

# Similkameen News Leader

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Tuesday, October 22, 2013

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



With all the talk around town centering on high rents and empty storefronts there are a lot of positive signs in and around Princeton. This is one of two new homes currently under construction on Copperhead Road. \*

## High school adapts to lower numbers

When Principal Sandi Blair learned there would be a 10 percent drop in student enrolment at Princeton Secondary, she decided against dropping courses. She brought the teachers together to devise a plan that would allow the students to have as many course choices as they had in the past.

Princeton Secondary has been successful with multi-grade classes, particularly in elective courses. The teachers worked out a system that brings two or three grade levels into the same class for the same

course. Working through combinations of teacher instruction and computer instruction, students are able to have a wide choice of courses. Princeton Secondary offers 112 courses despite declining enrolment.

Learning has become more individual. In the past, students were pulled from classes to take extra instruction. This no longer happens: they receive more individual instruction in the classroom. Blair believes this new system offers more opportunity for innovation.

## Open burning now permitted

Effective at noon on Tuesday, October 15, open fires were permitted in all fire zones within the Kamloops Fire Centre, due to a decreased risk of wildfires.

The Kamloops Fire Centre is divided into seven geographical fire zones, which encompass Kamloops, Clearwater, Lillooet, Salmon Arm, Merritt (including the Princeton area), Vernon and Penticton.

Members of the public will be allowed to:

- burn waste, slash or other material
- burn stubble or grass
- use fireworks or burning barrels of any size or description

This rescinding of the open fire prohibition applies to all BC Parks, Crown lands and private lands, but does not apply within the boundaries of local governments that have forest

fire prevention bylaws and are serviced by fire departments.

Anyone contemplating lighting an open fire should first check with civic authorities to see if any local burning restrictions are in effect.

Anyone who wishes to light a Category 3 fire must first obtain a burn registration number by calling 1 888 797-1717. Category 3 burns must comply with the Ministry of Environment's Waste Management Act and Open Burning Smoke Control Regulation. Individuals who fail to meet those requirements may be subject to fines. For more information, visit: [www.bcairquality.ca](http://www.bcairquality.ca).

People planning to conduct an open burn should use caution and follow these safety precautions:

- Locate the fire site away from buildings, trees and other combustible

materials.

- Do not burn during windy conditions.
- Have adequate people, water and hand tools available to prevent the fire from escaping.
- Never leave a fire unattended.

Anyone lighting a fire must ensure

that they conduct the burn safely and responsibly, as outlined in the Wildfire Act and its regulations.

If an open fire escapes and is determined to have caused a wildfire, the person(s) responsible may be liable for fire suppression costs and damages. Information on open burning,

burn categories and current fire prohibitions is available on the Wildfire Management Branch's website at: <http://bcwildfire.ca/hprScripts/WildfireNews/Bans.asp>.

To report a wildfire or unattended campfire, call 1 800 663-5555 toll-free or \*5555 on a cellphone.

## School District changes First Nations structure

First Nations learning programs have faced problems in the past due to the fact that not all First Nations students have official status. This was a problem because the federal government pays for only registered First Nations children. Non-status

First Nations students who desire to be part of the FN cultural programs are recognized by the Board of Education but not by the federal government.

In School District #58 (Nicola-Similkameen) the problem has been

addressed. The FNEC will continue to negotiate the education contract, but there will be an Aboriginal Advisory Council that focuses on cultural and language education and can make recommendations.

The Board of Education sees the change as very positive.

**CAUTION!**  **Home hardware** **CAUTION!**

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Any idea what this is a photo of? If you guessed Copper Mountain Mine you would be correct. This is the view of the mine from across the valley on the top of Miner Mountain near the cell phone tower servicing Princeton. \*

## Students sit on School Board

Andrew Silbernagel and Hilary Riel were welcomed to the Board of Education on October 16. The two students from Princeton Secondary School have seats on the Board of Education in Princeton. When the Board meets in Merritt, two students from Merritt Secondary will sit on the Board there. This is a pilot project lasting through this school year,

then the Board will decide whether to continue having students on the Board.

Six Princeton Secondary students expressed an interest in serving on the Board. Two Grade 12 students were chosen. Silbernagel said he wanted to bring a student voice to the Board and to learn public speaking skills. Riel saw a seat on the

Board as an opportunity to see how the school system works. She plans to be a teacher.

The students were introduced to other Board members and District staff.

As the Board works with iPads during meetings, the students will be provided with the same equipment during their term on the Board.

## Princeton cross-country results

Below is the list of finishers from Princeton Schools who participated in a School District 58 (Nicola-Similkameen) cross-country event held recently at John Allison Elementary School.

JA - John Allison Elementary  
 VF - Vermilion Forks Elementary  
**2001 Boys**  
 Bradley Bronsweck - VF  
**2001 Girls**  
 Taylor White - VF

Mylee Coyne - VF  
**2002 Boys**  
 Dylan Adam - VF  
**2002 Girls**  
 Drea Guardiero - VF  
 Coriu Harder - VF  
 Haruka Abe - VF  
**2003 Boys**  
 Bradley Sutton - VF  
**2003 Girls**  
 - no Princeton finishers  
**2004 Boys**  
 Keenan Bronsweck - VF  
 Dakota Adam - VF  
 Mitchell Yee - JA  
 Pierson Bett - VF  
**2004 Girls**  
 Natalie Yurkowski - VF  
 Breanna Tomusiak - VF  
 Thomasia Zurba - JA  
**2005 Boys**  
 Jake Krenn - JA  
**2005 Girls**  
 Kenya Lewis - JA  
 Lexie Gibson - JA  
 Makenna Gush - JA  
 Brooklyn Nilsen - JA  
 Grace Scollon - JA  
 Sienna Lyftogt - JA  
 Caprice Roccamatysi - JA  
**2006/7 Boys**  
 Jacob Williams - JA  
**2006/7 Girls**  
 Katie Coyne - JA  
 Aivry Thomas - JA  
 Azlyn Brewer - JA  
 Alishia Gallant - JA



The Town of Princeton sewage treatment plant settling ponds are in the centre of this photo with Similkameen River on the other side of Highway 3. This view is from the top of Miner Mountain. \*



The reopening of Living Water Community Coffee House was a celebration October 18th. Music and activities are planned each Friday night starting at 7:00 PM. There's also a kids play area so families can enjoy the fun. \*

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**From Fur Traders to Miners to the Railroad**

**Flip Of The Coyne**

by **Spencer Coyne**

Members of Parliament went back to work and the Prime Minister was off to Europe to sign a massive free-trade deal with the European Union. The Prime Minister wants us to think this is going to be a great deal for Canadians. After all, we are going to get to buy French cheeses for less and someday we might get six percent off on German cars. It seems too good to be true, I mean cheap cheese and cheaper German automobiles. What could possibly be wrong with this amazing trade deal?

First off, there is no trade deal. Not yet. There is a deal in principle, but all the states in the European Union need to sign off on it, and so do all the Provinces. We are looking at a couple years before this deal is ratified. Even though the deal hasn't

been ratified by all parties, the opposition is mounting. Dairy farmers are upset. This is not surprising since Harper is going to open the floodgates to subsidized European cheese because nothing beats a level playing field. The news has been reporting that we will see a rise in pharmaceutical prices which means that if you are on medication, you may end up paying more once this deal goes into effect. It looks like Canadian beef and pork producers will benefit from the new deal with less restrictions, but overall in the short term, it looks like Canada will lose more jobs than it will gain. There can only be speculation on the long term effects.

Did you know that this deal will impact to whom your local municipi-

ality awards contracts? That's right. Once this deal is done, European companies will be able to bid on municipal contracts. Can you imagine a company from Spain taking over local garbage collection? It sounds crazy, right? There were calls from towns and cities across the country to remove municipalities from the deal, but Harper didn't listen.

This deal will be good for some, but I don't think that this will benefit the average Canadian taxpayer overall. In fact, it could end up costing us a lot more than it will ever be worth. I will admit, I am not a big fan of the Prime Minister. I don't think that is a secret, but I am really starting to wonder who he has in mind with some of the decisions he

..... continued on Page 23

**School Board briefs**

**Schools receive grants**

Valley First Credit Union has awarded a \$5,500 grant to John Allison Elementary School for the Young Chefs Program. This program will teach students how to cook nutritious meals.

Vermilion Forks Elementary has been granted \$10,000 from Royal Bank of Canada for an after school learning program.

Weyerhaeuser has granted \$15,000 to Vermilion Forks for an adventure playground.

These grants will provide added dimensions to school experience that would not be possible within the highly controlled school district budget dictated by the provincial

**government.**

**Longer terms for Trustees?**

At the Union of BC Municipalities conference held in September, members voted to have four year terms for municipal and regional district elected officials. At the October 16 Board of Education meeting, Trustees voted on whether trustees should serve four year terms in office. The Board voted in favour, although Trustee Gordon Swan pointed out the downside: more by-elections and possibly fewer people interested in running for office.

**Board looks at costs**

Tight money in the school district budget may become tighter next

year. There will be a 1.4 percent increase in pension benefits for non-teaching staff in the district, and WorksafeBC rates will see an increase in base rate, going from 50 cents to 60 cents per \$100 assessable pay. Due to an excellent safety record, the school district has a two percent discount on the rate, but there will be an increase in annual costs.

The Board gave final reading to a capital spending bylaw approved by the Minister of Education for \$455,215. This is not a lot of money for the repairs and updates of school district buildings and equipment, but it is all the money the district will receive this year.

**TOWN OF PRINCETON PUBLIC HEARING**  
NOVEMBER 4TH, 2013 AT 6:30 PM  
PRINCETON REGIONAL LIBRARY, 107 VERMILION AVENUE

Pursuant to the provisions of Section 892 of the Local Government Act, notice is hereby given that Town Council will consider a new Zoning Bylaw and amendment to the Town of Princeton Official Community Plan Bylaw No. 808, 2008.

The Council of the Town of Princeton will meet and hold a Public Hearing on Monday, November 4th, 2013 at 6:30 pm at the Princeton Regional Library, 107 Vermilion Avenue to consider the following proposed Zoning Bylaw and Official Community Plan Bylaw amendment. All persons who believe their interest in property is affected by the proposed bylaws will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall. Council will receive no representations on these bylaws after the date of the Public Hearing.

<b>TOWN OF PRINCETON ZONING BYLAW</b>	<b>OCP AMENDMENT</b> 304 LAURIE CURRIE WAY

A copy of the subject Zoning Bylaw No. 880, 2013 (New Zoning Bylaw) and Bylaw No. 883, 2013 (304 Laurie Currie Way) to amend the Town of Princeton Official Community Plan Bylaw No. 808, 2008, are available on the Town of Princeton's website www.princeton.ca and during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. up to the date of the Public Hearing on November 4th, 2013. Given under my hand this 8th day of October, 2013.

Rick Zerr CAO, Town of Princeton

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# Editorial Page News Leader

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

## My Turn...

### Whine And Cheese

I was at a recent public function where conversation dipped into talk about the current state of the community.

The main topic was the number of empty storefronts around downtown Princeton.

While it is normally against my nature to be negative about what appears to be happening to our community, I did start to whine.

It's tough enough being a small business owner, so imagine how much tougher it is in a community that appears to be shrinking around us.

I know, I shouldn't think that, let alone say it but it happened.

Then as if on cue, in came an anonymous (I'm keeping his/her identity a secret only because I don't want to blow their cover) elected official.

I guess my whining was loud enough to be heard twenty feet away so A. E. O. (anonymous elected official) sauntered over to catch the gist of the conversation and possibly put out a fire before I had time to fan it some more.

I think I was doing a pretty good job of winning my argument by blame shifting and dragging the mine into the conversation, high local rents, a stalled real estate market, the price of gas and frosty mornings far too early in October.

A. E. O. took it all in stride.

In fact, I think A. E. O. actually absorbed my whining in some sort of fashion that created fuel to keep his/her super powers charged and running at full capacity.

I say this only because the more I whined, the more A. E. O. seemed to soak up the negative energy I was spewing and turning it into something more, shall we say, positive.

I tried to drag others into the conversation.

Two people ran away screaming, but I'm sure that had to do with something else.

Another person appeared to turn off their hearing aid.

I was slowly losing the battle and when the time was right A. E. O. launched the attack that I could not defend.

His/her comment was simple and honest.

A series of steps had to be taken before people started flocking back to Princeton in droves. The return of 24/7 ER service is one, I was told.

I thought about it later that night and it made sense. Full-time hospital service would be attractive to anyone moving to a new community. New people generate activity in the real estate market and stimulate the need for new business to meet their needs.

It is all connected and for some reason I didn't see the way one flowed into the other as I was too busy looking for someone to blame for another empty storefront.

And I guess that's why I secretly keep to myself why I still live here.

I still see potential and it takes time to reach that point and I want to be here when it happens because it will be spectacular.

There are already signs of growth in the community.

They just aren't as obvious as the empty storefronts.



A peaceful view looking east from the top of Miner Mountain. \*

## ...Your Turn

### Letters And E-Mails Received This Week

To the Editor,

As everyone knows by now, Dr. Smith is retiring at the end of the year. Less known and what I have recently learned is that Dr. Smith has offered his entire clinic, lock, stock and barrel, to Interior Health at no cost to them.

They could take over a fully equipped medical clinic for one or two doctors and pay nothing but the rent!

This would immediately solve the problems of the many, many elderly patients who have no transporta-

tion and who have to walk to see their doctor. This would also free up needed space at the Cascade Clinic which should be obvious to anyone who has been there. Another BAD move from Interior Health.

Taking over Dr. Smith's office would give us as patients a more efficient and convenient way to visit our doctors. Transportation is NOT always available at appointment times and is too costly for many.

I would be interested in hearing what our new Health Care Committee has to say about this

offer. I have been told that one reason for having all doctors at the Cascade Clinic makes it more efficient for patients to have their tests/x-rays done and that as it is a "clinic" you can visit any one of the doctors...foolish indeed - you want a doctor who knows you through visits to him/her.

The way they are set up now you are just another number and more time is spent with the docs reading your file to see what they don't know about you.

Another reason I was given for having all the doctors at the Cascade is that as "new" doctors they cannot afford to pay rent as they have student loans, etc. to pay off.

Who doesn't have monthly payments? Is that not the reason they are being paid the \$100,000 to come to our "hole in the wall"? (I use this term because I heard one person involved in IH call us just that, a hole in the wall).

Princeton is an amazing town, fabulous people who are working hard to make good lives for themselves. We deserve much more than IH has to offer!

- Lynn Boyd, 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.



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# Current Comment

## Freedom Equals Prosperity



**Dawn Johnson**  
editor@thenewsleader.ca

Sometimes it seems like serendipity when two pieces of information come together to make a larger picture. This happened to me last week. I was reading a book, and watched a documentary, and the two sources of information came together to expand my understanding of what is happening in our world.

The first piece of information was about the plight of Scottish workers in the 1700s. There was a custom that if a man worked for the same employer for a year and a day after his twenty-first birthday, then he belonged to that employer and could not leave the job. It was not legal, but most of the workers did not know it, and the majority of workers could not read. The employer had the right to punish his workers. The worker could be flogged or suffer a variety of barbaric punishments. Scottish employees were slaves.

This type of slavery was almost as bad as that of the black slaves in the United States. Scottish workers lived in dirt floor hovels and made barely enough to feed and clothe themselves. Their only relief was on Sunday when they went to church, and the church seemed always to favour the employers and make every effort to remind the workers they must keep their place. As employers paid the clergy and supported the costs of the church, the clergy did

not step out of place either.

Scottish slavery was about the rich controlling the poor. The poor workers owned nothing but their clothing and their household effects. The enslaved workers made their employers rich, and the employers were guaranteed the employees went nowhere else.

The second piece of information was the result of a study done to compare the economic history of South and Central America with the economic history of North America. The study showed that in South America, the pattern of development followed that of Europe, where the rich enslaved the poor by owning the land and controlling production through controlling the poor. In North America, particularly in the United States, the workers could settle on the land, claim it, and work their own property. Some did well, some did not, but the ultimate result was that those who did well could survive without an employer. This fact changed the entire picture of the economy. Granted, the land the settlers claimed had belonged to the native people, who became displaced for the most part, and seriously impoverished as settlers took over the land.

In economic terms, the prosperity of the United States and Canada was the result of the freedom of the working class. No longer tied to a particular employer, they could move to employment which gave the worker a better deal. Employers then had to offer a better deal, because the employer is always more dependent on the employee in order to make money. To secure skilled, dependable employees, the employer had to make concessions unheard of in Europe - better wages, better working conditions, better treatment. The employer could not enslave an employee.

Those employees who bought their own homes poured more money into the economy through buying things for their homes. The

employees wanted more for their families - better food, better shelter, better clothing, more education. More money was in circulation. There was more demand for goods and services because the working poor suddenly had more money to spend. The result in the United States was a highly productive, prosperous nation, more productive and more prosperous than any other nation in the world, until the present.

At this time in the history of the United States economy, something else is taking place. There are fewer jobs, trade unions are being broken, the middle class is taxed at a higher rate than the rich, and even the ordinary worker is taxed a higher percentage than the rich. The crash of 2008 caused thousands of Americans to lose their homes, many became actually homeless. There was less money in circulation and the government bailed out failing corporations through borrowing and taxation, but not taxation of the class of people who had caused the economic disaster.

Corporations moved jobs to places like Thailand, where workers earn a subsistence wage, where working conditions are poor, and worker benefit packages unheard of.

There appears to be an attack on the average American worker. The result is the rich becoming richer and the poor becoming poorer. The loss of jobs, the loss of homes, and the increase in taxation, has made the American worker much less mobile, and has seriously damaged small businesses and the middle class. The effect is anti-prosperity.

There is a lesson in this history that every politician should memorize. If you want to live in a prosperous society, you must ensure your workers have money and freedom. It is not the controlled or enslaved worker who makes you rich, it is the free worker, treated well, with money in his or her pocket. The worker who sees a better future for himself as a result of the job he has who will be the most dependable, the most innovative, and the most efficient. The worker who sees no future improvement in his own condition who will switch jobs as soon as something better presents itself. That is the worker who makes a prosperous nation.

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## Lower Valley News

Keremeos - Cawston - Olalla



Looks like an old flume, don't it? Not so fast! This wooden flume along the Green Mountain Road west of Pentiction is fully functional (see photo on Page 7). Photo: Arlene Arlow

### JHSC unveils health and safety action plan

The RDOS (Regional District of Okanagan-Similkameen) unveiled an action plan late last week to deal with shortcomings revealed in a health and safety audit last spring. "In total, there are fifty-eight items that require varying levels of attention," explained Human Resources Manager Diane Pearce.

"We have prioritized these items and will begin working on them right away."

Many of the items involve the Regional District's relationship

with its community services organizations - volunteer fire departments and recreation boards.

"It's not that these organizations are not practicing effective health and safety programming; it's just that our programming is not consistent. The auditor expressed concerns about that."

In the report, the auditor notes the Regional District has unique "operations associated with Parks and Recreation and Volunteer Fire Departments and that it takes "a

very 'hands-off' approach" to these operations.

The action plan is the result of Joint health and Safety Committee review undertaken through the summer months following the return of a health and safety audit conducted by the B.C. Municipal Safety Association.

"We're very happy to have participated in the audit and recognize the value it provides to our organization," Pearce said.

"It provides critical and expert information that will assist the Regional District in improving its health and safety programming."

The association administers the Certificate of Recognition (COR) measurement program on behalf of WorkSafeBC. Employers who achieve COR status receive a partial rebate of WorkSafeBC premiums.

The Regional District was successful in achieving Certificate of Recognition certification in 2010, becoming the first local government organization in British Columbia to achieve that standard.

Since 2010, only 16 other local government organizations, mostly larger municipalities in the Lower Mainland, have attained Certificate of Recognition status.

"The Regional District provides a healthy and safe environment for all workers," Pearce said.

"The CoR certification sets a higher standard by developing systems that exceed regulatory requirements and incorporate best practices."

### RDOS announces rural waste collection dates

Homes in Rural Electoral Areas 'A', 'B', 'C' and 'G' will be receiving seasonal yard waste collection during the week of October 28 to November 1.

Communities receiving this collection include Rural Oliver, Rural Osoyoos, Rural Keremeos, Cawston, Olalla and Hedley. Residents can place out an unlimited amount of properly packaged yard waste for pickup on their

morning of their collection day.

Yard waste means leaves, sticks, prunings, grass and branches under 3 inches (7.5 cm) diameter. Materials should be placed in a reusable container, like a garbage can, or in kraft paper yard waste bags.

Branches can be cut to 3 feet (1 m) lengths and bundled securely with string. Yard waste placed in plastic bags or containing other materials will not be collected.

Large volumes of yard waste, agricultural waste or culled fruit can be brought to any local landfill for composting.

No charges apply at any landfill for loads of yard waste under 500 kg (1,100 pounds).

The final 2013 yard waste collection for all RDOS rural Electoral Area homes will be the last week of November.

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Similkameen News Leader  
**250.295.4149**

- submitted

- submitted



This water flume presents a peaceful picture to those venturesome enough to get out of their cars and climb a 20-foot bank. A mere 50 feet from the Green Mountain Road the water in this flume was running quickly. The old barn in the background adds to the mystique. "I wonder if the wild horses on the Pentiction Indian Reserve use the flume as a watering trough?!" Photo: Arlene Arlow

# RDOS Vice-Chair praised for UBCM presentation

Regional District of Okanagan-Similkameen Vice-Chair Manfred Bauer received high praise for his *Community Destination Development* presentation at the Union of British Columbia Municipalities Convention (UBCM) Small Talk Forum in September.

Vice-Chair Bauer organized a panel to explore the value of tourism to B.C. communities and the benefits of Destination British Columbia's Community Tourism Foundation program.

With a focus on Destination British Columbia and community partner-

ships, the panel explored how the program can help communities develop a comprehensive multi-year tourism plan. By providing a range of tools, proven resources and marketing development assistance, the program can accommodate the needs of communities in various stages of tourism development.

UBCM thanked Vice Chair Bauer for his efforts at the forum by hon-

ouring him with a donation in his name to the Stephen Lewis Foundation - Grandmother's Fund charity.

Manfred Bauer is also the Mayor of the Village of Keremeos.

For information on the Community Tourism Foundation, contact the RDOS at 250-492-0237, e-mail nlynn@rdos.bc.ca or visit www.rdos.bc.ca. -submitted

## MINING NEWS

Page 22, 23



Living Water Community Coffee House has smaller tables and more room which makes it ideal to visit with friends. Programming of live music will take place Friday nights from 7:00 PM. There's also a supervised kids play area. \*

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This view from Miner Mountain (near the cell phone tower) overlooks the Rainbow Lake area (middle of photo) and clearly shows Swan Lake near the left side of the photo. This view was courtesy of Sego! Resources Inc. \*

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**Saddles 'n' Spurs**  
by Pastor George Donovan

Early September I thought it was time to head back and decided to go north of the lake, on to the Trans-Canada Highway and home.

Going on the main route took me through big towns and cities. I just kept going as I got rides.

One ride dropped me off in the middle of the city of Winnipeg. I didn't like big cities, didn't have a clue where I was or how to get out of town and it was already dark. I looked for a used car lot but couldn't find one but spotted the police station. Having used their facilities before, I went in and asked if I could stay the night.

After explaining my situation, they agreed. The jail had one main door with a small opening with bars and inside there were several small cells. This night I was their only customer, I had my choice of cells. Each cell had two bunks that flipped down off the wall on two chains. There were no blankets and the bed frame was made of thin flat iron in approximately six-inch squares.

I was in by myself so I made the best of it. I took socks, a shirt or two and underwear to kind of lay out a body pattern so the straps of iron wouldn't hurt and very carefully

climbed on and positioned my body as best I could.

Suddenly the chain broke and I was on the floor! It wasn't too far to fall but while I was there I discovered I wasn't the only thing on the floor, it was covered in puke so I chose another cell, tested the chains and did my lay out trick over again. I made it through the night.

In the morning I went to the main

door and tried to get someone's attention. I finally did and said; "I want out now."

The guard said, "Yeah, sure everybody does."

I figured it must be a new shift so I told him that I booked myself in last night, please check for me. He did, and I was free again. I thought I wouldn't try any more jail nights.

..... continued Next Week

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Do you need help with a passport?  
Do you have a problem with a federal government service or issue?  
**Meet with M.P. Constituency Staff**  
**Thursday, Oct. 31st, 2013**  
And the LAST Thursday of every month  
**Princeton: 12:00 pm to 3:30 pm**  
Community Skills Centre, 206 Vermilion  
Keremeos: Call 250-498-5353 for appointment

Or 1-800-667-2393  
alex.Atamanenko.c1@parl.gc.ca  
www.alexatamanenko.ndp.ca or www.alexndp.ca

**Living Past 100**

**Thyroid Imbalance Causes Problems**

There are two opposite thyroid conditions that cause problems but can go undetected without the right kind of testing.

Hypothyroidism is a condition in which there is not enough thyroid hormone to sustain health. Symptoms range from inability to lose weight, inability to concentrate, chronic depression, anxiety, eczema, hair loss, low sex drive and low sperm count in men and menstrual problems in women. Often, being colder than others is an indication - cold toes, cold fingers, cold nose - when nobody else is complaining.

Physicians may diagnose the symptoms as part of some other condition, so it is extremely important to ask your physician to do thyroid testing if you have a few of these symptoms. For example, if you are diagnosed as having chronic depression and are treated with anti-depressants, the underlying thyroid condition goes untreated.

While the causes of hypothyroidism are often vague, two deficiencies are known to contribute to the condition. The first is a deficiency of iodine. This is alleviated by iodized table salt, but if you are a person who must have a low salt intake, then kelp pills are the alternative, and they are not expensive. Another deficiency could be lack of selenium. This deficiency is toxic to the thyroid gland. Experts recommend a daily intake of 200 mcg until symptoms improve. Aerobic exercise is highly beneficial.

Hyperthyroidism, or an excess of thyroid hormone, is an extremely dangerous condition that will kill a patient within a short period of time if not treated. Having too much thyroid hormone means the metabolism of the body is working overtime all the time, causing wear and tear on every part of the body. This can lead to stroke, heart failure or kidney failure. This condition is generally the result of Graves Disease which is a genetic disorder. The condition can be successfully treated. Symptoms include racing heart, bulging eyeballs, feeling too hot and muscular problems. This disorder has often been called The Silent Killer. This is why having the thyroid monitored is so important, and becomes essential for older people.

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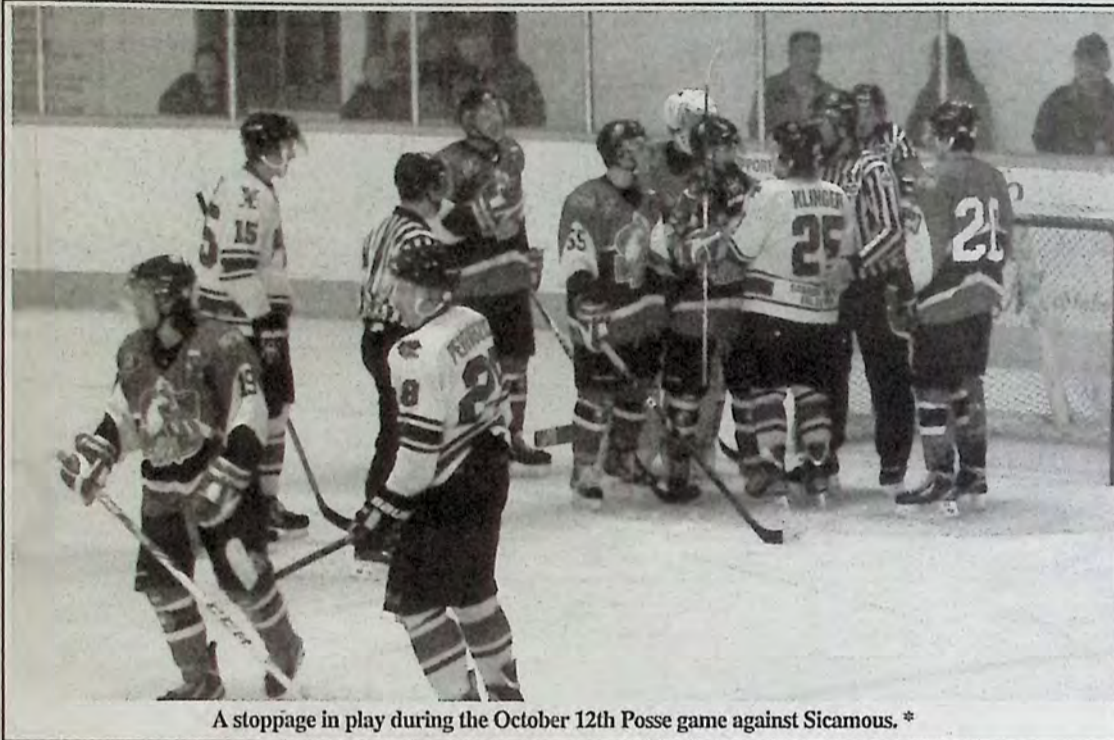
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# News Leader Entertainment

Similkameen News Leader TV Guide Listings - October 22 - 28, 2013



A stoppage in play during the October 12th Posse game against Sicamous. \*

## Double OT leads to victory

Princeton Posse hosted Sicamous Eagles October 12th to their only visit this season to the Similkameen Valley.

The Posse were on a three game losing skid and took just over half a period to get on the scoreboard. The first goal for the home team was at 11:55 and was scored by Nicholas Thompson with assists going to Kurtis Klinger and Jon Thompson.

The significance of the marker goes deeper than a point on the scoreboard as it was Thompson's first KJHL goal.

A tweet on Twitter following the game from the scorer revealed that the point had still more significance, "I'd say that's a good 50th birthday present to my Dad, my first KI goal!"

Sicamous tied the game at 9:05 (Owen Rowsell from Riley Jepson and Bradley Whitehead).

Just nineteen seconds later, at 8:46, Princeton took the lead back with a goal scored by Devan Suidy with assists from Kraig Leochko and Nicholas Thompson with his first-ever KJHL assist.

The Posse needed a complete powerplay near the end of the period to add to their lead.

At 2:56 Princeton's Justin Moltzahn drilled a missile of a shot on the Sicamous goal from just inside the blue line. Eagle goalie Chris Turner blocked the shot that sailed past a number of bodies in front of the goal but ended up send-

ing a rebound to his stick side where Princeton's Kurtis Klinger was waiting.

Sicamous' Derek Miskiman watched the penalty clock tick away the final seconds of his boarding penalty as Klinger got his stick on the puck. The whole side of the net was wide open and waiting to receive the delivery Klinger wasted no time in making.

The puck flew in just as Miskiman's penalty expired.

Brayden Horcoff was also credited with an assist.

The second period saw Sicamous claw back and score two goals (James Price from Tyson Fair at 18:33 and Jayce Davis from Tyson Fair at 3:38) to tie the game at 3-all.

It wasn't until 12:27 of the third period when the tie was broken and it was the home team that took the lead.

Princeton's Eden Dubchak popped a shot on the Sicamous goal and Eric Kubis was in the right place at the right time and bounced the puck into the Eagle net.

The balance of the period saw both teams struggling to keep control: Princeton trying to hold on to their lead for the win and Sicamous trying to tie the game to force overtime.

Then with just 1:10 left on the clock everything stood still.

The Eagles scored to tie the game.

Credit for the goal went to Tyler Ehlers with assists to Darien Head and Jayce Davis.

The remaining time on the clock disappeared quickly which led to an overtime 5-minute period of 4-on-4 hockey.

Princeton's only other trip into OT this season did not go well. It was September 14th when North Okanagan went into two overtime frames before beating the Posse 4-3.

The extra period ended quickly with no scoring and only six shots on goal (Princeton with 4 of them), which sailed seamlessly into a second overtime featuring 3-on-3 game action.

With 43-seconds left to play Princeton's Eden Dubchak fired a shot on goal, which resulted in a rebound to Eric Kubis who sealed the deal with the winning goal.

Final score: Princeton 5, Sicamous 4 OT. Shots on goal: Princeton 42, Sicamous 30. Penalties in minutes: Sicamous 10 for 36-minutes, Princeton 7 for 14-minutes.

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### Princeton Posse 2013/14

Clip 'n' Save Game Schedule

Similkameen

# News Leader

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

# Tuesday Movies

**EVENING**

9:30 pm WTBS ch.3 "Larry the Cable Guy: Health Inspector" (2006, Comedy) Larry the Cable Guy. An uncouth health inspector and his new partner probe an outbreak of food poisonings in the city's ritziest restaurants.  
11:30 pm WTBS ch.3 "The Last

Castle" (2001, Suspense) Robert Redford. A court-martialed general leads a revolt against a corrupt warden in a military prison.

# News Leader Str8ts

## STR8TS

No. 148

Medium

Previous solution - Tough

			1		8		6	5												
					9															
			1		2					7	4									
8									9											
	2																		3	
		5		8						4										
2	3			7																
			5							1										
6																				

3	4		6	8	7	5	9	2												
4	6	2	7	9	3	8	5	1												
		2	3	8	4	5	7	6												
2	3	4		5	6	1	8	9												
6	5		2	3	4		7	8												
7	8		1	2			4	3	6											
		7	5	4	6			2	1	3										
8	9	6	5	7	1	3	2	4												
9		7	3	1	2		4	5												

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

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

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

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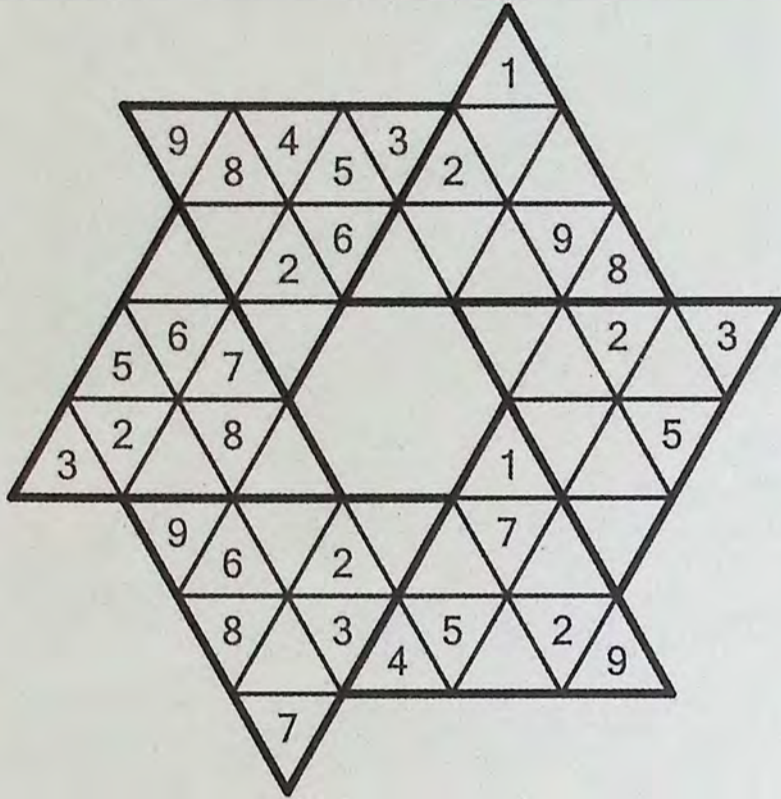
TUESDAY, OCTOBER 22, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N)	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Mighty Planes "Trump"	Stella-Sam Phineas	CityLine (N)	Tenants	Hid. City
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Warren Buffett and Howard G. Buffett. (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Tiger	Penguins	SportsCentre		Dangerous Flights	Shake It	Let's Make a Deal (N)	Tenants	Disaster
8 AM	Law & Order: SVU		Magic Bus	Curious			CSI: Miami (N)				Monster	Sidekick			Canada's Worst Driver	ANT Farm	The Price Is Right (N)	Tenants	Eat St. (N)
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club (N)	CSI: Miami "At Risk"	Livel Kelly and Michael	Morning Huntley	The Doctors (N)	Super Why! Cat in the Hat	Rescue Mike	SportsCentre	Livel Kelly and Michael	Overhaul'n'	Little	Jdg Judy	Tenants	World's
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	Little Bear	Fireflit Champs	The View (N)	How/Made	Never Land	The Chew (N)	Tenants	Monumental Mysteries
11 AM	Judge Alex	AnnaOlson	Rollie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds (N)	Bra Buying Secrets	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School Squirrel	SportsCentre	Marilyn Denis	Airplane Repo	Phineas ANT Farm	General Hospital (N)	Tenants	Mysteries-Museum
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose (N)	Paidd Prog.	News	The First 48 (N)	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat SpongeBob	SportsNation (N)	CTV News (N)	Amlsh Mafia (N)	Wingin' It	CityLine (N)	Tenants	Museum Secrets
1 PM	Community	Days of our Lives (N)	Dragon	Painting	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)	Rated A	Hockey	The Social (N)	Canada's Worst Driver	Wizards	Katie (N)	Cops (N)	Bizarre Foods/Zimmerman
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)	Super Evil	Off Record	Dr. Phil (N)	Airplane Repo	Shake It	CityNews at 5 (N)	Cops (N)	Burger
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil (N)	Storage	Rachael Ray (N)	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCentre (N)	Bethenny (N)	Mighty Ships	Jessie (N)	CityNews at 6 (N)	Cops (N)	Eat St. (N)
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show (N)	Storage	The Doctors (N)	Young & Restless	Early News Global Nat.	Dragons' Den (N)	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Good Luck	Mod Fam	Cops (N)	Museum Secrets
5 PM	Browns	News (N)	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents	NHL Hockey: Nashville	CTV News at Five (N)	Gold Fever Brannan takes over	Dog	Dads (N)	Cris Angel	Hid. City
6 PM	Browns	Global Nat.	Hope for Wildlife (N)	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	Dear Dracula (N)	Predators at Minnesota Wild. (N)	CTV News (N)	the gold fields.	Liv-Mad.	New Girl	Cris Angel	Monumental Mysteries
7 PM	Mod Fam	Ent	Frontiers of	African Americans	Jeopardy!	Inside Ed.	Hoggers	Ent	Ent	(7:01) Chicago Fire (N)	George S	Scary God-mother		etalk (N)	Highway Thru Hell (N)	Shake It	Body of Proof (N)	Cris Angel	Mysteries-Museum
8 PM	Family Guy	NCIS "Once a Crook"	The Frank- incense Trail	Held Hoestaga (N)	The Biggest Loser (N)	NCIS "Once a Crook"	Hoggers	Agents of S.H.I.E.L.D.	NCIS "Once a Crook"	NCIS "Once a Crook"	Mercer	Wipeout (N)	SportsCentre (N) (Live)	Agents of S.H.I.E.L.D.	How/Made	Good Luck	CityNews-Tonight (N)	Cris Angel	Museum Secrets
9 PM	Amer. Dad	NCIS: Los Angeles (N)	A Good Man Open a brothel.	Frontline (N)	The Voice (N)	NCIS: Los Angeles (N)	Storage	Goldbergs	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Crossing Lines (N)	Funnest Home Videos	That's Hockey 2 Nite	Goldbergs	To Be Announced	Wingin' It	Jimmy Kimmel Live (N)	Cris Angel	Hid. City
10 PM	"Larry the Cable Guy: Health Inspector"	(10:01) Chicago Fire (N)	Average	Moyers & Company (N)	(10:01) Chicago Fire (N)	Person of Interest (N)	Storage	Scandal (N)	(10:01) Chicago Fire (N)	News Hour Final (N)	The National (N)	The Middle	SportsCentre (N)	Person of Interest (N)	Highway Thru Hell	Good Luck	Maury (N)	Cris Angel	Monumental Mysteries
11 PM	"Last	CHBC News Final (N)	Frontiers of	Charlie Rose (N)	News	News	Hoggers	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Fantom-Works	Wizards	Paid Prog.	Tattoo	Mysteries-Museum

# News Leader Sudoku 477

## HOSHI SUDOKU - About The Puzzle

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



www.sudoku-puzzles.net

**THIS WEEK'S SOLUTION: Page 20**

# Wednesday Movies

### AFTERNOON

2:00 pm SPIKE ch.44 "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (In Stereo)

### EVENING

6:00 pm YTV ch.18 "Aliens in the Attic" (2009, Science Fiction) Carter Jenkins. Vacationing youths battle an invading force of tiny aliens bent on conquering Earth, while the kids' parents remain unaware of what is happening. (In Stereo) (CC)  
 7:00 pm SPIKE ch.44 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesi-

ac, who has a dangerous past, to dodge assassins as he tries to learn about himself. (In Stereo)  
 9:30 pm WTBS ch.3 "Mr. 3000" (2004, Comedy) Bernie Mac. Arrogant and out of shape, a baseball star comes out of retirement after learning he is three hits shy of 3,000.

11:30 pm WTBS ch.3 "Step Up" (2006, Musical) Channing Tatum. A troubled guy but a gifted dancer attracts the attention of a talented ballerina at a Maryland school.

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### WEDNESDAY, OCTOBER 23, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) [E]	Wibbly Pig	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [E]	Morning Northwest	Morning News (N) [E]	(5:00) Morning News (N)	CBC News Now (N) [E]	Kid vs. Kat	SportsCentre [E]	CTV Morning Live (N) [E]	Ice Cold Gold [E]	Stella-Sam Phineas	CityLine (N) [E]	Wildest Police Videos	Pitchin' In
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Javier Bardem; Jonathan Rhys-Meyers. (N) [E]	CBS This Morning (N) [E]	Criminal Minds [E]	Good Morning America (N) [E]			Tiger	Penguins	SportsCentre [E]		Don't Drive Here	Shake It	Let's Make a Deal (N)	Wildest Police Videos	Bizarro Foods America
8 AM	Law & Order: SVU		Magic Bus	Curious			CSI: Miami [E]			Morning Huntley	Bo On/Go	Pokémon	SportsCentre [E]	Jungle Gold [E]	Jessie [E]	The Price Is Right (N)	Wildest Police Videos	Eat St. [E]	
9 AM	Millionaire	Morning Millionaire	Dragon	Peg		The 700 Club [E]	CSI: Miami [E]	Livel Kelly and Michael	Morning Huntley	The Doctors [E]	Super Why!	Rescue Mike	SportsCentre [E]	Livel Kelly and Michael	Pyros "Istanbul"	Little Manny	Jdg Judy	Wildest Police Videos	World's
10 AM	Divorce	The Doctors [E]	Poppy Cat	Sesame Street [E]		The Price Is Right (N)	Criminal Minds [E]	The View [E]	The Doctors [E]	AnnaOlson	Bookaboo	Little Bear	Fins	The View [E]	How/Made	Never Land	The Chew [E]	Cops [E]	Amazing
11 AM	Judge Alex	AnnaOlson	Rolle Polle	Tiger	Justin	Young & Restless	Criminal Minds [E]	Levine	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School		Marilyn Denis	Gold Fever Brannan takes over the gold fields.	Phineas ANT Farm	General Hospital (N) [E]	Cops [E]	RIDE.
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose [E]	Paid Prog. Joint Help	News Bold	After the First 48 [E]	The Chew [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [E]	Parents Sidekick	SportsNation (N) [E]	CTV News (N) [E]		Wingin' It	CityLine [E]	Cops [E]	Pitchin' In
1 PM	Community	Days of our Lives (N)	Dragon	Oil Painting	Days of our Lives (N)	The Talk [E]	The First 48 [E]	General Hospital (N) [E]	Days of our Lives (N)	The Talk [E]	Republic of Doyle [E]	Rated A	That's Hockey 2 Nite	The Social [E]	Highway Thru Hell	Wizards	Katie [E]	Cops [E]	Bizarro Foods/Zimmerman
2 PM	Seinfeld [E]	The Talk [E]	Blg Bear	Thomas	Katie [E]	Let's Make a Deal (N)	The First 48 [E]	Queen Latifah	The Talk [E]	Queen Latifah	Steven and Chris (N) [E]	Super Evil	Off Record	Dr. Phil [E]	Flying Wild Alaska [E]	Shake It	CityNews at 5 (N) [E]	Movie: *** "Die Hard With a Vengeance" (1995) Bruce Willis. [E]	Burger
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil [E]	The First 48 [E]	Rachael Ray [E]	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N) [E]	Bethenny [E]	Mighty Planes "NOAA"	Jessie [E]	CityNews at 6 (N) [E]	Bruce Willis. [E]	Eat St. [E]
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show [E]	Duck D.	The Doctors [E]	Young & Restless	Early News Global Nat.	Dragons' Den [E]	Dear Dracula [E]	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Shake It	Mod Fam		World's
5 PM	Browns	News (N) [E]	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents	NHL Hockey: Ottawa Senators at Detroit Red Wings. (N) [E]	Moonshiners [E]	Jessie [E]	Revolution (N) [E]	Deadliest Warrior	RIDE.	
6 PM	Browns	Global Nat. News	Frontiers of	PBS News-Hour (N) [E]	News Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	News	Movie: ** "Aliens in the Attic" (2009) [E]	SportsCentre (N) (Live) [E]	CTV News (N) [E]	High Tech Rednecks	Austin	Mod Fam	Deadliest Warrior	Amazing
7 PM	Mod Fam	Ent	Waterfront Cities	Nature [E] (DVS)	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Ironside (N) [E]	George S			The Tomorrow People	Tickle (N)	Phineas Dog	Nashville (N) [E] (DVS)	Movie: *** "The Bourne Identity" (2002, Suspense) Matt Damon. [E]	Bizarro Foods America
8 PM	Family Guy	Survivor (N) [E]	Diva Mummy [E]	NOVA (N) [E] (DVS)	Revolution (N) [E]	Survivor (N) [E]	Duck D.	The Middle	Survivor (N) [E]	Survivor (N) [E]	Dragons' Den (N) [E]	Wipeout (N) [E]	Hockey	Arrow "Broken Dolls"	Highway Thru Hell	Liv-Mad.	CityNews-Tonight (N)		Pitchin' In
9 PM	Amer. Dad	Paranthood (N) [E]	Faure Requiem [E]	Raw to Ready (N) [E]	Law & Order: SVU	Criminal Minds (N) [E]	Duck D.	Mod Fam	Paranthood (N) [E]	Paranthood (N) [E]	Republic of Doyle (N)	Funnest Home Videos	NLL	Criminal Minds (N) [E]	Moonshiners [E]	ANT Farm	Jimmy Kimmel Live (N)		RIDE.
10 PM	"Mr. 3000" (2004) Bernie Mac.	Ironside (N) [E]	Vic. Orchestra	Eisenhower-Wr	Ironside (N) [E]	CSI: Crime Scene	Duck D.	Nashville (N) [E] (DVS)	Ironside (N) [E]	News Hour Final (N)	The National (N) [E]	The Middle Mr. Young	SportsCentre (N) [E]	CSI: Crime Scene	High Tech Rednecks	Good Luck	Maury [E]	Crisis Angel BeLIEve [E]	Amazing
11 PM	"Step Up"	CHBC News Final (N)	Waterfront Cities	Charlie Rose (N) [E]	News Jay Leno	News Letterman	Duck D.	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre [E]	News-Lisa	Tickle [E]	Wizards	Paid Prog.	Ways Die	Bizarro Foods America



Living Water Community Coffee House has created a kid friendly atmosphere in the basement of their church which features a 'kids play area' with adult supervision Friday nights. \*



The 'kids play area' at Living Water Community Coffee House lets kids be creative. \*

# Community Coffee House

7:00 - 9:00 PM Living Water Community Church Basement



The reopening of Living Water Community Coffee House was a celebration for those in attendance October 18th. Expect many new events and activities in the coming weeks. \*



Probably the youngest performer in Princeton Coffee House history hit the stage October 18th at Living Water Community Coffee House adding to the family friendly focus of the program. \*



A new paint job featuring earth tones, a smaller stage, more lighting, smaller tables and a 'kids play area' are some of the changes to Living Water Community Coffee House with more to come! \*



A recently donated upright piano got a work out during the grand reopening October 18th of Living Water Community Coffee House which featured local musicians and lots of fun. \*

# SO COUNTRY INTERNET RADIO

FOLLOW DENNIS WALKER ONLINE - NEWS, WEATHER, MUSIC, INTERVIEWS - [www.socountry.ca](http://www.socountry.ca)



This male Downy Woodpecker spent part of the afternoon of October 13th digging in the bark of this Crabapple tree in South Princeton for insects. He was rewarded many times for his efforts with various kinds of tasty treats. \*

## Thursday Movies

### MORNING

6:00 am SPIKE ch.44 "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (In Stereo)

9:00 am SPIKE ch.44 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac, who has a dangerous past, to dodge assassins as he tries to learn about himself. (In Stereo)

### EVENING

6:00 pm YTV ch.18 "Monster House" (2006, 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)

9:00 pm KNOW ch.5 "40 Days at

Base Camp" (2011, Documentary) Mount Everest seems to be changing from a revered and sacred space to an adventure park. (CC) 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)

9:30 pm WTBS ch.3 "Step Up 2 the Streets" (2008, Drama) Briana Evigan. A street dancer enrolls at Maryland School of the Arts and teams up with a talented classmate to take a team to an underground dance contest.

11:30 pm WTBS ch.3 "Crimson Tide" (1995, Suspense) Denzel Washington. Two U.S. Navy officers clash aboard a nuclear submarine bound for Russia, while that country is under rebel siege.

### THURSDAY, OCTOBER 24, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Silver Rush	Stella-Sam	CityLine (N)	Movie: *** "Die Hard With a Vengeance" (1995) Bruce Willis. (N)	Disaster
7 AM	Law & Order: SVU		Ella the Elf	Arthur	Today Leandra Medina; Rosie Perez. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Penguins	SportsCentre		Pyros (DVS)	Shake It	Let's Make a Deal (N)		Rock My RV With Bret
8 AM	Law & Order: SVU		Magie Bus	Curious			CSI: Miami			Morning Huntley	Bo On/Go	Pokémon	SportsCentre		Airplane Repo	Jessie	The Price Is Right (N)		Eat St. (N)
9 AM	Millionaire	Morning Millionaire	Dragon	Peg		The 700 Club	CSI: Miami	Livell Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the Hat	Rescue Mike	SportsCentre	Livell Kelly and Michael	Yukon Men	Little Manny	Jdg Judy	Movie: *** "The Bourne Identity" (2002, Suspense) Matt Damon. (N)	World's
10 AM	Divorce	The Doctors	Poppy Cat	Sesame Street (N)		The Price Is Right (N)	Criminal Minds	The View	The Doctors	AnnaOlson	Bookaboo	Little Bear	Strength	The View	How/Made	Never Land	The Chew		Rock My RV With Bret
11 AM	Judge Alex	AnnaOlson	Rolle Polle	Tiger	Jdg Judy	Young & Restless	Criminal Minds	Paid Prog.	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School Squirrel	24 CH	Marilyn Denis	Last Car Standing	Phineas	General Hospital (N)		Extreme RVs (N)
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat	SportsNation (N)	CTV News (N)	Moonshiners	Wingin' It	CityLine	Deadliest Warrior	Disaster
1 PM	Community	Days of our Lives (N)	Dragon	Painting	Days of our Lives (N)	The Talk	After the First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Republic of Doyle	Rated A	Hockey	The Social	High Tech Rednecks	Wizards	Katie	Deadliest Warrior	Bizarre Foods/Zimmer
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	Tickle	Shake It	CityNews at 5 (N)	Cops	Burger
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCentre (N)	Bethenny	How/Made	Jessie	CityNews at 6 (N)	Cops	Eat St. (N)
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	The First 48	The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops	Disaster
5 PM	Browns	News (N)	Martha	News	News	News	The First 48	News	Early News	(4:59) News Hour (N)	News	Parents	CFL Football: Winnipeg Blue Bombers at Toronto Argonauts. (Live)	CTV News at Five (N)	Fast N' Loud	Good Luck	Once Wonderland	Cops	Rock My RV With Bret
6 PM	Browns	Global Nat. News	Waterfront Cities	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	The First 48 (N)	News at 6	(5:59) News Hour (N)	ET Canada	News	Movie: *** "Monster House" (2006) (N)	News	CTV News (N)	Fast N' Loud (N)	ANT Farm	Crazy Parks	IMPACT Wrestling (N)	Rock My RV With Bret
7 PM	Mod Fam	Ent	Park	NW Profil	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	(7:01) Elementary (N)	George S	Wipeout	SportsCentre (N) (Live)	etalk (N)	Overhaulin' (N)	Shake It	Scandal (N)		Extreme RVs (N)
8 PM	Family Guy	Welcome	Lost Kingdoms of	Father Brown	Parks	Big Bang	Beyond Scared Straight	Once Wonderland	Welcome	Welcome	The Nature of Things	Wipeout "Couples" (N)	Big Bang	How/Made	Good Luck	CityNews-Tonight (N)	Rampage	Disaster	
9 PM	Amer. Dad	Sean Save	Movie: "40 Days at Base Camp"	Foyle's War	Sean Save	Crazy	(9:01) The First 48	Grey's Anatomy (N)	Sean Save	Sean Save	Doc Zone "Flying Solo"	Funnest Home Videos	That's Hockey 2 Nite	Grey's Anatomy (N)	Fast N' Loud	Wingin' It	Jimmy Kimmel Live (N)	Movie: *** "Pitch Black" (2000) Radha Mitchell. (N)	Rock My RV With Bret
10 PM	Step Up 2 the Streets (2008)	(10:01) Elementary (N)	Snapshot	Pain-Journey	Parenthood (N)	(10:01) Elementary (N)	(10:01) The First 48	Scandal (N)	(10:01) Elementary (N)	(10:01) News Hour Final	The National (N)	The Middle	SportsCentre (N)	Played "Lawyers" (N)	Fast N' Loud	Good Luck	Maury		Rock My RV With Bret
11 PM	"Crimson"	Final (N)	Park	Charlie Rose (N)	News	News	Beyond Scared Straight	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Overhaulin'	Wizards	Paid Prog.	Ways Die	Extreme RVs (N)

# Friday Movies

## MORNING

6:00 am SPIKE ch.44 "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a distant planet, survivors must fight deadly creatures that come out only at night. (In Stereo)

## EVENING

6:30 pm YTV ch.18 "Daddy I'm a Zombie" (2011, Comedy) Voices of N,ria Trifol. Premiere. Animated. A teenager has misadventures in her new life as a zombie. (In Stereo) (CC)  
 8:00 pm FAM ch.26 "Halloweentown" (1998, Comedy-Drama) Debbie Reynolds. After learning she is a witch, a girl helps save a town full of other supernatural creatures. (In Stereo) (CC)  
 8:30 pm YTV ch.18 "Coraline" (2009, Fantasy) Voices of Dakota Fanning. Animated. A girl finds

a secret door in her new home and walks into an alternate reality that closely mirrors her own but, in many ways, is better. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Head of State" (2003, Comedy) Chris Rock. An alderman becomes a presidential candidate and chooses his unsophisticated brother as a running mate.

10:00 pm FAM ch.26 "The Scream Team" (2002, Comedy) Tommy Davidson. Three ghosts try to help two children after an angry spirit refuses to let their grandfather rest in peace. (In Stereo) (CC)

11:30 pm WTBS ch.3 "Gran Torino" (2008, Drama) Clint Eastwood. An unlikely friendship forms between a bigoted war veteran and an Asian boy who tried to steal the man's treasured automobile.

# News Leader Recipe 584

## Raspberry Coulis with Molten Lava Truffle Cakes

(NC) – Raspberry coulis is an easy way to pretty up freshly baked molten lava cakes for company. Don't drain the raspberries- you want all that raspberry juice in the sauce. You can use frozen strawberries if you prefer strawberry coulis. Prep time: 15 minutes. Cook time: 9 minutes. Stand time: 5 minutes.

### Ingredients

- 2 cups (500 mL) whole frozen red raspberries, thawed
- 1/2 cup (125 mL) icing sugar
- 1 tsp (5 mL) fresh lemon juice
- 1 pkg (300 g) President's Choice The Decadent Molten Chocolate Cake Baking Mix
- 2 eggs
- 1/4 cup (50 mL) unsalted butter, melted

### Instructions

In blender, purée raspberries and their juices, sugar and lemon juice until smooth. Pour through a fine-mesh sieve set over a bowl. Using rubber spatula, press purée through sieve. Discard solids. Refrigerate coulis.

Preheat oven to 425°F (220°C). Generously butter six 3/4-cup (175 mL) ramekins.

In bowl, combine cake mix, eggs and melted butter. Using wooden spoon, stir for 30 seconds to moisten. Scrape side of bowl. Stir for 1 minute. Batter will be very thick. Spoon evenly into prepared ramekins. Place ramekins on baking sheet. Bake in centre of oven for 8 to 9 minutes or until edges are set but centre is still soft. Remove from oven and let stand for 5 minutes.

Spoon 2 tbsp (25 mL) coulis onto each of six dessert plates. Carefully invert one cake onto each of the plates. Dust with icing sugar and garnish with a mint sprig, if desired. Save remaining coulis to drizzle over ice cream or yogurt. Makes 6 servings.

Visit pc.ca for more recipe ideas.

- www.newscanada.com

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## FRIDAY, OCTOBER 25, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Parking	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Auction	Stella-Sam	CityLine (N)	Movie: "Pitch Black" (2000)	GoldMind
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Grace Kelly exhibit;	CBS This Morning (N)	Parking	Good Morning America (N)			Tiger	Yu-Gi-Oh!	SportsCentre		Licence to Drill	Shake It	Let's Make a Deal (N)	Radha Mitchell	Making Monsters (N)
8 AM	Law & Order: SVU		Magic Bus	Curious	Adrian Peterson. (N)		Parking			Morning	Bo On/Go	Pokémon	SportsCentre		Canada's Worst Driver	Jessie	The Price Is Right (N)	Ways Die	Eat St.
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club (N)	Parking	Liv! Kelly and Michael	Morning	The Doctors	Super Why!	Rescue	SportsCentre	Liv! Kelly and Michael	Alrplane Repo	Little	Jdg Judy	Ways Die	World's
10 AM	Divorce	The Doctors	Poppy Cat	Sesame Street (E)		The Price Is Right (N)	Parking	The View	The Doctors	AnnaOlson	Bookaboo	Little Bear	Lumberj.	The View	How/Made	Never Land	The Chew	Ways Die	The Dead Files (N)
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Parking	Paid Prog.	AnnaOlson	Noon News Hour (N)	The Nature of Things	To School Squirrel	Figure Skating	Marilyn Denis	How/Made	Phineas	General Hospital (N)	Cops	The Dead Files (N)
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose	Paid Prog.	News	Parking	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Parents		CTV News (N)	Fast N' Loud	Wingin' It	CityLine	Cops	GoldMind
1 PM	Community	Days of our Lives (N)	Dragon	Watercolor	Days of our Lives (N)	The Talk	Parking	General Hospital (N)	Days of our Lives (N)	The Talk	Republic of Doyle	Rated A		The Social	Fast N' Loud	Wizards	Katie	Cops	Bizarre Foods/Zimmer
2 PM	Seinfeld	The Talk	Big Bear	Thomas	Katie	Let's Make a Deal (N)	Parking	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Super Evil	Off Record	Dr. Phil	Overhauled	Shake It	CityNews at 5 (N)	Cops	Burger
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	Queen Latifah	Young & Restless	Recipes	Allen	SportsCentre	Bethenny	How/Made	Jessie	CityNews at 6 (N)	Cops	Eat St.
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Storage	The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob	Figure Skating	Ellen DeGeneres Show	Daily Planet (N)	Phineas	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	Pumpkin		CTV News at Five (N)	Canada's Worst Driver	Liv-Mad.	Storage	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	Toy Story		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	Dracula "Pilot"	George S	Coronation	CFL Football: Edmonton Eskimos at BC Lions. (N Subject to Blackout)	etalk (N)	Mayday	Next Step	Liquidator		The Dead Files
8 PM	Family Guy	Elementary	Murder Myster.	Pretty Much	Dateline NBC	Undercover Boss (N)	Storage	Last Man	Elementary	Elementary	M'ketplace			MasterChef (N)	Mayday	Movie: "Halloweentown"	CityNews-Tonight (N)	Cops	Weird or What?
9 PM	Amer. Dad	Hawaii Five-0 (N)	The Inspector Lynley Mysteries	Raisin in Sun	Grimm	Hawaii Five-0 (N)	Storage	Shark Tank (N)	Hawaii Five-0 (N)	Hawaii Five-0 (N)	the fifth estate (N)			Grimm	Highway Thru Hell	ANT Farm	Jimmy Kimmel Live	Bellator MMA Live	Making Monsters
10 PM	Head of State (2003) Chris Rock.	Dracula "Pilot"		Craft in America	Dracula "Pilot"	Blue Bloods (N)	Storage	(10:01) 20/20 (N)	Dracula "Pilot"	News Hour Final (N)	The National (N)			SportsCentre	Blue Bloods (N)	Canada's Worst Driver	Movie: "The Scream Team" (2002)	Maury	The Dead Files
11 PM	"Torino"	CHBC News Final (N)	Architects of Change	Charlie Rose (N)	News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	News-Lisa	Mayday	Princess	Paid Prog.	Ways Die	The Dead Files



# News Leader Weekend - Sunday Movies

**MORNING**

6:00 am A&E ch.9 "As Good as It Gets" (1997, Comedy-Drama) Jack Nicholson. A New York City waitress, a gay painter and a dog help a misanthropic author reach a self-awakening. (CC)  
 8:00 am WTBS ch.3 "Race to Witch Mountain" (2009,

Adventure) Dwayne Johnson. A Las Vegas taxi driver unexpectedly becomes the guardian of two runaways who possess paranormal powers.  
 9:00 am A&E ch.9 "The Bucket List" (2007, Comedy-Drama) Jack Nicholson. Two terminally ill men leave their hospital ward and set out to complete a list of

things they want to do before they die. (CC)  
 10:00 am WTBS ch.3 "Mr. Deeds" (2002, Comedy) Adam Sandler. A television producer tries to get the scoop on a small-town pizzeria owner after he inherits \$40 billion.

**AFTERNOON**

12:00 pm WTBS ch.3 "Monster-in-Law" (2005, Romance-Comedy) Jennifer Lopez. A woman fights back when her fiance's shrewish mother tries to destroy their relationship.  
 FAM ch.26 "Girl vs. Monster" (2012, Comedy) Olivia Holt. With help from her friends, a savvy teen must battle an immortal monster and her army. (In Stereo) (CC)  
 2:00 pm CITV ch.12 "The Social Network" (2010, Drama) Jesse Eisenberg. Premiere. Six years after creating Facebook in his dorm room, Mark Zuckerberg becomes a billionaire, but his great success leads

to personal and legal complications. (CC)  
 YTV ch.18 "Diary of a Wimpy Kid" (2010, Comedy) Zachary Gordon. A middle-school student chronicles his misadventures, as he navigates his way through a series of social landmines. (In Stereo) (CC)  
 3:00 pm CHBC ch.4 BCTV ch.11 "The Social Network" (2010, Drama) Jesse Eisenberg. Premiere. Six years after creating Facebook in his dorm room, Mark Zuckerberg becomes a billionaire, but his great success leads to personal and legal complications. (CC)  
 4:00 pm YTV ch.18 "Aliens in the Attic" (2009, Science Fiction) Carter Jenkins. Vacationing youths battle an invading force of tiny aliens bent on conquering Earth, while the kids' parents remain unaware of what is happening. (In Stereo) (CC)  
 5:00 pm CBC ch.13 "Monsters, Inc." (2001, Comedy) Voices of John Goodman. Animated. A blue behemoth and his short,

one-eyed assistant work in a giant factory that exists to scare children. (In Stereo) (CC)

**EVENING**

6:00 pm WTBS ch.3 "300" (2007, Action) Gerard Butler. Sparta's King Leonidas and his badly outnumbered warriors fight to the death against King Xerxes' massive Persian army at the Battle of Thermopylae.  
 6:30 pm YTV ch.18 "Megamind" (2010, Comedy) Voices of Will Ferrell. Premiere. Animated. An evil genius must create a powerful new opponent after defeating his heroic nemesis leaves him without purpose. (In Stereo) (CC)  
 10:00 pm FAM ch.26 "Twitches 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 WTBS ch.3 "Drillbit Taylor" (2008, Comedy) Owen Wilson. Three friends hire a homeless soldier-of-fortune to protect them from the school bully.  
 11:30 pm CBC ch.13 "Breakaway" (2011, Comedy) Russell Peters. A young man is torn between his traditional Indo-Canadian family expectations and his dreams of playing hockey. (In Stereo) (CC)

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**SUNDAY, OCTOBER 27, 2013**

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45	
6 AM	On Spot	In a Name	Peep, Big	Mr. Rogers	Today (N) 0	Paid Prog.	Movie: *** "As Good as It Gets"	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Slidekick	Sports	Canada AM Weekend	Bering Sea Gold	Slug Terra	R Schuller	Xtreme 4x4	Fishful	
6:30	Coolest	World Visn.	Thomas	Signing		Paid Prog.		Paid Prog.	World Visn.		Poko	Super Evil	Reporters			Wingin' It	ChurchRck	Horse.	Paid Prog.	
7 AM	P. Affairs	Sunday Morning News (N)	Rolie Polie Upside	Barney Clifford	KHQ News Invest	CBS News Sunday Morning (N)	(1997) Jack Nicholson.	Good Morning America	Sunday Morning News (N)		Animal	Squirrel	NFL Countdown (N) (Live)	App	To Be Announced	Gravity	Eye/Asia	Trucks!	Sunset	
7:30	All. Eats							This Week			Artzooka	Pet Shop		The Social	Phineas	Dharti	Restore	Sunset		
8 AM	Movie: *** "Race to Witch Mountain"		Ella the El	Curious	Meet the Press (N)	The Nation					Coronation	Pet Shop		Question Period (N)	To Be Announced	Phineas	Pakistan	Bar Rescue	Halloween Crazy	
8:30			PAW Patrol	Cat in the							Coronation	Gruffalo				Dog	Festival Italiano di Johnny Lombardi (In Italian)	Bar Rescue	Halloween	
9 AM			Dino Dan	DragonFly	Tree Fu	The NFL Today (N)	Movie: ** "The Bucket List" (2007)	Hometime		Block	Coronation	Eloise (N) (DVS)		Operation Smile	Moonshiners	Good Luck		Bar Rescue	Halloween Crazier	
9:30			Arthur	The Impact	Paid Prog.			Storms	Context	Context	Coronation				Liv-Mad.			Bar Rescue	Halloween	
10 AM	Movie: * "Mr. Deeds" (2002) Adam Sandler.	Block	Wild Kratts	Inside Olympia	Hate Hair?	Paid Prog.		Paid Prog.	Block	J. Osteen	Coronation	Monsters	NASCAR	NFL Football (N) (Live)	Highway Thru Hell	ANT Farm		Bar Rescue	Halloween Craziest	
10:30		Context	Little	Inside	MLS Soccer: Houston Dynamo at D.C. United. (N)	Changers	Hoggers	Hate Hair?	J. Osteen	16x9	Our Vancouver (N)	Jimmy Parents	NASCAR Racing: Sprint Cup: Goody's Headache Relief Shot 500. (N) (Live)	Overhaul'n	Austin	Shopping Channel	Bar Rescue	Halloween Ext.		
11 AM		J. Osteen	Little	Europe Jml		Paid Prog.	Hoggers	Hollywood	Jeremiah		Land/ Sea	Sam & Cat		Airplane Repo	Movie: *** "Girl vs. Monster"	Travels	Bar Rescue	The Get-away		
11:30	Movie: ** "Monster-in-Law" (2005)	News Hour	Dogs	Moyers & Company		Golf's Best of 2013 (N)	Storage	Brady	Gridiron	Simpsons	One/One	Hathaways					Pregame	Bar Rescue	Rock My RV With Bret	
12 PM		Moves	Rivers	Ed Sullivan's Top Performers 1966-1969	Figure Skating: ISU Grand Prix: Skate Canada. (N) (Live)	NFL Football: Regional Coverage. (N) (Live)	Storage	Extreme Weight Loss "Jami"	Simpsons	Moves	Simpsons	Q With Jian Ghomeshi	Big Time Mr. Young	SportsCentre (N)	Fantom-Works	Phineas	(1:25) NFL Football	Bar Rescue	Making Monsters	
12:30	King	Simpsons	Park				Storage		Simpsons	Movie: *** "The Social Network" (2010) Premiere.	The Nature of Things	Movie: *** "Diary of a Wimpy Kid" (2010)	Motoring	Worst Handyman	Mighty Planes "Trump"	Phineas	ANT Farm	Bar Rescue	Places	
1 PM	King	Simpsons	Volc Od				Storage	X Games (Taped)	Simpsons	Movie: *** "The Social Network" (2010) Premiere.	Battle of the Blades		SportsCentre (N)	First Story	Cash Cab	Good Luck	Bar Rescue	Places		
2 PM	Big Bang	Movie: *** "The Social Network" (2010) Premiere.	Hope for Wildlife	Rock, Pop and Doo Wop (My Music)	Paid Prog.	No 2 Old	Duck D.	Beer Geek	Simpsons	Global Nat.	Mr. D	Movie: ** "Aliens in the Attic" (2009)	Football Night/ America	Corner Gas	Daily Planet (DVS)	Jessie	Dog	Storage	Bar Rescue	Halloween Ext.
2:30	Big Bang						Duck D.	Estate	Simpsons	(4:59) News Hour (N)	Movie: *** "Monsters, Inc." (2001) N	Toy Story	Packers at Minnesota Vikings. (N) (Live)	Corner Gas	To Be Announced	Shake It	Storage	Bar Rescue	Toy Hunter (N)	
3 PM	Big Bang						Duck D.	News	Simpsons	Security	Heartland (N)		CTV News (N) (N)	To Be Announced	Good Luck	Revenge	Bar Rescue	Bggg Bttts		
3:30	Mod Fam	News	Vikings	Lark Rise to Candleford	(5:20) NFL Football: Green Bay Packers at Minnesota Vikings. (N)	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	Simpsons	The Good Wife (N)	Movie: *** "Megamind" (2010) Premiere.	Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N)	Bar Rescue	The Get-away		
4 PM	Mod Fam	News					Duck D.	ABC News	Global Nat.	The Good Wife (N)	Battle of the Blades (N)		The Amazing Race (N)	To Be Announced	Shake It	CityNews Weekends	Hiring Squad	Security		
4:30	Mod Fam	News					Duck D.	ABC News	Global Nat.	Security	Dragons' Den	SpongeBob	The Amazing Race (N)	To Be Announced	Austin	Weekends	Squad	Security		
5 PM	Mod Fam	News					Duck D.	ABC News	Global Nat.	Security	Hathaways		Castle "Got a Clue" (N)	To Be Announced	Next Step	The Office	Bar Rescue	Places		
5:30	Mod Fam	News					Duck D.	ABC News	Global Nat.	Security					Wingin' It	The Office	Bar Rescue	Places		
6 PM	Movie: *** "300" (2007) Gerard Butler, Lena Headey.	Global Nat.	Park	Doc Martin	KREM 2 News at 6 (N)	60 Minutes (N) (N)	Duck D.	News at 6	(5:59) News Hour (N)	The Good Wife (N)	Heartland (N)	Toy Story	Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N)	Bar Rescue	The Get-away		
6:30		News	Wildlife				Duck D.	Red Carpet		Simpsons		Movie: *** "Megamind" (2010) Premiere.	Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N)	Bar Rescue	The Get-away		
7 PM	Butler, Lena Headey.	Security	Titanic's Nuclear Secret	Secrets of the Tower	60 Minutes (N) (N)	Governor's	Duck D.	Funnest Home Videos	Security	The Good Wife (N)	Battle of the Blades (N)		Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N)	Bar Rescue	The Get-away		
7:30		Simpsons				Governor's	Duck D.	Once Upon a Time (N)	Security	The Good Wife (N)	Toy Story		Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N)	Bar Rescue	The Get-away		
8 PM		Canadian Docs	Foyle's War "The White Feather"	Masterpiece Classic (N)	KHQ News 11	The Amazing Race (N)	Duck D.	Revenge "Control" (N)	Security	The Good Wife (N)	Dragons' Den	SpongeBob	The Amazing Race (N)	To Be Announced	Shake It	CityNews Weekends	Hiring Squad	Security		
8:30	Seinfeld						Duck D.	Revenge "Control" (N)	Security	The Good Wife (N)	Hathaways		Castle "Got a Clue" (N)	To Be Announced	Next Step	The Office	Bar Rescue	Places		
9 PM	The Closer						Duck D.	Revenge "Control" (N)	Security	The Good Wife (N)	Hathaways		Castle "Got a Clue" (N)	To Be Announced	Next Step	The Office	Bar Rescue	Places		
9:30							Duck D.	Revenge "Control" (N)	Security	The Good Wife (N)	Hathaways		Castle "Got a Clue" (N)	To Be Announced	Next Step	The Office	Bar Rescue	Places		
10 PM	Seinfeld	The Good Wife (N)	Single Handed	Scott & Bailey	Criminal Minds	The Mentalist (N)	Duck D.	(10:01) Betrayal (N)	The Good Wife (N)	News Final	The National (N)	Boys Mr. Young	SportsCentre (N)	The Mentalist (N)	Last Frontier	Movie: "Twitches Too" (2007)	The Office	Bar Rescue	Bggg Bttts	
10:30		News Final	Blue Holes: Labyrinth	Land Girls	News	News	Duck D.	Van Impe	Block	Paid Prog.	CBC News	Mr. Young	SportsCentre (N)	News	To Be Announced	Paid Prog.	Hiring Squad	The Get-away		
11 PM	Movie: ** "Drillbit Taylor" (2008)	Block					Duck D.			Paid Prog.	"Breaka	Babysitting	CTV News			Princess	Paid Prog.	The Get-away		



# Community Living Month

Lynn Pelly, Community Services Executive Director

October is Community Living month - a time set aside to acknowledge the great strides that have been made in the lives of people with amazing abilities!

For many years the focus was sadly on a person's disability, losing sight of the many awesome qualities that the individual possesses. Just as many young people and adults were hidden away in institutions, the abilities of each person were rarely identified and appreciated. Today, the possibilities are endless and I'm pleased to say that the individuals we support are living happy, productive lives in a very welcoming community.

We support 27 individuals in our programs for adults with intellectual disabilities. Our goal is to assist them in reaching their full potential as members of our community. We provide knowledgeable and innovative support staff to guide them in their journey. We provide or find safe and affordable housing suitable to each person. Together we nurture opportunities that encourage inclusion in the community and employment and social/recreational choices specific to individual needs and desires. Each step taken is intended

to increase their independence, their choices and their well-being. Their successes, big and small, are celebrated. We are so often humbled by their ability to overcome obstacles as they follow their dreams. Their increased inclusion in community life is rewarding to witness.

Our role is to support and guide. The community's role is to include, accept and guide. The employer's role is to support, guide and set realistic expectations. The individual's role is to be the best that they can be; to be contributing members of

their community; to acknowledge their disability but focus on the many possibilities available to them. Together, we will strengthen our community through inclusion and understanding.

Most importantly, we must remember that we are only one incident, one illness or one stroke of fate away from being a "person with a disability".

Walk a mile in their shoes, then practice compassion and thoughtfulness. And when you pass each other on the street, take the initiative and just say "hi"!

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# Monday Movies

AFTERNOON

12:30 pm SPIKE ch.44 "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. (In Stereo)

EVENING

9:30 pm WTBS ch.3 "Ghosts of Girlfriends Past" (2009, Romance-

Comedy) Matthew McConaughey. Spirits of jilted lovers take a photographer on an odyssey through his many failed relationships to find out what made him such a cad, and if there is any hope for true love.

11:30 pm WTBS ch.3 "Body of Lies" (2008, Drama) Leonardo DiCaprio. A CIA operative hatches a dangerous plan to catch the leader of a terrorist organization, but conflicts with his two closest allies may cost him his life.

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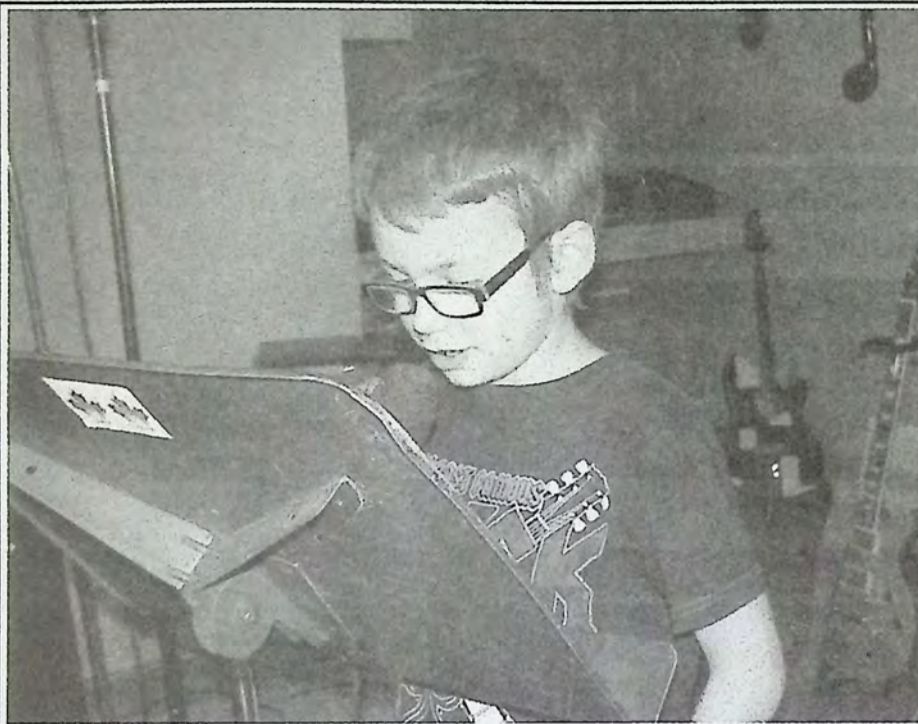
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MONDAY, OCTOBER 28, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	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)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Highway Thru Hell	Stella-Sam Phineas	CityLine (N)	Ways Die	Sunset
7 AM	Law & Order: SVU		Ella the El	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Tiger	Penguins	SportsCentre		Salvage Hunters	Shake It	Let's Make a Deal (N)	Ways Die	Live Here
8 AM	Law & Order: SVU		Magic Bus	Curious George-Boo			CSI: Miami		Morning		Bo On/Go	Pokémon	SportsCentre		Final Offer "Stoned"	Jessie	The Price Is Right (N)	Ways Die	Eat St. (N)
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club (N)	CSI: Miami "Bad Seed"	Livell Kelly and Michael	Morning	The Doctors	Super Why!	Rescue	SportsCentre	Livell Kelly and Michael	Mayday	Little	Jdg Judy	Ways Die	World's
10 AM	Divorce	The Doctors	Poppy Cat	Sesame Street		The Price Is Right (N)	Criminal Minds (N)	The View	The Doctors	AnnaOlson	Bookaboo	Little Bear	To Be Announced	The View	How/Made	Never Land	The Chew	Ways Die	Airport
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds (N)	I Hate My Hair!	AnnaOlson	Noon News Hour (N)	Our Vancouver (N)	To School		Marilyn Denis	Auction	Phineas	General Hospital (N)	Deadliest Warrior	The Get-away (N)
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Parents		CTV News (N)	Junk Raiders	Wingin' It	CityLine	Movie: **** "The Green Mile" (1999, Drama) Tom Hanks, David Morse, Michael Clarke Duncan.	Security
1 PM	Community	Days of our Lives (N)	Dragon	Paint This	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		The Social	Mayday	Wizards	Katie	**** "The Green Mile" (1999, Drama) Tom Hanks, David Morse, Michael Clarke Duncan.	Bizarro Foods/Zimmer
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		Dr. Phil	Myth-Busters	Shake It	CityNews at 5 (N)	Airport	Airport
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	Queen Latifah	Young & Restless	Recipes	Squirrel		Bethenny	Canada's Worst Driver	Jessie	CityNews at 6 (N)	Eat St. (N)	Eat St. (N)
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Storage	The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob		Ellen DeGeneres Show	Daily Planet (N)	Austin	Mod Fam	Security	Security
5 PM	Browns	News (N)	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	TBA		CTV News at Five (N)	Airplane Repo	ANT Farm	How I Met	Stephen King's It Maine friends struggle with the embodiment of evil.	Bggg Bttls
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News	Sam & Cat		CTV News (N)	Amish Mafia	Gravity	Pckge Deal	Airport	Airport
7 PM	Mod Fam	Ent	Hope for Wildlife	Hebburn	Jeopardy!	Inside Ed.	Storage	Ent	Ent	(7:01) The Blacklist (N)	George S	Hathaways		etalk (N)	Canada's Worst Driver	Gravity	The Project: Guatemala	Hotel Impossible	Hotel Impossible
8 PM	Family Guy	Sleepy Hollow	Viking Saga	Antiques Roadshow	The Voice The knock-out rounds begin. (N)	How I Met	Storage	Dancing With the Stars (N)	Sleepy Hollow	Bones	Murdoch Mysteries (N)	Wipeout		The Voice The knock-out rounds begin. (N)	Airplane Repo	Gravity	CityNews-Tonight (N)	Moves	Moves
9 PM	Amer. Dad	Bones	(8:05) The Art of Spain	Antiques Roadshow		TBA	Storage	Same-day Tape	Bones	Sleepy Hollow	Cracked (N) (DVS)	Wendell		Amish Mafia	Gravity	Jimmy Kimmel Live (N)	PPV Countdown	Live Here	Live Here
10 PM	"Ghosts of Girlfriends Past" (2009)	(10:01) The Blacklist (N)	Architects of Change	Independent Lens (N)	(10:01) The Blacklist (N)	Hostages (N)	Storage	(10:01) Castle (N)	(10:01) The Blacklist (N)	News Hour Final (N)	The National (N)	The Middle		Hostages (N)	Canada's Worst Driver	Good Luck	Maury	Deadliest Warrior	Airport
11 PM	"Body"	CHBC News Final (N)	Hope for Wildlife	Charlie Rose (N)	News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys		News-Lisa	Airplane Repo	Wizards	Paid Prog.	Deadliest Warrior	Hotel Impossible



Living Water Community Coffee House reopened October 18th as a family friendly location. \*



There's a lot of different music being played at Living Water Community Coffee House these days. \*

# Canadian Federation of Independent Business

## BC Will Thrive If It Governs For The Middle

by Laura Jones  
Executive Vice-President  
CFIB - Canadian Federation of Independent Business

I once had a boss who was fond of saying "all you find in the middle of the road are yellow lines and dead skunks." I disagree. There's a lot of common sense in the middle of the road, which is where you will find the majority of small businesses - and many, many voters, too.

The middle wants budget deficits

eliminated as soon as possible. The middle likes the idea of paying off debt. The middle thinks taxes are high enough. The middle knows regulations should focus on the most important health and safety issues.

Red tape, including unfriendly and unhelpful government service, should be minimized.

When the small business "middle" thrives, the entire middle class thrives.

So where is the middle when it

comes to the B.C. government's current policy priorities? Preliminary results from a pre-budget small business survey show strong support for the overall government vision of "a strong economy and a secure tomorrow."

Not surprisingly, balancing the budget and paying down debt receive strong support. The middle knows today's deficits are tomorrow's taxes and tomorrow's taxes eat away their children's standard of living.

Reducing red tape is on the minds of many business owners, with concern running high over the administrative problems with returning to the PST. Business owners need answers to how they are expected to apply sales-tax rules and they need those answers to be in plain English rather than bureaucratese.

Beyond the problems with administering the PST, we will be recommending that Finance Minister

Mike de Jong develop a plan to remove PST from machinery, equipment, software and other business inputs that are important for increasing the productivity of a business. Taxing these inputs makes no sense and goes against the vision of a strong economy. Business owners tell us they would do three things if these taxes were lower - invest in new equipment, pay down debt and increase employee compensation.

Looming on the horizon are some big questions about natural resource development in this province. Where is the middle? They are squarely in support of further developing B.C.'s resources as long as appropriate environmental protection is in place.

As far as pipelines go, support is strong as long as Premier Christy Clark's five conditions, which include world-leading water and spill response, are met. There is

also majority support for increasing the exports of liquefied natural gas. As debates over pipelines heat up, it will be important that the middle is included.

These aren't just big-business, big government, big-environment policy decisions. The middle wants its voice heard.

The B.C. election was won earlier this year by the party that talked best to the middle. Now it is getting into the business of governing - where it's easy to lose track of important priorities as they get drowned out by a cacophony from the fringes.

But unlike my old boss, I think all we find on the side of the road is broken down cars and overgrown bushes.

Govern for the middle and the province will thrive.

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

**For Sale**

Freespirit Treadmill \$375.00, Electrolux vacuum cleaner \$75.00. Call 250-295-3404 and ask for Blaine or Arlene. Oct 08-22

Half acre view lot. Septic approved, services at lot line. Asking \$123,000.00. 306 Jacobsen Road. Call 250-295-6548 for more information. Oct 15-29

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Furnished 1-bedroom apartment in Princeton. Available now. For a professional person who is very clean and quiet. Excellent references required as well as damage deposit. No pets. Rent is \$600.00/month plus utilities. Phone 250-295-1006 for details or leave message with the best time to call back. Oct 08-22

800 square foot renovated home in downtown Princeton, near all amenities. Ideal for single or mature older couple. Rent negotiable. Call for details 250-371-4695. Oct 22-Nov 05

2-bedroom house, includes fridge and stove. Non-smoker, no pets. Available immediately. \$900.00/month. References required. Call 250-493-6308. Oct 22-Nov 05

Private, fenced RV site with full hook ups. 10-minutes from Princeton. Asking \$300.00/month. Call 250-293-6447. Oct 22 - Nov 05

Similkameen News Leader classifieds get the job done! Call Brenda at 250.295.4149 or fax 250.295.4103 for details.

**For Sale**

Set of four P225/60R16 studded tires, \$60.00. Set of four mud and snow LT245/75R16 tires, \$60.00. Call 250-295-7566. Oct 22 - Nov 05

News Leader Classifieds  
For details call 250.295.4149

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**Services**

Dave's Painting. Local, free estimates, 25 years experience. No job too big, no job too small. Repaints, new construction and commercial. Ask for Dave 250-295-4036. Oct 15-29

News Leader Classifieds  
For details call 250.295.4149

**Notices**

**To Give Away**

Treadmill, in good shape. Call 250-293-1340. Oct 15

**THIS SPACE FOR RENT!**  
\$9.00 includes tax

**Notices**

**SUPPORT OUR HEALTH CARE (SOHC) SOCIETY**

**ANNUAL GENERAL MEETING**  
7:00 PM Wednesday, October 23  
**RIVERSIDE COMMUNITY CENTRE**  
Everyone Welcome to Attend!

**MONTHLY RENTAL + UTILITIES**

Room with shared Kitchen/Bathroom	\$400 -
2 Bedroom, Kitchen/Bathroom	\$800 + \$200
Small Chalet	1,000 + \$250
Chalet with Loft	1,500 + \$300
Large Chalet - Main and Loft	1,800 + \$250
Large Chalet - Lower 2-Bedroom	1,000 + \$200
House on Lake - Main 3-Bedroom	1,600 + \$250
House on Lake - Lower 2-Bedroom	1,000 + \$200

**CASTLE RESORT - 250-295-7988**

**For Sale**

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

**Help Wanted**

**THIS SPACE FOR RENT!**  
\$9.00 includes tax



**Classified Ad Deadline: 12 Noon Fridays - All Classified Ads MUST be paid in advance**  
Payment Options: Cash, Cheque, Debit, Visa, Mastercard  
Phone: 250.295.4149 - Fax: 250.295.4103



Notices

**MONDAY NIGHT BINGO  
IN PRINCETON  
SENIOR CITIZENS BR. #30**

162 Angela Avenue  
4:30 PM Sales Start  
5:30 PM 1st 47 Bonanza #'s  
SPECIALS, REGULAR GAMES, ODD &  
EVEN, PROGRESSIVE SNOWBALL &  
LOONIE POT, "LUCKY 7" WON EVERY  
MONDAY (MIN. \$50.00 GUARANTEED)  
BC Gaming License #109667  
"KNOW YOUR LIMIT. PLAY WITHIN IT"

**FRIDAYS  
SCA Branch #30**

Exercise Class 10:15 - 11:30 AM  
Painting Class 9:00 AM - 12 Noon  
Cards, Pool, etc. ALL DAY  
Games Night 7:00 PM  
Potluck 5:30 PM last Friday of month

**OPEN 9:00 AM - 4:00 PM  
LUNCH 11:30 AM - 1 PM**

**Narcotics Anonymous**

**OPEN MEETINGS**  
7:30 PM  
Wednesdays & Sundays  
at the InfoCentre on  
Highway 3

Info: (250) 295-7919 OR 295-6531, 295-6723

Notices

**INDIVIDUALLY  
PREPARED  
HOROSCOPE**

Natural character chart - \$25.  
Basic chart plus predictive -\$50.

Phone 295-6063  
Completely confidential

**Drinking a problem?**

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

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Solutions

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**PICK IT UP YOURSELF - AND SAVE**

If you live in the Princeton area you can drop into our office weekly to pick-up your Similkameen News Leader. You could pay us a dollar each time or you could just pay for a 'Pick-Up Subscription' and spend even less. It's your decision.

**Princeton/Area H Pick-Up - \$30.00  
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**RELY ON CANADA POST - AND SAVE**

If you live in the Similkameen Valley you can have the Similkameen News Leader mailed to you every week - and it's still cheaper than buying it each week at our office or at your favourite local newsstand. For a few bucks more we'll even send you the Similkameen News Leader anywhere in Canada. Including the prairie provinces and Quebec!

**Princeton/Keremeos (VOX) Mail - \$40.00  
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**Regional (Other VO) Mail - \$45.00  
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**National (Elsewhere in Canada) Mail - \$55.00  
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**GRAB YOUR CREDIT CARD AND CALL US!**

**Similkameen  
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Welcome to Living Water Community Coffee House

**Purpose:**  
An outreach ministry to our community with the purpose of providing a place of fellowship and entertainment as well as seeing people come to know Jesus.

**Plan:**  
To have fellowship together in a friendly and comfortable atmosphere.

To have a mixture of good secular and gospel music with opportunity for everyone to share their musical talents.

To have coffee and snacks available.

**Time and Place:**  
Friday evenings - 7 pm  
Living Water Community Church

Your comments and ideas -  
THANKS

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Yes, even Living Water Community Coffee House has rules and guidelines. They were handed out at the grand reopening of the musical and social outreach program October 18th. Activities will run every Friday night. \*

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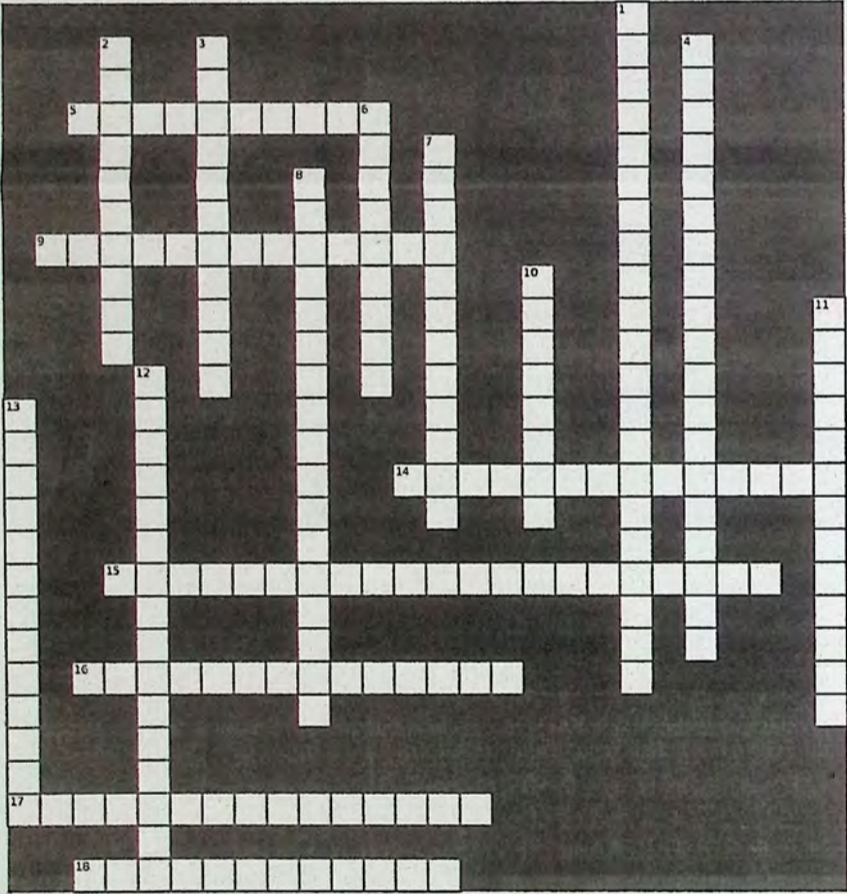
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W. George Elliott

From Fur Traders to Miners to the Railroad

Similkameen  
**News Leader Puzzler**

Use the October 15 News Leader to find Answers Below...



**Across**

5 The photo on Page 13 was taken near here.

9 One location naturalists hiked to October 8th.

14 What building is getting a new roof in Hedley?

15 Who left the scarecrows out in downtown Keremeos?

16 The 'CM' in CMMC.

17 Who beat Princeton Posse 4-1 October 5th?

18 He's painting on Page 3.

**Down**

1 This was hosted October 6th at Keremeos Grist Mill.

2 She's the Princeton Hospital Administrator.

3 Name the 2014 Princeton Rodeo Club President.

4 The article on Page 17 is from what local group?

6 He's SOHC Vice President.

7 Who writes 'Flip of the Coyne' weekly?

8 The 'MC' in CMMC.

10 Legion Ladies Auxiliary host this event October 25.

11 Name the 2014 Princeton Rodeo Club Vice President.

12 Headline: "The ultimate \_\_\_\_\_"

13 Mining News on Page 22 featured this company.

Similkameen  
**News Leader** PUZZLER #146  
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What's the difference between a 5-column and a 7-column newspaper?

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THE ONLY 5-COLUMN NEWSPAPER SERVICING THE SOUTH OKANAGAN SIMILKAMEEN VALLEYS!

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# Mining News

## Huldra Silver

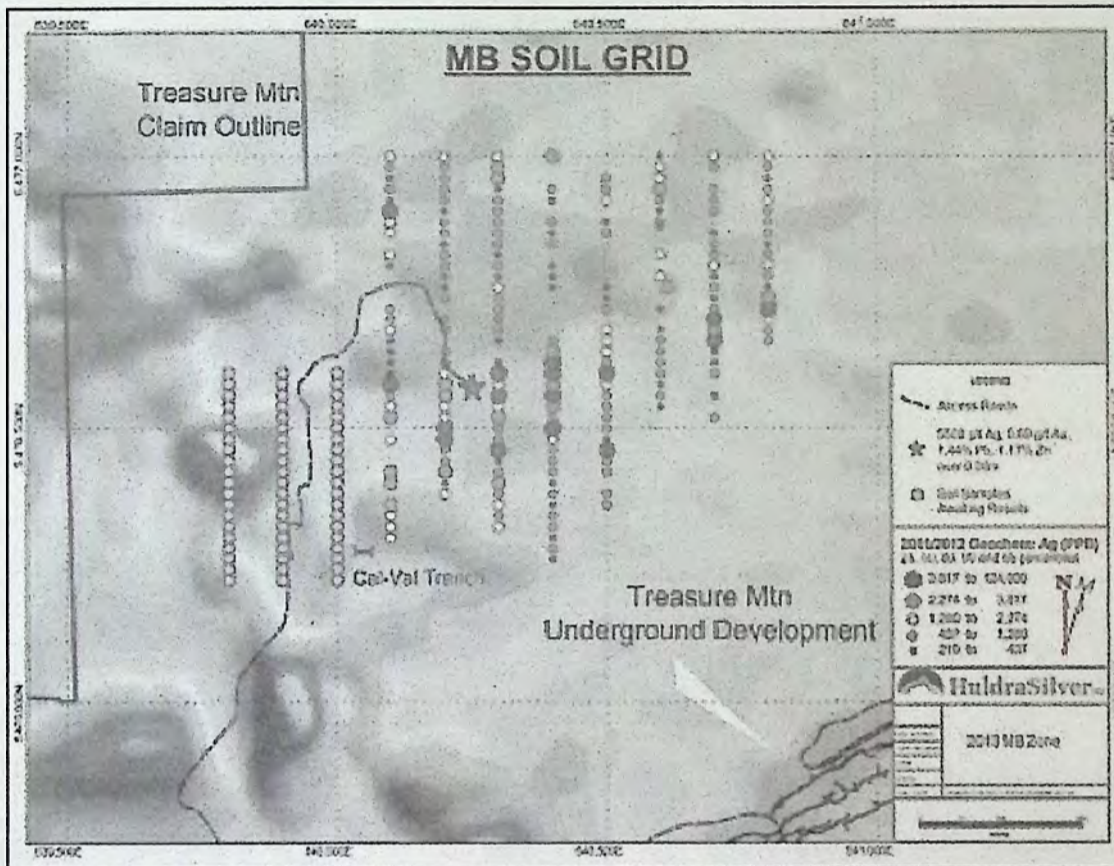
### Resamples verify mineralization at Treasure Mountain

Huldra Silver Inc. ("Huldra" or the "Company") confirmed October 7th, via resample and assay, the promising nature of the mineralization identified in the M.B. Zone. The M.B. Zone is the highest priority exploration target on the Treasure Mountain property, and sits to the north-west of the Treasure Mountain Mine.

During 2010, independent geologist, Erik Ostensoe, P. Geo, sampled material while exploring for mineralization in the M.B. Zone. The highlight of this exploration program was the reporting of a composite sample of reddish oxide material, which graded 0.81 g/t Au, 9221 g/t Ag, 1.02% Cu, 1.14% Pb and 1.03% Zn. Results from the 2010 exploration program were initially reported in a press release dated August 25, 2010.

During September 2013, a limited soil sampling program was undertaken to extend the soil sampling grid in the M.B. Zone to the southwest, beyond the Cal-Val trench area. All though the Company is under creditor protection under the Companies' Creditors Arrangement Act (Canada) and limited financially, Huldra's new management team felt that greater emphasis should be placed on understanding the highly prospective M.B. Zone.

The September 2013 program focused on revisiting and expand-



ing the zone via rock sampling and soil sampling. The results from the resampling are presented below. Samples were analysed by ALS Chemex at their Vancouver laboratory. ALS Chemex Vancouver is an ISO 9001:2000 certified lab.

Samples were prepared by crushing to 70% less than 2mm, riffle splitting off 250g and then pulveris-

ing the split to better than 85% passing 75 microns. A 0.4g sample was then digested using a 4-acid digest and the solution was analysed by multi-element ICP-AES. Pb and Zn overlimits were analysed using the ME-OG62 method. Au and Ag assays were analysed by 30g fire assay with gravimetric finish.

Due to the limited number of rock chip samples in this batch, only lab duplicate quality assurance / quality control ("QA/QC") samples were submitted by the Company. As such, the Company has relied on internal QA/QC (blanks and reference materials) supplied by ALS Chemex Vancouver to ensure accuracy of the results reported. All

internal QA/QC supplied by ALS Chemex passed examination and the assay certificate was judged to be accurate.

A map showing the location of the rock chip sample, as well as results from the 2011/2012 soil sampling program, and the location of the new 2013 soil sampling program, is at left. The underlay for the map is an airborne magnetic susceptibility survey. The survey shows a geophysical anomaly in the M.B. Zone of the same intensity as the geophysical anomaly in the Treasure Mountain Mine area.

The rock chip results confirm the earlier high grade nature of the mineralization identified in the M.B. Zone.

The high silver grades, in conjunction with the relatively low lead and zinc grades, suggest that the silver mineralization is associated with sulphosalt minerals. In addition, Huldra is awaiting assay results from the recent soil sampling program and will release the results from that program once the analyses become available.

Technical information in this news release has been reviewed and approved by Mark Williams, P. Geo. and has relied on data previously collected by Erik Ostensoe, P. Geo. as well as the internal QA/QC supplied and verified by ALS Chemex Vancouver. - submitted

Sample	Width (m)	Ag (g/t)	Au (g/t)	Pb (%)	Zn (%)	Cu (%)	As (%)	Sb (%)
MB-01	0.06	7270	0.79	1.56	1.23	0.81	0.76	0.60
MB-02 (field duplicate)	0.06	3730	0.59	1.32	1.12	0.57	1.10	0.39
Averaged Values	0.06	5500	0.69	1.44	1.17	0.69	0.93	0.49

# Tulameen River Spill

## Coalmont Energy Corporation

October 18, 2013  
Community Update  
On September 30, Coalmont

Energy Corp. submitted a formal update on the status of the Environmental Impact Assessment

(EIA) as required by the Ministry of Environment (MoE). The update report was more than 120 pages in

length and provided MoE with specific details regarding the work completed to date on the EIA as well as addressed ongoing and future data collection and analysis. MoE is still reviewing the submission but Coalmont Energy has been in regular contact and maintains ongoing discussions with MoE regarding certain aspects of the report.

The final EIA is expected to be submitted to MoE by December 6, 2013. The EIA is a comprehensive and detailed report addressing environmental issues such as sediment characterization and deposition mapping, aquatic sampling, fish and

fish habitat sampling, terrestrial environment, and human health field programs.

A community information meeting will be held after the EIA has been submitted to MoE. Representatives of Coalmont Energy Corp. and Triton Environmental Consultants will be in attendance to present the findings of final EIA and answer questions from the community and stakeholder groups. It is expected that the meeting will be scheduled during the week of December 9, 2013, with the date and time finalized once the submission date of the final report has been confirmed.

Similkameen  
**News Leader**

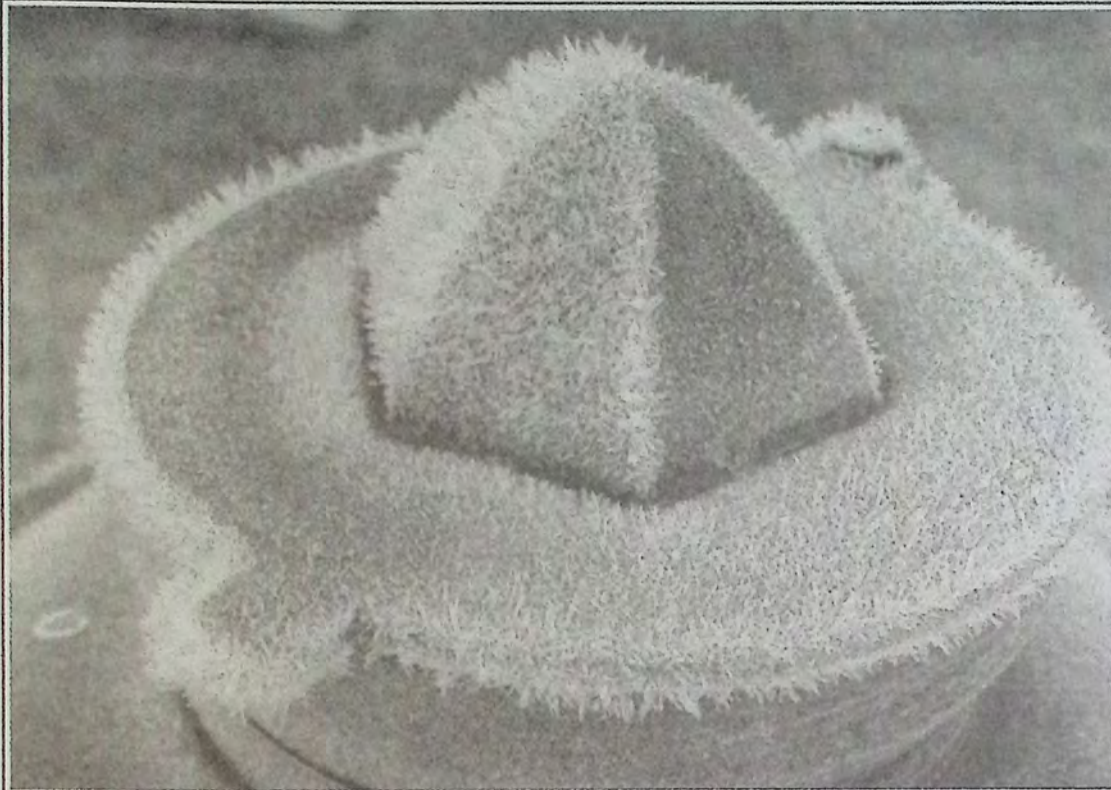
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Jack Frost has been very busy lately, although he doesn't seem to appear each and every morning in the Princeton area, his visits are becoming more frequent. It's a sure sign of a change in seasons in the Upper Similkameen. \*

# Flip Of The Coyne

by Spencer Coyne

..... continued from Page 3 has been making. This summer we heard a lot about cell phones and how the big cell phone companies didn't want foreign competition. Well, this isn't exactly true. What they were against were the rules that Ottawa had set out for the entry of the competition into the Canadian market. If Verizon would have bought one of the spectrums for sale, then one of the other Canadian companies would have had to allow Verizon access to their network across the country for free. Now let's look at this small foreign company that just wanted a toe hold in the Canadian market. Verizon says it has over 100 million US subscribers. These guys were no small fry trying to get into the Canadian market. They have more subscribers in the US than there are people in Canada. Harper and his ministers don't care that they were going to force Bell or Telus to give free access to a company that had more subscribers than there are

people in our country. They were trying to score cheap political points with the middle class. In the mean time, it could sink one of those Canadian companies that already employ Canadians.

Now he announces a trade deal that could kneecap segments of the economy and he is gloating about it. I don't know who these guys are

really working for but when major Canadian business leaders are not seeing eye to eye with the party that claims to be on their side, and threatening jobs of the working class, you have to ask yourself what is the real plan here?

I guess time will tell. I just hope we don't have too many layoffs in the meantime.

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**LIVING WATER COMMUNITY COFFEE HOUSE**  
**NOW OPEN!**  
7:00 - 9:00 PM FRIDAY NIGHTS - 38 KENLEY AVENUE (CHURCH BASEMENT)  
COME VISIT OUR KID FRIENDLY, FAMILY ORIENTED PROGRAM WITH LOTS OF FUN EVENTS TO COME!

**Brenda Crawford**



brenda@bcland.net  
(250) 295-8182

**April Earle**



april@bcland.net  
(250) 295-5346

**Sandra Simpson**



sandra@bcland.net  
(250) 499-9414

KIJHL Junior B Hockey action this weekend:

# Princeton Posse

7:00 PM Friday, October 25 vs. Revelstoke

2:00 PM Sunday, October 27 vs. Kelowna

Princeton Arena



PRINCETON

**321 Fenchurch Avenue**



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

**76 Halliford Avenue**



Located in the heart of Princeton, this level-entry, two bedroom house is waiting for you. Double lot gives you plenty of property to enjoy. Alley access leads you to the large double garage which offers secure parking and storage. This simple design gives you large rooms and easy enjoyment and flow between the spaces. **MLS®145815 \$160,000**

**630 Highway 3**



Country living in the city! Imagine almost 14 acres just a few short minutes from town! Very private acreage with well-loved home and it shows! Purchase these 2 adjoining parcels of land with separate titles offering lots of possibilities. This 5 bedroom home, fully finished up and down is perfect for families and extended families. **MLS®145197 \$575,000**

**4350 Princeton/S'land Road**



OSPREY LAKE. 1600 sq.ft. newer home. 2 bedroom/2 bath. Spacious loft master bedrm with huge walk in closer/bathroom. Great room has solid teak flooring, wood stove and electric heat. Year round living or Recreational-either way you will be impressed. Outside you will find a 2 car garage, quad shed, wood shed and more! **MLS®142422 \$419,000**

**499 Similkameen Avenue**



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

**3987 Princeton/S'land Road**



One acre of paradise! This immaculate home offers all you need. Open dining/living area with large picture windows overlooking Link lake. French doors open onto to spacious private deck. Easy care landscaping with perennial's and shrubbery. Covered entry connects to 24 x 30 2 car garage with separate area used as a workshop. **MLS®143036 \$349,500**

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