

Similkameen News Leader

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Tuesday, September 29, 2015

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



Princeton & District Chamber of Commerce hosted an Open House September 24th at their building on Highway 3. Vice President Brenda Crawford, left, and President Kim Vokey served hot dogs and soft drinks to those who attended. *

Princeton health care committee reports progress

On Tuesday, September 15, the Princeton Health Care Steering Committee (PHCSC) began its third year of operation. The PHCSC received a mandate from the stakeholders at their July meeting and agreed to continue working to improve the model of health care for residents of Princeton and Area. The meeting was attended by representatives from the Town of Princeton, Area H (RDOS), health care practitioners, Interior Health, and SOHC. The meeting was chaired by Area H representative, John Akerley.

new and upgraded artwork on the walls of the hospital; and a ceramic tile mural at the hospital nurses station. The Art for Health working group expressed its appreciation to Marjorie Holland, President, and the members of the Arts Council for their generous support.

One of the ongoing projects of the PHCSC is Art for Health, led by a group of local artists working to make our health care facilities more welcoming and healing for patients. The group announced that they have received funding from the Princeton and District Arts Council to purchase the materials needed for four art projects that will be installed at Princeton General Hospital and Cascade Medical Centre.

In response to a concern raised by local residents, Cascade Medical Centre would like to inform women over 40 that they are eligible to have a mammogram even if they are not currently attached to a Family Physician or Nurse Practitioner. When asked, "Who is your family doctor/nurse practitioner?", answer, "Cascade Medical."

Your mammography results will be reviewed by a Physician or Nurse Practitioner at Cascade Medical Centre.

In her monthly report on PGH staff and facility updates, Cherie Whittaker announced the hiring of a new lab technician who will be joining the laboratory team of three permanent and two casual lab technologists at the hospital. Hope Byrne is the team's Professional Practice Leader with Interior Health.

The projects include a Children's Corner mural with artwork by local artist, Jessie McIvor; a wall mural in the waiting room at the hospital;

Kim Maynard, Princeton Town Councillor, reported on the Spring workshop of the Okanagan Similkameen Healthy Living Coalition held in Penticton on September 10. There were 12 presentations made by various groupscontinued on Page 3

Drama group had a great year

Crimson Tine Players, Princeton's theatre group, is small but talented and enthusiastic. During the past year, they have worked in many venues to provide entertainment for the community, and have contributed to community events. They are dedicated to bringing 'family friendly' theatre to the Similkameen Valley.

plays during the past year: 'Yo, Ho, Ho - A Pirate Christmas' and 'A Servant of Two Masters.' Each play had four performances with audiences totaling between 200 and 250. For a change of pace, they hosted a Valentine's Dinner Theatre. They wish to make this an annual event.

The group has done two mystery dinner theatres at The Vermilion

Fork (restaurant), and both were sold out.

Community participation included Canada Day celebrations, Chamber of Commerce parade, and Operation Red Nose for Copper Mountain Mining Corporation curling and golf events. They participated in the Fall Fair, did an improv night for the general public, and an

.....continued on Page 3

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Alex Atamanenko has performed in Princeton frequently during the Traditional Music Festival. - photo submitted

Atamanenko says Thank You!

In anticipation of the federal election on October 19, Alex Atamanenko and his staff in Castlegar and Oliver are in the process of closing up both constituency offices. House of Commons regulations require that MP offices be vacated by Election Day, so the final day for drop-in services at both constituency locations will be Wednesday, September 30, to give staff time to sort, pack and move.

"It has been an honour to serve the constituents of B.C. Southern Interior over the past nine years," says Atamanenko.

"My staff and I have enjoyed dealing with constituents on a daily

basis, as we have endeavoured to assist them with matters concerning the federal government."

Atamanenko and staff are also grateful to the people in federal departments such as Service Canada for their professionalism and assistance.

"Thanks to the federal offices we have dealt with, we have been able to provide constituents with information and assist them with problem solving," concluded Atamanenko.

Working for an opposition MP in a huge riding like BCSI can have its challenges, but it can also be a rewarding experience. Lilly Zekanovic has been Atamanenko's

Oliver constituency assistant since 2009, and she has travelled to Princeton on a monthly basis to offer support and referral services there.

"It has been a great pleasure to make a difference in people's lives," she says.

"I gain personal satisfaction in knowing we have done our best under the circumstances."

Atamanenko's Castlegar constituency assistant, Gail Hunnisett, agrees.

"In spite of the challenges of recent years, working with the people of the West Kootenay-Boundary-Similkameen has been immenselycontinued on Page 7



Princeton area residents got to know Atamanenko's assistant Lilly Zekanovic from her local monthly visits. *



We had no idea how windy it got at the end of Bridge Street along Highway 3 until election signs start appearing - and falling down...repeatedly. *

Flip Of The Coyne

by Spencer Coyne

If you were to believe all the campaign rhetoric you would think that the only person who can keep Canada safe from the evil outside world is Stephen Harper. He has taken a hard line against Iran. He talks a big game against Russia and when it comes to ISIS our superior seven CF-18s are pounding our enemies back into the stone age and we are winning the war. Unfortunately for Canada the rest of the world doesn't see it that way. This includes our closest allies.

When it comes to Iran our

European and American allies have taken a diplomatic solution to dealing with them. Not all agree with the deal made but it has put a new light on Iran's dealings and it will open them up to UN inspections and both our European and American partners will be watching every move they make with retaliatory provisions in place to kneecap them when need be. Harper isn't having any of it. He has listed Iran as a terrorist regime and rather than try to influence the area through diplomatic means he has taken his

ball and gone home.

Whether you like Putin or not, Russia is not a bear you want to poke. Harper likes to play this game with Russia where he insults them, talks a big game and pretends he has a big stick to strike with. Reality is, Canada is a fly on the back of the Russian Bear. While Russia moves military assets into Syria, American and European nations are taking steps to open dialogue to find a solution to the situation. Canada, on the other hand doesn't talk to bullies. Once again our allies move forward without Canada because Canada doesn't play this game.

We have crises with ISIS, Syria and Iraq. Harper loves being a wartime Prime Minister. If you don't believe me look at his record. He loves photo ops of him in his tan fishing vest visiting the troops he loves as Justin Trudeau mockingly exclaimed to "whip out our CF-18s and show how big they are." If all you ever heard was the party line in Iraq and Syria, you would think that we are defeating ISIS. You would think that Harper has the plan that will bring peace to the region. The problem is that this isn't reality. The reality is that the bombing isn't doing much at all. The allies have made very small gains and ISIS is still moving along. Bombing alone isn't going to solve the problem. Now we have Russia sending mili-

tary assets into Syria to prop up President al-Assad, bringing a whole new dimension to the ongoing conflict. Again we have a Prime Minister who refuses to talk to one of the major players in this conflict because he doesn't like Putin. It's too bad our allies who are not happy with Putin have put that aside to open up talks with Russia and for the first time in years opened up military to military discussions. This is how mature

nations do things. Even if on poor terms, they will have discussions when needed. When it comes to the actual progress against ISIS, the Pentagon and top officials in the United States are starting to admit that what they have been doing isn't working. No matter how much the Prime Minister wants to stick to his talking points, reality is that we could be seeing a major shift in the way operations against ISIS are

.....continued on Page 20

Health care committee report

.....continued from Front Page and individuals in the Coalition, including a presentation on the Town of Princeton's work to develop a no-smoking bylaw for our

Drama group busy

.....continued from Front Page improv workshop, did a Zombie Walk for the local food bank, and field trips for Princeton youth to see live theatre in Kelowna.

This very active group celebrated a great year with a barbecue for all of the group members plus 35 guests.

They look forward to another busy season, including the comedic production '1001 Arabian Nights' scheduled for early December. This spoof promises a lot of laughs.

community. Ed Staples, President of Support Our Health Care, gave a report on the South Okanagan Mental Health Project led by Dr. Nelly Oelke of UBC Okanagan. The aim of this project is to build capacity in older adults with mental health concerns through the development of innovative tools to increase awareness, decrease stigma, and promote self-management. Dr. Oelke is applying for a grant from the Vancouver Foundation to expand the project to include the communities of Princeton and Keremeos. She is looking for partners in our community who will provide letters of support and in kind contributions that will address this important project.

- submitted

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**SIMILKAMEEN VALLEY
 FEDERAL ELECTION ALL-CANDIDATES FORUM
 INFORMATION ON PAGE 19**



Editorial Page News Leader

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

My Turn...

We Celebrate Garbage Day

In our neighbourhood 'Garbage Day' marks the middle of the week. It is often a day where we heave a huge sigh of relief that the litter box gets cleaned and the pile of trash that has been collected gets left on the street to be picked up and hauled somewhere where it becomes someone else's problem.

In actual fact, we barely fill a large garbage bag a week and at least once a month have a large blue bag of recyclables on the curb along with it. Our garbage container is far from bear proof, but the ravens and deer can't get into it. Often I can't get into it myself so I have resorted to prying it open when I need access.

What I don't understand is why some area residents don't use animal proof garbage cans. We all know deer, bears, marmots and ravens frequent our neighbourhoods. Leaving an unsecured garbage can, or just dropping bags on the street are just inviting problems.

I guess I notice this because I don't litter.

Whatever I carry in somewhere I carry out. The only thing I leave behind is footprints. I'll toss an apple core out knowing it won't get a chance to decompose but that's the extent of my littering.

When animals find easy garbage bags or bins to access they make a real mess. One of our neighbours discovered that ravens liked his garbage so much they shared bits of it with the rest of us when they spread it up and down the street. He quickly replaced his garbage can with something a bit harder for them to break into.

The problem with animals raiding garbage is that they can knock a can over and it will end up just about anywhere. With two rivers flowing through the town, cutting into neighbourhoods, the potential exists of animals sharing our garbage with the residents of Hedley. I'm pretty sure they have enough of their own to worry about that they don't need any of ours.

I find highway rest areas to be curious garbage collectors.

If you wander just off the beaten path at any of them you'll see where the bears and deer are storing garbage taken away from your stash. Okay, I'd like to believe that's how it gets there but you know as well as I do bears don't pack a lot of unopened garbage bags through the woods to a spot next to a rest area for safe keeping.

Nor do they pay much attention to the mess they may be making next to a river running through a residential area.

Lucky for us in Princeton there is something called bylaw enforcement. If you see garbage spread around an area that does not look like it was meant to be there, call Town Hall.

They have the solution to the problem.

However, so do the rest of us.

If we secured our trash and maybe only put it out on Garbage Day, there would be no need to make that call.



Uh-Oh. Somebody's garbage made it down to the river only to get caught up on the rocks. - photo submitted

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

We in Princeton, are fortunate that we have a newspaper like the News Leader, which has columnists that present us with their opinions (the truth as they see it).

I was pleased to read Dawn Johnson's column "Hawaiian's fought big money, politics."

I agree completely with the sentiment expressed in her column.

It is unfortunate that private enterprise rules in many matters of common concern.

A democracy is supposed to provide information to the public - the people. Monsanto apparently requested that the entire docu-

ments NOT be made available to the voters.

How can any reasonable decision be made unless their is complete disclosure? The Monsanto position represents a clash between the people, the politicians and global corporations. We have an election coming in the near future.

We should be informed about the politicians view or position regarding matters such as these. A vote is a useless and dangerous thing unless one is educated or has knowledge about the relevant matters.

Before one can vote he must

have evidence; before he can decide he must know.

"A democracy is meant to be a community of knowledge and will, replacing a community of faith and obedience."

We must know all the facts all the information.

Our public officials must see to it that the public is fully informed otherwise we are a democracy in name only.

Our politicians are failing us! We must vote, but have an informed vote so that we can protect our planet and our citizens.

- L. Anderson, 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

Where Are The Environmentalists Now?



Dawn Johnson
editor@thenewsleader.ca

These days, everybody considers themselves environmentalists. We're all into saving the polar bears, recycling, and preserving ecosystems. There are countless environmentalist organizations working on biodiversity and sustainability. Do a computer search for a list of environmental organizations and you will find thousands. There are groups saving everything from elephant habitat to marmots.

If you look at the money spent on environmentalist projects, worldwide, start counting in the billions of dollars.

There is one piece of our planet nobody is saving: the Pacific Ocean. Our Pacific Ocean is dying.

I read an article saying Fukushima is not the cause of so many creatures dying, but an interesting article out of California stated dead mammals found washed up on the coast appear to have died from a form of leukemia brought on by exposure to radioactive substances, in short, radioactive poisoning. However, Fukushima is not the major cause of the dying ocean. 'The Blob' is the greatest cause.

The Pacific Ocean is becoming toxic to wildlife. It is the worst environmental disaster in history, and it is primarily because of 'The Blob.'

The Blob is an area of ocean surface 2,000 miles long and 500

miles wide located in the North Pacific. The Blob is the result of the absence of cold storms blowing south from Alaska. Nobody seems to know why the normal pater of cold storms has ceased, but the results of the phenomenon is death in the Pacific Ocean.

What wildlife is dying? First, starfish, which turn to goo. The die-off is horrendous and appears to be caused by a virus. Dead whales are washing up on the coastlines of the Pacific in unprecedented numbers. Sea lions cannot find enough food to sustain them, because the herring and krill population has all but disappeared. Sea birds are dying for the same reason. Nearly every species of marine life in the Pacific is in crisis.

What is really surprising is the lack of coverage in the major media. For the past two years, marine biologists have been issuing dire warnings. This year, according to marine biologists, is the worst summer to date for the Pacific. The largest 'red tide' algae bloom hit the west coast this year, making shellfish poisonous to mammals. That was the only situation reported by major media, and was somewhat under-played.

Some scientists say the Pacific is dying due to the huge amounts of carbon dioxide being absorbed into the surface of the ocean. Others say the radioactive water from Fukushima is the problem. All agree The Blob is the problem and it is going to get worse, because an El Nino is moving north right now. Added to the problem is the water flowing into the Pacific from North America. Due to the drought conditions in western North America, rivers are low and the water warmer than normal.

There is no doubt the impact of radioactivity on the Pacific Ocean is a factor in what is happening to marine wildlife. River water contaminated by radioactivity has flowed into the ocean since March 2011, and contaminated water

from the Fukushima nuclear reactors and stored fuel rods continues to flow daily into the ocean. Melted nuclear fuel assemblies are floating in the ocean, adding plutonium to the mix.

Marine biologists are calling this a 'global crisis,' but I don't see the Sierra Club making any efforts to do something about it. WWF spent a lot of money on television advertising to save polar bears from the effects of global warming. I haven't heard Greenpeace making a fuss about contaminated junk floating in the North Pacific. Where are the environmentalists and their thousands of organizations?

Our governments are spending a lot of money on all sorts of programs and projects and groups dedicated to sustainability, but they do nothing to make the Pacific Ocean sustainable. Have they written it off? Why are governments of nations all around the Pacific Rim not kicking in the bucks to clean up the Fukushima mess? Why aren't they smothering it in zeolite, a substance known to absorb and hold radioactive particles rendering them harmless?

There is a total absence of major media coverage about our dying ocean, and a total lack of action by environmental groups and governments to do anything to attempt to save the ocean. The way it looks right now, they have written off the Pacific Ocean, its ocean creatures, its seabirds, and its plant life. One third of Earth's surface is covered by the Pacific Ocean, and it is dying.

Only a few people seem to care: they would rather save grizzly bears from hunters. That will take care of itself when the grizzly bears die from lack of salmon, and nobody is trying to save the salmon.

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Princeton Fall Fair Winners List

50th Annual Fair - September 12 & 13, 2015

A total of \$401 was paid out to prize winners in Junior-Fair categories. In the adult categories, \$1,181 was paid out to winners.

Vegetables

Ben Mazzarella was the overall winner.

Beans - 1. Loretta Gardiner, 2. Nancy Telford 3. Ben Mazzarella
Beets - 1. Ben Mazzarella 2. Dawn Johnson

Carrots - 1. Loretta Gardiner 2. Ben Mazzarella 3. Dawn Johnson
Corn - 1. Dawn Johnson 2. Ben Mazzarella

Cucumbers - 1. Ken Heuser 2. Dawn Johnson 3. Ben Mazzarella
Garlic - 1. Ben Mazzarella

Herbs, culinary - 1. Bonny Blais 2. Ben Mazzarella 3. Dawn Johnson
Herbs, medicinal - 1. Bonny Blais
Kale - 1. Ben Mazzarella

Onions, cooking - 1. Ben Mazzarella 2. Dawn Johnson

Onions, green - 1. Ben Mazzarella

Peas, in pod - 2. Nancy Telford
Potatoes, white - 1. Ben Mazzarella 2. Frank Turner 3. Nancy Telford

Potatoes, red - 1. Ben Mazzarella
Potatoes, Norland red - 1. Loretta Gardiner

Squash, summer - 1. Ken Heuser 2. Jean Turner

Squash, any other - 1. Dawn Johnson 2. Ben Mazzarella

Swiss chard - 1. Dawn Johnson

Tomato, green - Margaret Obey 2. Ben Mazzarella 3. Bonny Blais

Tomato, cherry, ripe - 1. Dawn Johnson 2. Nancy Telford 3. Ben Mazzarella

Tomato, cherry, yellow - 1. Ben Mazzarella

Tomato, Table variety, ripe - 1. Ben Mazzarella 2. Nancy Telford

Zucchini, green, slicing - 1. Ben Mazzarella

Zucchini, yellow, slicing - 1. Jean Turner 2. Ben Mazzarella

Any other vegetable - 1. Ken Heuser

Oversize vegetable - 1. Dawn Johnson 2. Ben Mazzarella

Vegetable collection - 1. Dawn Johnson

Sunflower seed head - 1. Grace Kukler

Best decorated bicycle
1. Mary Elizabeth Bond 2. Landon Sheppard 3. Alana Obey

Pet Parade
1. Mary Elizabeth Bond 2. Morgan Holland 3. Ethan

Fruit
Only two exhibitors entered: Ken Heuser and Ben Mazzarella. They had the same number of points.

They entered apples and plums. Ken Heuser entered crabapples and pears, Ben Mazzarella entered hazel nuts.

Home Canning

There were a good number of

entries in home canning. Miranda Grigg was the top exhibitor in this division.

Preserves

Apricots - 1. Debbie Grigg

Cherries - 1. Debbie Grigg, 2. Marlene Fraser 3. Margaret Obey

Peaches - Debbie Grigg 2. Debbie Cloutier 3. Margaret Obey

Pears - 1. Dawn Johnson 2. Debbie Grigg 3. Margaret Obey

Other preserve - 1. Cheryl Maddalozzo

Preserved vegetables

Carrots - 1. Debbie Grigg

Tomatoes, whole - 1. Dawn Johnson

Tomatoes, stewed - 1. Cynthia Frost 2. Debbie Grigg

Pickles

Beans - 1. Debbie Grigg

Beets - 1. Dawn Johnson 2. Debbie Grigg

Bread and butter - 1. Debbie Grigg 2. Margaret Obey 3. Dawn Johnson

Cucumber, sweet - 1. Debbie Grigg

Mixed pickles - 1. Debbie Grigg 2. Dawn Johnson

Onions - 1. Debbie Grigg

Zucchini - 1. Dawn Johnson

Dill cucumber - 1. Margaret Obey 2. Cynthia Frost

Dill carrots - 1. Debbie Grigg 2. Dawn Johnson

Green tomato pickles - 1. Dawn Johnson 2. Debbie Grigg

Pickled peppers - 1. Dawn Johnson

Relish

Beet - 1. Dawn Johnson

Cucumber - Cynthia Frost

Pepper - Debbie Grigg

Corn - 1. Debbie Grigg 2. Dawn Johnson

Chutney

Rhubarb - 1. Bonny Blais 2.

Debbie Grigg

Peach - 1. Debbie Grigg

Any other kind - 1. Margaret Obey 2. Debbie Grigg

Sauce

Tomato - 1. Dawn Johnson

Salsa - 1. Cynthia Frost 2. Dawn Johnson

Spaghetti sauce - 1. Cynthia Frost

Apple sauce - 1. Debbie Grigg 2. Marlene Fraser 3. Dawn Johnson

Jam

Blueberry - 1. Miranda Grigg

Mixed fruits - 1. Margaret Obey 2. Miranda Grigg

Peach - 1. Miranda Grigg

Plum - 1. Miranda Grigg

Raspberry - 1. Marlene Fraser 2. Dawn Johnson 3. Miranda Grigg

Strawberry - 1. Miranda Grigg

Pear - 1. Miranda Grigg

Marmalade

Orange - 1. Miranda Grigg

Lemon/orange/grapefruit - 1. Miranda Grigg

Jelly

Apple - 1. Miranda Grigg

Blackberry - 1. Miranda Grigg

Beet - 1. Miranda Grigg

Crabapple - 1. Miranda Grigg 2. Cheryl Maddalozzo

Grape - 1. Miranda Grigg

Black currant - 1. Dawn Johnson

Wild fruit Jelly
Saskatoon - 1. Miranda Grigg

Oregon grape - 1. Dawn Johnson

Elderberry - 1. Dawn Johnson

Fruit butter

Apple - 1. Miranda Grigg

Pear - 1. Miranda Grigg

Plum - 1. Miranda Grigg

Home Baking Division

There were very few entries in this division this year. There were no pies, tarts, biscuits or squares.

Bread, white - 1. Margaret Obey

Buns, white - 1. Margaret Obey 2. Erin Williams

White cake - 1. Jen Bernard 2. Lucienne Lehman

Muffins - 1. Jen Bernard

Cookies, rolled - 1. Debbie Cloutier

Fudge - 1. Jen Bernard

Brittle - 1. Marlene Fraser

Honey Division

No entries.

Beer & Wine Division

There were no beer entries.

Wine

Red, dry - 1. Margaret Obey 2. Dot Lauder 3. Cheryl Maddalozzo

Red, sweet - 2. Margaret Obey

White, dry - 1. Dot Lauder 2. Margaret Obey

White, sweet - 1. Margaret Obey

Eggs

There was only one entry in this division. Loretta Gardiner won for chicken eggs. There were no duck, quail, pheasant or other eggs entered.

Dairy

There were no entries in this division, no butter, cottage cheese, cheese, or yogurt.

Needlecraft Division

There were some very good entries in this division, particularly in quilts. The two heritage quilts hand stitched by the late Doris Gabriel were very much appreciated. Thanks goes to Joann Gabriel for bring them to the fair. There were no entries in embroidery, of any kind.

Knitting

Afghan - 1. Linda Henderson

Small article - 1. Linda Henderson

Any other knitted item - 1. Linda Henderson

.....continued on Page 10

Rayleen's Pampered Pets

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Thieves (of the four-legged variety) approved of and helped themselves to many of the award winning flowers on display earlier this month during the 50th annual Princeton Fall Fair. *

Princeton Junior Fair Winners List

50th Annual Fair - September 12 & 13, 2015

Entries in Junior Fair were down slightly this year, but there was a good selection of entries. Youngsters put their best achievements on display. Madison Fulton received the most points to win Top Exhibitor in Junior Fair.

- Vegetables**
Beans - age 6-9 1. Owen Kaiser 2. Graham Atkinson
Beets - age 6-9 1. Graham Atkinson 2. Marcus Fulton
Age 10-14 1. Holly Atkinson
Cabbage - age 6-9 1. Owen Kaiser 2. Graham Atkinson 3. Marcus Fulton
Age 10-13 1. Madison Fulton 2. Holly Atkinson
Onions, age 6-9 1. Marcus Fulton
Potatoes, age 6-9 1. Marcus Fulton
Age 10-13 1. Madison Fulton
Pumpkin, age 6-9 1. Owen Kaiser
Zucchini, age 6-9 1. Graham Atkinson
Age 10-13 1. Holly Atkinson
Tomatoes, large, age 6-9 1. Marcus Fulton 2. Mary Bond
Age 10-13 1. Madison Fulton 2.

- Abby Fulton 3. Zoe Rytkonen
Tomatoes, cherry, age 6-9 1. Owen Kaiser
Any other vegetable, age 6-9 1. Marcus Fulton 2. Owen Kaiser
Age 10-13 1. Madison Fulton 2. Zoe Rytkonen
Vegetable collection, age 6-9 1. Marcus Fulton
Age 10-13 1. Abby Fulton 2. Madison Fulton 3. Zoe Rytkonen
Oddest shaped vegetable, age 6-9 1. Graham Atkinson 2. Marcus Fulton
Age 10-13 1. Zoe Rytkonen 2. Madison Fulton 3. Holly Atkinson
Fruit
Apples, age 6-9 1. Marcus Fulton 2. Owen Kaiser
Age 10-13 1. Madison Fulton 2. Abby Fulton
Crabapples, age 6-9 1. Miranda Frost
Plums, age 6-9 1. Owen Kaiser
Rose hips, age 6-9 1. Mary Bond
Canning
Any canned fruit, age 10-13 1. Rebecca Kahle

- Any sauce, age 6-9* 1. Marcus Fulton
Art
Oil, acrylic, age 6-9 1. Matthew Williams 2. Marcus Fulton 3. Jacob Williams
Age 10-13 1. Madison Fulton 2. Abby Fulton
Painted rock, age 6-9 1. Owen Kaiser 2. Coby Young 3. Marcus Fulton
Age 10-13 1. Madison Fulton 2. Abby Fulton
Sketch book, age 6-9 1. Owen Kaiser
Computer art, age 6-9 1. Mary Bond
Age 10-13 1. Abby Fulton
Scrapbooking page, age 6-9 1. Miranda Frost
Handmade greeting card, age 6-9 1. Mary Bond
Age 10-13 1. Holly Atkinson
Pencil drawing, age 6-9 1. Owen Kaiser
Age 10-13 1. Holly Atkinson 2. Abby Fulton
Mask, age 6-9 1. Owen Kaiser
Printmaking picture, age 6-9 1. Mary Bond

- Age 10-13* 1. Madison Fulton
Colouring page, age 6-9 1. Mary Bond 2. Marcus Fulton
Any other art, age 6-9 1. Marcus Fulton 2. Morgan Holland 3. Matthew Williams
Age 10-13 1. Holly Atkinson 2. Madison Fulton
Handicrafts
Woodwork, any, age 6-9 1. Jacob Williams 2. Graham Atkinson
Knitted article, age 10-13 1. Madison Fulton
Ceramics, age 6-9 1. Matthew Williams 2. Marcus Fulton 3. Jacob Williams
Dough art, age 10-13 1. Madison Fulton
Plastic art, age 6-9 1. Marcus Fulton
Age 10-13 1. Madison Fulton
Tie-die article, age 10-13 1. Madison Fulton
Crocheted article, age 10-13 1. Madison Fulton
Pottery, hand built, age 6-9 1. Mary Bond
Halloween decoration, age 6-9 1. Mary Bond
Christmas decoration, age 6-9 1. Mary Bond
Any other decoration, age 6-9 1. Mary Bond
Sewing, any, age 6-9 1. Marcus Fulton
Age 10-13 1. Abby Fulton

- Model, built from kit, age 6-9* 1. Marcus Fulton
Age 10-13 1. Madison Fulton 2. Abby Fulton
Handmade jewelry, age 6-9 1. Morgan Holland 2. Coby Young
Age 10-13 1. Madison Fulton 2. Abby Fulton
Clay/play dough sculpture, age 6-9 1. Owen Kaiser
Sculpture made from any material, age 6-9 1. Jacob Williams 2. Coby Young 3. Marcus Fulton
Recycled item from any material, age 6-9 1. Marcus Fulton
Age 10-13 1. Madison Fulton 2. Holly Atkinson
Stained glass/suncatcher, age 6-9 1. Jacob Williams
Bead work, age 6-9 1. Maja Gillerstedt 2. Marcus Fulton 3. Mary Bond
Age 10-13 1. Madison Fulton
Hobby display, age 6-9 1. Jacob Williams 2. Graham Atkinson 3. Matthew Williams
Age 10-13 1. Madison Fulton 2. Abby Fulton
Essay, age 6-9 1. Erik Gillerstedt
Photography
Single person, age 10-13 1. Holly Atkinson
Winter fun, age 10-13 1. Holly Atkinson
Flower(s), age 10-13 1. Holly Atkinson

Atamanenko thanks you!

.....continued from Page 2
 satisfying for me," she says.
 "Whether simply providing infor-

mation, helping individuals to navigate the intricacies of various federal agencies or liaising with other

levels of government to retain and improve services in our B.C. Southern Interior communities, it has been my pleasure to assist constituents."

"If I can help a person feel better or more informed at the end the day, I've done my job," says Castlegar constituency assistant Margaret Tessman.

"Sometimes that just involves listening, sometimes I can make a phone call and sometimes a referral is necessary. Alex has led by example, in that he has taken everyone's concerns seriously, and has expected his staff to do the same."

If you require assistance with federal programs and agencies during the transition to the new Member of Parliament, please consult the appropriate websites for answers to frequently asked questions, or use the key contact information here:

- Canada Revenue Agency:
 Taxes 1-800-267-6999
 Universal Child Care Benefit
 Canada Child Tax Benefit 1-800-387-1193
 GST 1-800-959-1953
 Citizenship and Immigration call centre:
 1-888-242-2100
 Department of Foreign Affairs (emergency consular assistance abroad):
 1-613-996-8885 (collect)
 Passport Canada: 1-800-567-6868
 Service Canada (Employment Insurance, pension benefits):
 1-800-622-6232
 Veterans Affairs: 1-866-522-2122.

Living Past 100

Apples Increase Sex Drive

A study done in Italy shows women who eat a lot of apples have a better sex life. They scored higher for desire, arousal and satisfaction.

This should surprise nobody. Apples improve circulation and the better one's circulation of blood, the healthier one is, and a good sex drive comes naturally to healthy people. Apples probably work for men, too.

Apples reduce the risk of heart disease. The skin of an apple contains quercetin, a powerful antioxidant. This helps prevent changes in the cells and therefore helps prevent cancer as well.

Apples are an excellent source of the best kind of fiber. Found mostly in the apple skin, the fiber has a special property of not being soluble, and forms a substance similar to a gel. This makes the digestive tract work more smoothly, preventing constipation. This gel substance also helps lower cholesterol.


The gel from the apple skin is beneficial for controlling sudden increases in blood sugar. The gel slows the digestive process, preventing rapid absorption of sugars. This gel also makes a person feel full, so it is an excellent food for weight control and weight loss. Apples are low in carbohydrates, high in Vitamin A and potassium.

When selecting apples, look for those that brown easily. These are the healthiest apples. Eat them with the skin on, and if you do not like raw apples, try a baked apple and eat the skin.

Do not rely on apple juice to provide the benefits of eating apples. It is the bulky part of the apple that does the most good, not the juice.

How can you put more apples into your diet? First, use them as a snack, eaten raw. Apples have a natural waxy coating. Before eating the apple, rinse in warm water and polish the apple to remove the wax, which removes any dust or spray which may have adhered to the wax.

Apples can be turned into apple sauce, a great dish to serve with breakfast. If you like pancakes, try grating an apple and stirring it into the pancake mix. Apples can make a great dessert in the form of apple pie, apple crumble, baked apple, and apple strudel. When cooking apples, add very little sugar. Apples are naturally sweet and tart, a pleasing flavour spoiled by too much sugar.



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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - September 29 - October 5, 2015



Action in front of the Posse net Wednesday, September 23rd from a mid-week road game 3-0 victory in Armstrong against the Knights. Photo: Bob Marsh Photography

Posse improve record against Nelson

Princeton Posse hosted Nelson Leafs September 25th and opened the scoring at 9:45 of the first period with a power play goal by Drew Carter. An assist went to Sunil Sahota.

Local boy Tristan Vandermeulen added a second marker with 3:21 left in the frame to give Princeton a 2-0 lead. Assists went to Chad Kimmie and Joshua Dickson.

The first 20-minutes were evenly matched with Princeton edging Nelson 12-10 in shots on goal. Only two penalties were called and both were to Nelson.

The second period was a little bit different.

The Leafs got on the scoreboard

early in the period with a goal from Eamonn Miller at 18:22. He had help from Levi Hulston and Maximilan Daerendinger.

The penalty box started getting busy by this point in the game with both teams trading back and forth. The infractions created at least one opportunity that Princeton was able to capitalize on. At 14:07 Kirt Fortney took a pass from Sunil Sahota and scored a power play goal for the home team.

Action in front of the net at 11:43 led to a penalty to Nelson and seconds later calls on both sides for interference. Then moments after that charging/slashing penalties and game misconducts started to thin out

the herd.

The period ended with Princeton on top with a score of 3-1.

The final frame saw Princeton dominate on shots out firing Nelson 12-7 and scoring their fourth goal at 18:11 (Brandon Breithaupt from Connor Peers and Morton Johnston).

Nelson responded at 17:16 (Eamonn Miller from Maximilan

Daerendinger).

The Posse added another goal at 9:55 credited to local player Morton Johnston. An assist went to Sunil Sahota.

Princeton finished Nelson off with 3:32 left to play with an empty net goal scored by Sunil Sahota. He had help from local boy Craig Thompson.

Final score: Princeton 6, Nelson 2. The win puts Princeton on top of their division with a 4-2-0 record and 8-points. Shots on Goal: Princeton 35, Nelson 29. Penalties in Minutes: Nelson 13 for 35-minutes, Princeton 8 for 17-minutes. Princeton was 2 for 9 (22.2%) on the power play while Nelson ended up 0 for 5 (00.0%).

Home Routes series underway in Princeton

The first concert of the Home Routes concert series, on Wednesday, September 23rd brought David Essig to Princeton. David is an accomplished roots/blues artist and magic on the slide guitar.

He told of his travels through North America and Europe in his own songs and guitar pieces. The new music venue at the Cosmopolitan Gallery was an inti-

mate setting for a small audience, giving the delightful feeling of visiting with the performer.

The next concert in the series, which is sponsored by the Princeton Arts Council, will be on Tuesday, October 22nd. The Honey Dewdrops who play their own compositions in the American Roots music style accompanying themselves with guitar, banjo and mandolin.

- submitted



Posse goalie Zak Babine earned a shut out against North Okanagan September 23rd. Photo: Bob Marsh Photography

News Leader Str8ts

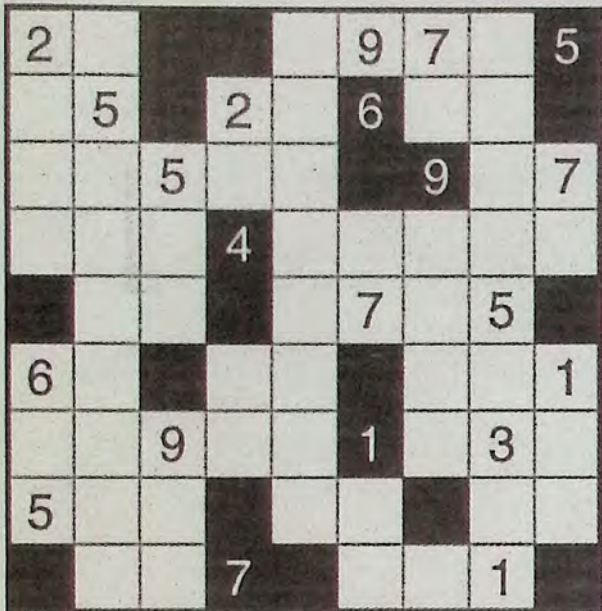
Tuesday - Wednesday

STR8TS

No. 248

Medium

Previous solution - Tough



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

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

TUESDAY AFTERNOON

wealth.

5:00 pm WTBS ch.3 "Mamma Mia!" (2008, Musical Comedy) Meryl Streep. Hoping to meet her real father and have him walk her down the aisle, a bride secretly invites three men from her mother's past to come to the wedding.

EVENING

6:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

EVENING

10:00 pm KSPS ch.6 "The 25,000 Mile Love Story" (2013, Documentary) Swiss endurance athlete Serge Roetheli spends five years running across six continents with his wife to raise money and awareness for children. (In Stereo) (CC)

10:58 pm SPIKE ch.44 "Hitman" (2007, Action) Timothy Olyphant. An assassin's growing attachment to a traumatized young woman poses a threat to his life, as great as that of the Interpol and Russian agents on his trail. (In Stereo)

WEDNESDAY AFTERNOON

5:00 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him

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TUESDAY, SEPTEMBER 29, 2015

	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	Law Order: CI	Morning News (N)	G. Shrinks Rob Robot	Cifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre	CTV Morning Live Vancouver (N)	Dangerous Flights	Justin ANT Farm	CityLine (N)	Ink Master	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur Wild Kratts	Odd Squad Wild Kratts	Today Neil Patrick Harris; Hilaria Baldwin. (N)	CBS This Morning (N)	Dog the Bounty Hunter	Good Morning America (N)			Super Why! Arthur	Squirrel Chucks	SportsCentre		Yukon Men	Jessie Dog	Let's Make a Deal (N)	Ink Master	Eat St.
8 AM	Crime Watch Daily (N)		PAW Patrol Curious	Curious Curious			CSI: Miami			Morning Huntley St.	Mobles Tiger	SpongeBob	Sports	Daily Planet (DVS)	I Didn't Phineas	The Price is Right (N)	Ink Master	Security	
9 AM	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Peg Tiger		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning Huntley St.	Sugar	Super Why! Napkin	Sidekick Almost	Rugby World Cup: Tonga vs. Namibia. (N) (Live)	Livel Kelly and Michael	How/Made How/Made	Save-Ums! Justin	FamFeud	Ink Master	The Dead Files
10 AM	Divorce Divorce	Sugar Debt/Part	Boj (N) PAW Patrol	Sesame Street (E)		The Price is Right (N)	CSI: Miami "Chip/Tuck"	The View	Sugar Debt/Part	Rachael Ray	Bookaboo Monster	Spliced	The View	Mayday	Thomas Julius Jr.	The Chew	Ink Master	Ghost Adventures	
11 AM	Judge Judge	Rachael Ray	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench	Young & Restless	The First 48	Derm Paid Prog.	Rachael Ray	Noon News Hour (N)	Recipes Stefano	Rated A	UEFA	Marilyn Denis	How/Made How/Made	Lala!oopsy Wizards	General Hospital (N)	Ink Master	Security
12 PM	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose LazyTown	Cooker	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Chucks Squirrel	Champions League Soccer: Arsenal vs Olympiacos	CTV News Vancouver	River Monsters	Wizards Good Luck	Celebrity	Ink Master	Security
1 PM	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Painting Quitting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Almost Sidekick	The Social (N)	Treasure Quest: Snake	Good Luck Jessie	CityLine	Ink Master	Border	
2 PM	Payne Browns	The Talk Curious	Maya Sesame St.	Thomas Inside Ed.	TMZ (N)	Let's Make a Deal (N)	The First 48	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil	How/Made How/Made	Jessie Phineas	CityNews at 5 (N)	Ink Master	Ghost Adventures
3 PM	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious Cat in the Hat	Ellen DeGeneres Show	The Dr. Oz Show	Storage	Rachael Ray	Meredith Vieira	Young & Restless	Grand Designs (N)	Sidekick Nerds	SportsCentre (N)	Ellen DeGeneres Show	How/Made How/Made	Phineas Good Luck	(2:59) CityNews at 6 (N)	Ink Master	Eat St.
4 PM	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy	Dr. Phil	Storage	FABLife (N)	Young & Restless	Early News Global Nat.	Bondi Vet Bondi Vet	SpongeBob Chucks	MLB Baseball: Teams TBA. (N Subject to Blackout) (Live)	The Dr. Oz Show	Daily Planet	Dog I Didn't	Mod Fam	Ink Master	Restaurant Makeover
5 PM	Movie: "Mamma Mia!" (2008)	News (N)	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Storage	News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Parents SpongeBob		CTV News Vancouver	Fool's Gold Fool's Gold	Jessie Jessie	Grand Grinder	Ink Master	Security
6 PM		News Hour News	Hope for Wildlife	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Hathaways		CTV News Vancouver	Edge of Alaska (N)	Dog Awesome	Scream Queens (N)	Ink Master	Beautiful
7 PM	Seinfeld Seinfeld	Ent ET Canada	Canada: Over the Edge	Gorongosa Park - Rebirth of Paradise (N)	Jeopardy! Wheel	Broke Girl Broke Girl	Storage	Ent The Insider	Ent ET Canada	Limitless (N)	Coronation	Henry	MLB Baseball: Teams TBA. (N Subject to Blackout) (Live)	etalk (N) Big Bang	Highway Thru Hell (N)	Make Me Next Step	Broke Girl Two Men	Ink Master	Running Wild
8 PM	King King	NCIS "Personal Day"	Archaeology	Best Time Ever	NCIS "Personal Day"	Storage	Storage	Muppets Fresh-Boat	NCIS "Personal Day"	NCIS "Personal Day"	Morcer 22 Minutes	Funnest Home Videos		Best Time Ever	Rockles Rockles	Next Step Jessie	CityNews-Tonight (N)	Ink Master	Mysteries at the Castle
9 PM	The Middle Family Guy	NCIS: New Orleans (N)	Finding Mercy	Frontline (N)	The Voice The blind auditions continue. (N)	NCIS: New Orleans (N)	Storage	Agents of S.H.I.E.L.D.	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Creek Standing	Wipeout		Agents of S.H.I.E.L.D.	Edge of Alaska	Good Luck The X	EP Daily Reviews on	Ink Master	Beautiful
10 PM	Amer. Dad Amer. Dad	Limitless (N)	Take Me	"25,000 Mile Love"	Limitless (N)	Storage	Storage	Beyond the Tank	Limitless (N)	News Hour Final (N)	The National (N)	Haunting Hsunting	SportsCentre (N)	Law & Order: SVU	Highway Thru Hell	Extra (N) Liquidator	Ink Master	Running Wild	
11 PM	Family Guy Payne	CHBC News Final (N)	Canada: Over the Edge	Charlie Rose (N)	News J. Fallon	News Colbert	Storage	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation	Gags Gags	SportsCentre	News-Lisa CTV News	Rockles Rockles	(11:10) The X Factor	Crime Watch Daily (N)	Ink Master	Ghost Adventures



Vermilion Fork Field Naturalists pause during their most recent hike in Manning Park along the Bonnevier Trail. Photo: Johanna Nott

Vermilion Forks Field Naturalists

Hikers Trek Along Manning Park's Bonnevier Trail

by Janis Wright, VFFN

Vermilion Forks Field Naturalists hosted yet another successful hike on Saturday, September 19th, when Charlotte Sellers led a group of six along a portion of the Bonnevier trail in Manning Park.

After an hour's drive from Princeton, the group arrived at the Tom Moore trail, a path which

intersects with the Bonnevier trail, halfway up to a ridge. Bonnevier trail is predominantly uphill through forest, with grasslands and fallen trees, but well maintained as it is part of the Fat Dog race every year.

Two hours of hiking took the group to the ridge - time for lunch and a rest. Although there were

squalls throughout the valley, there was no rain, and there were glimpses of the mountains through breaks in the clouds on the return journey, not to mention the brilliantly hued fall colours being exhibited in the park right now!

A special guest on this trek was former Princeton resident, Lynn Smith, visiting from Australia. Our

next field trip will be to Palmer's Pond, on October 3rd, led by Ed Staples and Nienke Klaver. This is a moderate to strenuous hike of approximately four hours. Please confirm participation at 250-295-0822 and meet at Billy's Restaurant parking lot at 8:30 AM.

Our next meeting will be held Tuesday, October 13th, 7:00 PM at

Riverside Centre.

We are honoured to have Kees Visser, president of BC Nature, as our guest speaker, with geology being his primary topic of discussion.

The public is always welcome to join us for field trips and meetings! Further information can be found on our website, at www.vffn.ca.

.....continued from Page 6

Crochet

Doily/centerpiece - 1. Amy Roquier
Afghan/shawl/bedspread - 1. Linda Henderson 2. Grace Kukler
Other crocheted item - 1. Linda Henderson
Rug, hooked or braided - 1. Grace Kukler
Other needlework - 1. Grace Kukler

Sewing

Infant's garment - 1. Bridget Winterhoff
Child's garment - 1. Amy Roquier 2. Bridget Winterhoff
Woman's garment - 1. Dawn Johnson
Sportswear - 1. Dawn Johnson
Any other sewn item - 1. Bridget Winterhoff 2. Linda Henderson 3.

Rosemary Woodruff

Quilting

Patchwork, hand quilted - 1. Linda Henderson 3. Rosemary Woodruff
Patchwork, machine quilted - 1. Maureen Turner 2. Sue Bothe 3. Rosemary Woodruff
Applique, hand quilted - 1. Lynda Borg
Applique, machine quilted - 1. Alisha Lemon

Table runner or place mats - 1. Maureen Turner 2. Rosemary Woodruff

Any other quilted article - 1. Sue Bothe, Maureen Turner 2. Linda Henderson

Leisurecraft Division

Woodwork

Wood carving - 1. Cory Fraser
Wood turning - 1. Jim Short
Furniture - 1. Jack Gardiner
Novelty item - 1. Bonny Blais 2. Jack Gardiner
Scroll saw work - 1. Jack Gardiner
Other woodwork - 1. Jack Gardiner
Handicrafts
Decorative painting - 1. Grace Kukler
Leather work - 1. Bonny Blais
Rock work - 1. Liz Henderson
Handmade greeting card - 1. Erin Williams
Scrapbooking page - 1. Cynthia

Frost 2. Erin Williams

Collections - 1. Bonny Blais
Recycled crafts - Most creative item - 1. Scott Fraser (ring from a skateboard)

Art Division

Oil - 1. Loretta Gardiner 2. Jean Wheeler
Water colour - 1. Kaylie Gibb
Acrylic - 1. Bonny Blais 2. Loretta Gardiner 3. Kaylie Gibb
Pencil - 1. Jen Bernard 2. Jessie McIvor

Pen & Ink - 1. Jen Bernard

Mixed media - 1. Jen Bernard

Sketch book - 1. Kaylie Gibb

Photography Division

This division is always popular, but entries were down slightly this year.
Fall scene - 1. Margaret Fraser 2. Marlene Fraser
Winter scene - 1. Marlene Fraser 2. Maureen Hughes 3. Margaret Fraser

Spring scene - 1. Marlene Fraser 2. Margaret Fraser 3. Joy Kittredge

Summer scene - 1. Ed Atkinson 2. Margaret Fraser 3. Joy Kittredge

Sky scene - 1. Margaret Oby 2. Joy Kittredge 3. Jen Bernard

Domestic livestock - 1. Joy Kittredge 2. Margaret Fraser

Household pets - 1. Cynthia Frost 2. Joy Kittredge 3. Marlene Fraser

Wildlife, animal - 1. Maureen Hughes 2. Joy Kittredge 3. Margaret Fraser

Wildlife, bird - 1. Tiana Blogg 3. Margaret Fraser

Wildlife, fish - 2. Joy Kittredge

Children, informal - 1. Margaret Fraser 2. Marlene Fraser 3. Erin Williams

Portrait - 1. Margaret Fraser 2. John Sandness 3. Erin Williams

Four or five photos that tell a story - 1. Tiana Blogg 2. Marlene Fraser 3. Jen Bernard

Humorous photo - 1. Dan Fraser 2. Jen Bernard 3. Maureen Hughes

Action photo - 1. Margaret Fraser 2. Marlene Fraser 3. Jen Bernard

Black and White - 1. Joy Kittredge 2. Erin Williams Margaret Fraser

Fall Fair photo, any year - 1. Jen Bernard 2. John Sandness 3. Margaret Fraser

Farm/ranch activities - 1. Margaret Fraser 2. John Sandness 3. Erin Williams

Landscape - 1. Margaret Fraser 2. Maureen Hughes 3. Joy Kittredge

Night photo - 1. Joy Kittredge 2. Jen Bernard 3. Margaret Fraser

Flower photo - 1. Joy Kittredge 2. Maureen Hughes 3. John Sandness

Writing

Poem or verse - 1. Jen Bernard



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SO COUNTRY INTERNET RADIO



This Northern Flicker found a piece of property in South Princeton last week full of ants and other yummy treats to dig up. *

WEDNESDAY, SEPTEMBER 30, 2015

	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 :30	Law Order: CI	Morning News (N) [D]	G. Shrinks Rob Robot	Clifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N) [D]	(5:00) Morning News (N) [D]	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre [D]	CTV Morning Live Vancouver (N) [D]	Airshow [DVS]	Justin ANT Farm	CityLine (N) [D]	Tattoo Tattoo	Restaurant Makeover
7 AM :30	Law Order: CI		Dinosaur Wild Kratts	Odd Squad Wild Kratts	Today Chivwetel Ejiolor, Martha Stewart. (N) [D]	CBS This Morning (N) [D]	Dog the Bounty Hunter	Good Morning America (N) [D]			Super Why! Arthur [D]	Squirrel Chucks	SportsCentre [D]		Cold Water Cowboys	Jessie [D] Dog	Let's Make a Deal (N)	Tattoo	Eat St. [D] Eat St. [D]
8 AM :30	Crime Watch Daily (N)		PAW Patrol Curious	Curious Curious			CSI: Miami [D]			Morning Huntley St.	Mobless Tiger	SpongeBob Wayside	Sports UEFA		Daily Planet [DVS]	I Didn't Phineas	The Price Is Right (N)	Tattoo	Security Security
9 AM :30	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Peg Tiger		The 700 Club [D]	CSI: Miami [D]	Livel Kelly and Michael	Morning Huntley St.	Sugar [D]	Super Why! Napkin	Sidekick Almost	Champions League Soccer	Livel Kelly and Michael	How/Made How/Made	Save-Ums! Justin	FamFeud FamFeud	Tattoo	The Dead Files [D]
10 AM :30	Divorce Divorce	Sugar [D] Debt/Part	Boj (N) [D] PAW Patrol	Sesame Street [D] (EI)		The Price Is Right (N)	CSI: Miami [D]	The View [D]	Sugar [D] Debt/Part	Rachael Ray [D]	Bookaboo Monster	Spliced [D] Kid vs. Kat		The View [D]	Mayday [D]	Thomas Julius Jr.	The Chew [D]	Tattoo	Ghost Adventures [D]
11 AM :30	Judge Judge	Rachael Ray [D]	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 [D]	Pald Prog. 21 Day Fix	Rachael Ray [D]	Noon News Hour (N)	Recipes Stefano	Rated A Rated A	UEFA	Marilyn Denis	Fool's Gold Fool's Gold	Lalaloopsy Wizards	General Hospital (N) [D]	Tattoo	Security
12 PM :30	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose [D]	Pald Prog. Lunal	News BOLD	The First 48 [D]	The Chew [D]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [D]	Nerds Squirrel	Champions League Soccer: Malmo vs Real Madrid	CTV News Vancouver	Edge of Alaska	Wizards Good Luck	Celebrity Celebrity	Tattoo	Beautiful Beautiful
1 PM :30	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Oil Painting Sewing	Days of our Lives (N)	The Talk [D]	The First 48 [D]	General Hospital (N) [D]	Days of our Lives (N)	The Talk [D]	Heartland [DVS]	Almost Sidekick		The Social (N) [D]	Highway Thru Hell	Good Luck Jessie [D]	CityLine [D]	Tattoo	Running Wild Auction
2 PM :30	Payne Browns	The Talk [D]	Maya Curious	Thomas Sesame St.	TMZ (N) [D] Inside Ed.	Let's Make a Deal (N)	The First 48 [D]	The Doctors [D]	The Talk [D]	Meredith Vieira	Murdoch Mysteries [D]	Wayside Kid vs. Kat	Off Record NASCAR Racing	Dr. Phil [D]	Rockles Rockles	Jessie [D] Phineas	CityNews at 5 (N) [D]	Auction	Ghost Adventures [D]
3 PM :30	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious Cat In the Hat	Ellen DeGeneres Show	The Dr. Oz Show [D]	Duck D.	Rachael Ray [D]	Meredith Vieira	Young & Restless	Grand Designs (N) [D]	Sidekick Chucks		Ellen DeGeneres Show	How/Made How/Made	Phineas Good Luck	(2:59) CityNews at 6 (N)	Auction	Eat St. [D] Eat St. [D]
4 PM :30	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil [D]	Duck D.	FABLife (N) [D]	Young & Restless	Early News Global Nat.	Bond Vet Bond Vet	SpongeBob Penguins	Hockey TSN Hockey	The Dr. Oz Show [D]	Daily Planet (N)	Dog I Didn't	Mod Fam Mod Fam	Auction	Restaurant Makeover
5 PM :30	Movie: ***'Envy' (2004), Ben Stiller.	News (N) [D]	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News	Parents SpongeBob	Champions	CTV News Vancouver	Yukon Men [D]	Jessie [D] Jessie [D]	Empire (N) [D]	Auction	Security
6 PM :30	Comedy Ben Stiller.	News Hour	Canada: Over the Edge	PBS News-Hour (N) [D]	News Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6 (N)	(5:59) News Hour (N)	ET Canada	CBC News	Hathaways	SportsCentre (N) [D]	CTV News Vancouver	Fool's Gold Fool's Gold	I Didn't HZipper	Mod Fam blackish	Auction	The Dead Files [D]
7 PM :30	Seinfeld [D] Seinfeld [D]	Ent ET Canada	SpaceSuite Park	Nature (N) [DVS]	Jeopardy! Wheel	Broke Girl Broke Girl	(7:01) Duck Dynasty [D]	Ent The Insider	Ent ET Canada	Chicago PD [DVS]	Coronation	Make, Pop Bella	UEFA Champions League Soccer	etalk (N) Big Bang Big Bang Goldbergs	Airplane Repo (N) [D]	The X Factor [D]	Broke Girl Two Men CityNews-Tonight (N)	Denzel Washington. [D]	Ghost Adventures [D]
8 PM :30	King King	Survivor (N) [D]	Hanging Coffin	E.O. Wilson - Of Ants and Men (N) [D]	The Mysteries of Laura	Survivor (N) [D]	(8:02) Duck Dynasty [D]	The Middle Goldbergs	Survivor (N) [D]	Survivor (N) [D]	Dragons' Den [D]	Funniest Home Videos		Big Bang Goldbergs	Highway Thru Hell	Jessie [D]	Repo	Mysteries at the Castle	
9 PM :30	The Middle Family Guy	Bones [DVS]	In Search of Choplin (N)	Law & Order: SVU	Criminal Minds [D]	Duck D. Duck D.	Mod Fam blackish	Bones [DVS]	Bones [DVS]	Winnipeg Comedy	Wipeout [D]	SportsCentre (N) [D]	Criminal Minds [D]	Yukon Men [D]	Good Luck Wingin' It	EP Daily Reviews on	Repo	The Dead Files [D]	
10 PM :30	Amer. Dad Amer. Dad	Chicago PD [DVS]	In Search of Choplin (N)	History of Railways	Chicago PD [DVS]	Code Black "Pilot" [D]	Duck D. Duck D.	Nashville (N) [D]	Chicago PD [DVS]	News Hour Final (N)	The National (N) [D]	Haunting Haunting	SportsCentre (N) [D]	Code Black "Pilot" [D]	Fool's Gold Fool's Gold	Life Derek Warhogs!	Extra (N) Liquidator	Repo	Ghost Adventures [D]
11 PM :30	Family Guy Payne	CHBC News Final (N)	Park SpaceSuite	Charlie Rose (N) [D]	News J. Fallon	News Colbert	(11:02) Duck Dynasty	KXLY 4 J. Kimmel	News Colbert	Late Show-Colbert	CBC News Coronation	Just Kid Just Kid	SportsCentre [D]	News-Lisa CTV News	Airplane Repo [D]	Wizards Connor	Crime Watch Daily (N)	(10:58) Movie: 'Hitman'	Ghost Adventures [D]

THURSDAY, OCTOBER 1, 2015

Table with 18 columns (Time, Channel, Program) and 18 rows (6 AM to 11:30 PM) for Thursday, October 1, 2015.

FRIDAY, OCTOBER 2, 2015

Table with 18 columns (Time, Channel, Program) and 18 rows (6 AM to 11:30 PM) for Friday, October 2, 2015.

News Leader Movies - Thursday to Saturday

THURSDAY AFTERNOON

5:00 pm WTBS ch.3 "Just Like Heaven" (2005, Romance-Comedy) Reese Witherspoon. A San Francisco widower falls in love with a ghostly doctor while subletting her apartment.

EVENING

7:00 pm KSPS ch.6 "Pilchuck: A Dance With Fire" (2015, Documentary) Narrated by Jeff Bridges. The history of the Pilchuck Glass School, from its founding in 1971 during the flower power movement to its growth into an international institution. (In Stereo) (CC)

9:00 pm KNOW ch.5 "Johnny Cash: The Man, His World, His Music" (1969, Documentary) Filmmaker Robert Elfstrom follows legendary musician Johnny Cash as he travels on the road. (CC)

FRIDAY AFTERNOON

5:00 pm WTBS ch.3 "This Christmas" (2007, Comedy-Drama) Delroy Lindo. A matriarch assembles her brood for their first holiday reunion in four years, but secrets come to light and family ties become strained.

EVENING

7:30 pm YTV ch.18 "Scooby-Doo 2: Monsters Unleashed" (2004, Comedy) Freddie Prinze Jr. Fred, Daphne, Velma, Shaggy and Scooby investigate a group of ghouls terrorizing people. (In Stereo) (CC)

Stereo) (CC)
FAM ch.26 "The Next Step Live: The Movie" (2015, Documentary) Premiere. The cast of the TV show embarks on a coast-to-coast tour of Canada. (In Stereo) (CC)

9:00 pm SPIKE ch.44 "Full Metal Jacket" (1987, War) Matthew Modine. Premiere. A Marine and his companions endure basic training under a sadistic drill sergeant and fight in the 1968 Tet offensive. (In Stereo)

11:35 pm FAM ch.26 "The Next Step Live: The Movie" (2015, Documentary) The cast of the TV show embarks on a coast-to-coast tour of Canada. (In Stereo) (CC)

SATURDAY MORNING

6:00 am SPIKE ch.44 "Bruce Almighty" (2003, Comedy) Jim Carrey. Premiere. After a bad day at work, a frustrated reporter meets God, who endows him with divine powers for one week. (In Stereo)

8:30 am SPIKE ch.44 "Along Came Polly" (2004, Romance-Comedy) Ben Stiller. Premiere. A man finds solace with another woman after his wife cheats on him during their honeymoon. (In Stereo)

10:30 am FAM ch.26 "My Little Pony Equestria Girls: Friendship Games" (2015, Adventure) Voices of Tara Strong. Animated. Canterlot High and Crystal Prep Academy compete in a series of exciting events, including archery, motocross and roller skating. (In Stereo) (CC)

11:00 am WTBS ch.3 "The International" (2009, Suspense) Clive Owen. An Interpol agent and

a New York prosecutor join forces to shut down a powerful bank's funding of terrorism.

AFTERNOON

12:00 pm YTV ch.18 "Peter Pan" (2003, Adventure) Jason Isaacs. Peter Pan leads Wendy and her two brothers on an adventure involving Captain Hook and his band of pirates. (In Stereo) (CC)

12:05 pm FAM ch.26 "The Next Step Live: The Movie" (2015, Documentary) The cast of the TV show embarks on a coast-to-coast tour of Canada. (In Stereo) (CC)

1:30 pm WTBS ch.3 "Red Eye" (2005, Suspense) Rachel McAdams. A plane passenger forcibly involves his seatmate in a plot to assassinate a government official.

2:00 pm CITV ch.12 "The Social Network" (2010, Drama) Jesse Eisenberg. 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)

3:00 pm CHBC ch.4 BCTV ch.11 "The Social Network" (2010, Drama) Jesse Eisenberg. 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)

EVENING

6:00 pm 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.

8:00 pm KSPS ch.6 "The Great Escape" (1963, War) Steve McQueen. A group of Allied soldiers dig a tunnel out of a Nazi prison camp, pocketfuls of dirt at a time. (In Stereo) (CC)

YTV ch.18 "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past his deadly traps to gold. (In Stereo) (CC)

8:30 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)

8:42 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)

10:30 pm CBC ch.13 "The Bourne Ultimatum" (2007, Action) Matt Damon. Jason Bourne continues hiscontinued on Page 14

Weekly.
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 Similkameen
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SATURDAY, OCTOBER 3, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	Ancestors	Dragon	Heartland	(5:30) Today (N)	CBS This Morning	Dog the Bounty Hunter	Paid Prog.	Ancestors	Saturday Morning News (N)	Monster	Siddekick	(6:15) 2015 IRB Rugby World Cup: Japan vs. Samoa. (N)	Juicebox	Highway Thru Hell	Wingin' It	Paid Prog.	Movie: *** "Bruce Almighty" (2003) Jim Carrey.	Live Here
7 AM	P. Affairs	Saturday Morning News (N)	Curious	MotorWeek	KHQ Saturday Wake Up Show	Lucky Dog	Behind Bars	Good Morning America	Saturday Morning News (N)	Animal	Squirrel	Nerds	Canada AM Weekend	Mighty Ships "Umiak I"	Gaming	Eye/Asia	Phineas	VemComg	Security
8 AM	Trust Dale		PAW Patrol	Woodsmith		Innovation	Behind Bars	Hanna		Artzooka	Chucks		Ohio State	Mayday	Phineas	Polish Studio			Border
9 AM	Jeffersons		Magic Bus	Hometime		Hidden	Behind Bars	College Football: Teams TBA. (N) (Live)		Fish'n	Our Vancouver	SpongeBob	College Football: Teams TBA. (N) (Live)	Is Written	Land Rush	Dog	Operation Smile	Movie: ** "Along Came Polly" (2004)	Border
10 AM	Break	Fish'n	Wild Kratts	Old House	English Premier League Soccer	Paid Prog.	Behind Bars	Fish'n	Powerboat	Absolutely Canadian	Parents	Parents	Marilyn Denis	Airplane Repo	Jessie	Fall Army			Border
11 AM	Movie: *** "The International" (2009) Clive Owen.	Powerboat	Maker	American Graduate Day: Let's Make It Happen Initiative	Red Bull Signature Series (N)	Football	Behind Bars	Powerboat	Ice Pilots "Big Boost"	Doc Zone	Teenage Mutant Ninja		Is Written	Mayday	"My Little Pony"	Survivor-man	Cops	Cops	Security
12 PM	Noon News Hour (N)	Driving TV	Dogs/Jobs	helps students stay focused.	Action Sports (N)	The First 48	Behind Bars	College Football: Teams TBA. (N) (Live)	Carn Eats	Income	Amanda Lang	Movie: *** "Peter Pan" (2003) Jason Isaacs.	CFL Pre	Sports Centre	Railroad Alaska	"The Next Step Live: The Movie"	Escape	Jail	Border
1 PM	Movie: *** "Red Eye" (2005)	Donut	Ultimate Engineering	Horse Racing		The First 48	The First 48	Income	Movie: *** "The Social Network" (2010, Drama)	Dragons' Den	Bella		Corner Gas	Edge of Alaska	HZipzer	Close-Up Kings	Cops	Cops	Border
2 PM		Income				The First 48	The First 48	Bryan	Movie: *** "The Social Network" (2010, Drama)	22 Minutes	Bella		Corner Gas	Highway Thru Hell	Jessie	Mod Fam	Mod Fam	Jail	Border
3 PM	The Middle	Movie: *** "The Social Network" (2010, Drama)	Waterfront Cities	Globe Trekker	Paid Prog.	Access Hollywood (N)	The First 48	McCarver	Global Nat.	Doc Zone	Bella		CFL Football: Saskatchewan Roughriders at BC Lions. (Live)	Cash Cab	How/Made	I Didn't	CityNews	Cops	Security
4 PM	Seinfeld	Att. Eats	Wild Prairie	Steves	Paid Prog.	Jdg Judy	The First 48	KXLY 4	Global Nat.	Land/Sea	Bella		Marilyn Denis	Fool's Gold	Life Derek	Out There	Cops	Cops	Security
5 PM	King	King	The Spice Trail	Last/Wine	News	News	The Secret Tapes of the O.J.	College Football: Teams TBA. (N) (Live)	Global Nat.	One/One	Bella		The Social	Rockies	Nowhere	Survivor-man	Cops (N)	Cops	Border
6 PM	Movie: * "Mr. Deeds" (2002) Adam Sandler.	Global Nat.	Hope for Wildlife	Lawrence Welk	News	News	Case	(5:59) News Hour (N)	The West Block	National	Make, Pop	Make, Pop	CTV News Vancouver	Treasure Quest: Snake	Awesome	Movie	Vegas	Ghost	
7 PM		The West Block (N)	Wild Prairie	Keep Up	The Good Wife	Elementary	(7:02) O.J. Speaks: The Hidden Tapes	The West Block (N)	Saturday Night Live Forty years of "Saturday Night Live."	Short Film Face Off	Funniest Home Videos		Sports	W5	Fast N' Loud	The X Factor		Cops	The Dead Files
8 PM	Family Guy	Saturday Night Live Forty years of "Saturday Night Live."	Heartbeat	Movie: *** "The Great Escape" (1963) Steve McQueen.	Saturday Night Live Forty years of "Saturday Night Live."	NCIS: New Orleans		Saturday Night Live Forty years of "Saturday Night Live."	Life Story "Parent-hood"	Movie: *** "The Goonies" (1985) Sean Astin.			MLS Soccer: Whitecaps FC at Earthquakes	Big Bang	Cuban Chrome		CityNews Weekend (N)	Movie: *** "The Green Mile" (1999, Drama)	Expedition Unknown
9 PM	Burgers	1st Family	Foyle's War "Eagle Day" (PA)		Code Black "Pilot"	The Secret Tapes of the O.J.		Entertainment Tonight	The Book of Negroes				Sports	Spun Out	Treasure Quest: Snake	Liquidator	Liquidator	Ghost	
10 PM	Community	Community			48 Hours (N)	Case		Rizzoli & Isles	News				Sports Centre (N)	Saving Hope	Fast N' Loud	Big Ticket-Concert	CityLine	Tom Hanks, David Morsa.	The Dead Files
11 PM	"Minority Report"	News Final	Waterfront Cities	Austin City Limits (N)	News	News	O.J.: Hidden Tapes	Scandal	News Final	Movie: "The Bourne Ultimatum"	Movie: *** "Gremlins" (1984)		Sports Centre	News	Rockies	Big Ticket Summer	Paid Prog.	Paid Prog.	Expedition Unknown

News Leader Movies - Sunday to Monday

.....continued from Page 13
international quest to uncover his true identity while staying one step ahead of those who want to kill him. (In Stereo) (CC)
YTV ch.18 "Gremlins" (1984, Fantasy) Zach Galligan. An inventor gives his son an odd little creature which multiplies into monsters which wreck the town. (In Stereo) (CC)
11:00 pm WTBS ch.3 "Minority Report" (2002, Science Fiction) Tom Cruise. A policeman tries to establish his innocence in a future where law enforcement can arrest killers before their crimes.

SUNDAY MORNING

9:00 am WTBS ch.3 "She's the Man" (2006, Romance-Comedy) Amanda Bynes. Romantic compli-

cations ensue when a student poses as her twin brother and replaces him at his boarding school.
10:00 am A&E ch.9 "Ocean's Twelve" (2004, Comedy-Drama) George Clooney. Premiere. To pay back casino boss Terry Benedict, Danny Ocean and his team of criminals plan an elaborate heist in Europe. (In Stereo) (CC)
10:30 am FAM ch.26 "The Next Step Live: The Movie" (2015, Documentary) The cast of the TV show embarks on a coast-to-coast tour of Canada. (In Stereo) (CC)

AFTERNOON

12:30 pm A&E ch.9 "Ocean's Thirteen" (2007, Comedy-Drama) George Clooney. Premiere. Danny Ocean and his gang plot revenge against a casino owner who wronged one of their own. (In

Stereo) (CC)
1:00 pm WTBS ch.3 "Sinbad: Legend of the Seven Seas" (2003, Adventure) Voices of Brad Pitt. Animated. The adventurous sailor and a beautiful stowaway have 10 days to save a prince from execution.
1:30 pm CITY ch.12 "Pirates of the Caribbean: On Stranger Tides" (2011, Adventure) Johnny Depp. Capt. Jack Sparrow encounters a woman from his past, who forces him to go aboard Blackbeard's ship on a quest to find the legendary Fountain of Youth. (CC) (DVS)
2:00 pm YTV ch.18 "Madagascar" (2005, Comedy) Voices of Ben Stiller. Animated. Zoo animals must learn to survive in the wild after they wash ashore on an exotic island. (In Stereo) (CC)
2:30 pm CHBC ch.4 BCTV ch.11 "Pirates of the Caribbean: On

Stranger Tides" (2011, Adventure) Johnny Depp. Capt. Jack Sparrow encounters a woman from his past, who forces him to go aboard Blackbeard's ship on a quest to find the legendary Fountain of Youth. (CC) (DVS)
4:00 pm YTV ch.18 "Madagascar: Escape 2 Africa" (2008, Comedy) Voices of Ben Stiller. Animated. Zoo animals from New York meet others of their species for the first time after crash-landing on the Dark Continent. (In Stereo) (CC)
5:00 pm CBC ch.13 "Planes" (2013, Comedy) Voices of Dane Cook. Animated. Despite his incompatible build and fear of heights, a small-town plane dreams of one day competing as a high-flying air racer. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Road to Perdition" (2002, Crime Drama) Tom Hanks. Accompanied by his eldest son, a Depression-era mob enforcer seeks revenge after the rest of his family are murdered by his employer's jealous son.
YTV ch.18 "Madagascar 3: Europe's Most Wanted" (2012, Comedy) Voices of Ben Stiller. Animated. On the run from a French animal-control officer, Alex and friends hide out in a traveling circus, where they perform death-defying tricks and make some new friends. (In Stereo) (CC)
10:00 pm 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)
11:30 pm CBC ch.13 "Take This Waltz" (2011, Drama) Michelle Williams. A young woman is torn between the husband that she loves and a new man in her life, whom she's unable to ignore. (In Stereo) (CC)

MONDAY AFTERNOON

5:00 pm WTBS ch.3 "Extract" (2009, Comedy) Jason Bateman. The owner of a flavor-extract factory suffers a series of personal and professional disasters following a freak workplace accident.

EVENING

8:00 pm FAM ch.26 "Cirque du Freak: The Vampire's Assistant" (2009, Fantasy) John C. Reilly. Premiere. After a sideshow vampire turns a teenager into one of the undead, the kid becomes a pawn between warring supernatural factions. (In Stereo) (CC)
10:30 pm FAM ch.26 "Cirque du Freak: The Vampire's Assistant" (2009, Fantasy) John C. Reilly. After a sideshow vampire turns a teenager into one of the undead, the kid becomes a pawn between warring supernatural factions. (In Stereo) (CC)

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MINIMUM 2 JARS - DELIVERIES ON MONDAYS

226A Bridge Street, Princeton 250-295-4149

SUNDAY, OCTOBER 4, 2015

	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	Anti-Aging	In a Name	Dragon	Mr. Rogers	Today (N)	NFL	Dog the Bounty Hunter	Skin Care	In a Name	Sunday Morning News (N)	dirtrlr	Squirrel	SportsCentre	Weekend	Alaskan Bush People	Wingin' It	Paid Prog.	Off Road	Eat St. (N)
6:30 AM	Paid Prog.	Inventors	PAW Patrol	WordWorld	(N) (CC)	NFL Football: New York Jets at Miami Dolphins. (N) (Live) (CC)	Designing	Inventors	News	dirtrlr	Squirrel	NFL Insider	NFL Football: Teams TBA. (N) (Live)	Yukon Men (N)	Slug Terra	Church	Engine	Paid Prog.	
7 AM	The Office	Sunday Morning News (N) (CC)	Curlous	Super Why!	KHQ	Beyond Scared Straight	Good Morning America	Sunday Morning News (N) (CC)	Artzooka	Charmers	NFL Insider	Charmers	Charmers	Charmers	Phineas and Ferb (N)	Operation Smile (N)	Muscle	Truck Tech	Expedition
7:30 AM	All. Eats	News (N) (CC)	Curlous	Space	Invest	Beyond Scared Straight	This Week	News (N) (CC)	Coronation	Pet Shop	NFL Insider	Pet Shop	NFL Insider	Mayday (N)	Phineas and Ferb (N)	Operation Smile (N)	Bar Rescue (N)	Booze Traveler (N) (CC)	
8 AM	The Office	21 Day Fix	PAW Patrol	Curlous	Meet the Press (N) (CC)	Beyond Scared Straight	Rescue	Wildlife	Coronation	Nicky	NFL Insider	Nicky	NFL Insider	To Be Announced	Life Derek	Festival Italiano di Johnny Lombardi	Bar Rescue (N)	Border	
8:30 AM	21 Day Fix		Doozers	Cat in the Hat	Paid Prog.	Beyond Scared Straight	Wildlife	Wildlife	Coronation	Nicky	NFL Insider	Nicky	NFL Insider	Cold Water Cowboys	Dog I Didn't	Bar Rescue (N)	Border		
9 AM	Movie: ** "She's the Man" (2006)	James Kirk	Upside	SciGirls (N)	Paid Prog.	Beyond Scared Straight	Wildlife	Wildlife	Coronation	Nicky	NFL Insider	Nicky	NFL Insider	Cold Water Cowboys	Dog I Didn't	Bar Rescue (N)	Border		
9:30 AM	James Kirk	The West Block (N)	Dino Dan	The Impact	Paid Prog.	Beyond Scared Straight	Wildlife	Wildlife	Coronation	Nicky	NFL Insider	Nicky	NFL Insider	Cold Water Cowboys	Dog I Didn't	Bar Rescue (N)	Border		
10 AM	Movie: ** "She's the Man" (2006)	James Kirk	Dino Dan	The Impact	Paid Prog.	Beyond Scared Straight	Wildlife	Wildlife	Coronation	Nicky	NFL Insider	Nicky	NFL Insider	Cold Water Cowboys	Dog I Didn't	Bar Rescue (N)	Border		
10:30 AM	James Kirk	The West Block (N)	Wild Kratts	Inside Olympiads (N)	Presidents	NFL Football: Regional Coverage. (N) (Live) (CC)	Rock-Park Explore	The West Block (N)	J. Osteen	16x9 (N)	Power & Politics (N)	Make, Pop	Make, Pop	To Be Announced	Highway Thru Hell	Jessie (N)	VamComlg	Bar Rescue (N)	Border
11 AM	Paid Prog.	J. Osteen	Little	Focus	Volleyball	NFL Football: Regional Coverage. (N) (Live) (CC)	World of X Games (N)	J. Osteen	16x9 (N)	Power & Politics (N)	Make, Pop	Make, Pop	Make, Pop	To Be Announced	Highway Thru Hell	Jessie (N)	VamComlg	Bar Rescue (N)	Border
11:30 AM	1st Family	Paid Prog.	Little	Asia	Volleyball	NFL Football: Regional Coverage. (N) (Live) (CC)	World of X Games (N)	J. Osteen	16x9 (N)	Power & Politics (N)	Make, Pop	Make, Pop	Make, Pop	To Be Announced	Highway Thru Hell	Jessie (N)	VamComlg	Bar Rescue (N)	Border
12 PM	Paid Prog.	Noon News Hour (N)	Animals	Martin Clunes	Auto Racing	NFL Post.	WNBA Basketball: Finals, Game 1: Teams TBA. (N) (Live) (CC)	Donut	Corn Eats	Land/ Sea	Henry	Henry	Henry	To Be Announced	Highway Thru Hell	Jessie (N)	VamComlg	Bar Rescue (N)	Border
12:30 PM	Box Office	Donut	Animals	History Detectives (N)	Horse Racing	NFL Post.	WNBA Basketball: Finals, Game 1: Teams TBA. (N) (Live) (CC)	Donut	Corn Eats	Land/ Sea	Henry	Henry	Henry	To Be Announced	Highway Thru Hell	Jessie (N)	VamComlg	Bar Rescue (N)	Border
1 PM	Movie: "Sinbad: Legend of the Seven Seas"	Income	SpaceSuits	History of Railways	Horse Racing	NFL Post.	WNBA Basketball: Finals, Game 1: Teams TBA. (N) (Live) (CC)	Donut	Corn Eats	Land/ Sea	Henry	Henry	Henry	To Be Announced	Highway Thru Hell	Jessie (N)	VamComlg	Bar Rescue (N)	Border
2 PM	Income	SpaceSuits	History of Railways	Horse Racing	Horse Racing	NFL Post.	WNBA Basketball: Finals, Game 1: Teams TBA. (N) (Live) (CC)	Donut	Corn Eats	Land/ Sea	Henry	Henry	Henry	To Be Announced	Highway Thru Hell	Jessie (N)	VamComlg	Bar Rescue (N)	Border
2:30 PM	Income	SpaceSuits	History of Railways	Horse Racing	Horse Racing	NFL Post.	WNBA Basketball: Finals, Game 1: Teams TBA. (N) (Live) (CC)	Donut	Corn Eats	Land/ Sea	Henry	Henry	Henry	To Be Announced	Highway Thru Hell	Jessie (N)	VamComlg	Bar Rescue (N)	Border
3 PM	Big Bang	Hops for Wildlife (N)	Earthflight-Nat	Paid Prog.	Paid Prog.	The First 48 (N) (CC)	21 Day Fix	Paid Prog.	Global Nat.	Exhibition	Movie: ** "Madagascar: Escape 2 Africa"	Football Night/ America	SportsCentre (N) (Live)	Cash Cab	I Didn't	CityNews	Bar Rescue (N)	Security	
3:30 PM	Big Bang	Hops for Wildlife (N)	Earthflight-Nat	Paid Prog.	Paid Prog.	The First 48 (N) (CC)	21 Day Fix	Paid Prog.	Global Nat.	Exhibition	Movie: ** "Madagascar: Escape 2 Africa"	Football Night/ America	SportsCentre (N) (Live)	Cash Cab	I Didn't	CityNews	Bar Rescue (N)	Security	
4 PM	Big Bang	Archaeology	The Italian Americans	Football Night in America (N) (CC)	Whacked	The First 48 (N) (CC)	Paid Prog.	Hiring	Global Nat.	Exhibition	Movie: ** "Madagascar: Escape 2 Africa"	Football Night/ America	SportsCentre (N) (Live)	Cash Cab	I Didn't	CityNews	Bar Rescue (N)	Security	
4:30 PM	Big Bang	Archaeology	The Italian Americans	Football Night in America (N) (CC)	Whacked	The First 48 (N) (CC)	Paid Prog.	Hiring	Global Nat.	Exhibition	Movie: ** "Madagascar: Escape 2 Africa"	Football Night/ America	SportsCentre (N) (Live)	Cash Cab	I Didn't	CityNews	Bar Rescue (N)	Security	
5 PM	Mod Fam	News	The Manor Reborn (N)	A Few Good Places	(5:20) NFL	CBS News	ABC News	Global Nat.	(4:59) News Hour (N)	Movie: ** "Planes" (2013, Comedy) (N) (CC)	Movie: ** "Madagascar 3: Europe's Most Wanted"	(5:15) NFL Football: Dallas Cowboys at New Orleans Saints. (N) (Live) (CC)	Cash Cab	Treasure Quest: Snake	Make Me	Sunnyside	Bar Rescue (N)	Booze Traveler (N) (CC)	
5:30 PM	Mod Fam	News	The Manor Reborn (N)	A Few Good Places	(5:20) NFL	CBS News	ABC News	Global Nat.	(4:59) News Hour (N)	Movie: ** "Planes" (2013, Comedy) (N) (CC)	Movie: ** "Madagascar 3: Europe's Most Wanted"	(5:15) NFL Football: Dallas Cowboys at New Orleans Saints. (N) (Live) (CC)	Cash Cab	Treasure Quest: Snake	Make Me	Sunnyside	Bar Rescue (N)	Booze Traveler (N) (CC)	
6 PM	Movie: ** "Road to Perdition" (2002) Tom Hanks.	Global Nat.	Ultimate Engineering	British Baking	Football: Dallas Cowboys at New Orleans Saints. (N) (CC)	KREM 2 News at 6 (N) (CC)	The First 48 (N) (CC)	News at 6 (N) (CC)	(5:59) News Hour (N)	Security	Emergency	Movie: ** "Madagascar 3: Europe's Most Wanted"	(5:15) NFL Football: Dallas Cowboys at New Orleans Saints. (N) (Live) (CC)	Cash Cab	Treasure Quest: Snake	Make Me	Sunnyside	Bar Rescue (N)	Delicious
6:30 PM	Movie: ** "Road to Perdition" (2002) Tom Hanks.	Global Nat.	Ultimate Engineering	British Baking	Football: Dallas Cowboys at New Orleans Saints. (N) (CC)	KREM 2 News at 6 (N) (CC)	The First 48 (N) (CC)	News at 6 (N) (CC)	(5:59) News Hour (N)	Security	Emergency	Movie: ** "Madagascar 3: Europe's Most Wanted"	(5:15) NFL Football: Dallas Cowboys at New Orleans Saints. (N) (Live) (CC)	Cash Cab	Treasure Quest: Snake	Make Me	Sunnyside	Bar Rescue (N)	Delicious
7 PM	Security	Shadow Cat	Masterpiece Classic (N)	Masterpiece Classic (N)	Madam Secretary (N) (CC)	60 Minutes (N) (CC)	The First 48 (N) (CC)	Muppets	Security	Simpsons	Heartland (N) (DVS)	Movie: ** "Madagascar 3: Europe's Most Wanted"	(5:15) NFL Football: Dallas Cowboys at New Orleans Saints. (N) (Live) (CC)	Cash Cab	Treasure Quest: Snake	Make Me	Sunnyside	Bar Rescue (N)	Beautiful
7:30 PM	Security	Shadow Cat	Masterpiece Classic (N)	Masterpiece Classic (N)	Madam Secretary (N) (CC)	60 Minutes (N) (CC)	The First 48 (N) (CC)	Muppets	Security	Simpsons	Heartland (N) (DVS)	Movie: ** "Madagascar 3: Europe's Most Wanted"	(5:15) NFL Football: Dallas Cowboys at New Orleans Saints. (N) (Live) (CC)	Cash Cab	Treasure Quest: Snake	Make Me	Sunnyside	Bar Rescue (N)	Beautiful
8 PM	The Closer	Madam Secretary (N) (CC)	New Tricks (N) (CC)	Masterpiece Classic (N)	KHQ	Madam Secretary (N) (CC)	(8:02) The First 48 (N) (CC)	Once Upon a Time (N)	Madam Secretary (N) (CC)	Canada's Smartest	Testers	Game On	SportsCentre (N) (Live)	Once Upon a Time (N)	Myth-Busters (N) (CC)	Life	CityNews	Bar Rescue (N)	Metropolis "Manhattan"
8:30 PM	The Closer	Madam Secretary (N) (CC)	New Tricks (N) (CC)	Masterpiece Classic (N)	KHQ	Madam Secretary (N) (CC)	(8:02) The First 48 (N) (CC)	Once Upon a Time (N)	Madam Secretary (N) (CC)	Canada's Smartest	Testers	Game On	SportsCentre (N) (Live)	Once Upon a Time (N)	Myth-Busters (N) (CC)	Life	CityNews	Bar Rescue (N)	Metropolis "Manhattan"
9 PM	The Good Wife "Bond"	Waking the Dead (N)	The Widower (N) (CC)	TMZ (N) (CC)	The Good Wife "Bond"	(9:01) The First 48 (N) (CC)	Blood & Oil (N) (CC)	The Good Wife "Bond"	The Good Wife "Bond"	Keeping Canada Alive	Make, Pop	Assembly	SportsCentre (N) (Live)	Blood & Oil (N) (CC)	Yukon Men (N) (CC)	Awesome	Survivor-man (DVS)	Bar Rescue (N)	Delicious
9:30 PM	The Good Wife "Bond"	Waking the Dead (N)	The Widower (N) (CC)	TMZ (N) (CC)	The Good Wife "Bond"	(9:01) The First 48 (N) (CC)	Blood & Oil (N) (CC)	The Good Wife "Bond"	The Good Wife "Bond"	Keeping Canada Alive	Make, Pop	Assembly	SportsCentre (N) (Live)	Blood & Oil (N) (CC)	Yukon Men (N) (CC)	Awesome	Survivor-man (DVS)	Bar Rescue (N)	Delicious
10 PM	There Yet?	Simpsons	Waking the Dead (N)	House of Cards (N)	Blue Bloods (N) (CC)	CSI: Cyber "Why-Fi" (N) (CC)	(10:01) The First 48 (N) (CC)	(10:01) Quantico (N) (CC)	Simpsons	News Final	The National (N) (CC)	Haunting	SportsCentre (N) (Live)	(10:01) Quantico (N) (CC)	Treasure Quest: Snake	Movie: ** "Girl vs. Monster"	CityLine (N) (CC)	Bar Rescue (N)	Beautiful
10:30 PM	There Yet?	Simpsons	Waking the Dead (N)	House of Cards (N)	Blue Bloods (N) (CC)	CSI: Cyber "Why-Fi" (N) (CC)	(10:01) The First 48 (N) (CC)	(10:01) Quantico (N) (CC)	Simpsons	News Final	The National (N) (CC)	Haunting	SportsCentre (N) (Live)	(10:01) Quantico (N) (CC)	Treasure Quest: Snake	Movie: ** "Girl vs. Monster"	CityLine (N) (CC)	Bar Rescue (N)	Beautiful
11 PM	Paid Prog.	News Final	Shadow Cat	Gandhi (N) (CC)	News	News	(11:01) The First 48 (N) (CC)	KXLY 4	News Final	Paid Prog.	CBC News	Haunting	SportsCentre (N) (Live)	News	Naked and Afraid	Connor	Paid Prog.	Bar Rescue (N)	Metropolis "Manhattan"
11:30 PM	Paid Prog.	Block	Shadow Cat	Gandhi (N) (CC)	News	News	(11:01) The First 48 (N) (CC)	KXLY 4	News Final	Paid Prog.	CBC News	Haunting	SportsCentre (N) (Live)	News	Naked and Afraid	Connor	Paid Prog.	Bar Rescue (N)	Metropolis "Manhattan"

News Leader Sudoku

SUDOKU

No. 248

Medium

Previous solution - Easy

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

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

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Sudoku you'll really like 'Str8ts' and our other puzzles, Apps and books. Visit www.str8ts.com

The solutions will be published here in the next issue.

THIS WEEK'S
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SOLUTION WILL APPEAR
IN NEXT WEEK'S ISSUE

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MONDAY, OCTOBER 5, 2015

	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	Law Order: CI	Morning News (N)	G. Shrinks Rob Robot	Clifford Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre	CTV Morning Live Vancouver (N)	Highway Thru Hell	Justin ANT Farm	CityLine (N)	Cops	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur Wild Kratts	Odd Squad: Against	Today (N)	CBS This Morning (N)	Dog the Bounty Hunter CSI: Miami	Good Morning America (N)			Super Why! Arthur	Squirrel Chucks	SportsCentre		Fool's Gold Fool's Gold	Jessie Dog	Let's Make a Deal (N)	Cops	Eat St.
8 AM	Crime Watch Daily (N)		PAW Patrol Curious	Curious Curious					Morning Huntley St.		Moblees Tiger	SpongeBob Wayside	SportsCentre		Daily Planet (DVS)	I Didn't Phineas	The Price Is Right (N)	Jail	Security
9 AM	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and Tiger	Peg		The 700 Club	CSI: Miami Livel Kelly and Michael		Morning Huntley St.	Sugar	Super Why! Napkin	Sidekick Almost	SportsCentre	Livel Kelly and Michael	How/Made How/Made	Save-Ums! Justin	FamFeud	Jail	The Dead Files
10 AM	Divorce Divorce	Sugar Debt/Part	Boj PAW Patrol	Sesame Street (E)		The Price Is Right (N)	CSI: Miami The View		Sugar Debt/Part	Rachael Ray	Bookaboo Monster	Spliced Kid vs. Kat	SportsCentre	The View	Mayday "Vertigo"	Thomas Jullus Jr.	The Chew (N)	Cops	Ghost Adventures
11 AM	Judge Judge	Rachael Ray Rachael Ray	Monkey Dinosaurs	Sit & Be Fit	Hot Bench	Young & Restless Hot Bench	The First 48 Paid Prog.	Paid Prog.	Rachael Ray Rachael Ray	Noon News Hour (N)	Our Vancouver	Rated A Rated A	SC SC	Marilyn Denis	Cold Water Cowboys Wizards	Lalaloopsy Wizards	General Hospital (N)	Police Video	Security
12 PM	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose Astroblast	Ruf-Tweet Bold	News The First 48	The Chew The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Nerds Squirrel	Hockey Lunch	CTV News Vancouver	Jade Fever Jade Fever	Wizards Good Luck	Celebrity Celebrity	Wildest Police Videos	Delicious Delicious	
1 PM	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Paint This Fit 2 Stitch	Days of our Lives (N)	The Talk The First 48	General Hospital (N)	Days of our Lives (N)	The Talk The Talk	Heartland (DVS)	Almost Sidekick	SportsNation (N)	The Social (N)	Airshow (DVS)	Good Luck Jessie	CityLine	Cops	Booze Traveler	
2 PM	Payne Browns	The Talk Curious	Maya Sesame St.	TMZ (N) Inside Ed.	Let's Make a Deal (N)	The First 48 The Doctors	The Talk Meredith Vieira	Murdoch Mysteries	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil Myth-Busters (N)	Phineas Phineas	CityNews at 5 (N)	Jail	Ghost Adventures				
3 PM	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Curious Cat in the Hat	Ellen DeGeneres Show	The Dr. Oz Show My Haunted House	Rachael Ray Rachael Ray	Meredith Vieira	Young & Restless Early News	Bondi Vet Bondi Vet	SpongeBob Kung Fu	(N) (Live)	The Dr. Oz Show	Daily Planet (N)	Dog I Didn't	Mod Fam Mod Fam	Cops	Restaurant Makeover	
4 PM	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil My Haunted House	FABLife (N) ABC News	Young & Restless Early News	(4:59) News Hour (N)	Dragons' Den Parents	SpongeBob SpongeBob	(5:15) NFL Football: Detroit Lions at Seattle Seahawks. (N Subject to Blackout) (Live)	CTV News Vancouver	How/Made How/Made	Jessie Jessie	Muppets Life In	Cops	Security	
5 PM	Movie: *** "Extract" (2009)	News (N)	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	My Haunted House News at 6	(5:59) News Hour (N)	ET Canada Ent	CBC News Hathaways	Hathaways Hathaways	Stanley Game On	etalk (N) Big Bang	Treasure Quest: Snake	Nowhere Nowhere	Broke Girl Two Men	Cops	Border	
6 PM	Jason Bateman	News Hour News	Ultimate Engineering	PBS NewsHour (N)	News Millionaire	KREM 2 News at 6 (N)	My Haunted House News	(5:59) News Hour (N)	ET Canada Ent	CBC News Hathaways	Hathaways Hathaways	Stanley Game On	etalk (N) Big Bang	Treasure Quest: Snake	Nowhere Nowhere	Broke Girl Two Men	Cops	Border	
7 PM	Seinfeld Seinfeld	Ent ET Canada	Hope for Wildlife Oregon Field Guide	Jeopardy! Wheel	Broke Girl Broke Girl	My Haunted House The Insider	Ent ET Canada	NCIS: Los Angeles (N)	Elementary Elementary	Murdoch Mysteries Funnest Home Videos	Stanley Game On	etalk (N) Big Bang	Treasure Quest: Snake	Nowhere Nowhere	Broke Girl Two Men	Cops	Border		
8 PM	King King	Elementary Elementary	Edwardian Farm Antiques Roadshow	The Voice The blind auditions continue.	Scorpion "Fish File"	My Haunted House KXLY 4	News Colbert	Late Show- Colbert	CBC News Coronation	Gaga Gaga	SportsCentre SportsCentre	(10:01) Castle (N)	News-Lisa How/Made	Winglin' It Extra (N)	Liquidator Jail	Border			
9 PM	The Middle Family Guy	Minority Report (N) Minority Report (N)	Lost Treasure Antiques Roadshow (N)	I'll Have What Phil's Blindspot (N)	NCIS: Los Angeles (N)	My Haunted House KXLY 4	News Colbert	Late Show- Colbert	CBC News Coronation	Gaga Gaga	SportsCentre SportsCentre	(10:01) Castle (N)	News-Lisa How/Made	Winglin' It Extra (N)	Liquidator Jail	Border			
10 PM	Amer. Dad Amer. Dad	NCIS: Los Angeles (N)	The Great War Tour Hope for Wildlife	Charlie Rose (N)	News J. Fallon	My Haunted House Colbert	News Colbert	Late Show- Colbert	CBC News Coronation	Gaga Gaga	SportsCentre SportsCentre	(10:01) Castle (N)	News-Lisa How/Made	Winglin' It Extra (N)	Liquidator Jail	Border			
11 PM	Family Guy Payne	CHBC News Final (N)	Hope for Wildlife Charlie Rose (N)	News J. Fallon	My Haunted House Colbert	News Colbert	News Colbert	Late Show- Colbert	CBC News Coronation	Gaga Gaga	SportsCentre SportsCentre	(10:01) Castle (N)	News-Lisa How/Made	Winglin' It Extra (N)	Liquidator Jail	Border			



With over 2,200 square feet of living space, this beauty sits on the side of the Similkameen River and has a major highway passing by the front entrance. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

I am now officially an 'Individual Member' of the Princeton & District Chamber of Commerce. After several years' absence I see value in what this group is trying to achieve within our community.

I couldn't tell you how many members there currently are, but the very small executive consists of five people. That's correct - FIVE!

The Open House hosted by the Chamber (at the Chamber building on Highway 3) last Thursday evening I considered a success. It

has been a very long time since I have been inside that place and I was quite taken by the size. Apparently it has about 2,200 square feet (about 1,100 per floor) which did not take me long to see was far too much space for a local Chamber of Commerce to operate out of.

In discussion with Chamber President Kim Vokey and Vice President Brenda Crawford I learned that the group intends to sell or lease the property and even-

tually relocate to a storefront location downtown.

While I was originally concerned about the Chamber 'losing' their asset by selling off their building, I see nothing but sense in a Chamber of Commerce office located downtown.

Here's why: If the Chamber becomes the voice of local business, as appears to be the eventual move, what better way for them to have their pulse on the downtown core than to be sitting right in the middle of it all?

I truly believe local business needs an advocacy group to push for changes. I've said this before and these are my reasons: First, Town Council does not run the Town. That used to be the way things were done around here, but not anymore. The suits in the hallways of Town Hall call the shots and use Town Council as the messengers. This is why when something goes south

it's usually a member of Town Council or staff who gets thrown under the bus because they are the 'face' of the local municipal government.

The Chamber has to gain strength from its membership to stand up to the actual decision makers in Town Hall and reclaim control of the business community. Rezoning, bylaws and other regulations intended to control change have a habit of restricting change if the business community is not represented at the same table. The Chamber of Commerce can do that and protect the transition.

Second, the Chamber of Commerce needs to be a completely stand-alone entity. This means financially supported from within and generating cash flow by other means. In order for the Chamber to be a successful adversary of whoever is actually running the Town, they can't be pushing Council one

day about a rezoning issue and three months later be standing in line for an annual grant-in-aid.

Third, the Chamber needs time to get to that place. It won't be overnight. It may take months or years. Lucky for you and me the current Town Council has just over three years left in their term. That's a lot of time to push change within the community. It's also a lot of time to give the Chamber to grow into a worthy force to create roadblocks or bulldoze through town-developed roadblocks.

When you look at Provincial or Federal politics the governing party always has opposition. A strong opposition creates dialogue and keeps those in power in check. In the case of municipal politics there usually isn't much of an opposition. Rolling over and playing dead just allows those in power the incentive to keep stepping all over you.

.....continued on Page 20

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Obituary	Obituary	Help Wanted	Help Wanted	For Rent
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Herbert E. Gilligan

August 21, 1926 - September 11, 2015



Herbert E. Gilligan passed away peacefully September 11, 2015 in Princeton, BC at the age of 89.

Herbert worked many years as an engineer on tow boats on the West Coast before moving to Princeton. Once in the Similkameen he found work at the lumber mill and as part of the highways crew.

He is survived by his wife of 67 years, Myrtle, daughters Vicki (Pete) Laws of Langley, BC and Lynda (Randy) McLean of Princeton and brother Duke (Kathy) Gilligan of Parksville, BC.

He will be sadly missed by grandchildren Stacey (Jeff) Ring of Langley, BC, Lori (Jeremy) East of Langley, BC, Jesse (Anneliese) McLean of Edmonton, Alberta, Adrea (Logan) McKenzie of Princeton, BC and Michael McLean of Edmonton, Alberta plus Great Grandchildren Colby and Jayden Ring, Dylan and Bryce East, Maggie and Sam McLean and Lauren and Cameron McKenzie.

Herbert was pre-deceased by his mother and father Herbert and Elizabeth Gilligan, brother John and sisters Lillian and Bernice.

There will be no service held at Herb's request.



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Argo is accepting Resumes for drivers experienced in the operation of tandem axle trucks for the Princeton Area. Positions are seasonal. Exp. operating snow removal equipment would be an asset. Must hold a valid BCDL, minimum Class 3 with air. Submit your Resume with a current National driver abstract by e-mail to argosok@argoroads.ca or by fax to 250-295-7983.

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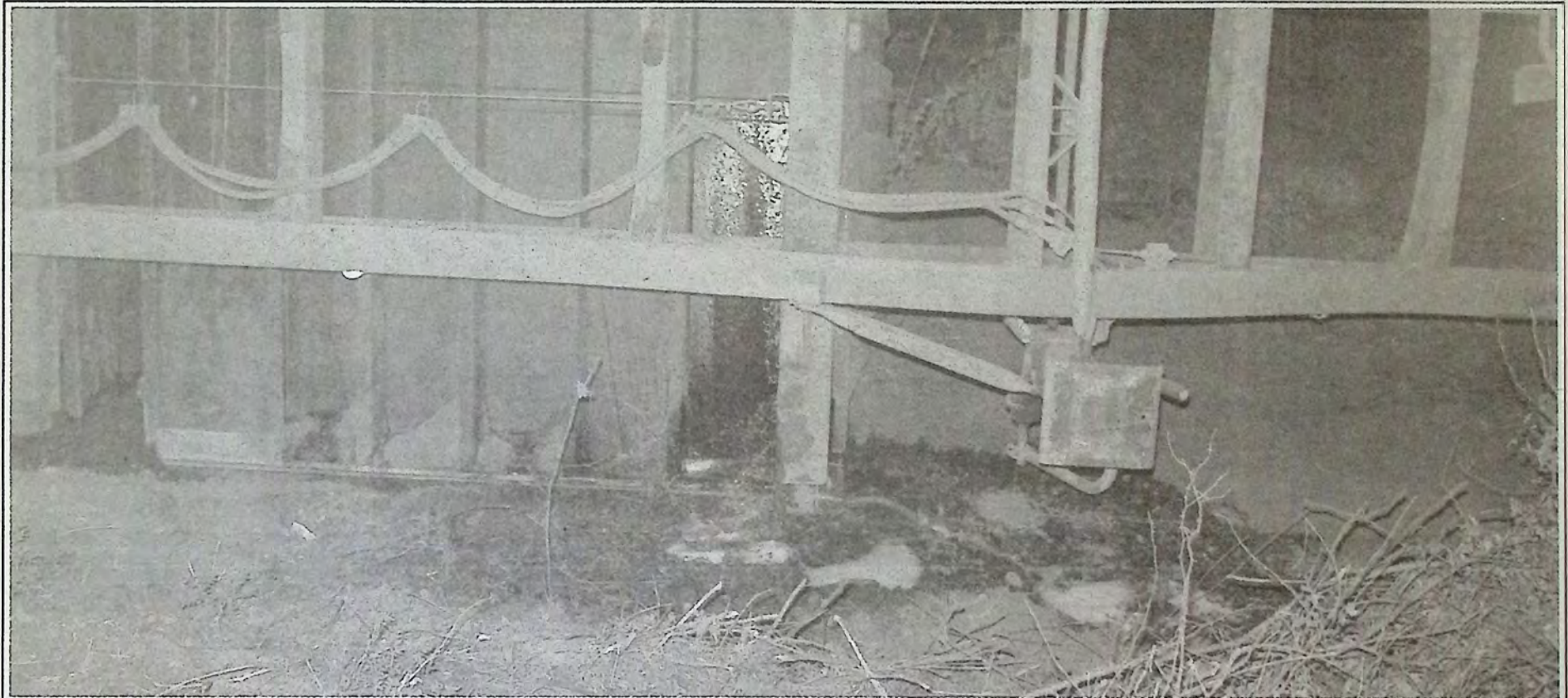


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Lower Valley News

Keremeos - Cawston - Olalla



That would be wine spilling from a transport bladder just before midnight September 24th. The driver of this big rig swerved to miss a deer and ended up shiny-side down eastbound on Highway 3 at the Lawrence Ranch. The RCMP officer responding said he has put down an unusually-high number of deer in the past few months due to collisions with automobiles. Undoubtedly the 24 tons of wine are a write-off. The fate of the tractor and trailer were unknown at the time this picture was taken. The driver was not hurt. Both the driver and the RCMP officer were waiting for the Ministry of Environment to attend the scene because 24 tons of wine creates a bit of a mess. Photo: Arlene Arlow

Province brings certification and certainty to organic foods

A sign says the fruits and vegetables for sale are organic, but what does that really mean and according to whom?

The B.C. government is answering those questions by requiring all food and beverage products marketed as "organic" in B.C. to be certified under either a provincial or national certification program. Beginning in 2018, producers, processors and handlers of organic food and beverage products including farm gate sales, farmers' markets and retail stores will require documentation verifying their products have accredited organic certification.

Both the provincial and federal certification programs follow the general principles, management standards and use of permitted substances established by the Canada

Organic Standards. Operators producing and selling their organic products strictly within B.C. will require provincial certification. B.C. companies with customers in other provinces or countries will require certification by a federally accredited certification body, just as they do today.

Requiring certification is a result of the B.C. government's consultations with the Certified Organic Associations of BC (COABC), organic growers, and other stakeholders from January to March 2015, in which almost 80% of certified organic growers supported the move to required certification. Based on additional input received during the consultations, the B.C. government will also work with COABC to provide assistance to help interested farmers and growers

achieve or transition to organic certification by 2018. To further attract new and existing producers to consider becoming certified organic growers, the B.C. government is contributing partner funding for 10 COABC-led seminars.

The B.C. government has also provided about \$60,000 to support the COABC's partnership with the Canadian Organic Trade Association's "Think Before you Eat" campaign. The campaign will

offer British Columbians information on what to look for when buying organic products, as well as promoting made-in-BC organic food and beverage products at farmers' markets and retailers in the coming months.

In January 2015 the B.C. government committed to working with COABC to strengthen the awareness and reputation of B.C.'s organic food and beverages, locally, across Canada, and around the

world. "There are growing domestic and international market opportunities for B.C. organic food, and beverage producers and consumers want certainty when making a purchase. Requiring certification brings that certainty to B.C. consumers. If the word organic is on the food or beverage product - it will be certified as organic," states Agriculture Minister Norm Letnick.

.....continued on Page 19

RDOS makes progress at UBCM

The Regional District of Okanagan-Similkameen (RDOS) Chair, Directors and CAO made progress at the Union of British Columbia Municipalities (UBCM) conference last week. The RDOS group met with Mary Polak, Minister of Environment to present information to her on Campbell Mountain Landfill and the impact of the Landfill Gas Management Regulation.

The RDOS will be making an application for 'substituted requirements' to allow the RDOS to address methane gas through a bi-cover system. The Minister indicated that her department will be flexible and look

forward to working with us. "They won't hold us to the deadline to have a gas capture system as long as we're working on a solution."

Electoral Area 'F' Director, Michael Brydon presented the case for the transfer of Sage Mesa water system to the Regional District, the benefits of a combined Sage Mesa/West Bench water system and the need for financial incentives for the system to transfer. The Minister indicated that while they can understand the need, funding is not available at this time. The RDOS will continue communications with the Ministry on this matter.

One of the hot topics this year at

UBCM is Quagga/Zebra Mussels. Minister Polak shared actions the Ministry will be taking to address this issue with the RDOS delegation.

The RDOS continues to encourage member municipalities to work together. Electoral Area 'E' Director, Karla Kozakevich sat in on the Village of Keremeos meeting with Ministry of Forests, Lands and Natural Resource Operations department representatives to discuss the growing concern about itinerant campers on the Similkameen River. Director Kozakevich discussed similar concern by Okanagan Lake near Naramata. The Crown currently has

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INFORMATION ON PAGE 19**

Lower Valley News

Keremeos - Cawston - Olalla

Province brings certification and certainty to organic foods

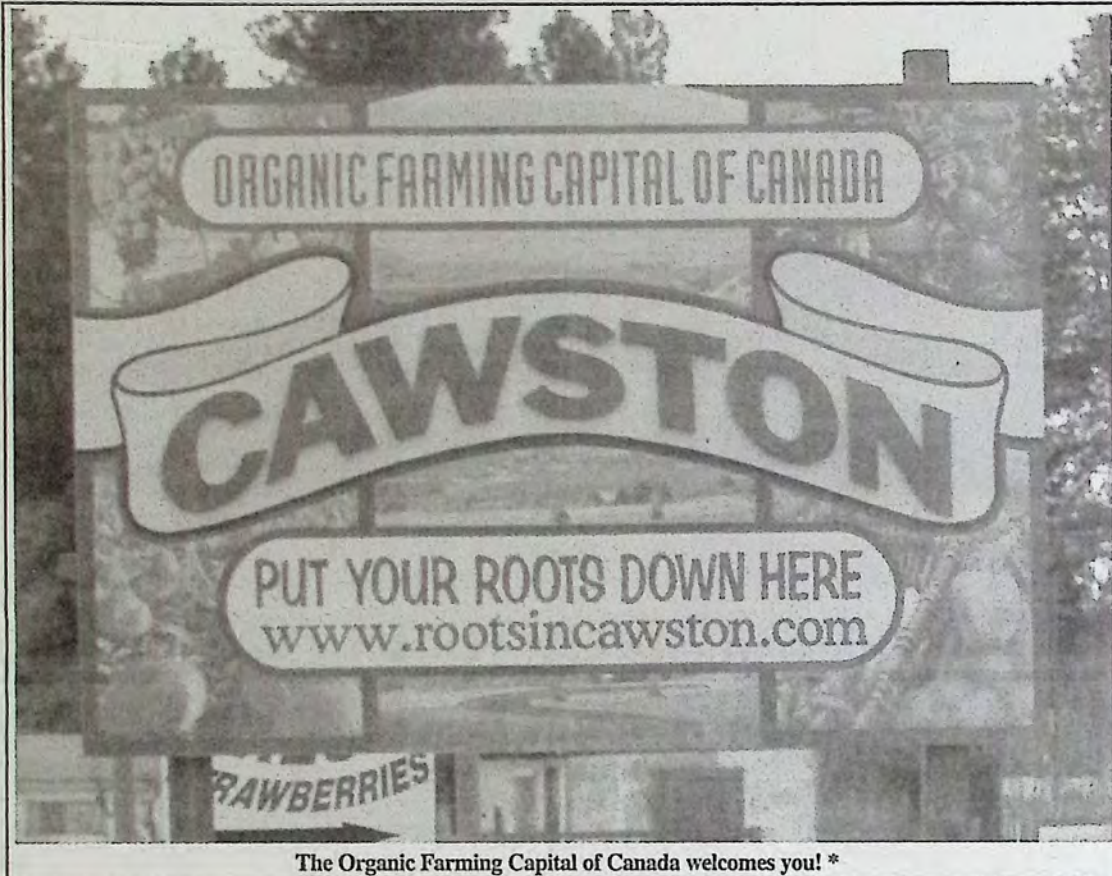
.....continued from Page 18
 "COABC is so grateful for this initiative. We really look forward to working with the ministry and the farming community to grow the organic sector in B.C.," adds COABC co-president Carmen Wakeling.
Quick Facts:

- Operators producing and selling their organic food and beverage products strictly within B.C. will require provincial certification through the Organic Agricultural Products Certification Regulation.
- B.C. companies with customers in other provinces or countries will require federal certification through

the Organic Products Regulation.
 - The provincial certification program follows the same standard as the national program, but with streamlined record keeping and documentation practices. Provincial certification offers growers access to the local organic market with less paperwork, while still ensuring B.C.

consumers have certainty when purchasing organic foods.
 - The B.C. government will also be developing an enforcement program to be implemented in 2018.
 - Currently, companies with organic food or beverage products produced, handled, and sold exclusively within B.C., may choose to participate in the BC Certified Organic Program, which is administered by the COABC.
 - COABC members include 564 farms producing certified organic

goods and 96 farms in transition to producing certified organic goods.
 - The B.C. organic sector is varied and includes livestock, dairy, vegetables, fruit and berries, and spice and herb producers, grains and seeds and many specialty value added products.
 - Building the local market for B.C. foods, including the organic industry, is a key commitment of government's Agrifoods Strategy to lead the agrifoods sector growth into a \$14-billion-a-year industry by 2017.



The Organic Farming Capital of Canada welcomes you! *

RDOS makes progress at UBCM

.....continued from Page 18
 a policy of allowing two week camping on Crown Land without enforcement. The Ministry has agreed to work with the RDOS and Keremeos for an answer.

Electoral Area 'D' Director, Tom Siddon presented his request for funding to the Minister responsible for Housing, Rich Coleman, for an Assisted Living Facility in Okanagan Falls. The Minister indicated the Province is now open for applications to provide housing for low income residents. The Okanagan Falls application will

need to resolve the land ownership and availability issue before they could move that application forward. The Regional District will continue to work with the Okanagan Falls Housing Society to develop their application.

The RDOS group also met with Ministry of Forests, Lands and Natural Resource Operations, department representatives to discuss a variety of issues, including Orphan Dykes, KVR Trail by Vaseaux Lake, and Wildfire Mitigation. The Ministry is aware of all of these issues. The lack of

involvement in Orphan Dykes and Wildfire Mitigation comes down to funds, and the Ministry believes that Dykes should be a local government responsibility. The Ministry is supportive of expanding the trail network through the South Okanagan and will try to work with the RDOS to gain access to the trail on the west side of Vaseaux Lake.

The RDOS Board and CAO are working hard to build sustainable communities for Regional District citizens by taking the opportunity to meet with Provincial Ministries at UBCM to discuss local issues.

Break-ins appear to target Similkameen fruit stands

A series of break-ins in the Keremeos/Cawston area appear to be aimed at fruit stands and produce markets.

Keremeos RCMP issued a release regarding an incident that had taken place at Sanderson Farms Market on Highway 3 on September 9th. Thieves made off with cash and other items from that break-in. At the time it was the third theft reported in the past two

months. Warnings posted on social media last week hint at a continuation of the incidents in the Cawston area.

RCMP do not know if the thefts are related although they have all involved businesses related to local farm/produce growers.


If you have any information regarding these break-ins you are asked to contact CrimeStoppers at 1-800-222-TIPS (8477).

ALL-CANDIDATES FORUM

Friday
 October 2nd, 2015
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Victory Hall--Keremeos

Meet the Candidates for the
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Central Okanagan--Similkameen--Nicola



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Princeton's Living Water Community Church has been active in outreach programs this month. Earlier in the month they collected and donated school supplies to Vermilion Forks Elementary School. In addition, a small collection of winter gloves/bedding was delivered September 27 to the distribution centre in Tonasket, Washington to go towards helping forest fire victims. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

.....continued from Page 16
In Princeton none of us can afford to have changes (such as zoning and bylaws) rammed down our throats on the premise it's designed to make our community better. We need a strong opposition to stand up and defend the hard work and

struggles faced by the business community.

The Mayor has stated many times over that Town Council is working to help local business. I will give them credit that they have eased up slightly on some of the changes and are actually reaching out to the

community for input. It is a start. Let's hope it becomes a habit and that the Chamber of Commerce is included and considered when changes come about that will have an affect on local business.

How does this save downtown Princeton?

A strong downtown core with the

backing of an even stronger advocacy group promotes healthy growth to a community's economy. While zoning and bylaws generally assist, in some cases they restrict growth and with a strong Chamber of Commerce to fight those changes, it eventually creates fairness and a better working relation-

ship for all parties.

Princeton has tremendous potential but it needs a push here and there. Once the Chamber and Town Hall get on the same page (following a few 'battles' to set the boundaries) growth will happen quickly with everyone pushing in the same direction.

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Flip Of The Coyne

by Spencer Coyne

.....continued from Page 3
conducted in the near future.

When it comes to ISIS I don't agree with any of the parties. I think we have an obligation to do

something against ISIS but what we are doing isn't working.

We need to take a step back and look at the situation and see if there is a better way to do that. I

know our allies are starting to consider their options and I am guessing with Russia moving into the region we will see the Pentagon shifting positions too. We may even see some sort of cooperation within the next few weeks as the UN meets where Washington and the Kremlin come out with some major shift in direction on how the world community deals with Syria and ISIS.

Unfortunately Canada will be on the sidelines looking in because we don't talk to half of the players in the region because we don't like them.

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