



Similkameen

News Leader

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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. *

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 - Scarlett 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 Kostjuk (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.

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

Similkameen **News Leader THIS WEEK:**

Posse Player Goes Wild! - Page 9

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.

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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.



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

EI 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 EI 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 job-creation 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.

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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. *

RDOS announces collection dates

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 Lakes, Oliver, Osoyoos, 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 day.

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 and 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 plants.

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. -submit-



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.



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. *

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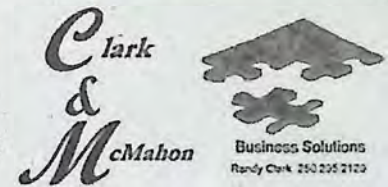
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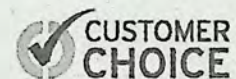
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FINANCIAL FOCUS

Dividends: A Good Source Of Income

Looking for a way to add both income and growth potential to your investment portfolio? Consider dividend-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 boost 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 past performance is not a guarantee of future results, price moves of these stocks historically have been less than those of non-dividend-paying equities. Because of their income potential, investors are less 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.

How do you pick suitable dividend-paying stocks? Consider investing in companies that are capable of generating an interrupted stream of dividends, perhaps with the potential of increases down the road. Here are some possibilities to consider:

- 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.

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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 warm-weather 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 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 premiums.

Think warm thoughts:

Check out the heating system installed in the home. Oil tanks can cause expensive environmental damage if they leak while gas fur-

naces and electric heat are much less risky. 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 rate.
- 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 factors.

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 pre-diabetes 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 possible.

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 150th

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

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 marijuana 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 marijuana 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.



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Princeton BC News

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Princeton Racing Days Weekend



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

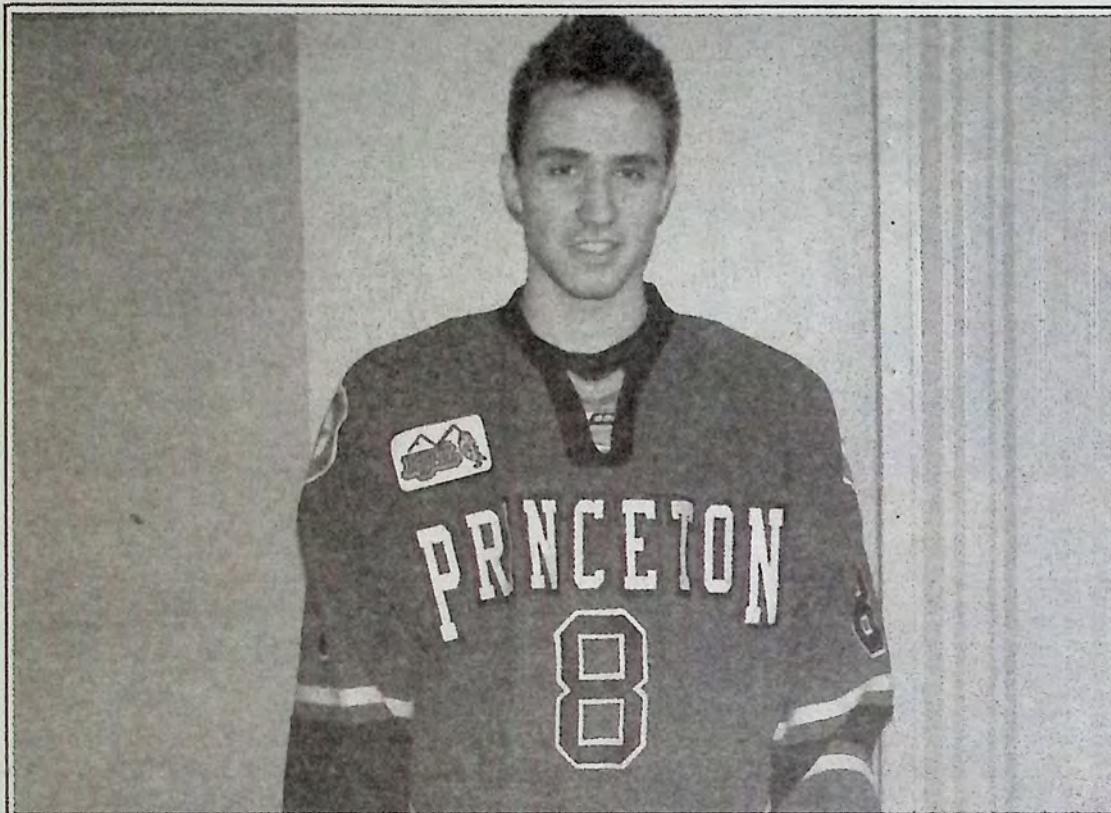


Princeton Rotary Club tied for First Place with this Parade entry July 2nd of a 'Shelterbox' displaying products used as part of disaster relief efforts. *



News Leader Entertainment

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.



Dylan McKinlay, wearing jersey #8, is seen here during a pre-game warm up early in the 2008/09 season. *

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Princeton Racing Days Weekend



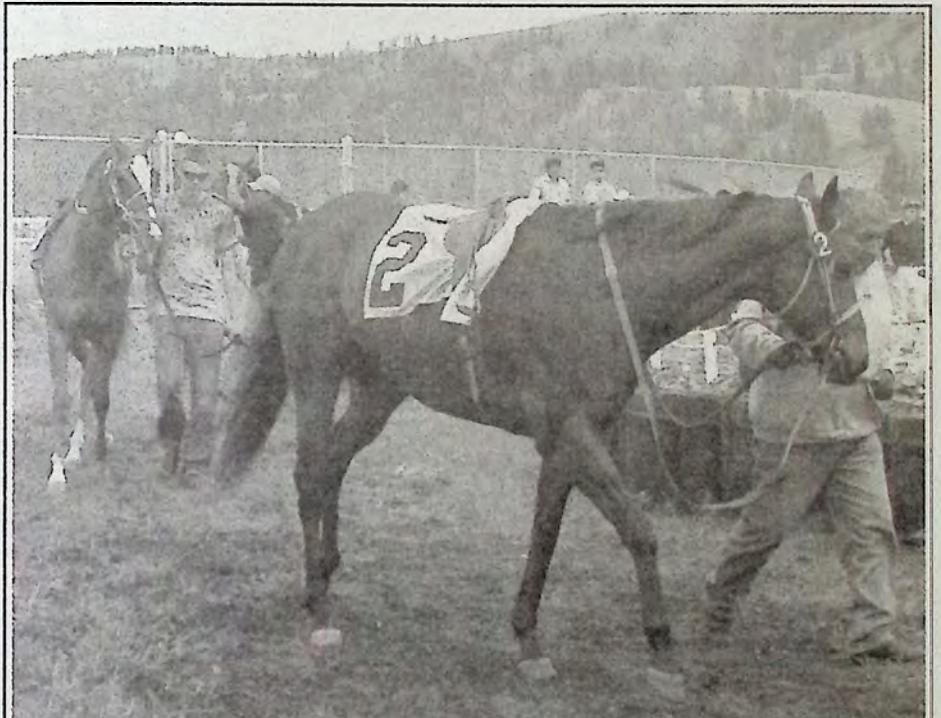
Sarah Nelson walked the entire parade route July 2nd as part of an entry from Princeton Minor Ball. It was one of over 50 entries in the Rotary Parade. *



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

	WTBS ③	CHBC ④	KNOW ⑤	KSPS ⑥	KHQ ⑦	KREM ⑧	A&E ⑨	KXLY ⑩	BCTV ⑪	CITY ⑫	CBC ⑬	YTV ⑰	TSN ⑱	VTV ⑳	DISC ㉔	FAM ㉒	CITY ㉑	SPIKE ㉔	TROP ㉕	
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	SportsCentre	Canada AM	How/Made	Henrys	CityLine	Pros vs. Joes	6 Degrees	
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (El) Martha	Today Kendra Wilkinson; Kelis performs. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Dirtgirl Animal	Willa's Timothy	SportsCentre		Blueprint for Disaster	M. Mouse M. Mouse	The Tyra Show	Pros vs. Joes	End/Leash Last 10	
8 AM	Harvey		The Magic School Bus	Curious Sid			CSI: Miami		100 Huntley Street	100 Huntley Street	Bo on Go Busytown	George S. Rolie Polie	SportsCentre		Mayday "Cruel Skies"	Handy Manny	Rachael Ray	Pros vs. Joes	Torrens Torrens	
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	Dog Dog	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	SpongeBob (9:25) Kid	Fishing Triathlon	Live With Regis & Kelly	Cash Cab	Phineas	Role Amazing	Pros vs. Joes	Colin-Justin	
10 AM	Reba	PLAN Canada	Spider (10:36)	Sesame Street (El)		The Price Is Right (N)	Dog the Bounty Hunter	The View	PLAN Canada	Room ET Canada	Poko Doodlebop	League Invasion		The View	How/Made	TBA	The O.C.	Pros vs. Joes	Whatever	
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Paid Prog.	World Vision	(10:59) Noon News (N)	(11:15) World Cup Soccer: First Semifinal: Teams TBA. (Live)	(11:10) (11:40) Kid	Auto Race Golf: Telus Skins Game. Day One.	Fashion	Lost Nuke	TBA	CityLine	Pros vs. Joes	Gold Girls	
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Flawless Dragon	News Bold	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)		Pokemon Rollbots		etalk	Canada's Worst Driver	Wizards Hannah	The Bonnie Hunt Show	Pros vs. Joes	Fresh Pr.	
1 PM	King Friends	As the World Turns (N)	(1:03) Wibble Pig	Your Brush Quilting	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	FIFA	Hawks Team		Sue Thomas F.B. Eye	American Loggers	Cory Recess	Jdg Judy	Pros vs. Joes	Seinfeld	
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	CSI: Miami	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruption	Dr. Phil	MythBusters	Replacemn School	CityLine	Pros vs. Joes	Gold Girls	
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge B. Judge B.	Dr. Phil	Dog Dog	Rachael Ray	The Doctors	Young & Restless	Wheel Jeopardy!	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show (N)	Destroyed	Life Derek	CityNews at 6 (N)	Sports Knockout	Restaurant Makeover	
4 PM	MLB Baseball: Atlanta	Oprah Winfrey	George S.	Fetch! Ruff Cyberch'e	Jdg Judy	Oprah Winfrey	Dog the Bounty Hunter	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Wide World of Fights	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Hell's Kitchen A blind tasting challenge. (N)	Deadliest Warrior	Colin-Justin	
5 PM	Braves at Philadelphia Phillies.	Early News	(4:57) News	BBC World Business	News (N) NBC News	News CBS News	Dog the Bounty Hunter	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	Movie: "Rocky" (1976)	CTV News at Five (N)	How/Made	Suite/Deck	Baxter	Deadliest Warrior	Wife Swap (N)	
6 PM	(Live)	Global Nat.	Taste Buds	PBS NewsHour (N)	News (N) Millionaire	News Access H.	Dog Dog	News Dog	(5:59) News Hour (N)	ET Canada	Coronation	iCarly	Sylvester Stallone, Talia Shire.	CTV News (N)	Destroyed	Hannah Wizards	America's Got Talent (N)	Deadliest Warrior	Wife Swap	
7 PM	Seinfeld	Ent	Frontiers of NOVA (DVS)	Wild Lives	Losing It With Jillian (N)	NCIS "Double Identity"	Dog Dog	Wipeout "Couples" (N)	Wipeout "Couples" (N)	Wipeout "Couples" (N)	World Cup Soccer	iCarly	Malcolm Chris	etalk	Castle "The Third Man"	Daily Planet	Baxter Hannah	News EP Daily	BlueMount ET Canada	
8 PM	Law & Order: SVU	Wipeout "Couples" (N)	History-House	Wild Lives	Losing It With Jillian (N)	NCIS "Double Identity"	Dog Dog	Wipeout "Couples" (N)	Wipeout "Couples" (N)	Wipeout "Couples" (N)		8 Rules	Sports	(9:01) Downfall (N)	Destroyed	Wizards Buzz	Daisy of Love	Knockout Sports	Seinfeld	
9 PM	Family Guy	NCIS: Los Angeles	Movie: "War/Dance" (2007)	Carrier "All Hands"	America's Got Talent (N)	NCIS: Los Angeles	(9:01) Dog the Bounty Hunter	(9:01) Downfall (N)	NCIS: Los Angeles	NCIS: Los Angeles		Family Biz	Boxing: Rumble at Rama XII.	CTV News at Five (N)	Destroyed	Buzz				
10 PM	Movie: "Snake Eyes" (1998)	The Good Wife	Premiere. "Promised Land"	P.O.V. "Promised Land"	The Good Wife	Dog Dog	(10:01) Primetime: Mind	The Good Wife	News Hour Final (N)	News Hour Final (N)	National	Indie	Family Biz	Deadliest Catch	School	Coach	Judge B.	CSI: Crime Scene	Wife Swap	
11 PM	Nicolas Cage.	CHBC News Final (N)	From Russia, For Love	Charlie Rose (N)	News (N) Jay Leno	News Letterman	Dog Dog	News (11:35)	News Hour Final (N)	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	How/Made	So Raven	Judge B.	Star Trek: Voyager	Wife Swap

WEDNESDAY, JULY 7, 2010

	WTBS ③	CHBC ④	KNOW ⑤	KSPS ⑥	KHQ ⑦	KREM ⑧	A&E ⑨	KXLY ⑩	BCTV ⑪	CITY ⑫	CBC ⑬	YTV ⑰	TSN ⑱	VTV ⑳	DISC ㉔	FAM ㉒	CITY ㉑	SPIKE ㉔	TROP ㉕	
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	SportsCentre	Canada AM	How/Made	Henrys	CityLine	Pros vs. Joes	End/Leash Spoiled	
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (El) Martha	Today Steve Carell; Bill Clegg;	The Early Show (N)	CSI: Miami	Good Morning America (N)			Dirtgirl Animal	Willa's Timothy	SportsCentre		Blueprint for Disaster	M. Mouse M. Mouse	The Tyra Show	Pros vs. Joes	True Hollywood Story	
8 AM	Harvey		The Magic School Bus	Curious Sid	Today's Mom. (N)		CSI: Miami		100 Huntley Street	100 Huntley Street	Bo on Go Busytown	George S. Rolie Polie	SportsCentre		Junk Raiders	Handy Manny	Rachael Ray	Pros vs. Joes	Inside Hollywood (N)	
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	Nature	Super Why! News	SpongeBob (9:25) Kid	Fishing Auto Race	Live With Regis & Kelly	Cash Cab	Phineas	Role Amazing	Pros vs. Joes	Colin-Justin	
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (El)		The Price Is Right (N)	The First 48	The View	World Vision	Green ET Canada	Poko Doodlebop	League Invasion		The View	How-Made	TBA	The O.C.	Pros vs. Joes	Whatever	
11 AM	Jim Name Earl	Canada	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Paid Prog.	Canada	(10:59) Noon News (N)	(11:15) World Cup Soccer: Second Semifinal: Teams TBA. (Live)	(11:10) (11:40) Kid	Golf: Telus Skins Game. Day Two.	Fashion	Destroyed	TBA	CityLine	Pros vs. Joes	Gold Girls	
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Paid Prog. Bold	News	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)		Pokemon Rollbots		etalk	Mayday	Wizards Hannah	The Bonnie Hunt Show	Pros vs. Joes	Fr. Prince	
1 PM	King Friends	As the World Turns (N)	(1:03) Wibble Pig	Oil Painting Sewing	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	FIFA	Hawks Team		Sue Thomas F.B. Eye	Deadliest Catch	Cory Recess	Jdg Judy	Pros vs. Joes	Seinfeld	
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	CSI: Miami	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruption	Dr. Phil	MythBusters	Replacemn School	CityLine	Pros vs. Joes	Gold Girls	
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge B. Judge B.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Wheel Jeopardy!	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show (N)	Construction	Life Derek	CityNews at 6 (N)	Sports Knockout	Restaurant Makeover	
4 PM	MLB Baseball: Atlanta	Oprah Winfrey	George S.	Fetch! Ruff Cyberch'e	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Wide World of Fights	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	UFC Unleashed	Colin-Justin	
5 PM	Braves at Philadelphia Phillies.	Early News	(4:57) News	BBC World Business	News (N) NBC News	News CBS News	Dog the Bounty Hunter	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	Boxing	CTV News at Five (N)	Mighty Ships (N)	Suite/Deck	Minute to Win It (N)	UFC Unleashed	Hoarders (N)	
6 PM	(Live)	Global Nat.	Creatures	PBS NewsHour (N)	News (N) Millionaire	News Access H.	Dog Dog	News Dog	(5:59) News Hour (N)	ET Canada	Coronation	iCarly	Sylvester Stallone, Talia Shire.	CTV News (N)	Deadliest Catch	Hannah Wizards	America's Got Talent (N)	UFC Unleashed	Runaway Squad	
7 PM	Seinfeld	Ent	Rivers	Secrets of the Dead	Jeopardy!	The Doctors	Billy	Ent	Ent	Glee "Vitamin D"	World Cup Soccer	iCarly	SportsCentre (Live)	etalk	Salvage Code Red (N)	Sonny Suite Life	Family Cougar	UFC Unleashed	Parking	
8 PM	Law & Order: SVU	House "Joy"	"Please Vote for Me"	Suchet-Orient	Minute to Win It (N)	How I Met Rules	Billy	The Middle	House "Joy"	House "Joy"		Malcolm Chris	Off-Record	So You Think You Can Dance (Same-day Tape)	Daily Planet	Baxter Hannah	News EP Daily	UFC Unleashed	TV-Torrens	
9 PM	Family Guy	Glee "Vitamin D"	Celebrating Mozart: A Gala (DVS)	Baseball (Part 6 of 9) (DVS)	America's Got Talent (N)	Criminal Minds	Dog Dog	Family Cougar	Glee "Vitamin D"	Nanny Business		8 Rules Survive	30 for 30	Salvage Code Red	Wizards Buzz	I Love Money	Knockout Sports	Seinfeld		
10 PM	Movie: "My Fellow Americans" (1996)	Nanny Business (N)	Concert The Vienna Philharmon c.	Law & Order: SVU	CSI: NY	Dog Dog	(10:01) Castle "The Third Man"	Nanny Business (N)	News Hour Final (N)	News Hour Final (N)	National	Indie	Family Biz	Wide World of Fights	CSI: NY	Mighty Ships	School	Coach	CSI: Crime Scene	Hoarders
11 PM	Nicolas Cage.	CHBC News Final (N)	From Russia, For Love	Charlie Rose (N)	News (N) Jay Leno	News Letterman	Dog Dog	News (11:35)	News Hour Final (N)	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	How/Made	So Raven	Judge B.	Star Trek: Voyager	Runaway Squad

Similkameen News Leader - Horoscopes

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 you.

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.

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Tuesday Movies

AFTERNOON

5:00 pm TSN (19) ★★ ★★ "Rocky" (1976, Drama) Sylvester Stallone. Heavyweight champ Apollo Creed gives Philadelphia club fighter Rocky Balboa a title shot. (N)

9:00 pm KNOW (5) ★★ ★★ "War/Dance" (2007, Documentary) Premiere. Filmmakers chronicle the journey of three young Ugandan refugees, as they prepare for a national music and dance festival. (E)

EVENING

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

Wednesday Movies

EVENING

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

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

Thursday Movies

EVENING

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. (E)
10:00 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. (E)

Friday Movies

EVENING

7:00 pm YTV (18) ★★ "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 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) (E)

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. (E)

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. (E)

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) (E)

Similkameen News Leader - 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.

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THURSDAY, JULY 8, 2010

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FRIDAY, JULY 9, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11 PM) listing TV programs and their corresponding channels.

News Leader Puzzle Page

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

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

CHALLENGE #307 - Rated Medium

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

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Saturday Movies

MORNING

- 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. (E)
- 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. (E)

AFTERNOON

- 12:00 pm FAM (26) "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 (26) ★★★ "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) (E)
- 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. (E)

EVENING

- 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. (E) (DVS)
- 7:00 pm CITY (12) "Trial by Fire" (2008, Drama) Brooke Burns. After the death of a colleague, a female firefighter tries to become a smoke-jumper. (E)
- 7:30 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. (E)

8:00 pm CHBC (4) BCTV (11) "Trial by Fire" (2008, Drama) Brooke Burns. Premiere. After the death of a colleague, a female firefighter tries to become a smokejumper. (E)

9:00 pm KHQ (7) "Secrets of the Mountain" (2010, Adventure) Barry Bostwick. A woman, her three children and an attorney search for treasure on a mountain. (In Stereo) (E) 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) (E)

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. (E)

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. (E)

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) (E)

11:30 pm CBC (13) ★★★ "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) (E)

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Sunday Movies

MORNING

- 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. (E)
- 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. (E)

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. (E)
- FAM (26) ★★ "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) (E)
- 1:30 pm FAM (26) "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) (E)
- 1:45 pm YTV (18) "King of the Camp"

(2008, Musical) Justin Stadyk. A kitchen worker at a summer camp competes in wakeboarding and tries to win the heart of a counselor. (In Stereo) (E)

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. (E)

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. (E) 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) (E)

EVENING

- 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. (E) YTV (18) ★★★ "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) (E)
- 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 Stereo) (E)

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. (E)

9:00 pm FAM (26) ★★ "With Honors" (1994, Drama) Joe Pesci. A homeless man finds a Harvard student's thesis. (In Stereo) (E) 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) (E)

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 fiancée. (E)

10:40 pm FAM (26) ★★ "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) (E)

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SATURDAY, JULY 10, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

SUNDAY, JULY 11, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

MONDAY, JULY 12, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	Tennis	Canada AM	How/Made	Henry's Feet	CityLine	The Unit "Security"	Comeback
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (EI) Martha	Today (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Dirtgirl Animal	Willa's Timothy			Naked Science	Mickey Mickey	The Tyra Show	The Unit "Dedication"	Carlawood
8 AM	Harvey		The Magic School Bus	Curious Sid			CSI: Miami		100 Huntley Street	Bo on Go	George S. Rolie Polie			Canada's Worst Driver	Handy Manny	Rachael Ray	The Unit "SERE"	Re-Vamped	
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	SpongeBob (9:25) Kid		Live With Regis & Kelly	Cash Cab	Phineas	Role	The Unit "Security"	Colin-Justin
10 AM	Reba	Canada	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	Canada	Green	Poko	League		The View (N)	How-Made	TBA	The O.C.	The Unit "Dedication"	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Family Jewels	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	(11:10) Kid	Boxing	Fashion	Greensburg	TBA	CityLine	The Unit "SERE"	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Paid Prog.	News Bold	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon Rollbots		etalk	Junk Raiders	Wizards Hannah	The Bonnie Hunt Show	The Unit "Security"	Fresh Pr.
1 PM	King Friends	As the World Turns (N)	(1:03) Wibbly Pig	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	China Rises	Hawks Team	Olympics: On Home Ice	Sue Thomas: E.B. Eye	I Could Do	Cory Recess	Jdg Judy	The Unit "Dedication"	Seinfeld
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	CSI: Miami	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruption	Dr. Phil	MythBusters	Replacemn School	CityLine	The Unit "SERE"	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear Funny photos	WordGirl Electric	Judge B.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Off-Record	(2:59) The Dr. Oz Show	License to Drill	Life Derek Suite Life	CityNews at 6 (N)	Sports Knockout	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	MLB Baseball	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law & Order: SVU	Entourage	Colin-Justin
5 PM	Payne	Early News	(4:57)	BBC World Electric	News (N)	News	Intervention "Rob"	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	OddParent	CTV News at Five (N)	MythBusters	Suite/Deck Zoey 101	The Bachelorette (N)	Entourage	Wipeout
6 PM	Law & Order: SVU	Global Nat. News	Mechanics Dogs	PBS NewsHour (N)	News (N)	News	Intervention "Miriam"	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly	Indie	CTV News (N)	Dirty Jobs	Hannah Wizards		Sports Knockout	Wipeout
7 PM	Seinfeld	Ent	Eden	'Allo, 'Allo! Landscape	Jeopardy!	The Doctors	Obsessed (N)	Ent	Ent	In Plain Sight	Wheel Jeopardy!	The Next Star "Finale"	To Be Announced	etalk	American Loggers	Sonny Suite Life	(7:02) True Beauty (N)	Entourage	Parking
8 PM	Movie: "Sleepy Hollow"	Lie to Me (N)	Monarchy	Antiques Roadshow	Last Comic Standing	How I Met Rules	The Glades "Pilot"	The Bachelorette (N)	Lie to Me (N)	Lie to Me (N)	18 to Life Mosque	Next Star		Cleveland Hiccups	Daily Planet	Baxter Hannah	News EP Daily	Entourage	Carlawood
9 PM	Johnny Depp	The Good Guys (N)	Frank Lloyd Wright	History Detectives (N)	Last Comic Standing	Two Men Big Bang	(9:01) Intervention "Miriam"	The Good Guys (N)	The Good Guys (N)	Winnipeg Comedy	Survive This	SnowTrax	Speed	Two Men Big Bang	MythBusters	Wizards Buzz	King of Hill	Knockout	Seinfeld
10 PM	Movie: "Sleepy Hollow"	In Plain Sight	Girl Inside	Turmoil and Triumph	Persons Unknown (N)	(10:01) CSI: Miami "Dishonor"	(10:01) Intervention "Miriam"	(10:02) True Beauty (N)	In Plain Sight	News Hour Final (N)	National	Indie Family Biz	The Great Tournament	(10:01) CSI: Miami "Dishonor"	American Loggers	School Stone	Coach Judge B.	CSI: Crime Scene	Wipeout
11 PM	Johnny Depp	CHBC News Final (N)	Yoho National Park	Charlie Rose (N)	News (N)	News Jay Leno	Letterman	Obsessed (11:35)	News	News Hour Final (N)	Stampede Wrap Up	Prank Ptrl Fries That?	SportsCentre	CTV News	Dirty Jobs	So Raven Life Derek	Judge B. Paid Prog.	The Ultimate Fighter	Wipeout

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. (E)

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. (E)

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CHALLENGE #307

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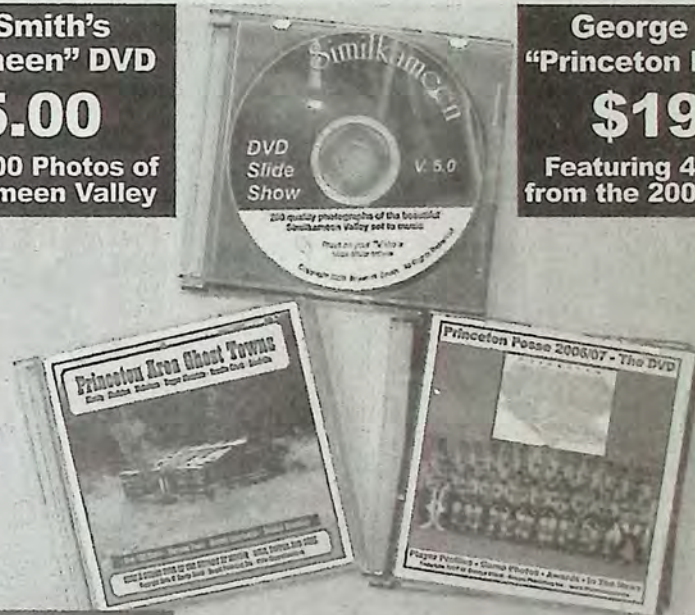
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Princeton Racing Days Weekend



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. *



Editorial Page News Leader

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

My 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 'girlfriend 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.

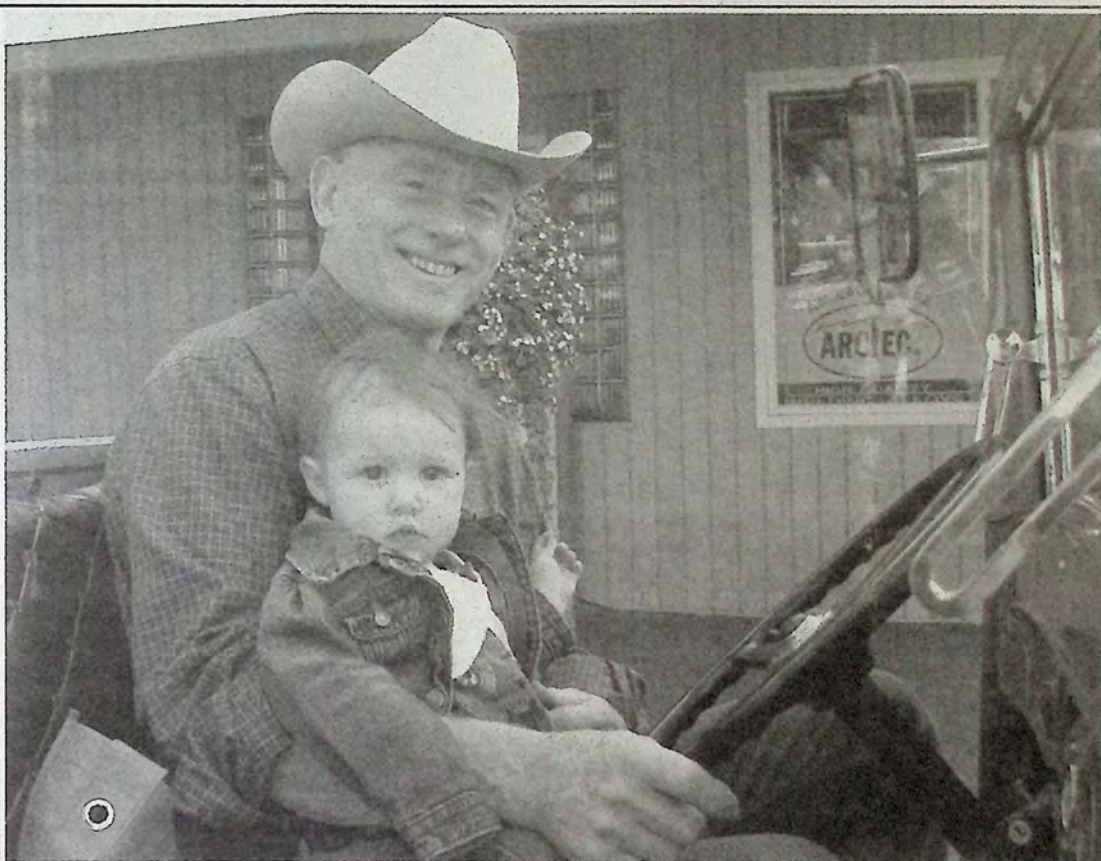
So although I may find myself talking to one of my young buddies about why I think smoking is not good for you or listening to another tell me about a recent part-time job offer or song he has written, I have to remind myself they have invited me into their world. I didn't push myself into it. In fact,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



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

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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.

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 self-pity 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 man-woman 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.

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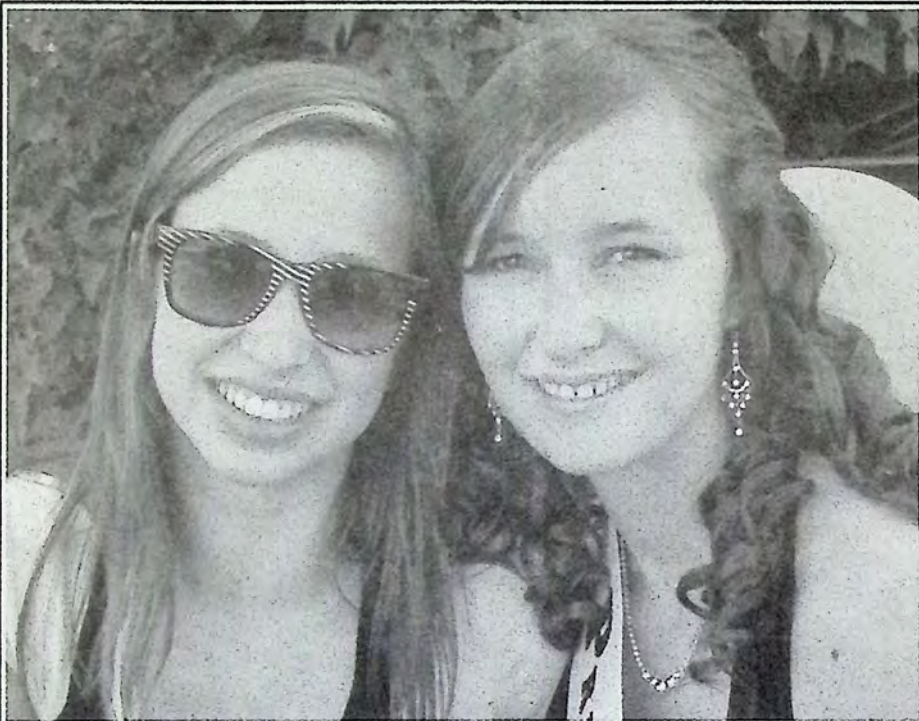
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Princeton Racing Days Weekend



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. *



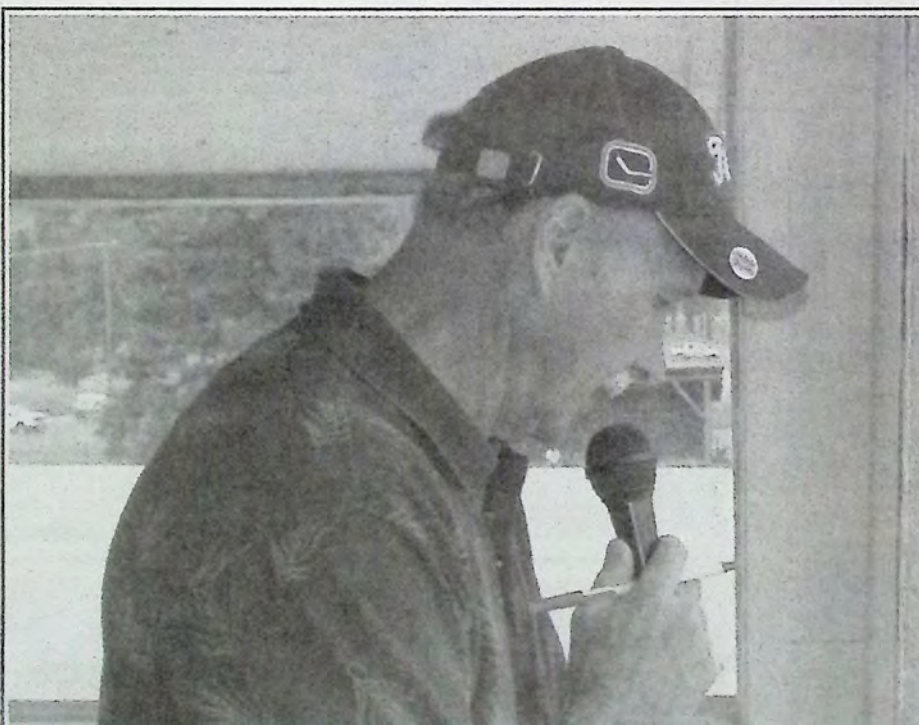
The Winner's Circle after the John Deere Bonus Challenge Race July 3rd at Sunflower Downs race track. A total of eight races were scheduled. *



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."

What exactly is TOPS?

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

wellness education organization. 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.



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

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4028 Princeton-S'land Rd



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