



Similkameen News Leader

75¢

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Tuesday, June 30, 2009



Action from race #4 at Sunflower Downs during the 41st Princeton Racing Days June 26th. *

Racing Days wins by a nose

With a total handle of \$33,035.00 from a nine race card on Friday, June 26th, the 41st running of Princeton Racing Days was by all indications a huge success.

A total of 55 horses beat paths around Sunflower Downs race-track, four of them owned by Princeton's Dave and Lynda Gould. An additional 11 horses were scratched from the program.

The first race, an Arabian Allowance for 3 year olds and up saw Chudd (\$19.00 Win, \$6.50 Place, \$3.10 Show) take the win with RCF Kandarhar (\$4.30 Place, \$5.60 Show) second and RCF Aura-Leigh (\$8.30 Show) third. No race time was recorded on the

5-1/2 furlong race, which paid a \$29.80 Quinella, \$247.50 Exactor and \$57.10 Triactor.

The second race, which has over the years been designated as the Volunteers Race in recognition of the many volunteers who assist during the event, was a 5-1/2 furlong Thoroughbred race for 3 year olds and up who were non-winners in 2009. Zoolu Night (\$8.90 Win, \$4.10 Place, \$2.60 Show) finished first with Mr. Elusive (\$7.10 Place, \$6.10 Show) second and Lasting Influence (\$2.80 Show) third. There was one horse scratched from the field and no time recorded on the race. Feature bets saw a continued on Page 2

Sego completes property payments

Sego Resources has completed the third and final payment of cash and shares to the vendors of the Miner Mountain Property. A further payment of 300,000 shares is payable upon the completion of a positive feasibility study and there is a 3% net smelter return to the vendors of which one-half of the net smelter return can be purchased by Sego for the sum of \$1,500,000.00. The complete agreement can be found on Sedar.

Sego Resources Inc. is a mineral exploration company, exploring the Miner Mountain Project, a large scale porphyry copper-gold target northeast of Princeton that is 2,400 hectares in size.

Exploration to date, has located zones of high grade surface copper-gold mineralization and drilling has confirmed the presence of significant copper-gold grades at depth. The Miner Mountain Project is 15 kilometres north of Copper Mountain Mining Corporation's

former copper producer (closed 1996) that is scheduled to resume production in 2011, following a recent favourable feasibility study.

The Miner Mountain Project is situated within the traditional territory of the Upper Similkameen Indian Band with whom Sego has a mem-

orandum of understanding which provides a constructive framework for future development and exploration.

Management - Experienced in Wealth Building: CEO, J. Paul Stevenson has many years of experience in the mining industry and is

a leader in Aboriginal engagement in the resources sector. President, Chris Sampson, P.Eng., has extensive experience in porphyry copper exploration and J. Allan Hilton is a well known mine finder and prospector who discovered what became the Samatosum Mine.

Shelley Hallock has extensive experience in corporate governance and a background in media. This team has worked together for 20 years. Qualified Person, Vic Preto Ph.D., P.Eng., is a recognized authority on the geology of the Nicola Belt and associated mineral deposits.

Rotary Club happy with results

With two major events hosted during Racing Days weekend and a shrinking membership, Princeton Rotary Club still ended up in the black.

"We'll make some money," stated Lawrence Stoochnoff following the end of the Similkameen Cup race June 26th at Sunflower Downs.

The club has raised money for local projects through the sale of Similkameen Cup Sweepstakes tickets. Last year the club sold out of available tickets. This year the club printed more tickets and sold close to 1,000 of them. The club

will direct the funds to various local projects once all sweepstakes winners are paid their prize money.

The sweepstakes winners were: 1st - Jesse McLean (\$1,000), 2nd - Don Vermette (\$300), 3rd - Ken Masson (\$200), 4th - Del Hall (\$100), 5th - Larry Stevens (\$100).

There were also three winners of \$100 consolation prizes. Those winners were Cathy Montgomery, Ronna Lee Bargay and Donna Slatten.

The second event hosted by the service club was the annual Racing Days Parade which was the source of much discussion at recent Rotary

Club meetings and at one point looked as if it could have been cancelled due to what appeared to be a lack of interest. The club forged on and a total of 44 entries ended up participating in the Parade on June 27th.

"This is wonderful to see the town partake so well to get this many entries in only two weeks of planning," said Parade Marshall Judy Short.

"I've judged a lot of things over the years but I think this was my first ever parade," explained Rotary Club Secretary George Elliott.

"It's not as easy as it looks."

Elliott enlisted the assistance of his wife Brenda and they toured the staging area many times prior to the start of the Parade and wrestled over choices in four different categories.

"At one point we almost added another two categories just to address the wide variety and quali-

ty of the entries."

In the Commercial Division the winners were: 1st - Kal Tire, 2nd - Princeton Co-Generation Corporation, 3rd - West Coast Equipment Sales.

In the Theme Division ("Winter Olympics In June") the winners were: 1st - Similkameen Scarlett Belles, 2nd - Princeton Castle Resort, 3rd - Vermilion Trails Society.

In the Horse & Rider Division: 1st - Princeton Rodeo Club, 2nd - Hillside Peruvians.

In the Children's Division: 1st - Highland Dancers, 2nd - Princeton Youth Basketball Association.



Similkameen News Leader THIS WEEK:

Meet the 2009/10 Princeton Youth Ambassadors Page 8

Similkameen News Leader



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The charge from the starting gate at the beginning of Race #5 at Sunflower Downs. *

..... continued from Front Page
\$21.60 Quinella, \$105.30 Exactor,
\$248.10 Triactor and a Daily
Double worth \$52.40.

Race #3, a Thoroughbred
Allowance race for 3 year olds and
up saw Cash In Black (\$4.90 Win,
\$3.40 Place, \$2.60 Show) win the
race with Spirit Bear (\$6.40 Place,
\$4.30 Show) finish second and
Psammead (\$2.90 Show) third. The
5-1/2 furlong race lasted 1:07.63
and paid a Quinella worth \$7.70,
\$55.20 Exactor and \$108.60
Triactor. Two horses were
scratched from the race.

Race #4, the 37th running of the
Luke Gibson Memorial, was a 5-
1/2 furlong race for fillies and

mares 3 years old and up. Count
Your Dreams (\$7.70 Win, \$4.90
Place, \$2.90 Show) finished first
with Regal Promise (\$3.80 Place,
\$2.90 Show) second and Random
Passage (\$3.50 Show) third.
Darian N'Me, owned by
Princeton's Dave and Lynda Gould
finished fourth. The race, which
clocked in at 1:07.85, paid a
Quinella worth \$15.10, Exactor
totaling \$44.90 and \$182.40 for a
Triactor wager. Two horses were
scratched from the race.

The fifth race, the Sport of Kings
Sprint, was a 5-1/2 furlong
Thoroughbred maiden allowance
race for 3 year olds. Go Gene Baby
Go (\$12.10 Win, \$4.80 Place,

\$4.10 Show) finished first fol-
lowed by Smurffs Up (\$7.50 Place,
\$5.10 Show) and Trinidad Bay
(\$2.90 Show). Image This, owned
by Princeton's Dave and Lynda
Gould finished 5th. Two other
horses were scratched from the
field. The race time was 1:07.62
and Feature wagers paid out
\$89.10 (Quinella), \$111.20
(Exactor) and \$245.90 (Triactor).

Race #6, the 14th running of the
Bob Beale Memorial Tulameen
Cup, was a Thoroughbred
allowance race for 3 year olds and
up. West Walker (\$15.10 Win,
\$7.90 Place, \$2.90 Show) finished
first with Dance Composer (\$3.20
..... continued on Page 26



Saanichton, owned by Princeton's Dave and Lynda Gould, during the Parade to the Post before the start of Race #6 at Sunflower Downs June 26th. Saanichton finished the 7 furlong race in third. *

Vermilion Forks Awards 2009

Vermilion Forks Elementary School recently marked the end of the current school year with their annual Awards Day.

Awards were presented in nine different categories.

Student Council

Klayton Kent, Michael White, Isabella Brodie, Daniel Kostiuk, Jacinda Esselink, Breanne Lindley, Makalea Parker-Moldowan, Megan Liddicoat, Meghan Hunt, Cassidy McCutcheon, Shaylyn Douglas, Austin Knopf, Taydra Reichert, Darby Adams, Alexia Boyd, Cathy MacMurdo, Charlie Allison

Service Awards

Ashley Gould, Reuben Howarth, Hailey Evans, Chase Marko, Justeen McIntosh, Dylan McEwen, Tom Millin, Mason Michaud, Cody Fidler, Bailey O'Donnell, Cassidy Westran, Caitlynn Pateman, Parker Thibert, Cathy MacMurdo, Layne Robillard, Ryley Smeaton, Hillary Riel, Chance Clarke, Storm Fox, Hanna Gould, Taylor Sanderson, Cassidy Wilson, Casey Herspiegel, Jaymi Powell, Kolten Smith, Destiny Earle, Breanne Lindley, Tyler

Smeaton, Cody Rice, Quinnton Kent, Nick Cherot

Artistic Ability

Hailey Evans, Shyanne Cosman, Bret Shields, Alex Burke, Cameron Vinthers, Molly Kopola, Reuben Howarth, Kyla Coyne, Brynn Johnson, Stacey Hunt, Kennady Holland-Krenn, Kayla Dore, Shaylyn Douglas, Brooke Botcher, Leigha Driver, Heather MacMurdo, Olivia Williams, Jayde MacMillan, Brolin Antonick, Quinn Murray, CJ Cromarty, Jesse Roberts, Isabella Brodie, Amika Caruso, Travis Fedun, Storm Fox, Hanna Gould, Taylor Sanderson, Paul Sidhu, Shayna Thompson, Taylor Carmichael, Breanne Lindley, Marcelline Fairbairn, Cassidy Wilson, Makalea Parker-Moldowan, Jacinda Esselink, Grayson Antonick, Casey Herspiegel, Cathy MacMurdo

Athletic Awards

Cache Cook, Nikkita DeRosier, Ashley Gould, Brandon Harms, Chase Marko, Jes Sandli, Trysten Drewes, Brett Herrick, Craig Thompson, Hunter Smeaton, Scott Millin, Parker Thibert, Bailey

O'Donnell, Tully Adams, Cathy MacMurdo, Krys Krenn, Bradley Palumbo, Chance Clarke, Quinn Murray, Lane French, Michael White, Rebekah Salway, Taylor Carmichael, Kolten Smith, Morton Johnston, Jacinda Esselink, Marcelline Fairbairn, Daniel Kostiuk, Lindsay Maclellan

Achievement Award

Layne Robillard

Honour Roll

Cache Cook, Bret Shields, Hayden Zieske, Bailey Baxter, Brooke Botcher, Kyla Coyne, Shaylyn Douglas, Stacey Hunt, Taneesha Beaupre, Timmy Guerster, David Hunt, Kodi Lindley, Jackson Maxfield, Samantha McEwen, Travis Roberts, Asia Gronen, Heather MacMurdo, Shelby Maynard, Taydra Reichert, Amanda Summers, Tristan VanderMeulen, Jayde MacMillan, Noah Moldowan, Brolin Antonick, Zoe Douglas, Kylee Holland-Krenn, Tyler Koppe, Jessica Musgrove, Caitlynn Pateman, Cassidy Westran, Charlie Allison, Shania Bertucci, Emily Breiteneder, Carmen Brodie, Kendra Krenn, Aylssa Leiding,

Isabella Brodie, Amika Caruso, Eric Holland, Shyna Thompson, Taylor Carmichael, Ryan Grgich, Morton Johnston, Meghan Hunt, Casey Herspiegel, Lindsay MacLellan, Makalea Parker-Moldowan, Cassidy Wilson

Academic Excellence

Reuben Howarth, Brynn Johnson, Emily McConnell, Bailey O'Donnell, Alexia Boyd, Scott Millin, Travis Fedun, Lane French, Taylor Sanderson, Paul Sidhu, Michael White, Daniel Kostiuk, Jacinda Esselink, Bradley Palumbo

T-Bird Spirit Awards

Megan Liddicoat, Shaylyn Douglas, Noah Moldowan, Kendra Krenn, Marcelline Fairbairn, Cache Cook, Victoria Gibb, Cathy MacMurdo, Breanne Lindley, Kylee Holland-Krenn, Shelby Maynard, Michael White, Amika Caruso, Case Rempel, Kate-Lynn Bartlett, Morton Johnston

Citizenship

Breanne Lindley, Chance Cook, Cassidy McCutcheon, Alexia Boyd, Carmen Brodie

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Princeton Town Hall News

CANADA DAY FAMILY FUN

Join the Summer Recreation & Culture Staff for an afternoon of family fun at Rotary Park (Splash Park) Canadian style with an old fashion picnic. Pack a picnic basket with a lunch for you and your family, enjoy a piece of cake, participate in family races, games and face painting. End your afternoon with a Free swim at Centennial Pool.



Wednesday, July 1
11:30am-1:30pm
2:00-4:00 pm
Rotary Park
Centennial Pool

CENTENNIAL OUTDOOR POOL

Stop in at the pool for a summer pool schedule filled with public swim times, lessons, fun nights and more.

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Pool Fun Nights are filled with wet & wacky activities all night long. Win prizes for best dress up & challenges, play games and enjoy a snack. \$5.00 per person 7 to 9pm. July Pool Fun Nights include Blue Hawaii on July 8th and Sock Hop Frenzie on July 29.

Weekend closures are in effect until further notice due to staff shortages. Employment opportunities are available for certified lifeguard and swim instructors. Stop in at the pool with a resume or drop one off at Town Hall.

Learn to Swim Programs are available for adults and teens who want to develop their strokes or learn to swim.

PROPERTY TAX NOTICES

Tax Notices for 2009 have been mailed. If you have not received a Tax Notice please contact the Town Office at 169 Bridge Street or telephone 250-295-3135. Owners are responsible for 2009 Taxes and applicable penalties, regardless of whether or not a Tax Notice is received. If there is any doubt, check with the Town Office.

If you are eligible for the Provincial Home Owner Grant, please ensure that the application on the bottom of the Tax Notice is completed, signed and returned to the Town Office before the due date. The Home Owner Grant may be claimed even if payment on the outstanding taxes is not made; this will avoid the penalty on the amount of the Home Owner Grant. Please Note the Home Owner Grant Application must be completed for each and every year in which you are eligible for the Grant.

Payments and/or Provincial Home Owner Grant applications must be in the hands of the Collector at the Town Office by close of business on Thursday July 31, 2009 to avoid the Penalty of 10%. Postmarks are NOT accepted as date of payment.

Payment Information: Payments can be made through telephone banking or online (check with your financial institution). Home Owner Grant applications must still be claimed in person or by mail and must be received at the Town Office prior to 4:30 pm July 31, 2009.

SUMMER ADVENTURE DAY CAMP

REGISTER TODAY at 250-295-6067

Discover the adventures of *Summer Fun* at camp each week. Explore your creativity & sporting attitude with friends as you participate in games, arts/crafts, day trips, swimming and sports. Each Thursday we will take a bus trip to local attractions or out of town. Child Tax Credits apply to this program. Instructors: Maddison & Chantelle
5 days/\$95.00 -\$85 for 2nd child of same family
Ages: Entering Gr.1 to Gr. 7 July 6 to August 14
1 day/\$22.00 PRE-REGISTRATION IS WELCOMED
Mon to Fri 9am-3pm Vermilion Forks School

INVITATION TO TENDER

PRINCETON REGIONAL LIBRARY RENOVATION

Tender documents are now available for the Princeton Regional Library Renovation Project. The work consists of structural, plumbing, mechanical and electrical work to the tenant improvement of the Princeton Regional Library and community multipurpose room to be located on Vermilion Avenue.

Notes:

This is a CCDC2-2008 Stipulated Price Contract; bonding is required.

Tender closed July 16, 2009.

For tender documents and further information, please contact the architect:

Matt Halverson, Bruce Carscadden Architect inc.
matt@carscadden-architect.com

604-633-1830 (T) 604-633-1809 (F)

Or:

The Town of Princeton, Attention Patrick Robins
250-295-3135 (T) 250-295-3477 (F)

MEETINGS WITH COUNCILLOR ARMITAGE

Councillor Armitage will not be at Town Hall on Tuesdays from 2pm to 4 pm during the summer months of July and August. This is only temporary; Councillor Armitage will be resuming meetings in September.

airshow 2009

Don't forget to mark Saturday July 18 on your calendar! Bigger, better and louder this year! Lots of family fun. Gates open at 10 am.

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Health / Lifestyle News

Enjoy a worry-free season of outdoor entertaining

(NC)—Summer in Canada may be fleeting, but while it's here, few can resist the temptation of relaxing with friends and family at an outdoor barbecue.

There's nothing quite like enjoying great conversation and the unmistakable, mouthwatering smell of food cooking on the grill either in the backyard, up at the cottage, or out at the park.

While it's great to relax in such an enjoyable setting, it's important to take safety precautions into consideration too. To ensure your gathering is as worry-free as possible, keep these top tips in mind:

Food for thought: Undercooking meat is a common barbecue blunder, since food can char quickly on the outside, appearing "done" while remaining raw inside. Make sure the centre of food is cooked right through – use a meat thermometer to be sure. Always wash your hands after handling raw meat, and use separate barbecue tools for cooked and raw meat, too.

Be allergy aware: Enjoying the outdoors means sharing it with different types of allergens like pollen and insects. Bug bites and contact with certain types of plants, for example, can cause unexpected itching and hives. Keep some allergy medication close at hand for your guests – just in case. "Benadryl is the go-to choice for unexpected allergic reactions, and can start to work in as little as 15 minutes," says allergist Dr. Mark Greenwald. "The brand now offers new topical products with an antihistamine and a skin protectant. Benadryl Itch Spray and Itch Stick provide fast relief from the itch and pain of bug bites, stings and poison ivy." You never know what may hit you, so be prepared!

Common sense 'cuing: Cooking around open flames always requires precautions. Make sure your barbecue is set up away from overhanging plants or nearby structures such as fences, and avoid wearing loose clothing that can dangle over the grill while you're cooking. Most importantly, never leave the barbecue unattended, and don't try to

move it while it's still hot.

Corral the kiddos: It's easy to get distracted when you're at an outdoor event, but be sure to always keep an eye on your kids. Don't just assume someone else is watching them or that they're fine playing by them-

selves. With backyard pools, hot barbecues and other tempting sights for little eyes and hands, you can never be too careful.

These few simple steps will help ensure your outdoor barbecues are a summer success! - News Canada

Living Past 100

You Need Your Folate

Most North Americans do not get enough of one of the most essential nutrient called folate. It can appear on a food label as folic acid, and many cereals are fortified with this nutrient. Adequate amounts of folate are critical for pregnant women in order to prevent birth defects in their babies. The ideal situation would be for young women to consume at least 400 micrograms(mcg) of folate each day. However, two other groups desperately in need of folate has been ignored: people over age 65, and women using birth control pills.

The older folk among us want to live healthy lives, and yet their intake of folate is often less than the minimum. Folate is essential to maintain the health of body cells. Cells cannot divide properly without folate, and folate is essential in maintaining new cells. Folate fights heart disease, another concern among seniors. Few seniors are aware that they are probably not getting enough folate. Some researchers believe folate is necessary to prevent cancer because it governs the way cells divide and helps new cells stay normal. This is not confirmed yet by medical science, but it is worth noting.

Every cell has a nucleus containing DNA and RNA. Folate is essential for the creation of normal, healthy DNA and RNA. These two elements of the cell nucleus contain the instructions for how the cell does its job and how it relates to other cells. Folate helps prevent cells from mutating. Although the processes described above are extremely complex, to put it simply, if there is something wrong with the nucleus of your body's cells, there is something there that will cause disease.

Folate helps protect your heart by a totally different function. Folate breaks down several amino acids, and can recombine these to create other essential amino acids. One of these is homocysteine which, if not broken down, builds up to the point where it causes a heart attack. You can cut your heart attack risk by 50 percent by having enough folate.

If you are taking an antidepressant called SSRI, folate will help your medicine work better, making you feel much better.

If you eat a good diet, you may not need folate supplement pills. You need to eat plenty of green vegetables, like spinach, which is rich in folate (and iron), and asparagus, broccoli, green peas, and avocados. Tomatoes and tomato juice are good sources of folate, and so are oranges and orange juice. Romaine lettuce has a good level of folate, so if you like Caesar salad, which is made with Romaine lettuce, you are doing yourself a favour. Long grain rice is another good source of folate. So are liver, beets, chick peas, lentils, baked beans, and of course, fortified cereals. Other sources of folate are cheese, chicken, dates, lamb, pork, root vegetables, salmon, tuna, wheat germ, beef, and Brewer's yeast. Even if you eat all of these things, if you are pregnant, using oral contraceptives, or elderly, you might want to take a folate supplement.

Warning: Folate or folic acid supplements should never be taken by anyone with a hormone related cancer or a convulsive disorder.

You're probably not expecting to seriously injure yourself today.

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Princeton Lions Club hosted their annual Pancake Breakfast June 27th. Instead of the usual location in Rotary Park the event was held in the parking lot of Princeton Community Services. *

SESS Class of '09 totals 41

Although Princeton Secondary School had a small graduation class this month, further down the Similkameen Valley figures are slightly different. Similkameen Elementary Secondary School in Keremeos has a total of 41 students graduating from Grade 12 this year.

They are: Andrew Abbott, Mark Allan, Patrick Allan, Candice Allison, Tyler Allison, Sheena Anderson, Sabrina Auer, Dustin Baptiste, Keith Bates, Pavan Bengang, Brittany Bradshaw, Mavin Brar, Brandon Bush, Trisha

Clifton, Nikk Cody, Charmaine Collins, Kimberly Coutts, Rita Dhaliwal, Dakota Dierdorf, Angie Evans, Kai Fee, Travis Hakam, Cody Hance, Cody Hanson, Thomas Hartmann, Tracy Jerowsky, Anneka Konopada,

Kiran Lidher, Emilie Loughheed, Emily MacLeod, Craig Mantle, Jayce Matthews, Morgan Maynard, Riley McDonald, Jonathan Partridge, Kara Russell, Andrew Thomas, Harpal Uppal, Ryan Virtue, Chelsea Vissia, Josef Zarif.

Similkameen News Leader

thanks the 2009/10

Youth Ambassador Candidates

Makenzie, Danielle, Kael, Karis and Alyssa for all your cooperation.

We think you are ALL winners!



Princeton Youth Ambassador Candidates pose for a photo during the Lions Club pancake breakfast. *

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Keremeos News

We like the changes made to Memorial Park in Keremeos in recent months. *

Village Council meeting highlights

Here are the Village of Keremeos Media Highlights from the June 15, 2009 Regular Council Meeting:

Council heard from the BC Fruit Growers' Association representative Fred Danenhowe, who provided a status of the industry with a focus on the Similkameen Valley. He noted that the Sterile Insect Release program is very successful in the Similkameen and other insects are being considered to be added to the program. He also noted that there is still a need for a coordinated transportation system for farm workers in the area, and the industry is becoming more cognizant of the use of water and the need to promote and practice conservation techniques.

Council proclaimed June 15, 2009 as World Elder Abuse Awareness Day in the Village of Keremeos. The Village recognizes this as a very serious issue, and hopes by proclaiming June 15 as World Elder Abuse Awareness Day that everyone will be reminded of the gravity of elder abuse and will work to stop it.

Council heard from Regional District Okanagan Similkameen (RDOS) Electoral Area B Director George Hanson regarding the Sustainable Development Strategy Project being coordinated by the Similkameen Valley Planning Society (SVPS). Two-thirds of the Similkameen Valley is without an Official Community Plan or any form of land use regulation, with the exception of Agricultural Land Reserves. Development is left to uncontrolled, market forces. The remaining area (Area H) has an Official Community Plan; however, it too could benefit from strate-

gic planning. Currently there are significant development pressures, greater than in the rest of the RDOS region. The SVPS believes that a sustainable development strategy for the entire Similkameen Valley is needed and that a home grown plan is the best approach to that end. The Village Council endorsed the approach and the applications for funding for this endeavour.

Council also supported RDOS Director Hanson's (Electoral Area B) contribution to the Grist Mill's Canada Day celebrations event by matching his \$200 donation.

Council supported a request from the BC Coalition of People with Disabilities who are proposing a ban on the use of handheld communication devices while operating a motor vehicle.

Council also supported the Federation of Canadian Municipalities' (FCM) initiative to encourage municipalities to phase out the use and sale of bottled water in and on municipally owned facilities/properties. Council wanted to communicate that it promotes the drinking of clean and accessible public water, and promotes the use of reusable water containers wherever possible.

Council considered the request from the property owner at 626-12th Avenue to vary two subdivision requirements - one requiring underground electrical wiring and the other requiring a 1.2 metre width of pavement across both lots for a walkway surface. Council deferred the decision on the variance requests until a Special meeting to be held Monday, June 29, 2009 at 6:30 PM.

Council considered a proposal from Destination Osoyoos to provide Economic Development Services to the Village and Electoral Areas B and G. Council agreed that while the RDOS is looking at options for a regional approach to economic development, a decision regarding the proposal from Destination Osoyoos would be deferred.

Council passed a resolution to consider establishing a Green Advisory Committee in September 2009, when staff workloads may allow for the development of Terms of Reference and the soliciting for committee members.

Council passed a resolution to remove the current pea gravel impact material from the Pine Park playground and replace it with a more suitable material. This work will enable the Village to install an additional piece of playground equipment that is specifically designed for children with physical disabilities.

Council ratified a design concept for Memorial Park utilizing Spirit Square Grant funding from the Provincial Government. A public open house will be held on Monday June 29, 2009 from 5:00 to 6:30 PM in the Council Chamber at the Village office to present the concept drawings to the public and to discuss how that design will be integrated into the current uses of the park.

Council gave first and second readings to a Zoning Amendment bylaw that will change the zoning for a property in the Village on which a duplex sits, but which current zoning is single family residential.

- submitted



Pat LePoidevin performing on stage at the Vogue Theatre, Sackville, New Brunswick. - photo submitted

LePoidevin brings tour to town

On Monday, May 25th Patrick LePoidevin received his BA in History and Classics from Mt. Allison University in Sackville, New Brunswick. LePoidevin had the honour of piping in all 365 graduates and played one of his signature piping pieces, 'Thunderstruck' by AC/DC.

LePoidevin graduated from Princeton Secondary School in 2005 and has spent four years at Mt. Allison.

LePoidevin continues playing and

writing music and is presently on a cross Canada tour, promoting his latest CD Blue Tornadoes. On July 15th, he will return to his hometown to perform at Riverside Centre.

If you haven't heard his recent music you are in for a treat. LePoidevin has been honing his sound in Sackville for several years and is known for his ability to incorporate a wide assortment of instrumentation into his dynamic live shows.

His interest in music began at the age of 10 when he started playing the bagpipes while living in Scotland for a year. Recently, LePoidevin has started using a looper pedal, creating an eclectic fusion using many instruments such as the practice chanter, acoustic guitars, tin whistles, ukulele and vocals.

The concert at Riverside Centre will be at 8:00 PM, doors opening at 7:30 PM. For more information contact Sue at (250) 295-0527.



LePoidevin piping in his graduating class at the Mt Allison Convocation Ceremony in May. - photo submitted

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(est 1986)



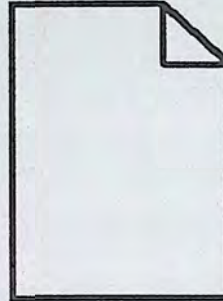
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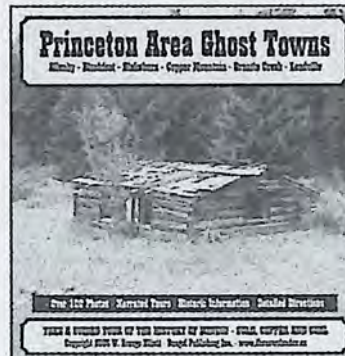
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Youth Ambassadors



Following a ceremony June 27th at Riverside Centre, Alyssa Larsen was selected the 2009/10 Princeton Youth Ambassador. Her program sponsor was Weyerhaeuser. *

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Karis Bergsma was named Vice Ambassador. Her sponsor was Reichert Sales & Service. *

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Makenzie Johnston was chosen Friendship Ambassador. She was sponsored by Princeton Co-Gen. *

Princeton 1860 - 2010

150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

Princeton's Great Delusion "A City of Cement That Failed to Stick" - Part 1



The Princeton Cement Plant while under construction. Photo: Princeton Museum

The headline from the September 9th, 1937, edition of The Similkameen Star says it all.

In the late fall of 1910, two strangers arrived in Town. The two men were called John Budd and John George and they said their interest was in starting a new industry in what at the time was booming Princeton. They announced a huge cement plant to be financed by the sale of stock and started an advertising campaign to that end. With the first money received from investors they bought one hundred acres of the Allison estate on One Mile Creek.

From a meeting of the Directors, held in Vancouver during November of that year, it was decided to start the construction immediately and complete as much

as possible that winter. Budd was appointed manager and he was to supervise the installation of the huge plant. The Company was to be known as The British Columbia Portland Cement Company.

Mr. P. W. Gregory surveyed for a town site at East Princeton and a spur line was to be built from the Great Northern rail track which had been laid into Princeton during 1909.

The Similkameen Star wrote "It is a very large proposition; Mr. George is an experienced cement manufacturer, (Which was very much to be doubted although John Budd certainly was) and conditions for manufacture at the One Mile are most favorable, all constituent materials being on the spot. It will employ between 300 and 400

men." The Great Northern Railway was reported to have examined the deposits and found them entirely satisfactory.

In conjunction with the Plant construction, it was also proposed to build an adjoining cement city, "A city of glamour and of gardens, with public baths, libraries, parks, a race track, wide streets and boulevards - all paved, a forty room hotel, stores, bungalows and cottages, all to plan and all of cement - a model city for a model industry".

A master street was to skirt the river, linking up with Billiter Avenue in the centre of Princeton and the road was to cross the Tulameen on a traffic bridge attach-
..... continued on Page 26

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Princeton Community Arts Council

NOTICE OF

ANNUAL GENERAL MEETING

6:30 PM

Wednesday, July 15, 2009

Riverside Centre

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Two shares issued July 18, 1911. Photo: Princeton Museum

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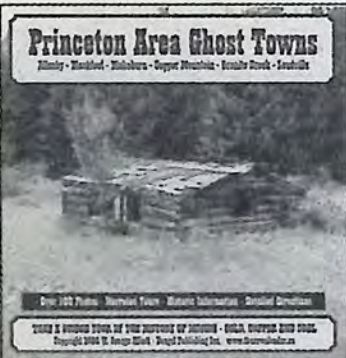
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(10:00 AM - 6:00 PM Tuesdays)
BOTTLE DEPOT SUMMER HOURS:
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Sunday, Monday, Wednesday, Thursday, Friday
10:00 AM - 6:00 PM - Saturday
CLOSED - Tuesday

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An interesting view of the new 'crossroads' sign outside Princeton Museum. Photo: Nick Mills

MP Alex Atamanenko

BC Southern Interior Monthly Report

Huge Conservative Deficit Has Roots In Liberal Decisions

Many Canadians were led to believe the Conservatives to be sound financial managers. October's federal election was won, in part, due to their 'reputation' of being good with the books and their bold prediction that Canada would not slip into recession.

In the November economic update, Conservatives were stating that Canada would have a surplus federal budget. January's federal budget projected deficit spending in record amounts. Finance Minister Flaherty's admission that Canada will incur a \$50 billion deficit for the fiscal year 2009 is not that surprising to anyone paying attention to the trajectory we have

been on for the last decade or more.

For many years, New Democrats have been criticizing the corporate agenda that has been championed by successive Liberal and Conservative governments. Cuts to the GST - a measure that really only helps people with incredibly large amounts of money to spend; cuts to corporate taxes that reward the business elite while saddling everyday Canadians with cost of running the country are among the items New Democrats have opposed. It was changes to the Employment Insurance system in the 1990s, however, that currently undermines our ability to take care of our most vulnerable and hand-off a fiscally viable country to

future generations.

Canadians well-remember the deficits that ballooned through the 1980s. Built on a foundation of Liberal largesse in 1970s and early 80s, Canadians at that time turned to the Conservatives under Brian Mulroney expecting sound fiscal management. What they received were record deficits.

The Liberals with three majority governments in the 1990s reversed the deficit trend by stealing billions from Public Service pensions, wiping out the huge Employment Insurance surplus, downloading federal responsibilities to provincial and territorial governments - pinching health care budgets to the point that it became difficult for Ottawa to enforce the Canada Health Act.

The budget surpluses that the Liberals railed off for years were financed by Employment Insurance premiums. These premiums no longer flowed into a pool that paid EI claims and had no effect on year to year budgets. This led people to believe we had surplus money available for corporate tax cuts and GST cuts. Short-sighted thinking that is biting us hard today.

Once the huge EI pool had evaporated there was no rainy-day fund for the conditions we are seeing today. The money was stolen with no consideration of future need. Now we must pay EI from general revenues and the current government is reluctant to do so. EI still takes in much more than it pays out.

It has become a source of general revenues and can now be considered a tax on working and employing our citizens and not the social safety net it was designed to be.

Keep food closer to home

There is a growing trend in Canada to buy food raised closer to where we live.

You may have heard of the "100 mile challenge", a program to remind you to buy foods produced within 100 miles of where you live.

Now is a good time to think about preserving that food.

Each year, as the strawberry and cherry crops come in, a lot of people begin making jam and canning fruit.

This can go on until October, as the produce of summer and early autumn are preserved for winter, whether through canning or freezing, making jam or pickles.

People living in the Similkameen Valley are blessed with excellent orchard and field producers. The crops of the Similkameen Valley range from tree fruits to melons to all kinds of vegetables.

If you have never done any can-

ning, or made any jam or pickles, it is a relatively simple process. All you need is the right equipment and materials, and some instructions. You can buy books on home preserving, or you can borrow them from your local library.

If you are lucky, you can have somebody to teach you, or show you, how to do it.

Preserving jars and lids are available in hardware stores and many grocery stores, but don't forget looking in yard sales or asking around.

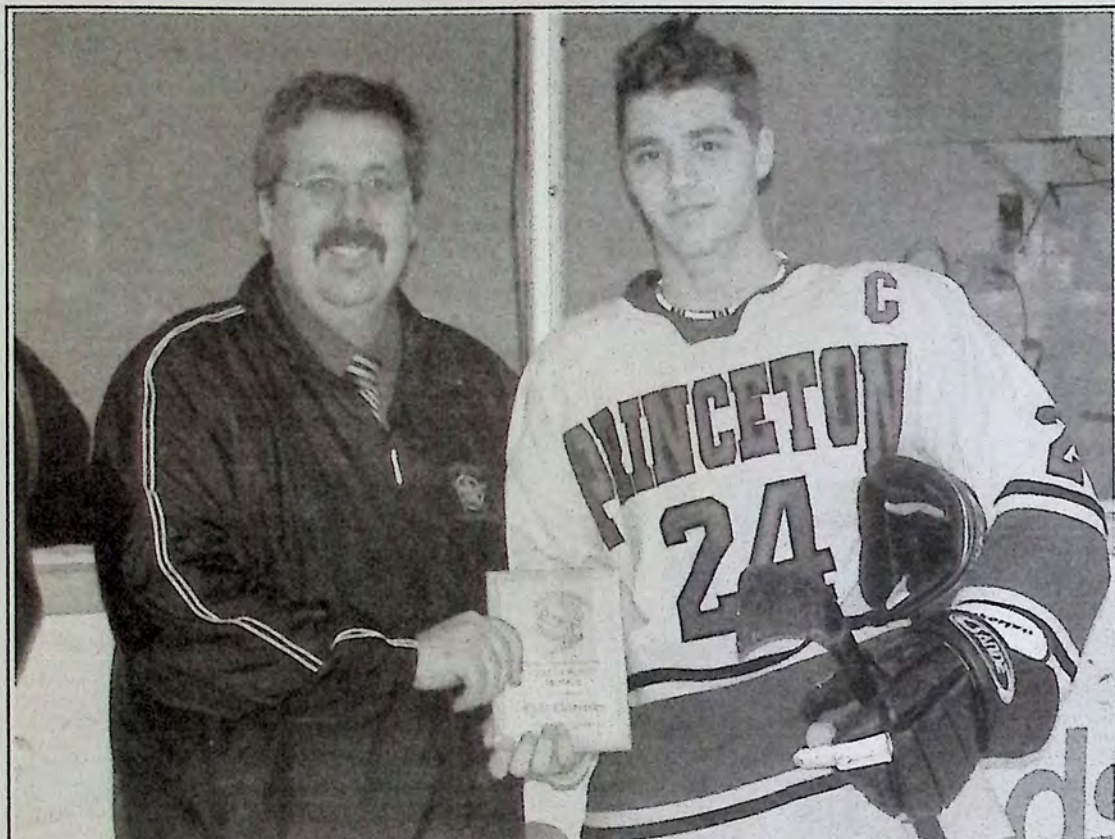
Many older people find the work too difficult and may be happy to give you some jars and equipment.

If you do some canning this summer, or make jam, jelly, pickles or sauces, don't forget to enter them in the Fall Fair. You might be surprised by winning a little cash and ribbons.



News Leader Entertainment

Similkameen News Leader TV Guide Listings - June 30 - July 6, 2009



Princeton Posse Assistant Coach Kevin Robillard, left, presented Posse team captain Kyle L'Arrivee with a plaque last season to mark his top Posse career points record. L'Arrivee received a scholarship at the end of the season from the KIJHL and has moved on to Mt. Royal College of the ACAC. *

Posse have a lot to be proud of

With plans in place for an upcoming 'Try Out Camp' in Princeton Arena set for August 13th to 15th, the KIJHL Princeton Posse have a long list of former players who have moved on to bigger and better things after playing in the Upper Similkameen Valley.

The list is impressive and includes ten Posse players from the 2005/06 season including: Connor McGarry who went to the Aurora Tigers OPHL (the team went on to win the Canadian National Jr. A title - Royal Bank Cup), Cody Devitt who went to Yorkton Terriers SJHL and signed pro with Rocky Mountain Rage CHL, Chad Hohmann who moved on to Seattle Thunderbirds, WHL, Jordan Kerr (Dauphin Kings, MJHL), Seth Armitage (Utah Valley State College, ACHA and was named Wolverines team MVP), David Wyman (Utah Valley State College, ACHA and was the Wolverines leading scorer and won the Top Player Award), Jamie Sparkes (Brockville Braves OPHL), Micah Anderson (Westside Warriors, BCHL), Brad Davis (Penticton Vees BCHL) and Jesse Tresierra (Langley Chiefs, BCHL).

From the 2006/07 Season a total of seven players advanced including Evan Karembelas (Powell River Kings, BCHL), Michael Bunting (Notre Dame Hounds SJHL), Mike Salter (Ft. William Stars, SJHL), Eric Galbraith (Salmon Arm BCHL), Jordan Lane (Moncton Wildcats, QMJHL), Liam Darragh (Chilliwack Bruins, WHL) and Alex Young (Alaska Avalanche NAHL).

From the 2007/08 line up a total of nine players made moves beyond the Posse including Brett Van Riper (Portage College Voyageurs, ACAC), Brad Goss (Langley Chiefs, BCHL and Team Rookie of Year Award winner), Andrew Walsh (Langley Chiefs, BCHL), Scott Ramsay (Chilliwack Bruins, WHL), Brenden Stephen (Everett Silvertips, WHL), Jeremy

Wagner (Hanover Indians, Pro Germany), Logan Johnston (Penticton Vees, BCHL), Dan Hillman (Lloydminster Bobcats, AJHL) and Micah Anderson (Fort William Stars, SIJHL).

Five players so far from last season have made the jump to bigger hockey organizations/opportunities including Kyle L'Arrivee (Mt. Royal College, ACAC who also received a \$500 scholarship from the KIJHL), Kieran Friesen (Edmonton Oil Kings, WHL), Dylan McKinlay (Chilliwack Bruins, WHL), Michael Garteig (Powell River Kings, BCHL) and Spencer Brooks (Portage College, ACAC).

The summer try-out camp costs \$150.00 per player and details are available by visiting the Posse website at www.princetonposse.org.

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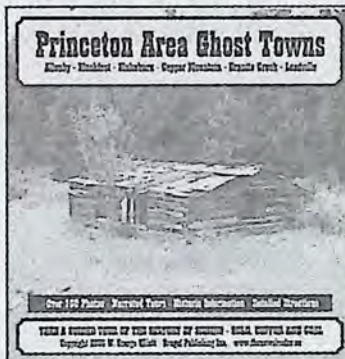
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PSS 2008/09 School Awards

Part 2 of the PSS Awards List - continued from last week

Junior Foods

Cookbook - Daysen Allen

Senior Foods

Cookbook - Katelynn Simpson

PE

Grade 8 Student of the Year - Drayden Larsen

Grade 9 Student of the Year

Dylan Lueke

Grade 10 - Ian McKenzie

Senior PE - Nic Yee

Golden Sneaker - Nic Yee

PE Leadership - Clayton Jung

PE Participation - Sam Kastor,

Jolene Goodman

PE Positive Attitude - Morgan Dobbs

Math

Grade 8 - Clayton Jung

Grade 9 - Taylor Robillard (Sem 1)

Alida Kleyn (Sem 2)

Grade 9 Essentials - Joey Sandli

Grade 10 Principles - Jessica Dennis

Grade 10 Applications - Des Cosman

Grade 10 Essentials - Cody Wharton, Ben Stout

Grade 11 Principles - Mitch Lamoureux

Grade 11 Applications - Rachel Hoiland

Grade 11 Essentials - Ben Brama

Grade 12 Principles - Tom Smyth

Science

Grade 8 - Drayden Larsen, Kirsten Haayer

Grade 9 - Alida Kleyn and Amanda Jackson (Sem 1)

Dylan Lueke and Jordan Palumbo (Sem 2)

Grade 10 - Megan Haayer and Calli Martin (Sem 1)

Rachel Halipchuk and Jessica Dennis (Sem 2)

Most Improved/Effort- Jamie Sloan

Biology 11 - Helen Bibby

Physics 11 - Helen Bibby, Mitch Lamoureux

Chemistry 11 - Helen Bibby, Mitch Lamoureux

Earth Science 11 - Brittany Folk, Julia Crimmon

Biology 12 - Tom Smyth

Chemistry 12 - Tom Smyth

Physics 12 - Helen Bibby, Tom Smyth, Mitch Lamoureux

Canadian Scholastic Achievement League - Amanda Koebel (1st place), Ben Beeler, Brayden McKenzie, Kendra Leiding, Julia Reichert, Morgan Dobbs, Clayton Jung

Socials

Grade 8 - Brayden McKenzie, Kirsten Haayer

Grade 9 - Alida Kleyn

Grade 10 - Rachel Halipchuk

Grade 11 - Helen Bibby

Honourable Mention - Daniel Howarth, Alyssa Larsen

History - Rachel Vinthers

English

Grade 8 - Kirsten Haayer, Drayden Larsen, Kendra Leiding

Grade 9 Highest Achievement - Alida Kleyn

Honourable Mention - Amanda Jackson

Grade 9 English (A) - Steven MacMurdo

Grade 10 Highest Achievement - Rachel Halipchuk

Grade 10 Honourable Mention - Jessy Coers, Calli Martin, Meagan Haayer, Kourtney McInroy

Grade 10 (A) - Ian McKenzie

Grade 11 Highest Achievement - Allyssa Larsen and Adrienne Dodd

Grade 11 Honourable Mention - Helen Bibby, Karis Bergsma

Grade 12 Honourable Mention - Jenny Laska

Literature 12 - Alyssa Larsen

French

Top Achievement Grade 8 - Clayton Jung

Top Achievement Grade 9 - Alida Kleyn

Grade 10 - Rachel Halipchuk

Grade 11 - Helen Bibby

Principal's List medal (A Average 3 out of 4 terms)

Grade 8 - Clayton Jung, Drayden Larsen, Kendra Leiding, Ciara Bamford, Kirsten Haayer

Grade 9 - Alida Kleyn, Mia Crawford, Kelsey Crawford, Taylor Robillard, Hannah Crawford, Graham Bibby, Dylan Lueke, Nathan Garton

Grade 10 - Rachel Halipchuk, Skylar Daponte, Megan Haayer, Jessica Dennis

Grade 11 - Helen Bibby, Alyssa Larsen, Danielle Hassell, Rachel Hoiland, Julia Crimmon, Mitch Lamoureux, Adrienne Dodd

Grade 12 - Tom Smyth

Gold List medals (B average 3 out of 4 terms)

Grade 8 - Des Dunbar, Brayden McKenzie, Eric Hardin, Angie Marshall, Emily Allison, Nathan Howarth, Austin Konst, Ally Myers, Dallas Earle, Michael White, Colby Williams, Paige Wiren, Emily MacMurdo, Derek

Northway

Grade 9 - Brady Johnson, Amanda Jackson, Amy Brewer, Tyler Johnson, Felicia Northway, Morgan Reichert, Courtney Hassell, Ayrton Hunt, Brandon Racich, Jordan Palumbo, Katelyn Powers, Josh Sanderson, Katrina Morton, Connor Butler

Grade 10 - Jordyn Senger, Jonas Montgomery, Alecia Dore, Kourtney McInroy, Brandon Artis, Katelin Marshall, Danielle Konst, Taylor Kostiuik, Ian McKenzie, David Brama, Mark Cimbaro, Des Cosman, Keaton Ashley, Calli Martin, Jessy Coers, Mackenzie Breiteneder, Bobby Gibb

Grade 11 - Alexa Musgrove, Cayden Johnson, Daniel Howarth, Caitlin Merenick, Makenzie Johnston, Kelcy Banks, Brittany Folk, Karis Bergsma, Chelsea Meadows, Joe Powell, Mariah Liddicoat, Cori White, Colton Williams, Levi Dube, Neko Bertucci, Lindsay Mervyn

Grade 12 - Miranda Newman, Carley Brewer, Rachel Vinthers, Allana Garton, Rachel Jung, Dawn Campbell, Brittani Martini, Rick Nicholls, Jenny Laska, Katelyn McInroy, Chelsie Clifton

Most Improved - sponsored by Princeton Rotary

Grade 8 - Kaitlyn Roberts, Franco Pontaletta

Grade 9 - Brittany Shopshire, Jesse Murray

Grade 10 - Alecia Dore, Dillon Jensen

Grade 11 - Milen Wilkinson, Neko Bertucci

Grade 12 - Robert Cathro, Dylan Bielby

Top Academic - The following 5 students/grade recognized as Top Academic Contenders. Winners to be determined upon final grades and will receive plaques with report cards

Grade 8 - Drayden Larsen, Clayton Jung, Kendra Leiding, Ciara Bamford, Kirsten Haayer

Grade 9 - Alida Kleyn, Taylor Robillard, Mia Hannah and Kelsey Crawford

Grade 10 - Rachel Halipchuk, Skylar Daponte, Jessica Dennis, Megan Haayer, Jordyn Senger

Grade 11 - Helen Bibby, Alyssa Larsen, Mitch Lamoureux, Julia Crimmon, Adrienne Dodd

Grade 12 - Tom Smyth, Miranda Newman, Brittani Martini, Carley Brewer, Rachel Vinthers

Top All Around - plaques

Grade 8 - Drayden Larsen, Kendra Leiding, Ciara Bamford

Grade 9 - Alida Kleyn (medals to Taylor Robillard, Mia Crawford, Kelsey Crawford, Hannah Crawford, Dylan Lueke)

Grade 10 - Rachel Halipchuk

Grade 11 - Helen Bibby, Alyssa Larsen, Mitch Lamoureux

Grade 12 - Bernice Wardle Award awarded to Miranda Newman at Grad.



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TUESDAY, JUNE 30, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News	(6:12) George S.	Thomas Lions	News (N)	News (N)	The First 48	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	Tennis: Wimbledon	Canada AM	Daily Planet	Henry's King	CityLine	CSI: Crime Scn	Power Play "Evasion"
6:30	Sanford																		
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Cheating: Tyler	The Early Show (N)	The First 48	Good Morning America (N)			Razzberry	Berenstain	Tennis: Wimbledon - Women's	Canada AM	Mighty Ships "Becruz"	(6:56) Phineas	The Tyra Banks Show	CSI: NY	The Outer Limits
7:30											Animal	Rolie Polie	Quarterfinals (Cont'd)						
8 AM	Cosby	Ad Pers	(7:58) III-5	Curious Sid	Florence; road trips; eat more and weigh less. (N)	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street	World Vision	Bo On Go	Timothy	Quarterfinals (Live)	Regis and Kelly	Super Ships	Weekend K. Possible	Rachael Ray	CSI: Crime Scn	North of 60
8:30	Cosby	What	Magic Bus								Busytown	Willa							
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford							Super Why!	Casper		Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: NY	Soap What
9:30	Fam. Feud										Gofrette	(9:25) Kid							
10 AM	Trivial	The Mom Show	Sid (10:26)	Sesame Street (El)	Tennis: Wimbledon - Women's	The Price Is Right (N)	The First 48	The View	Doc	Debt Part	Wilbur	(10:05) Viva	Tennis: Wimbledon - Women's	The View	How Do They Do It?	Mickey Handy	The O.C.	CSI: Crime Scn	What Videos
10:30											House	Doodlebob							
11 AM	Harvey	One House	Rolie Polie	Dragon	Quarterfinals (Same-day Tape)	Young and the Restless	The First 48	Paid Prog.	World Vision	(10:59) News (N)	Dinner	(10:50)	Quarterfinals (Cont'd)	Twice in a Lifetime	Earthshocks	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: Crime Scn	Videos Ellen
11:30	Harvey	Designer	Berenstain	Sit-Be Fit							Antiques	Ruby							
12 PM	Fresh Pr.	Chef	(12:01)	Charlie Rose							CBC News: Today (N)	Monster		Live talk	Mega Builders	(11:49) Weekend	CityLine	Movie: "Star Wars: Episode I --	Seinfeld
12:30	Fresh Pr.	Design U	(12:38)									Grossology							
1 PM	Still Std	Home to	Maggie	Painting	Days of our Lives (N)	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Hawks		Sue Thomas: F.B. Eye	American Loggers	Dragon Emperor	ER	The Phantom Menace	Raymond
1:30	Still Std	Parents	Daniel	Quilting								(1:40) Viva							
2 PM	King	Guiding Light (N)	Franklin	Barney	The Bonnie Hunt Show	Guiding Light (N)	The First 48	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)		King
2:30	King		BluesClues	WordWorld								Team	Interruption						Family Guy
3 PM	Seinfeld	How Do I Look? (N)	(3:01) Zoboomafo o "Pop Goes the Tiger"	Big World WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure	Off-Record	Dr. Phil	Destroyed	Replace Emperor	News (N)	Movie: "Star Wars: Episode II --	North of 60
3:30	Friends											Pokemon	Sports						
4 PM	MLB Baseball: Philadelphia	Debt Part	Deal No	Fetch! Ruff the Tiger	Judge J. Cyberchas	Judge J.	Oprah Winfrey	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	MLB Baseball: Tampa Bay	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	Attack of the Clones" (2002)	Power Play "Evasion"
4:30	Phillies at Atlanta Braves.	Deal No	George S.								Global	Mercer	OddParent	News (N)	How-Made	Suite Life	Privileged		Tube Tales
5 PM	Phillies at Atlanta Braves.	Deal No	George S.								Fortune	SpongeBob	Rays at Toronto Blue Jays. (Live)	News (N)	How-Made	Montana			Tube Tales
5:30	(Live)	Global	Mechanics	News-Lehrer	News (N)	News (N)	The First 48	News	(5:59) News (N)	ET Canada	News (N)	iCarly		News (N)	Destroyed	Zoey 101	Hitched or Ditched (N)	Police Chases	Seinfeld
6 PM	(Live)	Global	Mechanics	News-Lehrer	News (N)	News (N)	The First 48	News	(5:59) News (N)	ET Canada	News (N)	iCarly		News (N)	Destroyed	Life Derek			Raymond
6:30		News	Heads Up	Millionaire	Hollywood														
7 PM	Videos	El News	Gardens	Nova "Musical Minds"	Jeopardy!	The Doctors	The Cleaner	Entertain	Entertain	NCIS "Identity Crisis"	Coronatin	Survive This (N)	SportsCentre (Live)	Corner Gas	Deadliest Catch (N)	Wizards	Make Me a Supermodel	Police Chases	Family Guy
7:30	Seinfeld	The Insider	Eden		Fortune			The Insider	ET Canada		Jeopardy!			Hollywood		Montana			Seinfeld
8 PM	Family Guy	Inside Hollywood (N)	Mighty Movers	Nova scienceNO W (N)	America's Got Talent	NCIS "Caged"	The Cleaner	The Superstars (N)	NCIS "Caged"	NCIS "Caged"	Mercer	Malcolm		Canada-Model	Daily Planet	Suite Life	News (N)	Jesse James	Seinfeld
8:30	Family Guy										22 Minutes	Futurama	In Corner		Buzz	(8:35) News			Raymond
9 PM	Movie: "G.I. Jane" (1997)	Better Off	Masterpiece	Wild Lives	America's Got Talent	The Mentalist	The First 48	Better Off	The Office	The Office	Being Erica (DVS)	Family Biz	Boxing: Steve Molitor vs. Heriberto Ruiz.	The Mentalist	Destroyed	Wizards	(9:06) Jimmy Kimmel	Movie: "Sniper" (1993) Tom Berenger, Billy Zane.	Family Guy
9:30	Demi	Rocker										Prank Ptrl		Destroyed	Life Derek				King
10 PM	Moore	Ruby (N)	Coma	The Call of the Wild	Law & Order: SVU	(10:01) 48 Hours Mystery	The First 48	Primetime	NCIS "Identity Crisis"	News Hour Final (N)	National	Falcon Beach	Heriberto Ruiz.	Law & Order: SVU	Deadliest Catch	School Cory	(10:06) I Love New York		King
10:30		Ruby (N)																	Seinfeld
11 PM	Sanford	News (N)		C. Rose	Wimbledon	Late Show	The Cleaner	News	News (N)	ET Canada	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	How-Made	Suite Life	Judge	Jesse James	Married...
11:30	Montel W.											Ghost		News (N)	How-Made	Life Derek	News		King

WEDNESDAY, JULY 1, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News	Franklin	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	Razzberry	Rolie Polie	Tennis: Wimbledon	Valerie Pringle Has Left	Daily Planet	Henry's King	CityLine	CSI: Crime Scn	Family Guy
6:30	Sanford		George S.	Lions							Poko	Dewitt							Family Guy
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums!	Berenstain	Tennis: Wimbledon - Men's	Canada AM	Megabuilders	(6:56) Phineas	The Tyra Banks Show	CSI: NY "Sweet 16"	Bob-Doug
7:30											Animal	Rolie Polie	Quarterfinals (Cont'd)						
8 AM	Cosby	Ad Pers	(7:28) III-5	Curious Sid							Bo On Go	Timothy	Quarterfinals (Live)	Regis and Kelly	How-Made	Weekend K. Possible	Rachael Ray	CSI: Crime Scn	Bob-Doug
8:30	Cosby	What	Magic Bus								Busytown	Willa							
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford							Parliament Hill Canada Day Special	Casper		Regis and Kelly	Worst Handyman	Feet Tigger	News (N) City	CSI: NY	Family Guy
9:30	Fam. Feud											Dewitt							
10 AM	Trivial	The Mom Show	Sid (10:24)	Sesame Street (El)	Tennis: Wimbledon - Men's	The Price Is Right (N)	CSI: Miami	The View	Hospital for Sick Kids	Debt Part	Wilbur	(10:05) Viva	Tennis: Wimbledon - Men's	The View	Worst Handyman	Mickey Handy	The O.C.	CSI: Crime Scn	Family Guy
10:30											House	Doodlebob							
11 AM	Harvey	One House	Rolie Polie	Dragon	Quarterfinals (Same-day Tape)	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner	(10:50)	Quarterfinals (Cont'd)	Twice in a Lifetime	Worst Handyman	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: Crime Scn	Bob-Doug
11:30	Harvey	Designer	Berenstain	Sit-Be Fit							Antiques	Ruby							
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose							CBC News	Monster		Live talk	Worst Handyman	(11:49) Weekend	CityLine	Movie: "Star Wars: Episode II --	Bob-Doug
12:30	Fresh Pr.	Design U	(12:31)								70s Show	Grossology							
1 PM	Still Std	Home to	Maggie	Art Work	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Hawks		Stompin' Tom	Worst Handyman	Dragon Emperor	ER "Twenty-One Guns"	Attack of the Clones" (2002)	Family Guy
1:30	Still Std	Parents	Daniel	Sewing								(1:40) Viva							
2 PM	King	Guiding Light (N)	(1:55) BluesClues	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery	NHL Free Agent Frenzy	General Hospital (N)	Worst Handyman	(1:54) K. Possible	News (N)		Family Guy
2:30	King			WordWorld								Team							Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	(2:56) Zoboomafo o "Humans"	Big World WordGirl	Ellen DeGeneres Show	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living Food	Kid vs. Kat (3:29) Kid	SportsCentre (Live)	Dr. Phil	Worst Handyman	Replace Emperor	News (N)	Movie: "Star Wars: Episode III - Revenge of the Sith" (2005)	Bob-Doug
3:30	Friends																		
4 PM	MLB Baseball: Philadelphia	Debt Part	Deal No	Fetch! Ruff the Tiger	Judge J. Cyberchas	Judge J.	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	Kid vs. Kat	CFL Football: Toronto Argonauts at Hamilton Tiger-Cats. (Live)	Ellen DeGeneres Show	Daily Planet	(4:08) Life Derek	Law & Order: SVU		Bob-Doug
4:30	Phillies at Atlanta Braves.	Deal No	George S.								Global	League		News (N)	Treasure Quest (N)	Life Derek	Goode		Family Guy
5 PM	Phillies at Atlanta Braves.	Deal No	George S.								Fortune	League		News (N)	Life Derek	Surviving			Family Guy
5:30	(Live)	Global	Think Big	News-Lehrer	News (N)	News (N)	Dog the Bounty Hunter	News	(5:59) News (N)	ET Canada	News (N)	Family Biz		News (N)	Deadliest Catch	Life Derek	Japanese Game Show	UFC Fight for the Troops	Family Guy
6 PM	(Live)	Global	Think Big	News-Lehrer	News (N)	News (N)	Dog the Bounty Hunter	News	(5:59) News (N)	ET Canada	News (N)	Family Biz		News (N)	Deadliest Catch	Life Derek			Family Guy
6:30		News	Ocean	Millionaire	Hollywood														
7 PM	Videos	El News	The Golden Bridge	Railway Adv.	Jeopardy!	The Doctors	Tattoo	Entertain	Entertain	The Philanthropist (N)	Coronatin	Family Biz	CFL Football: Montreal Alouettes at Calgary Stampeders. (Live)	Corner Gas	Mayday "Gimli Glider"	Life Derek	Murdoch Mysteries		Bob-Doug
7:30	Seinfeld	The Insider			Fortune		Tattoo	The Insider	ET Canada		Jeopardy!	Family Biz		Hollywood		Life Derek			Bob-Doug
8 PM	Movie: "Excess Baggage"	Psych (N)	Cricket & the Meaning	(8:01) American Masters (N)	America's Got Talent	Christine Gary	Tattoo	Wipeout (N)	Wipeout (N)	Wipeout (N)	Dragon's Den	Prank Ptrl		So You Think You Can Dance	Daily Planet	Life Derek	News (N)		Bob-Doug
8:30												Prank Ptrl							
9 PM	(1997)	Richards	"Beethoven's Hair"	Parks	America's Got Talent	Criminal Minds	Dog	Japanese Game Show	(9:02) In Plain Sight (N)	(9:02) In Plain Sight (N)	Canada Rocks	Prank Ptrl		Mayday "Gimli Glider"	Wizards	(9:06) Jimmy Kimmel	Disorderly Con.		Family Guy
9:30		Kendra (N)																	
10 PM	In the Heat of the Night	Keep Up Candy Girl	Ravel's Brain	Wide Angle (N)	The Philanthropist (N)	CSI: NY	Dog the Bounty Hunter	Primetime: Crime (N)	The Philanthropist (N)	News Hour Final (N)	National	Movie: "King of the Camp" (2008, Musical)	SportsCentre (Live)	Rita MacNeil	Treasure Quest	School Cory	(10:06) Make Me a Supermodel	Disorderly Con.	Family Guy
10:30																			
11 PM	Sanford	News (N)	Hockey	Charlie Rose (N)	Wimbledon	Late Show	Tattoo	News	News (N)	ET Canada	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	Deadliest Catch	Suite Life	Judge	Movie: "Kill Switch"	Bob-Doug
11:30	Montel W.													News (N)	How-Made	Life Derek	News		Bob-Doug

Similkameen News Leader - Horoscopes

July 1 - 8, 2009

Aries - You want to do a lot of spending on home and family, but you just don't have the resources. Think about ways you can improve your house without spending a lot. Plan!

Taurus - You want to be going places, doing things and talking to people. You feel like you are not having enough fun out of life. Focus on career: all is not as it appears to be. Stay alert!

Gemini - This is a good time for a personal makeover. If you need to diet, do it now, because you are prone to putting on fat this month. You crave sweets! When it hits, eat fruit.

Cancer - This is a good time to break through the reserve you've been feeling, and start letting people know what you think. You may be feeling "nobody loves me" but it's not true.

Leo - Do some planning for good times ahead, but keep it to yourself. You need to be very cautious about what you tell others. Health is improving, but money is still tight. Persist.

Virgo - Career begins to improve this week. Don't assume all will go well. It could get really hectic in the weeks to come. Problems with older folk may crop up, too. Keep your head!

Libra - Sun shines on your career now, and it may mean some challenges, too. Meet them. You may not feel like learning but you must, so do it with vigour. Forget fun!

Scorpio - Partner may be deceptive, or confused. Don't take him/her for granted. There could be health or career problems with partner. Family life can become frustrating, confusing.

Sagittarius - Things ease up a bit in career, but it is still demanding. Things just run more smoothly this week. Partner and women friends are charming, generous. Enjoy!

Capricorn - Friends and partner are helpful, talkative. Young people could be too active or too full of ego. Young men may be rebellious, seeking thrills. Somebody tells you important fact.

Aquarius - Work, home, property, family: all demand your attention. Health is good now. You are not in the mood for fun, so don't push it. Be realistic or facts will slap your face.

Pisces - This is a good time of year for you when it comes to enjoying life. Take time to relax at home or with family. You feel like renovating, redecorating, or just making home nice.

Similkameen News Leader - Recipe Corner

Recipe #278

Thai Peanut Marinade

Make it a nutty and saucy summer!

Recipe Box: Thai Peanut Marinade

(NC)—Want to do something special for your next family get-together? Why not barbecue up some Thai food at a fraction of the cost of takeout. This easy-to-make Thai marinade with peanut butter is sure to be a crowd pleaser. The marinade is just as delicious on chicken and pork as it is on flank steak and shrimp. More great recipes can be found online at www.peanutbureau.ca.

Prep time: 5 minutes

Makes about 2 1/4 cups (550 mL), enough for 6 to 8 chicken breasts or about 1 1/2 lbs (750 g) shrimp

Ingredients:

- 1 400 mL can coconut milk (regular or light) 1
- 1/2 cup peanut butter 125 mL
- 2 tbsp red or green curry paste 30 mL
- Juice of 1 lime
- 2 tbsp fish sauce 30 mL
- 2 tsp granulated sugar 10 mL
- 1/4 cup chopped coriander 50 mL

Directions:

In a medium bowl, whisk coconut milk with peanut butter, curry paste, lime juice, fish sauce and sugar. Then stir in coriander. For best flavour, before marinating make shallow slashes in chicken, pork or beef. Just before barbecuing remove meat from marinade, shake off excess. Sprinkle with salt and grill.

- News Canada

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Tuesday Movies

AFTERNOON

12:00 pm SPIKE (44) ★★ "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)

3:00 pm SPIKE (44) ★★½ "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen

from political separatists. (In Stereo)

EVENING

9:00 pm WTBS (3) ★★★ "G.I. Jane" (1997, Drama) Demi Moore. A female Navy SEALs recruit completes rigorous training under a tough officer's command. (D)

SPIKE (44) ★★ "Sniper" (1993, Action) Tom Berenger. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets. (In Stereo)

Similkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.

Wednesday Movies

AFTERNOON

12:00 pm SPIKE (44) ★★½ "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists.

3:00 pm SPIKE (44) ★★½ "Star Wars: Episode III - Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader.

Alicia Silverstone. A thief ruins a young woman's attempt to get ransom from her wealthy father by faking her own kidnapping. (D)

9:00 pm KNOW (5) ★★½ "Beethoven's Hair" (2005, Documentary) Premiere. Re-enactments and depictions of the composer follow a snipped clump of his hair, taken after his death in 1827. (D)

10:00 pm YTV (18) "King of the Camp" (2008, Musical) Justin Stadnyk. A kitchen worker at a summer camp competes in wakeboarding and tries to win the heart of a counselor. (In Stereo) (D)

11:00 pm SPIKE (44) "Kill Switch" (2008, Action) Steven Seagal. A homicide detective resorts to violence to nab a cunning inner-city killer.

EVENING

8:00 pm WTBS (3) ★½ "Excess Baggage" (1997, Comedy-Drama)

Thursday Movies

AFTERNOON

12:00 pm SPIKE (44) ★★★ "Star Wars: Episode III - Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader.

3:00 pm SPIKE (44) ★★★ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule.

EVENING

7:00 pm WTBS (3) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. (D)

9:30 pm WTBS (3) ★★ "Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average. (D)

Friday Movies

AFTERNOON

12:00 pm SPIKE (44) ★★★ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule.

3:00 pm SPIKE (44) ★★★ "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy.

galaxy.

7:00 pm YTV (18) ★★★ "The Sisterhood of the Traveling Pants" (2005, Comedy-Drama) Amber Tamblyn. Four teenage friends keep in touch during their summer apart by passing along a cherished pair of blue jeans. (In Stereo) (D)

7:30 pm FAM (26) ★★ "The Thirteenth Year" (1999, Drama) Chez Starbuck. As a boy approaches adolescence he grows scales and fins, communicates with fish and breathes underwater. (In Stereo) (D)

9:00 pm WTBS (3) ★★ "I Am Sam" (2001, Drama) Sean Penn. A man with the mental capacity of a child hires a lawyer to regain custody of his daughter. (D)

FAM (26) ★★ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest. (In Stereo) (D)

10:32 pm FAM (26) ★★★ "The Rookie" (2002, Drama) Dennis Quaid. A high-school baseball coach makes it to the major leagues as a middle-aged relief pitcher. (In Stereo) (D)

EVENING

6:00 pm WTBS (3) ★★ "I Am Sam" (2001, Drama) Sean Penn. A man with the mental capacity of a child hires a lawyer to regain custody of his daughter. (D)

SPIKE (44) ★★★ "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the

THURSDAY, JULY 2, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News	Franklin George S.	Thomas Lions	News (N)	News (N)	Cold Case Files	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	(4:00) Tennis: Wimbledon - Women's Semifinals. (Live)	Canada AM	Daily Planet	Henry's King	CityLine	CSI: Crime Scn	Traders
7 AM	In the Heat of the Night	Room That News	Martha (7:28) Dora the Explorer	Arthur (El) Martha Curious	Today Virtual shoppers: Lou Gehrig; male covers; Tyrese Gibson; Everyone Has a Story.	The Early Show (N)	Cold Case Files	Good Morning America (N)				Berenstain Animal	Berenstain Rolie Polie			(6:56) Phineas	The Tyra Banks Show	CSI: NY "Silent Night"	The Outer Limits
8 AM	Cosby	Ad Pers	Magie Bus	Sid			Cold Case Files			100 Huntley Street	Bo On Go	Timothy			Deadliest Catch	Weekend K. Possible	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Casper (9:25) Kid	Tennis: Wimbledon - Women's Semifinals. From the All-England Lawn Tennis and Croquet Club in	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: NY "Obsession"	What
10 AM	Trivial	The Mom Show	Noonbory (10:25)	Sesame Street (El)		The Price Is Right (N)	Crime 360	The View	Doc "Evaluate This"	Debt Part House	Wilbur	(10:05) Viva Erky Perky	The View	Treasure Quest	Mickey Handy	The O.C.	CSI: Crime Scn	What Videos	
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Cold Case Files	Paid Prog.	World Vision	(10:59) News (N)	Dinner	(10:50) Antiques	Ruby	Twice in a Lifetime	Mega Builders	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: Crime Scn	Videos Ellen
12 PM	Fresh Pr.	Chef	(11:57)	Charlie Rose	Tennis: Wimbledon - Women's Semifinals. From the All-England Lawn Tennis and Croquet Club in	News (N) Bold	Cold Case Files	All My Children (N)	News (N)	'70s Show	CBC News: Today (N)	Monster	Wimbledon, England.	Leona Bold	Mayday "Gimli Glider"	(11:49) Weekend	CityLine	Movie: "Star Wars: Episode III - Revenge of the Sith" (2005)	Seinfeld
1 PM	Still Std	Home to Parents	Maggie Sagwa	Painting Quilting	Semifinals. From the All-England Lawn Tennis and Croquet Club in	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Hawks (1:40) Viva	Sue Thomas: F.B. Eye	Austin Stevens	Dragon Emperor	ER "Bloodline"	News (N)	Movie: "Star Wars: Episode III - Revenge of the Sith" (2005)	Raymond
2 PM	King	Guiding Light (N)	(1:57) BluesClues	Barney WordWorld	Wimbledon, England.	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Steven and Chris	Mystery Team	Horn Interruptio	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	Just Shoot	Family Guy
3 PM	Seinfeld	Clean	(2:57) Zoboonafo o "Stinky"	WordGirl			CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure Pokemon	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	Movie: "Star Wars IV: A New Hope" (1977) Mark Hamill, Harrison Ford.	North of 60
4 PM	Family Guy	Debt Part	(DVS)	Fetch! Ruff	Oprah Winfrey	Crime 360	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	Interruptio	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	Hamill, Harrison Ford.	Traders	
5 PM	Friends	News (N)	Martha (5:34) Business	BBC News	News (N) NBC News	News (N) CBS News	Crime 360	ABC News	Global	(4:59) News (N)	Simpsons Fortune	SpongeBob	WreckCage (N) CFL Pre	Mega Heist	Suite Life Montana	30 Rock Scrubs	Ford.	Inside Hollywood	
6 PM	Friends	Global	Creatures	News-Lehrer	News (N) Millionaire	News (N) Hollywood	Crime 360	News	(5:59) News (N)	ET Canada	News (N)	iCarly	CFL Football: Winnipeg Blue Bombers at Edmonton Eskimos. (Live)	News (N)	Wizards	Law & Order: UK (N)	TNA IMPACT! (N)	Seinfeld	
7 PM	Movie: "Ace Ventura: Pet Detective" (1994)	El News	Eden	Year-Telescope	Jeopardy! Fortune	The Doctors	Crime 360 "Overkill"	Entertain The Insider	Entertain ET Canada	Harper's Island "Whap"	Coronatn Jeopardy!	Family Biz Prank Ptrl	Blue Bombers at Edmonton Eskimos. (Live)	Corner Gas Hollywood	MythBusters	Wizards Montana	Law & Order: UK (N)	Seinfeld	
8 PM	(1994)	How I Met "Til Death	Voyages of Discovery	Midsomer Murders	30 Rock The Office	CSI: Miami	Crime 360	Samantha Mother	Bones "Fire in the Ice"	Bones "Fire in the Ice"	Doc Zone "Wild Horse Redemption"	Malcolm Futurama	Eskimos. (Live)	CSI: Miami	Daily Planet	Suite Life Buzz	News (N) (8:35) News	4th and Long	Seinfeld Raymond
9 PM	Seinfeld	True Hollywood Story	Art Lost Gods	MI-5	The Office (9:31) 30	CSI: Crime Scn	Crime 360	Grey's Anatomy	The Office	The Office (9:31) The	The Office	In Real Life	Sports Nike Golf Invitational	You Can Dance	Mega Heist	Wizards Life Derek	(9:06) Jimmy Kimmel	MANswers Game	Family Guy
10 PM	Movie: "Dead Man on Campus" (1998)	The Beast (N)	Yousuf Karsh	(10:01) Soundstage (N)	The Listener (N)	(10:01) The Mentalist	Crime 360	(10:02) Private Practice	Harper's Island "Whap"	News Hour Final (N)	National	Falcon Beach "Vigil"	Poker	The Listener (N)	School Cory	(10:06) Hell's Kitchen	MANswers	Seinfeld	
11 PM	Montel W.	News (N)	On Screen	Charlie Rose (N)	Wimbledon	Late Show	Crime 360 "Overkill"	News (11:35)	Entertain ET Canada	(11:05) The Hour	Ghost	SportsCentre (Live)	News (N)	MythBusters	Suite Life Life Derek	News (N)	MANswers	Just Shoot	

FRIDAY, JULY 3, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News	Franklin George S.	Bob Build Lions	News (N)	News (N)	The Cleaner	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	(4:00) Tennis: Wimbledon - Men's Semifinals. (Live)	Canada AM	Daily Planet	Henry's King	CityLine	CSI: Crime Scn	Adventures of Sinbad
7 AM	In the Heat of the Night	Room That News	Martha (7:28) Dora the Explorer	Arthur (El) Martha Curious	Today The 4th of July; Rob Thomas; summer reading. (N)	The Early Show (N)	The Cleaner	Good Morning America (N)				Berenstain Animal	Berenstain Rolie Polie			(6:56) Phineas	The Tyra Banks Show	CSI: NY	The Outer Limits
8 AM	Cosby	Ad Pers	Magie Bus	Sid			CSI: Miami			100 Huntley Street	Bo On Go	Timothy			MythBusters	Weekend K. Possible	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Casper (9:25) Kid	Tennis: Wimbledon - Men's Semifinals. From the All-England Lawn Tennis and Croquet Club in	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: NY	Tube Tales
10 AM	Trivial	The Mom Show	Sid (10:25)	Sesame Street (El)		The Price Is Right (N)	CSI: Miami	The View	Doc	Debt Part House	Wilbur	(10:05) Viva Erky Perky	The View	Austin Stevens	Mickey Handy	The O.C.	CSI: Crime Scn	What Videos	
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	CSI: Miami	Paid Prog.	World Vision	(10:59) News (N)	Dinner	(10:50) Antiques	Ruby	Twice in a Lifetime	Mighty Ships "Maersk"	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: Crime Scn	Videos Ellen
12 PM	Fresh Pr.	Chef	(11:58)	Charlie Rose	Tennis: Wimbledon - Men's Semifinals. From the All-England Lawn Tennis and Croquet Club in	News (N) Bold	The Cleaner	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	Wimbledon, England.	Pink: etalk Bold	Mega Heist	Phineas Suite Life	CityLine	Movie: "Star Wars IV: A New Hope" (1977) Mark Hamill, Harrison Ford.	Seinfeld
1 PM	Still Std	Home to Parents	Maggie Sagwa	Wylands Scrapbook	Semifinals. From the All-England Lawn Tennis and Croquet Club in	As the World Turns (N)	The Cleaner	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Hawks (1:40) Viva	Sue Thomas: F.B. Eye	Austin Stevens	Wizards So Raven	ER "Graduation Day"	News (N) Ford.	Frasier	
2 PM	King	Guiding Light (N)	(1:58) BluesClues	Barney WordWorld	Wimbledon, England.	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Steven and Chris	Mystery Team	Horn Interruptio	General Hospital (N)	MythBusters	Cory Montana	News (N)	Frasier	
3 PM	Seinfeld	Clean	(2:57) Zoboonafo o "Green Creatures"	WordGirl			CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure Pokemon	Off-Record Sports	Dr. Phil	How-Made	(3:12) Jonas	News (N)	Movie: "Star Wars V: The Empire Strikes Back" (1980) Mark Hamill.	North of 60
4 PM	Family Guy	Debt Part	(DVS)	Biz KidS	Oprah Winfrey	Crime 360	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	Interruptio	Ellen DeGeneres Show	Daily Planet-New Brazil	Wizards Suite Life	Law & Order: SVU	Strikes Back" (1980) Mark Hamill.	Adventures of Sinbad	
5 PM	Payne	News (N)	Martha (5:33) Business	BBC News	News (N) NBC News	News (N) CBS News	CSI: Miami	ABC News	Global	(4:59) News (N)	Simpsons Fortune	SpongeBob	WreckCage (N) CFL Pre	Worst Handyman	Suite Life Montana	Man Tracker	Hamill.	TV Made	
6 PM	Movie: "I Am Sam" (2001) Sean Penn, Michelle Pfeiffer.	Global	Heads Up Time	News-Lehrer	News (N) Millionaire	News (N) Hollywood	CSI: Miami	News	(5:59) News (N)	ET Canada	News (N)	iCarly Jackson	CFL Football: BC Lions at Saskatchewan Roughriders. (Live)	News (N)	American Loggers	Zoey 101 Jonas (N)	Cowboys (N)	Movie: "Star Wars V: The Empire Strikes Back" (1980) Mark Hamill.	Seinfeld
7 PM	Penn, Michelle Pfeiffer.	E News	The Secret Liberators	Wash Wk McLaughlin	Jeopardy! Fortune	The Doctors	The Cleaner	Entertain The Insider	Entertain ET Canada	NUMB3RS "Velocity"	Coronatn Jeopardy!	Movie: "The Sisterhood of the Traveling Pants" (2005)	Saskatchewan Roughriders. (Live)	Corner Gas Hollywood	Dino Mummy	Sonny	Out There	Movie: "The Thirteenth Year" (1999)	Seinfeld
8 PM	Seinfeld	You Smarter?	Poirot "Problem at Sea"	Bill Moyers Journal (N)	The Chopping Block (N)	Ghost Whisperer	Criminal Minds	Surviving Goode	The Unit "M.P.s"	The Unit "M.P.s"	Air Farce Laughs	Traveling Pants (2005)	Sports Castle	Daily Planet-New Brazil	Ghost Whisperer	News (N) (8:35) News	News (N)	Raymond	
9 PM	Movie: "I Am Sam" (2001) Sean Penn, Michelle Pfeiffer.	THIS Investigates (N)	Life Begins	NOW Served	Dateline NBC	Flashpoint	CSI: Miami	Jim Jim	Mental "Rainy Days"	Mental "Rainy Days"	Wild Roses (DVS)	Prank Ptrl	NASCAR Racing	Castle	American Loggers	Movie: "Going to the Mat" (2004)	(9:06) Jimmy Kimmel	Pros vs. Joes	Family Guy
10 PM	Penn, Michelle Pfeiffer.	20/20	(10:02) King of the Hill	P.O.V. "New Muslim Cool" (N)		NUMB3RS "Velocity"	CSI: Miami	20/20	NUMB3RS "Velocity"	News Hour Final (N)	National	Family Biz Adrenaline	Poker	Spectacle: Elivs	Worst Handyman	(10:32)	PartyPoker	Pros vs. Joes	Frasier
11 PM	Montel W.	News (N)	Cricket & the Meaning	Hurricane	Wimbledon	Late Show	The Cleaner	News (11:35)	News (N)	(11:03) ECW (N)	Stampede Wrap Up	Mystery Smallville	SportsCentre (Live)	News (N)	Dino Mummy	Movie: "The Rookie" (2002)	Judge News	Pros vs. Joes	Married... Amer Dad

News Leader Puzzle Page

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #205 - Rated Easy

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

CHALLENGE #206 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2009 Carter Boswell, Princeton, BC and published by Similkameen News Leader

Saturday Movies

MORNING

9:00 am WTBS (3) ★★½ "Freaky Friday" (1977, Comedy) Barbara Harris. A sloppy teenager and her overworked mother magically trade personalities for a day.

AFTERNOON

12:00 pm FAM (26) "You Wish!" (2003, Fantasy) A.J. Trauth. An exasperated teen makes a wish that he didn't have a younger brother, and awakens to find that it has come true. (In Stereo) (E)
 SPIKE (44) ★★★★★ "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy.

1:30 pm FAM (26) "Minutemen" (2008, Comedy) Jason Dolley. Three high-school outcasts face unexpected problems when they use a time machine to change the past. (In Stereo) (E)
 2:00 pm KXLY (10) ★★½ "Signs" (2002, Suspense) Mel Gibson. With the help of his brother, a Pennsylvanian investigates the appearance of 500-foot-diameter circles in his crop fields. (In Stereo) (E)

3:00 pm SPIKE (44) ★★½ "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity.

Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity.

4:00 pm YTV (18) "Pokémon: Destiny Deoxys" (2004, Fantasy) Animated. Rayquaza fights a menacing creature that came from a meteor. (In Stereo) (E)

5:00 pm WTBS (3) ★★½ "Patriot Games" (1992, Suspense) Harrison Ford. An IRA terrorist vows revenge against the ex-CIA agent who killed the man's brother and thwarted an attack on royalty. (E)

EVENING

6:00 pm CITV (12) ★★ "A Wrinkle in Time" (2003, Adventure) (Part 2 of 2) Alfre Woodard. Three celestial beings help two children travel through time to find their father and his lab partner. (In Stereo) (E)

CITY (29) ★★ "Moving Malcolm" (2003, Comedy) Elizabeth Berkley. A lonely author agrees to help relocate his ex-fiancee's father to a new home, then forms a bond with the cantankerous oldster. (E) (DVS)

SPIKE (44) ★★½ "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity.

7:00 pm BCTV (11) ★★ "A Wrinkle in Time" (2003, Adventure) (Part 2

of 2) Alfre Woodard. Three celestial beings help two children travel through time to find their father and his lab partner. (E)

7:30 pm WTBS (3) ★★½ "The Door in the Floor" (2004, Drama) Jeff Bridges. A children's author seduces women when painting their nude portraits, while his wife has an affair with a teen. (E)

8:00 pm VTV (22) "Heaven's Fury" (2003, Action) Joanna Pacula. A meteorologist and her family work feverishly to find a way to extinguish a storm that threatens to destroy mankind. (In Stereo) (E) (DVS)

9:00 pm FAM (26) ★★½ "Hero at Large" (1980, Comedy) John Ritter. Premiere. An actor costumed as Captain Avenger foils a grocery-store robbery and becomes a sensation. (In Stereo)

9:30 pm WTBS (3) ★★½ "A Thousand Acres" (1997, Drama) Michelle Pfeiffer. An aging farmer's irrational actions lead to revelations and divisions among his three daughters. (E)

10:38 pm FAM (26) ★★½ "The Mighty" (1998, Drama) Sharon Stone. Friendship develops as a physically handicapped youngster teaches a fellow outcast how to read. (In Stereo) (E)

Sunday Movies

MORNING

8:00 am WTBS (3) ★★½ "The Door in the Floor" (2004, Drama) Jeff Bridges. A children's author seduces women when painting their nude portraits, while his wife has an affair with a teen. (E)

10:00 am WTBS (3) ★★½ "Stuck on You" (2003, Comedy) Matt Damon. Conjoined twins go to Hollywood and land a role on a television show starring Cher. (E)

AFTERNOON

12:00 pm WTBS (3) ★★ "Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970. (E)

FAM (26) "The Luck of the Irish" (2001, Fantasy) Ryan Merriman. A teenager must battle for a gold charm to keep his family from being controlled by an evil leprechaun. (In Stereo) (E)

1:30 pm FAM (26) ★★ "Full-Court Miracle" (2003, Drama) Alex D. Linz. Jewish schoolboys convince a

former college-basketball player to coach their winless team. (In Stereo) (E)

2:00 pm WTBS (3) ★★½ "Alfie" (2004, Comedy-Drama) Jude Law. A Londoner continues his womanizing ways while working as a chauffeur in New York. (E)

3:00 pm VTV (22) "Playing House" (2006, Romance-Comedy) Colin Ferguson. A charming man tempts a woman plunged into domesticity after a surprise pregnancy. (In Stereo) (E) (DVS)

4:00 pm WTBS (3) ★★½ "American Beauty" (1999, Comedy-Drama) Kevin Spacey. A man in midlife crisis and at odds with his wife begins working out to impress his teenage daughter's friend. (E)

YTV (18) ★★ "Thunderbirds" (2004, Science Fiction) Bill Paxton. An adventurer and his family battle a criminal mastermind after he attacks their base and plans to rob the world's largest banks. (In Stereo) (E)

5:00 pm CBC (13) ★★½ "Flicka" (2006, Drama) Alison Lohman. A teenager in modern-day Wyoming tames a mustang and dreams of, one day, running her father's ranch. (In Stereo) (E)

EVENING

6:30 pm WTBS (3) ★★½ "American Beauty" (1999, Comedy-Drama) Kevin Spacey. A man in midlife crisis and at odds with his wife begins working out to impress his teenage daughter's friend. (E)

8:00 pm KNOW (5) "Second Time Around" (1991, Mystery) John Thaw. A former police commission-

er's murder has apparent ties to an unsolved case Inspector Morse worked on 18 years earlier. (E)

9:00 pm WTBS (3) ★★ "Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970. (E)

KHQ (7) VTV (22) ★★½ "The Bourne Supremacy" (2004, Suspense) Matt Damon. A CIA chief sends a senior operative to take down Jason Bourne when it appears the rogue agent is behind the deaths of two people. (In Stereo) (E)

CBC (13) ★★½ "Blood Diamond" (2006, Adventure) (Part 1 of 2) Leonardo DiCaprio. Two men, a white South African mercenary and a black Mende fisherman, join in a common quest to recover a rare gem that could change their lives. (In Stereo) (E)

FAM (26) ★★ "Blank Check" (1994, Comedy) Brian Bonsall. An 11-year-old cashes a crook's check for \$1 million and becomes the envy of his family. (In Stereo) (E)

10:32 pm FAM (26) ★★½ "Curly Sue" (1991, Comedy-Drama) James Belushi. A con man targets a corporate lawyer and steals her heart with his adorable adopted daughter. (In Stereo) (E)

11:10 pm CBC (13) ★★½ "Blood Diamond" (2006, Adventure) (Part 2 of 2) Leonardo DiCaprio. Two men, a white South African mercenary and a black Mende fisherman, join in a common quest to recover a rare gem that could change their lives. (In Stereo) (E)

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SATURDAY, JULY 4, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Paid Prog.	News (6)		America	Tennis: Wimbledon - Women's Fly Tying	(5:00) The Early Show (N)	Sell House	Paid Prog.	Tennis: Wimbledon	Tennis: Wimbledon - Women's Final (6)	Super Why!	Being Ian	SportsCentre (6)	OWL/TV Kingdom	Combat School (6)	Overdrive	CHIN	TNA	Soap
6:30 AM	Paid Prog.																	IMPACT!	Soap
7 AM	Paid Prog.	Ad Pers	Martha	MotorWeek	Final. From the All-England	Cake (6)	Sell House	Good Morning America			Turbo	Pretty Cure	Fishing	Anne Grn	American Loggers	(7:04)	Eye on Asia		Friends
7:30 AM	Paid Prog.	Fishing	Clifford	Travel	Horseland						Animal	Rollbots	Motoring	Kids		Cory			Friends
8 AM	Videos	Foodies	George S.	Woodsmith	Lawn Tennis and Croquet Club in Wimbledon, England. (Live) (6)	Dino	Flip This House (6)	Emperor	News (N) (6)	News (N) (6)	Razberry	SpongeBob	NASCAR Now (N) (6)	Jeff	Machines of Malice	Suite Life School	Polish Studio (6)	Hrsepwer	Friends
8:30 AM	Videos	Driving TV	Magic Bus	Hometime		Sushi Pack		Replace			Goldfish	Kid vs. Kat		Pringle					Friends
9 AM	Movie: "Freaky Friday" (1977) Barbara Harris.	Paid Prog.	(8:58)	Workshop	Wimbledon, England. (Live) (6)	Strawberry	Flip This House (6)	So Raven		Driving TV	Calgary Stampede Parade (N) (6)	SpongeBob	World Poker Tour (Taped)	Pringle	How-Made	Zoey 101	Amazing	Trucks!	Friends
9:30 AM		Paid Prog.	(9:28)	Old House		Care Bears		So Raven		Fishing		Casper		Alice	How-Made	So Raven	Downright	Xtreme 4x4	Friends
10 AM	El News	Maggie-Beast	Ask This	Test Kitch	Homeown	Obsessed (6)	Montana	Fishn	Three Takes (6)			OddParent		Amnesty	The Detonators (6)	Montana	CityLine (6)	Police Chases	Friends
10:30 AM	Daily 10				Ron H.		Suite Life	Fishing				League		Child Fund					Friends
11 AM	Fresh Pr.	To Be Announced	Rolie Polle	Christina	Paid Prog.	NCAA Spring	Obsessed "Traci, Judi"	Rangers	Three Takes (6)	Fishing	Track and Field: IAAF Golden League	Transform	Boxing (6)	PLAN Canada (6)	Mayday (6)	Sonny	Paid Prog.	Police Chases	Friends
11:30 AM	Fresh Pr.	Announced	Paddington	Primal Grill	Paid Prog.			Rangers		Big Coast		Wolverine				Suite Life	Paid Prog.		Friends
12 PM	Friends	To Be Announced	(11:58) Lily	Cooking	Paid Prog.	PGA Tour Golf: AT&T National -- Third Round. (Live) (6)	The Cleaner (6)	Paid Prog.	News (N)	Paid Prog.				Daily Planet (6)	Worst Handyman	Movie: "You Wish!" (2003) (6)	Canadian Citizenship	Movie: "Star Wars V: The Empire Strikes Back" (1980) Mark Hamill.	Friends
12:30 PM	Fraser		(12:28) Miss	Garden	Motorcycle Racing				PGA Tour Golf: AT&T National -- Third Round. (Live) (6)	Simpsons		Dinosaur					King		Friends
1 PM	King	To Be Announced	(1:04) Taste	Antiques Roadshow	Beach Volleyball: AVP Crocs Tour		The Cleaner (6)	Paid Prog.	News (N)	Simpsons	Equestrian: ATCO Power Queen Elizabeth II Cup.	Dragon	Rugby: 2011 World Cup Qualifier	Let's Shop (6)	Animals		King		Friends
1:30 PM	King		Mechanics					Hometime		Simpsons		Monster		Animals	Movie: "Minutemen" (2008) (6)	EP Canada	Reviews		Friends
2 PM	Seinfeld	To Be Announced	(2:02)	History Detectives (6)			CSI: Miami (6)	Movie: "Signs" (2002) Mel Gibson. (6)	Simpsons	Family Guy	To Be Announced	Team	Sports	Twice in a Lifetime (6)	Qubit (N)	Suite Life	News (N)	Movie: "Star Wars VI: Return of the Jedi" (1983) Mark Hamill.	Friends
2:30 PM	Seinfeld		Fetch! Ruff						Simpsons	Family Guy		Mystery	NASCAR Racing: Sprint Cup -- Coke Zero 400. From Daytona International Speedway in Daytona Beach, Fla. (6)	Car	MythBusters (6)				Friends
3 PM	Family Guy	To Be Announced	Upside	Saddle Up	Athlete	Paid Prog.	CSI: Miami (6)		Simpsons	Family Guy				First Story	Cash Cab	Wizards	Without a Trace (6)		Friends
3:30 PM	Family Guy		(3:25) Little	Trek	Veggie	Paid Prog.			Simpsons	Family Guy				etalk (6)	Destroyed	Sonny	Murdoch Mysteries		Friends
4 PM	Payne	To Be Announced	(4:01)	Europe	Penguins	Access Hollywood (N)	CSI: Miami (6)	Storms	Family Guy	Family Guy	To Be Announced	Movie: "Pokémon: Destiny Deoxys" (2004) (6)	Sat. Report	Kid vs. Kat					Friends
4:30 PM	Payne		(4:26)	Burt Wolf	Turbo			Storms	Family Guy	Global				etalk (6)	Time Warp	Montana			Friends
5 PM	Movie: "Patriot Games" (1992, Suspense) Harrison	El News	George Shrinks	Summer	News (N)	News (N)	CSI: Miami (6)	Sheehan	Family Guy	(4:59) News (6)	The Nature of Things		Speedway in Daytona Beach, Fla. (6)	etalk (6)	Destroyed	Sonny	Murdoch Mysteries		Friends
5:30 PM		News	Creatures	Keep Up	NBC News	CBS News		ABC News	Global					etalk (6)	Time Warp	Montana			Friends
6 PM	Global	Profiles of Nature (6)	Lawrence Welk Show	News (N)	News (N)	CSI: Miami (6)	News	(5:59) News (N) (6)	The Insider	Movie: "A Wrinkle in Time" (2003) (Part 2 of 2)	Sat. Report	Kid vs. Kat	Speedway in Daytona Beach, Fla. (6)	News (N) (6)	Deadliest Catch (6)	(6:01) Jonas Buzz	Movie: "Moving Malcolm" (2003) (DVS)	Movie: "Star Wars VI: Return of the Jedi" (1983) Mark Hamill.	Friends
6:30 PM	What		Judge J. Scrubs								Marketple	League							Friends
7 PM	Ford. (6)	Out There	National Geo.	A Capitol Fourth (6)	CSI: NY (6)	Paid Prog.	The Sopranos (6)	Triathlon	Movie: "A Wrinkle in Time" (2003) (Part 2 of 2)	Doc "Breaking Away"	Calgary Stampede: Rangeland Derby	Prank Ptrl	Survive	SportsCentre (Live) (6)	Movie: "Heaven's Fury" (2003)	Angel	Suite Life	News (N)	Friends
7:30 PM	Movie: "The Door in the Floor" (2004) (6)	E News	Heartbeat (6)											W-FIVE (DVS)	Destroyed	Suite Life	(7:19) Zoey		Friends
8 PM	Rich Poor	Rich Poor		A Capitol Fourth (6)	Kings "Chapter One"	48 Hours Mystery (6)	The Sopranos (6)	Wipeout (6)	Doc "Breaking Away"	Doc (6)	Da Vinci's City Hall	In Real Life "E.R." (6)	Premier Poker	Joanna Pacula.	Deadliest Catch (6)	Movie: "Hero at Large" (1980)	EP Canada	Pros vs. Joes	Friends
8:30 PM	Rich Poor													Angel	Montana	Reviews			Friends
9 PM	Movie: "A Thousand Acres" (1997, Drama) (6)	Movie: "Midsomer Murders" "Midsomer Rhapsody" (6)	Monty Python	Law & Order: SVU	Boston Pops	CSI: Miami (6)	Eli Stone "Tailspin" (N)	Doc (6)	News (N)	News (6)	Prank Ptrl	Premier Poker	Law & Order: SVU	Destroyed	Time Warp	(10:38)	Role		Friends
9:30 PM														Time Warp					Friends
10 PM	News (N)	Montreal Jazz	Austin City Limits (6)	News (N)	News (N)	The Sopranos (6)	Paid Prog.	Sat. Night	Sat. Night	Movie	Ghost		SportsCentre (Live) (6)	News (N)	Destroyed				Friends
10:30 PM	E News													News (N)					Friends
11 PM	Sanford													News (N)					Friends

SUNDAY, JULY 5, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Sports	News (6)		Maya	Tennis: Wimbledon - Men's	Paid Prog.	(5:00) Private Sessions (6)	Paid Prog.	Is Written	Tennis: Wimbledon - Men's	Animal	Being Ian	SportsCentre (6)	Daily Planet (6)	Qubit	Overdrive	Amazing	Married...	Driving TV
6:30 AM	Saved-Bell	Pioneers		Fetch! Ruff					Fishful		Save-Ums!	Grossology			How-Made	Rangers	In Fashion	Married...	Paid Prog.
7 AM	Saved-Bell	Hunter	Martha	Raggs (6)	Final. From the All-England	CBS News Morning (N) (6)	The Sopranos (6)	Good Morning America	Foodies	Final. (Left in Progress) (Live) (6)	Razberry	Monster	Reporters	Twice in a Lifetime (6)	Dirty Jobs (6)	(7:04)	Eye on Asia	Married...	Seinfeld
7:30 AM	Videos	Fishing	Clifford	Animalia	Lawn Tennis and Croquet Club in Wimbledon, England. (Live) (6)				Canada		Coronatn	Casper	Reporters		Cory			Hrsepwer	Seinfeld
8 AM	Movie: "The Door in the Floor" (2004) (6)	Fishn	George S.	Reading					News (N) (6)		Coronatn	Kid vs. Kat	Fishing	Anne Grn	Dirty Jobs	Suite Life	Eye-Asia	Hrsepwer	Seinfeld
8:30 AM		Powerboat	Magic Bus	Electric							Coronatn	League	Yachting	Pringle		School	Festival	MuscleCar	Seinfeld
9 AM	Movie: "The Door in the Floor" (2004) (6)	Neighborhood	(8:58)	Wishbone							Coronatn	OddParent	Motoring	PLAN Canada (6)	Funnist Animals	Zoey 101	Johnny Lombardi (In Italian)	Trucks!	Seinfeld
9:30 AM			(9:28)	Biz Kid\$							Coronatn	Barnyard	Rally			So Raven		Xtreme 4x4	Seinfeld
10 AM	Movie: "Stuck on You" (2003)	Kurnell's Marriage	Maggie-Beast	Make (6)		Backroads	Tattoo	IndyCar Racing: Camping	Driving TV	Listen Up	CBC News: Sunday	SpongeBob	IndyCar Racing: Camping	Jeff	Blue Realm (6)	Montana		Jesse James	Seinfeld
10:30 AM				Ride, Lives					Listen Up	Foodies	fifth estate	iCarly (6)	World Grand Prix at the Glen. (6)	Travel		Wizards			Seinfeld
11 AM	Matt Damon. (6)	TBA	Rolie Polle	Foreign		American Idol Rewind	Tattoo	World Grand Prix at the Glen. (Live)	Hour of Power (6)	Driving TV	Jackson	World Grand Prix at the Glen. (6)	Canada's Worst Driver	How-Made	Suite Life	Reviews	Jesse James		Seinfeld
11:30 AM		TBA	Paddington	European					Power (6)	Money	H2O Just		Worst Driver	How-Made	Suite Life	EP Weekly			Seinfeld
12 PM	Movie: "Now and Then" (1995)	To Be Announced	Lilly (6)	Globe Trekker	Triathlon: Hy-Vee U.S. Triathlon.	PGA Tour Golf: AT&T National -- Final Round. (Live) (6)	Gene Simmons	NASCAR	News (N)	PGA Tour Golf: AT&T National -- Final Round. (Live) (6)	Land Sea	Prank Ptrl	Speed	W-FIVE (DVS)	Heli-Loggers (6)	Movie: "The Luck of the Irish" (6)	Amazing	UFC	Seinfeld
12:30 PM			Miss BG								Mansbridg	Prank Ptrl					Dr Liem	Unleashed	Seinfeld
1 PM	Christina Ricci.	To Be Announced	(1:08) Think	The History Project	Beach Volleyball: AVP Crocs Tour		Gene Simmons	To Be Announced			Steven and Chris (6)	In Real Life (6)	Boxing: Steve Molitor vs. Heriberto Ruiz. (6)	W-FIVE: Come on Down	Mayday (6)	Movie: "Full-Court Miracle" (2003)	The O.C. (6)	UFC	Seinfeld
1:30 PM	Movie: "Alfie" (2004) Jude Law, Omar Epps. (6)	To Be Announced	World Og	Swiss Rail Journeys			Gene Simmons	Paid Prog.			Fashion F.	Adrenaline	Twice in a Lifetime (6)	MythBusters (6)			The O.C. (6)	UFC	Seinfeld
2 PM			Fetch! Ruff				Dog	Wipeout (6)			Doc Zone: The Climb	Prank Ptrl	SportsCentre (Live) (6)	Movie: "Playing House" (2006) Colin Ferguson.	Cash Cab	Suite Life	News (N)	UFC	GoldMind
2:30 PM									Family Guy	Family Guy			Family Biz	How-Made	Suite Life	Amazing		Unleashed	GoldMind
3 PM	Movie: "American Beauty" (1999)	To Be Announced	(4:02)	Moneytrk	CSI: NY (6)	Extra (N) (6)	Dog	Entertainm ent Tonight	Paid Prog.	Family Guy	Jeopardy!	Movie: "Thunderbirds" (2004)	Boxing: Andre Berto vs. Juan Urango. (Taped) (6)	MythBusters (6)	Wizards	Two Men	UFC	Carlawood	
3:30 PM			(4:27)	Hometime			Dog		Family Guy	Global	Fortune		Boxing: Andre Berto vs. Juan Urango. (Taped) (6)	MythBusters (6)	Cory	Chris	Unleashed	Parker	
4 PM	Kevin Spacey. (6)	Okanagan	George Shrinks	Workshop	News (6)	News (N)	Dog	Movies	Family Guy	(4:59) News (6)	Movie: "Flicka" (2006)	Movie: "Flicka" (2006)	In Fashion	Deep Blue (N) (6)	Sonny	Kings (6)	Ultimate Knockouts 7	Seinfeld	
4:30 PM			Creatures	Old House	NBC News	CBS News	Dog	ABC News	Global		Movie: "Flicka" (2006)	Movie: "Flicka" (2006)	FashionTel		Montana				Seinfeld
5 PM	Global	Saddle	Lark Rise to Candleford	News (6)	News (N)	Dog	Dog	Storms	(5:59) News (N) (6)	16:9	Movie: "Flicka" (2006)	Movie: "Flicka" (2006)	News (N) (6)		(6:01) Jonas Buzz	Royal Pains (6)	UFC's Ultimate 100	Carlawood	
5:30 PM	Movie: "American Beauty" (1999)	What	Undersea	Fortune	Dateline NBC (6)	60 Minutes (6)	Hammerim e (6)	Laughs	16:9	King of Hill	Heartland (6) (DVS)		SportsCentre (Live) (6)	Rita MacNeil	MythBusters (6)	Suite Life	Crusoe (6) (DVS)	Jesse James	GoldMind
6 PM	Kevin Spacey. (6)	Extreme-Home	Movie: "Second Time Around" (1991) (6)	West	Merlin "Lancelot" (N) (6)	Million Dollar Password	Hammer	Extreme-Home	Simpsons	King of Hill	To Be Announced			Merlin "Lancelot" (N)	Anthony Bourdain	Suite Life	News (N)	Jesse James	What
6:30 PM									Simpsons	King of Hill					Montana	EP Weekly			Weekend
7 PM	Movie: "Now and Then" (1995)	Movie	Life Begins (6)	MI-5 (6)	Movie: "The Bourne Supremacy" (2004) (6)	The Unlt "Inquisition"	Dog	Desperate Housewives	Family Guy	Family Guy	Movie: "Blood Diamond" (2006) (Part 1 of 2) (6)	Prank Ptrl	Premier Poker	Movie: "The Bourne Supremacy" (2004) (6)	Deep Blue (6)	Movie: "Blank Check" (1994) (6)	Amazing	Jesse James	Seinfeld
7:30 PM									Simpsons	News (N)	16:9		Premier Poker						Seinfeld
8 PM	Christina Ricci.	News (N)	Montreal Jazz	Globe Trekker	News (N)	News (N)	Hammerim e (6)	News	News (N)	Paid Prog.	(11:10) "Blood Diamond"	Mystery	SportsCentre (Live) (6)	News (N)	MythBusters (6)	Movie: "Curly Sue" (1991) (6)	Paid Prog.	Jesse James	Seinfeld
8:30 PM									News	Paid Prog.				News (N)					Seinfeld

MONDAY, JULY 6, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	Franklin	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet-New Brazil	Henry's King	CityLine	Married... Married...	Once a Thief
6:30 AM	Sanford	Tube Tales	George S.	Lions															
7 AM	In the Heat of the Night	Room	Martha	Arthur (E1)	Today (N)	The Early Show (N)	Amer. Justice	Good Morning America (N)			Save-Ums!	Berenstain	SportsCentre		Austin Stevens	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30 AM		That News	(7:29) Dora the Explorer	Martha							Animal	Rolie Polie							
8 AM	Cosby	Ad Pers		Curious			Cold Case Files			100 Huntley Street	Bo On Go	Timothy	SportsCentre		How-Made	Weekend	Rachael Ray	Most Amazing Videos	North of 60 "Bargains"
8:30 AM	Cosby	What	Magic Bus	Sid							Busytown	Willa		How-Made	K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Regis and Kelly	Daily Planet-New Brazil	Feet	News (N)	CSI: NY	TV Made
9:30 AM	Fam. Feud	Jealousy.	Clifford	Clifford							Gofrette	(9:25) Kid Fishing				Tigger	City		What
10 AM	Trivial	The Mom Show	Sid	Sesame Street (E1)		The Price Is Right (N)	CSI: Miami	The View (N)	Doc	Debt Part	Wilbur	(10:05) Viva	Motoring	The View (N)	Greatest Ever...	Mickey Handy	The O.C. "The Rager"	CSI: NY "The Ride-In"	What Videos
10:30 AM	Trivial		(10:25)							House	Doodlebop	Erky Perky	NASCAR Racing						
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	What's- Antiques	(10:50)	Golf: TELUS World Skins Game -- Front Nine.	Twice in a Lifetime	Mayday	Benj Bear	The Bonnie Hunt Show	CSI: Crime Scn	Videos
11:30 AM	Harvey	Designer	Berenstain	Sit-Be Fit								Ruby			(11:25) King			Ellen	
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	World Skins Game -- Front Nine.	Sarah	Forensic Factor	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:32)		Zula Patrol	Bold						Grossology		Bold					Seinfeld
1 PM	Still Stnd	Home to	Maggie	Fine Art	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Hawks		Sue Thomas: F.B.Eye	Megabuilder	Dragon	ER	CSI: NY	Raymond
1:30 PM	Still Stnd	Parents	Sagwa	Sewing								(1:40) Viva			Emperor				Raymond
2 PM	King	Guiding Light (N)	(1:56)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery Team	Horn	General Hospital (N)	MythBuster	(1:54) K. Possible	News (N)	CSI: NY "The Ride-In"	Raymond
2:30 PM	King		BluesClues	WordWorld									Interruption						Raymond
3 PM	Seinfeld	Split Ends (N)	(2:57) Zoboomafo (DVS)	Big World	Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure	Off-Record	Dr. Phil	Canada's Worst Driver	Replace	News (N)	CSI: Crime Scn	North of 60 "Bargains"
3:30 PM	Friends			WordGirl	Judge						SpongeBob	Sports			Emperor				
4 PM	Family Guy	Debt Part		Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	Interruption	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	Once a Thief
4:30 PM	Family Guy	Deal No	George S.	Cyberchas	Judge J.					Global	Red Green	SpongeBob	Boxing (Taped)	News (N)	MythBuster	Phineas			
5 PM	Payne	News (N)	Martha	BBC News	News (N)	News (N)	Intervention "Caylee"	News	News (N)	(4:59) News (N)	Simpsons	SpongeBob		News (N)	Suite Life	The Bachelor	UFC's Ultimate 100	Carla Wood	
5:30 PM	Payne		(5:35)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob		Montana		(N)		Parker	
6 PM	Movie: "Set It Off"	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention Relapse.	News	(5:59) News (N)	ET Canada	News (N)	iCarly		News (N)	Dirty Jobs (N)	Zoey 101		UFC's Ultimate 100	Ground Up
6:30 PM	Movie: "Set It Off"	News	Mechanics	Millionaire	Hollywood					Entertain		iCarly			Life Derek				
7 PM	Pinkett, Queen Latifah	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Obsessed (N)	Entertain	Entertain	Cold Blood	Coronatn	Family Biz	SportsCentre (Live)	etalk	American Loggers (N)	Wizards	Newlyweds	4th and Long (N)	Are You Smarter
7:30 PM	Queen Latifah	The Insider	Landscape	Europe	Fortune			The Insider	ET Canada		Jeopardy!	Prank Ptr		Hollywood		Montana			
8 PM	Seinfeld	How I Met	Song of the Earth	Antiques Roadshow	Law & Order	How I Met	The Cleaner	The Bachelor	House (PA)	House (PA)	Triple Sensation (N)	Malcolm Futurama	Off-Record	Law & Order	Daily Planet	Suite Life	News (N)	Jesse James	Weekend
8:30 PM	Seinfeld	Rules				Rules		Bachelorette (N)	Lie to Me	Lie to Me	Just for Laughs	League Zixx Level		Law Order: CI	MythBuster	Wizards	News (N)	Jesse James	Weekend
9 PM	Movie: "Set It Off"	The Soup	Regular	History Detectives (N)	Law Order: CI	Two Men Big Bang	Intervention "Caylee"		Lie to Me	Lie to Me	Just for Laughs	League Zixx Level		Law Order: CI	MythBuster	Wizards	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
9:30 PM	Movie: "Set It Off"	Wildest TV												Law Order: CI	Life Derek				
10 PM	Pinkett, Queen Latifah	Final 24 (N)	On Screen	Make-Laugh	Dateline NBC	CSI: Miami	Intervention Relapse.	Newlyweds	Cold Blood	News Hour Final (N)	National	Falcon Beach		CSI: Miami	American Loggers	School Cory	Gotti Way	Most Amazing Videos	Raymond
10:30 PM	Queen Latifah																		
11 PM	Montel W.	News (N)	Haida Art	Charlie Rose	News (N)	News (N)	Obsessed	News	News (N)	Entertain	Stampede Wrap Up	Mystery Ghost	SportsCentre (Live)	News (N)	Dirty Jobs	Suite Life	Judge	Disorderly Con.	Raymond
11:30 PM	Montel W.		Landscape		Tonight	Late Show		(11:35)		ET Canada				News (N)	Life Derek		News		Raymond

Monday Movies

EVENING

6:00 pm WTBS (3) ★★ ★ "Set It Off" (1996, Action) Jada Pinkett. Desperation drives four inner-city women to bank robbery in Los Angeles, then they start mistrusting one another. (E)
 9:00 pm WTBS (3) ★★ ★ "Set It Off"

(1996, Action) Jada Pinkett. Desperation drives four inner-city women to bank robbery in Los Angeles, then they start mistrusting one another. (E)

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notices	notices	for sale	services	for rent
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 3:00 PM
 Riverside Centre
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Jan 23/09

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Jade Pro sun tanning bed. 14-face and arm bronzers, 5-skin rejuvenators, turbo cooling system, steel frame and cover panels. \$4,000.00 firm. Call (250) 295-7484. Jan 30/09

1994 Ford Thunderbird, good condition, only 165,000 km. \$1,500.00. Phone (250) 295-7558. Jan 30/09

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1-bedroom, shared bathroom with one other, shared laundry, free wireless internet, fully furnished, within walking distance of town. Asking \$300/month per single occupancy. Available immediately. No smoking, no pets, references required. Call (250) 295-0869. Jan 23/09

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Drop off your resume at the pharmacy department.
 Look for Julie Garcia - Associate/Owner.

congratulations

congratulations

Evelyn Cook and Dorothy Monkman have returned from the 56th Annual General Meeting at Cranbrook, BC (May 21-24) where Evelyn Cook was installed as President of the Regional Board of BC and Director on the Provincial Board.

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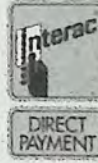
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Sundays 7:30 PM
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Fred 295-7272/Marena 295-7663

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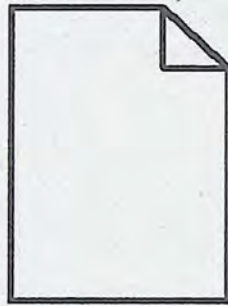
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sudoku

CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #205 - Easy

897	425	316
431	687	259
625	139	847
912	874	563
563	912	784
784	563	921
376	248	195
158	796	432
247	351	678

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961	754	382
258	316	497
374	829	615
823	195	746
417	683	259
596	472	138
789	231	564
145	967	823
632	548	971

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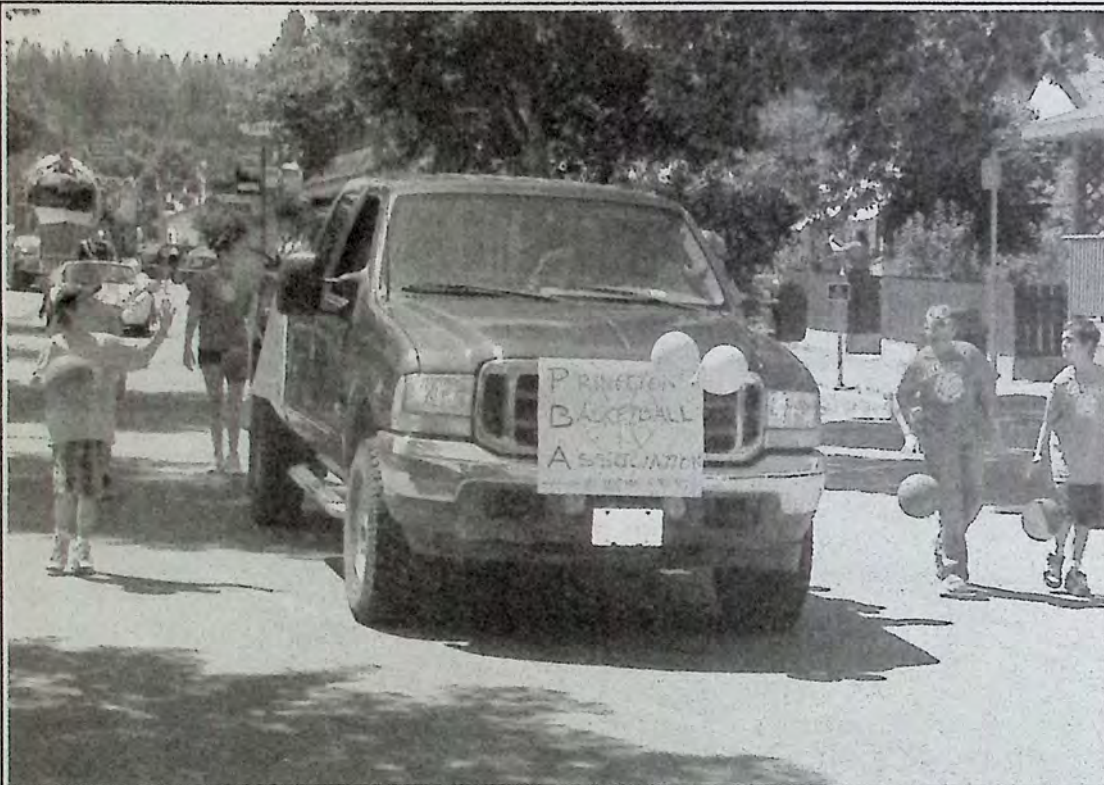
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The Similkameen Scarlett Belles took 1st Place in the 'Theme Division' of the Princeton Rotary Club parade with this celebration of the 'Winter Olympics in June.'



Princeton Basketball Association won 2nd Place in the 'Childrens Division' of the June 27th Princeton Rotary Club Racing Days parade. *



Youth Ambassador Candidate Danielle Hassell rides high in the Rotary Club parade on top of a cement mixer owned and operated by her sponsor, Princeton Redi-Mix. *

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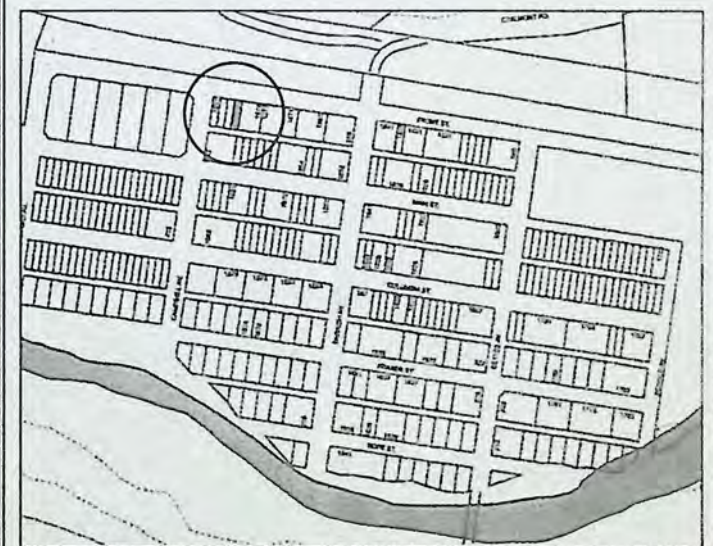
Notice of Intention to Apply for a Disposition of Crown Land

Take notice that **Campbell James Pattison and Elaine Marie Pattison of Coalmont, BC** intend to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a Crown grant for **Extension of holdings for residential use** purposes covering **Lot 17, Block 4, District Lot 99, Yale Division Yale District Plan 1003** situated on Provincial Crown land located in the vicinity of **Coalmont**.

The Lands File Number that has been established for this application is 3412080. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until August 7, 2009. ILMB may not be able to consider comments received after this date.

Please visit our website at: <http://www.arfd.bc.ca/ApplicationPosting/index.jsp> --> Search --> Search by File Number: insert Lands File Number for more information.

Be advised that any response to this advertisement will be provided to be public upon request.





Editorial Page News Leader

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

My Turn...

Gambling with donations

Anyone who knows me well knows I typically don't gamble.

I was never what you'd consider addicted or obsessed in any way, shape or form. I was a very casual lottery ticket buyer (usually only on the 'big' ones) and bought the occasional raffle ticket or entered the odd 50/50 draw.

I think it was my lousy track record over the years that assisted me in making the conscious decision to first completely stop buying lottery tickets. That turned out to be a lot easier than I thought so I stepped it up and over the years phased out purchasing raffle tickets. Again, my track record made that another easy step to take.

The last 50/50 ticket I purchased (now a few years ago) I won and haven't purchased another since. That was also an easy decision to make.

Last year I did participate as a 'sponsor' in an event that I considered a form of gambling and I won, but promptly decided that was the last time I'd do anything like that again.

I have adopted what I consider a very easy rule to follow: if it involves a game of chance in any form, then I'm not interested.

Along comes Racing Days weekend. It's the biggest fundraising event of the year for a handful of local non-profit organizations, which happens to revolve around gambling.

Don't get me wrong, it used to be fun to spend a few bucks betting on the horses, but I refuse to break my rule.

However, I did support two community groups over the weekend. One by purchasing meals at Sunflower Downs at the volunteer-operated concession stand and the second with the pancake breakfast the following morning downtown. Those decisions I was very comfortable with.

I think one of the many reasons why I decided to quit 'gambling' over the years is related to our business. We get people coming into the office, phone calls, faxes, e-mails and letters on a regular basis asking for some kind of financial support.

Last week I was on the phone with some guy trying to convince me I could easily spend \$300 to outfit a blind child with a talking computer. I told him I could not and his tone changed in an instant. I'm sure we aren't the only ones seeing this kind of traffic come our way.

While I realize there is a difference between gambling and a charitable donation, the line between the two has blurred over the years with charitable fundraising. Maybe guys like me refusing to give \$300 has pushed many charities to raffle off something in order to reach their fundraising goal.

Whatever happened to giving because you want to rather than giving because if you don't Billy can't go to camp or we won't ever have a chance at curing (fill in current disease here)?

Which is why I'm also very picky about the charities I support. It's a rather small list for a very good reason and I think most everyone has one or two 'favourite' charities they support based on personal reasons. I use personal reasons for the charities I support as well, which allows me to give because I want to.

And, for me, that's not a gamble.

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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.



Youth Ambassador Candidate Kael Glowacki rides in the Rotary Racing Days parade June 27th in a car provided by his sponsor Princeton Lions Club. *



Vermilion Trails Society won 3rd Place in the Theme Division of the June 27th Rotary Racing Days parade. *



Kal Tire took 1st Place in the Commercial Division of the Rotary Racing Days parade with this entry. *

Current Comment

Was It Religion Or Drugs, Or Both?



Dawn Johnson
editor@thenewsleader.ca

The story of the ancient Aztecs and their hideous religion is well-known, but I often wondered if there was another element that made such slaughter possible.

According to what archaeologists have told us, the Aztecs believed the world would come to an end unless they appeased their gods with the sacrifice of humans. Part of their belief began with the Mayans and the Long Count. The Mayans had a system of counting time according to the movement of the planet Venus. They had months and years divided up according to the position of Venus against the background of the stars.

It was a very accurate count, and it measured the entire cycle of our solar system in its elliptical course around the galaxy.

It is apparent by the great fears of the Aztecs that they misunderstood the "end time". The Mayans measured a period of time 5,200 years in length, at which time Earth would begin a new portion of the cycle. The Earth would not go through "the end of the world" but merely pass into a new segment of the calendar used by the Mayans, something like our going from New Year's Eve into a new year.

Believing that the end of the world was due soon, the Aztecs stepped up their pace of human sacrifice.

One archaeologist has speculated, from the sacrificial altars throughout one of the ancient sites, that the sacrifices amounted to hundreds in one day.

The Aztec head priests would have the sacrificial victim placed on the altar, and a long knife would be used to rip the living heart out of the victim. The body would then be rolled down the steps and the next victim brought

forward.

I have often wondered how the minds of the priests could stand up to one victim after another. Surely even the most fanatical religious fervour would become fainter after even a dozen sacrifices, let alone one hundred?

Even the religious fanaticism of the Dark Ages in Europe, where people were burned at the stake, was limited to just a few victims each day.

What of the crowds of onlookers who watched the sacrifices, and the growing number of bodies? How did they manage to stay at the foot of the altar as body after bloody body was cast down the steps?

Would religious fervour account for their staying without becoming sickened by the sights and smells? Again, comparing the crowds in Europe when people were burned at the stake, few onlookers remained past the initial stages.

It was by reading a few accounts of what crowds did at these burnings, and a few accounts of what onlookers did at public hangings in the old West, that I found a clue as to what may have been going on in Mexico at the Aztec sacrifices.

In Europe, people passed around tankards of beer in the crowd of witnesses. In the old West, people came fortified with whisky. Was it possible that the Aztecs could have been drunk?

The Aztecs not only had access to a lot of booze, called pulque, they knew about using mind-altering drugs. The Aztecs knew about marijuana, peyote buttons and the deadly datura. These

three drugs were used by medicine men and priests to see "visions".

These drug-induced mental aberrations were often used to predict the future, or so the priests would say. The Aztec priests had predicted a homeland would belong to the first wandering Aztecs when they came to a place where an eagle perched on a cactus plant. Sure enough, they saw such an event near Mexico City, and that became their homeland. They had to get rid of the people who already occupied that place, but that was a minor detail. The Aztecs could always think back to that prediction and thoroughly believe the priests must be right.

Even with a profound belief in the priests and their religion, it is difficult to believe a crowd would not become sick of seeing so many humans sacrificed, one after another, all day long.

However, if they were drinking booze and smoking pot, it would definitely have taken the edge off. If the makers of pulque had added a small drop of datura to the booze, anybody who drank it would have been so far out as to scarcely know what was happening, and certainly would not care.

I doubt they would have given much datura to the crowd. It is far too dangerous.

At the same time, the priests may have fortified themselves with datura before the sacrifices began, and with a steady supply of pulque during the day, they could well have managed to keep ripping living hearts out of their victims.

Who knows?

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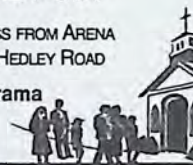
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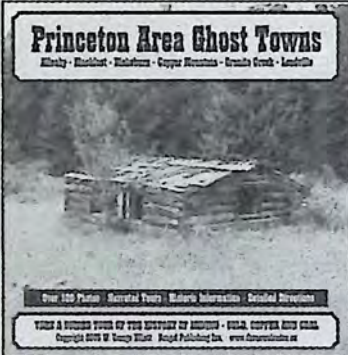
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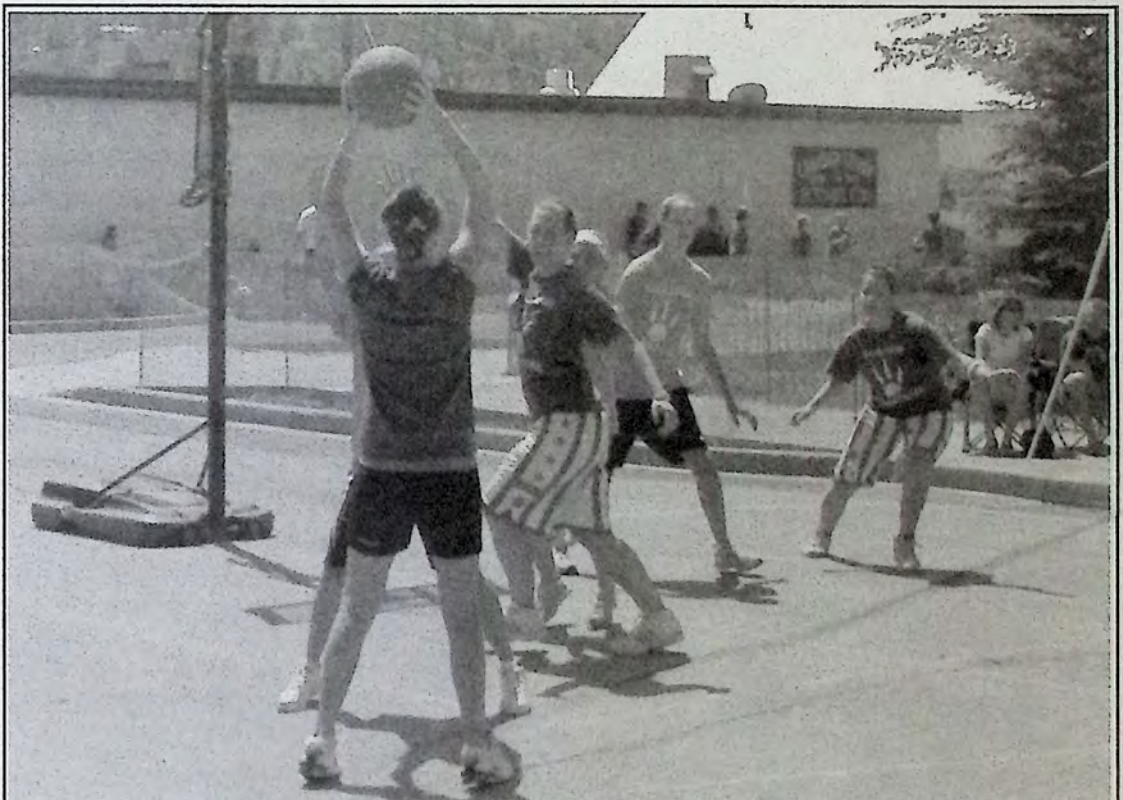
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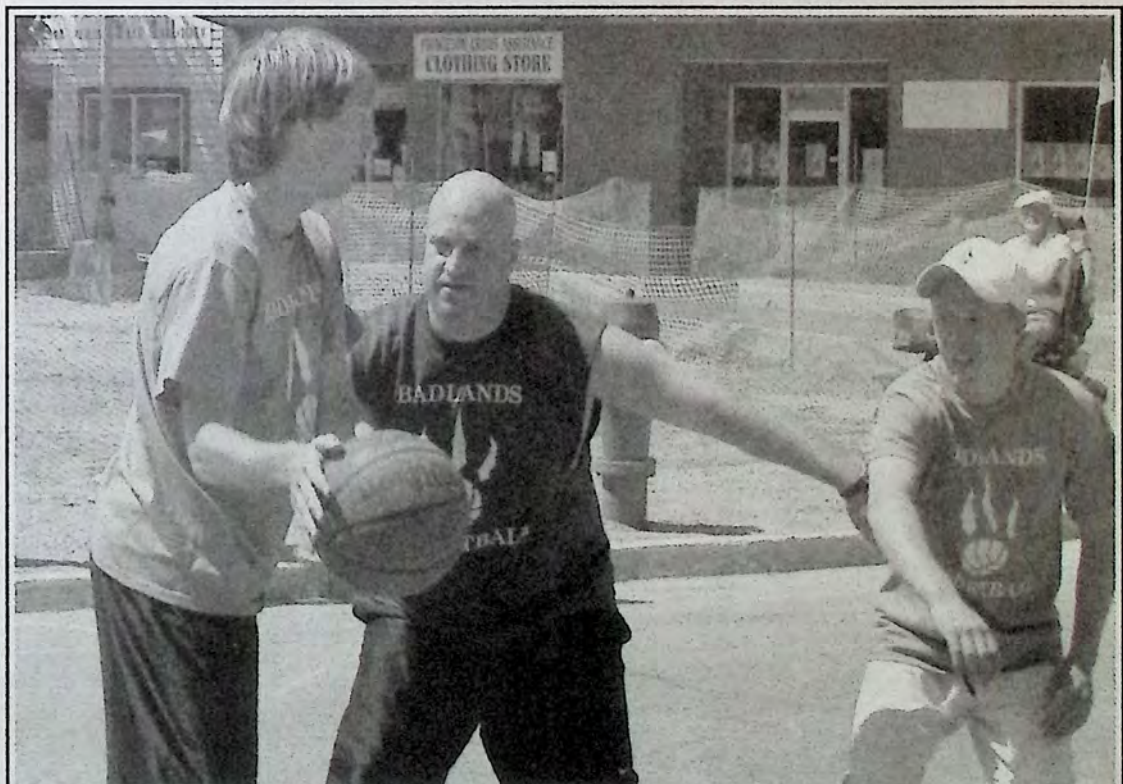
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Event organizer Jesse McLean, centre, in action during the 2nd annual Racing Days 3-on-3 Basketball Tournament presented by Badlands Basketball. A section of Bridge Street was closed Sunday, June 28th as teams played 'street ball' throughout the day in downtown Princeton. *



More action from the Racing Days 3-on-3 Basketball Tournament, June 28th. *



The Racing Days 3-on-3 Basketball Tournament provided spectators with lots of exciting basketball action to enjoy on a Sunday afternoon in downtown Princeton. *

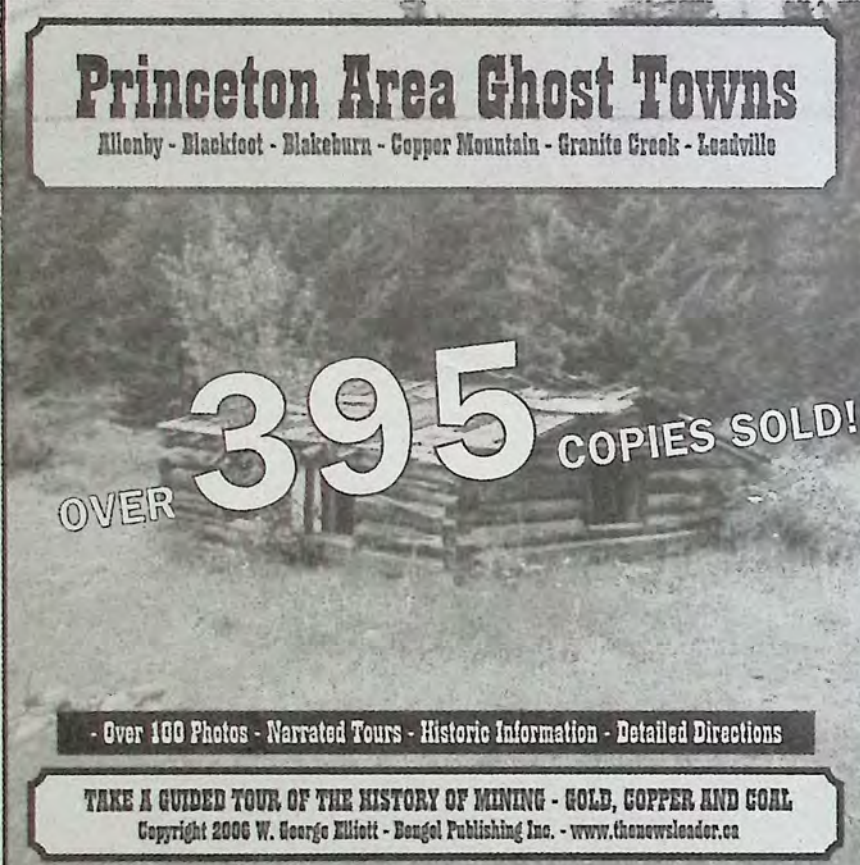
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Madison Johnston will represent Princeton in the upcoming BC Ambassador Pageant. *

..... continued from Page 2
Place, \$2.30 Show) second and Princeton-owned Saanichton (\$3.30 Show) third. One horse was scratched from the race, which had a running time of 1:24.93. Feature wagers paid \$24.10 (Quinella), \$29.30 (Exactor) and \$29.30 (Triactor).

The seventh race, the 5th running of the Sunflower Derby - The Currie Cup, was a Thoroughbred Allowance with 3 year olds preferred. Smart Call (\$4.60 Win, \$3.20 Place, \$2.10 Show) took first followed by Fine Elly Mine (\$3.80 Place, \$2.40 Show)

and Truckee Dan (\$2.10 Show). Three horses were scratched from the field. The running time of the 7-furlong race was 1:25.03 with feature wagers paying \$6.30 (Quinella), \$18.70 (Exactor) and \$38.60 (Triactor).

The eighth race, the 1-1/6 mile 38th running of the Similkameen Cup, was a Thoroughbred Allowance race for 3 year olds. Golden Pursuit (\$5.40 Win, \$3.10 Place, \$2.80 Show) won the race with Tanya's Toad (\$3.30 Place, \$2.10 Show) second and Princeton's Lukin Awesome (\$2.30 Show) third. One horse did

not finish the race, which had a time of 1:46.13. Feature wagers paid \$24.50 (Quinella), \$31.00 (Exactor) and \$107.30 (Triactor).

The ninth and final race on the card was a 4-furlong Thoroughbred Claiming race for 3 year olds and up. Dutch Apple (\$6.10 Win, \$3.40 Place, \$3.30 Show) took first with Regicide (\$5.90 Place, \$4.20 Show) second and Shutup N Pay (\$15.40 Show) third. The running time of the race was 43.88-seconds. The Quinella paid \$16.80 with the Exactor paying \$50.00 and the Triactor paying \$227.80.

Princeton Cement Plant

..... continued from Page 9
-ed to the railway bridge. The Cement City was to have its electric light supplied by the cement plant, own water system from One Mile Creek and even its own telephone exchange.

Several houses were erected for

officials, employees and speculators; however, they were all frame structures and no doubt designed for temporary occupancy. One of the houses was for the Secretary, Mr. Briggs, and was occupied by him and his family. A steam laundry was started on Ninth Avenue. Mrs. R. Turner from Rossland established a general store, Dave Innes moved from Keremeos to establish a livery barn, while a Mr. T.C. King built a store, at the same time an unsuccessful petition was circulated to create him Post Master.

The Similkameen Star of August 9th, 1911, reports that Lots were costing \$200 - \$700 each.

There was a certain amount of scandal surrounding the town site development and there seems to have been some doubt regarding the sale of real estate.

Mention was made regularly of the East Princeton Town Site Company, The East Princeton Realty Company and the East Princeton Development Company. It was the manager of the third named, Mr. F. C. Porter, that issued a signed statement to make it clear

that whatever the connection between the Cement and town site companies, that they wished the public to understand that their business was conducted separately and "Mr. Briggs of the Cement Company denies jobs are being offered as a premium to stimulate land sales!"

The bonds in the Cement Plant sold rapidly at first, \$100,000 by the end of 1910, by the following February sales were reported as being in excess of \$190,000 - many local people investing \$1,000 each. Princeton people invested heavily because at the time they had every confidence in the project. Perhaps they should have taken heed of the omen and signs of things to come when one of the two original strangers, John George, was reported to have been taken ill in Polson, Saskatchewan, and never heard of again.

As that 1937 Similkameen Star reads "...no one has determined whether the notorious Cement Plant was a huge fraud or a tragic blunder; most probably Princeton was too sick at heart to probe."

.....to be continued next week

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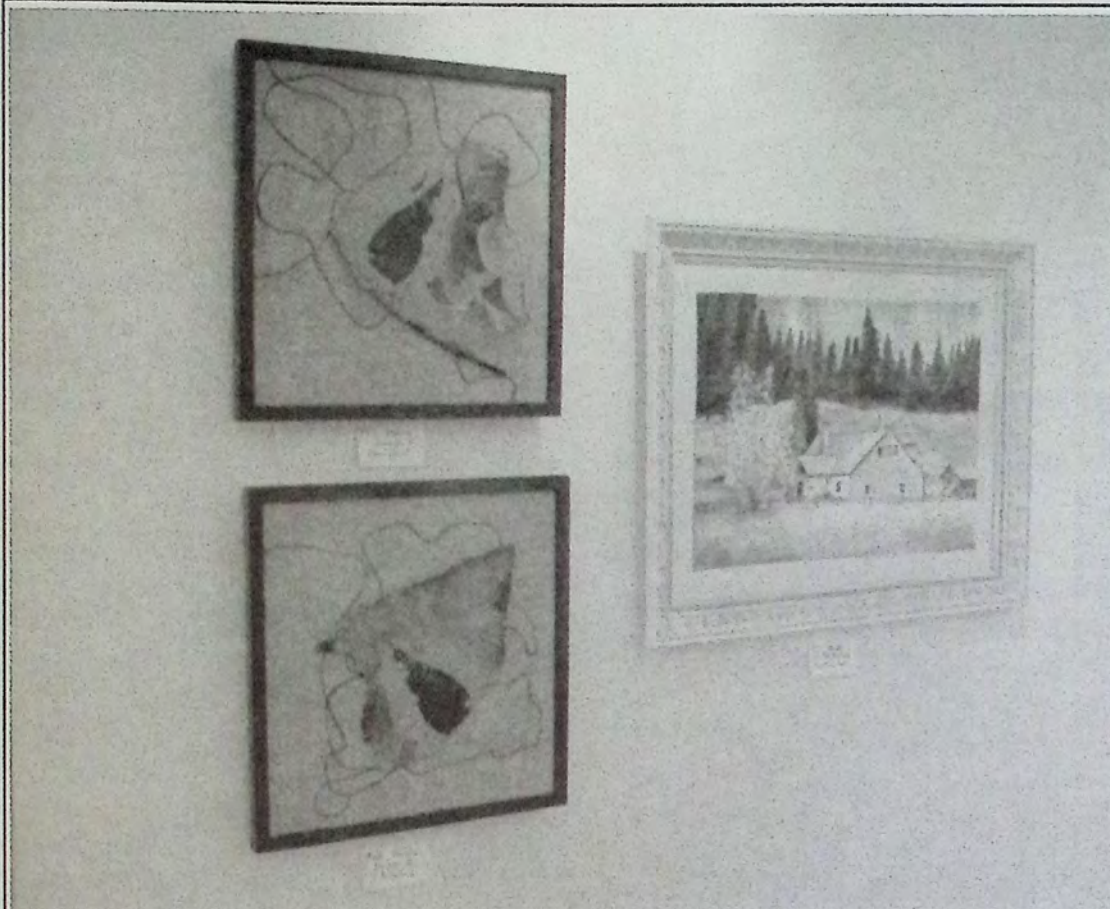
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Vermilion Artists hosted their annual Racing Days Art Show June 26th and 27th in The Gallery on Vermilion Avenue. This photo is just a very small sample of the artwork on display during the show. *

Lions Club announces winners

Princeton Lions Club has announced the winners of their annual Racing Days Duck Race.

1st Place (\$500.00) - Linda McPershon, Missezula Lake.

2nd Place (\$300.00) - Diane Ripley, Allison Lake

3rd Place (\$100.00) - Dave Smith,

Princeton
Last Duck (\$50.00) - Joe Hebert, Princeton

There were also three Random Ducks selected worth \$25.00 each. Those winners were Don Obert (Texas), Steve Wasstrom (Lower Mainland) and Dannielle and John

McLellan (Port Coquitlam). Proceeds from the raffling off of 'ducks' in the duck race will go towards local Lions Club community projects.

SCA Branch 30 News

by Carol Seaman

What is a good death? It is an end to someone's life. How can that be good? The final months and days of life are frequently marked by strong emotions and hard decisions. During this difficult time family members face special challenges in providing comfort, meaning, and most essential, just to be there to listen. What makes a good death? Is it that they are as unique as the lives that came before them, shaped by the attitudes, physical conditions, medical treatments, and mix of people that accompany them?

As opposed to frightening, sad, or tortuous, a person who dies on their own terms, relatively free from pain, in a supported and dignified manner, would make it seem like a good death. Most say they don't want to be alone during their final days and moments. Favorite activities, music, reading, a back rub, foot massage, or objects can be as important as final medical care. Even spirituality can help many people to find strength and meaning during their final moments, since ensuring access to this can be especially soothing at the end of life.

Most people say they would

rather die at home, yet in reality, three quarters of our population dies in some sort of medical institution, many after spending time in intensive care. A growing number of senior patients are choosing not to have life-prolonging treatments that may increase pain and suffering, such as invasive surgery or dialysis.

Instead they are opting to have comfort or palliative care through hospice in their final days. So to insure a good death means having one's affairs in order, having some control and say in your last days, receiving care and support, and having few regrets. Not all of us have a chance to achieve this.

We as seniors at Branch #30, can not ponder on the meaning of dying, as we are way too busy living, besides, we have no control over it.

What we do have control over is, meeting our friends at the centre, playing a game of cards, and having a good laugh. During the summer months no lunch is being served but bingo is still going strong every Monday evening, and we can still meet for crib or pool. We will be back full steam by mid-September with a full line up of activities. Hope to see you there.

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OUR GRATITUDE

THANK YOU, THANK YOU, IT WAS A BEAUTIFUL WEEKEND!

The Grad Class of 2009 would like to thank the many people who helped with our Commencement Ceremonies and the Prom.

We thank all the organizations and individuals who gave scholarships and bursaries towards our continued studies. Thank you to the Meston Family, CUPE #847, the Family Fair Committee, George Pearkes Royal Canadian Legion, the Jennifer Shaun Cusworth Family, the Jim Boyce Family, the Princeton Knights of Columbus, Princeton Lions Club, the Legion Ladies Auxiliary, the Michelle Webster Family, the Nicola-Similkameen Principals and Vice-Principals Association, the donor of the Norm Cleven Memorial Bursary, the Princeton District Teachers' Union, the Princeton Garden Club, Princeton Hospital Auxiliary, Princeton Minor Hockey, Princeton Rotary, Princeton Youth Ambassador Organization, Senior Citizens Branch #30, Princeton Fine Arts Society, the family of Rebecca Folick, the Trehearne Family, the University of British Columbia Okanagan, Okanagan College and Valley First Credit Union.

We thank the guests and speakers for their words and good wishes. We would like to make a special mention of Mr. Scott Musgrove, our guest speaker and of our Valedictorian, Carley Brewer.

We thank our school for all that our teachers have done. Thank you to our sponsors, Nadine Thibert and Crystal Larsen, and our grad liaison, Sandee Blair.

We thank our parents. This was a group effort and there are too many to mention them all. In particular, however, we would like to thank those parents who were involved in our numerous fundraising and decorating activities.

We thank the grade eleven students who brought food to the tea. Thank you to the grade eleven parents, Heather Musgrove, Edith Howarth and Shawn Brama for their help with the tea.

We thank Princeton Figure Skating Club, Mac's Auto Parts and Overwaita for contributions to decorations.

We thank Keaton Ashley for Grad pictures. We also thank Dan Howarth and Ben Brama for being ushers.

We thank RockRidge Canyon for the use of your world-class facilities for our dinner. We thank the chaperones of the prom, Citizens on Patrol.

We thank all those community businesses and organizations, parents and friends that have helped us in our fundraising this past year.

If we have forgotten to thank anyone, we do apologize.



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phone call away!

Almost Waterfront!



3532 Princeton-S'land Rd

Wow! Almost waterfront! Beautiful, well kept, well loved, Panabode cabin on 1.94 acres, just steps away from pristine Chain Lake. A blend of the Ranch style look and Western Red Cedar provides this efficient cottage with the appeal of a more expensive home. Two bedrooms, one with ample storage space. Comfy wood stove heat plus electric supplement to allow for year round enjoyment. Living room and master bedroom have a lovely lake view! New fibreglass shingle roof done October 2008 with 30-year warranty. 20' x 8' deck for that extra outside living space. Fire pit! Backing onto limitless forest and just minutes from the Trans-Canada Trail. The call of the loons, local wildlife surround you. Two other lakes just a short ride away. All this just minutes out of Princeton on a black topped road.

\$314,900
MLS 104508

Start Packing!



103 Badger Lane

The perfect get-away is having a log cabin one block from the beach and here it is! Imagine having your morning coffee while looking at a wonderful view of Allison Lake. This 4-bedroom, 2-bathroom, living room up and family room down home is a great fit for families and friends. 2 large deck areas and a fenced back yard mean room for everyone. Power boat friendly, great swimming. Mother Nature at your doorstep. Count your blessings you found this little piece of Heaven!

\$349,900
MLS 103988

Two Lakes This Close!



124 Link Lake Road

Two lakes at your doorstep! Osprey Lake just a stone's throw away and Link Lake around the corner for endless opportunities to 'catch the big one' or just go for a dip! This home is perfect for recreation activities, retirement or just some plain old R&R. One level, 2-bedrooms, bright kitchen, CSA approved wood stove in living room for chilly nights. Large windows and covered porch bring Mother Nature to your doorstep. Well built with solid 2x6 construction and extra insulation keeps it warm in winter and cool in summer. Large corner lot with garage/workshop for the hobbies and storage for the toys. On seasonal community water system. An incredible chance to live like you've always dreamed of. Don't let it slip by!

\$289,000
MLS 103080

REALTY EXECUTIVES PRINCETON

Gateway to the Okanagan

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EACH OFFICE INDEPENDENTLY OWNED AND OPERATED