

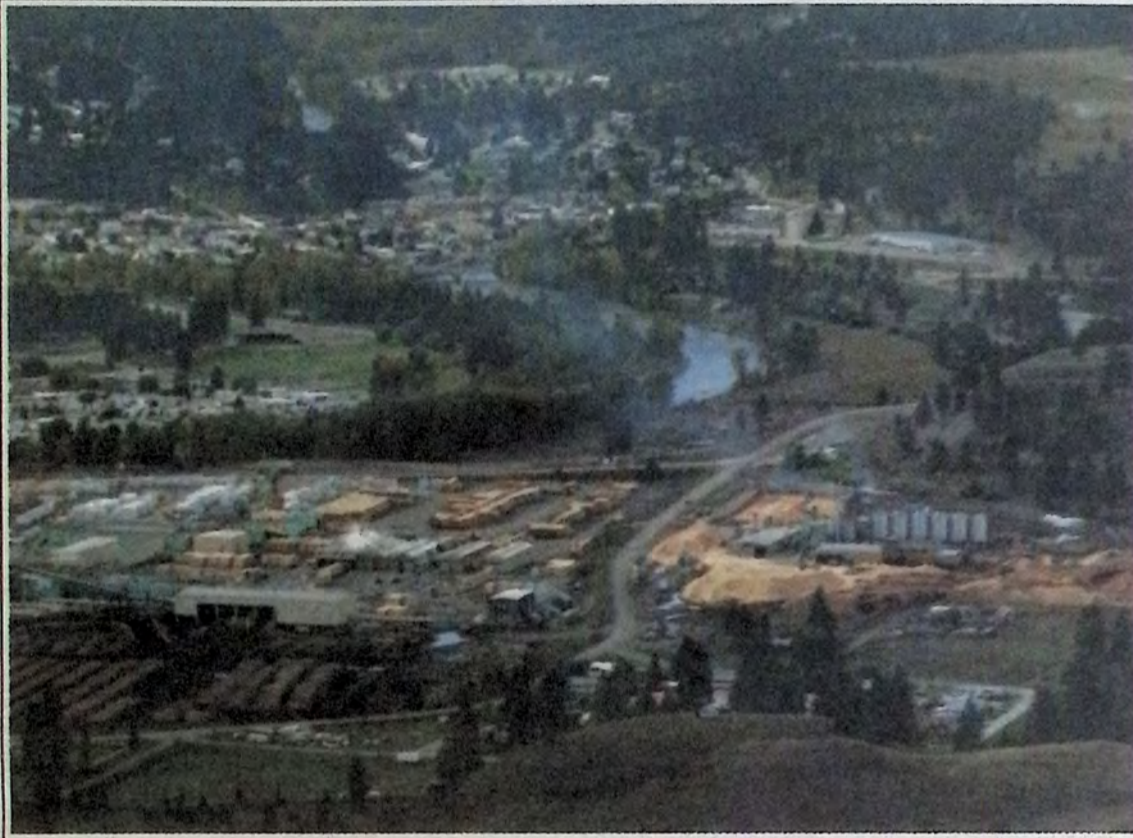
Similkameen News Leader

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Volume 16 Issue 41 #804 ISSN 1712-090X

Tuesday, October 8, 2013

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



The view of Princeton from the cell tower located on Miner Mountain. This shot, taken October 1st, was snapped during a tour of the Segor Resources Inc. mining project located on Miner Mountain. *

Committee conducts survey

The Princeton Health Care Steering Committee is conducting a survey to determine transportation use for people needing to get to medical appointments.

The collected data will be used to look at possible improvements to the local present transportation system.

The survey contains a total of seven questions with multiple choice answers which will only take about a minute to complete and is avail-

able at the following locations:

- Princeton Town Office
- Princeton Library
- Princeton Medical Centre
- Cascade Clinic
- Community Services
- Seniors Centre
- Skills Centre
- Similkameen News Leader office

At the present time, anyone needing assistance with transportation can call Community Services at 250-295-6666.

Mayor praises event volunteers

Princeton Exhibition Association (PXA), Princeton Rodeo Club, Racing Days and the Agricultural Fair Association get together every year to host a dinner for all of the volunteers who make these events possible. The Halloween party is held under the Agricultural Fair Association and Little Britches Rodeo is held under the auspices of the Rodeo Club. This year, the volunteer appreciation was held September 28 with the Legion catering a roast beef dinner.

PXA President Paul Bedard was MC for the occasion, and introduced Mayor Frank Armitage, who represented the Town of Princeton. Mayor Armitage thanked the volunteers and their organizations for putting on the annual events which

contribute so much to the community. He praised their commitment and hard work.

Ken Crompton, President of Princeton Rodeo Club, spoke about the ongoing success of the annual rodeo. Princeton is known as a place that runs a good rodeo, but Crompton said he would like to see more support from the citizens of Princeton in the form of attending the rodeo. He thanked Terry Inglis, who had come from his new home on Vancouver Island to attend the dinner. Inglis had been a rodeo volunteer for many years including 2013.

Karrie Crucil, President of Princeton Racing Days Association, began by saying she quit at the end of this year's race meet, but recon-

sidered and will do it again next year. She presented a bouquet and framed certificate to Jennifer Bernard for Jen's ongoing organization of the concession for each event.

Dan Kastor, President of Princeton Agricultural Fair Association, was unable to attend and Dawn Johnson spoke on his behalf, thanking the volunteers and recognizing the work of Rose and Merv Flegel and Brian and Cheryl Ferguson for an

Welcome to PowerSense month

While October is best known for its collection of ghosts and goblins, it's also a great time to scare away high energy use.

"In the winter energy use increases by almost 50 per cent compared with summer months," said Tom Loski, vice president, customer service, FortisBC.

"Energy efficient upgrades could help lower your heating costs. When homeowners upgrade the insulation in their walls, basement and attic they save, on average, 30 per cent on their energy bill."

Knowing where energy is used is

the first step to energy conservation. Conduct a seasonal inspection of your home to seek out areas that need sealing or upgrading. Here are a few simple tips:

June Dunte, a local racehorse owner, had some good news for Princeton. Her horse, A Lasting Peace, won the Similkameen Cup two years in a row and won the Tulameen Cup. Along with his other wins, A Lasting Peace has been recognized as the "win-

ningest" horse in North America, with an article in Trainer Magazine, out of Kentucky. The success story of A Lasting Peace was also written up in The Province newspaper. This is a success story that puts Princeton on the horse racing map in bold letters.

Paul Bedard reviewed the past year at the fairgrounds, expressing appreciation for the efforts of Brad Hope, Area H Director, for the

..... continued on Page 21

..... continued on Page 21

..... continued on Page 21

save up to 15 per cent on home heating costs.

• Go low-flow. Today's low-flow showerheads deliver the same level of pressure but with much less water than older models.

• Star light, star bright - When incan-
..... continued on Page 21

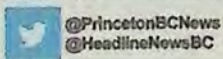
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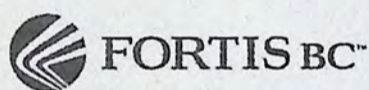
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Sego! Resources Inc. CEO J. Paul Stevenson stands near the first drill hole of 2013 on the Miner Mountain Project. Stevenson inspects progress made in grass planted as part of his company's reclamation efforts following the drill program. He took News Leader Owner/Publisher George Elliott for a tour of the site October 1st. *

Alex Atamanenko, MP

Conservative Government Shows Little Interest in Environmental Protection or Management

In 2009 the Conservative government's omnibus budget bill gutted the Environmental Assessment Act to reduce the number and types of development projects whose approvals would be subject to an environmental assessment. Conservative budget bills C-38 and C-45 were a continuation of the dismantling of Canada's long established environmental laws.

The stealth and ruthlessness by which the Conservative government is abandoning its responsibilities on the environment sends a very clear message - the health and safety of land, water, and air or of Canadian citizens are not a priority. As far as this government is concerned, no pesky rules are going to get in the way of enabling big business to exploit the common wealth of our non-renewable mineral and hydrocarbon resources. Even more worrying is the increasing level of power the Conservatives have steadily been transferring to the Minister to make final decisions on projects such as pipelines irrespective of any environmental assessment.

Enacted in 1882, the Navigable Waters Protection Act (NWPA) was designed to protect the rights of Canadians to navigate waterways

without interference from bridges, dams, pipelines, logging operations, and other developments. By replacing the NWPA with the Navigation Protection Act (NPA), Bill C-45 erases any connection between navigation and the environment. As Ecojustice stated in its thorough review, "the law will no longer protect navigable waters - it will only protect navigation." Under the new Act, proponents of industrial and infrastructure projects may have unfettered access to disrupt and impact waterways with little regard for environmental or navigation rights.

By dismantling the NWPA, the federal government has abandoned jurisdiction over most water bodies. Just 97 lakes and 62 rivers now retain some protection. Interestingly, of the 97 lakes retaining some protection, 87% are in Conservative held ridings. In the BC Southern Interior, the Okanagan, Slocan, Kettle and Grandby rivers are no longer protected and neither are lakes such as Osoyoos, Christina, or Nancy Green.

And according to Amnesty International, the government's changes to the Canadian Environmental Assessment Act, the Fisheries Act, the Navigable Waters Protection Act and Safe Drinking Water for First Nations Act have profound implications for the rights of indigenous peoples as set out in treaties, affirmed in the constitution, and protected by international human rights standards.

The Conservative government's abandonment of federal jurisdiction

over most water bodies also means that:

- Important water bodies that provide safe drinking water, support fish resources, enable navigation for subsistence or recreation purposes, or have heritage values have little protection from development
- Canada is now at risk as we may be unable to fulfill our international obligations under the Boundary Waters Treaty
- Opportunities for public participation in decisions about water bodies are severely diminished and will in most cases, be at the discretion of the Minister

A 'secret', May 2011 Environment Canada presentation on contamination of the Athabasca River released through access to information legislation, revealed significant harm being done to the ecosystem from tar sands operations. Highlighted were threats to wildlife and downstream communities from high levels of hydrocarbons and heavy metals, decreasing water levels and river flow, harm to fish, and alarmingly high levels of greenhouse gas emissions which the report estimated will rise 900% by 2020 from 1990 levels. Despite being made aware of the level of ecosystem destruction by this report the Conservative government still promotes the tar sands industry as a responsible and sustainable resource development. I shudder to think what they will say and do now that the laws which provided at least some protection over waterways for the common interest have effectively been neutered.

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Princeton Volunteer Fire Department members gather for a group shot. Standing, from left, Rob Banks, Tim Bey, Mike Hearty, Rueben Howarth, Owen Bartlett, Susan Laursen, Katie-Jo Sutton, Dawn Gardner and Carson Zieske. Front row, from left, Jamie McLeod, John Lauren, Kevin Sill, Ed Atkinson, Martin Riel and Hayden Riel. While this may look impressive there are another thirteen members missing from this photo! - photo submitted

Flip Of The Coyne

by Spencer Coyne

Oh, America! What would the founding fathers be thinking about the lot running the once great Republic? If it wasn't so tragic, the state of politics and political thinking south of the border would be down right hilarious. When the idea of an independent American nation was dreamed of, some of the greatest minds in history helped create what was to become a great experiment in democracy, and today we have the likes of Michelle Bachmann and Ted Cruz.

There is an element that would like the public to believe that the shutting down of the US government is going to save money and be good for the economy. In reality, just the opposite is true. The sideshow that brought this circus act to the Congress is going to end up costing taxpayers billions of dollars. According to an article in Bloomberg, the estimated cost is around the \$300 million dollar mark per day. Republicans want us to believe that the shutdown is really about smaller government, but it is not. We all know it is not. What the government shutdown in the US is really about is the Republicans having no way to stop the Affordable Healthcare Act or Obamacare.

Ted Cruz tried to filibuster funding for Obamacare only days before they shut the government down. We are to believe that because they failed to win the White House, failed to stop Obamacare from becoming law and being funded

that this wasn't part of the plan to try and stop this evil private/public socialist medical program that will destroy America? The entire shut-down of the US government is about a small handful of noisy spoiled kids, who don't like the president, and since they can't have it their way, they are going to try and take the ball and go home. The only thing is that the ball isn't theirs and the other kids in their clique are starting to get tired of their antics. Ted Cruz and the Tea Party Republicans can't stop Obama, so like the spoiled kid who can't get his way, they are having a tantrum.

According to reports coming out of Washington in the last couple of days, some of the mainstream Republican members are starting to get tired of Ted Cruz and the radical Tea Party and are upset with the shutdown. The longer the shutdown lasts, the harder it will be for mainstream Republicans to get re-elected. Most of the Tea Party members come from safe seats, but the everyday working Republican who has to compete for his seat will have to explain why the government is so dysfunctional. Dysfunctional is how many people are starting to see the government. More and more people are thinking that those politicians who are in power should be fired. Too bad they don't live in a parliamentary democracy with a governor general or it could be done. Just ask Australia.

The Republican party itself has a problem. It is actually two parties

right now. There is the Grand Old Party or GOP, the Republican Party of George Bush and Ronald Reagan, and then there is the Tea Party, the party of Sarah Palin, Rand continued on Page 22

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Editorial Page News Leader

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My Turn...

Could Be The Water

I'll be the first to admit there are times this town frustrates me. Trust me, it's not easy owning a business in a small town, but there are days where I can't believe how lucky I am to be where I am, doing something I truly enjoy.

So when I hear people complaining about their situation in the community I wonder what effort has been put into fixing those problems.

It's easy to say there's nothing to do here, but have you actually tried to attend local events?

It's easy to say this is a cliquy town, but have you tried to get involved in a local group?

I know, there are situations where these are not the fixes that are required, but I am forever baffled by the number of complaints I hear in a given week. It ranges from issues related to small town life to business offerings to just plain whining.

Maybe it's that time of year.

Summer is obviously over and we all need to get prepared for colder weather and higher costs for heating and fuel and whatever else keeps us functioning in minus ten and colder temperatures.

Maybe it's something deeper.

Whenever we get to that point where we've had enough of whatever is swirling around in our lives we go away for a day. Often that is all we need.

Sometimes it's just an afternoon. We'll load up the car with our cameras, grab some coffee and snacks and off we'll go.

One of the many things I enjoy about those little getaways is that it gets us away from the turmoil and drama that sometimes seeps into our lives.

Don't get me wrong, we all need a little bit of both of those things to stay on track, but after a few hours away we start to look forward to getting back home – to Princeton – where we have busy lives and are refreshed enough to take on the challenges that come our way in the following days.

So the next time you find yourself asking why you're here and how much you can't wait to escape, why don't you do just that?

Maybe an afternoon somewhere else will make you see Princeton a bit differently.



Jakob and Josh Gasparetto break in the new digs at the Living Water Community Daycare, located on Kenley Avenue. An open house was held October 5th. For more information call 250-295-7299. Photo: Brenda Engel

Your Turn

Letters And E-Mails Received This Week

Dear Mr. Editor;

I had to write and express my wonderment at people in this town who think they can 'tell' persons, such as myself, what they should, and should not, say to their friends in private conversations.

I have had the misfortune to have

to live in this town for the past five years and I have been amazed at the poor manners, poor decorum, and downright cheek of 'some' of the residents of this town.

I was under the distinct impression that Canada still adhered to free speech and the right to hold one's opinion, this does apply to

this town it seems, and maybe some residents should start reading about the said subjects enshrined in their own Constitution, as I have done.

It's very interesting reading, but it does not, unfortunately, cover common manners. Residents will have to look elsewhere for tips on those, and I can assure you they certainly need to.

Not everyone likes to live in this 'paradise town,' as I have heard it called, and I am one of many who do not.

The main reason relates to the culture of nasty vindictiveness which permeates throughout the people, the gossip, what they don't know they make up - it's called slander by the way.

Unfortunately the real estate market does not allow many of us who want to get out to do so. Hence, there is a degree of suffering many have to endure in this town, not helped by any dealings with the so called 'locals.' The minute I can get out the only evidence anyone will see of me is a dust trail as I hit the highway back to civilization.

Regards,
Michael Dennington, Princeton

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EDITORIAL GUIDE

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



Current Comment

It's Time To Be Thankful, Again



Dawn Johnson
editor@thenewsleader.ca

Once a year, we celebrate a holiday called Thanksgiving. It is a tradition that goes back to a time long before the Pilgrim Fathers of the U.S.A. celebrated their first Thanksgiving feast. It goes back much further than the feast of venison and game birds that marked the first Canadian Thanksgiving of Champlain and his men at Annapolis. A harvest festival of thanksgiving celebrates the abundance of what Mother Earth and farmers create for us.

I have a lot to be thankful for this year, as in most years. I am well. My children, grandchildren and great-grandchildren are well, and those who need jobs have them. My garden produced in abundance, almost more than I could bear. Speaking of bears, I had abundance of bear, too, and an abundance of bear poop after he ate every apple he could find. He broke the fence, but it is easily repaired, and I have that to be thankful for, and for the man who volunteered to repair it.

People were very good to me this year, as they usually are. They brought me gifts, bought things for me, helped me with my projects, were generous in praise, and in so many other ways made my life

more enjoyable. I have been blessed with many kind relatives, friends and acquaintances. I have lost a few this year who meant a lot to me, but I am thankful for having had the pleasure of knowing them for many years.

I am thankful I live in a country of abundance, that I have a roof over my head, plenty to eat, shoes on my feet, a car to drive, and a doctor to look after me. I have electricity and appliances that work for me, and I can afford to pay my bills, even though I am not very well off.

When I see the turmoil and disasters in other locations, I am thankful I live where I am. The Similkameen Valley may not be one of those 'hot' places in the real estate market, but we have gone through a year with no floods, no forest fires, no earthquakes, tornadoes or hurricanes, and that has to be something to be thankful for. I can be equally thankful that, despite news of political and government corruption, our nation is not at war within itself or with another nation. I enjoy peace.

This has been a busy year for me, and I am thankful I am still able to do hard work. I have managed to keep up with mowing, pruning, weeding, painting things and repairing things. I have managed to continue volunteer work with various community groups, and am thankful I can still contribute to making community life better.

I have had a lot of fun this year, good times shared with friends and family, and more coming at Thanksgiving and Christmas. I have been blessed this year with family gatherings filled with hugs, laughter and good food. Along with many other local residents, I have enjoyed our big events put on by community groups. I cheered the cowboys at the rodeo, lamented

the horses that didn't win form me at Racing Days, joined the annual parade, listened to the many music concerts, went to movies at Riverside, and participated in our annual fair and even danced. There was plenty of fun to be thankful for.

This year, I found time to do many creative things (besides my writing) and look forward to doing even more. I recycled an old sewing machine table, painted a picture, renovated my workshop, did sewing and embroidery.

Enjoying life takes many forms and this year I was fortunate in not only enjoying my longstanding friends, but meeting some people I had not known before and making them part of my circle of friends and acquaintances. One of the small-town joys city people do not experience is the wonderful feeling of going down the street and greeting people they know. A trip to the post office or the supermarket, the hardware store or the pharmacy, in Princeton, is almost sure to be a chance to say 'hello' to somebody and catch up with their news. Having somebody new to greet and share with is always welcome. These are among the things for which I am thankful.

While I talk about being thankful for people in my life, I must not fail to mention those people in local businesses who have gone out of their way to be not only pleasant, but very helpful. I appreciate the help in carrying heavy things to my car, or taking the time to find something I am looking for, or for pointing out the best deals. I like the way so many remember my name and give me a genuine smile when I am in the store.

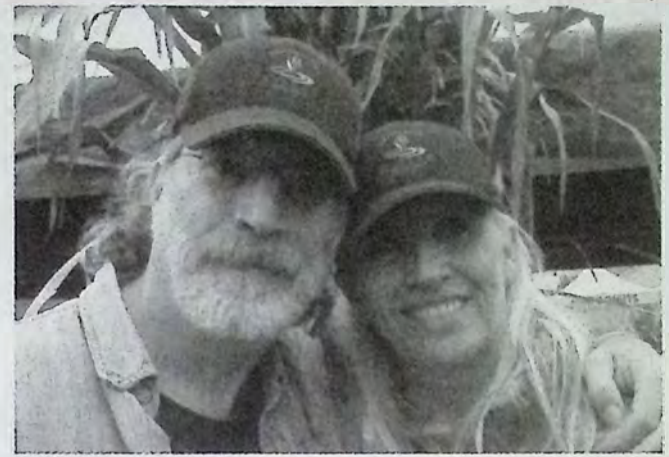
If you have read this far, you know what I am thankful for, but I hope you have much more to be thankful for this Thanksgiving.



Princeton Fire Department took their 'Get Out Alive' Program to John Allison Elementary School October 1st. Students learned safety procedures and experienced the power of the fire hose in this demonstration. Photo: Dawn Johnson

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Lower Valley News

Keremeos - Cawston - Olalla



It is a known fact that farmers like initiative, and they like to meet potential employees face-to-face before they hire them. But this farmer along Barcelo Road near Cawston doesn't need any pickers. For now, at least. Photo: Arlene Arlow

RDOS regular meeting highlights

Here are selected highlights from the regular meeting of the Regional Board of the Regional District of Okanagan-Similkameen held Thursday, October 3. Complete minutes of the meeting will be made available to the public following adoption at the next scheduled Board meeting October 17.

- The Regional Board gave third reading to a bylaw that would regulate the use of private residences as short-term vacation rentals.

The bylaw requires property owners to apply for a Temporary Usage Permit (TUP) in order to offer their residences as short-term vacation rentals. The property would be required to meet a set number of conditions before the TUP would be granted.

The RDOS annually receives numerous complaints — generally noise-related or involving traffic and parking overflow, adverse impact on the character of the neighborhood or septic failure —

from neighbours of private dwellings operated as vacation rentals.

- Board Chair Mark Pendergraft, Vice Chair Manfred Bauer and a third representative from the City of Penticton will represent the Regional District on a Joint Council established as part of a Protocol Agreement with area First Nations.

The Regional District's CAO and Deputy Corporate Officer were continued on Page 7



A benign photo but all is not well in the grape industry this year. Bunch Rot and Sour Rot are taking their toll. A chat with a local winery owner near Keremeos tells the tale: Pinot Noir grapes (grown for red wine) are especially susceptible to rot when conditions are humid. 2013 has been a wet year for grapes. A few growers in the South Okanagan are experiencing more than a 70% loss of grapes. Due diligence can save the day to an extent: pickers can cull the undesired grapes from each bunch as they hand harvest them. The time spent obviously goes up and the return for the picker goes down. This year some vines are taking four or five times longer to pick because of rot. Good air flow in the vineyard and clusters that are not too-close together reduce the amount of humidity surrounding the fruit and thus reduce the amount of rot. Photo: Arlene Arlow

Lower Valley News

Keremeos - Cawston - Olalla



The uneducated eye might see this as sagebrush. In fact, the bush is Rabbitbrush, and is native to the dry Southern Interior. This darling along at the east end of the Similkameen Valley was bursting at the seams with activity September 25th (see photo on Page 13). Photo: Arlene Arlow

..... continued from Page 6 appointed to serve on a steering committee. Both bodies were established at a September 9 meeting involving the Regional District and representatives of the various First Nations committed to the Protocol Agreement.

- The Board approved a motion forwarded by Area "G" Director Angelique Wood proposing the Regional District send a letter to the Province supporting the licensing of All Terrain Vehicles.

- Area "H" Director Brad Hope, noting difficulties the Regional District had obtaining information in the aftermath of the Coalmont tailings spill, requested the Board

forward a letter to the Provincial Government asking it consider implementing Emergency Response Management System protocols within all of its Provincial Ministries. The Board approved the motion.

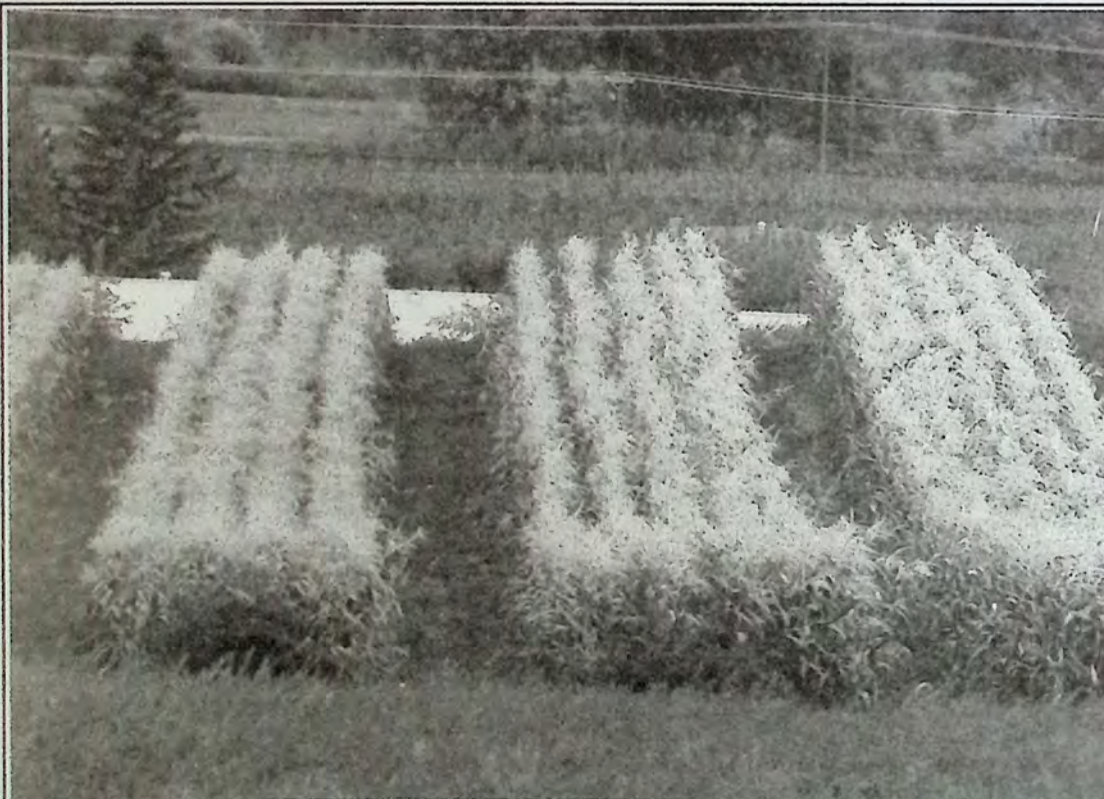
- Mary Ellen Heidt, executive director of Community Futures — Okanagan-Similkameen, led a delegation before the Board reporting on success of the Economic Gardening program and making a request for continued funding. Her report was received as information and will be reviewed as part of budget deliberations.

- The Regional Board awarded Wildstone Construction and

Engineering Ltd. a \$60,320 project to install a scale and do some required road realignment at the Keremeos Landfill.

- The Board gave three readings to a service establishment bylaw that would provide funding for the Similkameen Country Visitor Information Centre. The bylaw now goes to the provincial Inspector of Municipalities for consideration before returning for constituent approval.

For more information on this or previous meetings of the RDOS (Regional District Okanagan-Similkameen) visit www.rdos.bc.ca or phone the office in Penticton at 1-877-610-3737. - submitted



These rows of corn present an interesting image northwest of Cawston. This conventional corn on Becks Road is sold at Bear's Fruit Stand. The owner said the stocks have a few cobs left to be picked. Photo: Arlene Arlow



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DR. DAVID SMITH

Many of you are aware of the fact that I am retiring at the end of this year. For this purpose I will be transferring my patient files up to the Cascade Clinic, as soon as Interior Health has given me permission to do this.

If this permission is not granted, then unfortunately there will be a charge to both photocopy the files, and to send them to the Cascade Clinic.

I wish to reassure all my patients that all personal files will be kept safely while I am away, and you will have continual access to a copy of these files whenever needed, if Interior Health do not agree to this transfer.

As you are well aware, there will be 4 doctors to choose from by the time that I leave Princeton. It is of course any patient's right to have the doctor of their own choice, and this will be left open to their own decision. All 4 doctors will be accepting new patients.

I also wish to reassure patients that I am only leaving in December, so there is no immediate rush to have any files transferred. I will certainly keep you well informed, closer to the time.

Both Mez and I are going to leave the medical practice with a heavy heart, but the children and grandchildren back in South Africa are calling. We will be away for about 5 months and look forward to our return to this town of Princeton, which we both love so well.



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10:00 AM AT RIVERSIDE CENTRE


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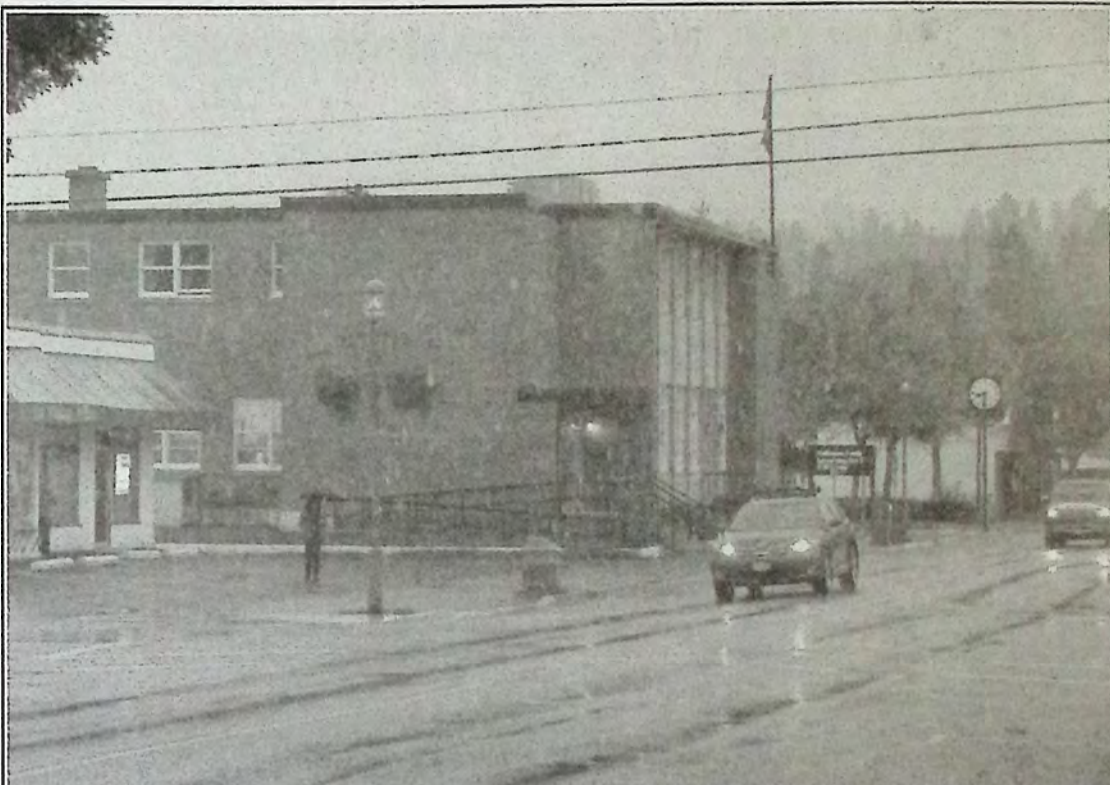
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A short, but somewhat intense shift in temperature early on the morning of October 2nd changed rain to snow in downtown Princeton. It didn't amount to much and was gone as soon as it started, but it was a sign of winter. *

Saddles 'n' Spurs

by Pastor George Donovan

About four hours after laying down in the ditch, having fallen asleep, I was awakened by a man standing over me and telling me he saw me here a half hour ago and I better clear out. He said I was a vagrant and what I was doing was illegal.

He was dressed in plain clothes and driving a regular car so I said, "How do I know you're a cop? Show me your badge."

He showed me and again said, "clear out!" I watched as he drove away and then settled back into my ditch bed and went back to sleep.

It wasn't too long after that he was back and this time with two police cars with him. I was arrested and taken to the station for vagrancy.

Apparently anyone who is in my condition: worn out clothes, dirty, non-resident, and less than \$10 in their pocket was a vagrant and off to jail I went. When we arrived at the police station I was taken to the desk and the policeman behind the desk asked for my pack and I gave it to him and he started pulling things out one at a time.

I didn't have a whole lot of stuff and certainly nothing of any value. Near the bottom I had a bottle of shaving cream. The label was worn off and he pulled it out and set it in front of me and said, "What is this?"

I told him what it was but I'm not sure he believed me and left it separate. When he got to the bottom of the bag he pulled out the Bible that the pastor in Clinton had given me and said, "Are you a religious person?"

I said, "Yes sir." Then he said in a more friendly tone as he put everything back in my pack, "give this young man a ride out of town."

The arresting policeman did not seem pleased as he sped out of town saying nothing and he dropped me

off on a lonely stretch of road.

I headed out again with no special destination in mind.

These little "God" things just seemed to keep happening.

..... continued Next Week

Living Past 100

'Tis Squash Season

Farmer's markets are colorful this time of year with displays of squash and pumpkins. The array of squash may be bewildering to those unaccustomed to the many sizes, shapes and colours of squash, but any shopper can be assured that buying a squash is a good investment in nutrition.

Squashes originated in North America. The word 'squash' is a native American word derived from the Algonkian language of eastern provinces and states. Squash (and pumpkin) is one of the three sacred foods of native North Americans (the other two are corn and beans).

Gourds are part of the squash family, but are not edible. However, they served other useful purposes when they were dried and cleaned.

There are two types of squash, summer and winter. Summer squash includes tender-skinned pattypan, zucchini, yellow crooknecks and vegetable marrow. These can be consumed whole, fired, baked or raw, according to taste. Winter squash include the hard-skinned squash such as Hubbard, acorn, buttercup and many others. Winter squash tend to have yellow or orange flesh and are best baked in their skins. The flesh can be easily removed from the skins when baked, and can be served in a dish, although some people serve them with the skin on but cut into smaller pieces.

Pumpkin is well-known as a Halloween item or for pie, but in many countries it is served only as a vegetable. The word 'pumpkin' comes from an early French Canadian word that was converted, rather inaccurately, into English.

All winter squash are rich in nutrients, particularly Vitamin A, which is good for the skin, the mucus membranes, and the lymphatic system. They are rich in proteins and minerals.

Among the native people of North America, pumpkin and squash seeds were used as medicinal treatments for water retention, kidney stones, gout, urinary problems and difficulty with urination. The seeds were crushed, simmered for about 20 minutes, then steeped for awhile before the liquid was consumed. This treatment continued until the problems disappeared.

Ripe pumpkin seeds are a great treatment for older men who have prostate problems. Eating pumpkin seeds should be part of a daily snack for men over 40 who want to prevent prostate problems, but for men with prostate problems, pumpkin seeds daily are essential.

If you have never cooked squash, turn to your cookbooks or the internet and look up squash recipes. You will be amazed at what you can do with squash. NOTE: Winter squash can be stored at room temperature for long periods of time. Do not be afraid to buy them cheap in season and put them in a cupboard.



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - October 8 - 14, 2013



Princeton Posse's Eric Schmidt (#18) scores against Osoyoos September 29. Photo: Bob Marsh Photography

Posse earn second win

The 2013/14 KIJHL season has been an interesting one for the Princeton Posse.

Changes to the Board of Directors have made game nights interesting events and the new coaching staff has made on ice action very interesting.

The month of September has been interesting with three single goal losses and a game cancellation so when the Posse hosted longtime rivals Osoyoos Coyotes for a Sunday afternoon game on September 29th with just over a half dozen regular players not dressed for the game, it was sure going to be well, interesting.

The first period saw Osoyoos outshoot Princeton 12-8, with both teams earning two penalties each.

The interesting part was that there was no scoring.

Then something happened during the first intermission that turned

everything into overdrive.

Princeton's Dalton Dubetz scored the first goal of the game at 3:40. He was assisted by Justin Moltzahn and Eric Kubis.

Barely three minutes later the Posse added their second goal at 6:51 (Eric Schmidt from Brayden Horcoff and Jon Thompson).

Roughly three minutes after that Princeton's Eric Schmidt zipped into Coyote territory and popped a shot at Osoyoos goalie Garrett Storms who stopped it but ended up sending a long rebound back to Schmidt.

Schmidt accepted the gift and sent it back on goal to score.

The time was 9:27 and assists went to Josh Mack and Brayden Horcoff.

Interestingly enough, the majority of goals scored so far this season by

the Posse have been in the second period.

The Coyotes managed a response with a short-handed goal at 10:15 (Jackson DeMatos from Michael Crawford).

The third period saw Princeton widen their lead to 4-1 with a pretty power play goal by Justin Moltzahn. He took a pass from Eden Dubchak and drilled a blast of a shot that sailed through the air, lifted slightly and smashed into the top corner of the net. Eric Schmidt earned the second assist.

Osoyoos did score another goal. Aaron Azevedo scored the unassisted power play marker at 12:53.

Final score: Princeton 4, Osoyoos 2. Shots on goal: Princeton 40, Osoyoos 28. Penalties in minutes: Osoyoos 7 for 14-minutes, Princeton 6 for 12-minutes.

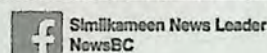
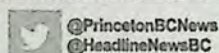
Princeton Posse 2013/14 Clip 'n' Save Game Schedule Similkameen News Leader

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	CANCELLED Princeton @ N Okanagan	
Fri Sep 27	7:30 PM L	Princeton 3	Summerland 4
Sun Sep 29	2:00 PM W	Osoyoos 2	Princeton 4
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

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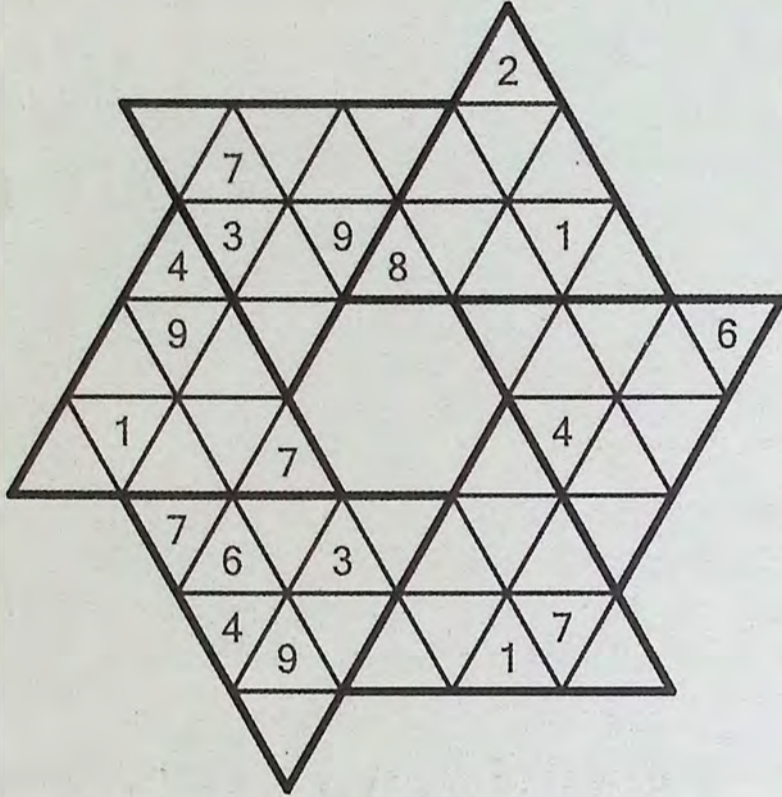
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News Leader Sudoku 475

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

MORNING

9:00 am SPIKE ch.44 "Hulk" (2003, Fantasy) Eric Bana. Scientist Bruce Banner transforms into a powerful brute after his experiment goes awry. Directed by Ang Lee. (In Stereo)

AFTERNOON

12:00 pm SPIKE ch.44 "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a distant planet, survivors must fight deadly creatures that come out only at night. (In Stereo)
 3:00 pm SPIKE ch.44 "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a distant planet, survivors must fight

deadly creatures that come out only at night. (In Stereo)

EVENING

9:30 pm WTBS ch.3 "Double Jeopardy" (1999, Suspense) Tommy Lee Jones. While in jail for murdering her husband, a woman discovers he is living under a new identity with their son.
 11:30 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth.

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal

WEDNESDAY, OCTOBER 9, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	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	Bulder	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)	Ico Cold Gold	Stella-Sam Phineas	CityLine (N)	Tattoo	Pitchin' In
7 AM	Law & Order: SVU		Ella the El PAW Patrol	Arthur	Today The Rev. Al Sharpton	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Penguins	SportsCentre		Don't Drive Here	Shake It ANT Farm	Let's Make a Deal (N)	Tattoo	Bizarro Foods America
8 AM	Law & Order: SVU		Magic Bus	Curious	Tony Bennett (N)		CSI: Miami "Still"			Morning Huntley	Bo On/Go	Pokémon	SportsCentre		Jungle Gold	Jessie Wizards	The Price Is Right (N)	Tattoo	Eat St. O
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the Hat	Rescue	SportsCentre	Livel Kelly and Michael	Pyros (DVS)	Little Manny	Jdg Judy	Movie: *** "Hulk" (2003, Fantasy)	World's Burger
10 AM	Divorce	The Doctors	Poppy Cat Pajanimals	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View	The Doctors	AnnaOlson	Bookaboo	Little Bear	Lumberj.	The View	How/Made	Never Land	The Chew	Eric Bana	Burger
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Justin	Young & Restless	Criminal Minds	I Hate My Hair!	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School Squirrel		Marilyn Denis	To Be Announced	Phineas ANT Farm	General Hospital (N)	Cops	RIDE.
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)	Parents	SportsNation	CTV News (N)	To Be Announced	Wingin' It	Katie	Movie: *** "Pitch Black" (2000)	Pitchin' In
1 PM	Community	Days of our Lives (N)	Dragon	Oil 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	Hockey	The Social	Highway Thru Hell	Wizards	CityLine	Radha Mitchell	Bizarro Foods/Zimmerman
2 PM	Seinfeld	The Talk	Big Bear	Thomas	Katie	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	Flying Wild Alaska	Shake It	CityNews at 5 (N)	Ways Die	Extreme Restaurants
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N)	Bethenny	Mighty Planes	Jessie	CityNews at 6 (N)	Movie: *** "Pitch Black" (2000)	Eat St. O
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Duck D.	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Shake It	Mod Fam	Radha Mitchell	World's
5 PM	Browns	News (N)	Martha	News	News	News	Duck Dynasty	News	Early News	(4:59) News Hour (N)	News	Parents	NHL Hockey: Montreal	CTV News at Five (N)	Moonshiners	Jessie	Revolution (N)	Ways Die	RIDE.
6 PM	Browns	Global Nat.	Frontiers of	PBS News-Hour (N)	Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	News	Sam & Cat	Canadiens at Calgary Flames.	CTV News (N)	High Tech Rednecks	Austin	Mod Fam	Ways Die	Burger
7 PM	Mod Fam	Ent	Waterfront Cities	Earthflight-Nat	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Ironsides (N)	George S	ICarly	Hockey	The Tomorrow People	Tickle (N)	Shake It	Nashville (N) (DVS)	Ways Die	Bizarro Foods America
8 PM	Family Guy	Survivor (N)	1942: End of Empire	NOVA (N) (DVS)	Revolution (N)	Survivor (N)	Bad Ink	The Middle	Survivor (N)	Survivor (N)	Dragons' Den (N)	Wipeout (N)	Hockey	Arrow "City of Heroes"	Highway Thru Hell	Good Luck	CityNews-Tonight (N)	Ways Die	Pitchin' In
9 PM	Amer. Dad	Sean Save	Gala From Berlin 2009	Secrets of the Dead	Law & Order: SVU	Criminal Minds (N)	(9:01) Duck Dynasty	Mod Fam	Sean Save	Sean Save	Republic of Doyle (N)	Funnest Home Videos	Hockey	Criminal Minds (N)	Moonshiners	Wingin' It	Jimmy Kimmel Live (N)	Ways Die	RIDE.
10 PM	"Double Jeopardy" (1999)	Ironsides (N)	Life In Cold Blood	Ironsides (N)	CSI: Crime Scene	Duck D.	Nashville (N) (DVS)	Ironsides (N)	News Hour Final (N)	The National (N)	Mr. Young	The Middle	SportsCentre (N)	CSI: Crime Scene	High Tech Rednecks	Good Luck	Maury (N)	Ways Die	Burger
11 PM	"Envy"	CHBC News Final (N)	Waterfront Cities	Charlie Rose (N)	News	News	Duck D.	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Tickle	Wizards	Paid Prog.	Tattoo	Bizarro Foods America



Fire Prevention Week is October 6 to 12, 2013

The Fire Prevention Week 2013 theme, "Prevent Kitchen Fires" focuses on providing you, your family, and community with the knowledge necessary to identify potential fire and burn risks in the kitchen and be prepared if a fire or other emergency should occur.

The history of National Fire Prevention Week has its roots in the great Chicago Fire that occurred on October 8, 1871, and killed some 300 people, left 100,000 homeless and destroyed more than 17,000 structures. The popular story is that a cow knocked over an oil lamp in the O'Leary barn. Although the fire is still undetermined, and it has been established that the O'Leary's were asleep at the time the fire started, the massive fire swiftly took its toll, burning more than 2,000 acres in 27 hours.

In Canada, the first national Fire Prevention Day proclamation was issued by the Governor-General in 1919. From the beginning, it was apparent that a united effort between Canada and the U.S.A. would give the work greater impetus. To this end fire prevention organizations in both countries have always supported a common date at federal, state, provincial, and municipal levels. Fire Prevention week falls in the week that includes October 9.

British Columbia, Alberta, Northwest Territories, Saskatchewan and Yukon fire departments coordinate efforts to reach children in grades 1 to 3 during Fire Prevention Week in order to deliver consistent, accurate fire safety messages with information on preventing fires, knowing what to do in case of a fire, smoke alarms and developing home escape plans. Each year the message is tailored to follow the NFPA theme with activity booklets, lesson plans for teachers, fire safety messages to take home and a contest.



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When other plants flower out, the Rabbitbrush provides ample opportunity for honey bees to get their fix when Summer turns to Fall. The two bees in this picture were not alone on the bush September 25th. Rabbitbrush flowers are a beautiful bright yellow with small, abundant petals. Photo: Arlene Arlow

Thursday Movies

EVENING

9:00 pm KNOW ch.5 "Johnny Cash: The Man, His World, His Music" (1969, Documentary) Filmmaker Robert Elfstrom follows legendary musician Johnny Cash as he travels on the road. (CC)
9:30 pm WTBS ch.3 "Eurotrip" (2004, Comedy) Scott Mechlowicz. A teenager and his friends have

misadventures in Europe while trying to meet one's pen pal.
11:30 pm WTBS ch.3 "The Forbidden Kingdom" (2008, Action) Jackie Chan. A teenage fan of Hong Kong cinema finds a Chinese relic and travels back in time to help legendary martial-arts artists free the Monkey King.

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THURSDAY, OCTOBER 10, 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) [RE]	Wibbly Pig	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [RE]	Morning Northwest	Morning News (N) [RE]	(5:00) Morning News (N)	CBC News Now (N) [RE]	Kid vs. Kat Rescue	SportsCentre [RE]	CTV Morning Live (N) [RE]	Don't Drive Here	Stella-Sam Phineas	CityLine [RE]	Wildest Police Videos	Disaster
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Rose Kennedy's Family Album. (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds [RE]	Good Morning America (N) [RE]			Tiger	Penguins	SportsCentre [RE]		Pyros "Breaking Point"	Shake It	Let's Make a Deal (N)	Wildest Police Videos	Adam
8 AM	Law & Order: SVU		Magic Bus	Curious			CSI: Miami [RE]		Morning Huntley		Bo On/Go	Pokémon	SportsCentre [RE]		Airplane Repo [RE]	Jessie [RE]	The Price is Right (N)	Wildest Police Videos	Eat St. [RE]
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club [RE]	CSI: Miami [RE]	Livel Kelly and Michael	Morning Huntley	The Doctors [RE]	Super Why!	Rescue	SportsCentre [RE]	Livel Kelly and Michael	Don't Drive Here	Little Manny	Jdg Judy	Wildest Police Videos	World's
10 AM	Divorce	The Doctors [RE]	Poppy Cat	Sesame Street (N)		The Price is Right (N)	Criminal Minds [RE]	The View [RE]	The Doctors [RE]	AnnaOlson	Bookaboo	Little Bear	Score Golf Television	The View [RE]	How/Made	Never Land	The Chew [RE]	Wildest Police Videos	Rock-RV
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds [RE]	FREE TV	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School	24 CH (N)	Marilyn Denis	Last Car Standing	Phineas	General Hospital (N) [RE]	Cops [RE]	Extreme RVs (N) [RE]
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose [RE]	Paid Prog.	News	After the First 48 [RE]	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Kid vs. Kat	SportsNation (N) [RE]	CTV News (N) [RE]	Moonshiners [RE]	Wingin' It	Katie [RE]	Cops [RE]	Disaster
1 PM	Community	Days of our Lives (N)	Dragon	Painting	Days of our Lives (N)	The Talk [RE]	The First 48 [RE]	General Hospital (N) [RE]	Days of our Lives (N)	The Talk [RE]	Republic of Doyle [RE]	Rated A	Hockey	The Social [RE]	High Tech Rednecks	Wizards	CityLine [RE]	Cops [RE]	Bizarre Foods/Zimmerman
2 PM	Seinfeld [RE]	The Talk [RE]	Big Bear	Thomas	Katie [RE]	Let's Make a Deal (N)	The First 48 [RE]	Queen Latifah	The Talk [RE]	Queen Latifah	Steven and Chris (N) [RE]	Super Evil	Off Record	Dr. Phil [RE]	Tickle [RE]	Shake It	CityNews at 5 (N) [RE]	Cops [RE]	Extreme Houseboats
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil [RE]	The First 48 [RE]	Rachael Ray [RE]	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N) [RE]	Bothenny [RE]	How/Made	Jessie [RE]	CityNews at 6 (N) [RE]	Cops [RE]	Eat St. [RE]
4 PM	Big Bang	Young & Restless	Meya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show [RE]	The First 48 [RE]	The Doctors [RE]	Young & Restless	Early News	Dragons' Den [RE]	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops [RE]	Disaster
5 PM	Browns	News (N) [RE]	Martha	News	News	News	The First 48 [RE]	News	Early News	(4:59) News Hour (N)	News	Parents	World Series of Poker	CTV News at Five (N)	Fast N' Loud [RE]	Good Luck	Once Wonderland	Cops [RE]	Adam
6 PM	Browns	Global Nat.	Waterfront Cities	PBS News-Hour (N) [RE]	News	KREM 2 News at 6 (N)	The First 48 (N) [RE]	News at 6	(5:59) News Hour (N)	ET Canada	News	ICarly [RE]	World Series of Poker	CTV News (N) [RE]	Fast N' Loud [RE]	ANT Farm	Crazy	IMPACT Wrestling (N) [RE]	Rock-RV
7 PM	Mod Fam	Ent	Park	Election	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	Elementary (N) [RE]	George S	ICarly [RE]	SportsCentre (N) (Live) [RE]	etalk (N)	Overhauln' (N) [RE]	Shake It	Scandal (N) [RE]	Extreme RVs [RE]	
8 PM	Family Guy	Welcome	Lost Kingdoms of	Father Brown [RE]	Parks	Big Bang	Beyond Scared Straight	Once Wonderland	Welcome	Welcome	The Nature of Things	Wipeout (N) [RE]	That's Hockey 2 Nite	Big Bang	How/Made	Good Luck	CityNews-Tonight (N)	Frank Shamrock	Disaster
9 PM	Amer. Dad	(9:01) Glee (N) [RE]	"Johnny Cash: Man, His World"	Foyle's War [RE]	Sean Save	Crazy	(9:01) The First 48 [RE]	Grey's Anatomy (N) [RE]	(9:01) Glee (N) [RE]	(9:01) Glee (N) [RE]	Doc Zone (N) [RE]	Funnlest Home Videos	Grey's Anatomy (N) [RE]	Fast N' Loud [RE]	Wingin' It	Really Me	Jimmy Kimmel Live (N)	Ink Master	Adam
10 PM	"Eurotrip" (2004) Scott Mechlowicz.	Elementary (N) [RE]	Snapshot	Unlisted-Story	Parenthood (N) [RE]	(10:01) Elementary (N)	(10:01) The First 48	Scandal (N) [RE]	Elementary (N) [RE]	News Hour Final (N)	The National (N) [RE]	The Middle	SportsCentre (N) [RE]	Played "Girls" (N) [RE]	Fast N' Loud [RE]	Good Luck	Maury [RE]	Rock-RV	
11 PM	"Forbid"	CHBC News Final (N)	Park	Charlie Rose (N) [RE]	News	News	Beyond Scared Straight	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre [RE]	News-Lisa	Overhauln' [RE]	Wizards	EP Daily	Extreme RVs [RE]	

Friday Movies

EVENING

8:00 pm YTV ch.18 "Tim Burton's Corpse Bride" (2005, Fantasy) Voices of Johnny Depp. Animated. In 19th-century Europe, a gifted pianist mistakenly weds a dead woman who takes him to the underworld. (In Stereo) (CC)
 FAM ch.26 "The Last Mimzy" (2007, Fantasy) Joely Richardson. Premiere. 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)
 9:30 pm WTBS ch.3 "Fracture" (2007, Suspense) Anthony Hopkins. A hotshot prosecutor squares off against a cunning engineer who tried to murder

his wife and is now defending himself in court.
 10:00 pm FAM ch.26 "Twiches Too" (2007, Mystery) Tia Mowry. Twin sisters who have magic powers uncover evidence that their missing father is alive. (In Stereo) (CC)
 10:30 pm KNOW ch.5 "12 Takes" (2010, Documentary) Filmmakers and artists collaborate on a film project.
 11:30 pm WTBS ch.3 "Get Smart" (2008, Comedy) Steve Carell. A newly promoted field agent, partnered with veteran Agent 99, blends inexperience, enthusiasm and ineptitude as he battles against KAOS.

News Leader Recipe 582

Broccoli & Ham Salad

Ingredients

- 175 g pkg. Piller's Simply Free Smoked Black Forest Ham slices, diced
- 250 ml (1 cup) broccoli florets, sliced
- 325 ml (1 can) mandarin oranges, drained
- 125 ml (1/2 cup) roasted red pepper, sliced
- 125 ml (1/2 cup) fresh blueberries
- 60 ml (1/4 cup) extra virgin olive oil
- 125 ml (1/2 bunch) fresh basil, thinly chopped
- Juice of two limes
- Salt and pepper

Directions

In a large bowl combine all ingredients except lime juice and mix well. Drizzle lime juice over salad; season with salt and pepper to taste. Serves 8.

For more recipe ideas and for additional details on the brand go to pillers.com/simplyfree.

- www.newscanada.com

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FRIDAY, OCTOBER 11, 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	Bulldozer	KHQ News 6AM (N)	KREM 2 Morning News	Shipping	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Pyros "It Ain't Cricket"	Stella-Sam Phineas	CityLine (N)	Deadliest Warrior	GoldMind
7 AM	Law & Order: SVU		Elfa the Elf	Arthur	Today Richard Phillips; Geoffrey Zakarian. (N)	CBS This Morning (N)	Shipping	Good Morning America (N)			Tiger	Yu-Gi-Oh! T.U.F.F.	SportsCentre		Licence to Drill	Shake It ANT Farm	Let's Make a Deal (N)	Deadliest Warrior	Making Monsters (N)
8 AM	Law & Order: SVU		Magie Bus	Curious	Zakarian. (N)		Shipping			Morning Huntley	Bo On/Go	Pokémon	SportsCentre		Canada's Worst Driver	Jessie Wizards	The Price Is Right (N)	Deadliest Warrior	Eat St. O
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club	Shipping	Livel Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the Hat	Rescue Mike	SportsCentre	Livel Kelly and Michael	Fantom-Works	Little Manny	Jdg Judy	Deadliest Warrior	World's
10 AM	Divorce	The Doctors	Poppy Cat	Sesame Street (EI)		The Price Is Right (N)	Shipping	The View	The Doctors	AnnaOlson	Bookaboo	Little Bear	NHRA Drag Racing: Auto-Plus	The View	How/Made	Never Land	The Chew	Deadliest Warrior	The Dead Files
11 AM	Judge Alex	AnnaOlson	Rolle Polle	Tiger	Jdg Judy	Young & Restless	Shipping	Paid Prog.	AnnaOlson	Noor News Hour (N)	The Nature of Things	To School Squirrel	Nationals. From Reading, Pa. (Taped)	Marilyn Denis	How/Made	Phineas ANT Farm	General Hospital (N)	Deadliest Warrior	The Dead Files
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose	Paid Prog.	News	Shipping	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Parents		CTV News (N)	Fast N' Loud	Wingin' It	Katie	Deadliest Warrior	GoldMind
1 PM	Community	Days of our Lives (N)	Dragon	Gary Spetz	Days of our Lives (N)	The Talk	Shipping	General Hospital (N)	Days of our Lives (N)	The Talk	Republic of Doyle	Rated A Monster	That's Hockey 2 Nite	The Social	Fast N' Loud	Wizards	CityLine	Cops	Bizarre Foods/Zimmerman
2 PM	Seinfeld	The Talk	Big Bear	Thomas	Katie	Let's Make a Deal (N)	Shipping	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Super Evil	Off Record	Dr. Phil	Overhaul'n	Shake It	CityNews at 5 (N)	Cops	Coaster
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	Queen Latifah	Young & Restless	Recipes Stefano	Allen T.U.F.F.	SportsCentre (N)	Bethenny	How/Made	Jessie	CityNews at 6 (N)	Cops	Eat St. O
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Storage	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob Kung Fu	Hockey 30 for 30	Ellen DeGeneres Show	Daily Planet (N)	Phineas Liv-Mad.	Mod Fam	Cops	Weird or What?
5 PM	Browns	News (N)	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents		CTV News at Five (N)	How/Made	Jessie	Murdoch Mysteries	Cops	Making Monsters
6 PM	Browns	Global Nat.	Park	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	SpongeBob	CFL Football: BC Lions at Calgary Stampeders. (N) (Live)	CTV News (N)	Highway Thru Hell	Shake It	The Middle	Bellator MMA Live (N) (Live)	The Dead Files
7 PM	Mod Fam	Ent	Wild Coasts	Wash	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Bomb Girls "Armistice"	George S	SpongeBob		etalk	Mayday	Next Step	Liquidator		The Dead Files
8 PM	Family Guy	Parenthood (N)	Murder Myster.	Last Tango in Halifax	Fox Show Sean Save	Undercover Boss (N)	Storage	Last Man	Parenthood (N)	Parenthood (N)	M'ketplace	Movie: "Tim Burton's Corpse Bride"		MasterChef (N)	Mayday	Movie: "The Last Mimzy"	CityNews-Tonight (N)	Glory	Weird or What?
9 PM	Amer. Dad	Hawaii Five-0 (N)	The Inspector Lynley Mysteries	Great Performances The French	Dateline NBC (N)	Hawaii Five-0 (N)	Storage	Shark Tank (N)	Hawaii Five-0 (N)	Hawaii Five-0 (N)	the fifth estate (N)	SpongeBob	SportsCentre	Orphan Black	Highway Thru Hell	Austin	Jimmy Kimmel Live		Making Monsters
10 PM	"Fracture" (2007) Ryan Gosling	Bomb Girls "Armistice"	"12 Takes"			Blue Bloods (N)	Storage	(10:01) 20/20 (N)	Bomb Girls "Armistice"	News Hour Final (N)	The National (N)	Boys	Formula One Racing	Blue Bloods (N)	Sons of Guns	Movie: "Twiches Too" (2007)	Maury	Ways Die	The Dead Files
11 PM	"Get	CHBC News Final (N)	Architects of Change		News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre (N)	News-Lisa	Mayday "Bad Attitude"	Princess	Paid Prog.	Ways Die	The Dead Files

News Leader Weekend - Saturday Movies

MORNING

10:00 am A&E ch.9 "Titanic" (1997, Historical Drama) Leonardo DiCaprio. A society girl abandons her haughty fiance for a penniless artist on the ill-fated ship's maiden voyage. (CC)

12:00 pm FAM ch.26 "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)

of a Shopaholic" (2009, Comedy) Isla Fisher. A compulsive shopper who is drowning in debt lands a job as an advice columnist for a financial magazine.

2:00 pm CITYV ch.12 "Live Free or Die Hard" (2007, Action) Bruce Willis. John McClane grapples with a villain who plans to shut down the United States by attacking the coun-

try's vulnerable computer infrastructure. (CC) (DVS)

3:00 pm CHBC ch.4 BCTV ch.11 "Live Free or Die Hard" (2007, Action) Bruce Willis. John McClane grapples with a villain who plans to shut down the United States by attacking the country's vulnerable computer infrastructure. (CC) (DVS)

YTV ch.18 "Flintstones Meet Rockula and Frankstone" (1979, Comedy) Voices of Mel Blanc. Animated. When Fred, Wilma, Barney and Betty win a trip to Rocksylvania, Count Rockula mistakes Wilma for his bride. (In Stereo) (CC)

4:00 pm YTV ch.18 "The Boy Who Cried Werewolf" (2010, Comedy) Victoria Justice. While staying at a Romanian castle, a lab accident transforms an awkward teenager into a werewolf. (In Stereo) (CC)

Fantasy) Voices of Steve Buscemi. Animated. No adults believe three youths' assertion that a neighboring residence is a living creature that means them harm. (In Stereo) (CC) SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

9:00 pm WTBS ch.3 "Patriot Games" (1992, Suspense) Harrison Ford. An IRA terrorist vows revenge against the ex-CIA agent who killed the man's brother and thwarted an attack on royalty.

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)

DTour ch.45 "Mad Max" (1979, Action) Mel Gibson. In an Australia of the not-too-distant future, a police officer strikes back against motorized menaces to what is left of society after a nuclear holocaust. (In Stereo) (CC)

10:30 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)

11:30 pm WTBS ch.3 "Resident Evil: Extinction" (2007, Horror) Milla Jovovich. Genetically altered by Umbrella Corp., Alice and her cohorts try to eradicate an undead virus before it infects everyone on Earth.

AFTERNOON



Helicopter training is but one activity Mount Kobau is used for. This chopper made numerous drops, turns, jaunts and lifts on the north side of the Similkameen River Valley September 25th. The practice was performed slightly northwest of the Highway 3 Chopaka turnoff. The descents into the trees were made very close to the mountain's abrupt south face. Photo: Arlene Arlow

EVENING

6:00 pm WTBS ch.3 "Old School" (2003, Comedy) Luke Wilson. Three friends try to recapture the fun of their college years by starting their own off-campus fraternity.

CITY ch.29 "Diamond Dogs" (2007, Action) Dolph Lundgren. A businessman hires a mercenary to find a priceless Buddhist artifact rumored to possess supernatural abilities. (CC) (DVS)

8:00 pm KSPS ch.6 "Splendor in the Grass" (1961, Drama) Natalie Wood. In 1925 Kansas, a teenage girl suffers an emotional breakdown following a platonic love affair. Beatty's film debut. (CC) YTV ch.18 "Monster House" (2006,

SATURDAY, OCTOBER 12, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTour ch.45	
6 AM	Paid Prog.	Ancestors	Peep, Big	Heartland	(5:00) Today (N) (CC)	CBS This Morning	Criminal Minds (N) (CC)	Paid Prog.	Ancestors	Saturday Morning News Shane Jones. (N)	Our Vancouver (N) (CC)	Sidekick Super Evil	SportsCentre (N) (CC)	Jucebox (N) (CC)	Highway Thru Hell	Slug Terra	Kitchen	Xtreme 4x4	Live Hero	
6:30 AM	Paid Prog.	Fishful	Thomas	Fly Tying				Paid Prog.	Fishful							Wingin' It	Panorama	Horse.	Paid Prog.	
7 AM	The Office	Saturday Morning News Lynn	Rolie Polle	MotorWeek	KHQ News Saturday (N) (CC)	Lucky Dog	Flip This House (N) (CC)	Good Morning America	Saturday Morning News Lynn		Animal	Sidekick	SportsCentre (N) (CC)		Ice Cold Gold (N) (CC)	Gravly	Eye/Asia	Trucks! (N)	Security	
7:30 AM	Att. Eats		Tree Fu	Greener		Dr. Chris	Flip This House (N) (CC)				Super Why!	Squirrel			Phineas	Payko Iran	Restore	Security		
8 AM	Paid Prog.	Colliar, Welsa Wong, & Jay Janower. (N)	Ella the EI	Woodsmith		Reclpe	Flip This House (N) (CC)	Hanna	Colliar, Welsa Wong, & Jay Janower. (N)		Doodlebop	Allan	SportsCentre (N) (CC)	Canada AM Weekend	Mayday "Bad Attitude"	Phineas Dog	Polish Studio (N) (CC)	Cops (N) (CC)	Alrport	
8:30 AM	The Office		PAW Patrol	Woodshop		J. Oliverr		Ocean			Cross	Kung Fu								
9 AM	College Football: SEC Game		Magic Bus	Hometime		All In	Flip This House (N) (CC)	College Football: Teams TBA. (N) (Live)		Fishn	Gimil Gilder	SpongeBob	Motoring	Marilyn Denis	Greatest Know-It-All	Good Luck	EP Weekly	Cops (N) (CC)	Rock-RV	
9:30 AM			Arthur (N)	Old House		Changers				Fishing		Monsters	30 for 30			Liv-Mad.	Reviews on	Jail (N) (CC)	Rock-RV	
10 AM	of the Week: Teams TBA. (N) (Live)	Fishn	Pingu (N)	Old House	LazyTown	Paid Prog.	Movie: **** "Titanic" (1997) Leonardo DiCaprio. A woman falls for an artist aboard the ill-fated ship. (CC)			Fishn	Powerboat	The Nature of Things	Sanjay		SickKids Foundation (N) (CC)	Mayday (N) (CC)	ANT Farm	Tow Blz	Cops (N) (CC)	Adam
10:30 AM		Fishing	Jack (N)	Kitchen	Noddy	Drag Boat				Fishing	Driving TV	Korra	24/7			Jessie (N) (CC)	Ed's Up	Cops (N) (CC)	Adam	
11 AM		Powerboat	Marco Polo	Jazzy	Gymnas-tics: 2013 World Artistic Championships.	Football				Powerboat	House "Par-ents" (N) (CC)	Turtles	24/7	Is Written	Yukon Men (N) (CC)	Austin	Shopping Channel (N) (CC)	Cops (N) (CC)	Burger	
11:30 AM		Driving TV	Wild Kratts	Martha		Football				Driving TV	Moves	Reclpes	Pokémon	Corner Gas		Shako It		Cops (N) (CC)	Burger	
12 PM		Noon News Hour (N)	Animals	Cook's Garden		College Football: Florida at LSU. (N) (Live) (CC)				Noon News Hour (N)	Simpsons	Stefano	Rangers	Believing in Heroes (N) (CC)	Dangerous Flights	Movie: **** "The Last Mimzy"	Shopping Channel (N) (CC)	Cops (N) (CC)	Bizarre Foods America	
12:30 PM	Browns		Animals	Garden						Simpsons	Lang & O'Leary	Yu-Gi-Oh!	CFL	How/Made	Phineas	Paid Prog.	Cops (N) (CC)	Hotel Im-possible (N) (CC)		
1 PM	Movie: ** "Confes-sions of a Shopaholic"	Moves	Parks	Antiques Roadshow (N) (CC)	Action Sports From San Francisco. (N) (N) (CC)					Simpsons	Movie: *** "Live Free or Die Hard" (2007) Bruce Willis.	Kung Fu	Edmonton Eskimos at Saskatchewan Roughriders. (Live)	The Social (N) (CC)	Highway Thru Hell	Gravly	Tow Blz	Cops (N) (CC)	RIDE.	
2 PM		Simpsons	Frontiers of	Genealogy Roadshow						Simpsons	Dragons' Den (N) (CC)	Kung Fu		Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (N) (CC)	Eat St. (N) (CC)	
3 PM	Community	Movie: *** "Live Free or Die Hard" (2007) Bruce Willis.	Waterfront Cities	Globe Trek-ker (N)	Jdg Judy	Chica				Movie: *** "Live Free or Die Hard" (2007) Bruce Willis.	NHL Hockey: Edmonton Oilers at Toronto Maple Leafs. (N) (Live) (CC)	"Flintst-Rock."	NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Celebrity	How/Made	Next Step	Jessie (N) (CC)	Murdoch Myster-ies (N) (CC)	Cops (N) (CC)	Security
3:30 PM	Community		Inside the Pod	Antiques	Justin					Countdown	Global Nat.	Movie: "The Boy Who Cried Werewolf" (2010)	NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Celebrity	How/Made	Jessie (N) (CC)	Murdoch Myster-ies (N) (CC)	Cops (N) (CC)	Security	
4 PM	Family Guy		Antiques	Justin						NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Global Nat.	Movie: "The Boy Who Cried Werewolf" (2010)	NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Celebrity	How/Made	Jessie (N) (CC)	Murdoch Myster-ies (N) (CC)	Cops (N) (CC)	Security	
4:30 PM	Family Guy		Antiques	Justin						NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Global Nat.	Movie: "The Boy Who Cried Werewolf" (2010)	NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Celebrity	How/Made	Jessie (N) (CC)	Murdoch Myster-ies (N) (CC)	Cops (N) (CC)	Security	
5 PM	The Middle		Antiques	Justin						NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Global Nat.	Movie: "The Boy Who Cried Werewolf" (2010)	NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Celebrity	How/Made	Jessie (N) (CC)	Murdoch Myster-ies (N) (CC)	Cops (N) (CC)	Security	
5:30 PM	The Middle		Antiques	Justin						NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Global Nat.	Movie: "The Boy Who Cried Werewolf" (2010)	NASCAR Racing: Sprint Cup: Bank of America 500. (N) (Live) (CC)	Celebrity	How/Made	Jessie (N) (CC)	Murdoch Myster-ies (N) (CC)	Cops (N) (CC)	Security	
6 PM	Movie: ** "Old School" (2003) Luke Wilson.	Global Nat.	Hope for Wildlife (N) (CC)	Lawrence Welk	News	News	Storage			(5:59) Evening News (N)	16x9 (N) (CC)	Sam & Cat	Victorious	CTV News (N) (N) (CC)	To Be An-nounced	Good Luck	Movie: ** "Diamond Dogs" (2007) (DVS)	Glory (Series Premier) (N) (CC)	Ghost Adventures (N) (CC)	
6:30 PM		News								Evening News (N)				CTV News (N) (N) (CC)	To Be An-nounced	Good Luck	Movie: ** "Diamond Dogs" (2007) (DVS)	Glory (Series Premier) (N) (CC)	Ghost Adventures (N) (CC)	
7 PM		Balance	Prehistoric Hunters (N) (CC)	Keep Up As Time...	CSI: Miami (N) (CC)	Burn Notice (N) (CC)	Storage			Balance	Obsessions (N)	NHL Hockey: Montreal Canadiens at Vancouver Canucks. (N)	Funnlest Home Videos	W5 (N) (DVS)	To Be An-nounced	Wizards	ANT Farm			
7:30 PM		Inventors								Inventors	Obsessions (N)	NHL Hockey: Montreal Canadiens at Vancouver Canucks. (N)	Funnlest Home Videos	W5 (N) (DVS)	To Be An-nounced	Wizards	ANT Farm			
8 PM	The Closer (N) (CC)	Obsessions (N)	Heartbeat (N) (CC)	Movie: *** "Splendor in the Grass" (1961) Natalie Wood.	The Black-list (N) (CC)	NCIS: Los Angeles (N) (CC)	Storage			Obsessions (N)	Walk	Movie: *** "Monster House" (2006) (N) (CC)	SportsCentre (N) (CC)	Big Bang	Street Outlaws (N) (CC)	Shake It	CityNews Weekends	Movie: ** "Rambo" (2008) Sylvester Stallone.	Eat St. (N) (CC)	
8:30 PM										Insider	Walk		NFL Films	Anger	To Be An-nounced	Mike	The Office	Movie: *** "Twitches" (2005) (N) (CC)	Eat St. (N) (CC)	
9 PM	Movie: *** "Patriot Games" (1992) Harrison Ford.	Ironside "Pilot" (N) (CC)	A Touch of Frost Froot joins a gym.	Front and Center (N) (CC)	Saturday Night Live (N) (CC)	48 Hours (N) (N) (CC)	Storage			Entertain-ment Tonight	Ironside "Pilot" (N) (CC)	Ironside "Pilot" (N) (CC)	HNIC After Hours	Neighbors	To Be An-nounced	Movie: *** "Twitches" (2005) (N) (CC)	The Office	Movie: *** "Mad Max" (1979)	Deadliest Warrior (N) (CC)	
9:30 PM		Walk								Sanctuary "Nubbins"	Walk	News Final	Boys	Played (N) (DVS)	To Be An-nounced	Movie: "Don't Look Under the Bed"	Paid Prog.	Deadliest Warrior	RIDE.	
10 PM		Walk								Sanctuary "Nubbins"	Walk	News Final	Boys	Played (N) (DVS)	To Be An-nounced	Movie: "Don't Look Under the Bed"	Paid Prog.	Deadliest Warrior	RIDE.	
10:30 PM		News Final	Waterfront Cities	Austin City Limits (N)	SNL	The Closer	Storage			Castle (N) (CC)	News Final	NHL Hockey (N) (CC)	Splatalot	CTV News	To Be An-nounced					
11 PM	"Extinc	SNL								SNL				CTV News	To Be An-nounced					

News Leader Weekend - Sunday Movies

MORNING

8:00 am WTBS ch.3 "The Water Horse" (2007, Fantasy) Emily Watson. A lonely boy finds the egg of a mythical Scottish sea creature.
 10:00 am 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.

AFTERNOON

12:00 pm WTBS ch.3 "The Grudge 3" (2009, Horror) Matthew Knight. A doctor needs the help of a mysterious Japanese woman to combat two vengeful ghosts.
 FAM ch.26 "Halloweentown High" (2004, Fantasy) Debbie Reynolds. Two witches protect a group of students from the legendary Knights of the Iron

Dagger. (In Stereo) (CC)
 1:45 pm YTV ch.18 "The Dog Who Saved Halloween" (2011, Comedy) Gary Valentine. A talking dog encounters a haunted house, a creepy neighbor and a scary canine. (In Stereo) (CC)
 2:00 pm KSPS ch.6 "The Cardboard Bernini" (2012, Documentary) Artist James Grashow spends years building a giant fountain made from cardboard. (In Stereo) (CC)
 CITV ch.12 "The Bounty Hunter" (2010, Romance-Comedy) Jennifer Aniston. Originally hired to track down his bail-jumping ex-wife, a bounty hunter soon finds himself on the run for his life. (CC)
 3:00 pm CHBC ch.4 BCTV ch.11

"The Bounty Hunter" (2010, Romance-Comedy) Jennifer Aniston. Originally hired to track down his bail-jumping ex-wife, a bounty hunter soon finds himself on the run for his life. (CC)
 KSPS ch.6 "Who Cares About Kelsey?" (2012, Documentary) An innovative school program helps troubled students with behavioral and academic issues. (In Stereo) (CC) (DVS)
 3:45 pm YTV ch.18 "How to Train Your Dragon" (2010, Fantasy) Voices of Jay Baruchel. Animated. A misfit Viking teenager sees a chance to change the course of his clan's future when he befriends an injured dragon. (In Stereo) (CC)

5:00 pm CBC ch.13 "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 coming true. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "S.W.A.T." (2003, Action) Samuel L. Jackson. A Los Angeles Special Weapons and Tactics team must protect a criminal after he offers \$100 million to his prospective rescuers.
 YTV ch.18 "The Addams Family" (1991, Comedy) Anjelica Huston. Gomez, Morticia and their ghoulish household are prey to a scam involving long-lost Uncle Fester. (In Stereo) (CC)
 9:00 pm FAM ch.26 "Phantom of the Megaplex" (2000, Suspense) Taylor Handley. A theater employee wonders if a legendary spirit is up to its old tricks after a series of strange occurrences. (In Stereo) (CC)
 10:30 pm WTBS ch.3 "Meet the Browns" (2008, Comedy-Drama) Tyler Perry. Soon after losing her job, a single mother takes her brood to Georgia for her father's funeral and meets his uproarious clan for the first time.
 FAM ch.26 "Mom's Got a Date With a Vampire" (2000, Comedy) Caroline Rhea. Two children set their mother up with a mysterious man, not realizing he may be one of the undead. (In Stereo) (CC)

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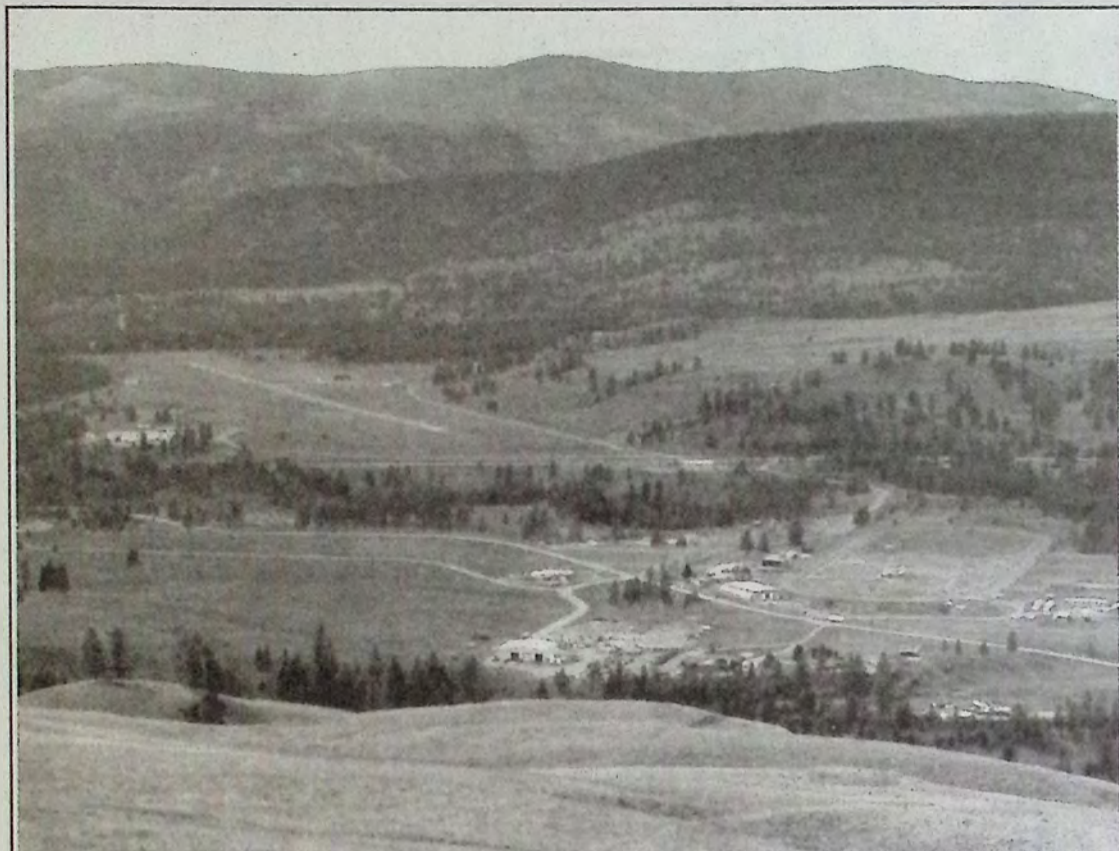
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From Fur Traders to Miners to the Railroad

SUNDAY, OCTOBER 13, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	In a Name	Peep, Big	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds (N)	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Sidekick	Sports	Canada AM Weekend	Bering Sea Gold	Slug Terra	R Schuller	Xtreme 4x4	Fishful
6:30	Cooldest	World Visn.	Thomas	Signing	(N)	Paid Prog.	(N)	Paid Prog.	World Visn.	(N)	Poko	Super Evil	Reporters			Wingin' It	ChurchRck	Horse.	Paid Prog.
7 AM	P. Affairs	Sunday Morning News (N)	Rolle Polle	Barney	KHQ News	CBS News Sunday Morning (N)	Criminal Minds (N)	Good Morning America	Sunday Morning News (N)		Animal	Squirrel	NFL Countdown (N) (Live)	App	Could We Survive a Mega-Tsunami?	Gravity	Eye/Asia	Trucks!	Sunset
7:30	Att. Eats		Upside	Clifford	Invest	(N)	(N)	(N)	(N)		Artzooka	Pet Shop	(Live)	The Social		Phineas	Dharti	Restore	Sunset
8 AM	Movie: *** "The Water Horse" (2007)		Ella the El	Curious	Meet the Press (N)	The Nation	Panic 9-1-1	This Week			Coronation	Pet Shop		Question Period (N)		Phineas	Pakistan	Bar Rescue	Airport
8:30			PAW Patrol	Cat in the Hat							Coronation	T.U.F.F.				Dog	Festival Italiano di Johnny Lombardi (In Italian)	Bar Rescue	Airport
9 AM			Dino Dan	DragonFly	Tree Fu	The NFL Today (N)	Panic 9-1-1	Explore		Block	Coronation	SpongeBob		Operation Smile	Moonshiners	Good Luck	Italiano di Johnny Lombardi	Bar Rescue	Airport
9:30			Arthur	The Impact	Hate Hair?			Rescue		Context	Coronation	SpongeBob				Good Luck		Bar Rescue	Airport
10 AM	Movie: *** "The Tailor of Panama" (2001)	Block	Wild Kratts	Inside Olympia	PGA Tour	J. O'Leary	Panic 9-1-1	Wildlife	Block	J. Osteen	Coronation	Parents	NFL Football: Teams TBA. (N) (Live)	NFL Football (N) (Live)	Highway Thru Hell	Jessie		Bar Rescue	Airport
10:30		Context	Little			All In		Expedition	Context	Jeremiah	M'kplace	Monsters				Jessie		Bar Rescue	Airport
11 AM		J. Osteen	Marco Polo	Europe Jrm	Gymnastics: 2013 World Championships	Changers	Beyond Scared Straight	Paid Prog.	J. Osteen	16x9	Our Vancouver	Turtles		Bering Sea Gold	Shake It	Shopping Channel		Bar Rescue	Security
11:30		Jeremiah				Paid Prog.		Paid Prog.	Jeremiah			Parents			Shake It			Bar Rescue	Security
12 PM	Movie: *** "The Grudge 3" (2009, Horror)	News Hour	Dogs/Jobs	Moyers & Company	Artistic Championships	Bull Riding	Beyond Scared Straight	Paid Prog.	News Hour	Moves	Land/Sea	Sam & Cat		Airplane Repo	Movie: "Halloweentown High" (2004)	Travels	NFL Football	Bar Rescue	Security
12:30		Gridiron	Dogs/Jobs					Hollywood	Gridiron	Simpsons	One/One	Hathaways				Get Stuffed		Bar Rescue	Security
1 PM		Moves	Can. Rivers	Life in Cold Blood	Action Sports From San Francisco. (N)	NFL Football: Tennessee Titans at Seattle Seahawks. (N) (Live)	Beyond Scared Straight	Hometime	Moves	Simpsons	Q With Jian Ghomeshi	Mr. Young	World Series of Poker	SportsCentre (N)	Fantom-Works	Phineas		Bar Rescue	Rock-RV
1:30		Simpsons	Rivers					McCarver	Simpsons	Simpsons		(1:45)						Bar Rescue	Rock-RV
2 PM	King	Simpsons	Park	"Card Bernini"	Francisco. (N)	Beyond Scared Straight	Extreme Weight Loss "Ryan"	Simpsons	Movie: "The Bounty Hunter" (2010) Jennifer Aniston.	The Nature of Things	Battle of the Blades	Movie: "The Dog Who Saved Halloween"	World Series of Poker	Worst Handyman	Mighty Planes	Phineas		Bar Rescue	Making Monsters
2:30	King	Simpsons	Volc Od					Simpsons								ANT Farm		Bar Rescue	
3 PM	Big Bang	Movie: "The Bounty Hunter" (2010) Jennifer Aniston.	Hope for Wildlife	"Who Cares"	Paid Prog.	Beyond Scared Straight		Movie: "The Bounty Hunter" (2010) Jennifer Aniston.	Battle of the Blades			Movie: "How to Train Your Dragon" (2010)	SportsCentre (N)	First Story	Cash Cab	Good Luck		Bar Rescue	Places
3:30	Big Bang				Rocket							(3:45)		First Story	Cash Cab	Next Step		Bar Rescue	Places
4 PM	Big Bang	The Frank-Intense Trail	The Teach-ings of Jon	Football Night in America (N)	Backroads	Duck D.	Beer Geek	Beer Geek	Estate	Global Nat.	Mr. D	Movie: "The Dog Who Saved Halloween"	Football Night/ America	Corner Gas	Daily Planet	Jessie		Bar Rescue	Mysteries-Museum
4:30	Big Bang				News	Duck Dyn-asty	News	ABC News	Global Nat.	(4:59) News Hour (N)	Movie: "Bedtime Stories" (2009)	Movie: "The Addams Family" (1991)	(5:15) NFL Football: Washington Redskins at Dallas Cowboys. (N) (Live)	Corner Gas	To Be An-nounced	Shake It	Storage	Bar Rescue	
5 PM	Mod Fam	News	King George and	Lark Rise to Candleford	(5:20) NFL Football: Washington Redskins at Dallas Cowboys. (N)	CBS News	News at 6 (N)	News at 6 (N)	Red Carpet	(5:59) News Hour (N)	Security	Heartland (N)	CTV News (N)	W5 (N)	To Be An-nounced	Shake It	Storage	Bar Rescue	Halloween Crazier (N)
5:30	Mod Fam															Austin	Family	Bar Rescue	
6 PM	Movie: *** "S.W.A.T." (2003, Ac-tion) Samuel L. Jackson.	Global Nat.	Park	Doc Martin	60 Minutes (N)	KREM 2 News at 6 (N)	Dads	Funnlest Home Videos	Security	The Good Wife (N)	Heartland (N)	Movie: "The Addams Family" (1991)	CTV News (N)	W5 (N)	To Be An-nounced	Good Luck	Revenge "Confes-sion"	Bar Rescue	Halloween Crazy
6:30		News	Volc Od				Dads		Security	We-Men						Wingin' It		Bar Rescue	
7 PM		Security	Great Bamboo	Last Tango in Halifax	The Amazing Race (N)	60 Minutes (N)	Dads		Security	We-Men			Once Upon a Time (N)	Naked and Afraid (N)	Wizards (7:01)	Revenge "Confes-sion"	Bar Rescue (N)	UFO's Crashed-Vacat.	
7:30		We-Men					Dads		Security	We-Men								Bar Rescue	
8 PM	Sinfeld	Simpsons	Born and Bred	Masterpiece Classic (N)	KHQ News (N)	The Amazing Race (N)	Duck D.	Once Upon a Time (N)	Simpsons	Simpsons	Battle of the Blades (N)	SpongeBob	SportsCentre (N)	The Amazing Race (N)	To Be An-nounced	Shake It	CityNews Weekends	Tattoo Res-cue (N)	Security
8:30		Burgers					Duck D.		Burgers	Burgers		Zolnk'di				Austin		Bar Rescue	Security
9 PM	The Closer	Family Guy	Dalziel and Pascoe	Masterpiece Classic "Downton Abbey"	Jeopardy!	The Good Wife (N)	Duck D.	Revenge "Confes-sion"	Family Guy	Family Guy	Dragons' Den	Splatalot	Motoring	Castle (N)	To Be An-nounced	Movie: "Phantom of the Mega-plex"	The Office	Bar Rescue	Places
9:30		Amer. Dad					Duck D.		Amer. Dad	Amer. Dad		Babysitting						Bar Rescue	Places
10 PM	Sinfeld	The Good Wife (N)	Dalziel and Pascoe	Abby	Criminal Minds	The Mental-ist (N)	Duck D.	(10:01) Betrayal (N)	The Good Wife (N)	News Final	The National (N)	Boys	SportsCentre	The Mental-ist (N)	Naked and Afraid	"Mom's Got a Date-Vamp-ire"	The Office	Bar Rescue	Mysteries-Museum
10:30	Movie: "Meet the Browns"	News Final	Prehistoric Hunters	Land Girls	News	News	Dads	KXLY 4	News Final	Paid Prog.	CBC News	Boys	SportsCentre	News	To Be An-nounced	Paid Prog.	Tattoo Res-cue	Halloween Crazier	
11 PM		Block			Paid Prog.	Fifth Qtr	Dads	Van Impe	Block	Paid Prog.	fifth estate	Splatalot	CTV News	CTV News				Bar Rescue	



The view from Miner Mountain looking across the Princeton Fairgrounds (lower right of photo) to Princeton Airport (middle left of photo) and beyond. Segol Resources continues to explore the Miner Mountain property. *

Monday Movies

MORNING

9:00 am YTV ch.18 "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Looking for fun, a mischievous feline invades the home of two children while their mother is away. (In Stereo) (CC)
 11:00 am YTV ch.18 "Flushed Away" (2006, Comedy) Voices of Hugh Jackman. Animated. After an ignoble landing in Ratopolis, a pampered rodent enlists the help of a sewer scavenger in finding his way back to his posh London flat. (In Stereo) (CC)

AFTERNOON

12:30 pm SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo) (CC)
 1:00 pm YTV ch.18 "Igor" (2008, Comedy) Voices of John Cusack. Animated. A hunchbacked lab assistant seizes a chance to become an evil scientist by creating a monster of his own to enter in the kingdom's annual science fair. (In Stereo) (CC)
 2:45 pm YTV ch.18 "Diary of a Wimpy Kid: Rodrick Rules" (2011, Comedy) Zachary Gordon. Wimpy Greg and his older brother and chief

tormentor try to survive their parents' attempts to have them bond. (In Stereo) (CC)
 5:00 pm SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo)

EVENING

9:30 pm WTBS ch.3 "Win a Date With Tad Hamilton!" (2004, Romance-Comedy) Kate Bosworth. Secretly in love with his friend, a supermarket manager becomes jealous when she meets a famous actor. SPIKE ch.44 "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. (In Stereo)
 11:30 pm WTBS ch.3 "Road Trip: Beer Pong" (2009, Comedy) Preston Jones. Three college roommates join a group of sexy girls to compete in the National Beer Pong Tournament.

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MONDAY, OCTOBER 14, 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	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N)	Morning Northwest	Morning News (N)	Stagers	CBC News	Kid vs. Kat	SportsCentre	CTV Morning Live (N)	Highway Thru Hell	Stella-Sam Phineas	CityLine (N)	CSI: Crime Scene	Sunset Daze (N)
7 AM	Law & Order: SVU		Ella the El	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)		Chef/Home	Tiger	Penguins	SportsCentre		Salvage Hunters	Shake It	Let's Make a Deal (N)	CSI: Crime Scene	Extreme RVs (N)
8 AM	Law & Order: SVU		Magic Bus	Curious			CSI: Miami (N)			Chef/Home	Monster	T.U.F.F.			Final Offer (N)	Jessie (N)	The Price Is Right (N)	CSI: Crime Scene	Extreme RVs (N)
9 AM	Millionaire	Chef/Home	Dragon	Peg		The 700 Club (N)	CSI: Miami (N)	Live! Kelly and Michael	Chef/Home	The Doctors (N)	Super Why!	Movie: ** "Dr. Seuss' The Cat in the Hat" (N)	SportsCentre	Live! Kelly and Michael	Mayday (N)	Good Luck	Jdg Judy	Cops (N)	Rock-RV
10 AM	Divorce	The Doctors (N)	Poppy Cat	Sesame Street (E)		The Price Is Right (N)	Criminal Minds (N)	The View (N)	The Doctors (N)	AnnaOlson	Bookaboo		CFL Football: Winnipeg Blue Bombers at Montreal Alouettes. (Live)	The View (N)	How/Made	Good Luck	The Chew (N)	Cops (N)	Rock-RV
11 AM	Judge Alex	AnnaOlson	Gruffato	Tiger	Jdg Judy	Young & Restless	Criminal Minds (N)	Paid Prog.	AnnaOlson	Noon News Hour (N)	Our Vancouver (N)	Movie: *** "Flushed Away" (2006) (N)		Marilyn Denis	Auction	Good Luck	General Hospital (N)	Cops (N)	Rock-RV
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose (N)	Paid Prog.	News	After the First 48 (N)	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News			CTV News (N)	Junk Raiders	Good Luck	Katie (N)	Cops (N)	Rock-RV
1 PM	Community	Days of our Lives (N)	Dragon	Paint This	Days of our Lives (N)	The Talk (N)	The First 48 (N)	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Republic of Doyle (N)	Movie: ** "Igor" (2008) (N)	TBA	The Social (N)	Mayday (N)	Good Luck	CityLine (N)	Cops (N)	Rock-RV
2 PM	Seinfeld (N)	The Talk (N)	Big Bear	Thomas	Katie (N)	Let's Make a Deal (N)	The First 48 (N)	Queen Latifah	The Talk (N)	Queen Latifah	Steven and Chris (N)	(2:45) Movie: *** "Diary of a Wimpy Kid: Rodrick Rules" (N)	CFL Football: Toronto Argonauts at Hamilton Tiger-Cats. (Live)	Dr. Phil (N)	Myth-Busters (N)	Good Luck	CityNews at 5 (N)	Cops (N)	Rock-RV
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil (N)	The First 48 (N)	Rachael Ray (N)	Queen Latifah	Young & Restless	Recipes Stefano			Bethenny (N)	Canada's Worst Driver	Good Luck	CityNews at 6 (N)	Cops (N)	Rock-RV
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show (N)	Beyond Scared Straight	The Doctors (N)	Young & Restless	Early News	Dragons' Den (N)			Ellen DeGeneres Show	To Be Announced	Good Luck	Mod Fam	Ways Die	Extreme RVs (N)
5 PM	Browns	News (N)	Martha	News	News	News	Beyond Scared Straight	News	Early News	(4:59) News Hour (N)	News	Parents		CTV News at Five (N)	Airplane Repo (N)	Good Luck	How I Met	Movie: *** "The Rundown" (2003) The Rock (N)	Extreme RVs (N)
6 PM	Browns	Global Nat.	Animals	PBS NewsHour (N)	News	KREM 2 News at 6 (N)	Beyond Scared Straight	News at 6	(5:59) News Hour (N)	ET Canada	News	Sam & Cat		CTV News (N)	Amish Mafia	Good Luck	Broke Girl		Airport
7 PM	Mod Fam	Ent	Hope for Wildlife (N)	The Cafe	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	(7:01) The Blacklist (N)	George S	Hathaways		Fall	Amish Mafia (N)	Good Luck	The Project: Guatemala	Deadliest Warrior	Hotel Impossible (N)
8 PM	Family Guy	Bones (N) (DVS)	King George and	Antiques Roadshow	The Voice The battle rounds begin. (N)	How I Met We-Men	Beyond Scared Straight	Dancing With the Stars (N)	Bones (N) (DVS)	Bones (N) (DVS)	Murdoch Mysteries (N)	Wipeout (N)		The Voice The battle rounds begin. (N)	Airplane Repo (N)	Good Luck	CityNews-Tonight (N)	Deadliest Warrior	Moves
9 PM	Amer. Dad	Sleepy Hollow (N)	Mordcael Richier: Last	Genealogy Roadshow	gln. (N)	Broke Girl Mom (N)	Beyond Scared Straight	Same-day Tape (N)	Sleepy Hollow (N)	Sleepy Hollow (N)	Cracked "The Valley"	Wendell Brown	NFL Films		Amish Mafia	Wingin' It	Jimmy Kimmel Live (N)	Deadliest Warrior	Extreme RVs (N)
10 PM	"Win a Date With Tad Hamilton!" (2004)	(10:01) The Blacklist (N)	Architects of Change	POV The 7-year-olds of 1964 hit middle-age. (N)	(10:01) The Blacklist (N)	Hostages "2:45 PM" (N)	Beyond Scared Straight	(10:01) Castle (N)	(10:01) The Blacklist (N)	News Hour Final (N)	The National (N)	The Middle Mr. Young	SportsCentre	Hostages "2:45 PM" (N)	Amish Mafia (N)	Good Luck	Maury (N)	Movie: ** "Doom" (2005) The Rock (N)	Airport
11 PM	"Road	CHBC News Final (N)	Hope for Wildlife (N)		News	Jay Leno	Beyond Scared Straight	IXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Airplane Repo (N)	Wizards	Paid Prog.	Ways Die	Hotel Impossible (N)



Did you forget your giant beach ball? First Intermission fun during the October 4th Posse game. *



Princeton Posse's Brayden Horcoff (#11) races to the puck outside a face-off October 4th. *

Real hockey players wear pink

Princeton Posse hosted Kelowna Chiefs October 4th and since it was the first home game of October for the Similkameen Valley team, players showed their support of Breast Cancer Awareness Month.

Each Princeton player had pink skate laces with some adding pink tape to their gloves, sticks and just about anywhere else they could attach the sticky stuff.

It has become an annual tradition

for the Posse to show solidarity in such a manner, which even extended to the bench with coaching staff wearing pink shirts and/or ties. Or at least ties with some pink accents.

Are they setting a standard in the KIJHL?

Probably.
Is it distracting to others?
Probably not.

Considering the fact that each and every person in Princeton Arena that night has had an experience with some form of cancer, directly or indirectly, it's a good way to remind everyone that the team is solid in it's fight to spread the word.

As for the game itself, it was a toss up as to who was really controlling the game.

The stats sheet shows a pretty balanced game with shots on goal and penalties called almost dead even.

However, the scoreboard tells a different story.

The Chiefs scored first at 17:37 of the first period. The power play goal was credited to Brady Mende who got help from Nick Josephs and Nick Headrick.

It wasn't until 6:02 of the second when another goal was scored.

The Chiefs took a 2-0 lead at that time (Nick Josephs from Colten Dachwich and Jagger Bowles).

Kelowna's Nick Josephs widened the lead at 8:40 with an unassisted goal.

Through the scrambling, shoving, shuffling, pushing and busted plays the home team ended up on the scoreboard.

A trio of veterans combined efforts at 15:57 when a pass from Jon Thompson to Kurtis Klinger ended up on the stick of Eric Kubis

who wasted no time in sending the puck past Chief goalie Connor DeMelo.

The third period saw a bit more focus from both sides of the rink and another goal scored by the visitors at 11:28 (Nicholas Kovacic from Jagger Bowles and Nick Josephs).

Aside from occasional flashes of pink, there was no further scoring.

Final score: Kelowna 4, Princeton 1. Shots on Goal: Princeton 31, Kelowna 28. Penalties in Minutes: Princeton 6 for 20-minutes, Kelowna 6 for 12-minutes.



A stoppage in play gives Princeton Posse Team Captain Jon Thompson a moment to catch his breath and prepare for the next face-off. *

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THANK YOU, PRINCETON!
SATURDAY OCTOBER 12 IS OUR LAST VISIT
TO THE SIMILKAMEEN THIS SEASON...

FLOWERS IN MOTION
PRINCETON PLAZA PARKING LOT - HIGHWAY 3


...WHICH IS ALSO OUR CUSTOMER APPRECIATION DAY!
With your \$10 minimum purchase, receive a potted Mum FREE
as our thanks to you for your continued support. See you in the Spring!



News Leader Classified Ads

25 Words - \$9.00 (includes GST) - Pay for two weeks, the third week is FREE!

Help Wanted	Help Wanted	Help Wanted	Services	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.

Princeton & District Community Services is in urgent need of qualified home support workers. Prospective home support workers must be registered with the BC Care Aide Community Health Worker Registry. Successful applicants must have access to a vehicle, a clear criminal record check, a TB skin test and an aptitude for working with seniors. Application forms are available at 47 Harold Avenue (Princeton) and resumes may be mailed to Box 1960, Princeton, BC V0X 1W0 or e-mailed to mail@pdcss.com. Sep 17-Oct 22



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The Town of Princeton assisted with clean-up of a local downtown business October 4th bringing in a front end loader to move some of the heavier items sitting on the property. Photo: Spencer Coyne

Mayor praises event volunteers

..... continued from Front Page \$30,000 grant obtained through Regional District for electrical upgrading at the fairgrounds. Bedard noted that the electrical bills have been reduced while lighting and electrical wiring has improved. He thanked Jim Barnes and crew for doing a good job. He noted the upgrades to the barns, and expressed appreciation for the great

job done by contractor Jody Woodford, and the painting done by two young ladies who have proven to be excellent casual labourers.

He noted all of the work done by the Bernard father and son team, and thanked them. In closing, he thanked all of the many volunteers who have made 2013 a successful year at the fairgrounds.

Welcome to PowerSense Month

..... continued from Front Page -descent bulbs burn out, replace them with ENERGY STAR lighting and save on electricity.*
Give your appliances some TLC. Getting appliances like furnaces, fireplaces and heat pumps serviced by a registered contractor will keep them operating as efficiently as possible.

focused on providing safe and reliable energy, including natural gas, electricity, propane and thermal energy solutions. FortisBC employs more than 2,200 British Columbians and serves approximately 1.1 million customers in more than 135 B.C. communities. FortisBC is indirectly wholly owned by Fortis Inc., the largest investor-owned distribution utility in Canada. FortisBC owns and operates four regulated hydro-electric generating plants, approximately 7,000 kilometres of transmission and distribution power lines, and approximately 47,000 kilometres of natural gas transmission and distribution pipelines. FortisBC Inc., FortisBC Energy Inc., FortisBC Energy (Vancouver Island) Inc., and FortisBC Energy (Whistler) Inc. do business as FortisBC. Fortis Inc. shares are listed on the Toronto Stock Exchange and trade under the symbol FTS. Additional information can be accessed at www.fortisinc.com or www.sedar.com.

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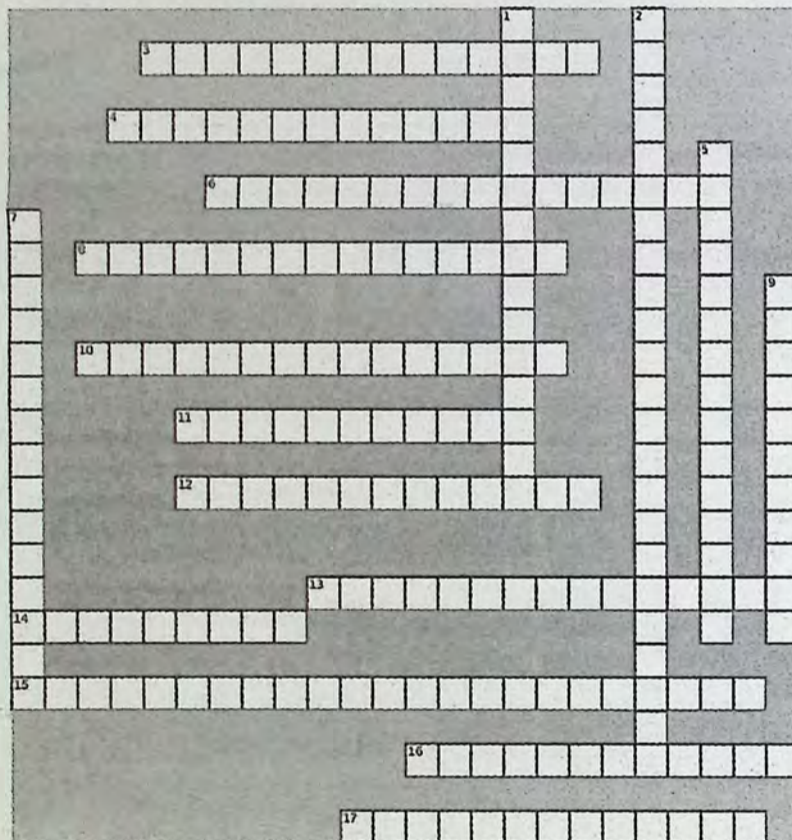
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* In Princeton, you can take your burned out bulbs to The Hut Bottle Depot on Highway 3 to be recycled.

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Similkameen News Leader Puzzler

Use the October 1 News Leader to find Answers Below...



- Across**
- 3 The 'VF' in VFFN.
 - 4 The 'oE' in MoE.
 - 6 The 'AS' at BCAS.
 - 8 Where did hikers go September 21st?
 - 10 She got the photo credit for a tremendous looking sunflower.
 - 11 The new name for the zigzag.
 - 12 He is holding the new 're-named' zigzag plaque.
 - 13 The News Leader can be found on Twitter with this handle.
 - 14 Name Princeton Museum Operations Manager.
 - 15 The School District is looking for one of these.
 - 16 Name the youngest person in the photo on Page 3.
 - 17 Weekend Princeton Posse home games usually start with one.

- Down**
- 1 The 'BC' in BCAS.
 - 2 The former Hedley School is known as this.
 - 5 She is fundraising for Special Olympics.
 - 7 These were presented to Sharon and Matthew Sawin recently.
 - 9 Name the senior volunteering at Princeton Museum on Page 2.

Similkameen **News Leader** PUZZLER #144
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A lot of time and effort has gone into preparing Living Water Community Church for a 'before and after school' daycare program. An open house was held October 5th. To find out more about the program call 250-295-7299 or e-mail livingwatercc@eastlink.ca. Applications are being accepted for the program. Photo: Brenda Engel

Community Services Goal: Quality of Life

At the September 30 annual general meeting, President Joann Gabriel began her year-end report by stating 'quality of life' is a goal of Princeton and District Community Services Society. The society provides a number of services to Princeton area residents in need of assistance, ranging from home support to assisted living, local and out of town transit, Meals on Wheels and management of low income rental units. Gabriel said the society met its goals during the past year.

In her year-end report, Executive Director Lynn Pelly discussed some of the challenges met in trying to achieve the goals of the society. She praised the people who have come

forward to attempt to solve the health care crisis in Princeton, and thanked the individuals and service clubs who have donated funds to assist in continuing the Meals on Wheels program without additional cost to clients, for money to provide activities, and for funds to purchase equipment.

"Stretching tight budgets to meet the increasing needs of our clients and residents is a constant challenge," Pelly stated.

Goals for the coming year include a number of improvements to sites, developing a capital plan, and go through an accreditation process.

Through an agreement between the Town of Princeton and BC

Transit, Community Services operates two lift-equipped buses for use by local residents. One of the buses makes trips weekly to Penticton, picking up passengers in Hedley and Keremeos as well as in Princeton. The local bus service takes people to health appointments, shopping, and recreational events. For detailed information, contact Community Services office. Fares are inexpensive and anyone may use the service. It is not just for the handicapped and elderly.

Adult Day Centre provides ongoing activities for seniors in the community and for residents at Vermilion Court. This is a program for physical, mental, social, health and recreational activities. In 2013, activities included a lunch in Tulameen, birthday celebrations, scavenger hunts, a Mother's Day Tea, a yard sale, a bazaar and numerous entertainers who went to Vermilion Court to make seniors' lives brighter.

Community Services offers the New Beginnings program to all of those adults in our community who have developmental challenges. This is a self-help program that assists individuals in living independently, teaching life skills, health care, social skills and a multitude of bits of knowledge all of us need to know to function in our complex society.

In addition to everything else, Community Services oversees the Victims Service Program in Princeton area.

An election of two Directors took place this year, as Directors serve two-year terms. The Board of Directors for the coming year is Joann Gabriel, Russ Pederson, Ken Carlson, Carol Clarke, Ray Jarvis, Mary Bird and Pamela Ottas.

Flip of the Coyne

Spencer Coyne

..... continued from Page 3
Paul, Michelle Bachmann and Ted Cruz. The Tea Party has a handful of elected members yet have been able to push around the old Republican guard, mostly because they are loud so they get lots of press time. The shutdown could become a defining moment in the history of the Republican party if the populace begins to turn on the party. The GOP leadership will be forced to make a choice: allow the Tea Party members

to stay in the forefront or send them to the back of the class and muzzle them. If they pick the latter the party may split. I can tell you this, the Republican party is no longer the Party that brought some of the greatest leaders in history to the halls of power. There is no Lincoln, Grant, Eisenhower, or Roosevelt within their ranks, but there are a lot of nuts who seem to think that their role on Capitol Hill is not doing the people's bidding but playing partisan games.

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Posse Report - September In Review

President Dean Johnston

The Posse close out September with optimism both on and off the ice.

Despite huge changes the future indeed looks full of promise. In all the upheaval of rebranding Jr hockey in Princeton there is indeed a buzz, a constant hum of excitement in the community and in the stands.

The squad is 2-4-1 heading into October and sits one point behind both Osoyoos and Summerland in what everyone agreed before the season would be the KIJHL's most competitive division. Better yet,

the Posse is 2-1-1 at home. Fans have seen an exciting home opener one goal win, a loss in double overtime, a late one goal loss after the squad worked to overcome an early 3 goal deficit, and most recently a 4-2 victory over rival Osoyoos.

Most important for the organization and team management, FAN support has been simply FANTastic. Long time supporters have been supportive in their praise, returning fans have expressed a renewed interest and - equally critical for the future of junior hockey in Princeton - new faces have been noted everywhere throughout the arena.

Last weekend (September 29) marked the first Sunday game and was a huge success - young fans took advantage of opportunity to bring a parent for free. Pasha's Pizza provided pizza by the slice in the mezzanine, the Posse provided a win for entertainment and then the players hung around to participate in the first "Skate with the Posse" afterwards. The stands were busy during the game as were the players afterwards as almost 50 kids donned skates!

The Tailgate Party schedule has been posted through into November and will occur on all Friday and Saturday evening games. The Posse hope to encourage more people to come out and enjoy pregame festivities with an excellent variety of food. Upcoming menu items include beef on a bun, free range chicken dinners, pulled pork as well as a

BBQ medley of ribs, chicken and steak. The goal is to stay outside as long as weather permits, but if it turns nasty, there is tons of room in the mezzanine to enjoy TV sporting events while enjoy dinner. All of these provide funding for the team and serve as a means to work with local businesses.

All in all a great start to the season. Thanks to all the kids and parents for September 29th, and to all fans in general for your support.

Again, if you are enjoying it, bring a friend!

Upcoming Planned Events...

Friday, October 4 5:45 PM Tailgate Party hosted by Thomasina's, HNIC on TVs

Saturday, October 5 5:45 PM Tailgate Party hosted by The Posse
Saturday, October 12 5:45 PM Tailgate by Princeton Golf Course...

BBQ medley, Hockey Night in Canada on TVs.

Saturday, October 19 5:45 PM Tailgate by Billy's Restaurant...

Beef on a Bun, CFL BC Lions vs Saskatchewan Roughriders on TVs
Look for upcoming Community Events to catch Posse players including...

Halloween, Christmas Light up... and a thank you to Posse players and coaches for assisting in the University Basketball events September 27 and 28 at PSS!



The first 'Skate with the Posse' event of the season was a huge success. Expect more of these activities to follow! Photo: Bob Marsh Photography

Princeton earns more praise

by Dean Johnston

Princeton Basketball Association

A massive thank you goes out on behalf of the Princeton Basketball Association (PBA) to Princeton and the basketball community in general.

Kings University Eagles Women's Coach Chad Podhiachuk summed the weekend up best when she stated, "I never been involved in a better team bonding event. Everything we did went off as planned and was just great to see all the help from everyone involved. To not have to organize anything allowed everyone, coaches included, to just relax and focus on the team and the games." The organizing group and assistance offered from everyone involved was a testament to the program, the school, and Princeton in general.

The girls won both games easily, but it was the perfect early tonic for a young team in preparation for a long season. Fans witnessed moments of cohesion and fluidity. Local player Makenzie Johnston

looked comfortable on her home court and with the run and gun pace - the veteran part of lineup looked very sharp at times. PSS basketball coaching staff manned the BBQ serving up donated smokies by Doug's Homestead.

The men's game Friday night was a great display of the physicality in basketball. It is truly a contact sport. The tempo was fast, the bodies were flying, and fans witnessed a demonstration of every step, every second, every square inch. Nothing went uncontested in a game eventually won by the visiting CBC Bearcats 86-82. Saturday was a continuation with the Eagles prevailing by a dozen, and smokies served up by the Posse players and coaching staff. Some preseason rust by all teams - absolutely, but overall a great weekend to be a local basketball fan.

In the end, the PBA raised the targeted \$2,000 in order to offset cost of officials and Bearcat accommodation expense. The combination of donations, volunteerism, 50/50, tickets, BBQ smokies and just a

feeling of whatever it takes was unbelievable and inspiring. The weekend events wrapped up with a dinner evening Saturday for teams, coaches and volunteers, allowing everyone to take in the true value of the events.

A massive THANKS! to the following for helping make this weekend happen...

- Billys Family Restaurant
- Doug's Homestead
- Hayes Canyon Contracting
- Princeton Posse
- RDOS
- Larry MacKenzie
- PSS & PSS Rebels basketball
- Princeton Basketball Association
- April Earle
- Weyerhaeuser
- Shayne O'Malley
- Nicki Forde
- Ponderosa Motel
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