

Similkameen News Leader

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



From left, BC Ambulance Service Unit Chief (Princeton Station 330) Aaron Mahoney, Sharon Sawin, BCAS South Okanagan Superintendent Ian Fitzpatrick, Matthew Sawin, BCAS Paramedics Sandra Lewis and Bryant Champion.*

Council cancels business license

On September 23, Town Council voted to cancel the business license of Three Lakes Solutions owned by Richard Hudson and operated by Robert Hart. The decision of Council was based on a dispute which has been ongoing since 2010.

The dispute arose as a result of the business conducting an "open air market" without a permit issued to expand or alter the business. The owner states he has never given the operator permission to run the market, yet the operator continues to keep stock on display in an area in front of the building located at the corner of Bridge Street and Angela Avenue.

The Town bylaw specifies the business should be conducted in an enclosed area such as a build-

ing, but the owner sees no harm in displaying store inventory on the paved area in front of the building and maintains the Town has singled out this particular business. In a letter to Town Council, Three Lakes Solutions itemizes the products on display and states "We strongly feel and will maintain the position that we are a retail store with the same rights as other businesses such as garages, used car lots and other sidewalk stores and displays which exist throughout Princeton."

On June 24, 2013, letters were sent to the property owner, the business owner and the business operator requiring the clean-up of the property.

On August 20, 2013, an Order to Comply was issued with a September 5 deadline for compliance. On September 6, the property was inspected and weeds, grass and vehicles had not been removed.

The business license was cancelled and the taxpayers will now foot the bill for the clean-up.

BCAS presents awards

Two long-time residents received BC Ambulance Service (BCAS) Vital Link Awards at a ceremony hosted by local paramedics to recognize the duo's lifesaving actions during a recent sudden cardiac arrest.

Princeton Tire is a family-run business and is proud of its many repeat customers. Matthew Sawin and his mother Sharon didn't know that CPR would be part of their customer service three months ago, but when one of their regular customers experienced a sudden cardiac arrest, they did everything they could to save his life.

On June 27, 2013, Jack Storey went to Princeton Tire to have the tires on his friend's motorhome changed. While he was out in the yard looking at tire options, he collapsed due to sudden cardiac arrest. Luckily, Matthew saw Jack in distress and immediately asked his mother Sharon to call 9-1-1. Neither Sharon nor Matthew had done CPR before, but BCAS emergency medical call-taker Steve Matheson provided detailed instructions over the phone and Matthew began compressions.

At the same time, off duty BCAS paramedic Sandra Lewis happened to be driving by and saw Matthew doing CPR. She quickly stopped and took over until paramedics arrived.

"As a paramedic, it is rare to see such a positive outcome for sudden cardiac arrest patients," said Lewis.

"Matthew and Sharon's quick actions saved Mr. Storey's life by providing CPR immediately after his arrest. Bystanders sometimes hesitate because they think they may have to do mouth-to-mouth, but calling 9-1-1 and doing chest compressions are all that you need to do. He is alive because of them."

"I have taken CPR and first aid training in my work and volunteering with the Hedley Fire Department. But little did I know it would be me who needed it," said Jack Storey.

"I give my very humble thanks and appreciation to Matthew, Sharon, Sandra and the other paramedics and medical professionals who cared for me."

Things are back to business at Princeton Tire; Matthew is quiet about his role in saving Jack's life,

but is considering taking a CPR course. His mother Sharon says they were all in shock after it happened, but is incredibly proud of her son. Jack Storey has made a full recovery and has since returned to Princeton Tire for another tire.

"Even with the best-trained paramedics and the fastest response times, the simple actions of members of the public in the first moments of a medical emergency can be one of the most critical factors in a patient's outcome," said BCAS South Okanagan Super-..... continued on Page 21

BCAS Vital Link Award presentation to Princeton's Sharon and Matthew Sawin is on our YouTube Channel: PrincetonBCNews

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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



Princeton's George Kassa refers to his notes as he flips through unidentified photos in a collection recently received at Princeton Museum. Kassa spends a few hours on almost a daily basis going through local photographs. *

Senior unlocks museum mysteries

It started on Canada Day and has continued just about every day since. Princeton's George Kassa has found a pastime that keeps him busy and connected to the community he has called home for the majority of his life. Kassa, who came to Princeton at the age of two when his family moved to Canada from Czechoslovakia, has become as valuable to Princeton Museum as many of the items stored in the building's archives. The 87-year old spends most of his time in the large photo collection. "We have many photos from the past one hundred years that have yet to be identified, the locations, the eras and the individuals in the images are a mystery without the insights of someone who was here at the time," explains Museum Operations Manager Robin Lowe. "He is teaching me so much about this community, and makes my hours at work truly worth the time." Kassa's assistance has been tremendous. "We are making enormous strides in continuing the good work that has been done in cataloguing our photo collection, and I couldn't enjoy the process more," Lowe adds. Kassa's memory and attention to detail has been his greatest asset to Princeton Museum as he can look at a photo and tell a complete story about what the photo was about, who is in it and can even recount all the other buildings in close proximity to the scene – even if they aren't in the photo. For example, when the News Leader stopped in for a short visit September 20th, Kassa flipped through some clippings and stopped on a photocopy of an article from the old Similkameen Star about an event hosted at Amber Ski Hill. Kassa gave a full account of that event and a tournament the following weekend he attended in the Kootenays, while nursing an injury. The year on the photocopy was 1949. "He has, and continues to be a great contributor to the growth and development of this community," Lowe says about Kassa's personal history in Princeton. "From the Credit Union, of which he was President, which was started with a group of forward-thinking individuals, to the Fire Department, of which he was Chief, George has given his time, efforts and great talents to help make his community a better place to live for everyone." Lowe says it is important for long-time residents, like Kassa, to come to the Museum because they assist in "filling in the gaps in historical events, and identifying important characters that would otherwise be nameless."

Council establishes Christmas office hours

It may seem a bit early to talk about Christmas holidays, but Town Council had it on the agenda September 23. Christmas is on a Wednesday this year, and Town Hall will be closed from Monday, December 23, 2013 to January 2, 2014. Staff will not be paid for non-statutory days off, except for those on emergency call-out duty. In addition to Council setting the Christmas holiday schedule, Councillor Doug Pateman advised Council that the Chamber of Commerce planning for Christmas Light-Up is well underway.

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Joining Mayor Frank Armitage (front, right) for the official renaming ceremony of the former zigzag September 27th were Fraser-Nicola MLA Jackie Tegart (front, left) and Youth Ambassador Destiny Earle, (rear from left), Councillor Kim Maynard and Regional District Area H Director Brad Hope. The new name of the path is Miners Climb. *

Flip Of The Coyne

by Spencer Coyne

The CRTC has finally realized what most Canadians realized a few years ago: the internet has movies and television shows that you want to watch at the press of a button. According to a report released by the CRTC in 2012, only 17 percent of Canadians were using Netflix and in just a year that number has jumped to one third of Canadians having an account with the online service. Needless to say, Canadian broadcasters are complaining since Netflix doesn't have the same Canadian content regulations that the traditional broadcasters have.

I can sympathize with the broadcasters, but I am not about to cry a river for them. If Canadians are not watching the Canadian content provided by the broadcasters, then maybe they should consider making better content. The broadcasters can't say that Canada doesn't have the expertise or the talent available to them to create the programming because Canada is the filming ground for countless productions from some of the biggest names in the business, yet Canadian-made programming is usually not to the same calibre as

its American competition.


All that being said there is a difference between American and Canadian versions of the online service Netflix. The biggest difference is the total number of titles available in Canada compared to the United States. The Canadian version is getting better but it still doesn't stack up to the American version. Who can blame people who have turned to services like Netflix to get their television fix? The local video store has become something that school kids might learn about in history class one day, leaving consumers with little options outside pay per view or online services. I know we opt for the online or streaming services even when we pay for it because it is cheaper than the pay per view from my TV service provider. We rent very few new releases and turn to Netflix at least once a week for our family movie night.

More and more people are getting rid of their cable service and moving to online only. The main reason is the cost of television and the lack of choice when it comes to programming. You can watch most television shows now online. CTV

and its sister channels have numerous television shows streaming right on their websites. Bell has a new Mobile TV app you can get if you are a Bell mobility subscriber that gives you 100 live and on demand channels, bringing even more options to Canadians who don't want cable at home. Canada doesn't have a service like HULU yet, but if you really want it you can get it and you can with some little changes to your internet settings or continued on Page 23

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Editorial Page News Leader

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

My Turn...

Finally, No More ZigZag

Last Friday the Town of Princeton announced the 'new' name of what was once known casually in and around the area as the 'zigzag'.

Although only a few people attended the official unveiling of the new name I think the chosen identity was a good one.

The name 'Miners Climb' was selected out of handfuls of entries and as much as I've joked about it being the World's Most Expensive Stairway or the World's Longest Construction Project I have to say the name is rather fitting.

Mayor Frank Armitage mentioned Miners Climb made reference to the heritage of the community and during the short ceremony last week shared a story about how he used to navigate his way up and down the former zigzag path between First Bench and downtown Princeton as a young lad growing up in the community. He used it as a shortcut to get closer to the girl he was 'courting' who lived on the Second Bench.

That girl, who eventually became Mrs. Frank Armitage, was also in the crowd for the ceremony.

It was a cute story that somehow explained the significance of the path in a way I never viewed it.

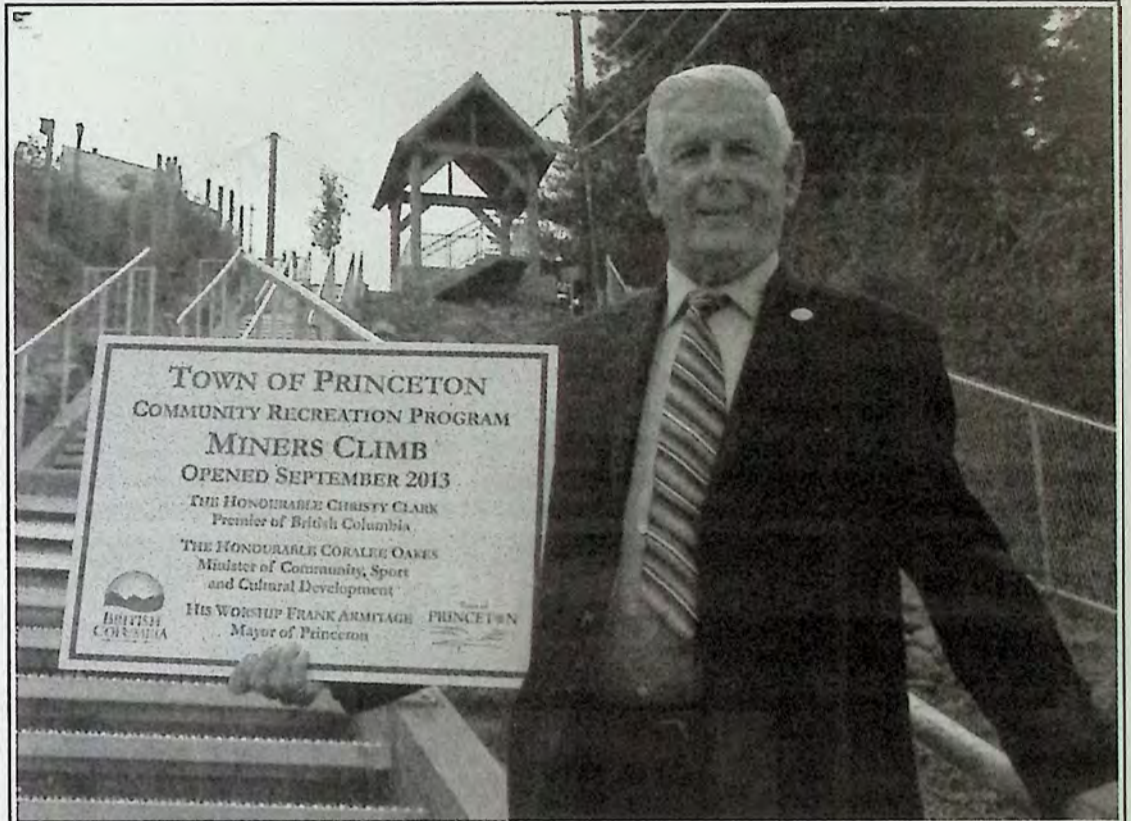
I have lived in Princeton just over 26 years and have been on the new Miners Climb maybe a total of four or five times since the project was completed. I don't think I used it that often in the preceding quarter century when it was still just a zigzag.

I didn't have to use it as a means to get from Point A to Point B because there was someone I wanted to see at the end of the journey. In fact, the few times I remember using the old 'zigzag' I found it easier to just go down one side and hop down to the next level than actually zigging or zagging.

For others it served as a shortcut to downtown and for many more it has become a part of their regular fitness regimen. The Miners Climb has magically become a valuable asset to the community, and possibly far more valuable than it ever was as just a dirt path carved in a zigzag pattern down a hillside.

Certainly much more valuable than the amount of money it took to get the project completed.

And possibly it will eventually be seen to all residents as the asset it has suddenly become.



Mayor Frank Armitage pauses on the staircase now named 'Miners Climb' - a suggestion submitted by the Maynard Family of Princeton. A total of five names made the short list in the contest with Miners Climb winning. *

Your Turn

Letters And E-Mails Received This Week

Open Letter to Linda Larson, MLA, Boundary-Similkameen
Copies to: Premier Christy Clark; Terry Lake, Minister of Health; Manfred Bauer, Keremeos Mayor; George Bush, Regional Director for Area B

Dear Linda;
I appreciate your response on July 31 to my letter of May 31st.

In your letter you state that the produce used to make the meals at Orchard Haven in Keremeos, comes from the area where it's prepared and therefore it's "local". I certainly can't agree with your definition of "local". By "local" in this valley we are talking about 4 or 5 kilometers from the source of the food grown to its final destination.

Trucking the meals in enormous containers from Vernon to Keremeos when we produce in this area almost everything needed to make good nutritious meals is an abdication of reason in order to reach some nebulous bottom line. That leaves a mighty big footprint, and besides, aren't our highways dangerous enough already?

Certainly the most immediate of my grievances is our seniors. As you are the Parliamentary Secretary to the Minister of Health for Seniors, I can't imagine you would be in agreement with a policy such as this. The company that supplies Keremeos is also servicing all the Okanagan from north to south, the Boundary area, and the Kootenays.

By the time this food reaches its destination it can't have a lot of nutrition left in it.

I believe that the concentration of food services is a big mistake (as in most services). It tends to stifle small communities and limit their opportunities, and the result in this area is that we are serving our seniors meals that cannot be very nutritious, having been prepared in huge amounts in a facility 90 miles away, trucked here, and then reheated.

The facility in Keremeos has an excellent kitchen that was made to accommodate the preparation of meals for the residents. There are people here who have the skills to prepare those meals and we certainly have the produce that is grown right here using the best farming methods known.

This is a bad policy and I certainly hope you will encourage our provincial government to review it and take notice of how it's affecting our communities and our seniors in a negative way.

Sincerely
Donna Stocker, Cawston

MORE LETTERS - PAGE 21

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Current Comment

The Climate Battle Rages On



Dawn Johnson
editor@thenewsleader.ca

A recent announcement in the Manchester Guardian newspaper has fired the climate debate to new levels. The Guardian noted that Arctic ice increased during the past year, saying this indicated global warming is not taking place. There was a rebuttal to this that pointed out the overall trend is toward warming and a graph clearly indicates the ongoing reduction in the amount of Arctic ice. I found this 'proof' of global warming good as far as it went, but the study goes back only to 1980, and this is a very short span of time on which to base the huge effort to reduce global warming.

On another climate front, there is a group stating we are set for another ice age, and this could occur in the blink of an eye due to reduced salinity in the water flowing north from the Caribbean, an ocean current known as the Gulf Stream. The theory in this case is that the reduction in salinity could cause the Gulf Stream to fail to complete its 180 degree path that takes it to

the British Isles and down the coast of France. According to this theory, northern Europe would become much colder almost overnight, and ice would begin to cover everything from the north pole to as far south as Italy and Colorado. I do not have enough knowledge to refute this theory, but it does seem a little far-fetched. It would seem to me to require huge amounts of fresh water to make a significant reduction in the amount of salt in the Gulf Stream, and I would have to question where all that fresh water would come from to flow into the Gulf of Mexico. After all, the Gulf Stream is made up of warmer water that sits on top of the cold water of the Atlantic Ocean, and reduction in salinity would have to begin in the Gulf of Mexico.

Another theory about global cooling stems from scientists who say a lot of volcanic eruptions put so much dust in the air that the sun's rays could not heat the surface of the planet sufficiently and this led to an ice age. I wonder about this theory because I know the dust would have to be really thick to cause that effect. Another thought I have about that theory is that all of the dust in the atmosphere would tend to absorb the sun's rays and heat the atmosphere, so that might not cause an ice age after all.

There are many theories about what caused the ice ages, but a theory is not the truth, it is only an idea that deserves verification through actual proof.

In Britain, scientists assert we would be in an ice age if it were not for farming widespread across the

planet. According to these scientists, agriculture and an increase in population as a result of being better fed has prevented an ice age. What they are saying is that if we were not warming the planet, we would be freezing to death.

These dire warnings about too much global heat and too little are enough to scare most people if they firmly believe one scenario or the other. I try to keep a little common sense in the mix. First, there is the question of where the information comes from and is it sufficiently accurate to be relied upon. Second, a lot of the information is not very old in terms of Earth's history. For example, we have no satellite photos to show us how much Arctic ice there was in the years before there were satellites taking photos. What was the level of Arctic ice in 1905? In 1792? In 1492 when Columbus first saw islands in the Caribbean Sea?

In my study of record highs and lows for our own area, I note that three of the record high temperatures for September occurred in this century, particularly those after September 10, but the record high on September 14 was 32.2 degrees set in 1937. The record high for September 10 was 34.4 degrees in 1944, which had a really hot September, setting a record of 35 degrees on September 6. This was not the hottest September: the record was set in 1988, when the temperature was 36.5 on September 2, 38.8 on September 3, and 38.3 on September 4. To make matters even more confusing, the record low for September 3 was in 1958, when there was a frost, but five days later, on September 7, 1958, a record high of 33.9 was set.

The global warming and global cooling arguments will continue, I am sure, but because I am old and still have a good memory, I recall the year 1958 was also a year when these same arguments raged over whether Earth was growing too warm or we were entering another ice age.

Part of what keeps the argument going is that peculiar human failing that besets the majority of people: they want certainty. They cannot live with uncertainty. They are more frightened of uncertainty than they are of global warming or a coming ice age.

There is only one thing certain from the day we are born, and most of us try to avoid that!

Council talks health issues

At the September 23 Town Council meeting, health care in Princeton was one of the topics. The steering committee for the Health Action Framework will be working for the next year on goals set in the Framework. Council was pleased with the 24/7 ER coverage as a first step.

One issue raised by Councillor Kim Maynard is the transportation problem faced by people needing to attend cancer treatments in Kelowna and specialist visits in Penticton, as well as those who need transportation to Cascade Clinic located at the hospital. Councillor Marilyn Harkness told Council this is an issue of concern to the steering committee and there is a transportation survey to be made available to find facts and figures. She added that the problem of local transportation can be solved by people using the community bus. She advised that many people think this bus is only

for handicapped people, but it is public transportation available to anyone.

Another issue raised was the lack of consideration given to people coming from Princeton to Kelowna and Penticton. Appointments with specialists are often arranged at very inconvenient times, without consideration for the distance to be traveled by the patient prior to the appointment. The steering committee will address this concern as well as transportation.

Mayor Frank Armitage spoke of his recent meeting with the Minister of Health, pointing out how important ambulance service is to Princeton.

He presented the Minister with a copy of the Health Action Framework adopted by Princeton and the Minister began to read it immediately, then stated a similar health model would be desirable in other communities.

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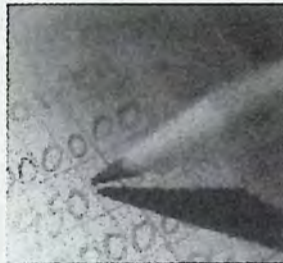
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George Hanson, left, of Similkameen Wineries Association presents a \$1,000 cheque to Dave Cursons of the Grist Mill Heritage Club and Chris Mathieson, right, Operators Manager at the Grist Mill and Gardens in Keremeos. The cheque represents partial proceeds of a Silent Auction event held in conjunction with the annual Barbecue King event this past July 13th and hosted at the Grist Mill in Keremeos. - photo submitted

RDOS offers orchardists assistance

The Regional District of Okanagan-Similkameen (RDOS) wants to help orchardists in the Lower Similkameen and South Okanagan reduce air pollution.

Orchardists removing blocks of trees can contact the RDOS to organize the grinding of trunks and roots. The RDOS will pay 75% of the cost to grind.

Historically, orchardists removing blocks of trees for replant had no other choice but to burn stumps and trunks. These green materials

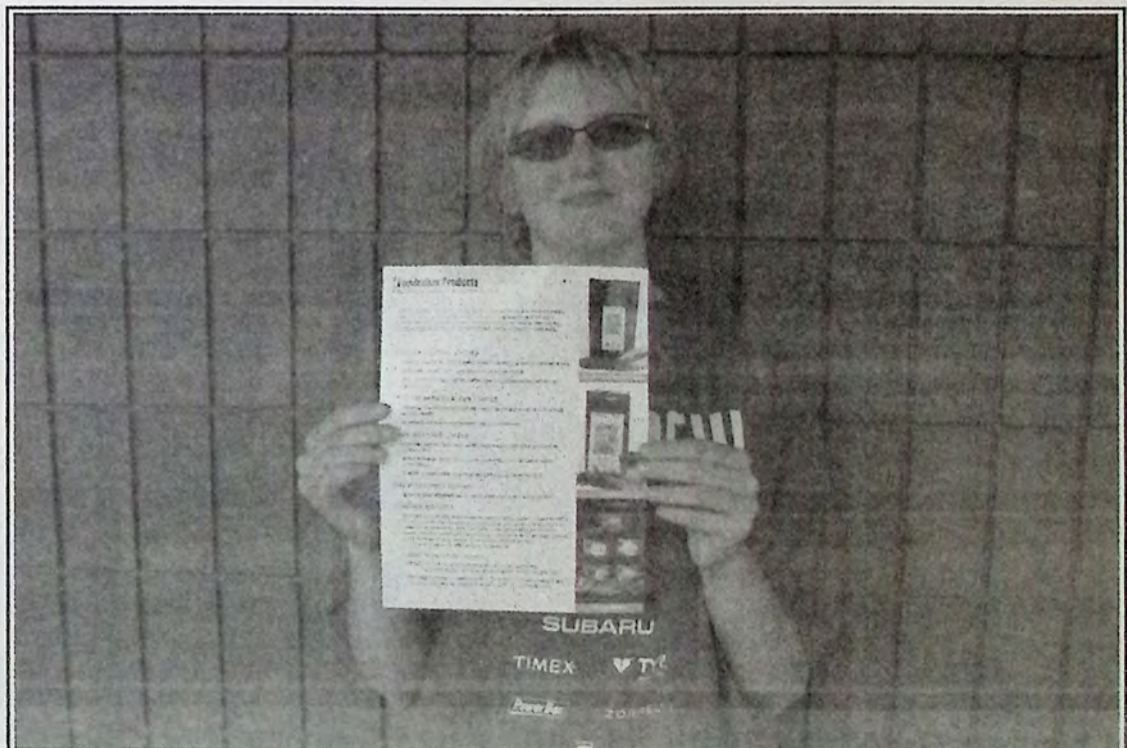
don't burn well, creating smoke pollution in our sensitive Okanagan and Similkameen air sheds. To assist orchardists and improve air quality, the RDOS subsidizes the grinding of orchard stumps and trees.

Orchardists can contact the RDOS for a free quote. The contractor will come on site to figure out how the grinder will access the property and where pulled trees should be placed. Growers will then pay their portion of the costs

before chipping starts.

The program is open to growers in Oliver, Keremeos and Electoral Areas 'A', 'B', 'C' and 'G'. Orchardists are encouraged to sign up for assistance this fall. The RDOS may not offer a spring 2014 tree chipping program.

Orchardists removing full trees can contact the RDOS for more information or to register. Contact Cameron Baughen, RDOS Coordinator at 250-490-4203 or e-mail info@rdos.bc.ca. - submitted



Jessica Lehtonen of Keremeos is fundraising for Special Olympics. She is selling coffee and has also been selling some of the product in Princeton. The proceeds will help with costs associated with the Special O team travelling to the Nationals next year. Lehtonen says the coffee will be delivered before Christmas. To find out more, or to place an order (before the end of October if possible) call Carol Blackmore in Keremeos at 250-499-5009. *

RDOS Area 'G' Report

Director - Angelique Wood

Area G Director's Report September 23, 2013

This report chronicles a few highlights of the UBCM convention held in Vancouver BC, at the Vancouver Trade and Convention Center from September 16-20.

September 16, 9:00 AM: Tools, Resources & Funding for Local Governments

- An opportunity to learn of the resources available to local governments through various agencies, non-governmental organizations and funders.

September 16, 1:30 PM: Designing Communities for Better Health - Walking Tour

- "Walkshop": upon taking Skytrain to Olympic village, we were guided by five experts specializing in different facets of Community Development who spoke to the following topics:

- 1) mixed-income and inclusive housing (new research shows that a mix of income levels creates a healthier community as ghettos and gated communities both suffer from their isolation);

- 2) food security (community gardens create engagement, fitness and green spaces);

- 3) proximity to nature improves human health (rebuilt habitat is returning whales to False Creek, a previous industrial site);

- 4) economic development (supporting cafés and businesses in clusters gives people something to do upon reaching their destination); and

- 5) transportation (and alternatives to transit, like cycling paths and walking trails to support healthy exercise).

September 17, 7:30 AM:

- Panel Questions and Discussion around "What Does Rural BC Need to Succeed?"

- Moderated panel discussion intended to increase public awareness and support of the three Beetle Action Coalitions' Rural BC Project. The RBCP has proposed new policy and direction for the provincial government to consider in the position paper, "The Pathway to Prosperity in British Columbia Runs Through its Rural Places: a Long-term Strategy for Rural Development."

- The development and implementation of a Rural Strategy will assist all levels of government with navigating the complex investments in social and economic development required for rural BC communities to succeed.

September 17, 9:00 AM:

- Electoral Area Forum: Many rural areas throughout British Columbia are faced with increasing pressures to their Emergency Services management, whether they are a remote area depending on Volunteer First Responders, or larger areas with

paramedic staff on call.

- Often the people who are trained and qualified to do the Emergency work in our remote areas cannot make enough money to sustain themselves from that work alone, either because they make no money unless a call comes through or they are paid \$2.00 an hour to remain on call. This situation causes many trained Emergency Services responders to move to larger centers where they can obtain full-time work, leaving the remote communities without full time coverage.

- Small Talk: Small Communities Forum: I dodged out of the Electoral Area Forum to watch the presentation on the Similkameen Valley Tourism success story delivered by Simone Carlisle-Smith of TOTA. The Similkameen Valley got promoted to over 500 delegates as the TOTA representative showed off, among other things, the new website located at: www.similkameenvalley.com

September 17, 1:30 PM:

Ministerial Meetings, representing both the Regional District Okanagan-Similkameen (RDOS) and the Southern Interior Local Government Association (SILGA)

- The purpose of these 15-minute meetings is to take the opportunity to explain an issue or concern in the area discussed to get it "on the radar" of ministerial offices. Due to the fact that each Minister will sit through as many as 30 - 40 appointments a day, it is important to keep the presentations brief and to the point. These sessions essentially provide an opportunity to connect on issues which need follow up later.

Minister Steve Thomson - Forests, Lands, and Natural Resource Operations

- (RDOS issues): Area H: Chain Lake is dying and studies have been done on remediation: residents are prepared to do the work to save it. Scientific support from the Ministry was requested.

- Area A: concerns about the permitted Arctic Char Fish Farm and a request for downstream monitoring by the Provincial Government. The builder of the farm would appreciate the monitoring as he feels it would enhance his product's viability if others knew of his commitment to the environment.

- Area D: Logging up at Apex: and MOU has been signed between Sn'pink'tn and Apex Property Owners Association but follow up with FLNRO is needed, in order to ensure consideration is given to areas designated for timber harvest which surround residential developments.

Minister Terry Lake - Health

- (RDOS issues): Judy Sentes, Vice-Chair of Okanagan-

Similkameen Regional Hospital District made a compelling presentation on the need for immediate action following completion of the business case for Penticton Regional Hospital Expansion Project. This hospital, built in the 1950's to service a population of around 30,000 now serves more than 80,000 people. It is time for increased capacity with new facilities.

Ministers Bill Bennett - Mining and Steve Thomson - Forests, Lands, and Natural Resource Operations

- (SILGA issues): concern brought forward from the local government membership of the Southern Interior region at the issuance of permits for gravel pits which are opposed by residents or run counter to the Official Community Plans organized and supported by the nearby local governments.

- Minister Bennett explained that the costs associated with gravel pits being located too far from their areas of use meant that the BC government could NOT allow local governments to veto gravel pit locations.

- SILGA representatives spoke of examples where a neighbourhood opposed to the gravel pit's development came on side once a berm was built to prevent the spread of dust and the hours of operation were restricted to day use and weekends were excluded from use.

- Minister Bennett responded favourably that setting some parameters around the construction and operation of gravel pits could go a long way to diminishing the conflicts typical of gravel extraction.

Minister Terry Lake - Health

- (SILGA issues): Executive of SILGA proposed that some of the recent provincial successes in Health Services be communicated through SILGA to its membership.

- SILGA representatives suggested a seminar or conference to educate small and remote communities about the resources available to assist them in navigating Physician Recruitment and working with IHA.

Premier Christy Clark

- (SILGA): Executive of SILGA met to familiarize the Premier of our intention to promote the Southern Interior Local Government Association as an advocate for our membership, a communications portal both to and from local government, and a means to educate those serving in local governments on topics important to their work on councils and boards.

Fortis and the Two-tiered conservation rate:

- I have been asked by Fortis to write a letter detailing the consequences of the two-tiered conserva-

tion rate for inclusion in a submission which Fortis is making to the BC Utilities Commission asking for the conservation rate to undergo reconsideration. I have heard many

terrible stories of bills spiralling into the \$1,000's from residents in my area and will be including a number of those unacceptable examples in my letter.

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A sunny day in the Lower Similkameen Valley produced this incredible photo-op! Photo: Tamara Malanchuk

Saddles 'n' Spurs
 by Pastor George Donovan

Just before leaving the church one of the families asked me if I would like to go home with them and help with some of the farm work. I gladly accepted because I had no money left.

They fed me a wonderful lunch and we went to work in the fields. They had two daughters, both teenagers and boy could they work. I was skinny and getting weaker from poor and skimpy eating and I was getting beat by these girls, not good for my male ego.

We worked until supper time, after that he gave me \$10 and I was back on the road. I had hoped to work longer but perhaps he was protecting his girls, or he thought I was too slow!

I went from Clinton to London, Ontario. I had a friend in the forces there I thought I'd like to see. On the way to town I was picked up by three young men in an old car. They just seemed to be cruising around, not that I had anything better to do. Finally one of them asked if I was willing to help them steal a car motor. Sounded like a joke to me. How or who would ever want to do that?

They were serious and I said no. No sooner had I declined when the police saw them drive by, the lights went on and we were pulled over and all placed under arrest. Because there were four of us and we couldn't fit in the police car we were ordered to follow and stay close behind them as we drove to the police station.

We had to go through a busy part of town to get to the police station. I was in the back seat on the right side and as we approached a red light on a busy corner, one of the guys said, "as soon as we stop, open the door

and run." I got my pack in one hand, the other hand on the door handle and as soon as he stopped I jumped out and ran without looking back along the busy sidewalk. I had the feeling that I would get shot in the

back!
 After running for a block or two I looked back, I was safe but I kept going to the outskirts of town and found a place in the grass to rest.
 continued Next Week

Living Past 100
Food For Good Cholesterol

High cholesterol was considered a disorder associated with aging, but in today's world of fast foods and poor diets, high cholesterol is becoming a problem among people under age 40. Although statin drugs are effective in lowering cholesterol, there are side effects that can cause problems for some people. Some people have a genetic tendency toward high cholesterol which makes the problem more complex. However, research has shown that cholesterol can be lowered through a proper low-fat diet.

Dietary fibre is one of the ways of lowering cholesterol. High fibre foods such as whole grains can significantly reduce cholesterol. Barley, buckwheat, oats and beans (dried, not green) are high fibre foods. So are apples, prunes and pears, which contain a special kind of fibre that adheres to fat in the digestive system and stops the fat from being absorbed into the blood stream, where fat becomes a danger.

All foods with high levels of beta-carotene are helpful in lowering cholesterol. Broccoli, carrots, red peppers (sweet or hot), cantaloupe, mangoes and leafy green vegetables such as Swiss chard, beet greens, and spinach contribute toward reducing the level of cholesterol.

Two citrus fruits are excellent in reducing cholesterol: oranges and grapefruit. Drinking the juice is not sufficient, you must eat the pulp!

Garlic helps reduce cholesterol, but you would have to eat a lot of garlic if you rely on garlic alone.

The key to lowering cholesterol through diet is based on eating a wide variety of foods that help prevent the absorption of fat into the blood, but also includes foods that contain oils that balance the level of bad fat. Among these are the cold water fish such as salmon, nuts, avocados and olive oil.

Foods to avoid, or consume in small amounts, are the high-fat foods and sugary foods. Red meats are high-fat foods unless they are very lean. This applies to chicken and pork, and all deep fried foods should be avoided. Deep fried chicken breast tastes wonderful, but should be avoided, along with French fried potatoes, potato chips, and onion rings. Save these for a rare treat. Sugary foods, that is foods that rapidly increase blood sugar levels, add to the problem of getting the fat out of the blood. The relationship between fat and sugar is complex, but the combination can lead to big problems. Please note that alcohol is included in sugary foods.

Sticking to a low cholesterol diet can do more for your health than just keeping away the effects of high cholesterol. This diet can prevent adult onset diabetes, which is at epidemic proportions in North America. For parents, teaching children to appreciate the benefits of eating an apple instead of a cookie can keep them healthy long past childhood.



News Leader Entertainment

Similkameen News Leader TV Guide Listings - October 1 - 7, 2013



Next year the Agricultural Fair will once again be a Fall Fair. *

Fair goes back to fall

Next year's agricultural fair will be held September 6 and 7. Princeton Agricultural Fair Association met September 24 for a review of the 2013 fair and decided to make a number of changes, the first of which is going back to the first weekend after Labour Day weekend. This change means the fair will not include Little Britches Rodeo.

Due to a lack of interest in a Saturday evening dance, the fair will no longer offer this entertainment. Treasurer Lisa Carleton pointed out that, for the past three years, the fair has paid out a lot of money for a liquor license, security, and a band, with only a handful of people attending. Members agreed it was a waste of money that could be better spent on other forms of entertainment, such as the dinosaur kids can ride and the Monster Truck.

At the request of quilters, a change in wording will be made in the rules for needlework, art and leisure craft. The rule now states the article must

be made during the past 12 months, but some of these craft and art items cannot be completed in one year. The new rule will state "must have been completed during the past 12 months." This will allow exhibitors to show items which took more than one year to complete.

Concern about the knapweed problems at the fairgrounds will be taken to the next meeting of Princeton Exhibition Association, the board of management for the grounds. Alberta has a knapweed control regulation that results in a fine for anyone bringing knapweed to any of their rodeo grounds or fairgrounds. The Princeton fairgrounds have more knapweed every year and this may discourage participants from other areas.

The Fair Association is the umbrella group for the community Halloween Party which takes place on October 26 this year. The Spook

House is under construction at this time, and there is some money in the account to put on this popular party. More information will be available in the near future, but fireworks are planned. This is the final event of the season for the fairgrounds. Following the Halloween Party, the events area of the grounds will be shut down for winter. Only the horse barns will continue operation during the winter months.

The contributions of Sandy Gabor, a longstanding member of the Fair Association and the Exhibition Association, was remembered at the September meeting.

The next meeting of the Fair Association takes place Tuesday, October 29, at the library conference room at 6:30 PM. Anyone wishing to contribute to planning the 2014 fair is more than welcome to attend.

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 L | Princeton 3 | Summerland 5 |
| Sat Sep 7 | 7:00 PM L | 100 Mile House 7 | Princeton 0 |
| Sun Sep 8 | 2:00 PM W | Grand Forks 1 | Princeton 2 |
| Regular Season | | | |
| Fri Sep 13 | 7:00 PM W | Kelowna 3 | Princeton 4 |
| Sat Sep 14 | 7:00 PM OT L | N Okanagan 4 | Princeton 3 |
| Wed Sep 18 | 7:35 PM L | Princeton 1 | Osoyoos 6 |
| Fri Sep 20 | 7:00 PM L | Kamloops 5 | Princeton 4 |
| Sat Sep 21 | 7:00 PM L | Princeton 0 | Kelowna 6 |
| Sun Sep 22 | 3:00 PM | Princeton @ | N Okanagan |
| Fri Sep 27 | 7:30 PM | Princeton @ | Summerland |
| Sun Sep 29 | 2:00 PM | Osoyoos @ | Princeton |
| Fri Oct 4 | 7:00 PM | Kelowna @ | Princeton |
| Sat Oct 5 | 7:00 PM | Summerland @ | Princeton |
| Fri Oct 11 | 7:35 PM | Princeton @ | Osoyoos |
| Sat Oct 12 | 7:00 PM | Sicamous @ | Princeton |
| Tue Oct 15 | 7:00 PM | Princeton @ | Kelowna |
| Sat Oct 19 | 7:00 PM | Spokane @ | Princeton |
| Fri Oct 25 | 7:00 PM | Revelstoke @ | Princeton |
| Sun Oct 27 | 2:00 PM | Kelowna @ | Princeton |
| Sat Nov 2 | 5:00 PM | Summerland @ | Princeton |
| Sun Nov 3 | 3:00 PM | Princeton @ | N Okanagan |
| Fri Nov 8 | 7:00 PM | Princeton @ | Nelson |
| Sat Nov 9 | 7:00 PM | Princeton @ | Castlegar |
| Fri Nov 15 | 7:00 PM | Nelson @ | Princeton |
| Sat Nov 16 | 7:00 PM | Beaver Valley @ | Princeton |
| Sun Nov 17 | 5:00 PM | Princeton @ | Kamloops |
| Fri Nov 22 | 7:00 PM | Princeton @ | Kelowna |
| Sat Nov 23 | 7:30 PM | Princeton @ | Summerland |
| Wed Nov 27 | 7:00 PM | Osoyoos @ | Princeton |
| Fri Nov 29 | 7:00 PM | 100 Mile House @ | Princeton |
| Fri Dec 6 | 7:00 PM | Princeton @ | N Okanagan |
| Sat Dec 7 | 7:00 PM | Castlegar @ | Princeton |
| Fri Dec 13 | 7:00 PM | Princeton @ | Chase |
| Sat Dec 14 | 7:00 PM | Princeton @ | Sicamous |
| Sun Dec 15 | 2:00 PM | Princeton @ | Revelstoke |
| Wed Dec 18 | 12 Noon | Osoyoos @ | Princeton |
| Fri Dec 20 | 7:00 PM | Kelowna @ | Princeton |
| Wed Jan 1 | 2:00 PM | N Okanagan @ | Princeton |
| Fri Jan 3 | 7:30 PM | Princeton @ | Summerland |
| Sat Jan 4 | 7:35 PM | Princeton @ | Osoyoos |
| Tue Jan 7 | 7:00 PM | Summerland @ | Princeton |
| Fri Jan 10 | 7:00 PM | Princeton @ | Grand Forks |
| Fri Jan 17 | 7:30 PM | Princeton @ | Beaver Valley |
| Sat Jan 18 | 7:00 PM | Princeton @ | Spokane |
| Fri Jan 24 | 7:30 PM | Princeton @ | Summerland |
| Sat Jan 25 | 7:00 PM | N Okanagan @ | Princeton |
| Fri Jan 31 | 7:00 PM | Princeton @ | 100 Mile House |
| Sun Feb 2 | 3:00 PM | Princeton @ | N Okanagan |
| Tue Feb 4 | 7:00 PM | Princeton @ | Kelowna |
| Fri Feb 7 | 7:00 PM | Osoyoos @ | Princeton |
| Sun Feb 9 | 2:00 PM | Chase @ | Princeton |
| Wed Feb 12 | 7:35 PM | Princeton @ | Osoyoos |
| Fri Feb 14 | 7:00 PM | N Okanagan @ | Princeton |
| Sat Feb 15 | 7:00 PM | Summerland @ | Princeton |
| Sat Feb 22 | 7:00 PM | Grand Forks @ | Princeton |

Tuesday Movies

EVENING

9:00 pm KNOW ch.5 "Exit Through the Gift Shop" (2010, Documentary) Narrated by Rhys Ifans. A French shopkeeper and a filmmaker try to document the graffiti artist known as Banksy, only to have him turn the camera back on them. (CC)

9:30 pm WTBS ch.3 "Biker Boyz" (2003, Action) Laurence Fishburne. A young prodigy threatens the undefeated cham-

panion of an underground club of motorcycle racers.

11:30 pm WTBS ch.3 "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill.

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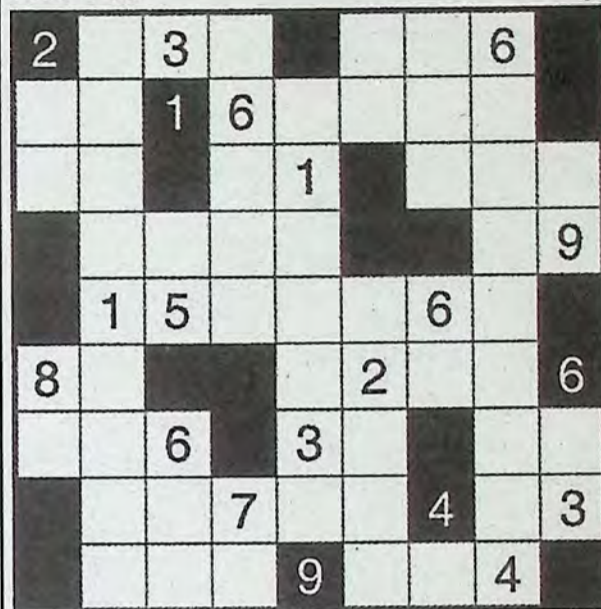
News Leader Str8ts

STR8TS

No. 145

Easy

Previous solution - Medium



How to beat Str8ts -

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

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

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

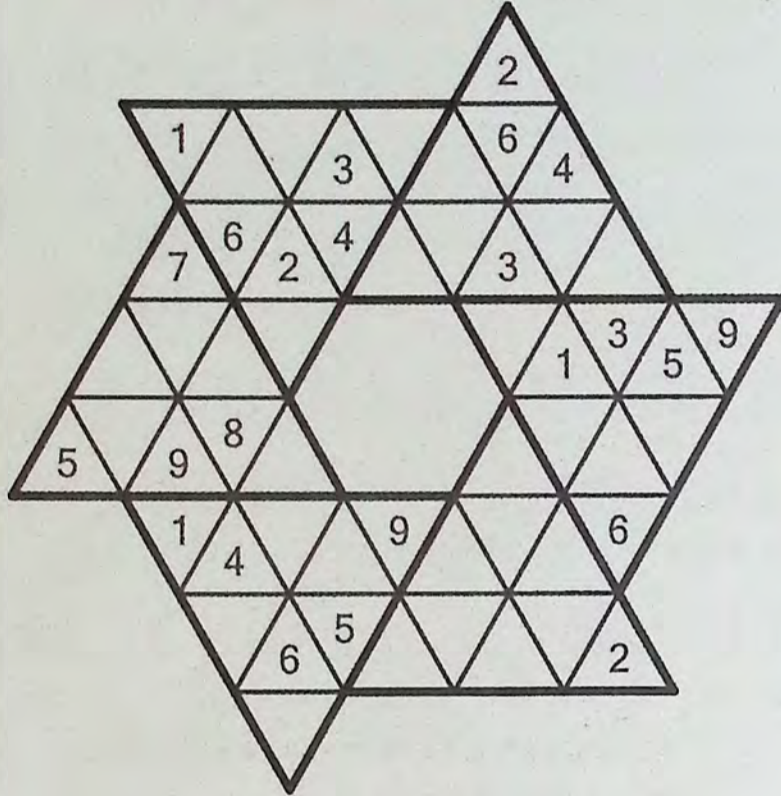
TUESDAY, OCTOBER 1, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITV ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-------|--------------------------------|--------------------------|-------------------------------------|---------------------------|---|------------------------|----------------------|--------------------------|---------------------------------|-------------------------|---|---------------------|---------------------------|-------------------------|------------------------|----------------------|------------------------|-------------|-------------------------|
| 6 AM | In the Heat of the Night | Morning News (N) | Wibbly Pig | Thomas Clifford | KHQ News 6AM (N) | KREM 2 Morning News | Criminal Minds (N) | Morning Northwest | Morning News (N) | (5:00) Morning News (N) | CBC News Now (N) | Kid vs. Kat Rescue | SportsCentre | CTV Morning Live (N) | Mighty Planes | Stella-Sam Phineas | CityLine (N) | Tattoo | Mysteries-Museum |
| 7 AM | Law & Order: SVU | | Ella the El | Arthur | Today Sandra Bullock; Sean Hayes. (N) | CBS This Morning (N) | Criminal Minds (N) | Good Morning America (N) | | | Tiger | Penguins | SportsCentre | | Dangerous Flights | Shake It ANT Farm | Let's Make a Deal (N) | Tattoo | Disaster |
| 8 AM | Law & Order: SVU | | Magic Bus | Curious | | | CSI: Miami | | | Morning | Bo On/Go | Pokémon | SportsCentre | | Don't Drive Here | Jessie Wizards | The Price Is Right (N) | Ink Master | Eat St. |
| 9 AM | Millionaire | Morning | Dragon | Super Why! | | The 700 Club | CSI: Miami | Live! Kelly and Michael | Morning | The Doctors | Super Why! | Rescue | SportsCentre | Live! Kelly and Michael | Overhauled | Little Manny | Jdg Judy | Ink Master | World's |
| 10 AM | Divorce | The Doctors | Poppy Cat | Sesame Street (EI) | | The Price Is Right (N) | Criminal Minds | The View | The Doctors | AnnaOlson | Bookaboo | Little Bear | Motoring | The View | How/Made | Never Land | The Chew | Ink Master | Monumental Mysteries |
| 11 AM | Judge Alex | AnnaOlson | Rolie Polie | Tiger | Jdg Judy | Young & Restless | Criminal Minds | Paid Prog. Hate Hair? | AnnaOlson | Noon News Hour (N) | Absolutely Vancouver | To School Squirrel | NHL on TSN Season Preview | Marilyn Denis | Alrplane Repo | Phineas ANT Farm | General Hospital (N) | Ink Master | Mysteries-Museum |
| 12 PM | King | Noon News Hour (N) | Dino Dan | Charlie Rose | Paid Prog. | News | The First 48 | The Chew | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) | Kid vs. Kat | | CTV News (N) | Amish Mafia | Wingin' It | CityLine | Ink Master | Museum Secrets |
| 1 PM | Community | Days of our Lives (N) | Dragon | Painting | Days of our Lives (N) | The Talk | After the First 48 | General Hospital (N) | Days of our Lives (N) | The Talk | Republic of Doyle | Rated A Monster | SportsNation (N) | The Social | Amish Mafia "Paradise" | Wizards Good Luck | Katie (N) | Ink Master | Bizarre Foods/Zimmerman |
| 2 PM | Seinfeld | The Talk | Big Bear | Barny | Katie (N) | Let's Make a Deal (N) | The First 48 | Queen Latifah | The Talk | Queen Latifah | Steven and Chris (N) | Super Evil | Off Record | Dr. Phil | Alrplane Repo | Shake It ANT Farm | CityNews at 5 (N) | Ink Master | Rock-RV Adam |
| 3 PM | The Middle | Queen Latifah | Clifford | Sid | Ellen DeGeneres Show | Dr. Phil | Storage | Rachael Ray | Queen Latifah | Young & Restless | Coronation Face Off | Squirrel | SportsCentre (N) | Bethenny (N) | Mighty Ships | Jessie Austin | CityNews at 6 (N) | Ink Master | Eat St. |
| 4 PM | Big Bang | Young & Restless | Maya Bee | Wild Kratts | Jdg Judy | The Dr. Oz Show | Storage | The Doctors | Young & Restless | Early News Global Nat. | NHL Hockey: Toronto Maple Leafs at Montreal Canadiens. (N) (Live) | SpongeBob | Hockey | Ellen DeGeneres Show | Daily Planet (N) | ANT Farm | Mod Fam | Ink Master | Museum Secrets |
| 5 PM | Browns | News (N) | Martha | News | News | News | Storage | News | Early News (4:59) News Hour (N) | (4:59) News Hour (N) | Canada | SpongeBob | Boxing | CTV News at Five (N) | Gold Rush -The Dirt | Shake It | Dada (N) | Ink Master | Mysteries-Museum |
| 6 PM | Browns | Global Nat. | Hope for Wildlife | PBS News-Hour (N) | News | KREM 2 News at 6 (N) | Storage | News at 6 | (5:59) News Hour (N) | ET Canada | | Victorious | | CTV News (N) | Gold Rush (N) | Austin | New Girl | Ink Master | Monumental Mysteries |
| 7 PM | Mod Fam | Ent | Frontiers of | Latino Americans (Series) | Jeopardy! | Inside Ed. | Barter Kings | Ent | Ent | (7:01) Chicago Fire (N) | NHL Hockey: Winnipeg Jets at Edmonton Oilers. (N) (Live) | Wipeout (N) | SportsCentre (N) (Live) | etalk (N) | Highway Thru Hell (N) | Shake It Good Luck | Lucky 7 "Inside Job" | Ink Master | Mysteries-Museum |
| 8 PM | Family Guy | NCIS (N) (DVS) | The Frank-Intense Trail | Finals (N) (DVS) | The Voice The blind auditions continue. (N) | NCIS (N) (DVS) | (8:01) Barter Kings | Agents of S.H.I.E.L.D. | NCIS (N) (DVS) | NCIS (N) (DVS) | Wipeout (N) | Funnest Home Videos | That's Hockey 2 Nite | Agents of S.H.I.E.L.D. | How/Made | Good Luck ANT Farm | CityNews-Tonight (N) | Tattoo | Museum Secrets |
| 9 PM | Amer. Dad | NCIS: Los Angeles (N) | Movie: "Exit Through the Gift Shop" | Frontline | | NCIS: Los Angeles (N) | Storage | Goldbergs | NCIS: Los Angeles (N) | NCIS: Los Angeles (N) | | NHL Plays | Trophy | Goldbergs | Gold Rush | Wingin' It Really Me | Jimmy Kimmel Live (N) | Ink Master | Mysteries-Museum |
| 10 PM | "Biker Boyz" (2003) Derek Luke | (10:01) Chicago Fire (N) | Window | Moyers & Company | (10:01) Chicago Fire (N) | Person of Interest (N) | Storage | Lucky 7 "Inside Job" | (10:01) Chicago Fire (N) | News Hour Final (N) | The National (N) | The Middle | SportsCentre (N) | Person of Interest (N) | Highway Thru Hell | Good Luck | Maury (N) | Ink Master | Monumental Mysteries |
| 11 PM | "Mexican" | CHBC News Final (N) | Frontiers of | Charlie Rose (N) | News | News | (11:01) Barter Kings | KXLY 4 | News Hour Final (N) | ET Canada | CBC News | Boys | SportsCentre | News-Lisa | Jungle Gold | Wizards Princess | Paid Prog. | Tattoo | Mysteries-Museum |

News Leader Sudoku 474

HOSHI SUDOKU - About The Puzzle

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



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

Wednesday Movies

EVENING

9:00 pm KNOW ch.5 "Ballets Russes" (2005, Documentary) Filmmakers Dayna Goldfine and Dan Geller document the history of various dance companies. (CC)
 9:30 pm WTBS ch.3 "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill.
 11:30 pm WTBS ch.3 "Righteous Kill" (2008, Crime Drama) Robert

De Niro. Two veteran detectives hunt a vigilante whose crimes resemble those of a killer they put behind bars long ago.

Weekly.

Independent.

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Similkameen
News Leader

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WEDNESDAY, OCTOBER 2, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | 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 | Bulldozer | 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 | SportsCentre 30 | CTV Morning Live (N) 30 | Ice Cold Gold 30 | Stella-Sam Phineas | CityLine (N) 30 | Bar Rescue (N) 30 | Pitchin' In (N) 30 | |
| 7 AM | Law & Order: SVU | | Ella the Elf | Arthur | Today Joel Osteen; Padma Lakshmi. (N) 30 | CBS This Morning (N) 30 | Criminal Minds (N) 30 | Good Morning America (N) 30 | | | | | | | | | | | | |
| 8 AM | Law & Order: SVU | | PAW Patrol | Martha | | | CSI: Miami (N) 30 | | | | | | | | | | | | | |
| 9 AM | Millionaire | Morning | Dragon | Super Why! | | | | | | | | | | | | | | | | |
| 10 AM | Divorce | The Doctors (N) 30 | Poppy Cat | Sesame Street (E) | | | | | | | | | | | | | | | | |
| 11 AM | Judge Alex | AnnaOlson | Rolie Polie | Tiger | Jdg Judy | Young & Restless | Criminal Minds "Lo-Fi" | Paid Prog. | AnnaOlson | Noon News Hour (N) | The Nature of Things | To School | Presidents Preview | Marilyn Denis | Gold Rush - The Dirt (N) 30 | Phineas ANT Farm | General Hospital (N) 30 | Bar Rescue (N) 30 | Feed-Bea. (N) 30 | |
| 12 PM | King | Noon News Hour (N) | Dino Dan | Charlie Rose (N) 30 | Paid Prog. | News | After the First 48 (N) 30 | The Chew (N) 30 | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) 30 | Parents | SportsNation (N) 30 | CTV News (N) 30 | Gold Rush (N) 30 | Wizards | Wingin' It (N) 30 | CityLine (N) 30 | Bar Rescue (N) 30 | Pitchin' In (N) 30 |
| 1 PM | Community | Days of our Lives (N) | Dragon | Oil Painting | Days of our Lives (N) | The Talk (N) 30 | The First 48 "Ditched" | General Hospital (N) 30 | Days of our Lives (N) | The Talk (N) 30 | Republic of Doyle (N) 30 | Rated A | That's Hockey 2 Nite | The Social (N) 30 | Highway Thru Hell | Wizards | Katie (N) 30 | Bar Rescue (N) 30 | Bizarro Foods/Zimmerman (N) 30 | |
| 2 PM | Seinfeld (N) 30 | The Middle | Big Bear | Barney | Katie (N) 30 | Let's Make a Deal (N) 30 | The First 48 (N) 30 | Queen Latifah | The Talk (N) 30 | Queen Latifah | Steven and Chris (N) 30 | Super Evil | Off Record | Dr. Phil (N) 30 | Flying Wild Alaska (N) 30 | Shake It ANT Farm | CityNews at 5 (N) 30 | Bar Rescue (N) 30 | Rock-RV Adam (N) 30 | |
| 3 PM | The Middle | Queen Latifah | Clifford | Sid | Ellen DeGeneres Show | Dr. Phil (N) 30 | The First 48 (N) 30 | Rachael Ray (N) 30 | Queen Latifah | Young & Restless | Recipes Stefano | Squirrel | SportsCentre (N) 30 | Bethenny (N) 30 | Mighty Planes (N) 30 | Jessie (N) 30 | CityNews at 6 (N) 30 | Bar Rescue (N) 30 | Eat St. (N) 30 | |
| 4 PM | Big Bang | Young & Restless | Maya Bee | Wild Kratts | Jdg Judy | The Dr. Oz Show (N) 30 | Duck D. | The Doctors (N) 30 | Young & Restless | Early News | Dragons' Den (N) 30 | SpongeBob | NHL Pre | Ellen DeGeneres Show | Daily Planet (N) 30 | Good Luck | Mod Fam | Bar Rescue (N) 30 | World's (N) 30 | |
| 5 PM | Browns | News (N) 30 | Martha | News | News | News | Duck D. | News | Early News | (4:59) News Hour (N) | News | Parents | NHL Hockey: Toronto Maple Leafs at Philadelphia Flyers. (N) | CTV News at Five (N) | Moonshiners (N) 30 | Phineas | Revolution (N) 30 | Bar Rescue (N) 30 | Feed-Bea. (N) 30 | |
| 6 PM | Browns | Global Nat | Frontiers of | PBS News-Hour (N) 30 | News | KREM 2 News at 6 (N) | Duck D. | News at 6 | (5:59) News Hour (N) | ET Canada | News | Sam & Cat | News | CTV News (N) 30 | High Tech Rednecks | Dog | Mod Fam | Bar Rescue (N) 30 | Burger (N) 30 | |
| 7 PM | Mod Fam | Ent | Waterfront Cities | Earthlight-Nat | Jeopardy! | Inside Ed. | Duck D. | Ent | Ent | Ironside "Pilot" (N) 30 | George S | ICarly (N) 30 | SportsCentre (N) (Live) 30 | etalk (N) | Tickle (N) | Shake It | Nashville (N) 30 | Bar Rescue (N) 30 | Bizarro Foods America (N) 30 | |
| 8 PM | Family Guy | Survivor (N) 30 | Hanging Coffin | NOVA (N) (DVS) | Revolution (N) 30 | Survivor (N) 30 | Bad Ink (N) | The Middle | Survivor (N) 30 | Survivor (N) 30 | Dragons' Den (N) 30 | Wipeout (N) 30 | Hockey | Arrow "Year One" (N) | Highway Thru Hell | Good Luck ANT Farm | CityNews-Tonight (N) | Bar Rescue (N) 30 | Pitchin' In (N) 30 | |
| 9 PM | Amer. Dad | Sean Save | Movie: *** "Ballets Russes" (2005) 30 | Quest-Maya | Law & Order: SVU | Criminal Minds (N) 30 | Duck D. | Mod Fam | Sean Save | Sean Save | Republic of Doyle (N) | Funnest Home Videos | Presidents Preview | Criminal Minds (N) 30 | Moonshiners (N) 30 | Wingin' It Really Me | Jimmy Kimmel Live (N) | Tattoo | Feed-Bea. (N) 30 | |
| 10 PM | "The Mexican" (2001) Brad Pitt | Ironsides "Pilot" (N) 30 | Life In Cold Blood (N) 30 | Ironsides "Pilot" (N) 30 | CSI: Crime Scene | Duck D. | Duck D. | Nashville (N) 30 | Ironsides "Pilot" (N) 30 | News Hour Final (N) | The National (N) 30 | The Middle Mr. Young | SportsCentre (N) 30 | CSI: Crime Scene | High Tech Rednecks | Good Luck Jessi (N) 30 | Maury (N) | Tattoo | Burger (N) 30 | |
| 11 PM | "Right Kill" | CHBC News Final (N) | Waterfront Cities | Charlie Rose (N) 30 | News | News | Duck D. | KXLY 4 | News Hour Final (N) | ET Canada | CBC News | Boys | SportsCentre 30 | News-Lisa | Tickle (N) | Wizards | Paid Prog. | Tattoo | Bizarro Foods America (N) 30 | |

Ride With the Posse!

MAKE IT AN EVENING WITH OUR TAILGATE PARTIES...

TAILGATE PARTY THIS FRIDAY - OCTOBER 4

FEATURING ROAST CHICKEN DINNER BY THOMASINA'S

Local free range beer chicken - roasted potatoes - roasted sweet potato - artisan sourdough baguette bread

UPCOMING TAILGATE PARTY SCHEDULE

SERVING FROM 5:45 - 6:45 PM ARENA PARKING LOT
MOVING TO ARENA MEZZANINE WHEN WEATHER GETS COLDER

SATURDAY, OCTOBER 5 - COOPER'S FOODS - SMOKIES - MAPLE LEAFS VS CANADIENS PRE-GAME

SATURDAY, OCTOBER 12 - PRINCETON GOLF COURSE - BBQ MEDLEY - WATCH H.N.I.C.

SATURDAY, OCTOBER 19 - BILLY'S RESTAURANT - BEEF DIP - LIONS VS RIDERS CFL PRE-GAME

FRIDAY, OCTOBER 25 - COCO'S BISTRO - PULLED PORK

SATURDAY, NOVEMBER 2 - PRINCETON POSSE - 4:00 PM SERVING, 5:00 PM FACE-OFF

FRIDAY, NOVEMBER 15 - THOMASINA'S



POSSE GAME BUS

RUNS EVERY FRIDAY & SATURDAY

2 RUNS, ONE FOR TAILGATE PARTY, THEN AGAIN FOR GAME. LEAVES ON RETURN RUN AFTER THE GAME FROM ARENA PARKING LOT. ALL PICK UPS AND DELIVERIES BY DONATION ONLY!

UPCOMING EVENTS

WATCH FOR...POST-GAME WITH THE POSSE

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This is a beautiful time in the Similkameen Valley and most spectacular in the Lower Similkameen where harvest time produces colourful varieties of such things as this bin full of squash. Photo: Tamara Malanchuk

Thursday Movies

EVENING

9:00 pm KNOW ch.5 "Reel Injun" (2009, Documentary) The evolution of First Nations people in film. (CC)
 9:30 pm WTBS ch.3 "The Score" (2001, Crime Drama) Robert De Niro. A master thief agrees to work with a volatile partner for one last heist before he retires.
 11:30 pm WTBS ch.3 "Scream 2"

(1997, Horror) David Arquette. A masked killer continues to pursue a California student and her friends at an Ohio college.

Similkameen News Leader

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THURSDAY, OCTOBER 3, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITY ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-------|---------------------------------|------------------------|-------------------------|----------------------|--|------------------------|------------------------|--------------------------|------------------------|-------------------------|----------------------|---------------------|--|-------------------------|-----------------------|--------------------|------------------------|-----------------------|----------------------|
| 6 AM | In the Heat of the Night | Morning News (N) | Wibbly Pig | Thomas | KHQ News 6AM (N) | KREM 2 Morning News | Criminal Minds | Morning Northwest | Morning News (N) | (5:00) Morning News (N) | CBC News Now (N) | Kid vs. Kat Rescue | SportsCentre | CTV Morning Live (N) | Don't Drive Here | Stella-Sam Phineas | CityLine (N) | Wildest Police Videos | Disaster |
| 7 AM | Law & Order: SVU | | Ella the EI | Arthur | Today Tiffani Thiessen; Zachary LeV. (N) | CBS This Morning (N) | Criminal Minds "Lo-Fi" | Good Morning America (N) | | | | Penguins | SportsCentre | | Pyros (DVS) | Shake It ANT Farm | Let's Make a Deal (N) | Wildest Police Videos | Adam |
| 8 AM | Law & Order: SVU | | Magic Bus | Curious | | | CSI: Miami | | | | | Pokémon | SportsCentre | | Airplane Repo | Jessie Wizards | The Price Is Right (N) | Wildest Police Videos | Eat St. (N) |
| 9 AM | Millionaire | Morning | Dragon | Super Why! | | The 700 Club | CSI: Miami "Caged" | Live! Kelly and Michael | Morning Huntley | The Doctors | Super Why! | Rescue | Golf: Presidents Cup, Day One. | Live! Kelly and Michael | Don't Drive Here | Little | Jdg Judy | Wildest Police Videos | World's |
| 10 AM | Divorce | The Doctors | Poppy Cat | Sesame Street (N) | | The Price Is Right (N) | Criminal Minds | The View | The Doctors | AnnaOlson | Bookaboo | Little Bear | From Dublin, Ohio. (N) (Live) | The View | How/Made | Never Land | The Chew | Wildest Police Videos | Rock-RV |
| 11 AM | Judge Alex | AnnaOlson | Rolle Polle | Tiger | Jdg Judy | Young & Restless | Criminal Minds | Paid Prog. | AnnaOlson | Noon News Hour (N) | The Nature of Things | To School | | Marilyn Denis | Pyros (DVS) | Phineas ANT Farm | General Hospital (N) | Wildest Police Videos | Extreme RVs (N) |
| 12 PM | King | Noon News Hour (N) | Dino Dan | Charlie Rose | Paid Prog. | News | The First 48 | The Chew | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) | Kid vs. Kat | | CTV News (N) | Moonshiners | Wizards | CityLine | Wildest Police Videos | Disaster |
| 1 PM | Community | Days of our Lives (N) | Dragon | Painting | Days of our Lives (N) | The Talk | The First 48 | General Hospital (N) | Days of our Lives (N) | The Talk | Republic of Doyle | Rated A | | The Social | High Tech Rednecks | Wizards | Katie (N) | Cops | Bizarro Foods/Zimmer |
| 2 PM | Seinfeld | The Talk | Big Bear | Barney | Katie (N) | Let's Make a Deal (N) | The First 48 | Queen Latifah | The Talk | Queen Latifah | Steven and Chris (N) | Super Evil | | Dr. Phil | Tickle | Shake It | CityNews at 5 (N) | Cops | Rock-RV |
| 3 PM | The Middle | Queen Latifah | Clifford | Sid | Ellen DeGeneres Show | Dr. Phil | The First 48 | Rachael Ray | Queen Latifah | Young & Restless | Recipes | Squirrel | SportsCentre (N) | Bethenny (N) | How-Made | Jessie | CityNews at 6 (N) | Cops | Eat St. (N) |
| 4 PM | Big Bang | Young & Restless | Maya Bee | Wild Kratts | Jdg Judy | The Dr. Oz Show | After the First 48 | The Doctors | Young & Restless | Early News | Dragons' Den | SpongeBob | NHL Hockey: Calgary Flames at Washington Capitals. (N) | Ellen DeGeneres Show | Daily Planet (N) | Jessie | Mod Fam | Cops | Disaster |
| 5 PM | Browns | News (N) | Martha | News | News | News | The First 48 | News | Early News | (4:59) News Hour (N) | News | Parents | Washington Capitals. (N) | CTV News at Five (N) | Fast N' Loud | Austin | Scandal (N) | Cops | Adam |
| 6 PM | Browns | Global Nat. | Waterfront Cities | PBS News-Hour (N) | News | KREM 2 News at 6 (N) | The First 48 (N) | News at 6 | (5:59) News Hour (N) | ET Canada | News | ICarly | NHL Pre | CTV News (N) | To Be Announced | Shake It | Crazy | IMPACT Wrestling (N) | Rock-RV |
| 7 PM | Mod Fam | Ent | Park | Is School Enough? | Jeopardy! | Inside Ed. | Beyond Scared Straight | Ent | Ent | Elementary (N) | George S | ICarly | NHL Hockey: Vancouver Canucks at San Jose Sharks. (N) | etalk (N) | Overhaulin' "Rustang" | Shake It | Scandal "It's Handled" | | Extreme RVs (N) |
| 8 PM | Family Guy | Welcome | Lost Kingdoms of | Father Brown | Parks | Big Bang | Beyond Scared Straight | Scandal (N) | Welcome | Welcome | The Nature of Things | Wipeout (N) | Canucks at San Jose Sharks. (N) | Big Bang | How-Made | Good Luck | CityNews-Tonight (N) | Glory | Disaster |
| 9 PM | Amer. Dad | Glee (N) (DVS) | Movie: "Reel Injun" | Foyle's War | Sean Save | Crazy | (9:01) The First 48 | Grey's Anatomy (N) | Glee (N) (DVS) | Glee (N) (DVS) | Doc Zone | Funnest Home Videos | | Grey's Anatomy (N) | Fast N' Loud | Wingin' It | Jimmy Kimmel Live (N) | Ink Master | Adam |
| 10 PM | "The Score" (2001, Crime Drama) | (10:01) Elementary (N) | Kinnagalt: Riding Light | The Bletchley Circle | (10:01) Parenthood (N) | (10:01) Elementary (N) | (10:01) The First 48 | Scandal "It's Handled" | (10:01) Elementary (N) | News Hour Final (N) | The National (N) | The Middle | SportsCentre (N) | Played "Drugs" | To Be Announced | Good Luck | Maury (N) | Tattoo | Rock-RV |
| 11 PM | "Scream 2" | CHBC News Final (N) | Park | Charlie Rose (N) | News | News | Beyond Scared Straight | KXLY 4 | News Hour Final (N) | ET Canada | CBC News | Boys | SportsCentre | News-Lisa | Overhaulin' "Rustang" | Wizards | EP Daily | Tattoo | Extreme RVs (N) |

Friday Movies

EVENING

8:00 pm YTV ch.18 "Looney Tunes: Back in Action" (2003, Comedy) Brendan Fraser. Live action/animated. Bugs Bunny tries to find Daffy Duck after the latter loses his job and travels to Las Vegas with a man. (In Stereo) (CC)

FAM ch.26 "Girl vs. Monster" (2012, Comedy) Olivia Holt. With help from her friends, a savvy teen must battle an immortal monster and her army. (In Stereo) (CC)

10:00 pm FAM ch.26 "Twitches" (2005, Fantasy) Tia Mowry. Reunited on their 21st birthday, twin sisters use their magic powers to save their kingdom from the forces of darkness. (In Stereo) (CC)

11:30 pm WTBS ch.3 "Witness Protection" (2008, Comedy) Larry the Cable Guy. A small-town lawman and the FBI witness that he has in custody grapple with crooked federal agents, quack doctors and Chicago high-society.

News Leader Recipe 581

Stuffed Portobello Mushrooms

(NC) – Until you combine olives, sundried tomatoes and pepperoni as a stuffing for your Portobello mushrooms, you are going to deprive your guests of a tantalizing taste sensation. Take a look at this allergen-free recipe, plus an equally delicious allergen-free salad idea, courtesy of Piller's Fine Foods:

Ingredients

- 2 Piller's Simply Free Pepperoni sticks, finely diced
- 4 medium Portobello mushrooms (stems removed)
- 10 ml (2 tsp.) vegetable oil
- 250 ml (1 cup) green onions, finely chopped
- 10 ml (2 tsp.) garlic, chopped
- 125 ml (1/2 cup) mushroom stems, finely chopped
- 125 ml (1/2 cup) red bell pepper, finely diced
- 44 ml (3 Tbsp.) black olives, chopped
- 10 ml (2 tsp.) olive oil

Directions

- Preheat oven to 450°F.
- Line a baking sheet with foil sprayed with vegetable oil.
- Remove stems from mushrooms and dice until you have 1/2 cup.
- Place mushroom caps on baking sheet and spray both sides with vegetable oil.
- Bake for 15 minutes or until tender.
- Meanwhile, heat a skillet with vegetable oil spray; add oil and sauté onions for 3 minutes.
- Add pepperoni and sauté for 3 minutes.
- Add garlic and mushroom stems and sauté for 3 minutes.
- Add bell peppers and olives; sauté for 2 minutes.
- Preheat oven to broil and spoon pepperoni filling over top mushroom caps.
- Sprinkle olive oil over top and broil for 1 minute just until topping browns. Serves 4.

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 Country Store, Hilltop Esso, Valu-Plus Foods, Pharmasave, Fas Gas

FRIDAY, OCTOBER 4, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITY ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-----------|----------------------------|------------------------|---------------------------|------------------------------------|--|---------------------------|------------------------|-----------------------------|---------------------------|---------------------------|------------------------------|---|--|---------------------------|-----------------------|--------------------------------|--------------------------|--------------------------------|---------------------------------|
| 6 AM :30 | In the Heat of the Night | Morning News (N) 30 | Wibbly Pig G. Shrinks | Builder Clifford | KHQ News 6AM (N) | KREM 2 Morning News | Beyond Scared Straight | Morning Northwest | Morning News (N) 30 | (5:00) Morning News (N) | CBC News Now (N) 0 Rescue | Kid vs. Kat Rescue | SportsCentre 30 | CTV Morning Live (N) 0 30 | Pyros "Istanbul" | Stella-Sam Phineas | CityLine (N) 30 | Deadliest Warrior | GoldMind GoldMind |
| 7 AM :30 | Law & Order: SVU | | Ella the EI PAW Patrol | Arthur Martha | Today Celebrity homes; the week that was; ticket to Hollywood. (N) 0 30 | CBS This Morning (N) 0 30 | Beyond Scared Straight | Good Morning America (N) 30 | | | Tiger Monster | Yu-Gi-Oh! T.U.F.F. | SportsCentre 30 | | Licence to Drill | Shake It ANT Farm | Let's Make a Deal (N) | Deadliest Warrior | Making Monsters (N) 0 |
| 8 AM :30 | Law & Order: SVU | | Magic Bus Dinosaur | Curious Cat in the Hat | | | Beyond Scared Straight | | | Morning Huntley | Bo On/Go Busytown | Pokémon Beyblade | SportsCentre 30 | | Canada's Worst Driver | Jessie 30 Wizards | The Price Is Right (N) | Deadliest Warrior | Eat St. 0 Eat St. 0 |
| 9 AM :30 | Millionaire Millionaire | Morning Huntley | Dragon Dinosaurs | Super Why! Dinosaur | | The 700 Club 0 30 | Beyond Scared Straight | Live! Kelly and Michael | Morning Huntley | The Doctors 0 30 | Super Why! Cat in the Hat | Rescue Mike | SportsCentre 30 | Live! Kelly and Michael | Fantom Works 30 | Little Manny | Jdg Judy | Deadliest Warrior | World's World's |
| 10 AM :30 | Divorce Divorce | The Doctors 0 30 | Poppy Cat Pajanimals | Sesame Street 0 (EI) | | The Price Is Right (N) | Beyond Scared Straight | The View 0 30 | The Doctors 0 30 | AnnaOlson Debt/Part | Bookaboo Doodlebop | Little Bear Berenstain | Golf: Presidents Cup, Day Two. From Dublin, Ohio. (N) (Live) 30 | The View 0 30 | How/Made How/Made | Never Land Sofia | The Chew 0 30 | Deadliest Warrior | The Dead Files (N) 30 |
| 11 AM :30 | Judge Alex Judge Alex | AnnaOlson Debt/Part | Rolie Polie Thomas | Tiger Sit & Be Fit | Jdg Judy Chica | Young & Restless | Beyond Scared Straight | Hate Hair? Focus T25 | AnnaOlson Debt/Part | Noon News Hour (N) | The Nature of Things | To School Squirrel | | Marilyn Denis | How-Made How-Made | Phineas ANT Farm | General Hospital (N) 0 | Deadliest Warrior | The Dead Files 0 30 |
| 12 PM :30 | King King | Noon News Hour (N) | Dino Dan Making | Charlie Rosa 0 30 | Paid Prog. Paid Prog. | News Bold | Beyond Scared Straight | The Chew 0 30 | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) 0 | Parents Sidekick | | CTV News (N) 0 30 | Fast N' Loud 0 30 | Wingin' It Wizards | CityLine 30 | Ways Die Ways Die | GoldMind GoldMind |
| 1 PM :30 | Community Community | Days of our Lives (N) | Dragon Pajanimals | Gary Spetz Scrapbook | Days of our Lives (N) | The Talk 0 30 | Beyond Scared Straight | General Hospital (N) 0 | Days of our Lives (N) | The Talk 0 30 | Republic of Doyle 0 | Rated A Monster | | The Social 0 30 | To Be Announced | Wizards Good Luck | Katie (N) 0 30 | Cops 30 Jail 30 | Bizarre Foods/Zimmerman Adam |
| 2 PM :30 | Seinfeld 0 The Middle | The Talk 0 30 | Big Bear PAW Patrol | Barney WordWorld | Katie (N) 0 30 | Let's Make a Deal (N) | Beyond Scared Straight | Queen Latifah | The Talk 0 30 | Queen Latifah | Steven and Chris (N) 0 | Super Evil Sidekick | | Dr. Phil 0 30 | Overhaulin' "Rustang" | Shake It ANT Farm | CityNews at 5 (N) 30 | Cops 30 Jail 30 | Rock-RV Adam |
| 3 PM :30 | The Middle Mod Fam | Queen Latifah | Clifford G. Shrinks | Sid WordGirl | Ellen DeGeneres Show | Dr. Phil 0 30 | Storage Storage | Rachael Ray 0 30 | Queen Latifah | Young & Restless | Recipes Stefano | Allen T.U.F.F. | SportsCentre (N) 30 | Bethenny (N) 0 30 | How/Made How/Made | Jessie 30 Austin | CityNews at 6 (N) 30 | Cops 30 Cops 30 | Eat St. 0 Eat St. 0 |
| 4 PM :30 | Big Bang Big Bang | Young & Restless | Maya Bee Arthur 0 | Wild Kratts Biz Kid\$ | Jdg Judy Jdg Judy | The Dr. Oz Show 30 | Storage Storage | The Doctors 0 30 | Young & Restless | Early News Global Nat. | Dragons' Den 0 30 | SpongeBob Kung Fu | CFL Football: Hamilton | Ellen DeGeneres Show | Daily Planet (N) | Phineas Dog | Mod Fam Mod Fam | Cops 30 Cops 30 | Weird or What? |
| 5 PM :30 | Browns Payne | News (N) 30 | Martha Wild Kratts | News Business | News NBC News | News CBS News | Storage Storage | News ABC News | Early News Global Nat. | (4:59) News Hour (N) | News News | Parents SpongeBob | Tiger-Cats at Toronto Argonauts. (Live) 30 | CTV News at Five (N) | To Be Announced | Liv-Mad. Good Luck | Murdoch Mysteries | Cops 30 Cops 30 | Making Monsters 30 |
| 6 PM :30 | Browns Payne | Global Nat. News | Park Voic Od | PBS News-Hour (N) 30 | News Millionaire | KREM 2 News at 6 (N) | Storage Storage | News at 6 News | (5:59) News Hour (N) | ET Canada Ent | News Mercer | SpongeBob SpongeBob | | CTV News (N) 0 30 | Highway Thru Hell | Good Luck Austin | The Middle Back in | Bellator MMA Live (N) 0 (Live) | The Dead Files 0 30 |
| 7 PM :30 | Mod Fam Seinfeld 0 | Ent ET Canada | Wild Coasts 30 Charlie | Wash Wheel | Jeopardy! Access H. | Inside Ed. Storage | Storage Storage | Ent Insider | Ent ET Canada | Bomb Girls 30 (DVS) | George S Coronation | SpongeBob SpongeBob | CFL Football: Saskatchewan | etalk (N) | Mayday 30 | Next Step Jessie 30 | Liquidator Liquidator | | The Dead Files 0 30 |
| 8 PM :30 | Family Guy Family Guy | Parenthood (N) 0 30 | Murder Myster. | Last Tango in Halifax | Fox Show Sean Save | Undercover Boss (N) 0 | Storage Storage | Last Man Neighbors | Parenthood (N) 0 30 | Parenthood (N) 0 30 | M'ketplace Mercer | Movie: **½ "Looney Tunes: Back in Action" | Roughriders at BC Lions. (Live) 30 | MasterChef (N) 0 | Mayday "Dead-Tired" | Movie: **½ "Girl vs. Monster" | CityNews-Tonight (N) | Bellator MMA Live 0 | Weird or What? |
| 9 PM :30 | Amer. Dad Movie | Hawaii Five-0 (N) 30 | George Genly 0 30 | Great Performances Rebels | Dateline NBC (N) 0 30 | Hawaii Five-0 (N) 30 | Storage Storage | Shark Tank (N) 0 30 | Hawaii Five-0 (N) 30 | Hawaii Five-0 (N) 30 | the fifth estate 0 30 | | | Orphan Black 0 | Highway Thru Hell | | Jimmy Kimmel Live 0 | Making Monsters 30 | |
| 10 PM :30 | | Bomb Girls 30 (DVS) | Italian Job | continue to plot insurrection. (N) | | Blue Bloods (N) 0 30 | Storage Storage | (10:01) 20/20 (N) 30 | Bomb Girls 30 (DVS) | News Hour Final (N) | The National (N) 30 | Boys Mr. Young | Formula One Racing | Blue Bloods (N) 0 30 | Sons of Guns 0 30 | Movie: *** "Twitches" (2005) 0 | Maury (N) 0 30 | Ways Die Ways Die | The Dead Files 0 30 |
| 11 PM :30 | "Witness" | CHBC News Final (N) | Architects of Change | Well Read | Jay Leno | Letterman | Storage | KXLY 4 | News Hour Final (N) | ET Canada The Test | CBC News George S | Boys Splatalot | SportsCentre (N) 30 | News-Lisa CTV News | Mayday 30 | Princess | Paid Prog. | Ways Die | The Dead Files 0 30 |

News Leader Weekend - Sunday Movies

MORNING

7:00 am A&E ch.9 "The Bucket List" (2007, Comedy-Drama) Jack Nicholson. Two terminally ill men leave their hospital ward and set out to complete a list of things they want to do before they die. (CC)
8:00 am WTBS ch.3 "Yes Man"

(2008, Comedy) Jim Carrey. After attending a self-help seminar, a negative-thinking man brings about an amazing change in his life by saying yes to everything.
10:00 am WTBS ch.3 "The Water Horse" (2007, Fantasy) Emily Watson. A lonely boy finds the egg of a mythical Scottish sea creature.

AFTERNOON

12:00 pm WTBS ch.3 "The Tailor of Panama" (2001, Suspense) Pierce Brosnan. In Panama an unprincipled spy enlists a tailor to gather information about the canal for the British government, but the details soon become lies.
FAM ch.26 "Halloweentown II: Kalabar's Revenge" (2001, Fantasy) Debbie Reynolds. Two witches try to stop a villain who wants to permanently transform trick-or-treaters into their costume characters. (In Stereo) (CC)
1:30 pm YTV ch.18 "Inkheart" (2009, Adventure) Brendan Fraser. A man with the ability to bring storybook characters to life accidentally summons one of the most-evil beings in literature. (In Stereo) (CC)
2:00 pm CITV ch.12 "How Do You Know" (2010, Romance-Comedy) Reese Witherspoon. A woman ponders the meaning of love when she becomes caught

in a romantic triangle with a professional ballplayer and a man on the hook for stock fraud. (CC)
3:00 pm CHBC ch.4 BCTV ch.11 "How Do You Know" (2010, Romance-Comedy) Reese Witherspoon. A woman ponders the meaning of love when she becomes caught in a romantic triangle with a professional ballplayer and a man on the hook for stock fraud. (CC)
4:00 pm YTV ch.18 "Journey to the Center of the Earth" (2008, Adventure) Brendan Fraser. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface. (In Stereo) (CC)
5:00 pm CBC ch.13 "Mars Needs Moms" (2011, Comedy) Voices of Seth Green. Animated. After Martians kidnap his mother, a 9-year-old boy joins forces with a tech-savvy human and a rebel Martian to rescue her. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Sherlock Holmes" (2009, Action) Robert Downey Jr. The resourceful detective and his astute partner, Dr. Watson, meet a powerful criminal, a devotee of black magic who arises from his grave.
YTV ch.18 "The Last Mimzy" (2007, Fantasy) Joely Richardson. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a box of strange toys. (In Stereo) (CC)
9:00 pm FAM ch.26 "Don't Look Under the Bed" (1999, Fantasy) Erin Chambers. A logical girl must accept help from an imaginary friend to defeat a boogeyman that is framing her for community pranks. (In Stereo) (CC)
10:30 pm WTBS ch.3 "Beyond a Reasonable Doubt" (2009, Drama) Jesse Metcalfe. A journalist's plan to expose a corrupt district attorney backfires when the journalist's quarry gets wind of the set-up.
10:33 pm FAM ch.26 "The Scream Team" (2002, Comedy) Tommy Davidson. Three ghosts try to help two children after an angry spirit refuses to let their grandfather rest in peace. (In Stereo) (CC)

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SUNDAY, OCTOBER 6, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | 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 | 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! | Sidekick | English Premier League | Canada AM Weekend | Bering Sea Gold | Slug Terra | R Schuller | Xtreme 4x4 | Fishful |
| 6:30 | Cooltest | Smile | Thomas | Signing | Today (N) | Paid Prog. | Criminal Minds | Paid Prog. | Smile | Sunday Morning News (N) | Poko | Super Evil | Premier League Soccer | App | Swim-Monsters | Wingin' It | ChurchRck | Horse. | Paid Prog. |
| 7 AM | P. Affairs | Sunday Morning News (N) | Rolie Polie | Barney | KHQ News | CBS News Sunday Morning (N) | Movie: ** "The Bucket List" (2007) | Good Morning America | Sunday Morning News (N) | | Animal | Squirrel | Soccer | | | Gravity | Eye/Asia | Trucks! | Sunset |
| 7:30 | All. Eats | | Upside | Clifford | Invest | | | This Week | | | Artzooka | Pet Shop | Sports | The Social | | Phineas | Dharti | Restore | Daze |
| 8 AM | Movie: ** "Yes Man" (2008) Jim Carrey. | | Ella the El | Curious | Meet the Press (N) | The Nation | | | | | Coronation | Pet Shop | Score Golf Television | Question Period (N) | Swim-Monsters | Phineas | Pakistan | Bar Rescue | The Dead Files |
| 8:30 | | | PAW Patrol | Cat in the Hat | | | | | | | Coronation | T.U.F.F. | | | | Dog | Festival Italiano di Johnny Lombardi (In Italian) | Bar Rescue | The Dead Files |
| 9 AM | | | Dino Dan | DragonFly | 2013 Presidents Cup: Final Day. | The NFL Today (N) | Barter Kings | Christian Muslim | | Block | Coronation | SpongeBob | Golf: Presidents Cup, Day Four. | Operation Smile | Moonshiners | Good Luck Liv-Mad. | | Bar Rescue | The Dead Files |
| 9:30 | | | Arthur | The Impact | | | | | | Context | Coronation | SpongeBob | | | | | | Bar Rescue | The Dead Files |
| 10 AM | Movie: ** "The Water Horse" (2007) | Block | Wild Kratts | Inside Olympia | From Muirfield Village Golf Club in Dublin, Ohio. (N) | NFL Football: Regional Coverage. (N) (Live) | Barter Kings | Paid Prog. | Block | J. Osteen | Coronation | Parents | From Dublin, Ohio. (N) (Live) | NFL Football (N) (Live) | Highway Thru Hell | ANT Farm | | Bar Rescue | The Dead Files |
| 10:30 | | Context | Little | Inside | | | Barter Kings | Paid Prog. | J. Osteen | 16x9 | M'ketchup | Monsters | | Bering Sea Gold | Austin | Shopping Channel | Bar Rescue | The Dead Files | |
| 11 AM | | J. Osteen | Marco Polo | Europe Jml | | | Barter Kings | Hollywood | Jeremiah | | Absolutely Vancouver | The Legend of Korra | | | Shake It | | Bar Rescue | The Dead Files | |
| 11:30 | | Jeremiah | | | | | Storage | Hometime | News Hour | Moves | Land/ Sea | Sam & Cat | | Don't Drive Here | "Halloweentown II: Revenge" | Travels | Bar Rescue | The Dead Files | |
| 12 PM | Movie: ** "The Tailor of Panama" (2001) | News Hour | Dogs | Moyers & Company | | | Storage | XTERRA Adventures | Gridiron | Simpsons | One/One | Big Time | | SportsCentre (N) | River Monsters | Phineas | NFL Football | Bar Rescue | Rock-RV |
| 12:30 | | Gridiron | Dogs/Jobs | | | | Storage | | Moves | Simpsons | Q With Jian Ghomeshi | Mr. Young | | Worst Handyman | Backyard | Gravity | | Bar Rescue | Making Monsters |
| 1 PM | | Moves | Can. Rivers | Life in Cold Blood | | | Storage | | Moves | Simpsons | | Movie: ** "Inkheart" (2009) Brendan Fraser. | | Backyard | Backyard | ANT Farm | | Bar Rescue | Rock-RV |
| 1:30 | | Simpsons | Can. Rivers | | | | Storage | | Moves | Simpsons | | | | Backyard | Backyard | ANT Farm | | Bar Rescue | Rock-RV |
| 2 PM | King | Simpsons | Park | The Real McCoy | | (1:25) NFL Football: Regional Coverage. (N) (Live) | Storage | Extreme Weight Loss "Mer-edith" | Simpsons | Movie: ** "How Do You Know" (2010) | The Nature of Things | | SportsCentre (N) | First Story | Cash Cab | Good Luck | | Bar Rescue | Places |
| 2:30 | King | Simpsons | Voic Od | | | | Storage | | Simpsons | Movie: ** "How Do You Know" (2010) Reese Witherspoon. | Battle of the Blades "Performance One" | | Worst Handyman | First Story | Cash Cab | Next Step | | Bar Rescue | Places |
| 3 PM | Big Bang | Movie: ** "How Do You Know" (2010) Reese Witherspoon. | Hope for Wildlife | Is School Enough? | Joint Help | | Storage | | Simpsons | Global Nat. | | Movie: ** "Journey to the Center of the Earth" | SportsCentre (N) | First Story | Cash Cab | Next Step | | Bar Rescue | Places |
| 3:30 | Big Bang | | | | Paid Prog. | | Storage | | Simpsons | (4:59) News Hour (N) | Movie: ** "Mars Needs Moms" (2011) | | Football Night/ America | Corner Gas | Daily Planet | Jessie | | Bar Rescue | Mysteries-Museum |
| 4 PM | Big Bang | | The Frank-Intense Trail | Divine Women | Football Night In America (N) | | Storage | | Simpsons | | | Movie: ** "The Last Mimzy" (2007) Joely Richardson. | Football Night/ America | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 4:30 | Big Bang | | | | | | Storage | | Simpsons | | | | (5:15) NFL Football: Houston Texans at San Francisco 49ers. (N) (Live) | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 5 PM | Mod Fam | News | Civilization-History? | Lark Rise to Candleford | (5:20) NFL Football: Houston Texans at San Francisco 49ers. (N) | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 5:30 | Mod Fam | News | | | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 6 PM | Movie: ** "Sherlock Holmes" (2009, Action) Jude Law | Global Nat. | Park | Doc Martin "Movement" | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 6:30 | | News | Voic Od | | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 7 PM | | Security | Inside the Pod | Last Tango In Halifax | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 7:30 | | We-Men | | | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 8 PM | | Simpsons | Born and Bred | Masterpiece Classic "The Paradise" | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 8:30 | Seinfeld | Burgers | | | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 9 PM | The Closer | Family Guy | Datziel and Pascoe | | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 9:30 | | Amer. Dad | | | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 10 PM | Seinfeld | The Good Wife (N) | Datziel and Pascoe | Scott & Bailey | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 10:30 | | | | | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 11 PM | | News Final | Prehistoric Hunters | Land Girls | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |
| 11:30 | | Block | | | | | Storage | | Simpsons | | | | | Corner Gas | Daily Planet | Dog | Storage | Bar Rescue | Mysteries-Museum |

Work continues at Swan Lake

by Janis Wright, VFFN

As most of you know, the Vermilion Forks Field Naturalists was formed in November of 1991. Shortly thereafter we began a dialogue with the Ministry of the Environment to have the Swan Lake area declared a sanctuary for wildlife. It took until 1998, after

various studies were completed, that VFFN partnered with the Ministry of Environment to develop a program of habitat restoration, and study of wildlife, especially birds, the vegetation and how to control the spread of noxious weeds, such as knapweed.

The VFFN at that time had a

small arrangement, connected to work with MOE on a voluntary basis – which continues to this day. Our first grant from the Habitat Conservation Trust Foundation helped us to start the process of repairing fencing, cleanup of noxious weeds and the building of our first bird blind. Almost instantly it

became a focal point for visitors to the area.

We gradually developed a plan and were lucky to have the ongoing support from MOE and from the Habitat Conservation Trust Foundation, who supported us with grants. Our knowledge of the 57-hectare Swan Lake wildlife viewing and habitat conservation area grew, and throughout the years visitors from Princeton, other areas and from abroad (Chamber of Commerce) have commented how much they enjoyed time spent at Swan Lake, and many continue to visit.

There is much more I could talk

about but we are now into our fourth chapter of ongoing "development," as we have been so very fortunate to have received our fourth grant and can go ahead with our plans. The building of an information kiosk, signage of the self-guiding nature trail and continuing maintenance of the area are important for the future survival of Swan Lake. That we can do this, is due to the ongoing support from our members and community to continue the work, the support of MOE and the Foundation.

My thanks go to all of the above and I hope this support will continue for many more years.



Monday Movies

EVENING

9:30 pm WTBS ch.3 "Bedtime Stories" (2008, Comedy) Adam Sandler. A hotel handyman tries to make the most of the situation when he learns that the outlandish tales he tells his niece and nephew are com-

ing true.

11:30 pm WTBS ch.3 "Along Came a Spider" (2001, Mystery) Morgan Freeman. A detective and a Secret Service agent investigate the abduction of a senator's daughter from a school.



PrincetonBCNews

MONDAY, OCTOBER 7, 2013

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITY ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-------|----------------------------------|---------------------------|----------------------|----------------------------------|--|-------------------------|-----------------------|---|---------------------------|--------------------------|----------------------------|--------------------|--|-------------------------|-----------------------|------------------------|-------------------------|---------------------|-------------------------|
| 6 AM | In the Heat of the Night | Morning News (N) 22 | Wibbly Pig | Builder | KHQ News 6AM (N) | KREM 2 Morning News | Criminal Minds 2 22 | Morning Northwest | Morning News (N) 22 | (5:00) Morning News (N) | CBC News Now (N) 22 | Kid vs. Kat Rescue | SportsCentre 22 | CTV Morning Live (N) 22 | Highway Thru Hell | Stella-Sam Phineas | CityLine (N) 22 | CSI: Crime Scene | Sunset Daze 22 |
| 7 AM | Law & Order: SVU | | Ella the EI | Arthur | Today (N) 22 | CBS This Morning (N) 22 | Criminal Minds 2 22 | Good Morning America (N) 22 | | | Tiger | Penguins | SportsCentre 22 | | Salvage Hunters 22 | Shake It | Let's Make a Deal (N) | CSI: Crime Scene | Live Here |
| 8 AM | Law & Order: SVU | | PAW Patrol | Martha | | | | | | | Monster | T.U.F.F. | | | ANT Farm | | | | Live Here |
| 9 AM | Millionaire | Morning | Dragon | Peg and Cat 22 (DVS) | | | | | | | Bo On/Go | Pokémon | SportsCentre 22 | Final Offer 22 | Jessie 22 | The Price Is Right (N) | CSI: Crime Scene | Eat St. 22 | |
| 10 AM | Divorce | The Doctors 22 (N) | Poppy Cat | Sesame Street 22 (EI) | | | | | | | Busytown | Beyblade | | | Wizards | | | | Eat St. 22 |
| 11 AM | Judge Alex | AnnaOlson | Rolie Polie | Tiger | Jdg Judy | Young & Restless | Criminal Minds 2 22 | Paid Prog. | AnnaOlson | Noon News Hour (N) | Absolutely Vancouver | To School | Engraved on a Nation | Marilyn Denis | Auction | Phineas | General Hospital (N) 22 | Ink Master 22 (N) | Hotel Impossible (N) 22 |
| 12 PM | King | Noon News Hour (N) | Dino Dan | Charlie Rose 22 (EI) | Paid Prog. | News | The First 48 22 | The Chew 22 (N) | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) 22 | Parents | To Be Announced | CTV News (N) 22 | Junk Raiders | Wingin' It | CityLine 22 | Ink Master 22 (N) | Security |
| 1 PM | Community | Days of our Lives (N) | Dragon | Paint This | Days of our Lives (N) | The Talk 22 (N) | The First 48 22 | General Hospital (N) 22 | Days of our Lives (N) | The Talk 22 (N) | Republic of Doyle 22 | Rated A | NFL Live (N) 22 | The Social 22 (N) | Mayday "Cold Case" | Wizards | Katie 22 (N) | Ink Master 22 (N) | Bizarro Foods/Zimmer |
| 2 PM | Seinfeld 22 (N) | The Talk 22 (N) | Big Bear | Thomas | Katie 22 (N) | Let's Make a Deal (N) | After the First 48 22 | Queen Latifah | The Talk 22 (N) | Queen Latifah | Steven and Chris (N) 22 | Super Evil | Off Record | Dr. Phil 22 (N) | Myth-Busters 22 (N) | Shake It | CityNews at 5 (N) 22 | Ink Master 22 (N) | Extreme Towns 22 (N) |
| 3 PM | The Middle | Queen Latifah | Clifford | Sid | Ellen DeGeneres Show | Dr. Phil 22 (N) | Storage | Rachael Ray 22 (N) | Queen Latifah | Young & Restless | Recipes | Squirrel | Sports | Bethenny 22 (N) | Canada's Worst Driver | Jessie 22 | CityNews at 5 (N) 22 | Ink Master 22 (N) | Eat St. 22 (N) |
| 4 PM | Big Bang | Young & Restless | Maya Bee | Peg and Cat 22 (DVS) | Jdg Judy | The Dr. Oz Show 22 | Storage | The Doctors 22 (N) | Young & Restless | Early News Global Nat. | Dragons' Den 22 (N) | SpongeBob | To Be Announced | Ellen DeGeneres Show | Daily Planet (N) | Austin | Mod Fam | Ink Master 22 (N) | Security |
| 5 PM | Browns | News (N) 22 | Martha | News | News | News | Bad Ink | News | Early News Global Nat. | (4:59) News Hour (N) | News | Parents | CTV News at Five (N) | Airplane Repo (N) 22 | ANT Farm | How I Met | Ink Master 22 (N) | Trip Flip | |
| 6 PM | Browns | Global Nat. | Animals | PBS News-Hour (N) 22 | News | KREM 2 News at 6 (N) | Bad Ink | News at 6 | (5:59) News Hour (N) | ET Canada | News | Sam & Cat | NFL Football: New York Jets at Atlanta Falcons (N) (Live) 22 | CTV News (N) 22 | Amish Mafia | Jessie 22 | Broke Girl | Ink Master 22 (N) | Airport |
| 7 PM | Mod Fam | Ent | Hope for Wildlife 22 | The Café | Jeopardy! | Inside Ed. | Bad Ink | Ent | Ent | (7:01) The Blacklist (N) | George S | Hathaways | etalk (N) | Amish Mafia (N) 22 | Shake It | The Project: Guatemala | Ink Master 22 (N) | Hotel Impossible 22 | |
| 8 PM | Family Guy | Bones (N) 22 (N) | King George and | Antiques Roadshow | The Voice The blind auditions continue. (N) 22 | How I Met | Bad Ink | Dancing With the Stars (N) Same-day Tape 22 | Bones (N) 22 (N) | Bones (N) 22 (N) | Murdoch Mysteries (N) | Wipeout (N) 22 (N) | The Voice The blind auditions continue. (N) 22 | Airplane Repo 22 | Good Luck | CityNews-Tonight (N) | Ink Master 22 (N) | Moves | |
| 9 PM | Amer. Dad | Sleepy Hollow (N) 22 | Devil Horns | Genealogy Roadshow | | Broke Girl | Bad Ink | Mom (N) | Sleepy Hollow (N) 22 | Sleepy Hollow (N) 22 | Cracked "The Price" 22 (N) | Wendell | Wendell | Amish Mafia | Wingin' It | Jimmy Kimmel Live (N) | Glory | Trip Flip | |
| 10 PM | "Bedtime Stories" (2008, Comedy) | (10:01) The Blacklist (N) | Architects of Change | POV "Brooklyn Castle" (N) 22 (N) | (10:01) The Blacklist (N) | Hostages (N) 22 (N) | Bad Ink | (10:01) Castle (N) 22 (N) | (10:01) The Blacklist (N) | News Hour Final (N) | The National (N) 22 | The Middle | SportsCentre 22 | Hostages (N) 22 (N) | Amish Mafia 22 (N) | Good Luck | Maury 22 (N) | Jail 22 | Airport |
| 11 PM | "Along" | CHBC News Final (N) | Hope for Wildlife 22 | Well Read | Jay Leno | Letterman | Bad Ink | KXLY 4 | News Hour Final (N) | ET Canada | George S | Splatshot | Boys | News-Lisa | Wizards | Paid Prog. | Jail 22 | Hotel Impossible 22 | |

Hikers Visit White Sands Beach

Vermilion Forks Field Naturalists

by Janis Wright, VFFN

Nine naturalists, together with assorted family members, walked or cycled the KVR trail from Coalmont to White Sands Beach and back again on September 21. It was a jovial group that made its way along the trail, stopping from time to time to listen to Ed Staples' interesting, educational briefs on historical aspects of the area, such as Granite Creek and its halcyon days after the 1885 gold rush.

We spotted a Hooded Merganser, breathed in the fresh, cool air of the last day of summer, basked in the intermittent sunshine, and gloried in the beauty of the Tulameen River, complemented by the colourful leaves of the deciduous trees.

Later we lingered at White Sands, refreshing ourselves with food and drink, while the dogs played in the water and Ed fished (successful-

ly!) upstream. Ranging in age from 9 to 90, we straggled back to our starting point in groups of 2 or 3, content with yet another com-

panionable outdoor trek.

Our next field trip will be a moderate hike up Darcy Mountain on Sunday, October 6. Please confirm

with Doug Rebagliati at 250-295-6778.

Our next meeting will feature guest speaker Dennis St. John

with a presentation on "Monarchs and other Butterflies." Please join us at Riverside Centre, 7:00 PM on Tuesday, October 8.



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Tulameen River Spill

Coalmont Energy Corporation

Here are the latest updates from CEC regarding the tailings spill in August near Collins Gulch...

September 23, 2013

CEC Community Update

Coalmont Energy Corp. and Triton Environmental Consultants have been in discussions with Ministry of Environment staff regarding the September 8 Action Plan. After a review and follow up discussions with Triton, the Ministry of Environment approved the Action Plan.

As part of the Action Plan, Polaris Applied Science, one of the lead-

ing expert firms in North America on shoreline cleanup techniques, has recommended that the silt in Collins Gulch that has been captured behind the temporary silt control dams, silt fences, and in locations along the gulch be removed using vacuum trucks. This work is scheduled to take place on September 23. Polaris' analysis of the Tulameen River identified the extent of the impacted area to be 580 metres from the confluence of Collins Gulch. They further identified that the sediment has already experienced significant

effects from water movement and that "natural dispersion processes are active". It is their further recommendation that the sediment is "best left to the processes of natural attenuation".

Triton staff continues field analysis at numerous locations along Collins Gulch and the Tulameen and Similkameen Rivers collecting various water, fish, soil, and habit samples. It is expected that field work will continue over the next few weeks while laboratory tests are being conducted and results coming back over the next few months. The Environmental Impact Assessment is extremely comprehensive and testing and analysis will continue into the fall of 2014.

Coalmont has worked closely with the Ministry of Energy and Mines to address the concerns identified by the Chief Inspector of Mines. Eight orders were issued by the Chief Inspector, including a

professional engineer's review of the water impoundment structures and an investigation study into the events leading up to the spill event. Coalmont began working on these items immediately and provided the Chief Inspector with reports and various other required documents. Ministry of Energy and Mines staff reviewed the submitted documentation, requested some clarification and additional information, and will be conducting a site visit this week and has advised Coalmont Energy Corp. that the submitted documents comply in most respects to the intent of the Orders. Coalmont Energy Corp. is anticipating Ministry of Energy and Mines approval for re-start of operations this week and once that approval is received Coalmont will be able to finalize the requirements for the resumption of full mine operations.

Coalmont is committed in its efforts to work effectively and col-

laboratively with provincial ministries, local community members, First Nations, and all other stakeholder groups.

September 25, 2013

CEC Community Update

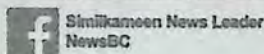
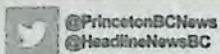
The Chief Inspector of Mines has advised Coalmont Energy Corp. that the Stop Work Order for the Basin Coal Mine has been lifted.

On Tuesday, September 24 representatives of the Ministry of Energy and Mines completed a site visit to review the work completed with respect to the Chief Inspector's Orders. As a result of the various submitted engineering reports and other required documentation as well as the Ministry staff's confirmation of work completed, the Stop Work Order has been lifted.

Coalmont Energy Corp. is in the process of recalling employees and focusing efforts on getting the mine back into full production.

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Services



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

SPEECH-LANGUAGE ASSISTANT

School District No. 58 is accepting applications for a Speech-Language Assistant for Merritt schools. This is a temporary position for 5 hours per day, school days only for the period October 21, 2013 to June 27, 2014.

Qualifications and salary will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

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

For a complete listing of the duties, responsibilities, qualifications and experience required for the position, please refer to the district's website www.sd58.bc.ca, under Jobs, Support Positions, and Current Job Opportunities (Job Code #407488). Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC or on-line at www.sd58.bc.ca, click on Job/Support Positions and search under 'Current Job Opportunities' and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until **October 11, 2013**.

Please forward to:

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

Only those applicants being interviewed will be contacted.

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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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 22

newsbc.ca

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13 cubic foot chest freezer in great working condition. Asking \$100.00 OBO. Sony Wega 27-inch TV also in great working order. Asking \$75.00. Call 250-295-0194. Oct 01-15

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News Leader Classifieds
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| Large Chalet - Main and Loft | 1,800 + \$250 |
| Large Chalet - Lower 2-Bedroom | 1,000 + \$200 |
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| House on Lake - Lower 2-Bedroom | 1,000 + \$200 |

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

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BCAS presents awards

..... continued from Front Page Superintendent Ian Fitzpatrick.

"It's important to remember that CPR saves lives, and the more we encourage everyone to be trained in CPR, the greater the chances of sav-

ing lives."

The BCAS Vital Link Award was presented to Matthew and Sharon Sawin at Princeton Tire September 26th. BCAS presents the Vital Link Award to recognize members of the

public who save a life and to raise awareness of the importance of CPR. A cardiac arrest victim is four times more likely to survive if they receive CPR from a bystander. However, in approximately 85 per cent of all cardiac arrest cases, this basic procedure is not performed.

BC Ambulance Service attends between 2,400-2,800 cardiac arrest calls each year. Fewer than 12 per cent of people who have a cardiac arrest survive.

BCAS operates under the authority of BC Emergency Health Services (BCEHS) to provide residents and healthcare professionals with access to pre-hospital emergency and patient transfer services. BCAS is recruiting paramedics in many rural communities throughout the province. Visit www.bcas.ca for more information about employment opportunities.

...Your Turn

Letters to The Editor

To The Editor;
Thank you!

We from Princeton Tire would like to thank Ian Fitzpatrick Superintendent of South Okanagan Ambulance Service along with the Princeton Ambulance Service for the Vital Link Awards and Certificates presented to us at the Shop September 26, 2013.

Also a very special thank you to Sandra Lewis for being in the right place at the right time. Sandra is one remarkable lady.

A person never realizes how important CPR is until you are faced with a life and death emergency.

Thank you again,
The Sawin Family, Princeton

To The Editor;

I want the community of Princeton to know I am collecting bottles and donations for the O'Conner family from Oliver, who lost everything in the motorhome fire including their 8 year old son Cody.

There are three ways of donating, you can call me to come collect bottles, you can go to the Royal Bank and ask to deposit money in

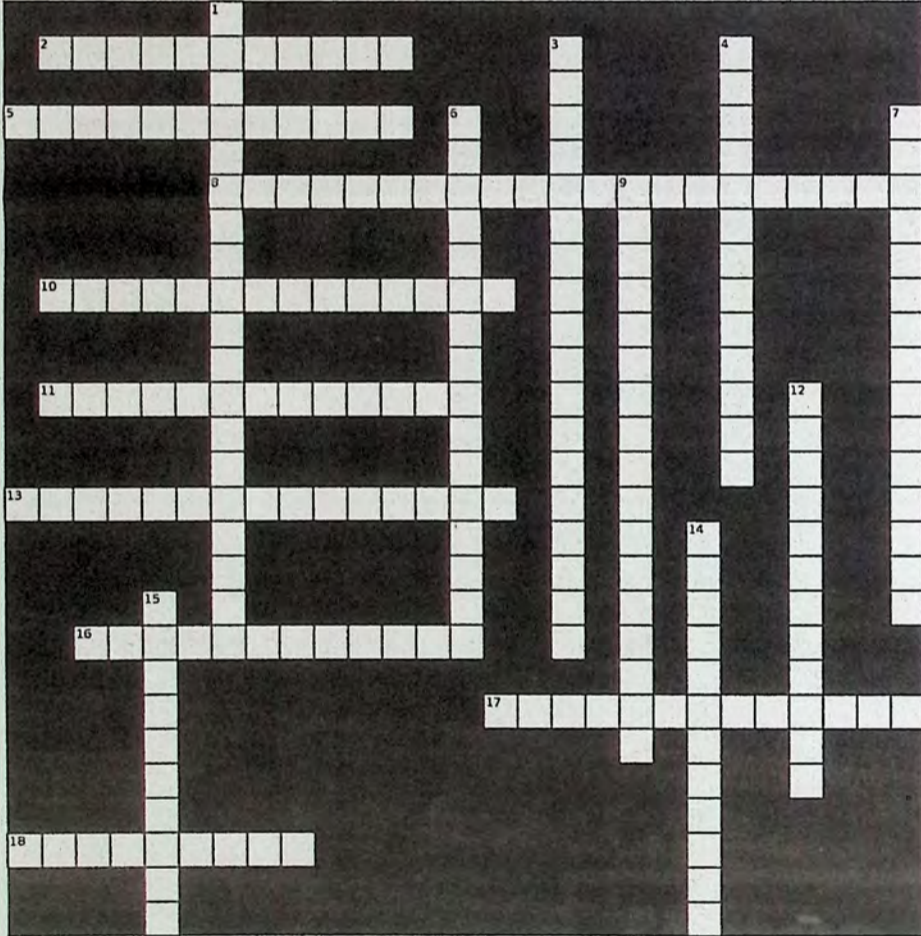
the Cody O'Conner Family Trust Acct. #04080-003-5000567 or you can go online and donate through the Sharespring account by going to <http://www.sharespring.ca/campaigns/cody-o-conner-support-fund> this family so needs our help. Please donate.

My phone number is 250-293-1155.
- Angela Millar, Princeton

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Similkameen **News Leader Puzzler**
Use the September 24 News Leader to find Answers Below...



| | | | |
|----|---|----|--|
| 2 | Who won Whitecaps Tickets in a Posse Raffle? | 1 | The 'PX' in PXA. |
| 5 | Name the Princeton Kokanee Swim Coach. | 3 | According to a headline, what did the Posse lose? |
| 8 | The 'XA' in PXA. | 4 | Name the Arts Council Treasurer. |
| 10 | "Weekly. Independent." | 6 | The 'PG' in PGH. |
| 11 | Her smiling face appears on Page 4. | 7 | The 'GH' in PGH. |
| 13 | Who was elected Arts Council President? | 9 | The Keremeos Peppercorn is called this. |
| 16 | Name the Arts Council Secretary. | 12 | He won the Laurie Currie Junior Golf Championship. |
| 17 | The 'headliners' at the Keremeos Pepper Festival. | 14 | According to a headline, what is the PXA hurrying? |
| 18 | Name the PXA Vice President. | 15 | Name the PXA President. |

Similkameen **News Leader** PUZZLER #143
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Big or small, Argo gets it all! This Argo Road Maintenance worker was dispatched September 24th to remove some unwanted graffiti. The marks appeared on the road sign westbound from the intersection of Highways 3A and 97. "I wonder if he does windows?" Photo: Arlene Arlow

Council hears Kokanee progress

Sharon Anderson, on behalf of Kokanee Summer Swim Club, made a presentation to Town Council on September 23.

She reviewed the past season of activity of the 66 member club and parents of the young people. Kokanee Swim Club is now the largest youth fitness organization in Princeton.

The club has focused on training, coaching, sportsmanship, fun activities, family events, and opportunities to compete in meets. Princeton is unable to host sanctioned meets due to the inadequate length of Centennial Pool and the narrow

lanes, but can host unsanctioned meets. Club members can compete in sanctioned meets in other communities, and have done very well in those meets both regionally and provincially.

Anderson credited parent involvement with keeping costs low, as well as support from local businesses. As an example, she pointed out that Copper Creek Ranch sponsored team jackets.

Problems the club faces include a short season, although many members did go to Merritt six times last winter, inadequate pool size, loss of grant funding, an aging facility, and

the need for more early evening time.

Mayor Frank Armitage told the club he had appealed to Premier Christy Clark for all available funding for a pool. He thanked the parents and coaches for doing a great job.

Councillor Marilyn Harkness congratulated the executive and parents for excellent leadership. Councillors Doug Pateman and Kim Maynard added praise for the club. It was clear that Council would like to have funds for a new swimming pool, but is reluctant to go to another referendum.

Agricultural Fair

Junior Fair Winners

JUNIOR FAIR HANDICRAFTS CONTINUED from Last Week...

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

Bead work
Age 0-5 1. Mary Elizabeth Bond 2. Hunter Clements Age 6-9 1. Tyler Clements 2. Nicholas Lankinen 3. Maddy Fulton Age 10-13 1. Chloe Jantunen 2. Cameron Lankinen 3. Abbegeael Fulton

Hobby Display
Age 0-5 1. Tauren Bond 3. Hunter Clements Age 6-9 1. Lacey Baird/Tyler Clements 2. Nicholas Lankinen/Marcus Fulton 3. Andrew Graves Age 10-13 1. Piper Manning

Collection
Age 0-5 1. Tauren Bond 2. Mary Elizabeth Bond 3. Paige Graves Age 6-9 Marcus Fulton/Andrew

Graves 2. Maddy Fulton/Tyler Clements Age 10-13 1. Piper Manning 2. Cameron Lankinen

Ranch Farm display
Age 0-5 1. Tauren Bond Age 6-9 1. Jake Krenn/Tyler Clements Age 10-13 1. Abbegeael Fulton

Other handicraft item
Age 0-5 1. Tauren Bond 2. Mary Elizabeth Bond 3. Hunter Clements Age 6-9 2. Lacey Baird 3. Maddy Fulton Age 10-13 1. Piper Manning

JUNIOR FAIR WRITING
Short story
Age 6-9 1. Ella Halipchuk 2. Tyler Clements Age 10-13 2. Abbegeael Fulton Age 14-18 1. Kyle Baird

JUNIOR FAIR PHOTOGRAPHY
Wildlife
Age 0-5 1. Paige Graves Age 6-9 1. Marcus Fulton 2. Andrew Graves
Domestic animal
Age 0-5 1. Paige Graves Age 6-9

1. Marcus Fulton Age 10-13 1. Piper Manning 2. Abbegeael Fulton

Agricultural scene
Age 10-13 1. Abbegeael Fulton
Single Person
Age 0-5 1. Paige Graves Age 6-9 1. Andrew Graves Age 10-13 1. Abbegeael Fulton 2. Piper Manning

Spring/Summer fun
Age 0-5 1. Paige Graves Age 6-9 1. Marcus Fulton

Winter/Fall fun
Age 6-9 1. Andrew Graves
Large Truck or machine
Age 10-13 1. Piper Manning

Flower or flowers
Age 0-5 1. Paige Graves Age 6-9 1. Andrew Graves Age 10-13 1. Piper Manning
Top junior exhibitors by age group:
Age 0-5 - Hunter Clements
Age 6-9 - Marcus Fulton
Age 10-13 - Piper Manning
Age 14-18 - Kyle Baird



This lone Mountain Goat was spotted grazing on the shoulder of Highway 3A September 24th north of Olalla. On two separate occasions in recent weeks there has been but one goat at the usual haunt. More commonly, several goats - including young ones - make the pit stop together. Rumour has it that another cougar is frequenting the Olalla area. One wonders if the Mountain Goat population is stable... Photo: Arlene Arlow

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Flip Of The Coyne

by Spencer Coyne

..... continued from Page 3
 third party services.

As some companies like CTV and Bell are adapting to the new reality of the online world, others haven't caught on as well. Then there is the CRTC, an institution that at one time seemed to make sense, but now it seems to be doing little

more than getting in the way of, not only what the consumer wants, but what companies need to do to stay relevant in the reality we live in. In the world of online streaming, the CRTC's ability to enforce Canadian content is not going to work unless it regulates the internet. If it regulates the internet any

more than it already does, people will find a way around it. I still enjoy the CBC and Canadian content, especially in radio, but if Canadian content is to really compete against American programming then it can't just be a cheap knockoff of the latest pop culture sensation, but something that Canadians really want to watch.

We can do it. We have done it in the past, and if the broadcasters weren't lazy about it, they could create real shows that people want to watch. I know this season I will be watching HBO, AMC, A&E and CTV the most. Not one of my new favourite shows to watch is Canadian, even though some of them may be made in Canada.

I am glad the CRTC is opening its eyes to what consumers want. Let's see if it translates to new quality Canadian programming.

Council proclaims waste reduction

Town Council has proclaimed October 21 to 27 as Waste Reduction Week, a national initiative to reduce waste in any form. The proclamation states "We recognize the generation of solid waste and needless waste of water and energy resources as global environmental problems and

endeavour to take the lead in our community toward environmental sustainability."

This led to the question of which weekend would be open to the public free of charge to dispose of materials. The date is October 19 and 20, the weekend after Thanksgiving.

Health care celebration October 10

The Princeton Health Care Steering Committee invites residents of Princeton and the surrounding area to gather for a reflection on the past and a look at the future of local health care.

ment of three new physicians, the emergency department at Princeton General Hospital returns to 24/7 service on October 11th.

The Steering Committee, with membership from Interior Health, Regional District of Okanagan-Similkameen, the Town, physicians and nurse practitioner, the South Okanagan Similkameen Division of Family Practice and the community worked together to develop an effective health care model for people living in and around Princeton. Join us to celebrate this successful

collaboration and to recognize the contributions of the Princeton care team, past and present. - submitted

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**Princeton Health Care:
 Honouring the Past, Presenting the Future**

Riverside Centre , 148 Old Hedley Road, Princeton

5:00 PM – 7:00 PM
Thursday, October 10, 2013

Cake and coffee will be provided

Presented by:
The Princeton Health Care Steering Committee

Brenda Crawford



brenda@bcland.net
(250) 295-8182

April Earle



april@bcland.net
(250) 295-5346

Sandra Simpson



sandra@bcland.net
(250) 499-9414

Ride with the Posse!

Princeton Posse

7:00 PM Friday, October 4 vs Kelowna
7:00 PM Saturday, October 5 vs Summerland

TAILGATE PARTIES 5:45 PM EACH NIGHT

Princeton Arena Parking Lot



PRINCETON

67-263 Highway 3



NEW LISTING!

This 2003 mobile home features a RIVERFRONT location! Placed in such a way to take in the views and allow for full enjoyment of the peaceful Similkameen River. This 2 bedroom home has all the amenities; the sun filled living room offers an inspiring view of the river and manicured lawn, the large kitchen is open and bright. MLS®145514 \$112,000

2-76 Kenley Avenue



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

213 Bridge Street



NEW PRICE!

Heart to Heart Flowers & Gifts is your local Princeton florist, providing the finest flower arrangements year-round. Locally owned and operated for many years, this well established Flower Shop is ready to take on a new owner. Explore your creative side; party rentals, gift ware, and flowers for all occasions, the possibilities are endless. MLS®143905 \$ 42,000

321 Fenchurch Avenue



Solid home on second bench, well cared for, well loved and it shows! A double lot gives lots of room for 3 separate areas, very private middle area with enclosed, covered sunroom to enjoy the gardens, manicured front lawn and back veggie garden area with access to generous sized workshop. Large window in the kitchen brings in the light. MLS®145199 \$259,000

DL 277 Highway 3



A rare find! 11.90 acres located within the town of Princeton! Level, treed and open areas leaves lots of places to build. Spectacular mountain and river views from several locations! All services to lot line. Subdivision potential as well. Very private, and peaceful! Call today for details. Neighbouring 2 acres and home for sale also. MLS®145198 \$209,000

22-263 Highway 3



Great 3 bedroom mobile close to everything for recreation! Pool, tennis courts, and park are across the street, with the Similkameen river just a few steps away. Even within walking distance to town! Mobile is bright with open plan kitchen/living area complete with skylight. Tidy yard is fenced and has storage shed for all the equipment. MLS®145255 \$ 69,900

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