Vegas	
:30	Mod Fam	News				(5:20) NFL Football: New England Patriots at Atlanta Falcons. (N)	Duck D.	ABC News	Global Nat.		(1996)	land Patriots at Atlanta Falcons. (N)	(DVS)		Austin	Family		Bar Rescue	Extreme Vegas
5 PM		Global Nat.	Frontiers of	Doc Martin		KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	Security		Movie: Madagascar: Escape 2 Africa	CTV News (N)		Good Luck	Revenge "Fear"	Bar Rescue	Extreme Resorts	
:30		News				News	Duck D.	Red Carpet		We-Men			(N)		Wingin' It		Bar Rescue	Extreme Resorts	
6 PM	Movie: Mission: Impossible III	Security	Cannibal-Stone	Last Tango in Halifax		60 Minutes	Bad Ink	Once Upon a Time (N)	Security	The Good Wife	Heartland	Parents	Once Upon a Time	Naked and Afraid (N)	Wizards	(7:01) Betrayal "Pilot"	Tattoo Rescue	Ext. Hawaiian Escapes	
:30	Tom Cruise.	We-Men				(N)	Bad Ink		We-Men		(DVS)	SportsCentre	Once Upon a Time		Suite/Deck		Bar Rescue	Ext. Hawaiian Escapes	
7 PM		Simpsons	Born and Bred	Masterpiece Mystery!		The Amazing Race	Bad Ink	Once Upon a Time	Simpsons	Simpsons	Battle of the Blades "Performance One"	Zolnk'dl	The Amazing Race	To Be Announced	Sonny	CityNews Weekends	Bar Rescue	Security	
:30	Seinfeld	Burgers		(N)		11	Bad Ink		Burgers	Burgers	(N)	Splatalot			Austin		Bar Rescue	Security	
8 PM		Family Guy	Dalziel and Pascoe	The Blotchley Circle		The Good Wife	Duck D.	Revenge "Fear"	Family Guy	Family Guy	Babysitting	Motoring	Castle "Dream-world"	To Be Announced	Movie: Lemonade Mouth		Bar Rescue	Extreme Vegas	
:30	The Closer	Amer. Dad				(9:31) Duck Dynasty			Amer. Dad	Amer. Dad					(2011)		Bar Rescue	Extreme Vegas	
9 PM		The Good Wife	Dalziel and Pascoe	NW Prof		The Mentalist	Duck D.	(10:01) Betrayal "Pilot"	The Good Wife	News Final	The National (N)	Boys	The Mentalist	Naked and Afraid			Bar Rescue	Extreme Resorts	
:30	Seinfeld	The Good Wife								Block		Boys					Bar Rescue	Extreme Resorts	
10 PM		Movie: The Foot Fist Way	News Final	Prehistoric Hunters	Land Girls "Destinies"		News	News	Bad Ink	KXLY 4	News Final	SportsCentre	News	To Be Announced	(10:48) "Cadet Kelly"		Bar Rescue	Ext. Hawaiian Escapes	
:30		"The Foot Fist Way"	Block				Paid Prog.	5th Quarter	Bad Ink	Van Impe	Block	Mr. Young	CTV News				Bar Rescue	Ext. Hawaiian Escapes	
11 PM												Mr. Young					Bar Rescue	Ext. Hawaiian Escapes	
:30																	Bar Rescue	Ext. Hawaiian Escapes	

Naturalists hike to Jim Kelly Peak

by Rika Ruebsaat, VFFN

On Tuesday, September 10 four of us hiked up to the alpine meadows just below Jim Kelly Peak and Coquihalla Mountain. The weather was perfect and we were all excited as we drove along the Tulameen River and then bounced our way over the deep culvert ditches on the track to the trailhead. The first part

of the hike is forested with needle-covered footfalls that are delight to walk on. As we ascended, the blueberry and huckleberry bushes crowded the trail and we almost had to drag Peter Antonick screaming and kicking up the trail to keep him from spending the rest of the day picking. We promised him some picking time on the way

down. Higher up the forest thinned out and mountain peaks sprouted up all around us. The alpine meadows in that area are stunningly beautiful with hundred-mile views, turquoise lakes, autumn-tinged low bush blueberry bushes, shining granite hillsides and patches of snow. Above us the sky was vibrant

and cloudless and the breeze carried the scent of spruce and heather. We had lunch on the shores of a lake dominated by Jim Kelly Peak and then continued along the ridge to more meadows, lakes and stunning views. The geography of the region became really apparent from this ridge. To the near west of us lay the jagged peaks and deep valleys of the Cascade Range and beyond that the peaks of the Coast Range poked the horizon. To the east lay the rounder, undulating profile of the Okanagan-Thompson Plateau. As we circled the ridge back to the downward trail we paused in blue-

berry meadows and began to pick our way down the mountain. Farther down we added huckleberries to our stash. The pie I made with these berries was to die for — no comparison with store-bought berries. Peter is also an avid mushroom picker so by the time we got to the bottom his pack bulged with berries and mushrooms. With beauty-filled thoughts and tired thighs we hiked to the truck and bounced our way back to the road and home again. Our next meeting will be October 8, at 7:00 PM, when Dennis St. John will speak on Monarch butterflies.



Monday Movies

MORNING

11:00 am SPIKE ch.44 "Inglourious Basterds" (2009, War) Brad Pitt. An Allied officer and his team of Jewish soldiers join forces with a German actress and undercover agent to take down the leaders of the Third Reich. (In Stereo)

11:30 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason Statham. In 1971 London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.

EVENING

9:30 pm WTBS ch.3 "1408" (2007, Horror) John Cusack. A writer who specializes in debunking supernatural phenomena experiences true

MONDAY, SEPTEMBER 30, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM :30	In the Heat of the Night	Morning News (N) [D]	Wibbly Pig G. Shrinks	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N) [D]	Morning Northwest	Morning News (N) [D]	(5:00) Morning News (N)	CBC News Now (N) [D]	Kid vs. Kat Rescue	SportsCentre [D]	CTV Morning Live (N) [D]	Highway Thru Hell	Stella-Sam Phineas	CityLine (N) [D]	CSI: NY "Blink" (N) [D]	Moves Moves
7 AM :30	Law & Order: SVU		Ella the EI PAW Patrol	Arthur Martha	Today (N) [D]	CBS This Morning (N) [D]	Criminal Minds (N) [D]	Good Morning America (N) [D]			Tiger Monster	Penguins T.U.F.F.	SportsCentre [D]		Salvage Hunters [D]	Shake It ANT Farm	Let's Make a Deal [D]	CSI: NY (N) [D]	World's World's
8 AM :30	Law & Order: SVU		Magic Bus Dinosaur	Curious Cat in the			CSI: Miami "F.T.F." [D]		Morning Huntley		Bo On/Go Busytown	Pokémon Beyblade	SportsCentre [D]		Final Offer Wizards	Jessie [D]	The Price Is Right (N)	CSI: Crime Scene	Eat St. (N) Eat St. (N)
9 AM :30	Millionaire Millionaire	Morning Huntley	Dragon Dinosaurs	Super Why! Dinosaur		The 700 Club (N) [D]	CSI: Miami (N) [D]	Live! Kelly and Michael	Morning Huntley	The Doctors (N) [D]	Super Why! Cat in the	Rescue Mike	SportsCentre [D]	Live! Kelly and Michael	Mayday [D]	Little Manny	Jdg Judy Jdg Judy	CSI: Crime Scene	Security Security
10 AM :30	Divorce Divorce	The Doctors (N) [D]	Poppy Cat Pajanimals	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds (N) [D]	The View (N) [D]	The Doctors (N) [D]	AnnaOlson Debt/Part	Bookaboo Doodlebob	Little Bear Berenstein	Sportfish Motoring	The View (N) [D]	How/Made How/Made	Never Land Sofia	The Chew (N) [D]	CSI: Crime Scene	Sunset Daze (N) [D]
11 AM :30	Judge Alex Judge Alex	AnnaOlson Debt/Part	Rolle Polle Thomas	Tiger Sit & Be Fit	Jdg Judy Jdg Judy	Young & Restless	Criminal Minds (N) [D]	Paid Prog. Paid Prog.	AnnaOlson Debt/Part	Noon News Hour (N)	Absolutely Vancouver	To School Squirrel	Engraved on a Nation	Marilyn Denis	Auction Auction	Suite/Deck ANT Farm	General Hospital (N) [D]	Movie: *** "Inglourious Basterds" (2009, War) Brad Pitt, Mélanie Laurent. (N)	Airport Airport
12 PM :30	King King	Noon News Hour (N)	Dino Dan Making	Charlie Rose (N) [D]	Paid Prog. Paid Prog.	News Bold	The First 48 [D]	The Chew (N) [D]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [D]	Parents Sidekick	To Be Announced	CTV News (N) [D]	Junk Raiders Hannah	Wizards Hannah	CityLine [D]	Bizarre Foods/Zimmerman Rock-RV Adam	
1 PM :30	Community Community	Days of our Lives (N)	Dragon Pajanimals	Paint This Sewing	Days of our Lives (N)	The Talk (N) [D]	After the First 48 [D]	General Hospital (N) [D]	Days of our Lives (N)	The Talk (N) [D]	Republic of Doyle (N)	Rated A Monster	NFL Live (N) [D]	The Social (N) [D]	Mayday [D]	Suite/Deck Wizards	Katie (N) [D]		Bizarre Foods/Zimmerman Rock-RV Adam
2 PM :30	Seinfeld (N) The Middle	The Talk (N) [D]	Big Bear PAW Patrol	Barney WordWorld	Katie (N) [D]	Let's Make a Deal [D]	The First 48 [D]	Queen Latifah	The Talk (N) [D]	Queen Latifah	Steven and Chris (N) [D]	Super Evil Sidekick	Off Record Interruption	Dr. Phil (N) [D]	Myth-Busters (N) [D]	Shake It ANT Farm	CityNews at 5 (N) [D]		Adam
3 PM :30	The Middle Mod Fam	Queen Latifah	Clifford G. Shrinks	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil (N) [D]	Storage Storage	Rachael Ray (N) [D]	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel T.U.F.F.	Sports To Be Announced	Bethenny (N) [D]	Canada's Worst Driver	Jessie [D] Austin	CityNews at 6 (N) [D]	Cops [D] Cops [D]	Eat St. (N) Eat St. (N)
4 PM :30	Big Bang Big Bang	Young & Restless	Maya Bee Arthur (N)	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show [D]	Storage Storage	The Doctors (N) [D]	Young & Restless	Early News Global Nat.	Dragons' Den (N)	SpongeBob Sanjay		Ellen DeGeneres Show	Daily Planet (N)	Phineas Phineas	Entertain Mod Fam	Cops [D] Cops [D]	Sunset Daze (N) [D]
5 PM :30	Browns Payne	News (N) [D]	Martha Wild Kratts	News Business	News NBC News	News CBS News	Barter Kings [D]	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob	To Be Announced	CTV News at Five (N)	Airplane Repo (N) [D]	Jessie [D] Jessie [D]	How I Met Pckgs Deal	Cops [D] Cops [D]	Trip Flip Trip Flip
6 PM :30	Browns Payne	Global Nat. News	Animals Animals	PBS News-Hour (N) [D]	News Millionaire	KREM 2 News at 6 (N)	Barter Kings [D]	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	News Mercer	Sam & Cat Big Time		CTV News (N) [D]	Amish Mafia	Good Luck Good Luck	Broke Girl Mom (N)	Cops [D] Cops [D]	Airport Airport
7 PM :30	Mod Fam Seinfeld (N)	Ent ET Canada	Hope for Wildlife (N)	The Café Antiques	Jeopardy! Wheel	Inside Ed. Access H.	Barter Kings [D]	Ent Insider	Ent ET Canada	The Blacklist (N) [D]	George S Coronation	ICarly [D] Victorious	To Be Announced	etalk (N)	Amish Mafia "Paradise"	Shake It Good Luck	The Project: Guatemala	Cops [D] Cops [D]	Hotel Impossible [D]
8 PM :30	Family Guy Family Guy	Bones (N) [DVS]	China: Triumph	Antiques Roadshow	The Voice Vocalists audition for the judges. (N)	How I Met We-Men	(8:01) Barter Kings [D]	Dancing With the Stars (N)	Bones (N) [DVS]	Bones (N) [DVS]	Murdoch Mysteries (N)	Wipeout (N) [D]	SportsCentre [D]	The Voice Vocalists audition for the judges. (N)	Airplane Repo [D]	Good Luck ANT Farm	CityNews-Tonight (N)	Cops [D] Cops [D]	Moves Moves
9 PM :30	Amer. Dad Movie: *** "1408" (2007) John Cusack.	Sleepy Hollow (N) [D]	Trouble Tolstoy	Genealogy Roadshow		Broke Girl Mom (N)	(9:01) Barter Kings [D]	Same-day Tape [D]	Sleepy Hollow (N) [D]	Sleepy Hollow (N) [D]	Cracked "Swans" (N)	Wendell Wendell	NFL Films	Amish Mafia	Wingin' It Really Mo	Jimmy Kimmel Live (N)	Jail [D] Jail [D]	Trip Flip Trip Flip	
10 PM :30		CHBC News Final (N)	Hope for Wildlife [D]	Well Read	News Jay Leno	News Letterman	(10:01) Barter Kings [D]	(10:01) Barter Kings [D]	The Blacklist (N) [D]	News Hour Final (N)	The National (N) [D]	The Middle Mr. Young	SportsCentre [D]	Hostages (N) [D]	Amish Mafia "Paradise"	Good Luck Jessie [D]	Maury (N) [D]	Jail [D] Jail [D]	Airport Airport
11 PM :30	"Bank"				News Jay Leno	News Letterman	(11:01) Barter Kings [D]	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News George S	Boys Mr. Young	SportsCentre [D]	News-Lisa CTV News	Airplane Repo [D]	Hannah Princess	Paid Prog. Paid Prog.	Jail [D] Jail [D]	Hotel Impossible [D]

Electoral Area 'G' Report

Director Angelique Wood

**Area G
Director's Report
September 13, 2013
Community Forest Meeting
August 27th**

One member of the public, long time Similkameen Karl Wabanegger, joined the Lower Similkameen Community Forest meeting held in Keremeos Town Council Chambers on August 27th.

Karl was present to discuss concerns about impacts to both rangeland by the Community Forest harvest, and about his corrals being blocked by other previous activity. (Though the corrals were not blocked by the Lower Similkameen Community Forest activities, the foresters present were interested in listening to Mr. Wabanegger's experiences and working with him to make sure the problems were not repeated during the next phase of logging).

Grant in Aid Allocation meeting

August 29th

Donna Bartlett, representing "Friends of the Keremeos Skating Rink" had this to say about the meeting:

"I thought the allocation meeting was a very interesting and enjoyable process. I learned a lot about other groups and it was great to meet other people who are so dedicated to the community. The work we all do fits together like a big puzzle. I hope every group received enough funding to help accomplish their goals. Thanks again for putting the process together and inviting me."

Debris flow in Hedley at Red Eagle Gulch

Hedley's reservoir sits above town and nestled up against the hills. After the severe rains on Friday September 6, a debris jam broke somewhere 'way up' in the hills above the town, resulting in a funnel effect which took a load of

rocks and water down a REALLY steep slope running past our reservoir. A diversionary channel which was built in about 2003 is nearly full in places from the flow of material that came down.

A quick update on the debris flow above Hedley reservoir on September 6th and follow up to concerns expressed along the way:

- Argo came and cleaned the streets Tuesday September 10. Though there was a complaint that Argo had dumped debris into Twenty Mile Creek, all I could discern was that the street cleaner did all that a street cleaner does and the road is now clear but the build-up on the sides is still sitting there.

- Richard Tarnoff, Hedley water systems operator was notified by me September 11th that there may be contaminants in the water supply and advised Gary Ross to consider this when he samples the water next on Tuesday September 17th.

- Tim Giles, Regional Geomorphologist for the Ministry of Forests, Lands and Natural Resource Operations did a site visit September 13 and will be compiling a report on what he saw on the ground. His report will carry the greatest weight in terms of us accessing any funds for Emergency Management of either clearing/cleaning the existing water diversionary ditch or looking at redirecting and building a new one.

- I have contacted our MLA, Linda Larson with a brief outline of what happened and a few photos. I urge you to consider writing her if you are concerned about addressing the issue and obtaining provincial emergency dollars to do it.

- I have talked to past HID Trustees having a lot of knowledge about the water reservoir, the flows off the hillside above it (Red Eagle Gulch) and the past decisions and actions to divert the water. Both men are

excellent resources and could come to an HID meeting if invited - and he would give background info.

- I will be down at the UBCM conference during the next HID meeting but will certainly endeavour to speak to our MLA Linda Larson at that time about this situation. I hope to gain her support and get some help on a long term fix for this situation.

Things I'll be working on at UBCM in Vancouver

September 16-20

- Fortis Two Tier Conservation Rate

- Rebuilding Rural British Columbia: Economic AND Community Development go hand in hand

- Health Care in the South Okanagan-Similkameen

- Southern Interior Beetle Action Coalition

- Southern Interior Local Government Association

PSS Hosts University Basketball

September 27 and 28

This Friday and Saturday (September 27 and 28) Princeton will play host to two University Basketball programs who will square off in exhibition games at the PSS gymnasium. King's University

Men's and Women's basketball teams have a few Princeton connections with Makenzie Johnston starting at point guard for the King's Women's team, Jesse McLean has a dual role acting as Head coach for

the men's program and an assistant for the women's program and Jason Leslie is in his first year as lead assistant coach for the Men's team. All three are PSS graduates and excited for the opportunity to bring the King's teams to Princeton.

The players on both Columbia Bible College (Abbotsford), who will face the King's University Eagles, and the players from King's are elite level athletes. They play 6 days a week during season committing a considerable number of hours each week to practice, prepare and play their games, not to mention numerous hours spent traveling to and from road games and tournaments. What makes it even more impressive is that they do this AND take a full time schedule of classes. The season runs

from late August to early March with a brief break for exams in December. The ACAC (Alberta Colleges Athletic Conference) league runs from mid October to early March and the players will participate in over 30 league and exhibition games over the course of the season.

In addition to keeping your eyes on Makenzie as she races around the floor disrupting the opposition's offence with her pressure defensive skills, there are a few players to watch in the games this weekend:
#9 Samantha Tennant - Sam is a sharp shooting forward who also does a great job rebounding. Sam plays with an edge but also a lot of flair and is usually pretty easy to spot. Sam is in her fifth and final season of her ACAC career.
#21 Chelsea Dyck - Chelsea is also

a returning fifth year and is a key contributor on offense attacking the basket and getting herself to the free throw line, but she is also one of the teams best one on one defenders.

#14 Keith Marshall - Keith is a hard nosed competitor who does whatever it takes to help his team win. He is a leaper with a considerable vertical which helps him throw down big dunks and attack the glass.
#7 Sander Lekas - Sander is the starting Point guard and a captain for the Eagles. He is a strong ball handler and dynamic scorer, but he will definitely dazzle with his creative passing.

There are many others as the teams are full of exciting and talented players and there is no doubt that the high tempo brand of basketball that they play will be entertaining.

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Card of Thanks

**HEARTFELT THANKS FROM
DR. JOHN AND SYLVIA ADAMS**

John and Sylvia Adams would like to express our sincere thanks to everybody who contributed in so many different ways to our retirement functions. We were truly overwhelmed by the kindness and graciousness shown by you all and we will always treasure those memories.

Special thanks to the nurses and hospital staff, to S.O.S., the seniors, museum staff, the town and other volunteers, for such memorable events.

Finally heartfelt thanks for all the cards and generous gifts received and to our wonderful staff and patients for all your support and kindness.

We also wish the new doctors all the very best and hope their practices will be as rewarding and happy as ours has been.

Card of Thanks

For Rent

3-bedroom, 2-bath, 2,100 sq. ft. rancher home in Princeton. Close to school and hospital. Quiet cul-de-sac, attached garage, large yard. \$1,200/month plus utilities. Available October 1, 2013. Call 705.272.2246, viewing available. Sep 10-24

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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service@geckoflatsdesign.com

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 VOX 1W0 or e-mailed to mail@pdcss.com. Sep 17-Oct 01

For Rent

Bachelor apartment for rent in Princeton. Available NOW. Need excellent references and D.D. No pets, must be quiet. \$450/month plus utilities. Can furnish if needed. Phone 1-250-295-1006 for details or leave a message with the best time to call back. Sep 24 - Oct 08

For Sale

Commercial range, 6 burner, 2 ovens, grill single phase, 240 amp, works. Seniors Centre 162 Angela Avenue. Open to offers. Sep 24

Notices

Princeton & District Community Services Society Notice of Annual Meeting. On Monday, September 30, 2013 in the VEmlion 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

Help Wanted

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NewsBC.ca

For Sale

4 winter tires, only 3000 kms, Hankook Pike RW11 studded LT235/85R16, mounted, balanced and spare \$800.00 Call 250.292.8440. Sep 24

Notices

Lions/Flea Market/Hot Dog Sale
10:00 AM - 2:00 PM
Saturday September 28
No early birds please
317 Princeton Summerland Road
Anything to donate?
Call Elaine at 250.295.6155

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For Rent

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Block building 2,000 square feet, 2-storey. Office, lots of parking. \$1,150.00/month.

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2 Bedroom, Kitchen/Bathroom	\$800 + \$200
Small Chalet	1,000 + \$250
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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For Sale

**FOR SALE
Best Buy in Princeton!**



#21 Deblyn MHP

Totally renovated home. Large open concept livingroom and kitchen, 3 bedrooms, bath. New dream kitchen with stainless steel fridge, stove, dishwasher, microwave and a garburetor.

New drywall and paint throughout, new wiring and plumbing. New roof, windows, carpeting, porcelain floor tile, venetian blinds. New garden shed; large corner lot.

Immediate possession. Park approval required.

\$99,500.00

To view call:

250-295-6919 or
250-293-6154.



**Happy 71st Birthday, Barry and
Congratulations on cycling Victoria to Quebec City!**

For Sale

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

Help Wanted

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



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5:30 PM 1st 47 Bonanza #'s
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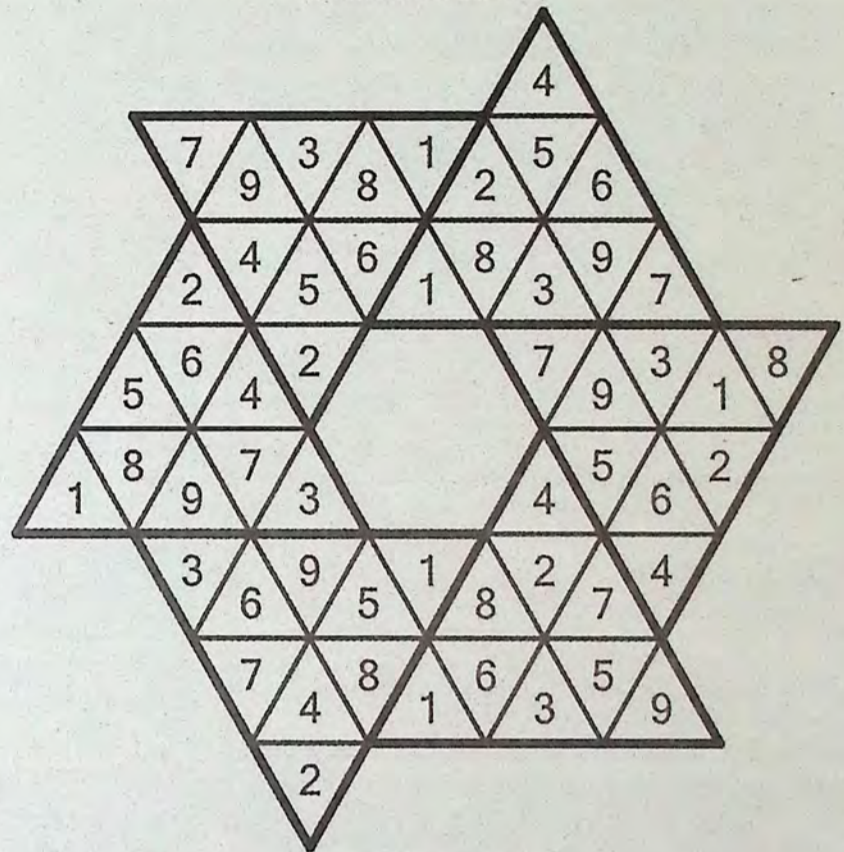
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SCA Branch #30**

Exercise Class 10:15 AM
Cards, Pool, etc. to 3:00 PM
Membership \$15/year

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

Drinking a problem?

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

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Narcotics Anonymous

OPEN MEETINGS

7:30 PM
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A crowd gathers near the main stage in Memorial Park Keremeos prior to the Sear Factor event. Photo: Brenda Engel

PXA hurries work schedule

..... continued from Front Page of this year's fair undoubtedly affected the number of people through the gate. Although Little Britches Rodeo was well received, and the fair was busy, there were fewer who attended. The Fair Board has a meeting this week and will discuss what to do next year.

Karrie Crucil pointed out the importance of having event dates set by January for purposes of publicity and promotion. The PXA will once again advertise in Saddle Up magazine, as the ad worked well this year.

The annual volunteer appreciation dinner takes place Saturday,

September 28, and the numbers show there will be a good turnout. This event rewards all of the volunteers from all of this year's events and is supported by the PXA and the user groups. None of the events could take place without the time and effort given by volunteers.

The next meeting of the PXA will be on October 22 at the library. The PXA, Rodeo Club, Racing Days Association and Agricultural Fair Association will end 2013 with annual general meetings held in November. These meetings will be followed by a month's hiatus in December and regular meetings will resume in January.

Agricultural Fair

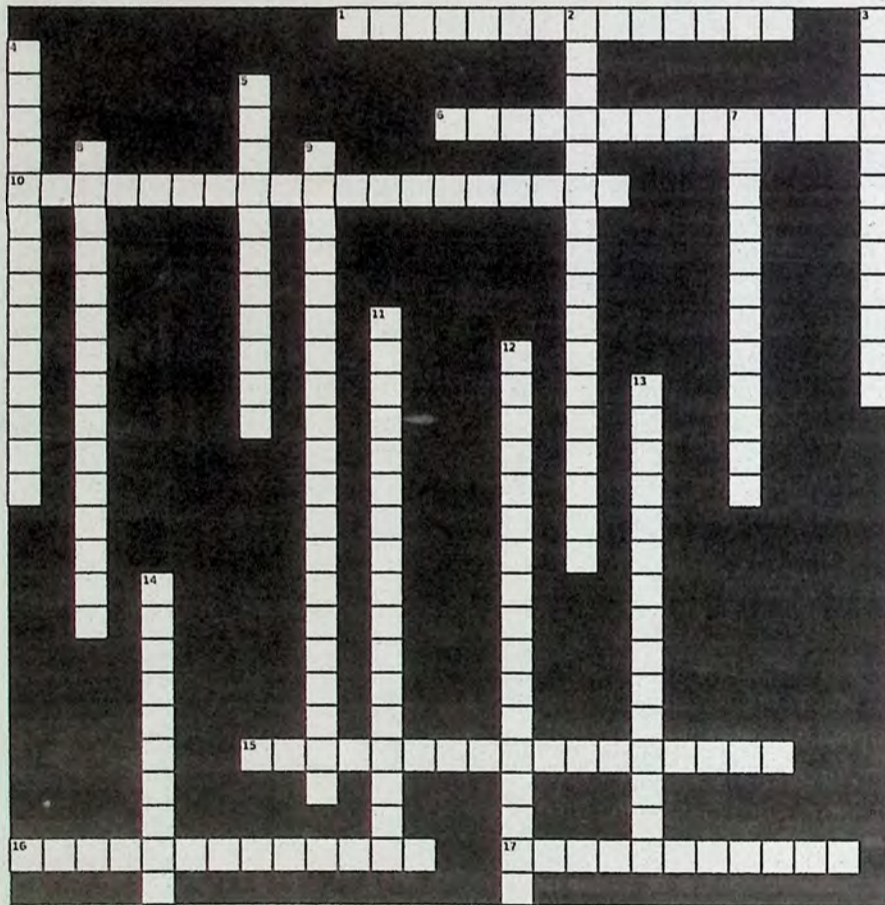
Junior Fair Winners

..... continued from Page 5
Sculpture from any material
 Age 6-9 1. Tyler Clements 2. Marcus Fulton
 Age 10-13 1. Abbegeael Fulton
Recycled item from any material
 Age 0-5 1. Chloe McClelland 2. Hunter Clements 3. Paige Graves

Age 6-9 1. Maddy Fulton 2. Marcus Fulton 3. Tyler Clement
 Age 10-13 1. Piper Manning 2. Abbegeael Fulton 3. Abbegeael Fulton
Frame from any material
 Age 0-5 1. Hunter Clements Age 6-9 1. Tyler Clements
 CONTINUED NEXT WEEK

Similkameen News Leader Puzzler

Use the September 17 News Leader to find Answers Below...



- | | |
|---|---|
| <p>Across</p> <p>1 She is smiling on Page 6.</p> <p>6 Name the Posse player in mid-air on Page 9.</p> <p>10 They cleaned up around three lakes.</p> <p>15 It's promoted as "Canada's only"</p> <p>16 They are featuring in Mining News.</p> <p>17 The scene of an early morning fire September 12th.</p> | <p>Down</p> <p>2 Also known as the Keremeos Pepper Festival.</p> <p>3 Name the first chair of Similkameen Sizzle.</p> <p>4 The vehicle on Page 21 is called this.</p> <p>5 He retired from practicing medicine in Princeton.</p> <p>7 They are "of the KVR."</p> <p>8 Name the college basketball hosts of an upcoming tournament in Princeton.</p> <p>9 This team took Princeton Posse into double OT on September 14.</p> <p>11 It's in a jar on Page 15.</p> <p>12 This used to be known as the Graham-Willis Ranch.</p> <p>13 Who chaired Similkameen Sizzle in 2007?</p> <p>14 He signed up for the FortisBC Energy Diet.</p> |
|---|---|

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Town of
PRINCETON



*You are cordially invited to join
the Town of Princeton in the
Grand Opening of the New Staircase*

Date: September 27th, 2013

Time: 1:00 pm

Place: Bottom of the Stairs

*Ribbon cutting
Unveiling the Plaque
"Name the stairs" contest winner*

Cake & Refreshments served



Princeton Arts Council 2013/14 Board of Directors includes, from left, Joann Gabriel (Secretary), Franz Hofer (Director), Marjorie Holland (President), Directors Alan Parsons and Dwayne Sininger. Photo: Dawn Johnson

Arts Council starts new year

..... continued from Front Page successes of the past year. She mentioned re-establishing the Christmas Song Fest, which will take place this year on December 11. Crimson Tine Players, the theatre group, presented Black Comedy last year, and plans a special Christmas play this year. A Good Old Fashioned Redneck Country Christmas opens November 28.

Numerous concerts took place last year - Irish Dancers, a string quartet, an African music group and a First Nations musician, as well as concerts by Princeton Community Band and groups of local musicians, who also gave concerts on Saturday afternoons at Veterans Square. Concerts in the square are planned for next summer, but perhaps in the evening. The first Community Band concert takes place December 7.

The first in the annual concert series features Fabfourer, a Beatles Tribute Band discovered at a talent exposition in Vancouver. This group not only plays Beatles songs on the same kind of instru-

ments, they bring back the whole Beatles 'look' that had fans screaming in the '60s. Tickets will be on sale at the Sunflower Gallery.

The Arts Council is bringing in a magician for family fun in February, and a group of songsters in March. More about these in the future.

This special series has a special price for seniors: \$50 for all three performances.

The Spirit Festival, which includes a powwow as well as First Nations education in schools, has been a great success, thanks to the support and sponsorship of local business and Copper Mountain Mining. Robin Lowe has done an outstanding job as coordinator of this event but is unable to do it next year. A new coordinator is needed.

Princeton Garden Club scored a first with their book on gardening in Princeton. This book is still available at a number of local shops.

The Rock Club is part of the Arts Council and this group has been

active, holding a camp-out at Granite Creek during the summer. They are going to Apex Mountain to look for rocks this fall and plan more rock hounding camp-outs for next summer.

Potters Ed Staples and Sue Delatour are hosting a raku event this fall.

Alan Parsons is keeping track of Arts Council events on Facebook and suggests anyone with an arts or cultural event let him know the details.

Dwayne Sininger reported the local musicians' association is planning live concerts, and will be playing at the John Allison harvest fun day on September 26, and at the opening of the Erris Fire Hall on September 28.

Princeton Community Band played for a tailgate party at the arena.

An information centre is under construction at Swan Lake by Vermilion Forks Field Naturalists, who received a grant and lumber donated for the project. Upcoming field trips and speakers are listed in the Autumn Leisure Guide, along with other Arts Council activities.

Nadine McEwen, who coordinates activities at Riverside Centre, told the Arts Council that Riverside is a really busy place this year, and urges everyone to contact her before deciding to 'pop in' to use any space. So much is booked that she needs advance notice of any activity at Riverside.

Councillor Marilyn Harkness, who conducted the election, had the last word before the meeting was adjourned. She said she was delighted to hear about everything going on in-town.

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From Fur Traders to Miners to the Railroad

Posse Report

President Dean Johnston

Weekend Wrap up

The Posse wraps up opening weekend with 3 out of 4 points in the standings, while Princeton scores a perfect 10 out of 10!

The Switchmen of the KVR are a community gem. They would be welcome at any tailgate period, but as for last Friday they were just down right good. You can't go wrong with good, live blues. Thanks a ton!

Princeton, get used to the Weyerhaeuser Tent and pregame tailgate party!

Randy and the Billy's Restaurant crew were swamped with requests for the Home Opener Steak and Prawns dinner. Sold out as in having

to return to the restaurant – and clean it out, and still could have sold more.

Rob Bett from Cooper's Foods donated smokies and BBQ expertise for the Posse's Business Appreciation night on Saturday... Sue's Café kicked in fresh corn on the cob...

In total, over 190 servings were prepared at tailgate parties over the weekend!!

Valley First ladies in blue were just an absolute delight to work with and just added to the festive atmosphere both outside and inside the arena.

Image Emporium ripped off exceptional programs.

Thanks to contributions from

Arena Staff, The Source, Mike Grgich Contracting, Sears and a horde of volunteers... the mezzanine buzzed like few times in the past.

Likewise, great feedback was received from running the Posse Game Day Bus around town both pre and post game. The plan is to continue Bus service for all evening weekend games.

Upcoming Planned Events

Sunday, September 29

2:00 PM Game - JAE and VFE Student and Parent Day...flyer from school soon!

Friday, October 4

5:45 PM Tailgate Party hosted by Thomasina's.

Saturday, October 5

5:45 PM Tailgate Party hosted by The Posse.

Until further notice, pre-game tailgates may evolve but will remain a part of the Evening Weekend Posse experience! See this newspaper next week for schedule of tailgate food events for upcoming games through early December.

The goal is not just to entertain with hockey, but provide an evening experience.

Community Team – Rack'em up, knock'em down! & THANK YOU PRINCETON!

A huge thank you to Princeton from absolutely everyone involved with the Princeton Posse!

First obstacle knocked aside – requests for Billet Families were met within a week.

Next up - a call for Volunteers... and over opening weekend, voila!

No Trainers... No Problem! We now have two.

The Posse is still looking for qualified security personnel to assist with the mezzanine during Friday and Saturday games. For that matter the organization would still welcome any volunteers.

And most of all, Thanks to All the Fans!!!

If you enjoyed the evening, tell a friend... better yet, bring a friend!

Look for upcoming Community Events to catch Posse players.

PSS Alumni bring basketball home

January 2007 PSS Alumnus Jesse McLean was teaching in Drumheller, Alberta. His spare time was consumed by his passion - coaching basketball and building a high school program. PSS Rebel basketball was in fledgling stage when Jesse answered a phone call and came mid-winter to conduct a weekend clinic for a PSS Junior girls team that had yet to ever win a game.

From that Rebel team spawned two basketball gym rats who, along with their teammates went on to help inspire a program that remains strong to this day. Rebel Girls teams have had a regular March zip code at Provincial Championships for the last five seasons.

Makenzie Johnston returns this weekend as a fourth year player with her Kings University squad for a series of exhibition games at the PSS gym. Rachel Halipchuk went on to be signed by NCAA Simon Fraser University. This past season PSS senior Angie Marshall brought home All Star honours from the High School Provincial Championships. Teammates Ciara Bamford signed a university athletic scholarship with PACWEST Capilano Blues while Julia Reichart signed with CIS UBCO Heat. Not bad for little old Princeton. All have roots somewhere back to Jesse and his coaching staff.

Since that first trip home to work with local hoopsters, Jesse's travels eventually lead him to Edmonton where he has settled in as Men's Head Basketball Coach at Kings University College. Along the way he formed Badlands Basketball, comprised of current Kings Womens coach Chad Podhaichuk and former players, and travelled to communities teaching basketball fundamentals.

Badlands Basketball, including a few 3-on-3 basketball street events downtown Princeton, have brought

their swarm style defense and read the gap style offense to Princeton no less than 11 times. Combine this with Makenzie and Rachel returning as coaches for the VFE Spring basketball league, guest coaches for PSS rebel teams and for Badlands Summer camps... and the connection just keeps growing with Princeton.

That Jesse and Chad want to bring university ball to Princeton should not be surprising. It is just the next chapter. Joining the Kings University Eagles Men's coaching squad this season is fellow PSS Alumnus and Rebel teammate Jason Leslie.

This is a lesson on following a dream and feeding a passion, whether as a player from a small

Single A school or as coaches pacing the sideline. As a community we are fortunate to have this opportunity. It is also just a great opportunity to see a sporting event. That it is one with so many personal connections to so many kids in the community is beyond cool.

In an effort to encourage kids to participate, the Princeton Basketball Association – Sponsors of the VFE Spring Basketball League - has contributed a donation so that all Princeton students from all schools, can attend free. Adults are \$5 per day. Pre-game events include a Smokie BBQ outside courtesy of Doug's Homestead. All proceeds from both games go to offset team travel and officiating costs. - submitted

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Princeton Posse fans will have to wait until September 29th for their next home game. *

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237 The Ridgeway



Immaculate view home on 3rd bench area, walk to school, hospital, and shopping! This perfect family home is 2 story, 2760 sq.ft. 4 bedrooms, 3 baths, large rec room in basement with gas fireplace so everyone has a place to call their own. Main floor is an open plan formal dining/living area also with gas fireplace and oversized windows. MLS@144407 \$329,000

1790 Shinish Creek Road



Don't miss this dream come true! Imagine the tranquility of owning your own lakefront cabin at Chain Lake. No traffic, sirens or smog, just the call of the loons. This comfortable, cozy 2 bedroom cabin comes with some updates, rests of 1.76 acres with 195' of waterfront. For outdoor enthusiasts this is truly a 4 season destination. MLS@143598 \$319,000

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

332 Fenchurch Avenue



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

768 Ellis Street



HEDLEY!

A rare gem located in Hedley, is this 15 years young home. Two large bedrooms/ 1 bath, open concept home features laminate floors, top down/bottom up blinds, large, lit closets and plenty of cabinet space in both the bathroom and kitchen. The bonus of this home is the full-sized unfinished basement. MLS@143267 \$189,900

2133 Princeton/S'land Road



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

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