# Similkameen \$1.00 Postation \$1

Volume 13 Issue 27 #637 ISSN 1712-090X

Tuesday, July 6, 2010

Blink and you'll miss them! The first race July 3rd at the 42nd Princeton Racing Days was a 440 yard Quarter Horse Allowance race. A total of eight races filled the card at Sunflower Downs. \*

## Car show attracts 130+ entries



Downtown detours were needed in order to allow room for over 130 cars in the 10th annual Overwaitea A&W Show 'n' Shine July 3rd. This 1952 Pontiac Catalina belongs to the Cooks of Powell River. \*

MORE PHOTOS: PAGES 8, 10, 19 & 22

HOWS Loader THIS WEEK:

Posse Player Goes Wild! - Page 9

# Weekend full of activities fills Princeton

The official start to Racing Days weekend - an annual tradition dating back to the mid-1960s - was on Thursday, July 1st with the opening of the Vermilion Artists Art Show in the conference room of the new Princeton Library building.

While there was concern at first about the new venue, hundreds of people stopped by to view various pieces of art painted, sketched and otherwise created by local artists and to cast votes in the popular People's Choice competition.

The first event of the actual weekend itself was the annual Princeton Rotary Club Racing Days Parade. A total of 53 entries were registered in the Friday night event on July 2nd. Ribbons were presented in four different categories.

The winners were:

Non-Profit: 1st – Princeton & District Agricultural Fall Fair Association, 2nd – Similkameen Valley Riders ATV Club, 3rd – Scarlette Belles.

Business: 1st – (tie) Princeton Lions Club and Princeton Rotary Club, 2nd – Princeton's Loonie Bin & Bakery, 3rd – (tie) Valley First Credit Union and Princeton Castle Resort.

Cars & Floats: 1st- Summerland Ambassadors, 2nd – Elaine Cook, 3rd – Princeton Royal Canadian Legion.

Children: 1st - Princeton Highland

Dancers, 2nd – Princeton Rodeo Queen Taneesha Beaupre, 3rd – Camp Tulahead.

The final event of the Princeton Youth Ambassador program for the 2010 Candidates was the Coronation Ceremony, which followed the Rotary Parade.

Taylor Kostiuk (Princeton Co-Gen Corporation) was selected the 2010 Youth Ambassador with Katelin Marshall (Princeton Rotary Club) chosen as Vice Ambassador. Jordyn Senger (Princeton Golf Club) was named Friendship Ambassador.

The trio spent a busy weekend attending various activities during Racing Days weekend including the 10th annual Overwaitea/A&W Show 'n' Shine car show. This year's event attracted over 130 vehicles along with performances by local singers and a return of the Blues Brothers Too.

The Princeton Racing Days Association also had a good report on the 42nd horse racing event at Sunflower Downs.

A total of eight races were run, many featuring local entries from local horse owners Renee Rae Willis and Dave Gould. A number of other horses entered were trained locally.

Other weekend events included a pancake breakfast Saturday morning hosted by Princeton Lions Club and a Golf Tournament at Princeton Golf Club.

#### Woman hit at downtown crosswalk

An elderly female pedestrian was struck by a vehicle while crossing Bridge Street at Fenchurch Avenue on Saturday, July 3rd. The incident occurred at about 3:45 PM.

"A black Dodge pickup was turning south onto Bridge Street from Fenchurch Avenue," explains Cst. Mike Leiding of South Okanagan Traffic Services.

"The vehicle struck an elderly female pedestrian crossing Bridge Street in the marked pedestrian crossing."

The pedestrian suffered serious hip injuries and was transported to hospital by BC Ambulance Services.

"The male driver of the pickup was

detained on scene and later charged with impaired operation of a motor vehicle causing bodily harm," Cst. Leiding adds.

SOTS is asking for your help. If you witnessed the incident you are asked to contact either Cpl. Cramm or Cst. Leiding at the Keremeos RCMP Detachment at 250.499.2250.

Similkameen News Leader Bengel Publishing Inc.



Canadian Publications Mail Agreement No. (1299263) • website: www.thenewsleader.ca • www.thenewsleader.info

SINCE 1973

# ROBERT R. WICKS BARRISTER & SOLIGITOR

213 Vermilion Avenue, P.O. Box 760
Princeton, B.C., V0X 1W0
Fax: 295-7000 Phone: 295-3123

Susan C. Collins 8570
Licensed Sales Representative
Phone: 250-295-1811
Susan collins@nethop.net

Phone: 250-295-830
Phone: 250-295-851
a8 136 Tapton Ave. Box 150,



New Fixtures Supplied and Installed Drain and Sewer Cleaning - Service Repair Hot Water Tanks - Hot Water Heating

Emergency Service Fully Licensed 295-7085 Dave Mack

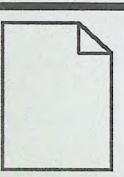


# FAX SERVICE SENDING OR RECEIVING

AVAILABLE AT:

Similkameen News Leader 226A Bridge Street

> Phone: (250) 295-4149 Fax: (250) 295-4103



## RESUME

**NEED SOME WORK?** 

SEE BRENDA AT:

Similkameen News Leader 226A Bridge Street

> Phone: (250) 295-4149 Fax: (250) 295-4103

**Princeton Area Ghost Towns - The DVD** 



\$19.99 INCLUDES GST

Available at: Similkameen News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal



This information kiosk is located at the Dewdney Trail Recreation Site on Old Hedley Road, just opposite a visible section of the historic trail. Information on the sign was researched by Kelley Cook. The kiosk was officially dedicated July 1st by long-time Princeton area resident Stan Thompson. \*

# But it's only a trail, right?

The significance of the Dewdney Trail to British Columbia, and the Princeton area, is amazing.

An information kiosk on Old Hedley Road was official dedicated July 1st - Canada Day - to celebrate the historic route and to preserve it's history for all to enjoy.

Kelley Cook researched the information on Edgar Dewdney and the Dewdney Trail.

The following is a portion of the information available from Wikipedia on the subject: The Dewdney Trail is a 720-km (447-mile) trail that served as a major thoroughfare in mid-1800s British Columbia.

The trail was a critical factor in the development and strengthening of the newly established British Colony of British Columbia, tying together the mining camps and small towns springing up along the route during the gold rush era prior to the colony's joining Canadian Confederation in 1871.

The route's importance and urgency was prompted because many new gold finds were occurring at locations near the US border that were much more easily accessed from Washington Territory than via any practicable route from the barely-settled parts of the Lower Mainland and Cariboo.

The trail was built in southern British Columbia and linked what was then Fort Hope (now just Hope) in the southwest to what became Fort Steele in the southeast. Covering a distance of 720 kilometers (447 miles), its purpose was to secure British control of the parts of the colony flanking the US border, which included the new gold rush at Wild Horse Creek and at other points between such as Rock Creek. Approximately 80 per cent of what is now Highway 3 started life as the Dewdney Trail, but this is largely because the terrain allows for no other low-altitude transit of the regions involved.

The route very roughly parallels the Canada-US border along the 49th parallel, and at times reaches elevations of more than 1,200 metres (4,000 feet). It passes through varied scenery, including four major mountain ranges, some major river valleys and historic townsites such as Hope, Princeton, Grand Forks, Trail, Creston, Yahk, Moyie and Cranbrook.

Overseeing the trail's construction was Edgar Dewdney, a Devonshire-born engineer. When gold was discovered in the Similkameen River and Rock Creek area, the governor of the newly established British colony of British Columbia, James Douglas, was anxious to protect British interests, and determined that a trail should be built to the Interior.

After the Royal Engineers surveyed a route in 1860 from Ft. Hope to Vermilion Forks (now Princeton), Dewdney and Walter Moberly won the contract to build

the trail. That first section was completed in 1861 and covered 120 km (75 miles).

The specifications for the trail were that it be 1.3 m (4 feet) wide, clear of trees and boulders, and any wet sections made passable. The middle .5 metre section (1.5 feet) was to be smooth and hard, and in areas where there were bluffs, slides or dangerous areas, there had to be enough space for animals and people to get through.

Bridges over the many creeks and rivers were to be 4 metres (12 feet) wide. For this, the builders were paid \$496 per mile.

In 1863, gold was discovered in Wild Horse Creek, in the East Kootenays. The new governor of British Columbia, Frederick Seymour, believed that the trail should be extended to Wild Horse Creek in order to keep the gold from being transported south via a shorter route into the US, rather than into British coffers. Thus in 1865, Dewdney, then 28 years old, was awarded the contract, and completed the much longer second section (300 miles, or 480 km.) in seven months, for a cost of \$75,000. The second part of the trail passed through wilderness and required the builders to penetrate three mountain ranges.

The route was first surveyed by a crew of the Royal Engineers, with native Indians hired to pack supplies over the mountains between Hope and Princeton, covering 11 km (7 miles) a day. However, at Allison's Ranch, near Princeton, the natives refused to travel down the Similkameen River, so they were paid off, and Dewdney bought a dozen horses from the ranch.

News Leader



Sarah Johnson, former graduate of Princeton Secondary School, graduated with honours from Vancouver Career College on June 26, 2010, receiving a diploma for Medical Office Assistant.

She is now employed at a medical clinic in Kelowna. Photo: Dawn Johnson

MP Alex Atamanenko

## **BC Southern Interior Monthly Report**

#### **El In Dire Straights**

With the clouds of recession still casting a deep shadow over many Canadians, I hoped the federal government would do everything it could to help workers and small business.

Instead, they've done the opposite.

The Conservatives have introduced a whopping Employment Insurance premium hike. Starting next year, employees and employers will have to pay more tax out of every paycheque—\$19 billion more.

According to the Canadian Federation of Independent Business, this plan will make small businesses more reluctant to hire, costing 200,000 jobs across Canada. But the news gets worse.

Parliamentary Budget Officer Kevin Page reported on April 15th that premiums will have to rise by 35 percent to balance the EI fund in four years. By 2014 that could mean employers in BC Southern Interior will be paying \$312 more a year, while workers will pay \$223.

Why is the El fund in such dire straits? When the Conservatives created the new fund, they did not give it the estimated \$54 billion surplus generated during the good years in Canada. Most of that money had gone into general revenue under the Liberals.

That surplus would have covered much of the expected shortfall in coming years.

Men and women across the country have still been unable to find work after last year's severe recession

Without urgent action, half a million of them will soon run out of Employment Insurance benefits. That means they will simply fall onto provincial welfare rolls—and deeper into debt.

For these 500,000 Canadians, things are about to go from bad to worse.

That is, of course, unless the federal government steps in to help. Unemployed Canadians still have to pay their bills and feed their families, so it's unacceptable to abandon them.

That's why New Democrats are committed to a comprehensive jobcreation strategy, one that gets Canadians back to work and helps small business grow. Unfortunately the 2010 budget ignores the plight of Canada's unemployed and does nothing to create new jobs. Instead it dishes out another \$6 billion in corporate tax cuts.

We can use that \$6 billion to encourage small and medium-sized businesses to hire more workers through job-creation programs including incentives for new hires, subsidies for health and safety training, and investing in programs like child care that would increase the jobs available.

No economic recovery is complete until the jobs return. That is where we should be spending tax dollars, not on cuts to large corporations.

# HOWS Loader

WE'RE DIFFERENT, AND WE LIKT THAT.

#### **Princeton Area Ghost Towns - The DVD**



\$19.99 INCLUDES GST

Available at:
Similkameen
News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

## www.gotpeppers.info



Building a home, cottage, shop or commercial building?

We supply pre-fab building packages around the comer and around the world.

Any design - yours, ours or create something new. Any specs from floor joists to baseboards, we can help! We can even assemble it or do it yourself.

Ken Thiessen - Pacific Homes 1-800-667-7880 Ext. 327 e-mail: ken.thiessen@pacificbuildingsystems.com Visit us on the web: www.pacific-homes.com

## NORMAN SIDING TREE SERVICE

PROMPT - CERTIFIED - INSURED CLEAN-UP AVAILABLE

Bob Legg - 250.295.4123 or (cell) 250.295.2555



When it comes to your investment portfolio, how do you define security?

- ► Guarantees that protect your investment?
- ► Reliable income flow?
- ➤ The expectation of future gains?

Talk to us today about how financial alternatives like Investors Group Guaranteed Investment Funds provide a measure of certainty for your investment portfolio.

integrants a seried by CM Spacinal for und figured to do informer proportions instructed a come appreciated by The Read stort Life Assumation Company (until the Spacing Company) (until the Spacing



Al Anderson, BBA, CFP, TEP Financial Consultant

Phone: (250) 295-3555

The Plan

Investors

Group

Investors Group Financial Services Inc.

IS IT TIME
TO SUBSCRIBE TO THE
NEWS LEADER

Similkameen Valley Mail - \$40.00 (Seniors Pay Only \$35.00) ALL PRICES INCLUDE TAXES

Elsewhere in Canada Mail - \$54.00 (Seniors Pay Only \$48.00) ALL PRICES INCLUDE TAXES

CALL FOR DETAILS
Similkameen News Leader
(250) 295-4149

# gotpeppers.into

Web page design • POP3 e-mail accounts Desktop publishing • Computer repair and servicing Computer tutoring • CD creation Custom graphic artwork and logos • photographic services

Bryan - webmaster@Keremeos.net

#### DON & ANNA'S GREENHOUSES & GARDEN CENTRE Keremeos

WE ARE OPEN:

9 AM - 5 PM Monday - Saturday, 10:30 AM - 5 PM Sunday

GREATEST SELECTION OF PLANTS IN THE SIMILKAMEEN VALLEY



4KM WEST OF KEREMEOS... NEAR THE HISTORIC RED BRIDGE Phone: 250.499.5785 Fax: 250.499.5701

E-mail; don\_annas@nethop.net

Similkameen Sizzle - Keremeos Pepperfest Saturday, September 18, 2010 Memorial Park, Keremeos

## www.gotpeppers.info

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

THIS COULD HAPPEN TO YOU



Albert had a vehicle he wanted to sell. He decided to put a Classified Ad in the News Leader. The vehicle sold. Advertising works. Call us for details.

Phone: (250) 295-4149 - 1-888-350-9969 Toll Free

# Keremeos News



Village of Keremeos Mayor Walter Despot, left, and Regional District Director (Area B - Cawston) George Hanson welcome residents to Canada Day Celebrations July 1st in Memorial Park, Keremeos. \*

Yard waste collections occur in Penticton, Naramata, Kaleden, West Bench, Heritage Hills and Carmi the week of July 5th to 9th. Homes in Okanagan Falls, Twin Oliver, Keremeos and Electoral Areas A, B, C and G get pickups the week of July 12th to 16th.

Residents are asked to place bags and bundles out by 7:00 AM on their regular garbage collection

Yard waste should be placed out in clear bags or be bundled with twine or string. Bags and bundles should weigh no more than 25 kilograms/55 pounds. To be collected in this program, branches

must be smaller than 7.5 centimetres/3 inches in diameter and shorter than 1-metre/3 feet in length.

Food waste and lumber are not collected with this service and should not be mixed in bags or bundles.

You are also reminded that you can take up to 500 kilograms/1,100 pounds per load of yard waste, clean lumber and large branches throughout the year to any landfill free of charge.

Backyard compost bins, priced at \$39 taxes included, are available at the Campbell Mountain, Summerland, Oliver Keremeos landfills.

For a limited time, compost bins are also available to residents in the Similkameen at the Village of Keremeos and Town of Princeton municipal halls. Compost bins help turn kitchen scraps and yard waste into excellent food for your

If you have any questions about this collection, contact the RDOS or your local municipality. The RDOS Solid Waste Department can be contacted at 250,490,4129, toll free at 1-877-610-3737 ext. 4129 or via e-mail at info@rdos.bc.ca.

Information on the Yard Waste Collection program is available at www.rdos.bc.ca.



A hopping good time at the Grist Mill Heritage Children's Festival June 27th. - photo submitted



Big kids assisted little kids in a wheelbarrow race as part of the Heritage Children's Festival hosted at the Keremeos Grist Mill & Gardens in the Lower Similkameen. - photo submitted

## Mill hosts first Heritage Children's Festival

A touch of rain did not dampen the spirits of kids who enjoyed games, hot dogs, ice cream and a musical concert at the Keremeos Grist Mill and Gardens on Sunday, June 27th.

Kids, parents, grandparents and neighbourhood volunteers joined Grist Mill operators, Jim and Brenda Millar, to bring their first ever Heritage Children's Festival to life at the historic facility. The Grist Mill and Gardens are open daily from 9:00 AM to 4:00 PM until September 19th (plus Apple Day on October 10th) and are located at 2691 Upper Bench Road, Keremeos.

You can contact the site by calling 250.499.2888 or via e-mail at info@OldMillGardens.ca.

The Grist Mill, a water-powered mill, was opened August 21, 1877

by Barrington Price.

The mill saved Keremeos area residents from having to travel over 170 miles into Washington State to purchase flour.

### **Princeton Area Ghost Towns - The DVD**



\$19.99 INCLUDES GST

Available at:
Similkameen
News Leader
www.thenewsleader.ca

#### START PLANNING YOUR FUTURE TODAY

Explore The History Of Mining - Gold, Copper and Coal

- · Advances in business come from asking questions.
- · Are you ready for HST?
- · Better information leads to better decisions.

#### Randy Clark

250-295-2129

- · ACCOUNTING
- · BUSINESS CONSULTING
- · FINANCIAL PLANNING
- PERSONAL INCOME TAX
- CORPORATE INCOME TAX
- · HST REPORTING



Actively supporting our community.

# before you **Sign** explore your options

Customer Choice offers you the freedom to choose who you buy your natural gas from, an independent gas marketer or your local natural gas utility. Independent gas marketers offer natural gas at long-term fixed prices. Your local natural gas utility offers natural gas at a variable, market-based rate. How you choose to buy your gas is your choice.

For more information on Customer Choice visit terasengas.com

Terasen Gas residential rate (per GJ)\*

\$4.976 per GJ effective July 1, 2010

Gas Marketers' Residential Fixed Rates (per GJ)

Supplier Name	1 Yr Term	3 Yr Term	4 Yr Term	5 Yr Term
Access Gas Services Inc. 1-877-519-0862 accessgas.com	\$4.89	\$6.39	\$6.39	\$6.89
Active Renewable Marketing Ltd. 1-866-628-9427 activerenewable.com	\$5.60			\$8.99
FireFly Energy 1-888-780-3298 fireflyenergy.ca	\$5.94	\$6.39		
Just Energy 1-866-587-8674 justenergy.com			\$6.99	\$6.99
MXenergy (Canada) Ltd. 1-800-785-4373 mxenergy.com	\$8.79			
Smart Energy (BC) Ltd. 604-415-3599 martenergybc.com		\$6.50	\$6.75	\$7.00
Summitt Energy BC LP 1-877-222-9520 summitenergy.ca				\$8.75
Superior Energy Management 1-866-872-2991 superiorenergy.ca				\$7.95

\*Chart shows gas marketers' rates for a range of fixed terms. Marketers typically offer a variety of rates and options. Check websites listed or call to confirm current rates. Rates are subject to change. Terasen Gas rate may change quarterly.

This advertisement is produced on behalf of the BC Utilities Commission. The Customer Choice name and logo is used under license from Terasen Gas Inc.

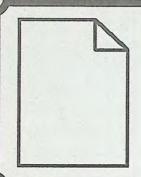




Hedley Museum's Chuck Schmidt hangs Canada Flags early on July 1st in preparation for a full day of Canada Day activities hosted at the local facility. The News Leader's Brenda Engel gave Schmidt a hand. \*

Kows Leader

### www.similkameenteen.com



**NEED SOME WORK?** 

SEE BRENDA AT:

Similkameen **News Leader** 226A Bridge Street

Phone: (250) 295-4149 Fax: (250) 295-4103

# **JUST MOVE**

That's why there's never been a better time to schedule your free portfolio review. We'll talk about the changes in your life, and help you decide whether it makes sense to

A portfolio review will help ensure your investments are keeping pace with your goals Call or visit your local Edward Jones advisor today.



#### Edward Jones MAKING SENSE OF INVESTING

BILL LOTT, CFP FINANCIAL ADVISOR
9150 MAIN STREET, UNIT #3, OSOYOOS, BC V0H 1V2
PHONE (250) 495-7255 · FAX (250) 495-2745
TOLL FREE 1-877-742-4007 · Home (250) 295-7088
e-mail: bill.lott@edwardjones.com
www.edwardjones.com

## FINANCIAL FOCUS

Dividends: A Good Source Of Income

Looking for a way to add both income and growth potential to your investment portfolio? Consider div-idend paying stocks.

What are dividends? They're the portion of profits companies pay out to shareholders. Typically larger, well-established companies pay dividends - usually quarterly, semi-annually or annually. Younger or smaller companies may not pay dividends because they prefer to reinvest their profits in the company to further growth.

When you invest in shares that pay dividends, you have the potential to receive a stream of income while your investment may potentially increase in value. That means dividend paying stocks can help meet your income requirements and potentially hoost your wealth - if you're willing to take on more risk. However, keep in mind that dividends can be increased, decreased or eliminated at any point without notice.

An investment in dividend-paying stocks doesn't mean you have to go overboard on risk. While stocks are inherently more risky than conservative, interest generating investments, sticking to dividend-paying shares of blue chip companies can help you manage that risk.

There are more advantages to dividend investing than you might think. In addition to producing a stream of income, dividend paying investments can be less vulnerable to rising interest rates than some other income investments. Plus, dividend payments have the potential to rise as company earnings grow, while interest payments from most investments remain static.

If you don't need the dividend income to support your current lifestyle, you can reinvest the dividends, also known as systematic investing. By participating in a dividend reinvestment program, you can help enhance your portfolio's growth potential by using your dividend income to purchase more shares in the company. By accumulating additional shares, you can increase the potential for more dividend income over time. Remember, though, that systematic investing does not ensure a profit or protect against loss.

Dividend-paying stocks can also help reduce the overall volatility of your equity portfolio. Although pa performance is not a guarantee of future results, price moves of these stocks historically have bet less than those of nondividend paying equities. Because of their income potential, investors are le-likely to sell these stocks in turbulent markets, which can temper price swings.

There's also an income tax advantage. Dividends from Canadian corporations are eligible for the dividend tax credit, which reduces the tax you pay on income from these shares, Interest income, on the other hand, is fully taxable. And if shares increase in value there are also capital gains, which receive preferential tax treatment. For more information, please consult your tax professional.

- Large, blue chip companies with good cash flow and profit histories Companies that have a solid record of paying uninterrupted dividends Companies that have consistently raised their dividends

However, never invest in a company simply because it offers a good dividend. The longevity of that dividend and the health of the share price can depend upon whether the business is sound and has good prospects for the future.

To get a better understanding of how dividend-paying stocks could help with your income needs, speak with your financial advisor. He or she can help assess not only the companies offering dividend-paying stocks but also how they may fit into your risk tolerance and overall portfolio objectives.

FINANCIAL FOCUS is a presentation of:



#### **Edward Jones** MAKING SENSE OF INVESTING

BILL LOTT, CFP FINANCIAL ADVISOR 9150 MAIN STREET, UNIT #3, OSOYOOS, BC V0H 1V2 PRONE (250) 495-7255 • FAX (250) 495-2745 TOLL FREE 1-877-742-4007 • HOME (250) 295-7088 www.edwardjones.com e-mail: bill.lott@cdwardjones. Edward Jones is a member CIPF

# Health / Lifestyle News

# Insurance tips for homebuyers

by Gillian Birch

(NC)—Summer to-do lists are often filled with road trips, swimming pools, vacation adventures and taking in the great outdoors. However, for many Canadians, the warmweather season means even bigger plans - such as buying a new home.

Purchasing a new property, especially for the first time, presents many questions. From separating your must-haves vs. your wish-list, finding the right real estate agent, and calculating how much you can afford, insuring that new home is often only considered after the papers are signed and the move-in plans are underway.

"The type and location of home you buy can have a significant impact on

your insurance premium," said naces and electric heat are much less Wayne Ross, insurance expert at Aviva Canada. "By looking at your new home through the eyes of your insurance company, you could save thousands in your home insurance premiums."

Ross offers four simple tips to keep insurance in mind when shopping for your dream home:

Explore the location:

Neighbourhoods with lower crime rates and that are close to fire stations are kinder to your insurance premi-

Think warm thoughts:

Check out the heating system installed in the home. Oil tanks can cause expensive environmental damage if they leak while gas furrisky. If you heat with oil, you'll likely pump more money into your premium.

Some things are better new:

Houses with more recent heating, electrical and plumbing systems are less susceptible to fire and other dangers, and result in lower premiums. Also search for an updated roof and look for signs of wear and tear.

Examine your extras:

Adding upgrades such as swimming pools or hot tubs can increase your chance of liability - and therefore your insurance costs.

More information and insurance tips for homebuyers are available from your insurance broker or online at avivacanada.com.

#### Health checks mean more independence for seniors

(NC)-Many of the leading causes of death in the elderly, including heart disease and diabetes, are often avoidable. Following a healthy lifestyle by staying active, maintaining a healthy weight, eating right and having regular medical screenings are simple changes that can contribute to a long and healthy life. "Identifying health problems early,

### A quick guide to playing golf with arthritis

(NC)-With another winter season behind us, thousands of golf-starved Canadians have been making a beeline to the fairways. But is it possible to play if you have arthritis? Golf is an adaptable activity that increases strength, mobility and range of motion. It also improves balance and coordination and can help maintain a healthy body weight. To ensure that you're not putting additional stress on your joints as you aim for that hole in one, the Arthritis Society recommends the following tips:

- · Use clubs with lightweight graphite shafts to help absorb shock better.
- · Build up the grip size on your clubs with tape to help you hold them more easily.
- · Always stretch and warm up properly before you play.
- · Always use tees to avoid striking the ground and-jarring your joints.
- · Use a softer ball with a higher spin
- · Wear comfortable walking shoes or golf shoes without spikes. You may also want to wear cushioning in your shoes.
- · Take only the clubs you will use and pull your clubs on a cart rather than carrying them.

More information about managing arthritis can be found online at www.arthritis.ca.

before they lead to hospitalization, injury or even death, is an important step in prolonging independent living for seniors," says Holly Quinn, spokesperson for myNurse, a new service from Bayshore Home Health that lets people arrange regular health management visits by a registered nurse.

Cardiovascular disease is the leading cause of death in Canada. But according to the Heart and Stroke Foundation, it's preventable. Choosing a healthy lifestyle and regular testing for high blood pressure and high cholesterol are two of the best defenses in controlling risk

Type 2 diabetes is one of the fastest growing diseases in Canada. The risk of developing it can be reduced through lifestyle choices and by identifying a condition called prediabetes where blood sugar levels are elevated. A simple blood test checks for pre-diabetes.

Quinn suggests working closely with a health professional to develop a strategy to monitor blood pressure, cholesterol and blood glucose. If your numbers aren't optimal, you have other risk factors or a family history of disease, regular testing is in order. Home visits by a registered nurse who provides regular health assessments, monitoring and education are an easy way for seniors to take care of their health and live independently for as long as possi-

More information on independent living is available online at www.mynursehealthcheck.ca, or toll-free at 1-877-289-3997.

# Living Past 100

#### Put Spice In Your Life

We think of spices as powders that make things taste good. There is more to a spice than just taste. Many spices have medicinal value.

For example, curcumin, one of the main spices in curry, has been shown to reduce the risk of colon cancer by half. Curcumin is found in turmeric. It may protect from skin cancer as well, which may be why people in India love their curry. Curcumin is loaded with antioxidants, making it good for preventing cholesterol build-up in the arteries.

In a study done some time ago, saffron was placed on cancer cells, and saffron killed those cells, but does not affect healthy cells.

Cloves contain antioxidants which protect the heart. Fenugreek contains a factor called saponins, which bind with cholesterol and allow the cholesterol in the intestine to go out with the feces and not into your blood. (Don't drink fenugreek tea - it tastes awful - get the tablets). Fenugreek can protect you from hay fever reaction to pollen. Take one tablet a day for six months in the fall and winter, and you should be protected next spring and summer.

Fenugreek, red chili peppers, cloves and ginger all prevent blood clots. Here are some spices that can prevent your liver from developing a cancer caused by mold: coriander, cumin, black pepper, ginger and nutmeg.

Spices can be expensive at the outset as you stock your cupboard, but they last a long time because you use only small amounts at a time. They are valuable additives to make meals much more appetizing, and they bring health benefits.

The next time you're making cookies, or boiling rice for dinner, or making a cake, put spices in it and improve your health.

# This Week - 11 Years Ago

Celebrating Princeton's 150<sup>th</sup>
W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - July 6, 1999



Laurie Currie was honoured at Sunflower Downs at the start of the races for his many contributions to Racing Days through the years. He stands next to Mayor Randy McLean (left) and Youth Vice-Ambassadors Kristan Boyce and Melissa Bowen, Youth Ambassador Candace Smith and Miss Congeniality Krista Szymczak. Photo: Similkameen News Leader Archives

Two incidents of deer attacking dogs hit the front page of the July 6, 1999 Similkameen News Leader. In the first one Norma Myers of Princeton was walking along the Similkameen River with her granddaughter, Ally, and a 13-year old Springer spaniel. A deer sprang out of the bushes and charged Ally. The spaniel placed itself between the child and the deer, and the deer reared up on its hind legs and pounded the spaniel with its front legs. The dog suffered a broken hind leg.

The second incident involved Alicia Antonick who was walking her dog along the dike road at the west end of Princeton when a doe went into attack position. Antonick had the dog on a leash, and held on. Fortunately the doe stopped short of injuring the dog but repeated the threatening attack again, and stopped short again. The doe then backed off.

The Community Health Advisory Wells, 95, who cut timber at activities.

Committee announced at their June 28th meeting local Innovation Funds Grants this time eleven years ago. Little Folks Nursery School received \$250, Princeton Child Care Society received \$250 and \$500 went to the Community Youth Committee.

Also from the same meeting, the committee received a close-up look at the plans for the Ridgewood Lodge expansion project. The addition would bring the total number of beds to 36. Two of the rooms contained two beds, which was designed for family members, couples or people who do not like to be alone. The expansion included an Alzheimer's unit. Construction was planned to start September 1999 with completion set for the following year.

A total of 105 people attended the annual Blakeburn/Coalmont Reunion in Elks Hall on July 3, 1999. Attendees included John Wells 95 who cut timber at

Barnes' sawmill, Dick Rhodes, also 95, who drove horses at the coalmine in Blakeburn and 90-year old Kitty Oxley (nee McLeod) who taught school in Coalmont.

Princeton RCMP seized 400 marihuana plants and various pieces of grow equipment from a residence 30-kilometres north of Princeton on Highway 40 (Princeton-Summerland Road) following the execution of a search warrant on June 25, 1999. A male who was renting the residence was charged with the cultivation of marihuana and theft of electrical power.

Over 100 people attended Canada Day celebrations July 1, 1999 in Princeton's Memorial Park, which featured hot dogs, softball, birthday cake, flag games, swimming and good company. A band named 'Thirty Foot Smurf' also performed during the celebration.

All arrangements were handled by local youth as part of Youth Week activities.

# Mac's A

# HONDA Power Equipment



Mac's Auto Parts Ltd.

193 Vermilion Avenue, Princeton hone: (250) 295-6944 Fax: (250) 295-7344 HOURS OF OPERATION:

HOURS OF OPERATION: 7:00am - 5:30pm monday - Friday 8:00am - 5:00pm saturday LAWN MOWERS WATER PUMPS TILLERS - GENERATORS SNOWBLOWERS

#### **Princeton Area Ghost Towns - The DVD**



\$19.99 INCLUDES HST

Available at: Similkameen News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

# IS IT TIME TO SUBSCRIBE TO THE NEWS LEADER?

Similkameen Valley Mail - \$40.00 (Seniors Pay Only \$35.00) ALL PRICES INCLUDE TAXES

Elsewhere in Canada Mail - \$54.00 (Seniors Pay Only \$48.00) ALL PRICES INCLUDE TAXES

CALL FOR DETAILS!
Similkameen News Leader
(250) 295-4149

#### 1944 McCormick Farmall Model A Tractor - FOR SALE 12,800 OBO





95% restored - just missing some chrome In excellent show ready condition Call Brian 250.295.5437 or 604.240.4065

# Princeton BC News

ISSUE FIVE NOW AVAILABLE!

GET YOURS AT THE NEWS LEADER OFFICE OR FROM VARIOUS LOCAL BUSINESSES

# Princeton Racing Days Weekend



Meet the new Ambassadors! Katelin Marshall (Vice Ambassador), Jordyn Senger (Friendship Ambassador) and Taylor Kostiuk (Ambassador). \*



Mike Simpson's new pride and joy - a 1956 Ford Customline, on display as part of the 10th annual Overwaitea/A&W Show 'n' Shine, July 3rd. \*



Councillor Ray Jarvis leads the Rotary Parade entry from Princeton Accessibility Awareness Committee during the July 2nd evening event. \*



2009 Youth Ambassador Alyssa Larsen and Vice Ambassador Karis Bergsma just before their final Princeton Parade July 2nd. They were in Osoyoos the previous day. \*



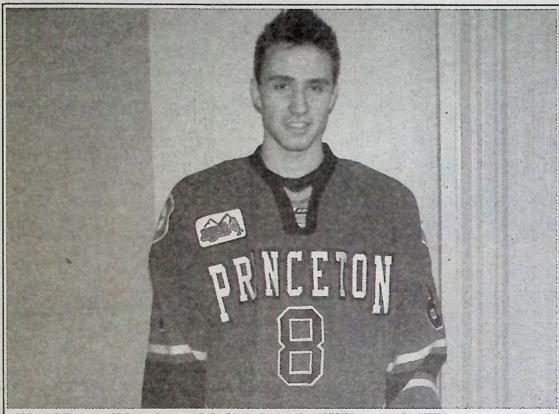
Princeton's Roy & Elaine Cook entered their 1928 Chevy in the annual Show 'n' Shine which filled downtown Princeton with blocks of vehicles July 3rd, \*



Princeton Rotary Club tied for First Place with this Parade entry July 2nd of a 'Shelterbox' displaying products used as part of disaster relief efforts.\*

# News Leader English Annual Control of the Control

Similkameen News Leader TV Guide Listings - July 6 - 12, 2010



Although he wore #8 for a short period of time during the 2008/09 season, the NHL's newest member of the Minnesota Wild, Dylan McKinlay, was once a member of the Princeton Posse. \*

# Former Posse player goes Wild

The Princeton Posse is proud to announce that former Posse forward, Dylan McKinlay was selected by the Minnesota Wild in this season's NHL entry draft. Dylan played for the Posse during the 2008/2009 season before he moved on the Chilliwack Bruins of the WHL

Dylan joins other notable former KIJHL players Kellen Jones (Beaver Valley Nighthawks), Craig Cunningham (Beaver Valley Nighthawks), and Isaac Macleod Nelson Leafs) also selected in this season's draft. Jones was selected by Edmonton. Cunningham by Boston and Macleod was selected by San Jose.

The Princeton Posse congratulates these young men on their accomplishments and congratulates their coaches, staff, and the KIJHL in assisting in their development.



# Nows Loader

WE'RE DIFFERENT, AND WE LIKE THAT.

HEAT PUMPS
AIR CONDITIONING
HIGH EFFICIENCY HEATING
COMPLETE GAS FITTING
WATER PURIFICATION

FOR REHABLE SERVICE CALL
250.295.3966

Carrier

#### **Princeton Area Ghost Towns - The DVD**



\$19.99 INCLUDES GST

Turn to the Experts

Available at:
Similkameen
News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

# UP 'N' ADAM WEB DESIGN

PROFESSIONAL, CUSTOM-BUILT WEBSITES AT AFFORDABLE PRICES

CONVENIENT
DOWNTOWN LOCATION
WITH FLEXIBLE HOURS

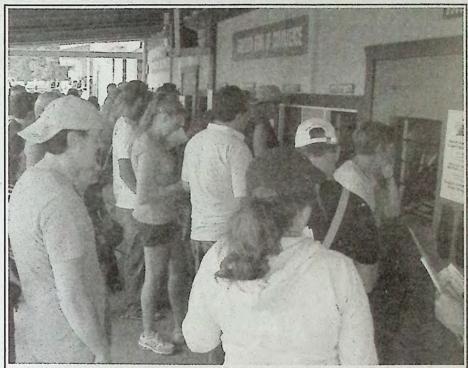
250.295.4320 lacgullason@gmail.com

Phone: (250) 295-4149 • 1-888-350-9969 • Fax: (250) 295-4103 • e-mail: george@thenewsleader.ca

# Princeton Racing Days Weekend



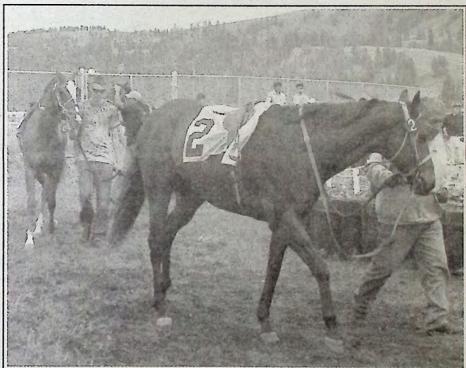
Sarah Nelson walked the entire parade route July 2nd as part of an entry from Princeton Minor Ball. It was one of over 50 entries in the Rotary Parade. \*



The line ups at the pari-mutuel windows moved smoothly July 3rd at Sunflower Downs during the 42nd running of Princeton Racing Days. \*



Princeton's Samantha Simons, right, gets 'interviewed' by one of the Blues Brothers July 3rd during the Overwaitea/A&W Show 'n' Shine in downtown Princeton. \*



The view from the Paddock at Sunflower Downs. Many spectators use this portion of pre-race rituals when deciding on a horse to bet on at Racing Days. \*



We liked the look of the interior of this car so much we had to snap a photo. Over 130 cars lined Bridge Street July 3rd during the 10th annual Show 'n' Shine. \*



Meagan Haayer (sponsored by Princeton Royal Canadian Legion)-gave the News Leader a huge smile at the start of the July 2nd Rotary Racing Days Parade. \*

#### TUESDAY, JULY 6, 2010

6 . 7 . 8 . 9 . 10 11 12	AM Cosby Cosby AM Harvey Cosby AM Harvey AM Fam Feud Cosby Cosby AM Fam Feud Cosby Cosby AM Fam Feud Cosby Cosby Cosby AM Fam Feud Cosby C		5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY (10)	BCTV	CITV 12	CBC	YTV (18)	TSN	VTV (22)	DISC 24	FAM 26	CITY 29	SPIKE	TROP 45
7 ' 8 ' 9 ' 10 ' 11 ' 12 ' 1 '	AM Cosby 30 Cosby AM Harvey 30 Harvey AM Fam. Feud 30 Fam. Feud 30 Reba (2) AM Jim 30 Name Earl	III 100 Huntley	Franklin George S.	Lions	News (N)	News	The Sopranos		(5:30) Morning	(4:30) Morning	CBC News Now (N)	Erky Perky Ruby	SportsCentr e [II]	Canada AM	How/Made	Henrys Feet	CityLine (f)	Pros vs. Joes	6 Degrees
8 . 9 . 10 . 11 . 12 . 1 .	AM Harvey  30 Harvey  AM Fam. Feud  30 Fam. Feud  AM Reba (1)  30 Reba (1)  AM Jim  30 Name Earl  PM Just Shoot	The state of the s	(7:02)		Today	The Early	(6) CSI: Miami	Good	News (N)	News (N)	Dirtgirl	Willa's	SportsCentr		Elueprint	M. Mouse	The Tyra	Pros vs.	End/Leash
8 9 10 11 11 12 1 1 2 1	AM Fam. Feud AM Fam. Feud AM Reba (6) AM Reba (6) AM Jim AM Jim Just Shoot	The state of the s	Clifford the Big Red	Martha	Kendra Wilkinson;	Show (N)	圃	Morning America (N)			Animal	Timothy	e [ff]		for Disaster	M. Mouse	Control of the second second	Joes	Last 10
9 10 11 12 1 1 2 1	AM Fam. Feud  30 Fam. Feud  AM Reba (6)  30 Reba (6)  AM Jim  30 Name Earl  PM Just Shoot	The state of the s	Dog 🖫	Curious	Kelis per- forms. (N)		CSI: Miami			100 Huntley	Bo on Go	George S.	SportsCentr		Mayday	Handy	Rachael	Pres vs.	Torrens
9 : 10 ': 11 ': 12 : 1 : 2 :	Fam. Feud  AM Reba (E)  30 Reba (E)  AM Jim  30 Name Earl  PM Just Shoot	The state of the s	The Magic School Bus	Sid	(E)		<b>(E)</b>			Street (II)	Busytown	Rolie Polie	@ (E)		"Cruel Skies"	Manny	Ray 🖫	Joes	Torrens
10 / 11 / 12 / 1 / 2 /	AM Reba (1) (30 Reba (1) AM Jim (30 Name Earl PM Just Shoot		[60]	Super Why! Dinosaur	-	The 700 Club (E)	Dog	2-7-8C-96-24 (195-49-49-49-49-49-49-49-49-49-49-49-49-49-	100 Huntley Street (E)	World Vision [6]	Super Why!		Fishing	Live With Regis &	Cash Cab	Phineas	Role	Pros vs. Joes	Colin-Justin
10 . 11 . 12 . 1 .	AM Jim SO Name Earl PM Just Shoot	PLAN	Spider	Sesame		The Price Is	Dog the	Kelly The View	PLAN	Room	News Poko	(9:25) Kid League	Triathlon	Kelly The View	Cash Cab How/Made	Phinens	Amazing The O.C.	Pros vs.	Whatever
11 <sup>'</sup> . 12 <sup>'</sup> . 1 <sup>'</sup> . 2 <sup>'</sup> .	AM Jim 30 Name Earl PM Just Shoot	Canada [5]	(10:36)	Street (EI)		Right (N)	Bounty	The Art of the State of the Sta	Canada @	ET Canada	Doodlebop	Invasion	Motoring	THE VIEW	Cash Cab	TBA	The state of the s	Joes	Whatever
12	PM Just Shoot	World	Rolle Polie	Clifford	Ellen	Young &	Hunter Jewels	Paid Prog.	World	(10:59)	(11:15)	(11:10)	Auto Race	Fashion	Lost Nuke	TBA	CityLine (E)	Pros vs.	Gold Girls
12		Vision (E)	Berenstain	Sit-Be Fit	DeGeneres Show	Restless	Jewels	Paid Prog.	Vision 📧	Noon News Hour (N)	World Cup Soccer: First	(11:40) Kld	Golf: Telus	Fashion	Œ	TBA		Joes	Gold Girls
1 2		Noon News Hour (N)	Mag Fero	Charlie Rose [6]		News	The Sopranos	All My Children	Noon News Hour (N)	Days of our Lives (N)	Semifinal: Teams TBA.	Pokemon	Skins Game, Day One.	etalk (ff)	Canada's Worst	Wizards	LASSING MANAGEMENT	Pros vs.	Fresh Pr.
2	30 King		(12:37)			Bold	CT)	(N) (E)			(Live)	Rollbots		Bold	Driver	Hannah	Hunt Show		Fresh Pr.
2	PM King :30 Friends	As the World	(1:03) Wibbly Pig	Your Brush Quilting	Days of our Lives (N)	World	CSI: Miami	Live (N)	As the World	As the World	FIFA	Hawks Team		Sue Thomas F.B.Eye	American Loggers		Jdg Judy	Pros vs. Joes	Seinfeld Seinfeld
2		Turns (N) Young &	Franklin	Barney	The Bonnle	Turns (N) Let's Make	CSI: Miami		Turns (N) Young &	Turns (N) The Doctors		Monster	Around	Dr. Phil (E)	MythBuster	Recess Replacemn	Jdg Judy CityLine (f)	Pros vs.	Gold Girls
0	30 Name Earl	Restless	BluesClues	WordWorld	Hunt Show	THE RESERVE AND DESCRIPTION OF THE PARTY OF	<b>(6)</b>	Hospital (N)	Restless	Œ	Chris 🔃	Invasion	Interruptio		s @	School		Joes	Gold Girls
	PM The Office	The Doctors	A SOURCE CONTRACTOR	WordGirl	Judge B.	Dr. Phil 🔞	Dog	Rachael	The Doctors	The late of the la	Wheel	(2:50) Kid	Off-Record	(2:59) The	Destroyed	Life Derek	CityNews at	Sports	Restaurant
3	30 The Office		Bear [ii]	Electric	Judge B.		Dog	Ray 🕮	<b>(1)</b>	Restless	Jeopardy!	League	Sports	Dr. Oz Show (N)	Destroyed	Suite Life	6 (N) (E)	Knockout	Makeover
1	PM MLB Baseball:	Oprah Winfrey		Fetch! Ruff		Oprah Winfrey	Dog the Bounty	Deal-Deal	Oprah Winfrey	(3:59) Early	Ghost Whisperer	SpongeBob	Wide World of Fights	1545,700	Daily Planet (N) @		Hell's Kitchen A	Deadliest Warrior	Colin-Justin
	Atlanta  M Braves at	Early News	George S. (4:57)	Cyberch'e BBC World	Jdg Judy News (N)	News	Hunter Dog the	Deal No News	Early News	Global Nat.	CBC News:	OddParent OddParent	Movie:	Show CTV News			blind tasting		D'10 0
5	Philadelphia	News	Martha	Business	NBC News	CBS News	Bounty		Global Nat.	(4:59) News Hour (N)	Vancouver	SpongeBob	"Rocky"	at Five (N)	How/Made How/Made	Suite/Deck Baxter [6]	(N) (E)	Deadliest Warrior	(N) (E)
- F	Phillies.  PM (Live)	Global Nat.		PBS	News (N)	News	Hunter	News	(5:59) News	ET Canada	(N) @	iCarly [6]	(1976) Sylvester	CTV News	Destroyed	Hannah	America's	Deadliest	Wife Swap
6	:30	News	Dogs	NewsHour	Millionaire	Access H.	Dog	News	Hour (N)	Ent	Coronation	Indie	Stallone, Talia Shire.	(N) Œ	Destroyed	Wizards	Got Talent	Warrior	Œ
7	PM Seinfeld	Ent	Frontiers of	NOVA 🖽	Jeopardy!	The Doctors	Dog	Ent	Ent	The Good	World Cup	iCarly 🔯	(N)	etalk (tt)	Deadliest	Sonny	W. J. Lill	Deadliest	Restaurant
		ET Canada	,	(DVS)	Wheel	(E)	Dog	1000000	ET Canada	Wife Œ	Soccer [ff]	Weird	SportsCentre (Live) [8]	The state of the	Catch (N)	Suite Life	1	Warrior (N)	Makeover
R	Order: SVU	"Couples"	No. 57: History-	Wild Lives	Losing It With Jillian	NCIS "Double	Dog	"Couples"	"Couples"	"Couples"		Malcolm	c (Live) III	Castle "The Third Man"	Daily Planet		News	A CONTRACTOR	Last 10
	PM Family Guy	(N) NCIS: Los	House Movie:	Carrier "All	(N) America's	Identity" NCIS: Los	(9:01) Dog	(N) (9:01)	(N) NCIS: Los	(N) NCIS: Los		Chris 8 Rules	Sports	(9:01)	Destroyed	Hannah Wizards	EP Daily Daisy of	BlueMount	ET Canada Seinfeld
Q	30 Family Guy	Angeles (6)	"War/Dance	Hands"	Got Thlent	V. Life Said. Services	the Bounty	Downfall	Angeles [	Angeles [6]		247.00	Boxing:	Downfall	Destroyed	Buzz	Love (	Sports	Seinfeld
	PM Movie:	The Good	" (2007) Premiere.	P.O.V.			Hunter Dog	(N) (E) (10:01)	The Good	News Hour	National	Indie	Rumble at Rama XII.	(N) (E) (10:01)	Deadliest	School	Coach (ff)		Wife Swap
10	:30 "Snake Eyes" (1998)	Wife [t]	<b>(6)</b>	"Promised Land"		Wife @	Dog	Primetime: Mind	Wife @	Final (N)		Family Biz		Criminal Minds @	Catch (ff)	Stone	Judge B.	Scene	Œ
	Dag Minules	CHBC News Final	From Russia, For	Charlie Rose (N) 🕮	News (N)		Dog Dog	19 2 7 2 7 1 1 1	News Hour Final (N)	Ent ET Canada	Haus FFF	Prank Ptrl Fries That?	SportsCentr e (Live) @	2000	How/Made How/Made	14	Judge B. Paid Prog.	Star Trek: Voyager [tt]	Wife Swap
C *	WTBS  3  AM In the Heat	CHBC (5:30)	KNOW 5 Franklin	KSPS 6 Bob Build	Age and the second	KREM 8 News	A&E 9	KXLY 10 News	BCTV 11 (5:30)	(4:30)	CBC News	YTV 18 Erky Perky	TSN 19 SportsCentr	THE RESERVE THE PROPERTY OF THE PERSON OF TH	DISC 24 How/Made	FAM 26 Henrys	CITY 29 CityLine @	5-3 - C 100 mm	TROP 45 End/Leash
0		News (N)	George S.	Lions	æ		Sopranos		Morning News (N)	Morning News (N)	Now (N)	Ruby	е 🖭	(E)	How/Made	Feet		Joes	Spoiled
7	AM Cosby	<b>@</b>	(7:02) Clifford the	Arthur (El) Martha	Today Steve Carell; Bill	100 miles (100 miles (	CSI: Miami	Good Morning	(E)	Œ	Dirtgirl	Willa's	SportsCentr		Blueprint for Disaster	M. Mouse	The Tyra Show [tt]	Pros vs. Joes	True Hollywood
	30 Cosby		Big Red Dog @	Curious	Clegg; Today's	Œ	CSI: Miami	America (N)		100 Huntley	Animal Bo on Go	Timothy George S.	SportsCentr	-	Junk	M. Mouse Handy	Rachael	Pros vs.	Story Inside
2	:30 Harvey		The Magic	Sid	Mom. (N)	~ )	œ			Street @	Busytown	Rolie Polic	е Ш		Raiders	Manny	Ray 🖫	Joes	Hollywood (N)
0	AM Fam. Fend	100 Huntley	School Bus	Super Why!		The 700	The First 48	145550C 348FSQ GOTON	100 Huntley	Nature	Super Why!	SpongeBob	Fishing	Live With	Cash Cab	Phineas	Role	Pros vs.	Colin-Justin
	:30 Fam. Feud	Street 🖽	+	Dinosaur		Club (E)	<b>(E)</b>	Kelly	Street @	Nature	News	(9:25) Kid	Auto Racing:	Regis & Kelly	Cash Cab	Phineas	Amazing	Joes	
110	AM Reba @	World Vision (E)	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View	World Vision [tt]	Green	Poko	League	Prelude to	The View	How-Made	TBA	The O.C.	Pros vs. Joes	Whatever
1440	:30 Reba 📧	Canada	Rolle Polie	Clifford	Ellen	Young &	Jewels	Paid Prog.	Canada	(10:59)	Doodlebop (11:15)	Invasion (11:10)	the Dream.	Fashion	Cash Cab Destroyed	TBA	CityLine @	Pros vs.	Whatever Gold Girls
111	:30 Name Earl	Canada	Berenstain	Sit-Be Fit	DeGeneres Show	Restless	Jewels	Paid Prog.	Canada	Noon News	World Cup	(11:40) Kid	Golf: Telus	Fashion	Destroyed	TBA	znyzane (w)	Joes Joes	Gold Girls
	PM Just Shoot	Noon News	Mag Fero	Charlie	Paid Prog.	News	The	All My	Noon News	Hour (N) Days of our	Soccer: Second	Pokemon	Skins Game. Day Two.	etalk 🔃	Mayday [tt]	Wizards	X-87 5000 - 604 4 5 0 14 5 14 1	Pros vs.	Fr. Prince
A STATE OF THE PARTY OF THE PAR	:30 King	Hour (N)	(12:37)	Rose [E]	Paid Prog.	Bold	Sopranos .	(N) @	Hour (N)	Lives (N)	Semifinal: Teams TBA.	Rollbots		Bold		Hannah		Joes	Fresh Pr.
12		As the World	(1:03) Wibbly Pig	Oil Painting Sewing	Days of our Lives (N)	As the World	CSI: Minmi	14,500 Mod 200 mon (1)	As the World	As the World	(Live) @	Hawks		Sue Thomas F.B.Eye	Deadliest Catch @	Cory	Jdg Judy	Pros vs. Joes	Seinfeld
-1	PM King	The second second second	(E) Franklin	Sewing	The Bonnie	Turns (N)	CSI: Minmi		Turns (N) Young &	Turns (N)	FIFA Steven and	Team Monster	Around	Dr. Phil 🔃	MythBuster		Jdg Judy CityLine [#]		Seinfeld Gold Girls
1	:30 Friends	Turns (N) Young &	BluesClues								are ten anu	- Siester			Januariestel			Joes	
1		Young & Restless		WordWorld	Hunt Show	a Deal (N)		Hospital (N)	Restless	<b>@</b>	Chris 🕮	Invasion	Interruptio		s [£]	School	THE RESIDENCE OF THE PARTY OF T		Gold Girls
1 2	:30 Friends  PM Friends  :30 Name Earl  PM The Office	Young & Restless The Doctors	(3:01) Little		Hunt Show		The First 48	Hospital (N) Ruchael	The Doctors	Young &	Chris @	Invasion (2:50) Kid	Interruptio Off-Record	12 CO SONONAMINI	s (f) Constructio	School	CityNews at	Sports	Restaurant
1 2 3	:30 Friends PM Friends :30 Name Earl PM The Office :30 The Office	Young & Restless The Doctors	(3:01) Little Bear 🖭	WordGirl Electric	Hunt Show Judge B. Judge B.	Dr. Phil 🔃	E The First 48	Hospital (N) Ruchael Ray 🖭	The Doctors	Young & Restless	Wheel Jeopardy!	(2:50) Kid League	Off-Record Sports	Dr. Oz Show @	Constructio n	School Life Derek Suite Life	CityNews at 6 (N) [E]	Knockout	Restaurant Makeover
1 2 3	30 Friends PM Friends 30 Name Earl PM The Office 30 The Office PM MLB Baseball:	Young & Restless The Doctors	Bear [E]	WordGirl Electric Fetch! Ruff	Hunt Show Judge B. Judge B. Jdg Judy		The First 48	Hospital (N) Rachael Ray (E) Deal-Deal	The Doctors	Young & Restless (3:59) Early	Wheel Jeopardy!	(2:50) Kid League SpongeBob	Off-Record	Dr. Oz Show Œ Ellen		School Life Derek Suite Life Phineas	CityNews at 6 (N) [E]	Knockout UFC	Restaurant
1 2 3 4	30 Friends PM Friends 30 Name Earl PM The Office 30 The Office PM MLB	Young & Restless The Doctors Oprah	Bear [E] George S.	WordGirl Electric Fetch! Ruff Cyberchas	Hunt Show Judge B. Judge B.	Dr. Phil @	The First 48	Hospital (N) Ruchael Ray 🖭	The Doctors  Oprah  Winfrey	Young & Restless	Wheel Jeopardy! Ghost	(2:50) Kid League	Off-Record Sports Wide World	Dr. Oz Show @ Ellen DeGeneres Show	Construction  Daily Planet	School Life Derek Suite Life Phineas Wizards	CityNews at 6 (N) E Law & Order: SVU	Knockout UFC Unleashed	Restaurant Makeover
1 2 3 4 4 5	30 Friends PM Friends 30 Name Earl PM The Office 30 The Office MLB Baseball: Atlanta PM Braves at Philadelphia	Young & Restless The Doctors  Oprah Winfrey	Bear [E] George S.	WordGirl Electric Fetch! Ruff Cyberchas	Judge B. Judge B. Judge B. Jdg Judy Jdg Judy	Or. Phil (E) Oprah Winfrey News	The First 48  The First 48	Hospital (N) Ruchael Ray (E) Deal-Deal Deal No News	The Doctors	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N)	Wheel Jeopardy! Ghost Whisperer © CBC News: Vancouver	(2:50) Kid League SpongeBob OddParent	Off-Record Sports Wide World of Fights	Dr. Oz Show Œ Ellen DeGeneres Show CTV News	Construction  Daily Planet (N)   Mighty Ships (N)	School Life Derek Suite Life Phineas Wizards	CityNews at 6 (N) EE Law & Order: SVU Minute to	Knockout UFC Unleashed UFC	Restaurant Makeover Colin-Justin
1 2 3 4 5	30 Friends PM Friends 30 Name Earl PM The Office The Office PM MLB Baseball: Atlanta PM Braves at Philadelphia	Young & Restless The Doctors C Oprah Winfrey Early News	George S.  (4:57)  Martha	WordGirl Electric Fetch! Ruff Cyberchas BBC World Business PBS	Hunt Show Judge B. Judge B. Jdg Judy Jdg Judy News (N)	Or. Phil (E) Oprah Winfrey News	The First 48  The First 48  Dog	Hospital (N) Ruchael Ray (E) Deal-Deal Deal No News	The Doctors  G Oprah Winfrey Early News Global Nat. (5:59) News	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N)	Wheel Jeopardy! Ghost Whisperer CE CBC News:	(2:50) Kid League SpongeBob OddParent OddParent	Off-Record Sports Wide World of Fights	Dr. Oz Show Œ Ellen DeGeneres Show CTV News at Five (N)	Construction  Daily Planet (N) (E)  Mighty  Ships (N) (E)  Deadliest	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101	CityNews at 6 (N) [E]  Law & Order: SVU  Minute to Win It (N)  America's	Knockout UFC Unleashed UFC Unleashed UFC	Restaurant Makeover Colin-Justin Hoarders (N) (E)
1 2 3 4 5 6	30 Friends PM Friends 30 Name Earl PM The Office 30 The Office PM MLB Baseball: Atlanta PM Braves at Philladelphia Phillies. (Live)	Young & Restless The Doctors Companies Oprah Winfrey Early News News Global Nat. News	George S. (4:57) Martha Creatures Dogs	WordGirl Electric Fetch! Ruff Cyberchas BBC World Business PBS NewsHour (N) E	Hunt Show Judge B. Judge B. Jdg Judy Jdg Judy News (N) NBC News News (N)	Or. Phil (6) Oprah Winfrey News CBS News News Access H.	The First 48  The First 48  The First 48  Dog  Dog  Dog  Dog	Hospital (N) Ruchael Ray [E] Deal-Deal Deal No News ABC News News News	The Doctors  G Oprah Winfrey Early News Global Nat. (5:59) News Hour (N)	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N) ET Canada Ent	Wheel Jeopardy! Ghost Whisperer © CBC News: Vancouver (N) © Coronation	(2:50) Kid League SpongeBob OddParent OddParent SpongeBob ICarly (E) Indie	Off-Record Sports Wide World of Fights Boxing	Dr. Oz Show @ Ellen DeGeneres Show CTV News at Five (N) CTV News (N) @	Construction  Daily Planet (N) (E)  Mighty Ships (N) (E) Deadliest Catch (E)	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101 Hannah Wizards	CityNews at 6 (N) [E]  Law & Order: SVU  Minute to Win It (N)  America's Got Talent	Knockout UFC Unleashed UFC Unleashed UFC Unleashed E	Restaurant Makeover Colin-Justin Hoarders (N) (E) Runaway Squad (E)
1 2 3 4 5 6 7	:30 Friends PM Friends :30 Name Earl PM The Office :30 The Office :30 The Office HMLB Baseball: Atlanta PM Braves at Philadelphia Phillies. PM (Live) :30 PM Seinfeld	Young & Restless The Doctors  Oprah Winfrey Early News News Global Nat. News Ent	George S. (4:57) Martha Creatures Dogs Rivers	WordGirl Electric Fetchl Ruff Cyberchas BBC World Business PBS NewsHour	Hunt Show Judge B. Judge B. Judge B. Jdg Judy Jdg Judy News (N) NBC News News (N) Millionaire Jeopardy!	Oprah Winfrey News CBS News	The First 48	Hospital (N) Rachael Ray (E) Deal-Deal Deal No News ABC News News News Ent	The Doctors  G Oprah Winfrey Early News Global Nat. (5:59) News Hour (N) G Ent	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N)	Wheel Jeopardy! Ghost Whisperer © CBC News: Vancouver (N) © Coronation World Cup	(2:50) Kid League SpongeBob OddParent OddParent SpongeBob iCarly @ Indie	Off-Record Sports Wide World of Fights	Dr. Oz Show @ Ellen DeGeneres Show CTV News at Five (N) CTV News (N) @	Construction  Daily Planet (N) (E)  Mighty  Ships (N) (E)  Deadliest	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101 Hannah Wizards Sonny	CityNews at 6 (N) (E)  Law & Order: SVU  Minute to Win It (N)  America's Got Talent  Family	Knockout UFC Unleashed UFC Unleashed UFC Unleashed  UFC Unleashed	Restaurant Makeover Colin-Justin Hoarders (N) E Runaway Squad E Parking
1 2 3 4 5 6 7	:30 Friends PM Friends :30 Name Earl PM The Office :30 The Office :30 The Office Haseball: Atlanta PM Braves at Phildies, PM (Live) :30 PM Seinfeld :30 Seinfeld	Young & Restless The Doctors Companies Oprah Winfrey Early News News Global Nat. News	George S. (4:57) Martha Creatures Dogs Rivers	WordGirl Electric Fetchl Ruff Cyberchas BBC World Business PBS NewsHour (N) IE Secrets of the Dead	Hunt Show Judge B. Judge B. Jdg Judy Jdg Judy News (N) NBC News News (N)	Oprah Winfrey News CBS News News Access H. The Doctors	The First 48  The First 48  Dog Dog Dog Dog Billy Billy	Hospital (N) Ruchael Ray (E) Deal-Deal Deal No News ABC News News News Ent The Insider	The Doctors  G Oprah Winfrey Early News Global Nat. (5:59) News Hour (N) G Ent ET Canada	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N) Ell ET Canada Ent Glee	Wheel Jeopardy! Ghost Whisperer © CBC News: Vancouver (N) © Coronation World Cup	(2:50) Kid League SpongeBob OddParent OddParent SpongeBob ICarly (E) Indie	Off-Record Sports Wide World of Fights Boxing SportsCentr	Dr. Oz Show @ Ellen DeGeneres Show CTV News at Five (N) CTV News (N) @	Construction  Daily Planet (N)   Mighty  Ships (N)   Cube Deadliest Catch   Salvage Code Red (N)	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101 Hannah Wizards Sonny Suite Life	CityNews at 6 (N) (E)  Law & Order: SVU  Minute to Win It (N)  America's Got Talent  Family  Cougar	Knockout UFC Unleashed UFC Unleashed UFC Unleashed  UFC Unleashed UFC Unleashed	Restaurant Makeover Colin-Justin Hoarders (N) [6] Runaway Squad [6] Parking Parking
1 2 3 4 5 6 7 8	:30 Friends PM Friends :30 Name Earl PM The Office :30 The Office :30 The Office :30 Atlanta PM Braves at Phildidelphia Phillies. PM (Live) :30 PM Seinfeld :30 Seinfeld	Young & Restless The Doctors Company Oprah Winfrey Early News News Global Nat. News Ent ET Canada House "Joy"	George S. (4:57) Martha Creatures Dogs Rivers Wild	WordGirl Electric Fetchl Ruff Cyberchas BBC World Business PBS NewsHour (N) IE Secrets of the Dead	Hunt Show Judge B. Judge B. Jdg Judy Jdg Judy News (N) NBC News News (N) Millionaire Jeopardy! Wheel	Oprah Winfrey News CBS News News Access H. The Doctors	The First 48	Hospital (N) Rachael Ray (E) Deal-Deal Deal No News ABC News News News Ent	The Doctors  G Oprah Winfrey Early News Global Nat. (5:59) News Hour (N) G Ent ET Canada	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N) E ET Canada Ent Glee "Vitamin D"	Wheel Jeopardy! Ghost Whisperer © CBC News: Vancouver (N) © Coronation World Cup	(2:50) Kid League SpongeBob OddParent OddParent SpongeBob iCarly @ Indie iCarly @ Weird	Off-Record Sports Wide World of Fights Boxing SportsCentre (Live) [ff]	Dr. Oz Show (E) Ellen DeGeneres Show CTV News at Five (N) CTV News (N) (E) etalk (E) Access H. So You Think You	Construction  Daily Planet (N) (E)  Mighty Ships (N) (E) Deadliest Catch (E)  Salvage Code Red (N) Daily Planet (E)	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101 Hannah Wizards Sonny Suite Life Baxter (E)	CityNews at 6 (N) (E)  Law & Order: SVU  Minute to Win It (N)  America's Got Talent  Family  Cougar	Knockout UFC Unleashed UFC Unleashed UFC Unleashed  UFC Unleashed  UFC Unleashed	Restaurant Makeover Colin-Justin Hoarders (N) E Runaway Squad E Parking
1 2 3 4 5 6 7 8	### Friends  ### The Office  ### The Office  ### MLB  ### Baseball:  ### Atlanta  ### Braves at  ### Philadelphia  ### Seinfeld  ### Seinfeld  ### Seinfeld  ### Corder: SVU  ### Order: SVU	Young & Restless The Doctors  The Doctors  Oprah Winfrey Early News News Global Nat. News Ent ET Canada House "Joy"  El Glee	George S. (4:57) Martha Creatures Dogs Rivers Wild "Please Vote for Me" Celebrating	WordGirl Electric Fetch! Ruff Cyberchas BBC World Business PBS NewsHour (N) E Secrets of the Dead Suchet- Orient Baseball	Hunt Show  Judge B.  Judge B.  Jdg Judy  Jdg Judy  News (N)  NBC News  News (N)  Millionaire  Jeopardy!  Wheel  Minute to  Win It (N)  America's	Oprah Winfrey  News CBS News News Access H. The Doctors How I Met Rules Criminal	The First 48  The First 48  The First 48  Dog  Dog  Dog  Dog  Billy  Billy	Hospital (N) Ruchael Ray (E) Deal-Deal Deal No News ABC News News Ent The Insider The Middle The Middle	The Doctors  Companies  Oprah  Winfrey  Early News  Global Nat.  (5:59) News  Hour (N)  Companies  Fint  ET Canada  House "Joy"  Companies  Glee	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N) ET Canada Ent Glee "Vitamin D" House "Joy" Nanny	Wheel Jeopardy! Ghost Whisperer © CBC News: Vancouver (N) © Coronation World Cup	(2:50) Kid League SpongeBob OddParent OddParent SpongeBob ICarly @ Indie iCarly @ Weird Malcolm	Off-Record Sports Wide World of Fights Boxing SportsCentre (Live) [ff]	Dr. Oz Show & Ellen DeGeneres Show CTV News at Five (N) CTV News (N) & etalk & Access H. So You Think You Can Dance (Same-day	Construction  Daily Planet (N) (E)  Mighty Ships (N) (E) Deadliest Catch (E)  Salvage Code Red (N) Daily Planet (E)  Salvage	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101 Hannah Wizards Sonny Suite Life Baxter (2) Hannah Wizards	CityNews at 6 (N) [E]  Law & Order: SVU  Minute to Win It (N)  America's Got Talent  Family  Cougar  News  EP Daily  I Love	Knockout UFC Unleashed UFC Unleashed UFC Unleashed  UFC Unleashed UFC Unleashed UFC Unleashed	Restaurant Makeover Colin-Justin Hoarders (N) (E) Runaway Squad (E) Parking Parking TV-Torrens
1 2 3 4 5 6 7 8 9	30 Friends PM Friends 30 Name Earl PM The Office 30 The Office 30 The Office PM MLB Baseball: Atlanta PM Braves at Philladelphia Phillies. (Live) 30 PM Seinfeld 30 Seinfeld PM Law & Order: SVU 9M Family Guy 30 Family Guy	Young & Restless The Doctors  The Doctors  Oprah Winfrey Early News News Global Nat. News Ent ET Canada House "Joy"  Glee "Vitamin D"	George S. (4:57) Martha Creatures Dogs Rivers Wild "Please Vote for Me"  Celebrating Mozzert: A Gala	WordGirl Electric Fetchl Ruff Cyberchas BBC World Business PBS NewsHour (N) Electric of the Dead Suchet-Orient Buseball (Part 6 of 9) El (DVS)	Hunt Show Judge B. Judge B. Judge B. Jdg Judy Jdg Judy News (N) NBC News News (N) Millionaire Jeopardy! Wheel Minute to Win It (N) America's Got Talent	Or. Phil (E) Oprah Winfrey News CBS News News Access H. The Doctors (E) How I Met Rules Criminal Minds (E)	The First 48  The First 48  The First 48  Dog  Dog  Dog  Dog  Billy  Billy  Billy  Dog  Dog	Hospital (N) Ruchael Ray (E) Deal-Deal Deal No News ABC News News Ent The Insider The Middle The Middle	The Doctors  Glopah Winfrey Early News Global Nat. (5:59) News Hour (N) Gl Ent ET Canada House "Joy" Glee "Vitamin D" Glee	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N)  Ell ET Canada Ent Glee "Vitamin D" Ell House "Joy" Ell Nanny Business El	Wheel Jeopardy! Ghost Whisperer E CBC News; Vancouver (N) E Coronation World Cup Soccer E	(2:50) Kid League SpongeBob OddParent OddParent SpongeBob iCarly @ Indie iCarly @ Weird Malcolm Chris 8 Rules Survive	Off-Record Sports Wide World of Fights Boxing SportsCentr e (Live) [f] Off-Record 30 for 30 [f]	Dr. Oz Show (E) Ellen DeGeneres Show CTV News at Five (N) (E) etalk (E) Access H. So You Think You Came-day Tape)	Construction  Daily Planet (N)   Mighty  Ships (N)   Code Red (N)  Daily Planet  Code Red (Salvage  Code Red (Salvage	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101 Hannah Wizards Sonny Suite Life Baxter (E) Hannah Wizards Buzz	CityNews at 6 (N) EE  Law & Order: SVU  Minute to Win It (N)  America's Got Talent  Family  Cougar  News  EP Daily  I Love  Money EE	Knockout UFC Unleashed UFC Unleashed UFC Unleashed  UFC Unleashed UFC Unleashed UFC Unleashed	Restaurant Makeover Colin-Justin Hoarders (N) E Runaway Squad E Parking Parking TV-Torrens ET Canada
1 2 3 4 5 6 7 8 9	Head of the control o	Young & Restless The Doctors  The Doctors  Oprah Winfrey Early News News Global Nat. News Ent ET Canada House "Joy"  Glee "Vitamin D"	George S. (4:57) Martha Creatures Dogs Rivers Wild "Please Vote for Me" Celebrating Mozart: A Gala Concert Tisc	WordGirl Electric Fetchl Ruff Cyberchas BBC World Business PBS NewsHour (N) Electric of the Dead Suchet-Orient Buseball (Part 6 of 9) El (DVS)	Hunt Show  Judge B.  Judge B.  Jdg Judy  Jdg Judy  News (N)  NBC News  News (N)  Millionaire  Jeopardy!  Wheel  Minute to  Win It (N)  America's	Oprah Winfrey  News CBS News News Access H. The Doctors How I Met Rules Criminal	The First 48  The First 48  The First 48  Dog Dog Dog Dog Billy Billy Billy Billy Dog Dog Dog	Hospital (N) Ruchael Ray (E) Deal-Deal Deal No News ABC News News Ent The Insider The Middle The Middle Family Cougar (10.01)	The Doctors  G Oprah Winfrey  Early News Global Nat. (5:59) News Hour (N)  G Ent ET Canada House "Joy"  G Glee "Vitamin D"	Wyoung & Restless (3:59) Early Global Nat. (4:59) News Hour (N) E ET Canada Ent Glee "Vitamin D" E House "Joy" E Nanny Business E News Hour	Wheel Jeopardy! Ghost Whisperer E CBC News; Vancouver (N) E Coronation World Cup Soccer E	(2:50) Kid League SpongeBob OddParent SpongeBob ICarly (E) Indie iCarly (E) Weird Malcolm Chris 8 Rules Survive Indie	Off-Record Sports Wide World of Fights Boxing SportsCentr e (Live) [#]	Dr. Oz Show  Ellen DeGeneres Show CTV News at Five (N) CTV News (N)  Ellen Access H. So You Think You Can Dance (Same-day Tape) CSI: NY  CSI Show Ellen Ellen CSI	Construction  Daily Planet (N)   Mighty  Ships (N)   Catch   Salvage  Code Red (N)  Daily Planet  Salvage  Code Red (N)	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101 Hannah Wizards Sonny Suite Life Baxter (£) Hannah Wizards Buxz School	CityNews at 6 (N) [6]  Law & Order: SVU  Minute to Win It (N)  America's Got Talent  Family  Cougar  News  EP Daily  I Love  Money [6]  Coach [6]	Knockout UFC Unleashed UFC Unleashed  UFC Unleashed  UFC Unleashed  UFC Unleashed  UFC Unleashed  UFC Unleashed  CSI: Crime	Restaurant Makeover Colin-Justin Hoarders (N) E Runaway Squad E Parking Parking TV-Torrens ET Canada Seinfeld Hoarders
1 2 3 4 5 6 7 8 9 10	30 Friends PM Friends 30 Name Earl PM The Office 30 The Office 30 The Office PM MLB Baseball: Atlanta PM Braves at Philadelphia Phillies. (Live) 30 PM Seinfeld 30 Seinfeld PM Law & Order: SVU 9M Family Guy PM Movie: "My	Young & Restless The Doctors  T	George S. (4:57) Martha Creatures Dogs Rivers Wild "Please Vote for Me" Celebrating Mozart: A Gala Concert Tisc	WordGirl Electric Fetchl Ruff Cyberchas BBC World Business PBS NewsHour (N) © Secrets of the Dead Suchet- Orient Buseball (Part 6 of 9) (El (DVS)	Hunt Show  Judge B.  Judge B.  Jdg Judy  Jdg Judy  News (N)  NBC News  News (N)  Millionaire  Jeopardy!  Wheel  Minute to Win It (N)  America's  Got Talent  Law & Order: SVU	Or. Phil (E) Oprah Winfrey News CBS News News Access H. The Doctors (E) How I Met Rules Criminal Minds (E)	The First 48  The First 48  The First 48  Dog  Dog  Dog  Dog  Billy  Billy  Billy  Dog  Dog	Hospital (N) Ruchael Ray [4] Deal-Deal Deal No News ABC News News Ent The Insider The Middle Family Cougar (10:01)	The Doctors  Glopah Winfrey Early News Global Nat. (5:59) News Hour (N) GE Ent ET Canada House "Joy" GE Glee "Vitamin D" GE Nanny	Young & Restless (3:59) Early Global Nat. (4:59) News Hour (N) ET Canada Ent Glee "Vitamin D" House "Joy" Nanny Business E News Hour Final (N)	Wheel Jeopardy! Ghost Whisperer © CBC News: Vancouver (N) © Coronation World Cup Soccer © National	(2:50) Kid League SpongeBob OddParent OddParent SpongeBob iCarly @ Indie iCarly @ Weird Malcolm Chris 8 Rules Survive Indie Family Biz	Off-Record Sports Wide World of Fights Boxing SportsCentr e (Live) [#] Off-Record 30 for 30 [#] Wide World	Dr. Oz Show (E) Ellen DeGeneres Show CTV News at Five (N) CTV News (N) (E) etalk (E) Access H. So You Think You Can Dance (Same-day Tape) CSI: NY (E)	Construction  Daily Planet (N) (E)  Mighty Ships (N) (E) Deadliest Catch (E)  Salvage Code Red (N) Daily Planet (E)  Salvage Code Red (II) Mighty	School Life Derek Suite Life Phineas Wizards Suite/Deck Zoey 101 Hannah Wizards Sonny Suite Life Baxter (2) Hannah Wizards Buzz School Stone	CityNews at 6 (N) (E)  Law & Order: SVU Minute to Win It (N)  America's Got Talent  Family Cougar News  EP Daily  I Love Money (E)  Coach (E)  Judge B,	Knockout UFC Unleashed UFC Unleashed  UFC Unleashed  UFC Unleashed  UFC Unleashed  UFC Unleashed  UFC Unleashed  Knockout Sports  CSI: Crime Scene	Restaurant Makeover Colin-Justin Hoarders (N) [6] Runaway Squad [6] Parking Parking TV-Torrens ET Canada Seinfeld Seinfeld

# WS Leadel - Horosc

July 7 - 14, 2010

Aries - A major beneficial change takes place this weekend affecting your residence and your family. You would like to play, but your job is demanding. Take care of your health. Guard against infections. Caution!

Taurus - This weekend is special in some way. You could have visitors in your home, especially young people. You need to communicate more this week. Take time for siblings, neighbours, family. Expect a lot of activity this week.

Gemini - Your focus is on money, what you earn, what you own. You may receive a pleasant unexpected message this weekend, and life at home could become quite hectic. Are you renovating or redecorating or just repairing?

Cancer - You really need to talk to people this week. Make contacts, exchange information. You will hear about money, whether it is coming or going. An unexpected benefit comes through a friend or partner. Sister may surprise

Leo - A lot of things are going on in the back of your mind and you really need to talk about them. Your health is good, job runs smoothly. Money situation improves slightly but don't spend unless absolutely necessary.

Virgo - Listen to your inner voice for the next two weeks. Take care of your lungs - don't catch cold. This is a good time to improve your appearance and combat signs of aging. Start a new rejuvenating health regime. Be gracious.

Libra - Good things keep right on happening for you, but pay attention to what your partner is telling you. Good advice can be a warning. You are moving into a time when you must be more responsible, work harder.

Scorpio - Your career could receive an unexpected boost this week. Older people or people in authority provide benefits. People you associate with are kind and helpful. Your health is good. You may be undergoing rejuvenation.

Sagittarius - News from afar regarding home, family and property could bring you benefits. Career continues very busy. Focus on clearing up debts, making investments, checking insurances. Solidify financial situation.

Capricorn - Focus is on partnerships and friendships now. One to one communications are important. Unexpected benefit may come from bank, investments, insurances. Home is full of surprises, fun, good activity. Enjoy.

Aquarius - Interaction with others is important now, and could be a lot of fun. Make time to talk with friends, partner, and consult any experts you need to, as they can help you a lot right now. Don't get into debt. Conserve!

Pisces - You may suddenly acquire more money or possessions this week. Listen to good advice from others on your health and in your workplace. Partner, friends are good to you now, but may demand a lot. Keep cool.

## NOWS LOADOF - Recipe Corner Recipe #330

### **Cheese Stuffed Chicken Burgers**

(NC)—These tasty burgers have a cheese surprise inside. Prep time: 10 minutes Cook time: 10 minutes

- 1 egg, slightly beaten
- 1/4 cup (50mL) dry breadcrumbs
- 1-1/2 lb (750g) lean ground chicken (or turkey)
- 1 green onion, thinly sliced
- 1 tsp (5mL) salt
- 1/2 tsp (2mL) pepper
- 1/4 cup (50mL) cubed Balderson Old or Extra Old Cheddar
- Vegetable oil
- 4 buns (Focaccia, Ciabatta, etc.)
- · Combine egg, breadcrumbs, chicken, green onion, salt and pepper; mix.
- Form mixture into 8 thin patties.
- Spoon 1 Tbsp (15 mL) of cheese cubes in the center of 4 of the patties.
- Top with the remaining 4 patties, and seal edges. Brush both sides with vegetable oil.
- Grill (or broil) on medium heat, about 5 minutes per side, until meat is no longer pink inside.
- Serve on warmed or toasted buns. Garnish as desired. Makes 4 servings.
- Optional cheese selections would be Balderson Double Smoked Cheddar or Balderson Monterey Jack with Hot Peppers.

News Canada

FREE Better Homes & Gardens RECIPES 24/7 http://myhomeandgardennews.blogspot.com A FREE SERVICE OF SIMILKAMEEN NEWS LEADER

If you have a favourite recipe you would like to share, contact us for details!

226A Bridge Street, Princeton

#### www.thenewsleader.mobil

#### **FILL UP ON LOCAL NEWS** ON YOUR CELL PHONE OR MOBILE DEVICE

www.thenewsleader.mobil

# Tuesday Moyle

AFTERNOON

5:00 pm TSN [9] \*\*\*\*\*Rocky" (1976, Drama) Sylvester Stallone. Heavyweight champ Apollo Creed gives Philadelphia club fighter Rocky Balboa a title shot. (N)

**EVENING** 

9:00 pm KNOW (2007, Documentary) Premiere. Filmmakers chronicle the journey of three young Ugandan refugees, as they prepare for a national music and dance festival.

val, (6)
10:00 pm WTBS ③ ★½"Snake
Eyes" (1998, Suspense) Nicolas
Cage. A corrupt detective and his Navy

# Wednesday Movies

8:00 pm KNOW 5 "Please Vote for Me" (2007, Documentary) Three Chinese children launch campaigns to become class monitor.

10:00 pm WTBS ③ ★★"My Fellow Americans" (1996, Comedy) Jack Lemmon. Rival ex-presidents grudging-ly team up to fight a frame-up.

# Thursday Movies

8:00 pm WTBS 3 \*%"Mother's Boys" (1994, Suspense) Jamie Lee Curtis. A deserter returns to Los Angeles, determined to win back her

husband and three sons. 151 10:00 pm WTBS 3 \*%"Mother's Boys" (1994, Suspense) Jamle Lee Curtis. A deserter returns to Los Angeles, determined to win back her husband and three sons.

# Friday Movies

**EVENING** 

7:00 pm YTV (B) \*\*"Sister Act 2: Back in the Habit" (1993, Musical Comedy) Whoopi Goldberg. A Las Vegas singer teaches a mother superior's flock how to rock and save the school from closure. (In Stereo) (E) 8:00 pm WTBS (3) \*\* %"Mars Attacks!" (1996, Comedy) Jack Nicholson. Martians take delight in incinerating humans in director Tim Burton's sendup of 1950s sci-fi classics. (E) FAM (26)"The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls

PAM (26)"The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls go to India to appear in a Bollywood musical, but the director can choose only one of them for the role. (In Stereo) (E) 9:30 pm FAM (26)"Get a Clue" (2002, Comedy) Lindsay Lohan. A 13-year-old student enlists her friends to rescue her English teacher. (In Stereo)

10:00 pm KNOW (5) \* \* "Be Here

to Love Me: A Film About Townes
Van Zandt" (2004, Documentary)
Steve Earle. Filmmaker Margaret
Brown chronicles the songwriter's
troubled life and prolific career. Ell
SPIKE 44 \*\* "The Program"
(1993, Drama) James Caan.
Premiere. A college football coach
forfeits all but winning to get his troubled team to the big game. (In
Stereo)
10:15 pm WTBS 3 \*\* "Mars
Attacks!" (1996, Comedy) Jack
Nicholson. Martians take delight in
incinerating humans in director Tim
Burton's sendup of 1950s sci-fi classics. Ell
11:00 pm FAM 26 \*\* "Black
Beauty" (1994, Adventure) Sean Bean.
Based on Anna Sewell's novel about a
horse in Victorian England and its often
cruel treatment by various owners. (In
Stereo)

#### **Princeton Area Ghost Towns - The DVD**



INCLUDES GST

Available at: Similkameen News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

#### THURSDAY, JULY 8, 2010

ud 100 Huntle News (N)  ud 100 Huntle Street [6]  World Vision [8]  World Vision [8]	Franklin George S. (7:02) Clifford the Big Red Dog Œ The Magic School Bus (E) Spider (10:35) Rolie Polle Berenstain Mag Fero (12:37) (1:03) Wibbly Pig E Franklin	Lions Arthur (EI) Martha Curious Sid Super Why! Dinosaur Sesame Street (EI) [65] Clifford Sit Be Fit Charlie	glasses. (N)  Ellen DeGeneres Show Heal Power- Juicing Days of our	Show (N)  The 700 Club [6]  The Price Is Right (N)  Young & Restless	The Sopranos (R) CSI: Miami "Bait" [R] CSI: Miami "Extreme" The First 48 [R] The First 48 [R] Family Jewels The Sopranos	Morning America (N) [6] Live With Regis & Kelly		Vision Room ET Canada (10:59) Noon News	Busytown Super Why! News Poko Doodlebop Gofrette	Ruby Willa's Timothy George S. Rolie Polie	Prizefighter: Super Middleweigh ts. (E)	Elve With Regis & Kelly	How/Made Breaking Point "House" License to Drill [E] Cash Cab Cash Cab How-Made Cash Cab Mighty	Henrys Feet Mickey Mickey Handy Manny Phineas Phineas TBA TBA	CityLine © The Tyra Show  Rechael Ray ® Role Amazing The O.C. ® CityLine ®	Joes Pros vs. Joes Pros vs. Jues Pros vs. Jues Pros vs. Jues Pros vs. Jues	Whatever Whatever Reality Reality Comeback Comeback Colin-Justi Whatever Whatever Gold Girls
ud 100 Huntie Street [6]  World Vision [6]  World Vision [6]  World Vision [6]  As the World Turns (N) Young &	(7:02) Clifford the Big Red Dog (E) The Magle School Bus (E) Spider (10:35) Rolle Polle Berenstain Mag Fero (12:37) (1:03) Wibbly Pig	Arthur (EI) Martha Curious Sid Super Why! Dinosaur Sesame Street (EI) Ef Clifford Sit Be Fit Charile Rose (E) Painting	Ellen DeGeneres Show Heal Power- Julcing	Show (N)  [E]  The 700 Club [E]  The Price Is Right (N)  Young & Restless  News  Bold	CSI: Minmi "Bait" [E]  CSI: Minmi "Extreme"  The First 48 [E]  The First 48 [E]  Family Jewels  The Sopranos	Morning America (N)  [6]  Live With Regis & Kelly The View [6]  Paid Prog.	100 Huntley Street [6] World Vision [6]	100 Huntley Street © World Vision Room ET Canada (10.59) Noon News	Animal Bo on Go Busytown Super Why! News Poko Dondlebop Gofrette	Willa's Timothy George S. Rolie Polie SpongeBob (9:25) Kid League Invasion	e @ SportsCentr e @ Boxing: Prizefighter: Super Middleweigh ts. @ SportsCentr	Regis & Kelly The View	Breaking Point "House" License to Drill [2] Cash Cab Cash Cab How-Made Cash Cab Mighty	Mickey Mickey Handy Manny Phineas Phineas TBA TBA	Rachael Ruy 30  Role Amazing The O.C.	Joes Pros vs. Joes Pros vs. Joes Pros vs. Joes Pros vs. Joes	Reality Reality Comeback Comeback Colin-Justi Whatever Whatever
ud 100 Huntle; ud Vorid Vision (E)  World Vision (E)  oot Noon News Hour (N)  As the World Turns (N) Young &	Clifford the Big Red Dog (E) The Magic School Bus (E) Spider (10:36) Rolie Polle Berenstain Mag Fero (12:37) (1:03) Wibbly Pig	Martha Curious Sid Super Why! Dinosaur Sesame Street (El) (El) Clifford Sit Be Fit Chartle Rose (El) Painting	Ellen DeGeneres Show Heal Power- Julcing	Show (N)  [E]  The 700 Club [E]  The Price Is Right (N)  Young & Restless  News  Bold	"Bait" [ft] CSI: Miami "Extreme" The First 48 [ft] The First 48 [ft] Family Jewels The Sopranos	Morning America (N)  [6]  Live With Regis & Kelly The View [6]  Paid Prog.	100 Huntley Street (E) World Vision (E)	100 Huntley Street [4] World Vision Room ET Canada (10.59) Noon News	Animal Bo on Go Busytown Super Why! News Poko Dondlebop Gofrette	Timothy George S. Rolie Polie SpongeBob (9:25) Kid League Invasion	e @ SportsCentr e @ Boxing: Prizefighter: Super Middleweigh ts. @ SportsCentr	Regis & Kelly The View	Point "House" License to Drill (II) Cash Cab Cash Cab How-Made Cash Cab Mighty	Mickey Handy Manny Phineas Phineas TBA TBA	Rachael Ruy 30  Role Amazing The O.C.	Joes Pros vs. Joes Pros vs. Joes Pros vs. Joes Pros vs. Joes	Reality Comeback Comeback Colin-Justi Whatever Whatever
world World Vision (E)  World Vision (E)  World Vision (E)  Noon News Hour (N)  As the World Turns (N) Young &	The Magle School Bus Eschool Bus Eschool Bus Eschool Bus Eschool Bus Eschool Bus Eschool Escho	Sid Super Why! Dinosaur Sesame Street (EI) (E) Clifford Sit Be Fit Charlle Rose (E) Painting	Ellen DeGeneres Show Heal Power- Juleing Days of our	Club [8] The Price Is Right (N) Young & Restless News Bold	"Extreme" The First 48 [E] The First 48 [S] Family Jewels The Sopranos	Live With Regis & Kelly The View Paid Prog.	100 Huntley Street (E) World Vision (E)	Street [#] World Vision Room ET Canada (10:59) Noon News	Busytown Super Why! News Poko Doodlebop Gofrette	Rolle Polie SpongeBob (9:25) Kid League Invasion	Boxing: Prizefighter: Super Middleweights.	Regis & Kelly The View	Cash Cab Cash Cab How-Made Cash Cab Mighty	Manny Phineas Phineas TBA TBA	Ray (E) Role Amazing The O.C. (E)	Jues Pros vs. Jues Pros vs. Jues	Comeback Colin-Justi Whatever Whatever
world World Vision (E)  World Vision (E)  World Vision (E)  Noon News Hour (N)  As the World Turns (N) Young &	Spider (10:35) Rolle Polle Berenstain Mag Fero (12:37) (1:03) Wibbly Pig	Dinosaur  Sesame Street (El)  [E] Clifford Sit Be Fit Charlle Rose [E] Painting	DeGeneres Show Heal Power- Juicing Days of our	Club [8] The Price Is Right (N) Young & Restless News Bold	[E] The First 48 [S] Family Jewels The Sopranos	Regis & Kelly The View    Paid Prog.   Paid Prog.	World Vision (E)	Vision Room ET Canada (10:59) Noon News	News Poko Doodlebop Gofrette	(9.25) Kid League Invasion	Prizefighter: Super Middleweigh ts. (E)	Regis & Kelly The View	Cash Cab How-Made Cash Cab Mighty	Phineas Phineas TBA TBA	Amazing The O.C.	Jues Pros vs. Jues	Whatever
World Vision (E)  World Vision (E)  Noon News Hour (N)  As the World Turns (N)  Young &	(10:35) Rolie Polle Berenstain Mag Fero (12:37) (1:03) Wibbly Pig	Sesame Street (EI)  Gifford Sit Be Fit Charlie Rose (E) Painting	DeGeneres Show Heal Power- Juicing Days of our	The Price Is Right (N) Young & Restless News	The First 48 [67] Family Jewels The Sopranos	Kelly The View E Paid Prog. Puid Prog.	World Vision (E)	Room ET Canada (10:59) Noon News	Poko Doodlebop Gofrette	League Invasion	Super Middleweigh ts. [II]	Kelly The View	How-Made Cash Cab Mighty	TBA TBA	The O.C.	Pros vs. Joes	Whatever
World Wision (E) World Vision (E) Noon News Hour (N) As the World Turns (N) Young &	(10:35) Rolie Polle Berenstain Mag Fero (12:37) (1:03) Wibbly Pig	Street (EI)  E Clifford  Sit Be Fit  Charlie Rose E Painting	DeGeneres Show Heal Power- Juicing Days of our	Right (N) Young & Restless News Bold	Family Jewels The Sopranos	Paid Prog. Puid Prog.	Vision III	ET Canada (10:59) Noon News	Doodlebop Gofrette	Invasion	ts. 🕮		Cash Cab Mighty	TBA	III.	Joes	Whatever
World Vision (E)  Noon News Hour (N)  As the World Turns (N) Young &	Rolie Polle Berenstain Mag Fero (12:37) (1:03) Wibbly Pig	Clifford Sit Be Fit Charlie Rose [E] Painting	DeGeneres Show Heal Power- Juicing Days of our	Young & Restless News	Family Jewels The Sopranos	Paid Prog.	World	(10:59) Noon News	Gofrette				Mighty				
As the World Turns (N)  Vision (E)  Noon News Hour (N)  As the World Turns (N) Young &	Berenstain Mag Fero (12:37) (1:03) Wibbly Pig	Sit Be Fit Charile Rose [f] Painting	DeGeneres Show Heal Power- Juicing Days of our	Restless News Bold	Jewels The Sopranos	Paid Prog.	SANDERS DESCRIPTION OF THE PARTY OF THE PART	Noon News		(11:10)		Fashion	The second second	TBA	CityLine [	Pros vs.	Gold Girls
As the World Turns (N) Young &	Mag Fero (12:37) (1:03) Wibbly Pig	Charlie Rose [ff]	Show Heal Power- Juicing Days of our	News Bold	The Sopranos		TEMOLI (E)							Discourage of the last	100000000000000000000000000000000000000	Joes	
As the World Turns (N) Young &	(12:37) (1:03) Wibbly Pig	Rose [f]	Juicing  Days of our	Bold	Sopranos	All My		Hour (N)	Dirtgirl	(11:40) Kid	Sports	Fashion	Ships @	TBA		Jues	Gold Girls
As the World Turns (N) Young &	(1:03) Wibbly Pig	Painting	Days of our			Children	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon	Golf: U.S. Women's	etalk [#]	Breaking	Wizards	The Bonnie	E. E. S.	Fr. Prince
World Turns (N) Young &	Wibbly Pig		I from this	As the	[3]	(N) IE	nour (N)	Lives (N)	NOW (N)	Beyblade	Open S	Bold	Point "Boat"	Hannah	Hunt Show	Joes	Fr. Prince
Turns (N) Young &		Quilting Art	Lives (N)	APPLICATION OF THE PERSON OF T	CSI: Miami	One Life to	As the	As the	Wheel	Hawks	Championshi	Charles Called Million Co.	Salvage	Cory	Jdg Judy	Pros vs.	Seinfeld
	Danielilla			World Turns (N)	"Bait" [6]	Live (N)	World Turns (N)	World Turns (N)	Jeopardy!	Team	p, First Round.	F.B.Eye	Code Red	Recess	Jdg Judy	Joes	Seinfeld
nrl Restless	BluesClues	Barney WordWorld	Time Chan	Let's Make a Deal (N)	CSI: Miami "Extreme"		Young & Restless	The Doctors	Steven and Chris 🐯	Monster Invasion	From Oakmont,	Dr. Phil (E)	MythBuster s (6)	Replacemn School	CityLine @	Pros vs. Joes	Gold Girls Gold Girls
ice The Doctor	s (3:01) Little	WordGirl	Judge B.	Dr. Phil [6]	The First 48	Rachael	The Doctors	Young &	Recipes	(2:50) Kid	Pa. (Live)	(2:59) The	Cash Cab		CityNews at	Sports	Restaurant
ice 🖫	Bear III		Judge B.		Œ	Ray 🕮			Coronation	League		Dr. Oz			6 (N) E	Knockout	Makeover
Guy Oprah		Fetch! Ruff	Jdg Judy	Oprah	Appropriate the second	Deal-Deal	Oprah	(3:59) Early	PS-5085-85-88	SpongeBob		Ellen	The second section of the second section is a second section of the section of the second section of the section of the second section of the section of	Phineas	Law &	Ways Die	Colin-Justi
Guy Winfrey	George S.	Cyberchas	Jdg Judy	Winfrey	[66]	Deal No	Winfrey	Global Nat.	Whisperer	OddParent	Sports		(N) (SE)	Wizards	Order: SVU	Ways Die	
Early News	(4:57)	BBC World	News (N)	News	FOR PERSONS SERVICES	News	Early News	(4:59) News	CBC News:	OddParent	Poker	CTV News	Dirty Jobs	Suite/Deck	Community	Ways Die	Seinfeld
News	Martha	Business	NBC News	CBS News	(6)	ABC News	Global Nat.	A STATE OF THE PARTY OF THE PAR	Control of the Contro	SpongeBob		at Five (N)	(E)	Zoey 101	Community	Ways Die	Seinfeld
	Heads Up	PBS	News (N)	News	FC 4 9000 PER 2011 AL 1000	News	(5:59) News	ET Canada	117 25	iCarly (f)	Poker	CTV News	Dirty Jobs	Hannah	How I Met	TNA	Family Gu
News	Dogs		Millionaire	Access H.	(N) (E)	News	The state of the s	Ent ·	Mercer	Indie		(N) EE	Œ	Wizards	Community	Wrestling	Family Guy
Ent	Frontiers of	Rememb-	Jeopardy!	ESCHALLER FOR THE PARTY OF THE	15795CDH1CLDM4D174	Ent	Ent	Control of the Contro	22 Minutes	iCarly @	100 200 200 200 200 200	etalk [ft]	SA SECULIAR STATE OF THE SECULIAR SECUL	Sonny	How I Met	(14) (16)	'70s Show
ET Canada		When	Wheel		(EE)	The Insider	ET Canada	Œ	Laughs	Weird	e (Live) [	Access H.	s 🖭	Suite Life	How I Met		King
		Poirot 🖫	1							Ruby		Control of the Contro	Committee of the Commit		News	Ways Die	Comeback
	1	L														100000	ET Canada
is. "Fite Nite"	e	MI-5 🖭	Community	CSI: Crime Scene	(9:01) The First 48 🔃	Rookie Blue "Fite Nite"	"Fite Nite"	Rookie Blue "Fite Nite"	Love, Hate		30 for 30 🕮	So You Think	Dirty Jobs				Family Gu
HawthoRN	e On Screen	Daryl Hall	Community	The	(10:01) The	Boston Med	HawthoRNe	News Hour	National	NO CERCICOS	Triathlop	The	Dirty Jobs		7.77	100	Seinfeld
's III	<b>(III)</b>	& John Oates	Community	Mentalist			Œ	Final (N)		Family Biz		Mentalist	Œ	Stone	Judge B.	(10:38)	Seinfeld
amie CHBC is. News Final	Beautiful Noise 🕮	Charlie Rose (N)	News (N)	News	(11:01) The First 48 🕮		News Hour Final (N)		Hour Faith	200000000000000000000000000000000000000	a /I inal feet	CTV News	MythBuster s (#)		Judge B.	Disorderly Con.	'70s Show King
G G G	ce	Gerge S.  Early News (4:57)  News Martha  Global Nat. Heads Up  News Dogs  Ent Frontiers of  ET Canada  Big Brother Jazz (N) (E)  (N) (E) (DVS)  mic Rookie Blue (S. "Fite Nite")	Hawthorne   Charle   Miss   Miss	Bear [6] Electric Judge B. Fetch! Ruff Jdg Judy Winfrey George S. Cyberchas Jdg Judy Early News (4:57) BBC World News (N) News Martha Business NBC News Global Nat. Heads Up News Dogs NewsHour (N) [6] Ent Frontiers of Rememb- When Hillionalre (N) [6] Community (DVS) MI-5 [6] Community  mic Rookle Blue "Tite Nite" Community  s HawthoRNe On Screen [6] Beautiful S. News Final (N) Earlie S. News Final Noise [6] Rose (N) [6] News (N)  Jay Leno	Bear	Electric Judge B.  Fetch! Ruff Jdg Judy Winfrey  George S. Cyberchas Jdg Judy Winfrey  Early News (4:57) BBC World News (N) News  News Martha Business NBC News CBS News  Global Nat. Heads Up PBS News (N) News The First 48 (N) (E)  Ent Frontiers of Rememb-When When Heads (N) (E)  ET Canada  Big Brother (N) (E) (DVS)  MI-5 (E) Community Big Brother (N) (E) (N) (E) (DVS)  MI-5 (E) Community CSI: Crime (9:01) The First 48 (E)  HawthoRNe On Screen Daryl Hall (A) John Oates  HawthoRNe On Screen (N) (E) Community The Community The Community (N) (E) (N	Electric Judge B.  Fetch! Ruif Jdg Judy Oprah Winfrey  George S. Cyberchas Jdg Judy Winfrey  Early News (4:57) BBC World News (N) News  News Martha Business NBC News CBS News  Global Nat. Heads Up News Dogs  Ent Frontiers of Rememb- When Wheel  ET Canada  Big Brother (N) E Community  (N) E Community  MI-5 E Community	Electric   Judge B.   Electric   Judge B.   Electric   Judge B.   Electric   Judge B.   Electric   Fetch! Ruff   Jdg Judy   Winfrey   Early News   George S.   Cyberchas   Jdg Judy   Winfrey   Early News   George S.   Cyberchas   Jdg Judy   Winfrey   Early News   Early News   Winfrey   Early News   George S.   Cyberchas   Jdg Judy   Winfrey   Early News   Global Nat.   Heads Up   PBS   News (N)   News   The First 48   News   Early News   Global Nat.   Heads Up   PBS   News (N)   Early News   Hour (	Electric   Judge B.   Electric   Electric   Judge B.   Electric   Judge B.   Electric   Judge B.   Electric   Electric   Judge B.   Electric   Judge B.   Electric   Electric   Judge B.   Electric   Judge B.   Electric   Electric   Judge B.   Electric   Electric   Electric   Judge B.   Electric   Judge B.   Electric   Judge B.   Electric	Electric   Judge B.   Electric   Electric   Judge B.   Electric   Judge B.   Electric   Judge B.   Electric   Judge B.   Electric   Electric   Judge B.   Electric   Judge B.   Electric   Electric   Judge B.   Electric   Electric   Electric	Bear   Bear	Electric   Judge B.   Electric   Electric   Electric   Electric   Judge B.   Electric	Electric   Judge B.   Electric   Judge B.   Electric   Judge B.   Electric   Judge B.   Fetch Ruff   Jdg Judy   Winfrey   George S.   Cyberchas   Jdg Judy   Winfrey   Deal No	Electric   Judge B.   Fetch! Ruff   Jdg Judy   Oprah   Winfrey   George S.   Cyberchas   Jdg Judy   Winfrey   Early News   (4:57)   BBC World   News (N)   News   The First 48   News   Early News   (4:57)   BBC World   News (N)   News   CBS News   Early News   ABC News   Global Nat.   Heads Up News   Dogs   News (N)   News   The First 48   News   Global Nat.   Ent   HawthoRNe   Early News   Hour (N)   Electric   Millionalire   Nows (N)   Electric   Global Nat.   Ent   HawthoRNe   Carly (Electric   Millionalire   Nows (N)   Electric   Global Nat.   Ent   HawthoRNe   Electric   Global Nat.   Ellen   Millionalire   Nows (N)   Ellen   Millionalire   Nows (N)   Ellen   Millionalire   Nows (N)   Ellen   Nows (N)   E	Electric   Judge B.   Ellen   Judge B.	Electric   Judge B.   Electric   Judge B.	Fetch: Ruff   July   Oprah   Winfrey   George S. Cyberchas   July   Oprah   Ways Die   Geo

	WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
~	AM In the Heat of the Night		Franklin George S.	Bob Build Lions	News (N)	0.0000000000000000000000000000000000000	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	SportsCentr e (tt)	Canada AM	How/Made How/Made	Henrys Feet	CityLine (#)	Pros vs. Joes	Inside Hollywood
7	Cosby	(K)	(7:02) Clifford the Big Red	Arthur (El) Martha	Today Lady Gaga per- forms; Piper	The Early Show (N)	American Justice	Good Morning America (N)	EE (14)	Œ	Dirtgirl Animal	Willa's Timothy	SportsCentr e @		Gridlock	M. Mouse M. Mouse	The Tyra Show @	Pros vs. Joes	Inside Hollywood
Q	AM Harvey		Dog @	Curious	Perabo. (N)		American Justice	Œ		100 Huntley Street @	Bo on Go Busytown	George S. Rolie Polie	SportsCentr e (#)		Breaking Point	Handy Manny	Rachael Ray 🕮	Pros vs. Joes	Tooned Tooned
	AM Fam. Feud	100 Huntley Street (E)	School Bus	Super Why!		The 700 Club 🔃	American Justice	Live With	100 Huntley Street [6]	Hospital for Sick Kids	Super Why!	Kid vs. Kat	Wide World of Fights	Live With Regis &	Cash Cab	Phineas	Role	Pros vs.	Colin-Just
	:30 Fam. Feud			Dinosaur	1 30			Regis & Kelly			News	(9:25) Kid		Kelly	Cash Cab	Phineas	Amazing	Joes	
	AM Reba (E)	World Vision (E)	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View	World Vision @	Room ET Canada	Poko Doodlebop	League Invasion	Boxing: Allen Green vs. Andre	The View	Cash Cab	TBA	The O.C.	Pros vs. Joes	Whatever Whatever
1-0	AM Jim	World Vision @	Rolie Polie	Clifford	Ellen DeGeneres	Young & Restless	Jewels	Paid Prog.	World Vision @	(10:59) Noon News	Gofrette	(11:10)	Ward.	Fashion	Dirty Jobs	ТВА	CityLine [#]	Pros vs. Joes	Gold Girl
	:30 Name Earl	Noon News	Berenstain Mag Fero	Sit-Be Fit Charlie	Show Pald Prog.	News	Jewels The	Paid Prog. All My	Noon News	Hour (N) Days of our	Dirtgirl CBC News	(11:40) Kid (12:05)	Golf: U.S.	Fashion etalk @	Dirty Jobs	TBA Wizards	The Bonnie	Pros vs.	Gold Girl Fresh Pr.
	:30 King	Hour (N)	(12:37)	Rose 🖭	Babar @	Bold	Sopranos	Children (N) @	Hour (N)	Lives (N)	Now (N)	Yu Gi Oh	Women's Open	Bold	Œ	Hannah	Hunt Show		Fresh Pr.
1	PM King :30 Friends	As the World Turns (N)	(1:03) Go, Diego, Go!	Painting Scrapbook	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Wheel Jeopardy!	Hawks Team		Sue Thomas F.B.Eye	C Jobs	Cory	Jdg Judy Jdg Judy	Pros vs. Joes	Seinfeld Seinfeld
2	PM Friends :30 Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	American Justice	General Hospital (N)	Young &	The Doctors	Steven and Chris 🖽	Monster Invasion	From Oakmont, Pa. (Live)	Dr. Phil 🔃	MythBuster s	Replacemn School	CityLine @	Disorderly Con.	Gold Gir Gold Gir
3	PM The Office	The Doctors	(3:01) Little Bear (4)	WordGirl Electric	Judge B. Judge B.	Dr. Phil @	American Justice	Rachael Ray 🖭	The Doctors	Young & Restless	Recipes Red Green	(2:50) Kid League	EE (LIVE)	(2:59) The Dr. Oz	A PARTY OF A	Life Derek Suite Life	CityNews at 6 (N) @	Sports Knockout	Restaura Makeove
	PM Family Guy	1 1 2 10		Biz Kid\$	Juage B. Jdg Judy	Oprah	The First 48	Deal-Deal	Oprah Winfrey	(3:59) Early	100000	SpongeBob	Sports	Show (5) Ellen DeGeneres	Daily Planet	The second	Murdoch Mysteries	CSI: Crime	Colin-Jus
	:30 Family Guy		George S.	Cyberch'e	Jdg Judy	Winfrey	Colonter!	Deal No	Early News	Global Nat.	CBC News:	OddParent	Pregame CFL	Show CTV News		Wizards	Mantracker	Scn CSI: Crime	Seinfeld
15	PM Payne :30 Payne	Early News	(4:57) Martha	BBC World Business	News (N) NBC News	News CBS News	Criminal Minds (E)	ABC News	Global Nat.	(4:59) News Hour (N)	Vancouver (N) @	Penguins SpongeBob	Football: Toronto	at Five (N)	Salvage Code Red	Suite/Deck Zoey 101	(DVS)	Scene	Seinfeld
6	PM Law & Order: SVI	Global Nat.	Whale Dogs	PBS NewsHour	News (N) Millionaire	News Access H.	Criminal Minds [6]	News	(5:59) News Hour (N)	ET Canada Ent	Coronation	iCarly @	Argonauts at Winnipeg	CTV News (N) [st]	Man vs. Wild	Wizards Jonas &	Murdoch Mysteries	Knockout	Family G
	PM Seinfeld	Ent	Yoho	(N) [6] Wash.	Jeopardy!	The Doctors	Criminal Minds [6]	Ent	Ent	ReGenesis "The Trials"	22 Minutes	Movie: "Sister Act	Blue Bombers. (Live)	etalk 📧	"Texas" Forensic Factor (N)	Good Luck	Warehouse	Knockout	Tooned
	:30 Seinfeld PM Movie:	ET Canada Friday	Park Poirot @	McLaughlin Need to	Wheel	Medium [6]	Criminal	The Insider Wife Swap	ET Canada Friday	Friday	Laughs	2: Back in the Habit"		Access H.	Daily Planet	Suite/Deck	News	Knockout Knockout	6 Degrees
Ω	:30 Attacks!"	Night Lights (N)	ronor as	Know (N)	Night Lights (N)	culum dis	Minds 📧	(N) 🖭	Night Lights (N)	Night Lights (N)	Mercer	(1993) 📧	e (Live) 📧		<b>C</b>	Cheetah Girls: One	EP Daily	Knockout	ET Cana
0	PM (1996) Jack Nicholson.		Dalziel & Pascoe [6]	News e2 [8]	Dateline NBC [6]	Flashpoint (N) 📧	(9:01) Criminal Minds (f)	Primetime: What Would	90210 "Off the Rails"	90210 "Off the Rails"	Republic of Doyle @	Survive	Boxing	Flashpoint	Man vs. Wild "Texas"	World"  Movie: "Get	King of Hill King of Hill	MANswers Trailers	Family G Family G
	PM (10:15) Movie:	ReGenesis 'The Trials'		Real Olympics		Flashpoint	(10:01) Criminal	20/20 (N)	ReGenesis "The Trials"	News Hour Final (N)	National	Indie Family Biz		Flashpoint	Salvage Code Red	a Clue" (2002) 🏗	Coach [6]	Movie: "The Program"	'70s Show
1-1	PM Attacks!"	CHBC News Final	Townes Van Zandt"	Charlie Rose (N) (E)	News (N)	News	Minds (E) (11:01) Criminal	News	News Hour Final (N)	Ent	Stampede Wrap Up	Prank Ptrl	SportsCentr e (Live) [f]		Forensic Factor [E]	Movie: "Black	Judge B.	(1993) James Caan.	Scinfeld
II	:30 (1996) Jack Nicholson.	(N)		is doc (14) ISL	Jay Leno	Letterman	Minds (C)	(11:35)	(. 1)	ET Canada	тар ор	Fries That?	e (Live) de	CTV News-	ractor (6)	Beauty"	Paid Prog.	11111	Seinfeld

# News Leader Puzzle Page



#### **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 #307 - Rated Medium

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

#### THIS WEEK'S SOLUTION: Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2010 Carter Boswell, Princeton, BC and published by Similkameen News Leader

### **IS IT TIME** TO SUBSCRIBE TO THE **NEWS LEADER?**

Similkameen Valley Mail - \$40.00 (Seniors Pay Only \$35.00)
ALL PRICES INCLUDE TAXES

Elsewhere in Canada Mail - \$54.00 (Seniors Pay Only \$48.00) **ALL PRICES INCLUDE TAXES** 

CALL FOR DETAILS Similkameen News Leader

# Saturday Movies

8:00 am WTBS 3

\*\*\*"Crocodile Dundee" (1986,
Comedy) Paul Hogan. A rich reporter
tours outback Australia with a crocodile hunter, then brings him to
Manhattan. EE

10:00 am WTBS 3 \*\*\*"Wonder
Boys" (2000, Comedy-Drama)
Michael Douglas. Terrified his second novel won't live up to the first
and stumbling over his personal life,
a writer takes a gifted student under
his wing.

#### AFTERNOON

12:00 pm FAM ② "An American Girl: Chrissa Stands Strong" (2009, Drama) Joanne Baron. Bullies torment a fourth-grade student at her new school. (In Stereo) [E]
1:30 pm FAM ② ★% "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina

schoolgirls to reach for their full potential and become a championship dance team. (In Stereo) 5:00 pm WTBS 3 \*\* %"Ladder 49" (2004, Drama) Joaquin Phoenix. Trapped in a burning building, a firefighter reflects on his life and career as he awaits rescue from his captain and colleagues.

6:00 pm CITY 29 \* \*Moving Malcolm" (2003, Comedy) Elizabeth Berkley. A lonely author agrees to help relocate his ex-fiancee's father to a new home, then forms a bond with the cantankerous oldster. (DVS)
7:00 pm CITY (2) "Trial by Elec"

(DVS)
7:00 pm CITV [2"Trial by Fire"
(2008, Drama) Brooke Burns. After
the death of a colleague, a female
firefighter tries to become a smokejumper. [3]
7:30 pm WTBS [3] \* \* ½"The
Longest Yard" (2005, Comedy)

Adam Sandler. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards. 
8:00 pm CHBC (4) BCTV (1) "Trlal by Fire" (2008, Drama) Brooke Burns. Premiere. After the death of a colleague, a female firefighter tries to become a smokejumper. 
9:00 pm KHQ (7) "Secrets of the Mountain" (2010, Adventure) Barry Bostwick. A woman, her three children and an altorney search for treasure on a mountain. (In Stereo) (6) FAM (26) \*\* \*\* \*The Bridges of Madison County" (1995, Romance) Clint Eastwood. Memoirs tell a deceased woman's children of her four-day affair in 1965 with a photographer on assignment. (In Stereo) (6)

rapher on assignment. (In Stereo)

10:00 pm WTBS 3 \*\*"The
Longest Yard" (2005, Comedy)
Adam Sandler. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards. 
11:00 pm KNOW 5 \*\*"Be Here to Love Me: A Film About Townes Van Zandt" (2004, Documentary)
Steve Earle. Filmmaker Margaret Brown chronicles the songwriter's troubled life and prolific career. 
11:11 pm FAM 26 \*\*\*Driving MIss Daisy" (1989, Comedy-Drama) Morgan Freeman. An Atlanta widow and her chauffeur reflect the changing times, from 1948 to 1973. (In Stereo) 
11:30 pm CBC 3 \*\*\*A Simple Curve" (2005, Drama) Kris Lemche. A restless man tries to understand his hippie father, while trying to maintain a relationship with a single mother. (In Stereo) 
15

Here's My Card! Advertise Your Business Here For As Little As...

O.ºº PER WEEK

Call Us For Details! Similkameen News Leader (250) 295-4149

## www.similkameenteen.com

# Sunday Movies

8:00 am WTBS 3 \*\*%"Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. [£] 10:00 am WTBS 3 \*\* \*The Brady Bunch Movie" (1995, Comedy) Shelley Long. The Bradys and their TV-series clan refuse to sell their home to a shady real-estate developer.

#### **AFTERNOON**

AFTERNOON

12:00 pm WTBS ③ ★%"Surviving Christmas" (2004, Comedy) Ben Affleck. A lonely man returns to his childhood home and celebrates the holiday with the strangers who live there. ② FAM ② ★\*"Good Boy!" (2003, Comedy) Molly Shannon. After adopting a dog, a 12-year-old learns the animal is an interplanetary scout sent to investigate other canines. (In Stereo) ② 1:30 pm FAM ② "The Little Treasure Hunters" (2004, Adventure) Molly Hall. A girl leads her friends down her beloved river in search of a legendary treasure that could save her family's home. (In Stereo) ② 1:45 pm YTV 图 "King of the Camp"

(2008, Musical) Justin Stadnyk. A kitchen worker at a summer camp competes in wakeboarding and tries to win the heart of a counselor. (In Stereo) (1) 2:00 pm WTBS (3) \*%"Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. (1) 4:00 pm WTBS (3) \*\* \*Meet the Parents" (2000, Comedy) Robert De Niro. When a woman brings her boyfriend home for her sister's wedding, her father, a former CIA agent, takes an instant dislike to him. (1) YTV (18) \*\* \*%"Nanny McPhee" (2005, Comedy) Emma Thompson. A widower hires a mysterious woman who uses magic to control his seven unruly children. (In Stereo)

6:00 pm WTBS [3] \*\*\*Meet the Parents" (2000, Comedy) Robert De Niro. When a woman brings her boyfriend home for her sister's wedding, her father, a former CIA agent, takes an instant dislike to him. [6] YTV [8] \*\*\*Stardust" (2007, Fantasy) Claire Danes. To win the heart of his beloved, a young man ventures into the realm of fairies to retrieve a fallen star. (In Stereo) [6] 7:00 pm SPIKE [44] \*\*Rambo"

(2008, Action) Sylvester Stallone. Premiere. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In

Siereo)
8:00 pm WTBS [3] \*%"Surviving Christmas" (2004, Comedy) Ben Affleck. A lonely man returns to his childhood home and celebrates the holiday with the strangers who live there. [8]

holiday with the strangers who live there. 

9:00 pm FAM 26 \*%"With Honors" (1994, Drama) Joe Pesci. A homeless man finds a Harvard student's thesis. (In Stereo) 
SPIKE 44 \*\*Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

10:00 pm WTBS 3 \*\*%"Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancee.

fiancee.

10:40 pm FAM ② \* \*Lost & Found" (1999, Romance-Comedy)
David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (In Stereo) 📧

www.similkameenteen.com

#### SATURDAY, JULY 10, 2010

	WTBS	CHBC	KNOW	KSPS	KHQ	KREM	A&E	KXLY	BCTV	CITY	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	TROP
	3	4	5	6	7	8	9	(10)	(11)	(12)	[13]	(18)	(19)	[22]	24	26	. 29	(44)	(45)
6 AM		Ground Up	Wibbly Pig	America	Today (N)	(5:00) The	Sell House	Paid Prog.	Ground Up	Go Fishing	News	Grussology	SportsCentr	OWLTV	Canada's	Jungle	CHIN	What It?	Re-Vamp
			Franklin	Fly Fisher	100	Early Show (N)	Sell House	Paid Prog.		Fishn	Busytown	Rellbots	e III	Kingdom	Worst Driver	Wow Wow	Dharti	Lives	Paid
7 AM	Paid Prog.	Saturday	Upside	MotorWeek	News (N)	Noonbory-7	\$100	Good	Saturday	Saturday	Culgary	League	Sportfish	Anne	Man vs.	M. Mouse	Fye on Asla	Practical	Friends
1 :30		Morning News (N)	Clifford	Oregon		Busytown	Sell House	Morning America	Morning News (N)	Morning News (N)	Stampede Parade [it]	OddParent	Motoring	Anne	Wild "Texas"	Manny		Conceal	Friends
o AM	Movie;	35	George S.	Woodsmith		Doodlehop	Filp This	Emperor	(10)	TEL .		SpongeBob	Speed	Kids	Forensie.	Phineas	Polish	Xtreme 4x4	Family Guy
8 :30	"Crocodile Dundee"	4	Magic Bus	Hometime		Strawberry	House [6]	Replacemn				Kid vs. Kat	NASCAR	Kingdom	Factor (E)	Suite/Deck	Studio III	Horse.	Family Gu
O AM			(8:58)	Woodshop		Sabrina	Drill Team	So Raven		Driving TV	The second second	Penguins	Racing	Hobo	Cash Cab	I'm in Band	Travels	Trucks!	Parking
9 :30	Hogan.		(9:34) Miss	Old House		Sabrina	(N) (E)	So Raven		Real Fish.	Soccer: Colorado	Penguins	CFL Pre	Instant	How-Made	Wizards	Planet	MuscleCar	Parking
n AM		Fishn	BG 📧	Old House	Willa's	Paid Prog.	The First 48	Hannah	Fishn	Powerboat	Rapids at	SpongeBob	CFL	Uber Guide	Man vs.	Baxter III	Hockey	Knockout	Parking
0 :30	"Wonder Boys"	Real Fish.	Spider	Kitchen	Jane	Backroads	[12]	Suite Life	Real Fish.	Tradition	Toronto FC.	SpongeBob	Football: Calgary	(6)	"Alaska"	Sonny	Tow Biz	Knockout	Parking
AM	(2000)	Powerboat	Rolle Polle	Christina	Paid Prog.	Big Three	J095/4, S60/05/5/5/5/5	World Cup	Powerboat	Simpsons	(11:15)	League	Stampeders	Is Written	After the	Zocy 101	EP Weekly	Knockout	Parking
1 :30	Michael Douglas,	Tradition	Mag Fero	Food	Paid Prog.	at Olde Farm	Œ	Soccer: Third Place:	Tradition	Simpsons	World Cup Soccer:	Pokemon	at Hamilton Tiger-Cats.	Luxury	Catch [6]	Hannah	Reviews	Knockout	Parking
PM		News	(12:02) Inuk	Primal Gril	Contract of the Contract of th	PGA Tour	A STATE OF THE RESERVE OF THE PARTY OF THE P	Teams TBA.	News	PGA Tour	Third Place:	Beyblade	(Live)	Canada's	Breaking	"American	Amazing	Knockout	Parking
2 :30	Jim	PGA Tour	(12:32)	Garden	Women's Open	Golf: John Deere	"Blackout"	(Live)	PGA Tour	Golf: John Deere	Teams TBA. (Live) [62]	Yu-Gi-Oh!		Worst Driver	Point "House"	Girl. Chrissa Stands"	Role	Knockout	Parking
_ PM	King	Golf: John Deere	o (G) (DVS)	Antiques	Championsh	Classic,	The First 48		Golf: John Deere	Classic,	(Live) (de	Yu-Gi-Oh!	Golf	Worst	Salvage	Stanto	Biography	Knockout	Parking
1 :30	King	Classic,	Dinosaurs	Roadshow	p, Third Round.	Third Round.	[23]	World Cup		Third Round.	Soccer Day	Hawks		Handyman	Code Red	Movie:	133	Knockout	Parking
PM	Seinfeld	Third Round. [12]	Franklin	History	(Live) [6]	(Live)	The First 48	ESPN	Third Round, [6]	(Live)	in Canada (Live) [E]	Pokémon	3	Car Bnss	MythBuster	"Gotta Kick	Travels	Knockout	Parking
2 :30	Seinfeld	roma. en	(2:35) Little	Detectives (iii)	*			Sports Saturday	Round, Lig		(Live) (S)	League		Frisky	s Œ	(2002)	Downright	Knockout	Parking
PM	The Office	Simpsons	Bear	Globe	Athlete	Paid Prog.	The First 48	Wipcout @	Simpsons	Family Guy	National	League	SportsCentr	Sue	Cash Cab	Baxter (E)	Amazing	UFC	Buy Me
3 :30	The Office	Simpsons	Martha	Trekker	Turbo	Paid Prog.	(E)		Simpsons	Family Guy	M'ketplace	League	e (Live) [E]	Thomas:	How/Made	Suite/Deck	Planet	Unleashed	Buy Me
" PM	Payne	Family Guy	Arthur	Europe	Shelldon	Access	The First 48	NASCAR	Family Guy	Family Guy	World Cup	Penguins	Boxing	F.B.Eye Star	Cash Cab	I'm in Band	cooking	UFC	Real Renos
4 :30	Payne	Family Guy	(4:35)	West	Pengulns	Hollywood	(E)	Storms	Family Guy	Global Nat.	Soccer:	Penguins	Boxing:	Yearbook	Cash Cab	Wizards	Amazing	Unleashed	Real Renos
PM	Movie:	Family Guy	George S.	Summer	News (N)	(N) News	The First 48	Storms	Family Guy	(4:59) News	Third Place: Teams TBA.	Penguins	Friday Night	etalk [t]	American	Hannah	G. Martin	UFC	Friends
5 :30	"Ladder 49" (2004,	News	(5:26) Art	Keep Up	NBC News	CBS News	(E)	ABC News	Global Nat.	Hour (N)	<b>3</b>	Penguins	Fights.	etalk [tt]	Loggers	Good Luck	Out There	Unleashed	Friends
- PM	( EUC)	Global Nat.			News	News	The First 48	News	(5:59) News	Jane Show		Kid vs. Kat		CTV News	Deadliest	(6:01) Jonas	Movie:	The Hooters	
6 :30	Joaquin	News	Wild	Welk	Judge J.	Scrubs	(EE)	The Insider	Hour (N)	renegade		League	CFL Pre	(N) (E)	Catch [ff]	Suite/Deck	"Moving	Internation	Family Gu
_ PM	Phoenix.	Jane Show	National	Mny-Dec.	CSI: NY [6]	Grey's	The First 48		Jane Show	Movie:	Rodeo	Zeke's Pad	CFL.	W5 (E)	Destroyed	(6:53)	(2003) [E]	al Swimsuit Pageant	Tooned
7 :30	Movie: "The	renegade	Geographic	As Time		Anatomy	[R]	ent Tonight	renegade	"Trial by		Prank Ptri	Football:	(DVS)	Destroyed	(7:19) Zoey	(DVS)	- ng.can.	Torrens
PM	Longest	Movie:	Heartheat	Ken Burns	America's	The Bridge	The First 48	Funniest	Movie:	Fire" (2008) Brooke		Funniest	Saskatchewa	The Bridge	Worst	Suite Life	Crusoe [E]	Best of	Bob-Doug
0	Yard" (2005) Adam	"Trial by	"Cashing In"	American	Got Talent	"Red Door"	"Gone"	Home	"Trial by	Burns. [ft]		Home	Roughriders	"Red Door"	Handyman	Hannah		PRIDE	Bob-Dong
PM	Sandier. [6]	Fire' (2008) Brooke	Midsomer	Stories 33	Movie:	The Bridge	(9:01) The	Videos Eastwick	Fire" (2008) Brooke	True Crime	Equestrian	Videos Weird	at BC Lions. (Live)	The Bridge	Criss	and the same of th	King of Hill	Fighting Best of	Friends
9 :30		Burns. [6]	Murders	Profiles	"Secrets of	(N) (E)	First 48 I	(N) E	Burns.	Scene [6]	Liquesitian	Prank Ptrl	(Live)	the Bridge	Criss	Bridges of	Bernie Mac	PRIDE	Friends
.00	Movie: "The	True Crime	"They Seek	Globe	the Mountain"	48 Hours	(10:01) The	Enctwiel	True Crime	News Final			Snorte Contr	Comp du		Madison		Fighting	
(1)	I annuet	Course Feel	(C)	Trekker	(2010) @	Mystery (N)	First 48 [t]		Scene [C]	Driving TV		Survive	SportsCentr e (Live) [6]		American Loggers	County" (1995)	Amazing	The Hooters Internation al Swimsuit	Family Guy
130	Yard" (2005) Adam	News Final	"Da Uasa to	Austin City	Name (N)	None	(11.01) The	Incida Valis	News Final	5.11		Zixx Level				(44.44)		A PROPERTY OF THE PARTY OF THE	
7	Sandler		Love"	I Institut Test	SNL	News (11:35) Cold	Ci-4 40 TE	Dald Dass	SNL	SNL SNL	News	Adrenaline	SportsCentre (Live) [8]		Destroyed	(11:11) "Driving	Role	Pageant	'70s Show
UND		LY 11,	2010	,	Sitt	(11.35) Cold		raid Frog.	SILL	SAL	"Simple"	Mystery		CIV News	Destroyed	Miss Daisy"	Reviews		King
	WTBS	СНВС	KNOW	KSPS	KHQ	KREM	A&E	KXLY	BCTV	CITV	СВС	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	TROP
	3	4	5	6	7	8	9	10	111	[12]	13	18)	[19]	22	24)	26	29	44)	(45)
	1		Wibbly Pig	Mr Rogers	Today (N)	Back Pain	Private -	Free Grill!	Hunter	Hunter	Razzberry	Grossology	Formula	Daily Planet	A 100 A	Jungle			Big Flip
6 :30	Saved/Bell	Fishful	Franklin	Angelina	<b>(III)</b>	Paid Prog.	Sessions @	Paid Prog.	Fishful	Fishn	Bo on Go	Rollbots	One Racing	Œ	Crystal	Wow Wow	Planet	Married	Paid Prog.
_ AM	Saved/Bell	Go Fishing	Upside	Zula Patrol	News 🔃	3-2000 Ft. (100 Approximately 100 Approximately	The	Good	Go Fishing	Canada	Super Why!	Pearlie	Reporters	Sue	Clash of the	Mickey	Eye on Asia	Married	Friends
		The second second second	The second section is	Lancius and the same of the sa		Sunday	Sopranos	Morning	The state of the s	A STATE OF THE PARTY OF THE PAR	and the second second second	1000		Thomas:	Dinosaurs				

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY 10	BCTV	CITV	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
6			Hunter	Wibbly Pig	Mr Rogers	Today (N)	Back Pain	Private Sessions (f)		Hunter	Hunter	Razzberry	Grossology	Formula One Racing	Daily Planet	The second secon	Jungle	Travels	Married	Big Flip
0	:30	Saved/Bell	Fishful	Franklin	Angelina	CET.	Paid Prog.	Sessions (B)	Paid Prog.	Fishful	Fishn	Bo on Go	Rollbots	One Racing	[te]	Crystal	Wow Wow	Planet	Married	Paid Prog.
7	23111	Saved/Bell	Go Fishing	Upside	Zula Patrol	News [6]	CBS News Sunday	The Sopranos	Good Morning	Go Fishing	Canada	Super Why!	Pearlie	Reporters	Sue Thomas:	Clash of the Dinosaurs	Mickey	Eye on Asia	Married	Friends
1			Canada	Clifford	Sid	Northwest	Morning	(E)	America	Canada	Tube Tales	Coronation	Pearlie	Reporters	F.B.Eye	Dinosaurs	Mickey		Married	Friends
8	1000		Sunday Morning	George S.	SciGirls	Meet the Press (N)	(N) (E)	The Sopranos	This Week	Sunday Morning	TribalTrail	Coronation	Garfield	Fins/Skins	Inst't Star	Clash of the Dinosaurs	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld
0		the Dozen"	News (N)		Fetch! Ruff	(E)	Nation	(3)		News (N)	Living	Coronation	Kid vs. Kut	Score Golf Television	Is Written		Suite/Deck	Festival Italiano di	Horse.	Seinfeld
9		(2003) 🕮	<b>©</b>	(8:58)	Animalia	Babar @	Free Grill!	Criminal Minds (ff)	11000	<b>(C)</b>	Hour of Power (N)	Coronation	Penguins	2000	PLAN Canada @	Dirty Jobs	I'm in Band	Johnny	Trucks!	'70s Show
	:30		N 1 1 mm	(9:34) Miss BG 🕮	Biz Kid\$	Paid Prog.	Home.		Wall Street		(3)	Coronation	SpongeBob	30 for 30 📧			Wizards	(In Italian)	MuscleCar	King
10	F. (1)	Movie: "The Brady Bunch			Design	Paid Prog.	College Baseball	Criminal Minds (E)		Driving TV	Thirsty	FIFA WC Today	OddParent		Jeff's Adv.	Mystery, Catacombs	Baxter (N)	Can Available	When Stunts Go	Gold Girls
	:30	Movie"	Junk	Spider	Travel	Athlete			World Cup Soccer:		Junk		iCarly [E]		Travel		Sonny		Bad	Gold Girls
11			Hour of Power (E)	Rolie Polie	Generation	Paid Prog.	Off Road Racing	Criminal Minds [#]	Final: Teams TBA. From	Hour of Power (C)	Simpsons	World Cup Soccer:	Indie		W5 @ (DVS)	America's Lost	Hannah	Hockey	When Stunts Go	Wife Swap
* *	:30	Manlar	News	Mag Fero	Europe Jrnl	Golf: U.S.	PGA Tour	Criminal	Johannesbur	News	Simpsons PGA Tour	Final: Teams TBA. From	Indie	Sports			Hannah	Tow Biz	Bad 2!	
12	100	Movie: "Surviving	PGA Tour	(12:01) Lilly (12:32)	Wild Lives	Women's	Golf: John	Minds (6)	g, South Africa.	PGA Tour	Golf: John	Johannesbur	Survive	Golf: U.S. Women's	Sue Thomas:	Junk Raiders	Movie: "Good	Paid Prog. I Cook	When Stunts Go	Wipeout [
-		Christmas" (2004) Ben	Golf: John	Zoboomafo	Great	Open Championshi	Deere	Criminal	(Live)	Golf: John	Deere /	g, South	Survive	Open	F.B.Eye	Animale	Boy!"		Bad 3	Wassies
1	9.900	Affleck.	Deere Classic,	o III (DVS) Dinosaurs	Performane		Final Round.	Minds E		Decre Classic,	Final Round.	Africa. (Live) [E]	Prank Ptrl (1:45)	Championshi p, Final	Movie [tt]	Animals Animals	(2003) @	Trace [8]	Deadliest Warrior	Hoarders (N) [6]
	:30	Movie:	Final Round.	Franklin	es at the Met Comic	Round. (Live) (E)	(Live) 🖭	Criminal	Storms	Final Round.	(Live) 🖽		Movie:	Round.		MythBuster	Treasure	Without a	Deadliest	Runaway
2	P500	"Vegas	III.	(2.25) Little	tale set in	(Live) (di		Minds @	Storms	<b>@</b>		FIFA	"King of the Camp"	(Live) E		s @	Hunters** (2004)	Trace (E)	Warrior	Squad
	:30	Vacation" (1997)	Simpsons	Bear Fishing	18th-century	Foods	Paid Prog.	Criminal		Simpsons	Family Guy		(2008) Justin	SportsCentr	Maria (P)	Cash Cab		Role	Deadliest	Restauran
3	:30	Chevy	Simpsons	trip. Martha	Picula. 102	Paid Prog.	Paid Prog.	Minds (ff.	Paid Prog.	Simpsons	Family Guy	Tean	Stadnyk. [1]	e (Live) @	Movie and		Suite/Deck	cooking	Warrior	Makeover
_	1920	Chase. Movie:	Family Guy			CSI: NY [6]		Criminal	Adventure	Family Guy	2000		Movie:	CFL		MythBuster			Deadliest	Wipcout (
4	:30	"Meet the	Family Guy		Pennuts		Œ	Minds "Lo-	Hawaii 奪	Family Guy			"Nanny	Football:		s Œ		Friends	Warrior	
-	1000	Parents" (2000,	Family Guy		Hometime	News (#)	News	Criminal	At-Movies	Family Guy	(4:59) News		McPhee" (2005),	Montreal Alouettes at	In Fashion	River	Hannah	Extreme	Deadliest	Friends
5	:30	Comedy) [E]	Global Nat.	(5:26) Art	Old House	NBC News	CBS News	Minds 3	ABC News	Global Nat.	Hour (N)	Chris [tt]	Colin Firth	Edmonton	Fashion	Warriors (N)	Good Luck	Makeover	Warrior	Friends
_	PM	Movie:	(5:59) News	Frontiers-	Lark Rise	News	KREM 2	Criminal	News	(5:59) News	16:9	Mosque	Movie:	(Live)	CTV News	Disaster in	(6:01) Jonas	Murdoch	Deadliest	Big Flip
6	:30	"Meet the Parents"	Hour (N)	Cnst.	to Candleford	Fortune	News at 6 (N)	Minds @	Explorer	Hour (N)	Carlawood	M'ketplace	"Stardust" (2007,		(N) (E)	the Gulf	Suite/Deck	Mysteries	Warrior	Mansions
in the last	PM	(2000.	16:9	Hyenn	Nature	Dateline	60 Minutes	The Glades	Funniest	16:9	Simpsons	World Cup	Fantasy)	1900 A 11 SHOTE STORY	Dan-Mayor	MythBuster	(6:53)	The Beat	Movie:	Re-Vamper
7	:30	Comedy) E	Carlawood	Queen III	"Eagles of Muli"	NBC (E)	(N) @	"Pilot" (N)	Home Videos	Carlawood	Tucson	Soccer: Final: Teams	Claire Danes,	e (Live) @	Hiccups	s Œ	(7:19) Zoey	The Beat	"Rambo" (2008)	[6]
-	PM	Movie:	Big Brother	ALCOHOL: NAME OF THE PARTY OF T	Masterplece		Big Brother	Service Service Services	Extreme	Big Brother		TBA. From	Charlie Cox.		Law Order:	20 miles (20 mil	Suite Life	Crusoe @	Sylvester	Project
8	:30	"Surviving Christmas"	(N) (E		Mystery! (N) [6]		(N) (E	"Pilot" [6]	Makeover	(N) E	(N) E	Johannesbur g, South	(E)	Motoring	CI	Reservation	Hannah	(DVS)	Stallone.	Runway Canada
0	PM	(2004) Ben	Family Guy		(DVS)	Law Order:		(9:01)	Scoundrels	\$700 Per \$100 CO	Family Guy		Fries That?	Boxing	Scoundrels	River	Movie:	Bernie Mac	Movie:	Friends
9	:30	Affleck.	(PA) (E	Suspect @	West	CI	Mentalist	Criminal Minds (E)	(N) @	(PA) @	(PA) 📧		Fries That?		(N) (E)	Warriors	"With Honors"	Bernie Mac	"Rambo" (2008)	Friends
10	PM	Movie:	Simpsons		MI-5 [R]	Law Order: CI	Cold Case	(10:01)	The Gates "Breach"	Simpsons	News Final	National	Survive		Law Order:	G00047-44-12-2-7-01 II	(1994) 📧	Bernie Mac	Sylvester	'70s Show
10	:30	"Jerry Magaire"	Tueson			Ci	m	Criminal Minds (E)	(N)	Tucson	16:9		Zixx Level		CI	the Gulf	(10:40)	Bernie Mac	Stallone.	King
44	PM	(1996) Tom	News Final	Going to Extremes	Saint- Gaudens:	News (N)	News	(11:01) The Glades	News	News Final	Paid Prog.	News	Adrenaline	SportsCentr	CTV News	MythBuster	Movie: "Lost &	Role	Best of	Wipeout 3
11	:30	Cruise.	16:9	no Extremes	Gaudens:	Paid Prog.	Legend	"Pilot" [8]	Van Impe, .	16:9	Physio Belt	The Borden	Mystery	e (Live) [E]	CTV. News.	s [tt]	Found"	Body Tech	PRIDE Fighting	

#### **MONDAY, JULY 12, 2010**

		WTBS	CHBC 4	KNOW	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV ®	TSN 19	VTV	DISC 24	FAM 26	CITY 29	SPIKE	TROP 45
	AM	In the Heat		Franklin	Bob Build	News (N)	News	The	News	(5:30)	(4.30)	CBC News		Tennis	Canada AM		Henrys	CityLine @		Comeback
6	:30	of the Night	Morning	George S.	Lions	Œ	1	Sopranos		Morning News (N)	Morning News (N)	Now (N)	Ruby		<b>(E)</b>	How/Made	Feet		"Security"	Comehack
		Cosby	News (N)	(7:02)	Arthur (El)		The Early	CSI: Miami	Good	E	E	Dirtgirl	Willa's	1	1	Naked	Mickey	The Tyra	The Unit	Carlawood
7	:30	Cosby		Clifford the Big Red	Martha	100	Show (N)	Œ	Morning America (N)			Animal	Timothy			Science [6]	Mickey	Show @	"Dedication"	Carlawood
0	AM	Harvey		Dog 🖭	Curious			CSI: Miami			ASSESSMENT OF THE PROPERTY OF	Bo on Go	George S.			SCHOOL STREET	Handy	Rachael	The Unit	Re-Vamped
8	:30	Harvey		The Magic	Sid			(EE)			Street [E]	Busytown	Rolie Polie			Worst Driver	Manny	Ray 📧	"SERE" 📵	
0	AM	Fam. Feud	100 Huntley Street (C)	School Bus	Super Why!		The 700 Club [ff]	The First 48	Live With Regis &	100 Huntley Street @	World Vision (f)	Super Why!	SpongeBob	18	Live With Regis &	Cash Cab	Phineas	Role	The Unit "Security"	Colin-Justin
9		Fam. Feud	Street (M)		Dinosaur				Kelly			News	(9:25) Kid	4	Kelly	Cash Cab	Phineas	Amazing		
10		Reba 📧	Canada	Spider	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View	Canada	Green	Poko	League		The View (N)	How-Made	TBA	The O.C.	The Unit "Dedication"	Whatever
10		Reba 📧	Canada	(10:36)				V		Canada	ET Canada	Doodlebop	Invasion				TBA			Whatever
11	AM		World Vision (#)	Rolie Polie	Clifford	Ellen DeGeneres	Young & Restless	Family Jewels	Paid Prog.	World Vision (C)	(10:59) Noon News	Gofrette	(11:10)	Boxing	Fashion	A December 1	TBA	CityLine I	"SERE"	Gold Girls
11 11		Name Earl		Berenstain	Sit-Be Fit	Show	N	Tr.	Paid Prog.	No.	Hour (N)	Dirtgirl	(11:40) Kid		Fashion		TBA	The Bearing	The Unit	Gold Girls
12		Just Shoot	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose @	Paid Prog.	News ·	The Sopranos	All My Children	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon Rollbots		etalk @	Junk Raiders	Wizards Hannah	The Bonnie Hunt Show	"Security"	Fresh Pr.
		King	As the	(1:03)	Fine Art	Days of our	As the	CSI: Miami	(N) Œ One Life to	As the	As the	China Rises	Hawks	Olympics:	Sue	I Could Do	Cory	Jdg Judy	The Unit	Seinfeld
1		King Friends	World	Wibbly Pig	Sewing	Lives (N)	World	Œ		World	World	China Rises	Team	On Home	Thomas:		Recess	Jdg Judy	"Dedication"	Seinfeld
-	12.10/	Friends	Turns (N) Young &	Franklin	Barney	The Bonnie	Turns (N)	CSI: Miami	General	Turns (N) Young &	Turns (N) The Doctors	Steven and	Monster	Ice Around	F.B.Eye Dr. Phil [6]	MythBuster		CityLine [6]	The Unit	Gold Girls
2		Name Earl	Restless	BluesClues	WordWorld	Hunt Show		Œ	Hospital (N)		Œ	Chris @	Invasion	Interruptio		s 🕮	School	City Zame (E	"SERE"	Gold Girls
	PM	The Office	The Doctors		WordGirl	Judge B.	Dr. Phil 🔃	The First 48		The Doctors		Recipes	(2:50) Kid	Off-Record		License to	Life Derek	CityNews at	Sports	Restaurant
3	:30	The Office	Œ	Bear Funny photos. [tt]	Electric	Judge B.		Œ	Ray @	Œ	Restless	Sophie	League	Sports	Dr. Oz Show 📵	Drill	Suite Life	6 (N) 🖭	Knockout	Makeover
4	PM	Family Guy			Fetch! Ruff	Jdg Judy	Oprah	The First 48	Deal-Deal	Oprah	(3:59) Early	Ghost	SpongeBob	MLB	Ellen	Daily Planet	Phineas	Law &	Entourage	Colin-Justin
4	:30	Family Guy	Winfrey	George S.	Cyberchas	Jdg Judy	Winfrey	(EE)	Deal No	Winfrey	Global Nat.	Whisperer	OddParent	Baseball	DeGeneres Show	(E)	Wizards	Order: SVU	Entourage	
=	PM	Payne	Early News	(4:57)	BBC World	News (N)	News	Intervention	News	Early News	(4:59) News	CBC News:	OddParent		CTV News at Five (N)	MythBuster s @	Suite/Deck	The	Entourage	Wipcout @
5	:30	Payne	News	Martha	Business	NBC News	CBS News	"Rob" 🔃	ABC News	Global Nat.	Hour (N)	(N) (E)	SpongeBob				Zoey 101	Bachelorett e (N) 🖭	Entourage	
6		Law & Order: SVU	Global Nat.	Mechanics	PBS NewsHour	News (N)	News	Intervention "Miriam"		(5:59) News Hour (N)	ET Canada		iCarly @		(N) E	Dirty Jobs	Hannah		Sports	Wipeout @
6	:30		News	Dogs	(N) [E]	Millionaire	Access H.		News	EE	Ent		Indie				Wizards		Knockout	
7		Seinfeld	Ent	Eden		100000000000000000000000000000000000000	The Doctors	Obsessed (N) [E]	Ent	Ent	In Plain Sight (tt	Wheel	The Next Star	To Be Announced	etalk [ff]	American Loggers	Sonny	(7:02) True Beauty (N)	Entourage	Parking
"	:30	Seinfeld	ET Canada	Landscape	Europe	Wheel				ET Canada		Jeopardy!	"Finale" (#		Access H.		Suite Life	(W)	Entourage	Parking
8		Movie: "Sleepy	Lie to Me (N) @	Monarchy	Antiques Roadshow	Last Comic Standing	1000000	The Glades "Pilot" [tt]	The Bachelorett	Lie to Me (N) E	Lie to Me (N) @	18 to Life	N- + C		Cleveland	Daily Planet		News	Entourage	Carlawood
0	:30	Hollow"		-	Water	I and Camela	Rules	(0.04)	e (N) 🔃	The Cond		Mosque	Next Star	Care	Hiccups		Hannah	EP Daily	MANswers	ET Canada
9	PM :30	(1999) Johnny	The Good Guys (N)	Frank Lloyd	History Detectives (N)	Last Comic Standing	Two Men Big Bang	(9:01) Intervention		The Good Guys (N)	The Good Guys (N)	Winnipeg Comedy	Survive This @	Speed SnowTrax	Two Men Big Bang	MythBuster s @	Buzz	King of Hill		Seinfeld Seinfeld
		Depp. Movie:	In Plain	Wright III Girl Inside	Turmoil	Persons	(10:01) CSI:	"Rob" (tt	(10:02) True	In Plain	News Hour	National	Indie	The Great	(10.01) CSI:	American	School	Coach (1)	CSI: Crime	Wipeout [E
10	:30	"Sleepy Hollow"	Sight @	(C)	and Triumph	Unknown (N)	Miami "Dishonor"	Intervention "Miriam"	Beauty (N)	Sight @	Final (N)		Family Biz	Tournament	Miami "Dishonor"	Loggers	Stone	Judge B.	Scene	
-1-1		(1999)	СНВС	Yoho	Charlie	News (N)	News	(11:01)	News	News Hour	Ent	Stampede	Prank Ptrl	Fig. Specimens and the second	CTV News	Dirty Johs	So Raven	Judge B.	The	Wipeout [62]
11		Johnny Depp.	Particular and a commercial and	National Park	Rose (N)	Jay Leno	Letterman	Obsessed	(11:35)	Final (N)	ET Canada	Wrap Up	Fries That?	e Œ	CTV News	0-	Life Derek	Paid Prog.	Ultimate Fighter	

# Monday Movies

EVENING

8:00 pm WTBS 3 \*\*\*"Sleepy Hollow" (1999, Horror) Johnny Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. ED 10:00 pm WTBS ③ ★★\*"Sleepy Hollow" (1999, Horror) Johnny Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. ☑

#### **NEED TO ADVERTISE?**

A DISPLAY AD THIS SIZE WILL COST YOU

\$80.00

+ TAXES

Newspaper Advertising is NOT expensive!

We are the ONLY independent newspaper in the region and proud of it.

Hews Leader

WE'RE DIFFERENT, AND WE LIKE THAT. Phone: (250) 295-4149 • 1-888-350-9969 Toll Free

## www.thenewsleader.ca

LOCAL NEWS/SPORTS - LETTERS TO THE EDITOR - EDITORIALS
COURT NEWS - CLASSIFIEDS - WEATHER - ROADS

# Similkameen Souvenirs

TAKE HOME A UNIQUE SOUVENIR FROM YOUR VISIT!



Take a guided tour of

the history of mining!

Similkameen News Leader 226A Bridge Street, Princeton

(250) 295-4149 1-888-350-9969

# CHASSIFICATIONS

25 Words - \$8.00 (includes taxes) - Pay for two weeks, the third week is FREE!

obituary

obituary

(Dorothy) Dorsillae Johanna Van Hoorn



(Dorothy) Dorsillae Johanna Van Hoorn went to Heaven during May 2000. She was born in July 1934 in Sangowo, Morotai, Malaysia. May she live happily ever after now towards infinity forever eternal.

She is forever loved by her four children. Amen.

services

services



**FAX SERVICE** 

SENDING OR RECEIVING

AVAILABLE AT:
Similkameen
News Leader
226A Bridge Street

Phone: (250) 295-4149 Fax: (250) 295-4103

News Leader

www.thenewsleader.info

# UP 'N' ADAM WEB DESIGN

PROFESSIONAL, CUSTOM-BUILT WEBSITES AT AFFORDABLE PRICES

CONVENIENT
DOWNTOWN LOCATION
WITH FLEXIBLE HOURS

250.295.4320 lacgullason@gmail.com for sale

Package Deal: 1990 Okanagan Traveleze 25foot 5th wheel, sleeps 6, new tires, excellent shape, springs on top of axles for extra clearance AND 1992 Dodge Club Cab, Cummins Turbo, 8-foot Brutus box, electric boat loader, 193K km, burns no oil, all maintenance records. Both for \$14,000.00 FIRM. Call 250.295.7814.

Black & Decker battery-operated lawn mower and Admiral chest freezer. Best offer. Call 250.295.6129.

Australorp Chicks, \$7 (black birds with green shine in the light, red combs). Indian Runner Ducklings, \$10 (all multi coloured black, white and browns), Bob White Quail Chicks, \$5 (good for eggs and meat). Call Derek 250.295.1558 or cell 604.302.8126. Always hatching new chicks!

Advertising works...or you wouldn't be reading this. Have something to sell? The News Leader Classifieds get results and are cost effective. For more information call usl 250.295-4149 or drop into our office at 226A Bridge Street, Princeton (next to the CIBC) and put our ads to work for you!

moving sale

Craftsman 30-inch 11.5 horse power snow blower, used 2 seasons, \$900.00 OBO. Stowmaster 5000 tow bar \$250.00 OBO. Nishiki racing bicycle - never ridden, \$300.00. Mahogany dining table (36" x 62" with 14" leaf) with 6 chairs and buffet, \$250.00. Wooden picnic table, \$20.00. Call 250.295.6720.

This space for rent! Pay as little as \$8.00 (+ taxes) per week to get your message out. Pay for two weeks - get the third week FREE! Call us for details. Phone 250.295.4149.

estate sale

9:00 AM - 5:00 PM Saturday, July 10

312 Fenchurch Avenue

yard sale

JUNIOR FAIR YARD SALE 9:00 AM - 12 Noon Saturday, July 10

Fran is selling a million things. Sell your stuff, too! Only \$10.00 per table.

Call 250.295.6063

Advertising works...or you wouldn't be reading this. Have something to sell? The News Leader Classifieds get results and are cost effective. For more information call us! 250,295-4149 or drop into our office at 226A Bridge Street, Princeton (next to the CIBC) and put our ads to work for you!

services

TIN MAN

METAL ROOFING Sales • Installations

295-3743 1-888-647-3377

Jul 06-tfn

services

Before problems start...remember your septic tank needs attention, too! For prompt, reliable service in the South Okanagan/Similkameen call Superior Septic 866.949.1865. Portable toilets also available.

Need a website but don't want to blow your budget just to get a presence online? Up 'n' Adam Web Design is for you! Featuring professional, custom-built websites that won't cost you a fortune. With a convenient downtown office you don't need to hunt me down in my basement or somewhere other than where I should be - working on your website. Up 'n' Adam Web Design. Call 250.295.4320, leave a message at 250.295.4149 or send an e-mail to: lacgullason@gmail.com.

This space for rent! Pay as little as \$8.00 (+ taxes) per week to get your message out. News Leader Classifieds get results! Pay for two weeks - get the third week FREE! Call us for details. Phone 250.295.4149.

for rent

Luxury rooms, own jacuzzi tub, fridge and microwave, \$300 - \$350/week. Large chalet 3-bedroom plus loft, call for more information. Princeton Castle Resort, (250) 295-7988, 50239

Furnished apartment in Princeton, Excellent references and damage deposit required. No pets, adult building only. Call 778.786.0935 or 250.438.0935 for details.

Advertising works...or you wouldn't be reading this. Have something to sell? The News Leader Classifieds get results and are cost effective. For more information call usl 250.295-4149 or drop into our office at 226A Bridge Street, Princeton (next to the CIBC) and put our ads to work for you!

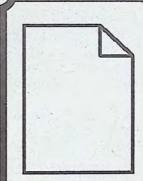
real estate

Mobile on 2+ acres, Baker Hill Road on Princeton-Summerland Road. Building permit in place. Hat barn and fenced rail pasture. 15-minutes from town. Asking \$139,000. Call 250.295.6456.

This space for rent! Pay as little as \$8.00 (+ taxes) per week to get your message out. News Leader Classifieds get results! Pay for two weeks - get the third week FREE! Call us for details. Phone 250.295.4149.

Follow us online at: www.thenewsleader.ca or www.thenewsleader.info. On your mobile device www.thenewsleader.mobi.

3-bedroom house. Available part of July. Small fenced yard, new furnace, washer/dryer. References and credit history required. Asking \$800.00/month: E-mail wkrueger@shaw.ca or call 604.853.3410.



RESUME NEED SOME WORK?

SEE BRENDA AT:

Similkameen News Leader 226A Bridge Street

Phone: (250) 295-4149 Fax: (250) 295-4103

wanted

wanted

**BUYING GOLD!** 

JEWELLERY, NUGGETS, BROKEN, UNWANTED

\* SILVER COINS \*
TESTED/APPRAISED AS YOU WAIT
IMMEDIATE CASH

GARY or DIANNE - Bridge Street Family Pawn 302 Bridge Street, Princeton 250,295,7900

Classified Ad Deadline: 12 Noon Fridays • All Classified Ads MUST be paid in advance Payment Options: Cash, Cheque, Debit, Visa, Mastercard

Phone: (250) 295-4149 • 1-888-350-9969 • Fax: (250) 295-4103 • e-mail: george@thenewsleader.ca

notices

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

162 Angela Avenue 4:30 PM Sales Start 4.30 PM Sales Start
5:30 PM 1st 47 Bonanza #'s
SPECIALS, REGULAR GAMES, ODD &
EVEN, PROGRESSIVE SNOWBALL &
LOONIE POT, "LUCKY 7" WON EVERY
MONDAY (MIN. \$50.00 GUARANTEED) BC Gaming License #16525 "Know Your Limit. Play Within It"

Narcotics Anonymous

OPEN MEETINGS Wednesdays 7:30 PM

Baptist Church Basement Sundays 7:30 PM Living Water Foursquare Church, Kenley Av

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

INDIVIDUALLY PREPARED HOROSCOPE

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

Phone 295-6063 **Completely confidential**  sudoku

Sudoku SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #307

**ADVERTISING** WORKS ...

YOU WOULDN'T BE READING THIS

Similkameen News Leader Phone: (250) 295-4149 1-888-350-9969 Toll Free Fax: (250) 295-4103

Drinking a problem?

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

help wanted

help wanted

Is debt turning your world Suwob abisqu Relief is only a call away!

Call Anne Hamilton, Estate Administrator at 1-800-661-3661 today to set up your free consultation.

Donna Mihalcheon CA, CIRP, KPMG Inc. Trustee in Bankruptcy.

WE'RE DIFFERENT, AND WE LIKE THAT.

LIMITED PRINT

"DELUXE EDITION"

is available at Shoppers Drug Mart and Chamber of Commerce From the Author of: "Blakeburn - B. C.'s Forgotten Ghost Town

Raking - Snow Shoveling - Snow Removal - Weeding **Cutting Lawns - Gardening (Planting) - Maintenance Watering - House Sitting - Painting** 

Call Paul 295-7820 or 295-1687 and leave message

souvenirs

souvenirs

souvenirs

## Similkameen Souvenirs

TAKE HOME A UNIQUE SOUVENIR FROM YOUR VISIT!

**Bryan Smith's** "Similkameen" DVD

\$15.00

Featuring 200 Photos of the Similkameen Valley

George Elliott's "Princeton Posse" DVD

\$19.99

Featuring 400+ photos from the 2006/07 season!



**George Elliott's** "Ghost Towns" DVD

\$19.99

Take a guided tour of the history of mining!

**AVAILABLE AT:** 

Similkameen News Leader 226A Bridge Street, Princeton (250) 295-4149 1-888-350-9969

### Similkameen News Leader 2009 Collection



Similkameen News Leader 2009 Collection

**ALL 51 WEEKLY ISSUES OF THE** SIMILKAMEEN NEWS LEADER **PUBLISHED IN 2009 IN PDF FORMAT - IN A CD** 

> **AVAILABLE EXCLUSIVELY AT:** Similkameen News Leader 226A Bridge Street, Princeton

CELEBRATE PRINCETON'S 150" WITH THIS UNIQUE SOUVENIR

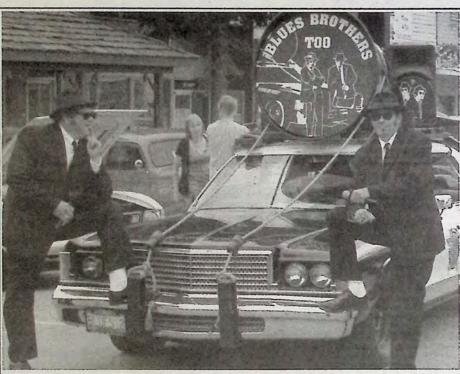
# Princeton Racing Days Weekend



Record numbers visited the annual Vermilion Artists Racing Days Art Show in a new location for the exhibit - the conference room in the new library building. \*



12-year old Samantha Simons entertained a huge crowd in the centre of downtown Princeton during the 10th annual Overwaitea/A&W Show 'n' Shine July 3rd. \*



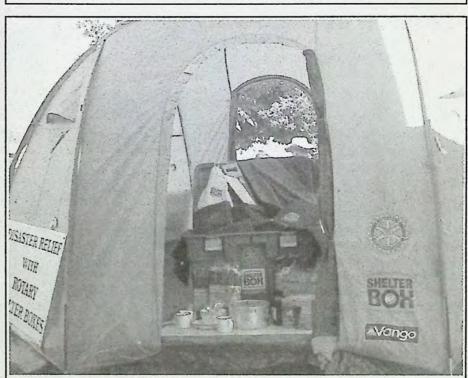
The Blues Brothers Too were the feature act as part of the Overwaitea/A&W Show 'n' Shine July 3rd. They appeared last year and came back by popular demand. \*



Similkameen Valley Riders ATV Club took 2nd Place in the Non-Profit category of the annual Rotary Racing Days Parade July 2nd with this entry. \*



Princeton Fall Fair Association won 1st Place (Non-Profit) with this Rotary Racing
Days Parade entry inviting everyone to this year's event. \*



This is a ShelterBox and it is a handy tool during disaster relief efforts. Princeton Rotary Club used one as their float entry in the July 2nd Racing Days Parade. \*

# A CHAS LOAGO

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

# Hy Turn

#### The Reality Of Common Sense

I was in a conversation the other day where I stated something was common sense.

"So if something is common sense wouldn't you think the majority of people would be doing it?"

I didn't quite expect that response, but it did make me think that my definition of common sense is more along the lines of trying to do the right thing as opposed to doing what everyone else is doing.

I've noticed that I've been tested on this frequently in the past few weeks.

My wife and I are "childless by choice" but for some reason we have found ourselves with a lot of young people in our lives. We quite enjoy it as we get to be mentors and hopefully come across as good examples of what doing the right thing can become.

It's the unexpected, sometimes out-of-the-blue common sense tests I'm finding most interesting and sometimes challenging.

So far they have basically fallen under the categories of 'girl-friend troubles' and 'peer pressure' which I've somehow managed to navigate my way through with little problem by mostly listening and not trying to fix the problem. I'm also drawing on personal experience to hopefully give me the right things to say about trying to do the right thing in these circumstances.

It goes back to a lot of the same things I've heard Scott Musgrove talk about and the overall message from Young Life where they keep reminding us they are "loving young people in their world" and there is a lot of common sense to that.

If we all got away from the daily pressures in our own lives and paid a little more attention to the young people who will eventually inherit the mess we are leaving behind maybe, just maybe, we'd start to get it.

So although I may find myself talking to one of my young buddies about why I think smoking is not good for you or listening to another tell me about a recent part-time job offer or song he has written, I have to remind myself they have invited me into their world. I didn't push myself into it. In fact, I didn't realize it had happened until someone else pointed it out to me.

And while I'm a visitor in their world I'd better make the most of it and try to use common sense whenever possible as they trust me and listen to what I'm saying.

It's an excellent opportunity to try to do the right thing and maybe some of that will rub off.

Sounds a lot like good parenting to me.

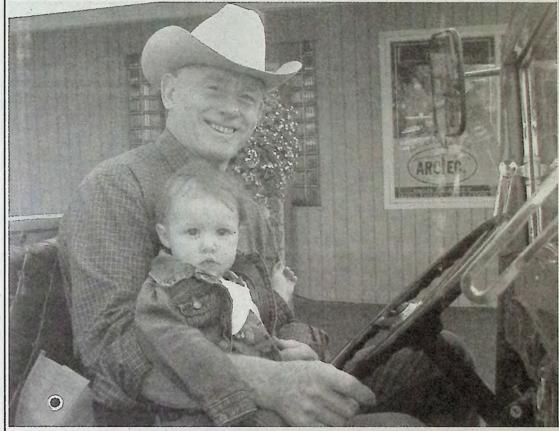
And I'm not even a dad!

#### 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.



Although she may not know it at this point, Grandpa is sort of an important guy. Princeton Mayor Randy McLean with his 13-month old granddaughter Lauren James McKenzie prior to the July 2nd Rotary Parade.\*

# Your Turn...

## **HST, Afghans and Bin Laden?**

To The Editor;

In deciding Canada's Afghanistan involvement we may be wise to give Premier Campbell and Prime Minister Harper each a blunderbuss and like the Crusades of old march them off to Afghanistan with their H.S.T. banner in search of Bin Laden.

Isn't that what we went over for? Who knows with such a sight Bin Laden may feel he's seen everything and join them.

Can't be any worse than our present Afghan strategy which bleeds our young and drains our treasure.

Our commander in chief, President Obama is ridiculed by the top U.S.A. field general in Afghanistan and is fired.

A Canadian general in Afghanistan is fired for indiscreet diddling with a female staff member. Is anybody confident in what's going on??

Canada's well intentioned roll in Afghanistan can be likened to the man who jumped into a deep well for water to relieve the fatal thirst of another. Soon they were both in Paradise. Canada's continued wonder, has to be the consequence of it's well informed decisions "Worth remembering on it's birthday" !! Regards, Joe Schwarz, Princeton

# We're different, and we like that.

Similkameen News Leader

#### **Princeton Area Ghost Towns - The DVD**



\$19.99 INCLUDES GST

Available at: Similkameen News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

Phone: (250) 295-4149 • 1-888-350-9969 • Fax: (250) 295-4103 • e-mail: george@thenewsleader.ca

# **Current Comment**

#### A New Look At Old Dating Advice



Dawn Johnson editor@thenewsleader.ca

A while ago, I wrote about an Oprah interview with the author of a book titled Act Like a Lady, Think Like a Man. Recently, I had the opportunity to read the book. I firmly believe every woman should read it, and it should be required reading for single women.

The book is about the dating game: who wins and who loses. It is written by a comedian named Steve Harvey. Male readers will hate him. He reveals all of the little ways a man shows a woman she's NOT the ONE. Sorry, men, Steve Harvey has blown your cover!

There is only one reason a young man should read this book: it shows how a real man behaves when he cares for a woman. Of course, maybe some old guys will read it and find out all the things they didn't do right. Who knows?

I thought his advice to women was a blast from the past. It took me back to the advice women gave girls when I was a girl. He says a woman should never be "easy" with a man, but should set her standards at the beginning, like on the first date, and maintain her self-respect. I suppose we can say times have changed, women have changed, but men have not.

Harvey's advice to women goes back to the tradition of letting a man make most of the first moves in the getting acquainted stage. I know young women today think nothing of phoning a guy to say they're interested or asking a guy for a date. Harvey recommends letting the man take the lead. If he is attracted to a woman, he should make the effort to get to know her better. Let him ask for the date.

I have heard some pathetic excuses from men that go something like this: "What if I ask her for a date and she says no. I hate being rejected."

These stories are more about selfpity from a wounded frail ego than anything else. There are a lot worse wounds in life than a lost date.

Besides, a refusal saves a guy from wasting time on a woman who is not interested. On the other hand, women suffer wounded egos too if nobody ever asks them for a date. I guess I have no patience with a man who fears rejection so badly he will never ask.

How can he expect to get anywhere in life if he is not willing to be brave?

The author reminds women of the power they have in a relationship with a man. He says if a man makes a woman happy, then everybody is happy, so a man strives to make a woman happy. After all, a happy woman makes her man happy too.

There is a lot more to a manwoman relationship than just the basic instincts, and the author talks about the things that are important to a man, and how to make that man understand what is important to the woman he wants. According to Steve Harvey, it all starts on the first date, when a woman acts like a lady but thinks like a man.

## RDOS conducts survey

The (RDOS) Regional District of Okanagan-Similkameen Board wants to know what you think about your local government and will conduct a telephone citizen's survey between June 30 and July 12.

Approximately 400 residents will be telephoned asking to share their opinions and ideas about the Regional District as their local government. Survey results will assist the Regional Board to evaluate programs, improve services and set budget priorities.

Significant sections of the survey will question residents on Quality of Life, Service Satisfaction, Environment, Communications, Information Technology and Fiscal Responsibility.

The 15 to 20 minute telephone survey is completely anonymous

and will be conducted by Discovery Research with an accuracy of +/- 4.9% at the 95% confidence level. The number of surveys in each of the eight electoral areas is based on a percentage formula utilizing the 2009 Population Census

RDOS Chair Dan Ashton states, "The 2010 Citizen Survey will provide valuable information to the Board to guide the organization's decision-making and financial planning processes into the future."

It is anticipated the results will be available in July and will be posted on the website at www.rdos.bc.ca.

"The participation of each of the randomly selected citizens is important to the success of the survey and its use," Ashton adds.

# Holls Loadof

WE'RE DIFFERENT, AND WE LIKE THAT.

# Broadband?

High-Speed Internet is NOW available in Coalmont and Tulameen!

For Information contact: China Creek Internet Service 295-7944



WE'RE DIFFERENT, AND WE LIKE THAT.



George Elliott OWNER/PUBLISHER george@thenewsleader.ca Brenda Engel OFFICE ADMINISTRATOR brenda@thenewsleader.ca

226A Bridge Street
P. O. Box 956, Princeton, B. C., V0X 1W0
Phone: (250) 295-4149 • Fax (250) 295-4103





38 Kenley Avenue
Join Us for a time of
Contemporary Worship Sundays at 10:30 AM

PASTOR DREW & LYNN LACEY

Princeton
Pentecostal Church
(The Pentecostal Assemblies of Canada)

PAOCAAPDC

165 Vermilion Avenue (BESIDE THE UBRARY) Invites you to join us in

SUNDAY WORSHIP

10:30 AM - Morning Worship

7:00 PM - Evening Worship

Pastor Tony Essex 295-7951

#### PAPTIST CHURCH OF PRINCETON

Family Worship 10:00 AM Praise & Prayer - 7:00 PM Wednesdays

COME AND JOIN US!

ACROSS FROM ARENA OLD HEDLEY ROAD

Pastor Dan Brama 295-7752



St. Paul's United Church

Office Hours Tue / Thu 9:30am - 12 Noon

Worship Service 10:30 am

190-1st Street (BEHIND COURT HOUSE) Phone: 295-7714

Also serving the Anglican Community

St. Peter's Roman Catholic Parish SUNDAY MASS

6:00 PM - Saturday 11:30 AM - Sunday

43 Billiter Avenue, Princeton (250) 295-3541 Princeton Area Ghost Towns The DVD

Only \$19.99 (+ \$2.00 S&H)

See Us For Details!

www.thenewsleader.info



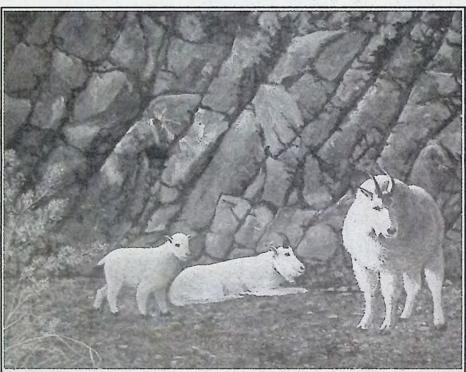
# Princeton Racing Days Weekend



Angie Marshall, left, wishes her big sister Katelin good luck during the Rotary Racing Days Parade July 2nd. Katelin was selected Vice Ambassador following the Parade. \*



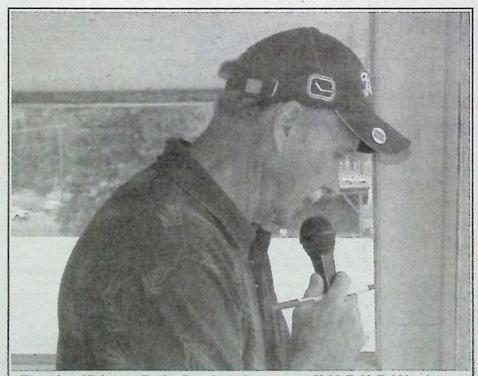
The Winner's Circle after the John Deere Bonus Challenge Race July 3rd at Sunflower Downs race track. A total of eight races were scheduled. \*



A close-up of a Bob Cormack piece shows the detail. It was one of many pieces of artwork on display during the Vermilion Artists Racing Days Art Show. \*



The Blues Brothers Too kept the crowd hopping and bopping with their brand of music during the 10th annual Overwaitea/A&W Show 'n' Shine July 3rd. \*



The voice of Princeton Racing Days is track announcer Keith Reid. Reid has been a regular fixture at Sunflower Downs for many years and this year was no exception. \*



The Similkameen News Leader had some nice 'eye candy' parked in front of the office July 3rd during the Overwaitea/A&W Show 'n' Shine. Thanks, Mike! \*

### Man takes a hike - to support cancer charity

Jack Traplin, raised near Vernon and now living in Victoria BC, is doing a 480 km solo hike from Kelowna to Victoria, taking place June 28 to July 18, in support of the Canadian Cancer Society. His goal is to raise funds as well as awareness in order to fight a disease that has taken the lives of two of his cousins in the past ten years.

The independent fundraiser, called The Hike Home was inspired by his cousin Dustin, who successfully hiked 460 kilometers from Edmonton to Grande Prairie last year, raising funds for the Canadian Cancer Society along the way. "When my cousin completed the event and offered to help anyone wanting to do something similar in order to fight cancer, I was compelled to take up the challenge."

In between working two jobs and hosting an open-mic in Victoria, Jack has been training for the event with 50 lbs of gear in a backpack, walking 4 to 6 hours in a session.

"I plan on walking 8 hours a day, for 20 days. The biggest part of the challenge will be maintaining a steady water supply, but I am lucky to have the support of my family and friends to resupply me with food and drink every 4 days or so."

You can support Jack by donating to the Canadian Cancer Society directly from his website called www.TheHikeHome.ca where you will find the route he will be taking and be able to follow his progress as he tweets from the road.

"If you happen to be travelling the Hope-Princeton highway to or from the lower mainland between June 28 and July 18, watch for me out there and perhaps pack an extra ham n' cheese sandwich. Thanks to everyone for all their support."

If you bring the desire, we can help. All New Members Welcomed!

Contact TOPS Leader Lynda 250.295.3658

TOPS Club, Inc. is the original, nonprofit, weight-loss support and

They were established in 1948 to

champion weight-loss support and success. TOPS promotes successful, affordable weight management with a philosophy that combines: healthy eating, regular exercise, wellness information, awards and recognition support from others at weekly chapter meetings.

TOPS actually stands for something: Take Off Pounds Sensibly.

In Princeton TOPS BC Chapter #5269 meets Thursdays at 9:00 AM in Riverside Centre.

For more information contact Leader Lynda at 250.295.3658.

#### **ADVERTISING** WORKS

OR YOU WOULDN'T BE READING THIS!

to work promoting your business or service.

Similkameen News Leader 250.295.4149

Princeton Area **Ghost Towns** The DVD Only \$19.99 (+ \$2.00 S&H)

226A Bridge Street

We're different. and we like that.





TOPS congratulates their recent Princeton graduates. From left: Margaret Deutschmann, Joan Muir, Myrna Leard and Sharon Rose. Congratulations, ladies! - photo submitted

# **UP 'N' ADAM WEB DESIGN**

PROFESSIONAL, **CUSTOM-BUILT WEBSITES** AT AFFORDABLE PRICES

CONVENIENT DOWNTOWN LOCATION WITH FLEXIBLE HOURS

250.295.4320 lacgullason@gmail.com

#### PRINCETON SEPTIC SERVICE **GOVERNMENT CERTIFIED:** aintenance Provider - Planner - Installer Residential & Commercial Inspector Backhoe Excavator - Gravel Truck Power Sewer Cleaner - Pump Repairs Electronic Locator PORTABLE TOILET RENTALS Owner/Operator: Allan Zirk Galls 250,295,7994

## TOPS BC #5269, Princeton

Meetings are held once a week on Thursdays at 9:00 AM in the Riverside Wellness Centre. It's no quick fixes at TOPS and no phony guarantees about weight loss. Take the exciting step toward achieving your goal of losing weight and living a healthier lifestyle.

Visit www.tops.org

#### BLAKEBURN HISTORIC WALK

Hosted by Terry Malanchuk and the Okanagan Historical Society

FREE TO ALL - July 9th and 11th Will depart from Princeton Plaza at 9:00 AM For details call Terry 250.295.1619



# PRINCETON PLAZA PARKING LOT



Phone: (250) 295-4149 - 1-888-350-9969 Toll Free

#### **Brenda Crawford**

**Susan Collins** 

**Steve White** 

**April Earle** 

Sandra Simpson



brenda@bcland.net (250) 295-8182



susan\_collins@nethop.net (250) 295-5359



sales@bcland.net (250) 295-8525

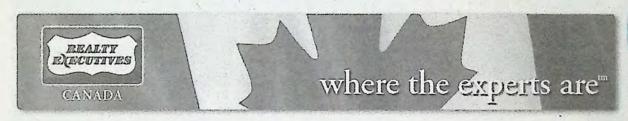


april@bcland.net (250) 295-5346



sandra@bcland.net (250) 499-9414

## **EXPERIENCE** the Advantages of...



## ...Working with an EXECUTIVE!

# The difference between "FOR SALE" and "SOLD" is just a phone call away!

#### 411 Huey Road



Surround yourself with the comforts of life! This charming country style home has all the hard work done. Hardwood oak flooring, fresh paint throughout, new kitchen countertops, appliances and the list continues! The main floor has both a living room with large picture windows and family room so everyone has a space to go to. There's 3 bedrooms up, with one on the main floor. MLS @ 108503 \$498,000

#### 4028 Princeton-S'land Rd



Just across from Osprey Lake on a well kept paved road, this home is much more than recreational property - this is a Krastel designed rancher and boasts an open floor plan, plenty of natural light in every room and the finishing details are clearly bar-none! This large property allows for easy access to Crown land providing you with hours of horseback riding, hiking or ATV-ing fun! MLS@108720 \$389,600

#### 484 B Corina Avenue



Riverfront! Beautiful surroundings, immaculate home, Tulameen River at your door step; this property has everything you could possibly want. A beautiful oak kitchen with newer appliances allows you to cook up some wonderful family dinners or to make that great cup of coffee to enjoy on your Juliette balcony. 3 bedrooms and 3 bathrooms gives everyone their space.

MLS © 108808 \$323,000

#### 123 Lockie Road



Beautiful executive home with attention to every detail, immaculate and cozy with plenty of room for family, friends and every one of your toys. Hardwood floors, warm colours, unique stone work and windows to let in every bit of the views that surround you. You get to save on not buying lakefront, but this home is only a short walk from a sandy beach and boat launch.

MLS @ 108925 \$599,900

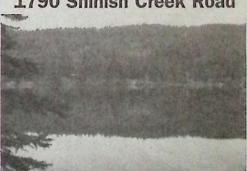
#### 132 Link Lake Road



Osprey Lake steps away, Link Lake and the KVR just around the corner, it doesn't get better than this, but wait, yes it does! Here is a solidly built 4-year old cabin, with all the details well thought out. A wonderful 19x9 covered porch overlooks Osprey Lake, a great place for morning coffee and evening sunsets. In-floor heating and woodstove keep the cabin warm and cozy!

MLS © 108948 \$328,900

#### 1790 Shinish Creek Road



A dream come true and a lake at your footsteps! Enjoy unlimited scenery, wildlife, trails for exploring or just the peace and quiet of the lake with Mother Nature outside your door. This comfortable, cozy 2 bedroom cabin comes with some updates, rests on 1.76 acres with 195' of waterfront. Soothe away the stress of city living! Only 30 minutes from Princeton and 3 hours from the Coast. MLS ® 109233 \$469,000

# REALTY EXECUTIVES PRINCETON Gateway to the Okanagan

#8-136 Tapton Avenue (Princeton Plaza)
Office: (250) 295-1811 Fax: (250) 295-1851 www.bcland.net



PRINCETON