



# Similkameen News Leader

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Tuesday, June 29, 2010



In this bright future you can't forget the past - the Princeton Secondary School Graduating Class of 2010. See Pages 11 to 14 for details of the Grad Ceremony and colour photos of the Graduates. A complete list of Bursary and Scholarship winners appears on Page 21. \*

## Princeton RCMP seek pink spray paint 'artist'

Princeton RCMP reports an unknown suspect used pink spray paint along Tulameen Avenue from the Wooden Bridge to Deblyn Mobile Home Park. Police say the incident occurred sometime during the late evening of Wednesday, June 23rd and early morning hours of Thursday, June 24th.

"If you noticed anyone acting suspicious or witnessed anyone using pink spray paint you are asked to contact local police," says Princeton RCMP Detachment Sgt. Dave Clare. Princeton RCMP can be reached at 250.295.6911 or you can call CrimeStoppers and leave anonymous tips at 1-800-222-TIPS (8477).

## Artists host annual show

Vermilion Artists annual Art Show will be the first event to be held in the conference room in the new library building at 107 Vermilion Avenue. The event will take place from 10:00 AM to 6:00 PM daily from July 1st to 4th.

Visitors of all ages are invited to take part in the People's Choice competition and enjoy the show.

On July 9th and 10th from 10:00 AM to 6:00 PM there will be an Art Show of work by last year's PSS student bursary winners Adrienne Dodds and Rachel Hoiland.

The show will also take place in the conference room in the new library building.

## Town speaks to license

The Town of Princeton will provide comment to the Liquor Control Licensing Branch on the application by the Royal Canadian Legion, Branch 56, located at 170 Bridge Street to change their liquor license to include the addition of an outdoor patio.

The motion was made by Councillor Frank Armitage and seconded by Councillor Ray Jarvis at the June 21st regular meeting of Town Council.

The motion also states that residents within 50 metres of the proposed location be notified by mail and a general notice be published in local newspapers of the intention of the Town to comment on the application change.

The motion further adds that a public meeting be held July 19, 2010 at 6:30 PM to hear representations from the public and applicant.

The matter dates back to earlier this month when the Town of Princeton received a copy of the application from the Legion to

establish a new outdoor patio at the rear of the building located at 170 Bridge Street.

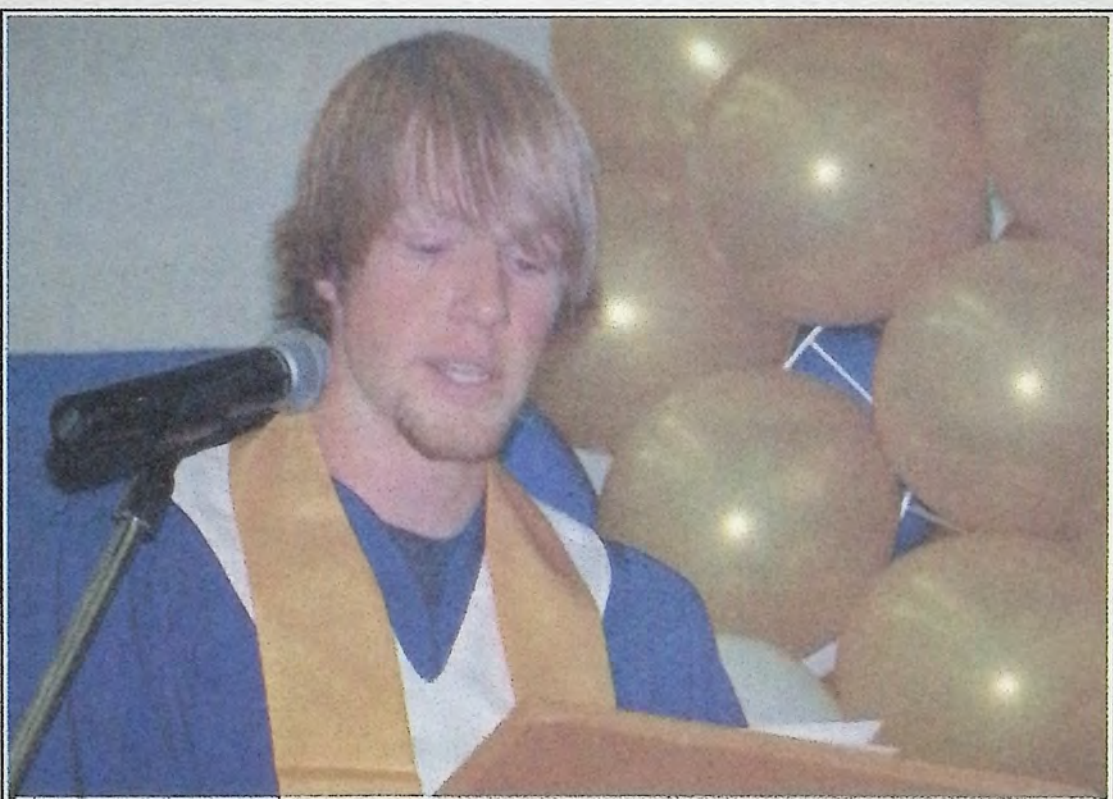
In a report prepared for Town Council by CAO Patrick Robins it points out, "The application states that the intended use of the rear patio is for 'summertime barbecues.' The application further states that there will be no entertainment and that the patio 'will not be used as a daily patio.'"

Local governments are afforded an opportunity to provide comment on LCLB applications or opt out of providing such feedback. Typically feedback may contain a resolution of Town Council in support of an application, not supporting an application or providing conditional support of an application.

There is no formal policy adopted by Council when referrals are received from the LCLB. Council currently reviews LCLB referrals on a case-by-case basis and determines whether to 'opt in' on providing comment to the LCLB.

Public notice on LCLB referrals follows Council's procedures for re-

zoning, Official Community Plan amendments and development permitting applications.



Princeton Secondary School Class of 2010 Valedictorian Daniel Howarth. \*



## Similkameen News Leader THIS WEEK:

Grad Pull-Out Section - Page 11-14

**UPDATE!**

Princeton Racing Days officials report 10 pre-registered horses prior to official entry...and plans are now in place for live music at Sunflower Downs following the races Saturday, July 3.

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# Racing Days: A Princeton Tradition

There is no local celebration as traditional as Racing Days. If you know Princeton's history, you know horse racing has been around for more than a century. Before our official history began, First Nations people raced horses in a few locations near town or in it. One of the races, the Klootchman Race, was run down Vermilion Avenue as part of the July 1 festivities more than 100 years ago. There could be no more traditional Princeton activity than going to the races.

In the past, some fine race horses were raised in the Princeton area, beginning with the winners Luke Gibson raised so many years ago. Edith and Doug Currie raised some good racing stock. So did Ev and Bob Beale, Sandra and Alf Webster, and Sonia and Jack Powell.

The annual Racing Days celebration was inspired by horse racing history, and the Racing Days Association, formed in 1965, began to make history to change Princeton's history. At that time, Princeton was an economically depressed area. Local business people watched vehicles drive through town on Highway 3 as tourists headed for the Okanagan. The Racing Days Association was formed to attract people into town

for a big celebration, and to encourage businesses to come to Princeton. Few of the original Racing Days Association members are alive today, but Dave Brown will remember it well. Brown would later become Mayor of Princeton and encourage the community to support Racing Days.

It was quite an achievement for the poor little town to build a race track and a few amenities. The first races were not for wagering, there was no grandstand, and the concession stand was more like a portable hot dog stand. We will not discuss the washroom facilities. Nevertheless, people in town got behind the concept and put their hearts into every aspect of Racing Days. Rotary ran the parade, the Elks and Legion became involved, there were dances and parties, and everyone had fun. Downtown businesses decorated their store fronts and windows with horse racing motifs. A Miss Princeton was selected to be the Racing Days Queen. The first young lady to wear the crown was Edna Boulet.

No history of Racing Days would be complete without mention of Laurie Currie, the most longstanding and outstanding promoter of Racing Days. A publisher of a local newspaper, he promoted Racing Days year round. He begged, coaxed, pushed and pulled people into the Association and its plans. By the time he retired as President of the Association, he was Mr. Racing Days.

The really amazing thing about all of this history is that it was created through the hard work of volunteers, donations from the business community (including the ranchers) and strong support from Town Council during the early years. Later, government grants helped improve the facility now known as Sunflower Downs. The grandstand was built, and pari-mutual facilities were put in place under the grandstand. People started to bet on the horses just like at Exhibition Park or Santa Anita. A new concession building, with updated washroom facilities and refreshment garden area was constructed in the 1980's, adding to the comfort of people using the facility.

The Lions Club added a raft race, which was an exciting event. People gathered along the Tulameen River to see which raft would go under the bridge first. Unfortunately, due to insurance rules and costs, this event was curtailed, but the Lions Club still hosts a pancake breakfast on the Saturday of the races, and they hold a duck race which is pretty tame compared with the raft race.

There has been a history of ball tournaments and golf tournaments

for Racing Days, and at one time, Rotarians hosted a casino night and dance at the arena on Saturday night. In the earlier years, the Elks hosted a dance on the Friday night before the races. The Legion hosted a dance for members on either night. In fact, starting with the parade and after the crowning of Miss Princeton, adults could party all weekend during Racing Days.

During the late 1970's, another tradition began: class reunions. Students who had grown up with the excitement of Racing Days came back for the first weekend in July for class reunions. Usually, the class put a float in the parade, enjoyed the races, went to the dance, and visited with everybody in town. This tradition is still in effect. Look for a class reunion in the parade every year.

To give the Racing Days Association its due, the plan to attract business to town worked very well. Princeton grew and prospered with a bigger sawmill, a big new copper mine and a number of new small businesses. Whether the development was just a coincidence or not, local people believed it was the fun-loving spirit of Princeton Racing Days that drew people and business to our town.

Racing Days has changed during the years. For three years in this century there were no horse races due to lack of horses entered. The Interior Horse Racing Association was not getting the financial support needed to attract horse owners. There has to be money for the owners or they will not bring the horses. The BC Gaming Commission assisted with funding, and the business community committed healthy sponsorships, to increase purses and money to non-winners. The horses came back, but not enough for a two-day meet. This year, the Commission has backed away from its previous commitment, and businesses are still recovering from the recession, so the money is not as good as it should be.

Many people think the Sport of Kings is mean to horses, but it is horse racing and rodeos which have maintained both the number and breeds of working horses. There is not much use for horses in our modern world, and not many wild horses should we ever need horses for transportation again. Racing preserves the best and most beautiful horses. There is nothing quite as lovely as watching a fine horse sprinting around the track, mane and tail flying, neck stretched forward in its effort to be first. Even if only one horse wins, the rest are awesome to watch.

During this year, as we celebrate Princeton's 150th anniversary since it was founded, why not participate in part of our history? After all, aren't the citizens of our valley still making history?

## PRINCETON Racing Days



Post Time: 1:00 PM Saturday, July 3

**DON'T MISS IT THIS YEAR!**

The 42nd annual Princeton Racing Days will be held in Princeton.  
Come out and meet old friends and make some new ones!

The weekend starts with a parade Friday night.  
With a full slate with five feature races - racing starts at 1:00 PM

Live racing - pari-mutuel wagering  
refreshment garden - concession

It's a full weekend of activity in Princeton this July long weekend

**FREE ADMISSION - Sunflower Downs**

# Town enters into annual operating agreement

In a motion made by Councillor Ray Jarvis and seconded by Councillor Frank Armitage at the June 21st regular meeting of Town Council, the Town of Princeton

will enter into the 2009/10 Paratransit Operating Agreement between the Town, BC Transit and Princeton & District Community Services.

The Mayor and Chief Administrative Officer were authorized to execute the agreement, which runs from April 1, 2010 to March 31, 2011.

The Town, in partnership with BC Transit provides a paratransit operation, operated through Princeton & District Community Services, which provides transit service within Princeton and through to Penticton.

The Town and BC Transit entered into an agreement with the Interior Health Authority that expanded service to five days a week and provides service to Penticton for Princeton residents to take advantage of specialized medical services in Penticton.

Total cost for the paratransit system for 2010-2011 is \$165,003. The cost the year before was \$137,087. The net cost under the

Annual Operating Agreement to the Town is \$79,992, compared to \$55,019 the previous year – a 20.4% increase from 2009/10 to 2010/11.

The net cost to the Town is further offset by an annual contribution by the IHA in the amount of \$15,435 under IHA's Health Connections partnership program.

The largest portion of the cost increase, totaling \$21,747, is for the debt servicing of the two new buses. Further increases, totaling \$6,132, are due to increased operating costs.

As ridership for the service has not increased, no additional revenues are expected to offset costs.



Cody McKinnon, Kendra Krenn and Adam Gullason cool off in the water park. \*

## Final workshop July 3rd

The final tile making workshop for the Princeton 150th Mosaic Mural will be held on July 3 in Veterans Square between 2:00 and 5:00 PM.

Under the supervision of Potters Guild members you will choose a clay tile, decorate it with a glaze of your choice and the finished piece

will be included in the mural to be unveiled at Riverside Community Centre - scheduled to take place Sunday, September 5th.

The process is fun, it's free and it only take about 20 minutes. Bring a friend, bring the whole family, and make your contribution to this community art work.

VISIT THE TOWN OF PRINCETON WEBSITE AT:  
**www.princeton.ca**

## Town of PRINCETON Princeton Town Hall News

### PUBLIC NOTICE

In accordance with Section 24 of the *Community Charter*, the Town of Princeton gives public notice that it intends to provide a guarantee to the Princeton Racing Days Association. This guarantee is for the pari-mutuel horse racing betting being held on Saturday July 3, 2010 at the Princeton Exhibition Grounds being conducted by the Princeton Racing Days Association. The guarantee is in the amount of \$20,000.

### AIR SHOW VOLUNTEERS NEEDED

Help us out at the 2010 Princeton Air Show as a volunteer. Some of the great opportunities include: hosts, gate attendants, security, ground keeping, kids corner, and operations.

We provide the training, lunch and t-shirt, you provide your love for airplanes and people. Contact Nadine at recreation@princeton.ca or Patrick at probins@princeton.ca to put your skills to work as a volunteer.

### CANADA DAY FUN

Join the fun this Canada Day in Veterans Square from 11:00 am to 1:00 pm for a family picnic, cake, music, crafts and games.

11:00 am Pick up your Canada Day Flags & Pins.

Sing Oh Canada with the Princeton Community Band.

11:15 am Enjoy a slice of the Canada Day Cake.

11:30 am to 1:00 pm Enjoy the band, play games, do crafts and have your face painted.

Cool off at Centennial Pool from 2-4 pm with a Free Canada Day Swim.

### NEW WATER RESTRICTIONS

Beginning June 22 Water Restrictions Bylaw 833, 2010 will be in effect.

By conserving today, we reduce the need for expanded facilities and costly upgrades to the water system.

What are the new rules?

- Lawn sprinkling regulations are in effect from May 15 to September 30 every year.
- There are four stages of restrictions, each stage allowing less water use.
- Stage 1 comes into effect automatically on May 15 of every year unless more stringent water conservation measures are needed. Stages 2, 3 and 4 are implemented according to the severity of the water shortage. Each level requires increasingly larger reductions in water use.
- Residential, multi-family, commercial, industrial, institutional and public properties are all required to follow the regulations.

Stage 1 restrictions will be in effect.

- Even numbered civic addresses may water on Wednesdays, Fridays and Sundays.
- Odd numbered civic addresses may water on Tuesdays, Thursdays and Saturdays.
- No watering is permitted between Noon and 6:00 pm.
- Watering is not permitted on Mondays.
- Washing of boats or motor vehicles with a hose is permitted only if using a hose with an automatic shut-off device.
- Public sector entities are restricted to three days per week at any time.

Bylaw Enforcement will enforce all levels of the water restrictions bylaw. A person who contravenes the bylaw commits an offence under the Offence Act and is subject to a fine. For more information visit Town hall during regular business hours.

WWW.PRINCETONAIRSHOW.CA

### NOTICE OF DISPOSITION OF MUNICIPAL PROPERTY

Pursuant to Section 26 of the *Community Charter* and in accordance with Section 94 of the *Community Charter*, notice is hereby given that the Town of Princeton intends to dispose of the property formerly known as the "Argo" property located at 293 Rocklin Avenue, legally described as Lot A, District Lot 706, Yale (Formerly Osoyoos) Division Yale District, Plan KAP44580, except Plan KAP78819 (the "Property") to Willis & Jacobs Developments Ltd. ("Willis & Jacobs") on the following terms and conditions:

The Property is being offered for sale in fee simple to Willis & Jacobs at a price of \$665,000.00 plus a contribution by Willis & Jacobs for offsite servicing (water, sewer and roads) in the amount of \$90,000 with a closing date no later than August 9, 2010.

Willis & Jacobs will grant to the Town of Princeton a buy-back option (the "Option") on the Property that can be exercised after four years of closing. The Option is then valid for three months during which the Town of Princeton can buy back from Willis & Jacobs all or part of the Property. The Option exercise price is \$100,000/acre based upon 5 acre net developable area. The Option is proportionately extinguished during development and fully extinguished after thirty (30) units have been brought to market.

For further information contact the undersigned at Town Hall 169 Bridge Street, Princeton BC during regular business hours Monday to Friday 8:30 am to 4:30 pm, excluding statutory holidays.

Patrick Robins  
Chief Administrative Officer

### TOWN HALL OFFICE HOURS

Town Hall will be OPEN on July 1st, 2010 and CLOSED on July 2nd, 2010. Regular office hours will resume on July 5th, 2010. For water and sewer emergencies call the emergency line at 250-295-6134.



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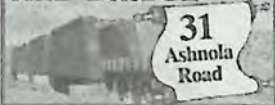


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Similkameen Sizzle - Keremeos Pepperfest  
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Memorial Park, Keremeos

[www.gotpeppers.info](http://www.gotpeppers.info)

Chili Cook-Off - Sear Factor  
Live Entertainment  
Vendors - Raffles  
Childrens Activities

# Keremeos News



The view of Olalla from the air. Photo: Myrl Stus

## Village Council news

Here are the 'Media Highlights' issued by the Village of Keremeos from the June 21st regular meeting of Village Council:

- Council approved a donation to the Keremeos Community Church in the amount of \$100 to support their Kids Camp to be held July 27 to 30, 2010 in Memorial Park in Keremeos.
- Council approved an expenditure from its Equipment Reserve to purchase a new tractor for the Village - the current one is 22 years old, and in need of repairs that would incur substantial costs. Council also passed a resolution to consider replenishing the equipment reserve in the amount of the expenditure over the next two fiscal years in light of other

upcoming expected expenditures.

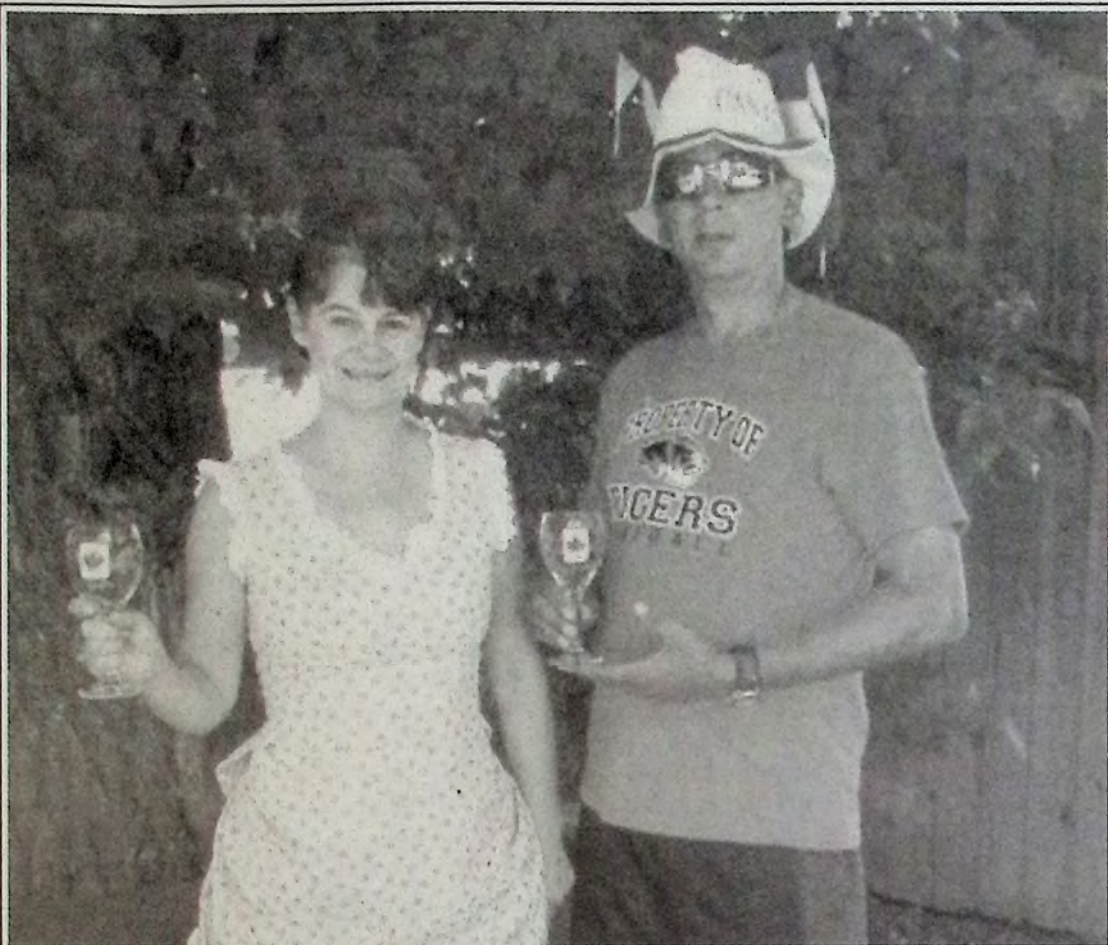
- Council received the "Measuring Up" report from the Measuring Up Committee. That initiative was funded by a grant from the 2010 Legacies Now program, and enabled the Measuring Up committee to purchase various items to assist local residents with disabilities. Some examples included the purchase of a Nintendo Wii for residents of "Orchard Haven" to ensure mobility is encouraged; a contribution to the purchase of paver bricks around the Cenotaph to provide individuals in wheelchairs easier access to the site; and olfactory/memory aid devices for residents at the "Dementia Unit" to discourage continued memory loss. Many other useful items were

also purchased by the committee and provided to various disabled individuals and groups in the community.

- Council approved the draft Contract of Purchase and Sale as well as a draft lease agreement for the Elks Rodeo Grounds. The Village has agreed to acquire ownership of the Elks Rodeo Grounds and lease the grounds back to the Elks for as long as they are able to operate and maintain the grounds.
- Council approved an additional 2010 expenditure of \$10,000 to participate in the Regional District Okanagan Similkameen Climate Action Plan that will provide assistance to the Village in meeting its climate change targets set out by the Provincial Government.



Popular family entertainer Matt Duffus, seen here at last year's Princeton Fall Fair, will bring his brand of fun and folk music to Similkameen Sizzle, September 18th. \*



Meet Lynda and Fred Bell; Mr. and Mrs. Hedley Canada. Fred is an enthusiast and collector of all things Canadian and while sporting one of his 'Canada' hats he is holding one of the wine glasses specially painted for Canada Day by Stella Hembruff of Hedley. Lynda is working at the Museum in a registration project and will be circulating on Canada Day in this delightful period costume created by Sue Alton of Princeton. Join the Hedley Museum on July 1st for free cake and coffee, a barbeque (for a nominal fee), town tour at 10:00 AM by Chuck, goldpanning for real gold by Garnet, and a horseshoe tournament at 2:00 PM. The Seniors from Lund, Colleen and George, will be entertaining in the morning and so will Eric Lance. Tall Tales are told during the lunch break. Experience Canada Day in Hedley! - photo submitted

## Summer Reading Club returns to Princeton

School vacation is fast approaching, and the Princeton Branch of the Okanagan Regional Library is gearing up for Summer Reading Club (SRC) to help ensure your school-aged children don't fall victim to the "summer slide" by losing their literacy skills over the summer months.

Sponsored in partnership by the ORL, the BC Library Association and the Ministry of Education, this year's Summer Reading Club

theme is "Reading Rocks".

Students can visit the new Princeton Branch at 107 Vermilion Avenue now to receive their reading record and register for weekly book draws, special events and contests.

Also, bilingual children's musician Will Stroet will visit the branch for a special high-energy "Reading Rocks" concert fun for the whole family on Friday, July 9 at 1:30 PM.

More detailed information can be found online at this web link: [www.orl.bc.ca/branches/princeton](http://www.orl.bc.ca/branches/princeton) or by calling the branch at 250.295.6495. - submitted

## Princeton library hosts grand opening

The Princeton Branch of the Okanagan Regional Library (ORL) may have only moved down the street, but the new location is completely updated with more room for computer use, lounging and meeting, and natural light.

To celebrate the move, the ORL is inviting all members of the public for a free open house complete

with ribbon cutting and refreshments at the new branch at 107 Vermilion Avenue on Wednesday, July 7 at 2:00 PM.

Staff and ORL Board members will be on hand to answer questions and provide tours. Registration is not necessary, but if you have questions please call the Princeton Branch at 250.295.6495.

# Similkameen News Leader

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## Thank you Okanagan Similkameen Conservation Alliance (OSCA)



Jacquie Likins and volunteers at the Okanagan Similkameen Conservation Alliance provide educational and information initiatives that promote environment awareness and participation.

FortisBC supports over 200 community initiatives, like the Okanagan Similkameen Conservation Alliance, each year. We appreciate Jacquie Likins and the Okanagan Similkameen Conservation Alliance, whose efforts are making our communities a brighter place.

Volunteer, Jacquie Likins

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**Q. My child was diagnosed with cataracts! Aren't cataracts a condition for older adults? (A woman I know found out that her young son has cataracts. No one had any clue, not even the boy, until his first eye exam!)**

**A. Although cataracts in children are rare, they do occur and can affect one or both eyes. Congenital cataracts may be present at birth while cataracts that appear later are called acquired cataracts. Cataracts can be inherited or caused by eye injuries, medications such as steroids, or other illnesses. In many cases the cause isn't known. For cataracts that interfere with vision, surgical removal is required. For mild cataracts that don't affect your child's vision, no surgery is needed. Only an examination by an eyecare professional can determine your child's eye health.**



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**Sun Is A Year-Round Vision Risk!**  
DR. JILL SLYWKA, Doctors EyeCare

Sun-smart protection for pint-size peepers

Since your kids likely spend more time outdoors than you, UV protection is ultra important. Whether they're building sand castles or snow forts, always protect their sight with quality sunglasses offering 100% UV protection.

Your children might not thank you today, but a lifetime of good vision and eye health is thanks enough! Let our professionally trained staff show you how to keep their vision safe.

Where will you be this winter, jogging on the beach or shoveling your driveway? No matter where you play and work, ultraviolet (UV) protection is important during every season. Even when the sun doesn't feel hot and summer seems a long way off, harmful UV rays put your vision at risk.

The damaging effects of UV rays may not develop for many years. In fact, UV damage is cumulative and has been linked to cataracts and macular degeneration later in life. With macular degeneration the leading cause of blindness in North America, this long-term UV exposure concerns optometrists the most.

Make the sun your friend, not foe. Protecting your eyes and looking fantastic has never been easier! With today's innovative technology, be assured of quality materials, top optics and scratch/impact-resistant lens options. Choose light-weight and durable frames, sealed with peace-of-mind UV protection. Be confident that you're getting straight professional advice while finding that perfect sunwear style.

Winter, spring, summer or fall, love the freedom of photochromatics for all - lenses that quickly change from clear to dark. The more UV light, the darker the lenses become as they block 100% of harmful rays and also reduce painful glare.

Trust your Doctor's recommendation. Stop in today and experience our all-season selection of sunwear.



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## Health / Lifestyle News

### Communication disorders affect millions of Canadians

(NC)—Imagine going through life not being able to understand what people are saying to you; having to constantly ask people to repeat themselves; not knowing what's expected of you or how to behave. Imagine what it's like when you can't express your feelings to your family, friends or, especially, strangers. Imagine the sense of isolation, frustration, anger.

For millions of Canadians who live with a speech, language or hearing difficulty, these experiences can be an everyday occurrence. But it doesn't have to be that way.

The ability to hear, understand and be understood is fundamental to our development as productive citizens and when hearing and speech problems go undetected and untreated, the results can be severe.

According to the Canadian Association of Speech-Language Pathologists and Audiologists (CASLPA), the organization that represents 5,400 speech, language and hearing professionals across Canada, dealing with this crisis is an up-hill battle.

One of the biggest challenges is getting referrals—being put in touch with people who need help. Often,

#### Do you practice safe sun protection?

(NC)—You have a greater risk of developing skin cancer if you: have fair skin, have lots of moles or freckles, had sunburns when you were a child, work outside or have a family history of skin cancer.

Whether or not you're at high risk, according to the Canadian Cancer Society, skin cancer is the most common form of cancer in Canada. Still, a Neutrogena survey found that 49% of Canadians rarely or never put on sunscreen.

*Some quick tips to protect your skin:*

- Choose a sunscreen with broad spectrum protection.
- Look for waterproof formulas.
- Choose light-weight formulas so sunscreen is comfortable on skin.
- Apply about two tablespoons to cover the entire body every two hours and after swimming.

For more information on sun protection, visit [www.neutrogena.ca](http://www.neutrogena.ca) or [www.cancer.ca](http://www.cancer.ca).

- News Canada

individuals with hearing or speech disorders are labeled as having some type of behavioural problem. They're seen as either uncooperative or withdrawn, or unpredictable and hostile. This can be especially true with children. In many cases, this kind of behaviour is often merely the symptom of a more profound hearing or speech disorder and unless these individuals are referred to a hearing or speech specialist, the problem can go undetected and untreated.

Daycare workers, teachers, social workers, public health nurses and doctors need to understand that behavioural problems that appear to be purely psychological can often be traced to a hearing or speech disorder. Call in the experts—they know what to look for—the subtle signs

that are so often missed by professionals in other disciplines.

CASLPA acknowledges that there are currently an insufficient number of the professionals that are needed to provide Canadians with an adequate level of service. Wait times can be long but CASLPA has released national recommended wait times for public reference. You can find them at [www.speechandhearing.ca](http://www.speechandhearing.ca).

Primary healthcare is a team effort, and while S-LPs and audiologists are an important part of that team, they are only one player, counting on the other members of the team—doctors, nurses, educators, social workers and other rehabilitation professionals—to help them help others in need.

- News Canada

## Living Past 100

### Research Kills 'Menopause' Myth

There have been books written about male menopause, sometimes called "menopause", as if it were the same thing as female menopause. Menopause marks the end of female fertility. The woman no longer bears children. Men do not suddenly become sterile at a certain age. However, men in their late forties or early fifties begin to experience greater fatigue, a reduction in sex drive, and a depletion of muscular strength. This syndrome has been called "male menopause". It goes hand in hand with a reduction in testosterone (male hormone).

Many men begin to have a kind of hidden panic over these bodily changes. They begin to fear lack of sexual prowess (which may lead to an actual lack due to the level of performance fear) and loss of the ability to perform a day's work, which leads to fear of job loss. These fears are generally not open to discussion as few men will admit to feeling weaker and less virile, but the fears may do more damage than what is actually happening.

A recently released report of a study done in the USA reveals male menopause is a myth. Although there is a testosterone reduction in most men over fifty, their feeling of fatigue, reduced sex drive and reduced muscle power is primarily caused by aging, not by loss of testosterone. Some men take testosterone supplements, but there is a health risk involved in this treatment.

Men should be aware there is a way to maintain testosterone levels well past age 60. The answer is vigorous exercise on a regular basis. This exercise can include snowshoeing, cross-country skiing, hockey, badminton, basketball and hiking. Gents, while a walk is good for you, and you may have to start by just going for a walk, walking is not vigorous enough to improve testosterone levels.

The other good thing about exercise is it can slow down aging. Along with losing weight (if your body mass index is too high) and reducing alcohol and tobacco consumption, exercise plays a significant role in warding off those feelings of fatigue and muscle power depletion. There are some supplements which can be taken to preserve muscle strength. Consult a naturopathic physician for advice on supplements.

Sexual intercourse two or three times a week tends to contribute to a man's physical well-being (and to a woman's), and being in love with the sexual partner makes it even better. This is why married men generally live longer than single men: there is nothing like a loving relationship to take the stress out of a man's life.

In other studies, researchers learned one of the factors which appears to contribute to a long life is being a person involved in volunteer or service work of some kind. Putting effort into community projects and events, belonging to a group which serves the community, and interacting with others in a social network, seem to promote better health through a greater sense of personal well-being.

Regardless of what a man chooses to do to feel better and prevent aging, the first thing he should do is stop worrying about loss of virility, muscle power and potential loss of his job. Most men maintain their muscle strength into their seventies, along with their sexual virility (many men are still sexually active in their eighties). The key is to improve general health and stop being afraid.

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Similkameen  
**News Leader**



# News Leader Entertainment

Similkameen News Leader TV Guide Listings - June 29 - July 5, 2010



Hedley High School Rodeo Cowgirl Taylor Schneider with some of her winnings. Schneider has had an incredible season participating at the high school rodeo level. - photo submitted

## Schneider reaches new heights

Taylor Schneider, an 11th grade student at SCIDES was recently honoured by Ariat Boot Company of Union City, CA, Cinch of Denver, CO and Resistol Hats of Garland, TX with a pair of Ariat Boots, a pair of Cinch jeans and a Resistol hat respectively for being named the BC High School Rodeo Association 2009-2010 All-Around Champion at the Provincial High School Finals Rodeo held June 11 to 13 in Merritt.

The National High School Rodeo Association All-Around Champion awards program was started seven years ago as a way of recognizing those NHSRA members, who through their outstanding rodeo skills, have earned the right to be called the best young rodeo athlete in each of the NHSRA's 47-affiliate associations including 41 US states, five Canadian provinces and Australia.

Schneider and her registered American Quarter horse Cubby were honoured the same weekend in Merritt by the American Quarter Horse Association and Western Horseman with a \$250 college scholarship and a Kowgirl Klitz Bronc Halter for being named BCHSRA's Girl's Horse of the Year winner.

To be eligible for the Western

"Horseman" of the Year honours, the rider had to be a current member of the NHSRA and of the American Quarter Horse Youth Association. In addition, the nominated horse had to be a registered American Quarter Horse. Once all eligibility requirements were met, the horse and rider earned points by qualifying for and competing at their respective provincial finals. The horse and rider who earned the most points were awarded the honour of being named the Western "Horseman" of the Year.

Schneider also earned a spot on the BC Provincial high school rodeo

## Rykers retires from Town Crew

After serving the Town of Princeton for the past 24 years, Works Foreman Henry Rykers will be retiring. Mayor Randy McLean presented him with a Certificate of Excellence at the June 21st regular meeting of Town Council.

"It's no secret we have probably one of the best town crews anyone is aware of," McLean stated.

"There's been a pride among the crew that if you aren't there to work you're probably not going to fit in." McLean credited that attitude to the leadership provided by Rykers.

Rykers started on the job June 5, 1986 - a year after McLean was first

team and will travel with teammates to Gillette, Wyoming to compete in the 62nd Annual National High School Rodeo Finals July 18 to 24. She is entered in Goat Tying, Breakaway Roping and Cutting competitions.

Featuring over 1,500 contestants from the US, Canada and Australia, the National High School Finals is the world's largest rodeo. In addition to competing for over \$200,000 in prizes, NHSFR contestants will also be vying for more than \$350,000 in college scholarships and the chance to be named the National High School Rodeo National Champion.

elected to Council, "And although I've come and gone, he's been here all along," McLean pointed out.

"He's educated me about paying...to me you've been so helpful to me over the years," McLean said. "It's a great thing in that you've earned your retirement."

Rykers thanked McLean and all of Town Council, "for your trust, respect and support. It will never be forgotten."

Rykers also thanked late Princeton Mayor Gloria Stout and Works Superintendent Lloyd Salisbury for, "taking a chance on me," back in 1986.

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## Princeton Golf Club

Take A Kid To The Course Week



A friendly mother/daughter putting challenge between Wanda and Angie Marshall? The Princeton Golf Club is offering free golf to kids between the ages of six and sixteen who are accompanied by a paying adult during 'Take a Kid to the Course Week' July 5th to 11th. Call 250.295.6123 to book your tee times. - photo submitted

## Arts Council launches website

In late 2009 the Princeton Community Arts Council received a \$1,427 grant from 2010 Legacies Now Catalyst Program to assist in the development and design of a website to promote Princeton's arts, culture and heritage.

The main objective of this website is to keep local residents, community neighbors and the world informed about the fantastic art and culture community in Princeton.

The new website is home to information about Princeton Community Arts Council's initia-

tives, programs, events and monthly business. It boasts a fantastic calendar of activity for all its member groups.

The Town of Princeton and RDOS are thankful to the Princeton Community Arts Council for their inclusion into the website. Riverside Centre bookings and events are listed. Princeton Parks, Recreation and Culture art and

craft programs are part of this fantastic new website as well.

Princeton Community Arts Council would like to thank Sharon Anderson and Ed Staples for all their hard work in developing this great new information tool. Local residents are encouraged to browse the new website at [www.princetonarts.ca](http://www.princetonarts.ca) and pass it along to your friends.

[www.thenewsleader.info](http://www.thenewsleader.info)



TUESDAY, JUNE 29, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News (6:45)	Erky Perky Ruby	Tennis	Canada AM	Daily Planet	Henrys Feet	CityLine	CSI: Crime Scn	6 Degrees
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today Bill Cosby; Martha; Stewart; Wimbledon. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			World Cup Soccer: Round of 16: 1F vs. 2E (Live)	Willa's Timothy	Tennis: Wimbledon, Women's		Blueprint for Disaster	Mickey M. Mouse	The Tyra Show	CSI: Crime Scn	End/Leash
8 AM	Harvey		Sid the Science Kid	Curious Sid	Wimbledon. (N)		Cold Case Files		100 Huntley Street		100 Huntley Street	George S. Rolie Polie	Quarterfinals From Wimbledon, England.		Control the Weather?	Manny Handy	Rachael Ray	CSI: Crime Scn	TV-Torrens
9 AM	Fam. Feud	100 Huntley Street	Super Why!	Dinosaur		The 700 Club	Parking	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	SpongeBob (9:25) Kid		Live With Regis & Kelly	Feet	Role	Amazing	CSI: Crime Scn	Colin/Justin's Heist
10 AM	Reba	Hospital for Sick Kids	Spider (10:36)	Sesame Street (EI)	Tennis: Wimbledon, Women's	The Price Is Right (N)	Parking	The View (N)	Hospital for Sick Kids	Room ET Canada	CBC News Special	League Invasion	Tennis: Wimbledon, Women's	The View (N)	How-Made Cash Cab	Mickey Manny	The O.C.	CSI: Crime Scn	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstein	Clifford Sit-Be Fit	Quarterfinals (Same-day Tape)	Young & Restless	The Sopranos "Eloise"	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	(11:15) World Cup Soccer: Round of 16: 1H vs. 2G. (Live)	(11:10) Kid (11:40) Kid	Quarterfinals From Wimbledon, England. (Live)	Fashion etalk	Megaworld "Canada"	Phineas Suite Life	CityLine	CSI: Crime Scn	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose		News Bold	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)		Pokemon Rollbots		Austin Stevens	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scn	Fr. Prince	
1 PM	King Friends	As the World Turns (N)	(1:02) Wibbly Pig	Your Brush Quilting	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)		Hawks Team		Sue Thomas: F.B. Eye	American Loggers	Cory Recess	Jdg Judy	CSI: Crime Scn	Seinfeld
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	Cold Case Files	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion		Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scn	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Willa's Judge B.	Dr. Phil	Parking	Rachael Ray	The Doctors	Young & Restless	Wheel Jeopardy!	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Destroyed	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scn	Restaurant Makeover
4 PM	MLB Baseball: Washington Nationals at Atlanta Braves. (Live)	Oprah Winfrey	George S.	Fetch! Ruff Cyberch'e	Jdg Judy	Oprah Winfrey	Parking	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Top 10 Grey Cup	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Hell's Kitchen (PA)	Good Pets-Bad	Colin/Justin's Heist
5 PM	Nationals at Atlanta Braves. (Live)	Early News	(4:57) News	BBC News	News (N)	News	Parking	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	Movie: "Hoosiers" (1986) Gene Hackman, Barbara Hershey.	CTV News at Five (N)	How-Made	Suite/Deck Zoey 101	America's Got Talent	Prison Out of Control (N)	Wife Swap (N)
6 PM	Seinfeld	Ent	Frontiers of Nova (DVS)	Jeopardy!	The Doctors Fortune	Parking	Ent	Ent	The Good Wife	World Cup Soccer: Match of the Day	Weird Malcolm Chris	Family Biz	SportsCentre (Live)	etalk	Deadliest Catch (N)	Sonny Suite Life	Curb	Deadliest Warrior (N)	Restaurant Makeover
7 PM	Law & Order: SVU	Wipeout "World Cup"	No. 57: History-House	Movie: "The Linguists"	Losing It With Jillian (N)	NCIS "Masquerade"	Parking	Wipeout "World Cup"	Wipeout "World Cup"	Wipeout "World Cup"		8 Rules	Boxing	Castle	Daily Planet	Overruled! Hannah	EP Daily	BlueMount	ET Canada
8 PM	Payne Family Guy	NCIS: Los Angeles	Liberty USA	Frontline/World (N)	America's Got Talent	NCIS: Los Angeles	Parking	(9:01) Downfall (N)	NCIS: Los Angeles	NCIS: Los Angeles		Family Biz		(9:01) Downfall (N)	Destroyed	Wizards Buzz	Daisy of Love	DEA "Deep Cover"	Seinfeld
9 PM	Family Guy	The Good Wife	Voices	P.O.V. French filmmaker Agnes Varda.	Last Comic Standing	The Good Wife	Parking	(10:01) Primetime: Mind	The Good Wife	News Hour Final (N)	National	Indie Family Biz		(10:01) Criminal Minds	Deadliest Catch	School Stone	Coach Judge B.	CSI: Crime Scn	Wife Swap
10 PM	Star Trek: Next	CHBC News Final (N)	49 Degrees	Varda.	News (N)	News	Parking	News	News Hour Final (N)	Ent ET Canada	World Cup Soccer	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	How-Made	So Raven	Judge B.	Star Trek: Voyager	Wife Swap

WEDNESDAY, JUNE 30, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Bulld Lions	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	Tennis	Canada AM	Daily Planet	Henrys Feet	CityLine	CSI: Crime Scn	End/Leash
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today Bill Cosby; Martha; Stewart; Wimbledon. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Dirtgirl Animal	Willa's Timothy	Tennis: Wimbledon, Men's		Blueprint for Disaster	Mickey Mickey	The Tyra Show	CSI: Crime Scn	Project Runway Canada
8 AM	Harvey		Sid the Science Kid	Curious Sid	Wimbledon. (N)		Cold Case Files		100 Huntley Street		Bo on Go Busytown	George S. Rolie Polie	Quarterfinals From Wimbledon, England.		Junk Raiders	Manny Manny	Rachael Ray	CSI: Crime Scn	Inside Hollywood (N)
9 AM	Fam. Feud	100 Huntley Street	Super Why!	Dinosaur		The 700 Club	The First 48 Past cases.	Live With Regis & Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! News	SpongeBob (9:25) Kid		Live With Regis & Kelly	Daily Planet	Feet	Role	Amazing	CSI: Crime Scn
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (EI)	Tennis: Wimbledon, Men's	The Price Is Right (N)	The First 48	The View (N)	World Vision	Green ET Canada	Poko Doodlebop	League Invasion	Tennis: Wimbledon, Men's	The View (N)	How-Made Cash Cab	Mickey Manny	The O.C.	CSI: Crime Scn	Whatever
11 AM	Jim Name Earl	Canada	Rolie Polie Berenstein	Clifford Sit-Be Fit	Quarterfinals (Same-day Tape)	Young & Restless	The Sopranos	Paid Prog.	Canada	(10:59) Noon News Hour (N)	Gofrette Dirtgirl	(11:10) Kid (11:40) Kid	Quarterfinals From Wimbledon, England. (Live)	Fashion etalk	Destroyed	Phineas Suite Life	CityLine	CSI: Crime Scn	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose		News Bold	CSI: Miami	All My Children (N)	Noon News Hour (N)	'Til Death	CBC News Now (N)	Pokemon Rollbots		etalk	Mayday "Blown Apart"	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scn	Fr. Prince
1 PM	King Friends	As the World Turns (N)	(1:02) Wibbly Pig	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Fortune Jeopardy!	Hawks Team		Sue Thomas: F.B. Eye	Deadliest Catch	Cory Recess	Jdg Judy	CSI: Crime Scn	Seinfeld
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	Cold Case Files	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion		Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scn	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear Lost baby skunk.	WordGirl Electric	Judge B.	Dr. Phil	The First 48 Past cases.	Rachael Ray	The Doctors	Young & Restless	Recipes Mosque	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Construction	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scn	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberch'e	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	2010 CFL Season Preview Show (Live)	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	UFC 116: Countdown	Colin-Justin
5 PM	Movie: "American Wedding"	Early News	(4:57) News	BBC News	News (N)	News	Dog	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	Boxing: Rumble at Rama XII.	CTV News at Five (N)	Mighty Ships "Solitaire"	Suite/Deck Zoey 101	America's Got Talent	UFC Unleashed (N)	Hoarders (N)
6 PM	(2003) Jason Biggs	Global Nat.	Creatures	PBS NewsHour (N)	Millionaire	Access H.	Dog	News	(5:59) News Hour (N)	ET Canada	Coronation	Jackson		etalk	Salvage Code Red (N)	Sonny Suite Life	Cougar	UFC Unleashed	Runaway
7 PM	Seinfeld	Ent	Can. Rivers Wild Hrt	A Sense of Wonder	Jeopardy!	The Doctors Fortune	Billy	Ent	Glee	22 Minutes	Weird	Family Biz	SportsCentre (Live)	etalk	Daily Planet	Overruled! Hannah	EP Daily	UFC Unleashed	Runaway
8 PM	Law & Order: SVU	House "The Itch"	The Treasure	Old Amusement Parks	America's Got Talent	How I Met Rules	Billy	The Middle	House "The Itch"	House "The Itch"	Dragons' Den	Malcolm Chris		So You Think You Can Dance	Daily Planet	Overruled! Hannah	EP Daily	UFC Unleashed	ET Canada
9 PM	Movie: "American Wedding"	Glee	Anne-Sophie Mutter	Baseball (Part 5 of 9) (DVS)	America's Got Talent	Criminal Minds	Dog	Family Cougar	Glee	Lethal Beauty	Just for Laughs	8 Rules Survive	Top 10 Grey Cup	Salvage Code Red	Wizards Buzz	I Love Money	DEA	Seinfeld	
10 PM	(2003) Jason Biggs	Lethal Beauty (N)	It's All About the Music	Law & Order: SVU	CSI: NY	Dog	(10:01) Castle	Lethal Beauty (N)	News Hour Final (N)	Ent ET Canada	National	Indie Family Biz	Country/Hockey	CSI: NY	Mighty Ships "Solitaire"	School Stone	Coach Judge B.	CSI: Crime Scn	Hoarders
11 PM	Star Trek: Next	CHBC News Final (N)	Duncan Campbell Scott	(11:00) Charlie Rose (N)	News (N)	News	Billy	News	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Deadliest Catch	So Raven	Judge B.	Star Trek: Voyager	Runaway

# Similkameen News Leader - Horoscopes

June 30 - July 7, 2010

**Aries** - Beneficial changes on the home front can present challenges. You have to work hard to make changes to your home, and your job will be demanding. Take care of your health: don't work beyond your limit.

**Taurus** - You always like this time of year because you go places and talk to people. You will be very involved with young people, and your creative talents will be heightened. You may feel quite lusty, too. Enjoy sports safely. Play!

**Gemini** - Problems with home, property and family may come to a head now. Focus on family values and valuables. Bite your tongue if harsh words are there. Charm gains you more. Be nice to siblings, neighbours. Be host.

**Cancer** - You are in your element now, and good fortune comes your way. You can acquire what you need. Take time to give yourself a makeover. You can project a better image to the public. Cope calmly with surprises.

**Leo** - You are your most charming self right now, but you need to avoid self-sabotage from too lavish spending. Make sure what you own does not own you. Your earning power can go up with hard work, down if lazy.

**Virgo** - You are full of energy and your ego level is high. Avoid being bossy or pushy. You can gain an advantage from a bank, investments, or insurance. Look for unexpected benefits. Get ready for improved appearance next week.

**Libra** - You are still enjoying making a lot of plans but watch out - you may be setting yourself up for failure. Whatever you do, make sure it is practical. Let your worries result in a realistic look at what's going on.

**Scorpio** - Things are still going well in your career, but you may be having problems with groups you belong to, or they demand a great deal. You may want to travel, but expect surprises (the good kind). Elder woman gives gift.

**Sagittarius** - Your career is hectic now. You must focus on shared resources. Expect unexpected benefits from sports, young people, lover. You gain by working hard and by sharing resources. Read fine print.

**Capricorn** - This is a good time to focus on partnerships, friends and/or advisors. There is much to be gained by listening to others. Unexpected benefits come from friends, family and home. Expect good times this week. Enjoy.

**Aquarius** - Enjoy spending time with friends, partner. You may hear worrisome news from a bank, and should focus on your health. Keep your mind clear and concentrate on real, practical side of life. No daydreams!

**Pisces** - One to one interactions with others may be hectic or cause concern. You could get some good news about your health or your job, but you may find both are subject to major beneficial change which upsets your dreams. Calm!

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## Tuesday Movies

AFTERNOON

5:00 pm TSN (19) ★★ "Hoosiers" (1986, Drama) Gene Hackman. A college basketball coach leaves the Navy in 1951 and becomes coach of an underdog Indiana high-school team.

EVENING

8:00 pm KSPS (6) ★★½ "The Linguists" (2007, Documentary) Specialists document languages in Siberia, India and Bolivia that are on the verge of extinction.

## Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★ "American Wedding" (2003, Comedy) Jason Biggs. A young couple prepares to marry, while an obnoxious friend plans to throw a bachelor party. (E)

EVENING

9:00 pm WTBS (3) ★★ "American Wedding" (2003, Comedy) Jason Biggs. A young couple prepares to marry, while an obnoxious friend plans to throw a bachelor party. (E)

## Thursday Movies

EVENING

8:00 pm WTBS (3) ★★½ "The Natural" (1984, Drama) Robert Redford. The almost mythical ability of a middle-aged baseball player rockets

a major-league team toward the 1939 pennant. (E)

## Friday Movies

EVENING

8:00 pm YTV (18) ★★ "Sister Act" (1992, Musical Comedy) Whoopi Goldberg. Premiere. A Reno lounge singer on the run plays nun and shows a San Francisco convent's chorus how to rock. (In Stereo) (E)  
FAM (26) "Wizards of Waverly Place The Movie" (2009, Comedy) Selena Gomez. A young wizard conjures a spell that puts her family in jeopardy. (In Stereo) (E)

10:00 pm WTBS (3) ★★½ "Sleepy Hollow" (1999, Horror) Johnny Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. (E)

9:33 pm FAM (26) ★★½ "Herbie: Fully Loaded" (2005, Comedy) Lindsay Lohan. The independent-minded Volkswagen helps the feisty daughter of a NASCAR champion find her way to the fast lane. (In Stereo)

KNOW (5) ★★½ "Only the Strong Survive" (2002, Documentary) William Bell. Premiere. Filmmakers Chris Hegedus and D.A. Pennebaker showcase performers of R & B and soul from the 1950s to the 1970s. (E)

11:14 pm FAM (26) ★★ "Dennis the Menace" (1993, Comedy) Walter Matthau. The comic-strip moppet plays pranks on Mr. Wilson, the crotchety fellow who lives next door. (In Stereo) (E)

# Similkameen News Leader - Recipe Corner

Recipe #329

## Honey Pecan Cupcakes

(NC)—Everybody loves cupcakes. Perfect for a party or to satisfy that sweet tooth, the kids will love to decorate their own. Try substituting plain margarine or butter with Derlea's new honey pecan spread - it's trans-fat free and adds authentic flavour. And, here's some great news you can feel good about: Derlea will donate 50 cents for every new spread purchased in Canada to Spread the Net ([www.spreadthenet.org](http://www.spreadthenet.org)), a Canadian organization that provides bed nets to families in Africa to prevent malaria. So, you can spread some flavour and save lives, too.

All You Need:

- 1/3 cup Derlea honey pecan spread
- 1 1/4 cups all purpose white flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup white sugar
- 1 egg
- 3/4 cup milk

All You Do:

1. Preheat oven to 350° F. Line muffin pan with paper cupcake cups. Sift or mix together flour, baking powder and salt. 2. In a bowl mix Derlea honey pecan spread and white sugar until its well mixed. Add a whisked egg and milk, and then mix well. 3. Add flour mixture a little at a time while mixing. Beat well. 4. Fill paper cupcake cups 2/3 of the way with batter. 5. Bake oven at 350° for 19-21 minutes. Let sit for 5 minutes before removing from muffin cups. 6. Top with icing. (Try substituting Derlea honey pecan spread in any margarine/butter-based icing.)

You can find more easy recipes and coupons online at [www.derlea.com](http://www.derlea.com).

- News Canada

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**226A Bridge Street, Princeton**

# Similkameen News Leader

## Princeton Area Ghost Towns - The DVD

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Abby - Blackfoot - Bilkah - Super Mountain - Grand Fork - Endicott

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Explore The History Of Mining - Gold, Copper and Coal

# Princeton Secondary - Class of 2010

In this bright future you can't forget the past



Helen Bibby proudly displays the Bernice Wardle Award. \*

The Princeton Secondary School graduating class of 2010 officially brought an end to their twelve years of schooling June 26th in the PSS gym.

The Graduation Ceremony, which has often been criticized as being far too long, is typically a two-hour event and time appeared to be a recurring theme in a program that ran just shy of exactly 120-minutes.

Following the singing of 'O Canada' led by graduate Alyssa Larsen; Master of Ceremonies Principal Bill Lawrence introduced the first guest - Fraser-Nicola MLA Harry Lali.

Lali was to bring greetings from the Province of BC and for some reason was not in attendance, which led to Town of Princeton Mayor Randy McLean who took a good-natured jab at the absent MLA.

"They said as I came in that I had forty-five seconds and seeing that Harry's not here does that mean I get some extra time?"

McLean acknowledged retiring teachers Wah Fee Low and Debbie Cappos for their contributions to the school district and singled our Principal Bill Lawrence, who leaves Princeton to fill the same position at a school in Merritt.

McLean referred to the 'Bill Lawrence Renaissance' in identifying the timeframe Lawrence had been in Princeton.

"This school has moved ahead in so many ways," McLean stated.

"I believe it's been a renaissance for Princeton Secondary. You have had a leader who could see into the future and that was Bill Lawrence."

McLean then turned his attention to the graduates and put all his cards on the table.

"I'm aware that most of what I'm about to say will not enter your conscience and I'm okay with that."

What McLean did point out was how privileged he felt in being about to watch many of the students progress from newborns all the way to high school graduates. He also reminded them that everyone in attendance at the ceremony had a part in making the past twelve years the best time in each of their lives. Parents, friends and family all played a role.

"I'm here to congratulate you on behalf of the community you grew up in."

McLean ended his message with two suggestions.

"Push yourselves," he said saying there is value in learning by mak-

ing mistakes and no shame in doing so.

"And remember to look after yourselves as well."

School Trustee Dave Rainer was next.

"I guess I only have about ten seconds," he stated once he got on stage.

Rainer brought a message from Trustees of the Board of Education of District 58 (Nicola-Similkameen).

"Challenge yourselves and you will continue to develop your character."

He added that challenges also broaden ones education.

School District Superintendent Dr. Bob Peacock started off his speech by recognizing PSS teacher Lawrence Newman for his years of dedication to the students of Princeton.

Peacock's message revolved around endless possibilities now accessible to each and every graduate from Princeton Secondary School.

"One of you may even find the cure for a disease that hasn't been discovered yet."

He also pointed out that graduation was one of a series of 'firsts' ..... continued on Page 14

## Similkameen News Leader



**Grad 2010**  
Congratulations  
Jaykub Blais!

You graduated  
and I'm proud of you!  
Love Mom

## Con-GRAD-ulations!



We are so proud of you  
and the entire Class of 2010

**RE/MAX country**  
240 Bridge Street, Princeton



**Grad 2010**  
Congratulations  
Levi Dube!

You graduated  
and I'm proud of you!  
Love Mom



To the Princeton Secondary School  
Graduate Class of 2010

## Congratulations!

Have a safe and enjoyable summer!  
As you set out on your future path remember to believe in yourself and follow your dreams.  
You will help determine Canada's future!



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# Congratulations PSS Class of 2010



*May your future be filled with Hope and Prosperity!*

Harry S. Lali, MLA  
Fraser-Nicola - Province of British Columbia






**To the Grad Class  
of 2010:**

**Congratulations  
and  
Best Wishes!**

**Home Hardware**  
206 Bridge Street, Princeton  
(250) 295-6336



Princeton Secondary School Graduation Class of 2010: Kelcy Banks, Karis Bergsma, Neko Bertucci, Helen Bibby, Daniel Bouvette, Lillian Bradshaw and Deseree Bruneau. \*



**Congratulations  
Graduates...**

**We're Proud of Your  
Accomplishments.**

**May You Experience Much Joy and  
Success in the Future!**

**Mac's Auto Parts**  
193 Vermilion Avenue, Princeton  
(250) 295-6944



Ashlee Cathro, Julia Crimmon, Adam Dobbs, Adrienne Dodd, Levi Dube and Jared Fenrick. \*

**Congratulations**  
...on a job well done!  
Good Luck with your future plans.



**KALOTIRE**



307 Culbertson Way  
Princeton  
(250) 295-7171

**Congratulations, Grad Class of '10!**



**We're Looking Forward To Your Future!**



**Billy's Family Restaurant**  
301 Vermilion Avenue, Princeton  
(250) 295-3939



Teisha Gallant, Kael Glowacki-Sutter, Dustin Haigh, Danielle Hassell, Rachel Hoiland and Daniel Howarth. \*



The Princeton Secondary School Class of 2010: Cayden Johnson, Makenzie Johnston, Mitchell Lamoureux, Alyssa Larsen, Katie Liberatore, Kiel Liberatore and Mariah Liddicoat. \*



Caitlin Merenick, Lindsay Mervyn, Keisha Milligan, Alexa Musgrove, Keaton Phillips, Joseph Powell, and Marlee Rice.



Benjamin Stout, Kelsi Walton, Cori White, Milen Wilkinson, Colton Williams and Nicholas Yee. \*

# Similkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.

## To The Grads of 2010

May the next part of your journey be challenging and rewarding. Good luck to each of you!

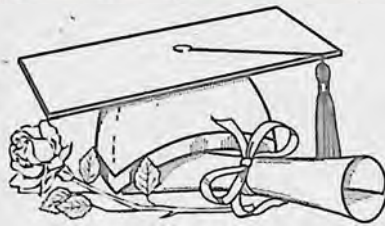
**Robert R. Wicks**

Barrister & Solicitor  
213 Vermilion Avenue, Princeton  
(250) 295-3123  
rrwlaw@nethop.net



## Congratulations Class of '10!

WE WISH YOU THE BEST



**The Hut**  
Groceries & Bottle Depot  
367 Highway 3, Princeton  
(250) 295-3835

## CONGRATULATIONS!

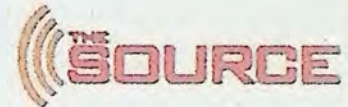
**Adam Dobbs**

# Similkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.

# Graduation

Congratulations  
Princeton Secondary School  
Graduates!  
We're Proud Of You!



259 Bridge Street, Princeton  
(250) 295-6848

## We Wish All 2010 Grads

the Best of Luck and Success for the Future

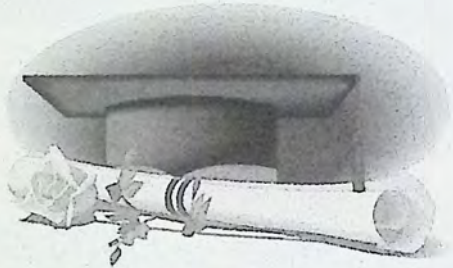


## Princeton Builders Mart

Irly Bird - True Value Hardware  
222 Burton Avenue, Princeton  
(250) 295-6938

**CONGRATULATIONS!**  
**Mariah Liddicoat**  
 Similkameen  
**News Leader**  
 WE'RE DIFFERENT, AND WE LIKE THAT.

**Year 2010 Grads**  
 Congratulations and Good Luck!



**SHOPPERS**  
 DRUG MART

(250) 295-3353  
 232 Bridge Street, Princeton

**Graduates of 2010**  
 We Wish You The Best!



**Dairy Queen**<sup>®</sup>  
 158 Tipton/Highway 3, Princeton  
 (250) 295-7599

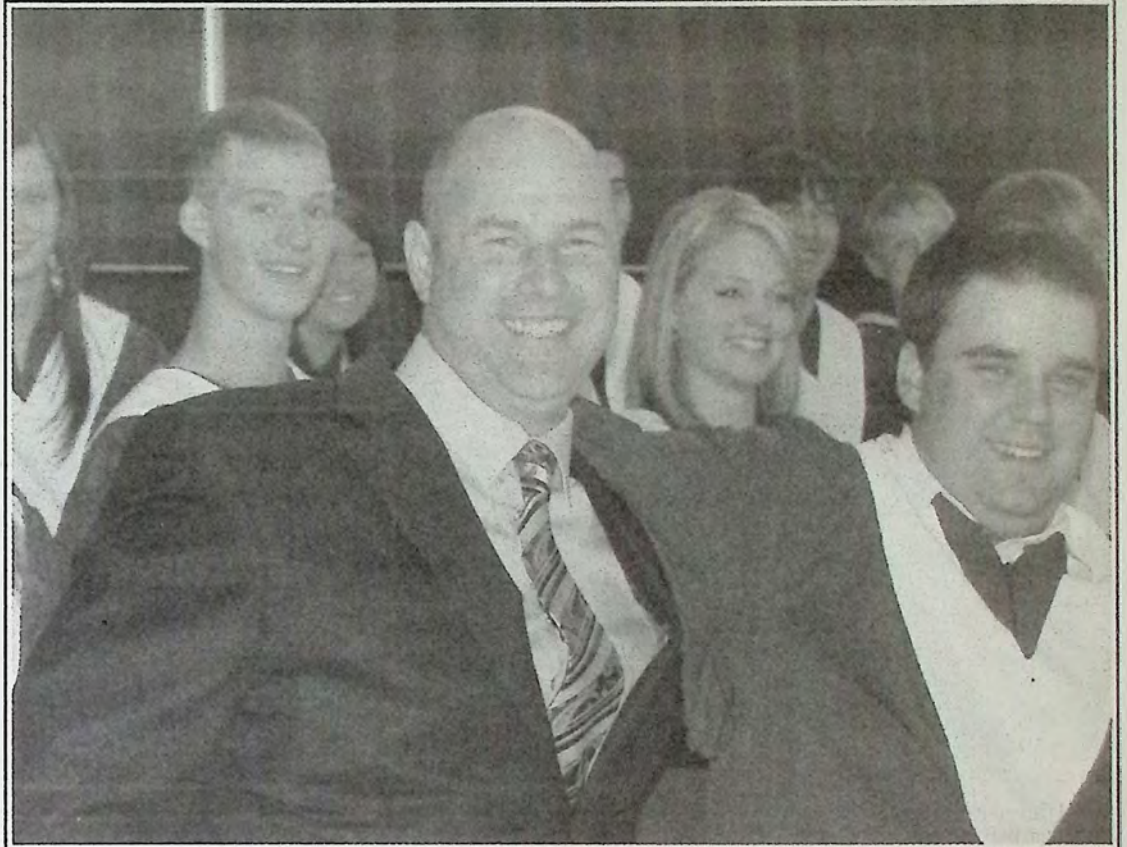


**Congratulations**  
**Danielle and the**  
**Class of 2010!**

FROM MOM, DAD AND THE CREW



411 Highway 3  
 Princeton  
 (250) 295-7330



Guest Speaker Scott Musgrove gives the News Leader's George Elliott a great photo-op! \*

..... continued from Page 11  
 each of them would experience and the joy to come from a first job, first home, marriage and a family.

"Including having your first, second, third – and the school district hopes – fourth child."

Peacock closed with a reminder that, "your greatest accomplishment will come from what you give back."

Scott Musgrove made his third appearance in a row as the guest speaker at a Princeton Secondary School graduation ceremony.

He seemed somewhat amazed to be asked to give pretty much the same advice three times in a row and wanted to shake things up a bit.

Musgrove even got the News

Leader's George Elliott to not take photo of him, "with a microphone in front of my face or my hands out here," and ran over to the seated Grads, with Elliott in tow and posed for a quick photo – to get the formality out of the way.

Musgrove admitted that his peers had been ribbing him about his repeat message, which he referred to as simply the best advice.

"So I decided to give my second best piece of advice: buy low, sell high."

What Musgrove did do is share a list of do's and don'ts, which included being patient and kind, not envious, boastful, full of pride or rude, to take responsibility for actions and to not be angry.

Musgrove eventually admitted he was giving the same advice as before: to love one another.

The Graduation Ceremony would not be complete without a slideshow of old photos of each student gathered from family photo albums.

Karis Bergsma created this year's slideshow presentation.

Scholarships and Bursaries were then presented by Sandee Blair followed by Vaedictorian Daniel Howarth.

Howarth's message was focused on memories shared with classmates and was best summed up with his final statement, "It really does take a community to raise a child."

.....Award Winners on Page 21



Bill Lawrence presents Mariah Liddicoat with her Dogwood Certificate. \*

[www.similkameenteen.com](http://www.similkameenteen.com)

THURSDAY, JULY 1, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	Nanalan* Peko	Erky Perky Ruby	(4:00) Tennis: Wimbledon.	Stratus	Daily Planet	Henrys Feet	CityLine	CSI: Crime Scene	Whatever
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (El) Martha	Today Dev Patel: porch makeover; Rita Cosby.	The Early Show (N)	CSI: Miami	Good Morning America (N)			Animal	Willa's Timothy	Women's Semifinals. From Wimbledon.	Canada AM	Blueprint for Disaster	Mickey Mickey	The Tyra Show	CSI: Crime Scene	Reality
8 AM	Harvey		The Magic School Bus	Curious Sid			Cold Case Files		100 Huntley Street		Bo on Go	George S. Rolie Polie	Wimbledon. England.		License to Drill	Handy Manny	Rachael Ray	CSI: Crime Scene	Comeback
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Parliament Hill Canada Day Special (Live)	Invasion (9:25) Kid	Tennis: Wimbledon. Women's Semifinals. From Wimbledon.	Live With Regis & Kelly	Daily Planet	Feet Agent Oso	Role Amazing	CSI: Crime Scene	Colin-Justin
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Room ET Canada	League Invasion	League Invasion	Women's Semifinals. From Wimbledon.	The View (N)	How-Made Cash Cab	M. Mouse Manny	The O.C.	CSI: Crime Scene	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstein	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette Dirtgirl	(11:10) Kid (11:40) Kid	England. (Live)	Fashion	Mighty Ships "Solitaire"	Phineas Suite Life	CityLine	CSI: Crime Scene	Wipeout (N)
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Tennis: Wimbledon. Women's Semifinals. From the All-England	News Bold	CSI: Miami	All My Children (N)	Noon News Hour (N)	"Til Death	CBC News	League		etalk Bold	Breaking Point "Bus"	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scene	Wipeout (N)
1 PM	King Friends	As the World Turns (N)	(1:03) Wibbly Pig	Painting Quilting Art	Semifinals. From the All-England	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Fortune Jeopardy!	Hawks Team Gal		Sue Thomas: F.B. Eye	Salvage Code Red	Cory Recess	Jdg Judy	CSI: Crime Scene	Wipeout (N)
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	Lawn Tennis and Croquet Club in Wimbledon.	Let's Make a Deal (N)	Cold Case Files	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	NHL. Free Agent Frenzy	Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scene	Wipeout (N)
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Wimbledon. England.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes 22 Minutes	(2:50) Kid (3:20) Kid	SportsCentre (Live)	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchus		Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	League	CFL Football: Montreal	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	UFC Unleashed	Colin-Justin
5 PM	Payne	Early News	(4:57)	BBC News	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News Special (N)	League Super Evil	Alouettes at Saskatchewan	CTV News at Five (N)	Clash of the Dinosaurs	Suite/Deck Zoey 101	Community Questions	UFC Unleashed	Wipeout (N)
6 PM	Law & Order: SVU	Global Nat.	Heads Up	PBS NewsHour (N)	News (N)	News	The First 48	News	(5:59) News Hour (N)	ET Canada	News	Indie	Roughriders. (Live)	CTV News (N)	Clash of the Dinosaurs	Hannah Wizards	How I Met 30 Rock	TNA Wrestling (N)	Wipeout (N)
7 PM	Seinfeld	Ent	Frontiers of Canada	Visions of Canada	Jeopardy!	The Doctors	The First 48	Ent	Ent	Hawthorne "Pilot"	22 Minutes	Indie	CFL Football: Toronto	etalk	MythBusters	Sonny Suite Life	How I Met Parks	Wipeout (N)	
8 PM	Movie: "The Natural" (1984)	Wipeout "Excuse Wii"	A Flag for Canada	Community Questions	The Mentalist	The First 48	Wipeout "Excuse Wii"	Wipeout "Excuse Wii"	Wipeout "Excuse Wii"	Wipeout "Excuse Wii"	The Nature of Things	Weird	Argonauts at Calgary Stampeders. (Live)	The Mentalist	Daily Planet	Overruled! Hannah	News EP Daily	Wild World	Comeback
9 PM	Drama: Robert Redford.	Rookie Blue (N)	Shadow-Chief	MI-5	The Office 30 Rock	CSI: Crime Scene	(9:01) The First 48	Rookie Blue (N)	Rookie Blue (N)	Rookie Blue (N)	Canada Rocks	Weird		So You Think	Clash of the Dinosaurs	Wizards Buzz	Jim Jim	(9:08) (9:38)	Wipeout
10 PM	Robert Duvall.	Hawthorne "Pilot"	On Screen	Soundstage (N)	The Office Parks	The Mentalist	(10:01) The First 48	Boston Med (N)	Hawthorne "Pilot"	News Hour Final (N)	National	Indie	SportsCentre (Live)	The Mentalist	Clash of the Dinosaurs	School Stone	Coach Judge B.	UFC 116: Countdown	Wipeout
11 PM	Star Trek: Next	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	News (N)	News	(11:01) The First 48	News	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	MythBusters	So Raven Life Derek	Judge B. Paid Prog.	Disorderly Con.	Wipeout

FRIDAY, JULY 2, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	CSI: Miami "Hard Time"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News	Erky Perky Ruby	(4:00) Tennis: Wimbledon.	Canada AM	Daily Planet	Henrys Feet	CityLine	CSI: Crime Scene	Inside Hollywood
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (El) Martha	Today Maroon 5 performs.	The Early Show (N)	CSI: Miami	Good Morning America			World Cup Soccer: First Quarterfinal: Teams TBA. (Live)	Willa's Timothy	Men's Semifinals. From Wimbledon.		Blueprint for Disaster	Mickey M. Mouse	The Tyra Show	CSI: Crime Scene	Inside Hollywood
8 AM	Harvey		The Magic School Bus	Curious Sid			American Justice	Mary J. Blige performs.	100 Huntley Street		George S. Rolie Polie	George S. Rolie Polie	Wimbledon. England.		Breaking Point	Manny Manny	Rachael Ray	CSI: Crime Scene	Tooned
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	American Justice	Live With Regis & Kelly	100 Huntley Street	PLAN Canada	Super Why! News	Kid vs. Kat (9:25) Kid	Tennis: Wimbledon. Men's Semifinals. From Wimbledon.	Live With Regis & Kelly	Daily Planet	Franny Agent Oso	Role Amazing	CSI: Crime Scene	Colin-Justin
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View	World Vision	Room ET Canada	Poko	League	Women's Semifinals. From Wimbledon.	The View	How-Made Cash Cab	M. Mouse Manny	The O.C.	CSI: Crime Scene	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstein	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	(11:15) World Cup Soccer: Second Quarterfinal: Teams TBA.	(11:10) Kid (11:40) Kid	England. (Live)	Fashion	Dirty Jobs	Phineas Suite Life	CityLine	CSI: Crime Scene	Dog Whisperer
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Tennis: Wimbledon. Men's Semifinals. From the All-England	News Bold	CSI: Miami "Hard Time"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Vancouver (N)	SpongeBob		etalk Bold	Clash of the Dinosaurs	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scene	Dog Whisperer
1 PM	King Friends	As the World Turns (N)	(1:03) Go, Diego, Go!	Watercolor Scrapbook	Semifinals. From the All-England	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	FIFA	Hawks Team Gal		Sue Thomas: F.B. Eye	Clash of the Dinosaurs	Cory Recess	Jdg Judy	CSI: Crime Scene	Dog Whisperer
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	Lawn Tennis and Croquet Club in Wimbledon.	Let's Make a Deal (N)	American Justice	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruption	Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scene	Dog Whisperer
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Wimbledon. England.	Dr. Phil	American Justice	Rachael Ray	The Doctors	Young & Restless	Fortune Jeopardy!	(2:50) Kid	Sports	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Biz Kid\$ Cyberch'e		Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	Sports CFL Pre	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Murdoch Mysteries	CSI: Crime Scn	Colin-Justin
5 PM	Baseball: Florida Marlins at Atlanta Braves. (Live)	Early News	(4:57)	BBC News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	CFL Football: Hamilton	CTV News at Five (N)	Salvage Code Red	Suite/Deck Zoey 101	Mantracker (DVS)	CSI: Crime Scn	Dog Whisperer
6 PM		Global Nat.	Working	PBS NewsHour (N)	News (N)	News	Criminal Minds	News	(5:59) News Hour (N)	TV-Torrrens	Coronation	Indie	Tiger-Cats at Winnipeg Blue Bombers. (Live)	CTV News (N)	Man vs. Wild "Namibia"	Wizards Jonas	Murdoch Mysteries	Knockout	Dog Whisperer
7 PM	Seinfeld	TV-Torrrens	Tutshenshin I-Alsek	Wash. McLaughlin	Jeopardy!	The Doctors	Criminal Minds	Ent	Ent	ReGenesis	World Cup Soccer: Match of the Day.	Indie	Indie	etalk	Unusual	Good Luck Suite/Deck	Warehouse 13	Knockout	Tooned
8 PM	Seinfeld	Friday Night Lights (N)	Pirot	Need to Know (N)	Friday Night Lights (N)	Medium	Criminal Minds	Wife Swap	Friday Night Lights (N)	Friday Night Lights (N)	Day.	Movie: "Sister Act" (1992)	SportsCentre (Live)	Medium	Daily Planet	"Wizards of Waverly Place"	News EP Daily	Knockout	6 Degrees
9 PM	Law & Order: SVU	90210	Dalziel & Pascoe	News e2	Dateline NBC	Flashpoint (N)	(9:01) Criminal Minds	America Celeb	90210	90210	Whoopi Goldberg.	Indie	30 for 30	Flashpoint	Man vs. Wild "Namibia"	Wizards Jonas	King of Hill	Knockout	Dog Whisperer
10 PM	Movie: "Sleepy Hollow" (1999)	ReGenesis	Movie: "Only the Strong Survive" (2002)	Real Olympics	News (N)	News	(10:01) Criminal Minds	20/20 (N)	ReGenesis	News Hour Final (N)	National	Indie	Miami Medical (N)	Salvage Code Red	Movie: "Herbie: Fully Loaded"	Coach Judge B.	Knockout	Knockout	Dog Whisperer
11 PM	Johnny Depp.	CHBC News Final (N)	Beautiful Noise (2002)	Charlie Rose (N)	News (N)	News	(11:01) Criminal Minds	News	News Hour Final (N)	Ent ET Canada	(11:33) World Cup Soccer	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Unusual	(11:14) "Dennis the Menace"	Judge B. Paid Prog.	Knockout	Dog Whisperer

# 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 #306 - Rated Medium

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

THIS WEEK'S SOLUTION:  
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## Saturday Movies

### MORNING

- 8:00 am WTBS (3) ★★ "Secondhand Lions" (2003, Comedy-Drama) Michael Caine. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales. (D)
- 9:00 am 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)
- 10:00 am WTBS (3) ★★½ "An Unfinished Life" (2005, Drama) Robert Redford. Old wounds get a chance to heal when a Wyoming rancher shelters his abused daughter-in-law and her child.

### AFTERNOON

- 12:00 pm FAM (26) ★★ "Agent Cody Banks" (2003, Adventure) Frankie Muniz. Recruited by the CIA, a teen works under cover to befriend a girl whose father is a pawn for an evil organization. (In Stereo) (D)
- 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)
- 1:42 pm FAM (26) "Hatching Pete" (2009, Comedy) Jason Dolley. A teenager becomes a big hit when he dons a chicken suit to become a

- high-school mascot. (In Stereo)
- 5:00 pm WTBS (3) ★★ "Paycheck" (2003, Science Fiction) Ben Affleck. After learning his memory has been erased, a technical wizard goes on the run to piece together clues from his past. (D)

### EVENING

- 6:00 pm CITY (29) ★★ "Crossing" (2005, Suspense) Sebastian Spence. A man dabbles in cross-dressing while trying to turn his father's crime network into a legitimate business. (D) (DVS)
- 7:00 pm CITY (12) "The Suspect" (2005, Suspense) Jamie Luner. A bail bondsman helps a young woman wrongfully accused of murdering her husband. (D)
- 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. (In Stereo)
- 7:30 pm WTBS (3) ★★½ "Lucky Number Slevin" (2006, Crime Drama) Josh Hartnett. A conflict between black and Jewish gangsters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime boss. (D)
- 8:00 pm CHBC (4) BCTV (11) "The Suspect" (2005, Suspense) Jamie Luner. Premiere. A bail bondsman helps a young woman wrongfully accused of murdering her husband. (D)
- VTV (22) "Tipping Point" (2007,

- Suspense) Kathryn Winnick. A medical student investigates the death of a powerful man, but those around her begin to question her sanity. (In Stereo) (D) (DVS)
- 9:00 pm KREM (8) ★★ "Die Another Day" (2002, Action) Pierce Brosnan. James Bond teams with a beautiful agent to battle a terrorist and a businessman bent on world domination. (In Stereo) (D)
- FAM (26) ★★ "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo)
- 9:30 pm WTBS (3) ★★ "Paycheck" (2003, Science Fiction) Ben Affleck. After learning his memory has been erased, a technical wizard goes on the run to piece together clues from his past. (D)
- 10:00 pm SPIKE (44) ★★½ "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. (In Stereo)
- 10:52 pm FAM (26) ★★½ "Batman Forever" (1995, Action) Val Kilmer. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (In Stereo) (D)
- 11:00 pm KNOW (5) ★★½ "Only the Strong Survive" (2002, Documentary) William Bell. Filmmakers Chris Hegedus and D.A. Pennebaker showcase performers of R & B and soul from the 1950s to the 1970s.

## Sunday Movies

### MORNING

- 6:00 am 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)
- 8:00 am WTBS (3) ★★½ "D3: The Mighty Ducks" (1996, Comedy) Emilio Estevez. Teenage hockey players get a prep-school scholarship, with a new team name and a new coach. (D)
- 9:00 am 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)
- 10:00 am WTBS (3) ★★½ "Supercop" (1992, Action) Jackie Chan. A Hong Kong policeman and a mainland policewoman meet, team up and join a drug ring to destroy it. (D)
- A&E (9) ★★½ "The Secret of My Success" (1987, Comedy) Michael J. Fox. Premiere. A would-be yuppie from Kansas sorts mail in Manhattan but pretends to be a corporate executive. (D)

### AFTERNOON

- 12:00 pm WTBS (3) ★★½ "The Whole Ten Yards" (2004, Comedy) Bruce Willis. A retired hit man, his wife and
- a dentist face the wrath of a mobster just released from prison. (D)
- FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (D)
- 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. (In Stereo)
- 12:30 pm A&E (9) ★★½ "Top Gun" (1986, Adventure) Tom Cruise. A hot-shot Navy jet pilot tangles with MiGs and flirts with a civilian astrophysicist. (D)
- 1:30 pm FAM (26) "Lenny the Wonder Dog" (2004, Adventure) Sammy Kahn. An experimental microchip gives a canine the ability to converse with humans. (In Stereo)
- 2:00 pm WTBS (3) ★★½ "Showtime" (2002, Comedy) Robert De Niro. A TV crew follows two real-life police officers on the job. (D)
- YTV (18) ★★½ "Open Season" (2006, Comedy) Voices of Martin Lawrence. Animated. Stranded in the wilderness, a mule deer and a domesticated bear try to make their way back to the safety of a town preserve before a hunter catches them. (In Stereo) (D)
- 3:00 pm VTV (22) "Split Bear: The Simon Jackson Story" (2005, Docudrama) Ed Begley Jr. A Canadian teenager leads a campaign to save an endangered bear. (In Stereo) (D) (DVS)
- SPIKE (44) ★★½ "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. (In Stereo)
- 4:00 pm WTBS (3) "Getting Played" (2005, Romance-Comedy) Carmen Electra. Three friends play a game of seduction on a stranger, but the tables are turned when he finds out about the joke. (D)
- YTV (18) ★★½ "Chicken Run" (2000, Comedy) Voices of Mel Gibson. Animated. A dashing rooster and the hen he loves lead an escape

- from a farm in 1950s England. (In Stereo) (D)
- 5:45 pm WTBS (3) "Getting Played" (2005, Romance-Comedy) Carmen Electra. Three friends play a game of seduction on a stranger, but the tables are turned when he finds out about the joke. (D)

### EVENING

- 6:00 pm YTV (18) ★★ "Evan Almighty" (2007, Comedy) Steve Carell. A newly elected congressman faces a crisis of biblical proportions when God commands him to build an ark. (In Stereo) (D)
- SPIKE (44) ★★½ "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Luke Skywalker, Han Solo and Princess Leia face Darth Vader's wrath. (In Stereo)
- 7:30 pm WTBS (3) ★★½ "The Contender" (2000, Suspense) Joan Allen. A vice presidential nominee refuses to testify at her confirmation hearing after an adversary smears her with a college incident. (D)
- 8:00 pm CBC (13) ★★ "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo) (D)
- 9:00 pm FAM (26) ★★½ "Angus" (1995, Drama) Charlie Talbert. An overweight freshman who pines for a pretty cheerleader is the target of a high-school quarterback's cruel prank. (In Stereo) (D)
- 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. (In Stereo)
- 10:00 pm WTBS (3) ★★½ "D3: The Mighty Ducks" (1996, Comedy) Emilio Estevez. Teenage hockey players get a prep-school scholarship, with a new team name and a new coach. (D)
- 10:30 pm FAM (26) ★★ "Hometown Legend" (2002, Drama) Terry O'Quinn. Retired for 12 years, a high-school football coach returns to his former team and resurrects their spirit. (In Stereo) (D)

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SATURDAY, JULY 3, 2010

	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.	Tennis: Wimbledon, Men's Final. (Live)	Wibbly Pig	America	Tennis: Wimbledon, Women's Final. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	(5:00) The Early Show (N)	Sell House	Paid Prog.	Tennis: Wimbledon, Women's Final. (Live)	Tennis: Wimbledon, Women's Final. (Live)	News	Grossology	SportsCenter	OWL/TV Kingdom	Canada's Worst Driver	Jungle	CHIN	MuscleCar	Re-Vamp
7 AM	Paid Prog.	Upside	Franklin	MotowWeek	From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	Noonbury-7	\$100	World Cup Soccer: Third Quarterfinal: Teams TBA. (Live)	Tennis: Wimbledon, Women's Final. (Live)	Tennis: Wimbledon, Women's Final. (Live)	(6:45) World Cup Soccer: Third Quarterfinal: Teams TBA. (Live)	Rollbots	Fishing	Anne	Man vs. Wild "Namibia"	Wow Wow	Dharti	Xtreme 4x4	Friends
8 AM	Mov: "Secondhand Lions" (2003)	Saturday Morning News (N)	George S.	Woodsmith	Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	Doodlebob	Flip This House	Teams TBA. (Live)	Saturday Morning News (N)	Saturday Morning News (N)	Quarterfinal: Teams TBA. (Live)	SpongeBob Now	NASCAR Now	Kids	Phineas	Polish Studio	Trucks!	Family Guy	
9 AM	Mov: "An Unfinished Life" (2005, Drama)	Real Fish.	Spider	Kitchen	Sabrina	Sabrina	Drill Team	Emperor	Real Fish.	Powerboat	Antiques	Penguins	Penguins	Hobo	Cash Cab	I'm in Band	Travels	Mov: "Star Wars: Episode I - The Phantom Menace" (1999)	Gold Girls
10 AM	Fraser	News	(12:02) Inuk	Primal Grill	Paid Prog.	American Journey	Billy	World Cup Soccer: Fourth Quarterfinal: Teams TBA. (Live)	Simpsons	Simpsons	(11:15) League	Auto Racing: Prelude to the Dream.	Is Written	After the Catch	Zoey 101	EP Weekly	Amazing Role	Mov: "Star Wars: Episode II - Attack of the Clones" (2002)	Gold Girls
11 AM	Fraser	PGA Tour Golf: AT&T National, Third Round. (DVS)	Zoboomafo o (DVS)	Antiques Roadshow	Track and Field	Round. From Newtown Square, Pa.	Billy	World Cup	PGA Tour Golf: AT&T National, Third Round. (DVS)	PGA Tour Golf: AT&T National, Third Round. (DVS)	Yu Gi Oh!	Boxing Green vs. Ward. (N)	Worst Handyman	Salvage Code Red	Movie: "Agent Cody Banks" (2003)	Biography	Travels	Downright	Gold Girls
12 PM	King	Round. (DVS)	Franklin	History Detectives	Globe Trekker	Athlete Turbo	Paid Prog.	CSI: Miami	Hannah	Simpsons	Family Guy	Doc Zone	Kid vs. Kat	Sports	Sue Thomas: F.B.Eye	Cash Cab	I'm in Band	cooking	UFC
1 PM	Seinfeld	Simpsons	Martha	Trekker	Europe	Sheldon	Access Hollywood (N)	Criminal Minds	NASCAR Storms	Family Guy	Family Guy	Be the Creature	League	NASCAR Sprint Cup: Coke Zero 400. From Daytona International Speedway in Daytona Beach, Fla. (DVS)	American Loggers	Hannah	G. Martin	UFC	
2 PM	The Office	Simpsons	Martha	Trekker	Arthur	Europe	Sheldon	Access Hollywood (N)	NASCAR Storms	Family Guy	Family Guy	Be the Creature	League	NASCAR Sprint Cup: Coke Zero 400. From Daytona International Speedway in Daytona Beach, Fla. (DVS)	American Loggers	Hannah	G. Martin	UFC	
3 PM	Payne	Family Guy	Arthur	Europe	Sheldon	Access Hollywood (N)	Criminal Minds	NASCAR Storms	Family Guy	Family Guy	Be the Creature	League	NASCAR Sprint Cup: Coke Zero 400. From Daytona International Speedway in Daytona Beach, Fla. (DVS)	American Loggers	Hannah	G. Martin	UFC		
4 PM	Payne	Family Guy	Arthur	Europe	Sheldon	Access Hollywood (N)	Criminal Minds	NASCAR Storms	Family Guy	Family Guy	Be the Creature	League	NASCAR Sprint Cup: Coke Zero 400. From Daytona International Speedway in Daytona Beach, Fla. (DVS)	American Loggers	Hannah	G. Martin	UFC		
5 PM	Mov: "Paycheck" (2003) Ben Affleck, Aaron Eckhart.	Global Nat.	Rivers	Lawrence Welk	News	News	Criminal Minds	News	(5:59) News Hour (N)	Jane Show	National	Kid vs. Kat	CTV News (N)	Deadliest Catch	(6:01) Jonas	Movie: "Crossing" (2005)	UFC 116: Preliminary	Family Guy	
6 PM	Affleck, Aaron Eckhart.	News	Wild	Judge J.	Scrubs	Grey's Anatomy	Criminal Minds	Entertainment Tonight	Jane Show	Movie: "The Suspect" (2005) Jamie Luner.	World Cup Soccer: Match of the Day.	Zeke's Pad	Prank Ptrl	4 Paths to Peace	Destroyed	(6:53) Sebastian Spence.	Movie: "Star Wars: Episode III - Revenge of the Sith" (2005)	Tooned	
7 PM	Mov: "Lucky Number Slewin" (2006)	Heartbeat	Ken Burns American	America's Got Talent	America's Got Talent	America's Got Talent	Three Rivers (N)	CSI: Miami "Bombshell"	Funnest Home Videos	Movie: "The Suspect" (2005) Jamie Luner.	True Crime Scene	News Final	Survive	Cash Cab	Suite Life	Hannah	Crusoe (DVS)	Bob-Doug	
8 PM	Mov: "Paycheck" (2003) Ben Affleck, Aaron Eckhart.	True Crime Scene	Midsomer Murders "A Picture of Innocence"	Globe Trekker	Law & Order: SVU	Action	Criminal Minds	the forgotten (N)	True Crime Scene	News Final	Driving TV	Canada Rocks	Survive	Cash Cab	Suite Life	Hannah	Crusoe (DVS)	Bob-Doug	
9 PM	Mov: "Paycheck" (2003) Ben Affleck, Aaron Eckhart.	News Final	"Only Strong"	Austin City Limits	News (N)	News	Criminal Minds	the forgotten (N)	True Crime Scene	News Final	J.R. Digs	Adrenaline	SportsCenter (Live)	Cash Cab	Suite Life	Hannah	Crusoe (DVS)	Bob-Doug	
10 PM	Mov: "Paycheck" (2003) Ben Affleck, Aaron Eckhart.	News Final	"Only Strong"	Austin City Limits	News (N)	News	Criminal Minds	the forgotten (N)	True Crime Scene	News Final	J.R. Digs	Adrenaline	SportsCenter (Live)	Cash Cab	Suite Life	Hannah	Crusoe (DVS)	Bob-Doug	
11 PM	Mov: "Paycheck" (2003) Ben Affleck, Aaron Eckhart.	News Final	"Only Strong"	Austin City Limits	News (N)	News	Criminal Minds	the forgotten (N)	True Crime Scene	News Final	J.R. Digs	Adrenaline	SportsCenter (Live)	Cash Cab	Suite Life	Hannah	Crusoe (DVS)	Bob-Doug	

SUNDAY, JULY 4, 2010

	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	Tennis: Wimbledon, Men's Final. (Live)	Wibbly Pig	Mr Rogers	Tennis: Wimbledon, Men's Final. (Live)	Back Pain	Private Sessions	Paid Prog.	Tennis: Wimbledon, Men's Final. (Live)	Tennis: Wimbledon, Men's Final. (Live)	Razzberry	Grossology	SportsCenter	Daily Planet	Monster Moves	Jungle	Travels	Mov: "Star Wars: Episode I - The Phantom Menace" (1999)	Big Flip
7 AM	Saved/Bell	Upside	Franklin	Angelina	From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	CBS News Sunday Morning (N)	The Sopranos	Good Morning America	Tennis: Wimbledon, Men's Final. (Live)	Tennis: Wimbledon, Men's Final. (Live)	Super Why!	Pearlie	Reporters	Sue Thomas: F.B.Eye	MythBusters "25 Best Busted Myths"	Mickey	Eye on Asia	The Phantom Menace" (1999)	Friends
8 AM	Mov: "D3: The Mighty Ducks"	Clifford	George S.	SciGirls	Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	Nation	The Sopranos	This Week (N)	Tennis: Wimbledon, Men's Final. (Live)	Tennis: Wimbledon, Men's Final. (Live)	Coronation	Pearlie	Reporters	Instant	Myths	Phineas	Eye-Asia	Seinfeld	
9 AM	Mov: "D3: The Mighty Ducks"	Clifford	George S.	SciGirls	Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	Nation	The Sopranos	This Week (N)	Tennis: Wimbledon, Men's Final. (Live)	Tennis: Wimbledon, Men's Final. (Live)	Coronation	Pearlie	Reporters	Instant	Myths	Phineas	Eye-Asia	Seinfeld	
10 AM	Mov: "Supercop" (1992)	Driving TV	Magic Bus	Fetch! Ruff Ruff	Animalia	Paid Prog.	The Sopranos	Mithws	HouseCalls	Movie: "The Secret of My Success" (1987) Michael J. Fox.	Hometime	Driving TV	Listen Up	fifth estate	OddParent	Poker	Jeff's Adv.	Movie: "Star Wars: Episode II - Attack of the Clones" (2002)	Gold Girls
11 AM	Jackie Chan.	Hour of Power	Mag Fero	Europe Jrnl	Design	HouseCalls	Movie: "The Secret of My Success" (1987) Michael J. Fox.	Hometime	Driving TV	Listen Up	fifth estate	OddParent	Poker	Jeff's Adv.	Changed Flying	Baxter (N)	Hockey	Wife Swap (N)	
12 PM	Mov: "The Whole Ten Yards" (2004)	News	(12:01) Lilly	Ken Burns American	Triathlon: Hy-Vee U.S. Triathlon.	PGA Tour Golf: AT&T National, Final Round. From Newtown Square, Pa. (Live)	Movie: "Top Gun" (1986) Tom Cruise.	IndyCar Racing: Camping World Grand Prix at the Glen. (Live)	PGA Tour Golf: AT&T National, Final Round. From Newtown Square, Pa. (Live)	PGA Tour Golf: AT&T National, Final Round. From Newtown Square, Pa. (Live)	Land/Sea	Survive	IndyCar Racing: Camping World Grand Prix at the Glen. (DVS)	Sue Thomas: F.B.Eye	The Sun	Movie: "Dadnapped" (2009)	Paid Prog.	Movie: "Star Wars: Episode III - Revenge of the Sith" (2005)	Wipeout
1 PM	Mov: "The Whole Ten Yards" (2004)	PGA Tour Golf: AT&T National, Final Round. (DVS)	Zoboomafo o (DVS)	American Masters	Volleyball: FIVB Grand Slam. (Taped)	From Newtown Square, Pa. (Live)	TBA	Criminal Minds	Downfall	Simpsons	Family Guy	Jeopardy!	Movie: "Chicken Run" (2000)	Jackson Story	MythBusters	I'm in Band	Friends	Hamill, Harrison	Wipeout
2 PM	Mov: "Showtime"	Franklin	(2:35) Little Bear	Government Girls	Free Grill!	Paid Prog.	Paid Prog.	Paid Prog.	HouseCalls	Movie: "The Secret of My Success" (1987) Michael J. Fox.	Hometime	Driving TV	Listen Up	fifth estate	OddParent	Poker	Jeff's Adv.	Movie: "Star Wars: Episode III - Revenge of the Sith" (2005)	Runaway
3 PM	Robert De Niro.	Simpsons	Martha	Trekker	Europe Jrnl	Design	HouseCalls	Movie: "The Secret of My Success" (1987) Michael J. Fox.	Driving TV	Listen Up	fifth estate	OddParent	Poker	Jeff's Adv.	Changed Flying	Baxter (N)	Hockey	Wife Swap (N)	
4 PM	Mov: "Getting Played"	Family Guy	Arthur	Liberty or Death	CSI: NY "Child's Play"	Extra (N)	Criminal Minds	Happy Birthday USA	Simpsons	Family Guy	Jeopardy!	Movie: "Chicken Run" (2000)	Jackson Story	MythBusters	I'm in Band	Friends	Hamill, Harrison	Wipeout	
5 PM	Mov: "Getting Played"	Family Guy	Arthur	Liberty or Death	CSI: NY "Child's Play"	Extra (N)	Criminal Minds	Happy Birthday USA	Simpsons	Family Guy	Jeopardy!	Movie: "Chicken Run" (2000)	Jackson Story	MythBusters	I'm in Band	Friends	Hamill, Harrison	Wipeout	
6 PM	Mov: "Getting Played"	Family Guy	Arthur	Liberty or Death	CSI: NY "Child's Play"	Extra (N)	Criminal Minds	Happy Birthday USA	Simpsons	Family Guy	Jeopardy!	Movie: "Chicken Run" (2000)	Jackson Story	MythBusters	I'm in Band	Friends	Hamill, Harrison	Wipeout	
7 PM	Carmen	16:9	National Geographic	A Capitol Fourth (2010)	Dateline NBC	60 Minutes (N)	Criminal Minds	Funnest Home Videos	Simpsons	Simpsons	Family Guy	Heartland (DVS)	Tucson	Movie: "Evan Almighty" (2007, Comedy) Steve Carell.	Degrassi (Live)	MythBusters (N)	(7:19) Zoey	Survivorman	Re-Vamped
8 PM	Mov: "The Contender" (2000) Joan Allen, Gary Oldman.	Simpsons	The Royal	A Capitol Fourth (2010)	July Fireworks	Cold Case "Iced"	CSI: Miami	Extreme Makeover	Simpsons	Simpsons	Family Guy	Family Guy	Family Guy	Fries That?	Speed	Cold Case "Iced"	Clash of the Dinosaurs	Movie: "Star Wars VI: Return of the Jedi" (1983)	Friends
9 PM	Mov: "The Contender" (2000) Joan Allen, Gary Oldman.	Family Guy	Prime Suspect	Young girl found in a garden.	MI-5	Law Order: CI	Boston Pops Fireworks	(10:01) Criminal Minds	The Gates "Pilot"	Tucson	News Final	Survive	E:60	Law Order: CI	Clash of the Dinosaurs	Movie: "Hometown Legend" (2002)	Role	Body Tech	Friends
10 PM	Mov: "D3: The Mighty Ducks"	Amer Dad	Golng to Extremes	Great Museums	News (N)	News	Legend	Van Impe	16:9	Physio Belt	The Border	Mystery	Mystery	CTV News	MythBusters	Reviews	King		
11 PM	Mov: "D3: The Mighty Ducks"	16:9	Golng to Extremes	Great Museums	News (N)	News	Legend	Van Impe	16:9	Physio Belt	The Border	Mystery	Mystery	CTV News	MythBusters	Reviews	King		

MONDAY, JULY 5, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	To Be Announced	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	Ways Die	Comeback
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (EI) Martha	Today (N)	The Early Show (N)		Good Morning America (N)			Dirtgirl Animal	Willa's Timothy	SportsCentre		Blueprint for Disaster	Mickey M. Mouse	The Tyra Show	Band of Brothers "Currahee"	Carlawood
8 AM	Harvey		The Magic School Bus	Curious Sid					100 Huntley Street	100 Huntley Street	Bo on Go Busytown	George S. Rolie Polie	SportsCentre		Canada's Worst Driver	Handy Manny	Rachael Ray	Band of Brothers	Re-Vamped
9 AM	Fam. Feud	100 Huntley Street	Spider (10:36)	Super Why! Dinosaur		The 700 Club		Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	SpongeBob (9:25) Kid	Fishing Hot Dog	Live With Regis & Kelly	Daily Planet	Phineas	Role	Band of Brothers "Carentan"	Collin-Justin
10 AM	Reba	Hospital for Sick Kids		Sesame Street (EI)		The Price Is Right (N)		The View	Hospital for Sick Kids	Green	Poko	League		The View	How-Made Cash Cab	TBA	The O.C.	Band of Brothers "Replacements"	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless		Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	(11:10) DIRTgirl (11:40) Kid	Drag Racing	Fashion	Greensburg	TBA	CityLine	Band of Brothers "Crossroads"	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Paid Prog. Willa's	News Bold		All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon Rollbots		etalk	Junk Raiders	Wizards Hannah	The Bonnie Hunt Show	Band of Brothers "Crossroads"	Fr. Prince
1 PM	King Friends	As the World Turns (N)	(1:03) Wibbly Pig	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	To Be Announced	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Wheel Jeopardy!	Hawks Team		Sue Thomas: F.B.Eye	I Could Do	Cory	Jdg Judy	Band of Brothers "Bastogne"	Seinfeld
2 PM	Friends Name Earl	Young & Restless	BluesClues	WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)		General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruption	Dr. Phil	MythBusters	Replacemn School	CityLine	Band of Brothers	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge B.	Dr. Phil		Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	License to Drill	Life Derek Suite Life	CityNews at 6 (N)	Band of Brothers	Restaurant Makeover
4 PM	MLB Baseball: Atlanta	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey		Deal-Deal	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Interruption	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law & Order: SVU	Band of Brothers	Colin-Justin
5 PM	Braves at Philadelphia Phillies.	Early News	(4:57) News	BBC News	News (N)	News	Intervention "Gloria"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	Prizefighter: Super Middleweight (Taped)	CTV News at Five (N)	MythBusters Zoey 101	Suite/Deck	The Bachelorette (N)	Band of Brothers "The Last Patrol"	Wipeout (N)
6 PM	(Live)	Global Nat.	Mechanics	PBS NewsHour (N)	News (N)	News	Intervention "Adam" (N)	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly		CTV News (N)	Dirty Jobs	Hannah Wizards		Band of Brothers "Why We Fight"	Wipeout (N)
7 PM	Seinfeld	Ent	Eden	'Allo, 'Allo!	Jeopardy!	The Doctors	Obsessed (N)	Ent	Ent	In Plain Sight	22 Minutes Laughs	Survive This (N)	SportsCentre (Live)	etalk	American Loggers (N)	Sonny Suite Life	(7:02) True Beauty (N)	Band of Brothers "Points"	Parking
8 PM	Law & Order: SVU	Lie to Me	Monarchy "Aengland"	Antiques Roadshow	Last Comic Standing The second semifinal round.	How I Met My Rules	Obsessed	The Insider	Lie to Me	Lie to Me	18 to Life Mosque	In Real Life	Off-Record	Hiccups	Daily Planet	Baxter Hannah	News EP Daily	Band of Brothers	Carlawood
9 PM	Family Guy	The Good Guys	Djanganmani	History Detectives (N)	Two Men Big Bang	(9:01) Intervention "Gloria"			The Good Guys	The Good Guys	Comedy Fest.	Survive This	Boxing: Friday Night Fights. (Taped)	Two Men Big Bang	MythBusters	Wizards Buzz	King of Hill	Band of Brothers "Why We Fight"	Seinfeld
10 PM	Movie: "Starship Troopers" (1997)	In Plain Sight	From Russia, For Love	Lost Cave Temples	Persons Unknown (N)	(10:01) CSI: Miami	(10:01) Intervention "Adam"	(10:02) True Beauty (N)	In Plain Sight	News Hour Final (N)	National	Indie Family Biz		(10:01) CSI: Miami	American Loggers	School Stone	Judge B.	Disorderly Con.	Wipeout
11 PM		CHBC News Final (N)	Tatshenshin i-Alek	Charlie Rose (N)	News (N)	News	(11:01) Obsessed	News	News Hour Final (N)	Ent ET Canada	(11:05) The Hour Meatloaf.	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven	Judge B. Life Derek	Paid Prog. MANswers	Wipeout

# Monday Movies

EVENING

10:00 pm WTBS (3) \*\*\*"Starship Troopers" (1997, Science Fiction) Casper Van Dien. Members of Earth's space fleet battle a vicious army of gigantic insects bent on destroying humanity.

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SOLUTIONS TO PUZZLES ON PAGE 14

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Helen Bibby, Alyssa Larsen and Caitlin Merenick during the Grand March. \*

Here is a list of scholarship and bursary recipients from the Princeton Secondary School Class of 2010.

- Princeton District Teachers Union – Helen Bibby
- Rotary Bud DeWolfe Memorial Bursary – Mitchell Lamoureux
- Rotary General Bursaries – Daniel Howarth, Danielle Hassell
- Art Institute Entrance Award – Rachel Hoiland
- Trehearne Family Bursary – Julia Crimmon
- Legion Branch 56 – Karis Bergsma, Colton Williams
- Fortis BC – Jared Fenrick
- Grad Legacy – Alyssa Larsen
- CUPE 847 – Katie Liberatore
- Jennifer Shaun Cusworth Memorial Bursary – Alexa Musgrove
- Lions Club John Haayer Senior Memorial Bursary – Joseph Powell
- Lions Club Bursary – Dustin Haigh
- Michelle Webster Memorial Bursary – Caitlin Merenick

- Okanagan College Community Spirit Award – Levi Dube
- Vermilion Forks Field Naturalists – Helen Bibby
- UBC Community Builders Award – Mitchell Lamoureux
- UBC Entrance Awards – Mitchell Lamoureux, Alyssa Larsen
- UVIC Come To Campus Award – Helen Bibby
- UVIC Entrance Award – Helen Bibby
- Princeton Community Foundation – Levi Dube
- Youth Ambassadors Bursary – Alyssa Larsen
- Princeton Performing Arts Society – Alyssa Larsen
- Princeton Hospital Auxiliary – Mariah Liddicoat
- Rebecca Folick Memorial Scholarship – Cayden Johnson
- Knights of Columbus – Makenzie Johnston, Dustin Haigh
- Princeton Minor Hockey – Colton Williams
- Nicola-Similkameen Principal's and Vice Principal's Association – Helen Bibby

- Valley First Credit Union – Mitchell Lamoureux
- Jim Boyce Memorial Bursary – Daniel Howarth
- Dogwood District Authority Awards – Alyssa Larsen, Makenzie Johnston, Rachel Hoiland, Levi Dube
- A. R. Meston Memorial Bursary – Karis Bergsma
- Family Fair – Kelcy Banks, Karis Bergsma, Helen Bibby, Deseree Bruneau, Ashlee Cathro, Julia Crimmon, Levi Dube, Jared Fenrick, Kael Glowacki-Sutter, Danielle Hassell, Rachel Hoiland, Daniel Howarth, Cayden Johnson, Makenzie Johnston, Mitchell Lamoureux, Alyssa Larsen, Katie Liberatore, Kiel Liberatore, Mariah Liddicoat, Caitlin Merenick, Alexa Musgrove, Joe Powell, Marlee Rice, Benjamin Stout, Kelsi Walton, Milen Wilkinson, Colton Williams, Nicolas Yee
- Bernice Wardle Award – Helen Bibby
- Governor General's Award of Excellence – Helen Bibby



Makenzie Johnston accepts a bursary from District Superintendent Dr. Bob Peacock. \*

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# Editorial Page News Leader

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

## My Turn...

### But I Can Tie My Own Shoes

It's been an unusually painful few days for me.

I hate to admit this but I didn't realize how essential my wife was.

Okay, maybe I always knew it, I just wasn't ready to admit it until this past week where she was somewhere in northern Alberta having more fun than me.

I remember her saying she was going to leave a detailed meal plan and feeding schedule for me to follow. What she neglected to tell me was that it was for the dog, not me.

Sure, there was food in the freezer, but that meant finding various means of applying heat in order to eat.

Following a series of minor mishaps the dog's food started looking much better by the second night.

I did manage to figure out how to use most of the smaller kitchen appliances, but only after spending an afternoon on the internet locating operating instructions. Who knew you shouldn't put tin foil in a microwave oven? The light show was pretty cool for a few seconds, but it didn't help any with the bowl of mush I was trying to heat up.

The third day I accidentally licked my finger while mixing the dog's lunch.

It wasn't half bad.

I must have lost a brain cell or two after I got married, as I seem to recall I used to function rather well on my own before settling down. Maybe the smart part of my brain was damaged during the honeymoon and it took until now to discover it.

Which may explain the one night a couple years ago when I made a frantic phone call, as I could not figure out how to start the washing machine. In my defense, I never actually 'watched' how it was done the first year we owned that newer model. I'm sure the location of the buttons was either changed or they were labeled differently when the newer model was made. Those tricky appliance manufacturers.

Either way, how I ironed the shirt afterwards is nobody's business.

So by the fourth day the dog's portions were getting a little smaller and I found something that reminded me of a kind of mushy meatloaf sandwich after spreading some of it on bread. The dog needed to lose some weight anyway.

I will say I sort of got used to having the bed all to myself a little quicker than I imagined. I also noticed the bedroom was also much quieter than I remembered. It wasn't until the third night I realized that annoying sound in my head was actually silence and not snoring. By the fifth night I could hear the dog snoring in the next room and it helped me fall asleep.

As for meals, the dog and I found ourselves fighting for table scraps at one point but the discovery of some dry food in the pantry made mealtime a treat for me, rather than a game of survival.

Of course, the pantry was bare by the time she got back home.

But by that time it didn't matter as I knew the feeding schedule was about to change and I was going to be riding on that train.

Had she have arrived the night before I could have avoided trying to defrost something by letting it float in the toilet tank.

Something I'll remember not to do the next time she goes away for more than a night or two.

#### 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.

## Your Turn...

### "You don't know what you've got 'til it's gone"

Letter to the residents of the Town of Princeton:

Everywhere I have walked in Princeton with Nick Mills in the last month he has been stopped and asked "I see your house has sold. Are you leaving town?" When he gives an affirmative response they ALL say, "What will happen to the museum?"

As the person who has been closest to Nick over the last nine years he has been involved with the Museum Society I can attest to what he has given to the town and to what personal and family sacrifices he, as a dedicated citizen, has made.

Rest assured Town of Princeton you have lost a great asset and you can thank your town council and regional district representative for that. They made it very clear to the Museum Society that they did not want Nick as Operations Manager. One has to wonder why not when the rest of the town recognizes his worth, although few may appreciate the amount of work running

the museum entails and the numerous extra hours Nick puts into making it run smoothly. These so-called politicians don't want Nick because he holds them accountable and they don't like criticism. The council only gave the financial grant to the Museum Society this year on the condition that there was no negative press. I see that as a dictatorship. What about freedom of speech? I thought we lived in a democratic country! Who else in town have they bullied into silence?

As a result Princeton will lose its local historian. It was his vision to expand your museum to showcase your history and hopefully that dream will be his legacy.

With his business and human resources background and wealth of experience in orchestrating and managing the development of large building projects in the UK he has taken your museum to another level - to be "one of the best small museums in BC" if one is to believe visitors' comments

because he makes public the councillors' acts of incompetence and duplicity he must go. If he has upset council beyond conveying his valid frustrations when interviewed by the newspaper why weren't they man enough to explain this to him?

I am sad for Princeton because he has learnt so much from your older, often now deceased citizens, and much of that you will lose too.

Please remember when you come to vote for your next council and vote for people who are true politicians and have the true welfare of your town at heart.

- Jacquie Mills

P. S. Mr. Mayor I wrote this myself. Please do not accuse Nick Mills of writing this as you did when my last letter was published! As I told you in a personal letter that you chose to ignore (seems to be council policy to ignore letters) I am an intelligent woman with opinions to express. I write my own letters.

### Goodbye, Nick. We're going to miss you!

To the Editor:

Nick Mills, Manager of the Princeton Museum and Archives, has decided to hand over the keys to pursue other ventures and he will be greatly missed. Our heartfelt thanks goes to our "Keeper of the Past" for his years of dedication in preserving and protecting the history of the Princeton district.

Nick's perseverance, drive and passion have culminated in what will be a major makeover for the Princeton Museum. Construction is slated to begin in late

September, 2010.

Nick Mills has spent years educating both our community and tourists on the fascinating history of this area.

His approachable personality has meant his phone is constantly ringing, his mailbox is always full, and coffee breaks are regularly interrupted by friends and strangers seeking information.

A man of infinite historical knowledge, he has helped us realize that a rich history can provide a solid foundation for an exciting future.

It is difficult to imagine the Princeton Museum without Nick Mills at the helm. Hopefully, somehow, we will be able to keep the Museum steered on course. He has promised he will still be around and we all hope that is true. Upon his departure Nick will be leaving us with a pair of mighty big boots to fill.

We wish you the best of luck and happiness, Nick. From the community and the members of the Princeton Museum, THANK YOU!

- Princeton Museum Society

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# Current Comment

## Are You Going To The Races?



**Dawn Johnson**  
editor@thenewsleader.ca

On July 3, at 1:00 PM, the first thoroughbred race is scheduled to burst from the starting gates and bring the crowd to its feet. Let's hope there is a crowd to celebrate this Princeton tradition.

If I sound doubtful, it is because I am seeing a trend developing. What I am seeing is a reduction in community participation in events put on by various community groups.

First, I want to say this does not apply to our local businesses. On the contrary, these businesses, which manage to survive despite trying to recover from the recession, are giving their best level of support to all of our community events. I watch for these things and I see what they are doing. They bought little advertisements in the theatre group's program, and in the Fall Fair booklet.

Our local businesses are giving sponsorships to all kinds of community events, even though many members of the community would rather shop in Penticton, Merritt, Kelowna or even Chilliwack.

What has been visibly missing from our local events is the public. If the public is not willing to support these events by attending them, then the groups who put on the events is going to stop working so hard to provide activities for the community.

There are people in our community who still complain there is nothing to do in Princeton. yet when there is something to do, they are not there.

It is true we do not have a casino or night clubs, but there is still a lot to do if you make a point of looking. If you really like gambling, then I suggest you go to the races, place a few bets, and remember: the horses give you a

real show for the money, unlike a slot machine or the lottery.

Five years ago, the Arts Council did a survey and discovered Princeton people wanted to see more performing arts. Well, we now have performing arts of several kinds, but I was appalled at how many people did NOT attend the recent play put on by our local theatre group which, by the way, did an outstanding play.

I try to attend everything going on in our community, because I believe the only way to keep a community thriving is to participate in the community. I am an old age pensioner with a limited budget, so if the price of a ticket goes over \$30, I probably cannot afford to attend. Guess what? Very few of our community events cost more than \$20 a ticket, and most, for seniors, are not more than \$10.

In fact, a lot of our community events charge no admission, such as the horse races, our upcoming Canada Day celebration, the July 3 car show, Tulameen Family Days, the Traditional Music Festival in August and the Princeton 150 celebration in September.

I am often surprised by how few attend even the free events put on for the benefit of the community. I suspect the reason for this is the lack of appreciation for the community by many people who live here.

They do not know how lucky they are to live in a community. People from the Lower Mainland are moving here to get away from high volume traffic, worries about

crime, and the desire for a community feeling.

We have a good environment (despite deer, marmots and raccoons). We have great recreation areas, good service businesses, and most things most people need.

Every so often, when I criticize something about people in Princeton, and express community pride, somebody says, "Yeah, but you were born and raised here. This is your home town."

That is true, but it implies I've never been anywhere else or seen anything else: in other words, I'm a hick from the sticks. Let me correct that impression: I've actually lived in Europe, not just visited. I lived in Belgium and Italy. I visited many other places, spent time in France, visited Paris twice, and visited London and other parts of England.

I lived in Victoria while I went to college. I have probably seen more of Canada and the United States than most people. I have lived in other Canadian communities. Yes, this is my home town, and yes, I give it my support through participation, because I want my community to be the best it can be, and I know it cannot unless I help make it the best it can be.

So, will I see you at the Canada Day celebration? the car show? The horse races? Tulameen Days? the Traditional Music Festival? the Fall Fair? The Princeton 150 celebration? or the bull riding finals?

Are you one of the people who believes in our community?

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# Similkameen News Leader

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**53 Billiter Avenue**



This beautiful heritage home has it all - a wonderful mix of old and new updates that include the electrical and plumbing. Along with a Lennox furnace and a metal roof this home is ready for worry-free living. Sitting firmly on a large corner lot and boasts impressive custom-made kitchen cabinets, 3 new stainless steel appliances plus easy care laminate and hardware flooring. **MLS @ 107726 \$294,500**

**132 Missezula Lake Road**



**NEW!**

Comfort and style describe this wonderful cabin at Missezula Lake! Warm wood features combined with country accents give you that, I am out of the city feel! Totally remodeled, all the hard work is done. Open plan kitchen/living area, 3 bedrooms, radiant in-floor heating and woodstove keep you cozy year round. Tile and wood flooring make clean up a breeze. **MLS @ 110116 \$324,500**

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**121 West China Creek Rd**



Looking for that beautiful rancher in the perfect neighbourhood, with a dream garden, relaxing atmosphere and mountain views? This home is fabulous and has everything your family could want. Located in the premier neighbourhood of Deerview Estates, there is enough space to enjoy your family and pets in the 1/2 acre fully fenced yard, garden pond included! **MLS @ 107519 \$369,900**

**#3-136 Tipton Avenue**



**NEW!**

Unique turn-key business where the work has been done for you! Enjoy the location, ever-changing products and being your own boss. This store boasts a wide variety of inventory - from modern and antique jewellery, clothing, furniture and western collectibles to children's toys and modern giftware. It's time for that lifestyle change and you deserve it! **MLS @ 110080 \$24,900**

**3927 Princeton-S'land Rd**



You can have it all and here it is! This solid 2 bedroom home features fir flooring, bright kitchen, separate dining area, spacious living room with woodstove to help costs and large picture windows bringing Mother Nature to you! French doors open from the kitchen onto a 20x40 deck area with both covered and open areas to enjoy year round, not to mention the hot tub! **MLS @ 107656 \$429,000**

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