



Similkameen

# News Leader

INCLUDES HST! \$1

Volume 14 Issue 29 #690 ISSN 1712-090X

Tuesday, July 19, 2011

Who's Working For You? See Below!



The 442 Squadron Search & Rescue demonstration kicked off Princeton's 3rd annual Air Show July 16th. \*

## Doctor shortage affects five nights in August

Interior Health has issued another public notice alerting residents of five overnight shifts in August where "limited physician availability" will have an affect on service at Princeton General Hospital.

While IHA says the Emergency Department will remain open and patients will be assessed as usual by the trained nurses on shift, they also warn that those with "less urgent matters" may be transferred to a nearby hospital for care or offered appropriate options.

IHA says being prepared for this would assist staff greatly and

requires that you have your wallet, shoes, clothes and arrangements in place for a ride back to Princeton if you are sent to another medical facility out of town.

The Princeton General Hospital Emergency Department will have "adjusted physician response" on the following dates:

- Thursday, August 4
- Monday, August 8
- Saturday, August 20
- Sunday, August 21
- Tuesday, August 30

Each day will be affected between 12:00 AM (Midnight) to 8:00 AM.

# CMMC sends first trucks to port

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced July 12th that the first filtered copper concentrate was produced and deposited in the mine concentrate shed on June 30.

Commissioning of the mill has progressed throughout the past month demonstrating that the robust mechanical equipment is operating well.

Mill throughput is at about 70 percent of the designed capacity due to the limits in moving ore through the SAG mill. The grates supplied with the mill are limiting the tonnage throughput due to undersizing of the grate openings.

New grates with much larger openings are on order for mid August delivery and installation to eliminate this tonnage restriction. Presently the processing plant is operating with one of the two ball mills and minor use of the pebble crusher which indicates the plant will easily treat the designed 35,000 tonnes per day target once the new grates are installed in mid August.

Mill feed grade is being intentionally kept low with higher grade ore being stockpiled for treatment after the tune up phase is completed.

The new 50-tonne super B train truck units have started the delivery of concentrate to the port. Port facilities have been completed to

handle the truck discharging and storage which included the construction of a new truck tipper sufficient in size to handle the new 50-tonne super B train truck units.

*About Copper Mountain Mining Corporation:*

Copper Mountain is a Canadian resource company managed by an

experienced team of professionals with a solid track record of exploration and development success. The Company's shares trade on the Toronto Stock Exchange under the symbol "CUM". Copper Mountain owns 75% and Mitsubishi Materials Corporation owns 25% of the Copper Mountain Mine. The

18,000 acre mine site is located 20-kilometres south of Princeton. The Copper Mountain Mine has a current resource of approximately 5 billion pounds of copper and recently commenced production. Additional information is available on the Company's web page at [www.CuMtn.com](http://www.CuMtn.com). - submitted

## Have you seen Wanda?

Princeton RCMP are requesting your assistance in locating a missing person. Princeton resident Wanda Foss has not been seen or heard from in approximately three weeks.

In a release issued July 16th, RCMP say Foss is 60-years old, weighs 119 pounds, stands 5-feet, 5-inches tall with curly blonde hair

and brown eyes. Foss may also go by the name Wanda Nothstein.

If you have any information

regarding the whereabouts of Foss contact Princeton RCMP at 250.295.6911.

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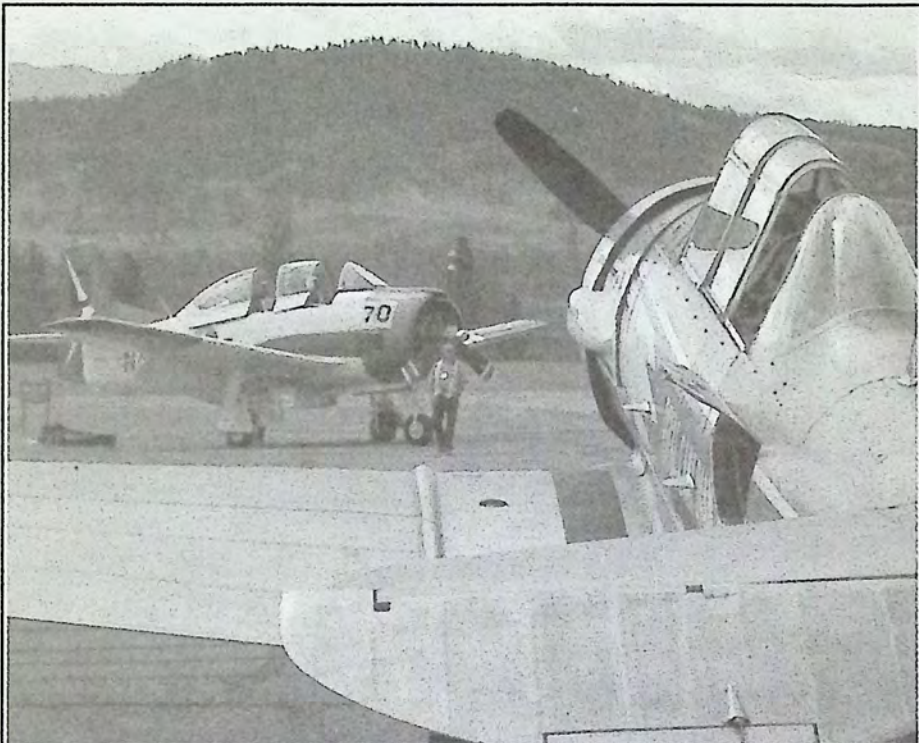
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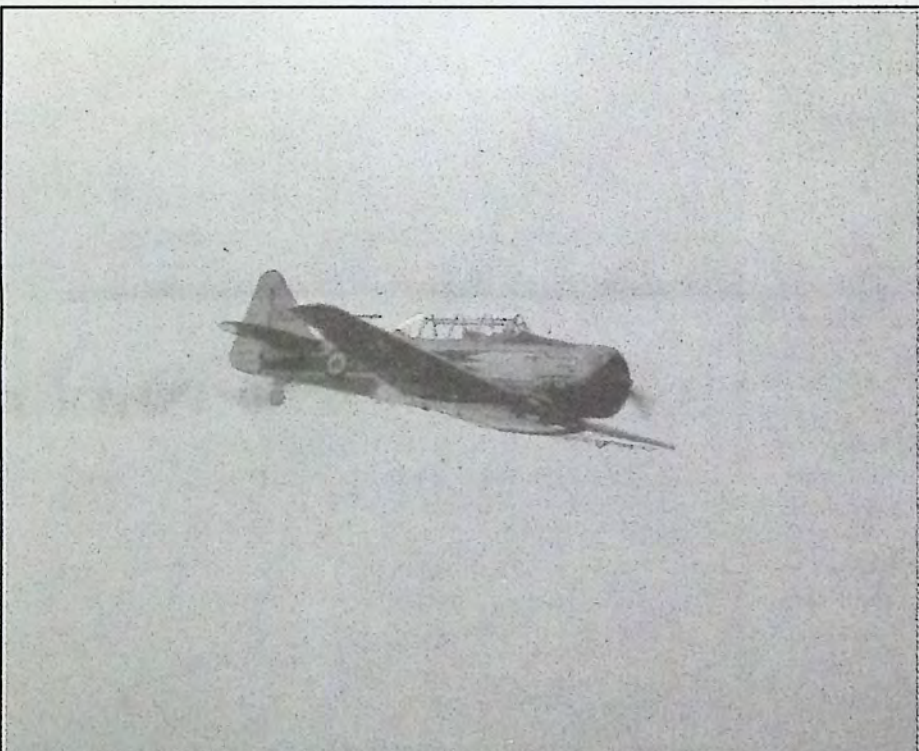
# 2011 Princeton Air Show



Planes on static display at Princeton Airport July 16th prior to the Air Show. \*



442 Squadron performed a Search & Rescue demo to start the Air Show. \*



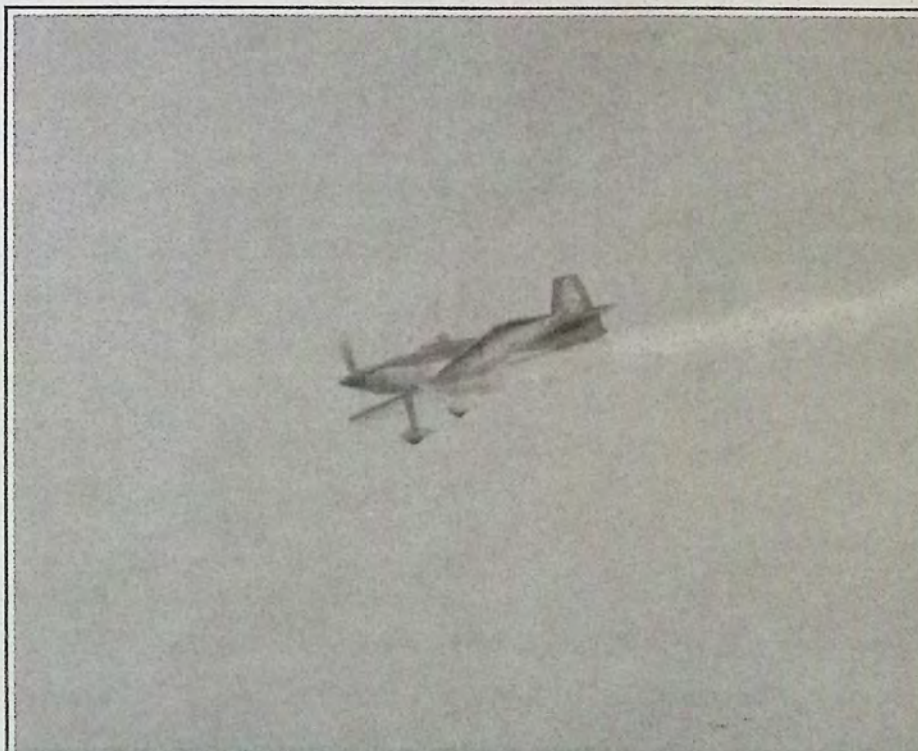
Bud Granley flies by the crowd during his T6 aerobatic routine July 16th. \*



Blender Airshows crew members prepare to taxi this bi-plane to the runway. \*



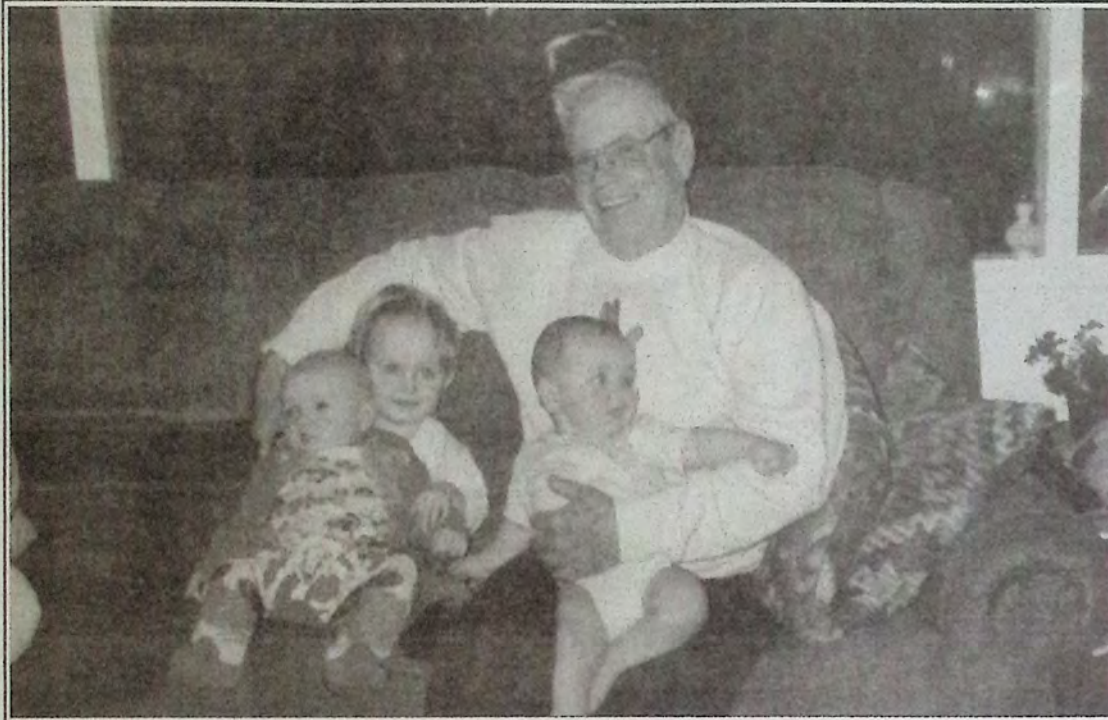
A fly-by as part of the duo aerobatic routine performed by Team Rocket. \*



Princeton's 3rd annual Air Show was enjoyed by all in attendance at the airport. \*

# Happy Trails, Mr. Rodeo

Similkameen News Leader Tribute to Stan Thompson



This photo of Stan Thompson, with three grandchildren, ran in the Model Transfer Christmas ad in the Similkameen News Leader almost a decade ago. Stan's wife, Mildred, provided us with the picture.

## He never stopped promoting Princeton

May 14, 2011 was Stan Thompson Day at Princeton Rodeo. He was the first President of Princeton Rodeo Club, and continued to work with the club during the past 30 years.

Late in 1981, Thompson met with some of the local cowboys to ask, "Why can't Princeton have a rodeo?"

Those cowboys included Bob Lind, Terry Wright, and John Allison. Nobody could see any reason Princeton could not have a rodeo, so they began building a fine rodeo arena the spring of 1982 and finished it in time for the first rodeo in August. This was the first Princeton rodeo since 1949. It was quite an achievement.

In Laurie Currie's book of Princeton history, he referred to Thompson as "Mr. Rodeo". Stan Thompson worked hard at not only building the arena, but promoting Princeton rodeo, and Princeton. For two years, the fledgling rodeo won the B.C. Rodeo Association award for Most Improved Rodeo.

In 1987, Stan Thompson was recognized by the Chamber of Commerce with another title: Citizen of the Year. Not one to rest on his laurels, Thompson became involved in another major Rodeo Club project that began in the bar-room at the little town of Loomis, Washington.

In March, 1987, at a gathering in Loomis, Tonasket and Princeton agreed to become "sister cities". While Mayor Gloria Stout and Tonasket's officials met in the main room, Thompson was at the bar meeting with Bert Beeman, President of Tonasket Comancheros Rodeo Club.

Out of their discussions came the International Pony Express Friendship Ride which, during its 13 years of annual celebrations, put both Tonasket and Princeton on the map. The ride was featured in major newspapers and on television. It boasted being the fastest international mail delivery in the world, taking letters from Princeton to Tonasket one year, and from Tonasket to Princeton the next. It

was a great event.

Tonasket has a Founders Day rodeo on the first weekend of June. For years, Stan Thompson took the Welby Stage coach to Tonasket for the Founders Day parade. One year, he took it to the Chopaka Rodeo to honour the memory of Barney Allison, founder of that rodeo.

Stan Thompson's friendship with international rodeo champion Kenny McLean resulted in McLean moving to the fairgrounds to run his business, not only bringing revenue to Princeton Exhibition Association, but providing the rodeo celebrity a place for his home and family at reasonable cost. Following McLean's untimely death in Taber, Alberta, the Rodeo Club dedicated a rodeo, and the ag barn, to Kenny's memory.

Thompson has always been more than just a cowboy. As owner of Model Transfer, he has continued to help build the entire fairgrounds, putting in water lines, digging trenches for power, putting in septic fields, plowing snow, and doing

..... continued on Page 20

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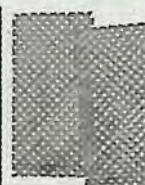
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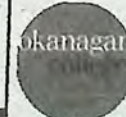
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**From Alex Atamanenko  
your Federal Member of Parliament**

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Do you have a problem with  
a federal government service or issue?

**Meet with M.P. Constituency Staff**

**Thursday, July 28th**

And the LAST Thursday of every month

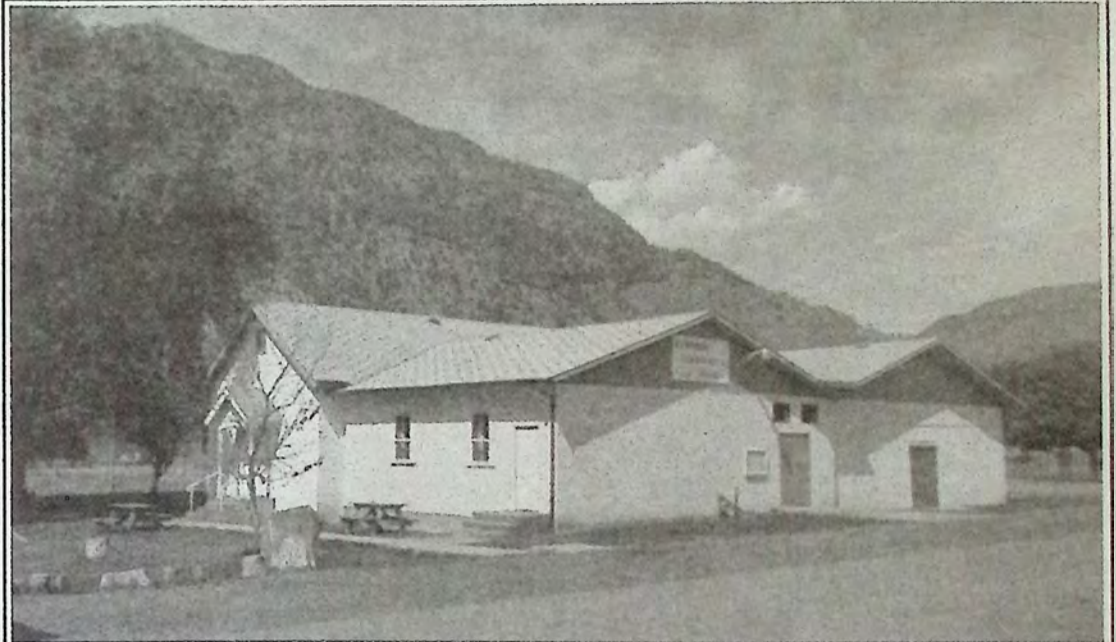
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**Keremeos News**



The Cawston Community Hall has seen various changes since 1922. Photo: Dave Cursons

**Hall grant goes to improvements**

by Dave Cursons

The Cawston Community Hall Society has received a cheque for \$8,550.00 from the Community Foundation of The South Okanagan.

The grant will assist in the upgrade of the heating in the common rooms as well as both the men's and women's washrooms at the Cawston Hall.

This is the first grant received by the hall society since registering and gaining Charitable Status. Most grant-giving bodies require that recipients be registered. Revenue

Canada financial reporting for charities is stringent.

The larger plan at Cawston Community Hall is to renovate the washroom facilities.

Other planned improvements include a sheltered portico area at the Main Street entrance.

The Community Foundation of the South Okanagan issued grants in the South Okanagan for the first time in 1994 and by the late 1990s it expanded to encompass all communities throughout the Regional District of Okanagan-Similkameen.

Foundation works are fashioned to

square with the unique identity of each community in the catchment area. Residents of communities like Cawston and the Lower Similkameen can give to the Community Foundation and over years directed toward local charitable objectives.

"We are especially pleased that one of our first grants as a registered charity has come from our own locally based community foundation", says Doe Gregoire, Director and Fundraiser for the Cawston Community Hall Society.



Kevin Sharp of T & A Drilling in Kelowna expects to be finished his part of the Yellow Lake road project by month's end. He has been on the Yellow Lake project since February. T & A is a subcontractor for Wiltech Developments Inc. and Kevin is the Driller operating the Tamrock Ranger 500 drill. T & A originally had two Tamrock drills on the Yellow Lake site but there was not enough work to keep two machines busy. The second drill was moved to a project near Kelowna earlier in July. The result is that Kevin's workdays are up to 12 hours long now: he commutes from Kelowna every day and begins work at 6:30 AM. On the evening this picture was taken, Kevin was the last person on the Yellow Lake jobsite, shutting his drill down at 6:30 PM. He performs his own light maintenance on his machine and leaves the more detailed maintenance to the mechanic. Photo: Arlene Arlow



This bear cub was spotted two weeks ago on a trip along Green Mountain Road. Photo: Greg McDougall

## Tenth Sizzle coming September 17

Similkameen Country is announcing the 10th annual Valley First Similkameen Sizzle Pepperfest will be held on September 17th at Memorial Park in Keremeos.

This event is free to the public and is held each year to thank all the people in the Similkameen Valley who provide us with great wine and fabulous fruit and vegetables. The Similkameen Sizzle Pepperfest is the only hot pepper festival in Canada.

The day will start with a Pancake Breakfast that begins at 7:30 AM with entertainment starting at 8:30 AM with the Corner Turtles and then Mat Duffus performs from 11:00 AM to 1:00 PM. The Headliners, Gary Comeau and the Voodoo Allstars will take the stage starting at 2:00 PM until 5:00 PM. Food vendors will be offering their specialties throughout the day.

Immediately following the performance by Gary Comeau, the highly popular Sear Factor Hot Pepper Eating Contest will take place. There will be a celebrity judge yet to

be named.

Other events during the day include Vendor's Alley, the annual Amateur Chili Cook-off, face painting, Climbing Wall and Bouncy Castle for the kids, who also get a chance to show their talents by painting 45-gallon barrels that will later be auctioned off.

The Beverage Gardens open at 12 Noon and remain open until 6:00 PM. Tickets for this year's feature raffle for \$500.00 and a second prize of two tickets to see Keith Urban will cost \$5.00 each and be available later in July at various locations. They can also be purchased on the grounds throughout the day.

Starting August 27 and each Saturday up to Sizzle Day, local restaurants are featuring a Sizzle Saturday Hot Special that fits in with the Hot Pepper theme. Come out and enjoy a day of fun, food and great music.

For more information contact Similkameen Country at 250.499.5225 or visit the website at [www.gotpeppers.info](http://www.gotpeppers.info). Volunteers

are still needed to assist during the day. Contact Similkameen Country if you want to volunteer for this event. -submitted

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Q: What is keratonconus?

A: Keratonconus is a vision disorder that occurs when the normally round cornea (the front part of the eye) becomes thin causing its shape to bulge out in the center. This prevents the light entering the eye from being focused correctly on the retina and causes distortion of vision. In the early stages of this condition eyeglasses and soft contact lenses can be used to correct the prescription which generally contains astigmatism. As the condition advances and the cornea thins more, the "cone" is more protruded and rigid contact lenses are the best option. In a few cases, corneal transplants are necessary but contact lenses and/or glasses are still necessary. There is a new procedure called corneal translinking which fortifies the corneal fibers, slowing down the thinning and preserving the quality of vision.

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## Health / Lifestyle News



If you're looking for fun in the sun and the Splash Park doesn't do the trick for you, don't forget there's also Centennial Pool tucked away in the back corner of Memorial Park, just off Highway 3. \*

## Insomnia can cost you more than sleep

(NC)—Research has shown that an inability to get a good night's sleep has significant financial, mental and physical costs for the individual and the society. If you don't feel refreshed when you wake, you may have more difficulty on the job or at school, reducing your productivity and potentially creating stress and problems for yourself and others. Studies suggest that you can lose as much as 32 percent of your daytime alertness if you reduce your sleep time by as little as one and a half hours. And what about on the road?

According to Statistics Canada, more than half of Canadians are operating every day without enough sleep. That means half the vehicles on the road are in the hands of drivers who may not be as alert as they should be. Experts say that driving drowsy can be compared to driving drunk.

Other side effects of insufficient sleep include greater risk for high blood pressure, heart failure and stroke, as well as higher incidences of obesity, mood disorders, and impaired immunity.

If you have trouble getting to sleep and staying asleep you are aware of the problems, but what solutions are available? Natural sleep aids address a variety of the factors behind insomnia and most natural health experts recommend combining herbal or vitamin supplements with lifestyle changes for a better night's sleep.

Dr. Joyce Johnson, Education Director with webber naturals, explains why melatonin is one sup-

plement that is often recommended. "Our bodies have natural levels of hormones that affect our sleep, our moods, sex drive, immunity and our response to stress. Insufficient sleep can suppress certain hormones and may unbalance our responses to normal stimuli and conditions. People who can't sleep generally have high levels of cortisol, the stress hormone, and low levels of melatonin."

Melatonin is a natural hormone that helps keep sleep cycles regulated. It

can be found in different strengths, 3, 5 and 10 milligrams generally, or in formulas such as Melatonin Plus with L-Theanine and 5-HTP, other natural sleep aids.

For centuries people have used herbs like valerian and chamomile to enhance sleep and taking more B vitamins, calcium and magnesium each day can also help give your body a chance for better sleep. Staying safe, healthy and alert is much easier when you get all the sleep your body needs, every night.

## Living Past 100

### The Glory of Apricots

If you lived in the Tashkent area of the world, where some of the longest living people are found, you would learn they believe the secret of their long healthy lives is the apricot. They grow a lot of apricots.

Apricot trees were first prized in the Middle East, and as people moved north, they took little apricot trees with them, the ancestors of today's apricot orchards.

The most important value of apricots is not their sweetness, even though they are a delicious soft fruit. The most important thing about apricots is their high level of beta carotene, a plant substance known to improve the quality of all tissues in the body.

Apricots have a mixture of healing compounds that fight heart disease. Along with beta carotenes, apricots have quantities of lycopene, a compound which prevents bad cholesterol in the blood from turning rancid and forming blockages. If you eat 10 apricots a day, you will have had your entire day's requirements for beta carotene and lycopene. This is a tasty way to defeat heart disease, isn't it?

The carotenoids in apricots also protect eyes from deteriorating through a disorder called macular degeneration, and further prevents the formation of cataracts in the eyes.

The benefits of apricots do not stop with the nutrients. Apricots are good sources of fibre in the diet (be sure to eat the skins).

Apricots do not lose a lot of food value when cooked or preserved. The carotenoids and fibre are still there, so use them to make desserts and jam, or just preserve them in jars or in the freezer. If you freeze them, be sure to cook them then put them in containers for the freezer. Apricots do not freeze well if not cooked.

While they are in the fruit stands, enjoy them to the fullest.

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# Princeton Court News

News Leader Court Reporter - Dawn Johnson

## Judge fails to buy story

James W. Ewen stood trial in Provincial Court in Princeton July 14 on a charge of theft under \$5,000. Three civilian witnesses and two RCMP witnesses testified during the trial.

The civilian witnesses stated they had been working for HTI on November 2, 2010. The company does work pertaining to the maintenance of telephone lines, and the three men were at Sunday Summit moving poles and lines further from the road. Their equipment truck was parked off the highway. One of the men noticed a white pick-up truck had parked behind the company truck, and a man was moving items from the company truck to the pick-up.

The workers rushed down the hill while the white pick-up left the scene, traveling toward Princeton. The workers followed, and phoned

the police, alerting them to the situation and giving the pick-up's licence plate number. Sgt. Dave Clare of the Princeton Detachment set out toward the west, but discovered the vehicle at the Husky station. He approached the station store to check on the customers. As he went to the door, Ewen came out carrying a cup of coffee. Sgt. Clare found there were no other customers in the store, so followed Ewen to the pick-up. When asked, Ewen admitted the truck belonged to him.

Cst. Bolt arrived at that point. He took Ewen aside while Sgt. Clare looked at items in the back of the pick-up. There were linemen's gear and a pair of boots. The three workers were across the highway at the Sandman and one identified the boots as his, and identified the man as appearing to be the man

they saw removing items from the company truck. Cst. Bolt then arrested Ewen.

Ewen, acting as his own counsel, told the court he had pulled over to check on items in the back of his pick-up. He said there was another vehicle there but it left when he arrived. He said he saw the items on the ground, and they looked good, so he threw them into the back of his pick-up. He said he never saw the HTI company truck.

Ewen tried to establish reasonable doubt by saying the first witness could not identify him, all three workers said he was taller than he is, and he said they got his licence number by following him. He said he did not run from the scene because he did not think he had done anything wrong.

Judge G. Sinclair did not buy Ewen's story, remarking that Ewen had seen the linemen's equipment and had taken it even though it was not his. Judge Sinclair found the 57 year old Penticton man guilty and ordered him to pay a \$400 fine.

## Woman loses licence

Cathryn Cathro appeared in Provincial Court in Princeton on July 14 for sentencing after pleading guilty to a charge of refusing to give a breath sample.

Cathro was apprehended on Old Hedley Road after police saw her vehicle swerving on the road, then

she failed to stop at a stop sign.

When questioned, Cathro admitted to having two drinks, but would not blow properly into a breath analyzer. Judge G. Sinclair ordered Cathro to pay a \$1,000 fine and prohibited her from driving for one year.

## Youth pleads guilty

A local youth charged last year with possession of marijuana appeared in Provincial Court in Princeton on July 15 to enter a guilty plea. As the youth had no

prior convictions, he was given a conditional discharge. He has six months to complete 20 hours of community work service in his lower mainland community.

## Hedley dispute settles on peace bond

Former Hedley resident Barry Hildebrandt appeared in Provincial Court in Princeton on July 15 to answer to two counts of assault. The charges arose as a result of a spousal dispute on May 12, 2010. After consultations with both Hildebrandt and his estranged wife, both parties agreed to a peace bond.

Hildebrandt is placed under a \$1,000 peace bond with the conditions as follows: for the coming year, he is to have no contact with

his estranged wife, he is not to go within 100 meters of her or her residence or an adjacent property owned by them, and he is allowed to visit Hedley three times per month for an hour each time, and he is to notify Princeton RCMP at least one day in advance of his intention to go to Hedley.

A violation of any of these conditions will cost him \$1,000 and a probable arrest for breaching the recognizance.

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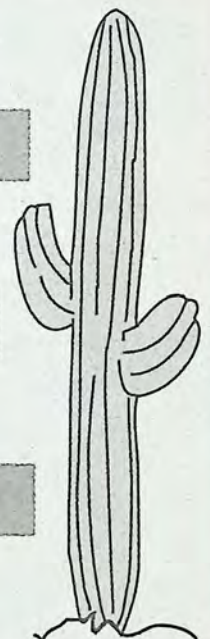
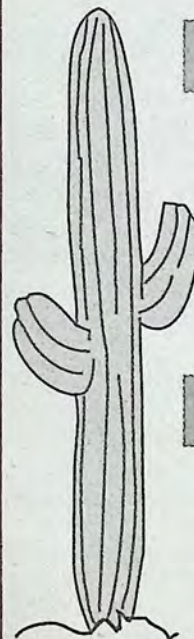
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**OFFICIAL GRAND OPENING**  
Thursday, August 18, 2011

Friends, family, vendors, community members...  
Are cordially invited to this commemorative event.

Access to the site will be strictly limited to the tour buses leaving from the Princeton Ball Diamonds off Hwy 3 at the base of Copper Mountain Road.

No reservations are required, but for guidelines and full details  
Please call the Event Hotline 250-295-4720.



Princeton Golf Club's Glen Weissbach, left, presents Jonas Montgomery with the Men's Club Championship trophy July 10th. The Club will host the Men's Open August 13 & 14. Photo: Sharon & Bob Paterson

**Gypsy band makes local stop**

Orkestar Slivovica will be making a surprise visit to Princeton on Sunday, July 24. Stop by Veterans Square at 5:00 PM on that day and be prepared to have fun. Admission is free.

Orkestar Slivovica (pronounced sliv-vo-VEE-cha).

People who came to last year's

Princeton Traditional Music Festival will remember a loud group of wildly dressed musicians parading through the streets of town.

There were drums, trumpets, accordions, tubas, saxophones and more, and the music compelled you to dance. This was Orkestar Slivovica, a Balkan brass band that follows the

Roma (gypsy) tradition of turning folk and dance tunes into mad party music.

Brass instruments, percussion and vocals combine to create an interactive "in your face" kind of music. The performances are wild and uninhibited and demand participation.

-submitted



Princeton Men's Championship Overall Low Net Winner Jim Elko, left, with Princeton Golf Club's Glen Weissbach, and Jonas Montgomery, right, Men's Club Champion. Photo: Sharon & Bob Paterson



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# News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 19 - 25, 2011



Sharlene Anderson took the Eleanor Hicks Senior Ladies Club Championship July 14th. She not only scored the overall low gross, she took long drive honours in Flight 1. Photo: Elaine Harwood

## Anderson wins Ladies Club Championship

A total of 22 golfers participated in the annual Eleanor Hicks Senior Ladies Club Championship at Princeton Golf Club July 14th. Overall Low Gross - Sharlene Anderson  
Overall Low Net - Lorraine Kirby  
Flight 1  
Low Gross - Lyn Graff

Low Net - Lois Simpson  
2nd Low Gross - Elaine Harwood  
2nd Low Net - Marnie Polley  
Long Drive - Sharlene Anderson  
KP - Marnie Polley  
Fewest Putts - Cathy Chadsey  
Flight 2  
Low Gross - Patty Lambe  
Low Net - Kaye Palmar

2nd Low Gross - Betty Evans  
2nd Low Net - Ginger Mills  
Long Drive - Kaye Palmar  
KP - Pat Kinsey  
Fewest Putts - Patty Lambe  
Accuracy Both Flights - Elaine Harwood  
Chip In - Marnie Polley, Kaye Palmar



Princeton Golf Club is enjoyed by many this time of year. \*

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Princeton Posse 2011/12  
Clip 'n' Save Game Schedule

Similkameen  
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HOME	AWAY
September 16 - Spokane	September 17 - Penticton
September 30 - Penticton	September 23 - Osoyoos
October 1 - Summerland	September 24 - Summerland
October 7 - Kelowna	October 8 - Summerland
October 15 - North Okanagan	October 14 - Kelowna
October 28 - Osoyoos	October 21 - Osoyoos
October 29 - Summerland	October 30 - Kelowna
November 4 - Nelson	November 5 - Revelstoke
November 11 - Castlegar	November 6 - Chase
November 12 - Beaver Valley	November 19 - Kamloops
November 16 - Kelowna	November 25 - Penticton
November 18 - Osoyoos	November 26 - Kelowna
December 9 - Grand Forks	December 2 - Castlegar
December 10 - Revelstoke	December 3 - Spokane
December 14 - Summerland	December 4 - Grand Forks
December 16 - Kamloops	December 17 - Penticton
December 18 - Kelowna	January 6 - Nelson
January 1 - Osoyoos	January 7 - Beaver Valley
January 11 - Penticton	January 13 - Kelowna
January 14 - Summerland	January 18 - Osoyoos
January 20 - Sicamous	January 28 - Sicamous
January 21 - Osoyoos	February 1 - Penticton
January 27 - Penticton	February 3 - Summerland
February 4 - Chase	February 10 - North Okanagan
February 14 - Kelowna	February 11 - Osoyoos
February 17 - Penticton	February 18 - Summerland

# Similkameen News Leader - Horoscopes

July 20 - 27, 2011

**Aries** - The joys of home, family and children will be more evident to you now. You may want to clean and/or redecorate your home in some way, seeing it as fun. Running errands, sending messages may keep you busy.

**Taurus** - Visiting and visitors are likely to add fun to your life right now, but it may be costing you more than you expected. Keep a tight rein on budget. Work and health continue to cause problems, you may feel quite tired at times.

**Gemini** - Your high energy phase is coming to an end soon, so complete projects you started. Communicating with others is important now, and taking care of necessary errands, short trips is high on your "to do" list.

**Cancer** - Life is sweet, you look good, and you feel good, but you do have worries. Sort through your thinking for a couple of weeks, then tell the world what you think ought to be done. Work hard at home to achieve goals.

**Leo** - You have been busy talking about what's on your mind, but talk has to turn into an action plan or there is little point to it. Take what you say more seriously and mobilize others into your plan. Let ego take back seat.

**Virgo** - Career demands more these days, but this will ease off soon. A lot is going on in your mind and you can express it all in a couple of weeks. You may have problems with groups you associate with, so spend time at home.

**Libra** - Use this week wisely to put your plans together. Be very diligent. Your career is about to go into high gear keeping you busy trying to solve problems. Old folks may need attention, or have difficulties. Be ready!

**Scorpio** - Although things may seem the same, big changes are in the works for you. Brothers and sisters, and your own neighbourhood, will bring beneficial changes in your life this year. Benefits will come your way by information.

**Sagittarius** - Through your work, you will receive big changes in your finances. Your health is good, but beware of weight gain. Stay active. Your job should be your main focus right now. Relate your work to your values.

**Capricorn** - You can make a big impression on younger folk now that will have a positive effect on them. Use the strength of your own personality to forge alliances with younger people. Work will be demanding for two weeks.

**Aquarius** - Major changes are taking place in the way you think about your home and your family. Family conflicts can be resolved, but the biggest change takes place in your own way of refusing to maintain the conflicts.

**Pisces** - Finish up repairs around home. Get ready for major changes in groups you belong to. Change your plans. This will be for the best. Look for ways you can change people in your immediate environment to improve your life.

## Tuesday Movies

### EVENING

9:00 pm KNOW ch.5 "This Way of Life" (2009, Documentary) A man's escalating fight with his adoptive father has serious consequences for his family as he struggles to

maintain their idyllic existence in the New Zealand wilderness. (CC)  
10:00 pm KNOW ch.5 "The First Movie" (2009, Documentary) Children in an Iraqi village film their daily lives. (CC)

## Wednesday Movies

NO MOVIES

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### TUESDAY, JULY 19, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig (6:37) Hi-5	Thomas Between	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	Worst Handyman	Henry's Franny	CityLine (N)	CSI: NY "Battle Scars"	Real Renos
7 AM	Cosby		Arthur	Arthur	Today The cast of "Entourage"; Shaun White. (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Artzooka	Super Evil Kid vs. Kat	SportsCentre		Salvage Code Red	Mickey Manny	The Nate Berkus Show	CSI: Crime Scene	Buy Me
8 AM	Cash Cab		Magic Bus	Curious Cat In the			Criminal Minds			100 Huntley Street	Bo On/Go	Sidekick	SportsCentre		American Chopper	Phineas Shake It	Racheel Ray	CSI: Crime Scene	Torrens
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	Jewels	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy Berenstain	SportsCentre	Live With Regis & Kelly	Cash Cab	Shake It	Role	CSI: Crime Scene	Restaurant Makeover
10 AM	The Investigators	World Vision	Maggie Spider	Sesame Street (EI)		The Price Is Right (N)	Family Jewels	The View (N)	World Vision	End/Leash	Poko	Little Bear	Fish Flats	The View (N)	Nerve Center	Shake It	EP Daily	CSI: NY	The Nanny
11 AM	Forensics Evidence	World Vision	Rolle Polle Babar	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Dog	Paid Prog.	World Vision	Noon News Hour (N)	Razzberry dirtgirl	G. Shrinks	Trick Shots	Marilyn Denis	Blueprint for Disaster	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur Dinosaur	Charlie Rose	Paid Prog. FREE Wen!	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies	2011 World Series of Poker: Down to 27, Part II. (Taped)	etalk	Mighty Ships "Solitaire"	Wizards Hannah	General Hospital (N)	Auction Hunters	Pregnant in Heels
1 PM	King Earl	Days of our Lives (N)	Dinosaurs Wibbly Pig	Painting Quilting	Days of our Lives (N)	The Talk	The Sopranos	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Redakal		Marilyn Denis	American Chopper	Suite/Deck	Jdg Judy	Auction	Love Handles: Couples
2 PM	Browns Payne	Young & Restless	Princess Mr. Moon	Barney WordWorld	Judge B.	Let's Make a Deal (N)	Criminal Minds	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Off Record	Dr. Phil	Auction	Suite/Deck	Access Hollywood Live	Auction	Gold Girls
3 PM	Family Guy	The Doctors	Little Bear	WordGirl	The Doctors	Dr. Phil	Jewels	Rachel Ray	The Doctors	Young & Restless	Recipes	Sidekick	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Suite/Deck	CityNews at 6 (N)	Auction	Restaurant Makeover
4 PM	The Office	Oprah Winfrey	Rob Robot	Fetch! With George S.	Jdg Judy	Oprah Winfrey	Family Jewels	Selinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Worst Handyman	Phineas	How I Met	Auction	Buy Me
5 PM	Browns	News (N)	Dino Dan	News	News (N)	News	Jewels	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	2011 World Series of Poker: Down to 9, Part I.	CTV News at Five (N)	Auction	Wizards	Hell's Kitchen (N)	Auction	Pregnant in Heels
6 PM	MLB Baseball: Atlanta Braves at Colorado Rockies. (N) (Live)	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Family Jewels	News	(5:59) News Hour (N)	ET Canada		ICarly		CTV News (N)	River Monsters (N)	Suite/Deck	America's Got Talent (N) (Live)	Auction	Love Handles: Couples
7 PM		Ent	Hope for Wildlife	NOVA (DVS)	Jeopardy!	The Dr. Oz Show	Family Jewels	Ent	Ent	NCIS: Los Angeles	Wheel	Weird	SportsCentre (N) (Live)	etalk	Deadliest Catch (N)	Shake It		Auction	Glamour
8 PM		NCIS	Going to Extremes	History Detectives (N)	It's Worth What?	NCIS	Jewels	Wipeout "At Full Tilt"	NCIS	NCIS	Mercer	ICarly		Can Dance	Worst Handyman	Suite/Deck	News	Repo	Buy Me
9 PM	Seinfeld	NCIS: Los Angeles	"This Way of Life"	Frontline "Kill/Capture"	America's Got Talent (N) Same-day Tape	NCIS: Los Angeles	Jewels	Game Show	NCIS: Los Angeles	Combat Hospital (N)	The Pillars of the Earth	Home Imp.	2011 ESPY Awards	Game Show	River Monsters	Debra! O	Real Chance of Love	Ways Die	Pregnant in Heels
10 PM	Law & Order: SVU	Combat Hospital (N)	"The First Movie"	POV (N)	48 Hours Mystery	Family Jewels	Family Jewels	Combat Hospital (N)	Combat Hospital (N)	News Hour Final (N)	National	Family Biz		The Borgias (N)	Deadliest Catch	Princess So Raven	Judge B.	MANswers	Love Handles: Couples
11 PM	Evidence Investigate	CHBC News Final (N)	Hands of History	Charlie Rose	News (N)	News	Family Jewels	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (N)	CTV News	Auction	Ned's	Paid Prog.	Unsolved Mysteries	Glamour

WEDNESDAY, JULY 20, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig (6:37) Hi-5	Builder Between	News (N)	News	Parking	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	Machines	Henry's	CityLine (N)	CSI: NY	Bootcamp
7 AM :30	Cosby		Arthur	Arthur	Today Ryan Gosling and Emma Stone (N)	The Early Show (N)	Parking	Good Morning America (N)			Artzooka	Super Evil	SportsCentre		Machines	Franny	The Nate Berkus Show	CSI: Crime Scene	Bootcamp
8 AM :30	Cash Cab		Rob Robot	Martha			Parking				Animal	Kid vs. Kat	SportsCentre		Breaking Point "Bus"	Manny			Puppy SOS
9 AM :30	Lyrical		Magic Bus	Curious			Parking			100 Huntley Street	Bo On/Go	Sidekick	SportsCentre		Mayday	Phineas	Rachael Ray (N)	CSI: Crime Scene	Torrens
10 AM :30	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	Storage	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	To School Berenstain	SportsCentre	Live With Regis & Kelly	Cash Cab	Hannah	Role	CSI: Crime Scene	Restaurant Makeover
11 AM :30	Family Fd		George S.	Dinosaur			Storage								Cash Cab	Hannah	Amazing		
12 PM :30	The Investigators	World Vision	Mag Fero Spider	Sesame Street (E)		The Price Is Right (N)	Storage	The View (N)	World Vision	End/Leash	Poko	Little Bear	2011 World Series of Poker. Down to 9. Part II. From Las Vegas. (Taped)	The View (N)	Mayday	Hannah	EP Daily	CSI: NY	Roseanne
1 PM :30	Forensics Evidence	Children	Rolie Polie	Sid	Ellen DeGeneres Show	Young & Restless	Parking	Paid Prog.	Children	Noon News Hour (N)	Razzberry	G. Shrinks		Marilyn Denis	Breakout	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
2 PM :30	Jim King	Noon News Hour (N)	Babar	Sit-Be Fit	Ten-Trainer	News	Parking	All My Children (N)	Noon News Hour (N)	House	CBC News Now (N)	Squirrel		etalk	River Monsters	Wizards	General Hospital (N)	Knockout Sportsworld	Fear Factor
3 PM :30	King Earl	Days of our Lives (N)	Dinosaurs	Oil Painting	Days of our Lives (N)	The Talk	Parking	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Beyblade		Marilyn Denis	Deadliest Catch	Kings	Jdg Judy	Deadliest Warrior	Wipeout Canada
4 PM :30	Browns Payne	Young & Restless	Princess Mr. Moon	Barney WordWorld	Judge B.	Let's Make a Deal (N)	Parking	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Off Record	Dr. Phil	Gold Rush: Alaska	Kings	Access Hollywood Live	Deadliest Warrior	Gold Girls
5 PM :30	Family Guy	The Doctors	Little Bear	WordGirl	The Doctors	Dr. Phil	Storage	Rachael Ray	The Doctors	Young & Restless	Recipes	Sidekick	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Kings	CityNews at 6 (N)	Deadliest Warrior	Restaurant Makeover
6 PM :30	The Office	Oprah Winfrey	Rob Robot	Fetch! With George S.	Jdg Judy	Oprah Winfrey	Storage	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Inventions That Shook	Phineas	It's Worth What?	Deadliest Warrior	Puppy SOS
7 PM :30	MLB Baseball: Atlanta Braves at Colorado Rockies (N) (Live)	News (N)	Dino Dan	News	News (N)	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	MLS Soccer: FC Dallas at Toronto FC. (Live)	CTV News at Five (N)	Mighty Ships "Epic"	Wizards	Minute to Win It (N)	Deadliest Warrior	Top Chef Canada
8 PM :30	King Earl	Days of our Lives (N)	Dinosaurs	Oil Painting	Days of our Lives (N)	The Talk	Parking	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Beyblade		etalk	Desert Car Kings (N)	Shake It	Murdoch Mysteries	Deadliest Warrior	Wipeout Canada
9 PM :30	Seinfeld	Love Bites (N)	Sorceress-Kiri	Secrets of the Dead	America's Got Talent	Criminal Minds	Storage	Family	Love Bites (N)	Love Bites (N)	Republic of Doyle	Home Imp.		So You Think You Can Dance "Top 10 Perform"	Desert Car Kings	Hannah	Real Chance of Love	Ways Die	Wipeout Canada
10 PM :30	Law & Order: SVU	CHAO	Gould	The Appalachians	Love in the Wild (N)	CSI: Crime Scene	Storage	Primetime Nightline	CHAOS	News Hour Final (N)	National	Family Biz	NASCAR Racing	Love in the Wild (N)	Mighty Ships "Epic"	Princess	Justice	MANswers	Top Chef Canada
11 PM :30	Evidence Investigate	CHBC News Final (N)	Architects of Change	Charlie Rose (N)	News (N)	News	Storage	News	News Hour Final (N)	Ent	George S	Prank Ptr	SportsCentre (N)	CTV News	Deadliest Catch	Ned's	Paid Prog.	Knockout	Kitchen Nightmares

THURSDAY, JULY 21, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig (6:37) Hi-5	Thomas Between	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	I Could Do	Henry's	CityLine (N)	CSI: NY	6 Degrees
7 AM :30	Cosby		Arthur	Arthur	Today	The Early Show (N)	The Sopranos	Good Morning America (N)			Artzooka	Super Evil	SportsCentre		I Could Do	Franny	The Nate Berkus Show	CSI: Crime Scene	6 Degrees
8 AM :30	Cash Cab		Rob Robot	Martha	Today		Criminal Minds				Animal	Kid vs. Kat	SportsCentre		Junk Raiders	Manny			Tracked
9 AM :30	Lyrical		Magic Bus	Curious	Today					100 Huntley Street	Bo On/Go	Sidekick	SportsCentre		Breakout	Phineas	Rachael Ray (N)	CSI: Crime Scene	Torrens
10 AM :30	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Timothy	Golf: Senior British Open, First Round. (N)	Live With Regis & Kelly	Cash Cab	Wizards	Role	CSI: Crime Scene	Restaurant Makeover
11 AM :30	Family Fd		George S.	Dinosaur			The First 48								Cash Cab	Wizards	Amazing		
12 PM :30	The Investigators	World Vision	Mag Fero Spider	Sesame Street (E)		The Price Is Right (N)	The First 48	The View	World Vision	End/Leash	Poko	Little Bear		The View	Mighty Ships	Wizards	EP Daily	CSI: NY	Puppy SOS
1 PM :30	Forensics Evidence	World Vision	Rolie Polie	Sid	Ellen DeGeneres Show	Young & Restless	Dog	Paid Prog.	World Vision	Noon News Hour (N)	Razzberry	G. Shrinks		Marilyn Denis	Mighty Ships "Epic"	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
2 PM :30	Jim King	Noon News Hour (N)	Babar	Sit-Be Fit	Ten-Trainer	News	Dog	Paid Prog.	Noon News Hour (N)	House	CBC News Now (N)	Puppies		etalk	Deadliest Catch	Wizards	General Hospital (N)	Jail	Friends
3 PM :30	King Earl	Days of our Lives (N)	Dinosaurs	Painting	Days of our Lives (N)	The Talk	CSI: Miami	All My Children (N)	Noon News Hour (N)	House	CBC News Now (N)	Pokémon		Bold	Hannah				Friends
4 PM :30	Browns Payne	Young & Restless	Princess Mr. Moon	Barney WordWorld	Judge B.	Let's Make a Deal (N)	Criminal Minds	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster		Marilyn Denis	Desert Car Kings	Phineas	Jdg Judy	Jail	Friends
5 PM :30	Family Guy	The Doctors	Little Bear	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray (N)	The Doctors	Young & Restless	Recipes	Sidekick	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Phineas	CityNews at 6 (N)	Jail	Restaurant Makeover
6 PM :30	The Office	Oprah Winfrey	Rob Robot	Fetch! With George S.	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Machines	Phineas	How I Met	Jail	Real Renos
7 PM :30	MLB Baseball: Atlanta Braves at Colorado Rockies (N) (Live)	News (N)	Dino Dan	News	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	PGA Tour Golf: ABC Canadian Open, First Round. (Live)	CTV News at Five (N)	Nerve Center	Wizards	Community	Jail (N)	Friends
8 PM :30	King Earl	Days of our Lives (N)	Dinosaurs	Oil Painting	Days of our Lives (N)	The Talk	News	ABC News	Global Nat.	(5:59) News Hour (N)	ET Canada	Parents	MLS Soccer: FC Dallas at Toronto FC. (Live)	CTV News (N)	Finding Atlantis	Suite/Deck	How I Met	IMPACT Wrestling (N)	Friends
9 PM :30	Seinfeld	Love Bites (N)	Sorceress-Kiri	Secrets of the Dead	America's Got Talent	Criminal Minds	News	News	News Hour Final (N)	Ent	Coronation	Indie		etalk	Myth-Busters	Shake It	Family		Family Guy
10 PM :30	Law & Order: SVU	CHAO	Gould	The Appalachians	Love in the Wild (N)	CSI: Crime Scene	News	News	News Hour Final (N)	Ent	Coronation	Indie		Big Bang	Wizards	Good Luck	Rules		Family Guy
11 PM :30	Evidence Investigate	CHBC News Final (N)	Architects of Change	Charlie Rose (N)	News (N)	News	News	News	News Hour Final (N)	Ent	George S	Prank Ptr	SportsCentre (N)	CTV News	Deadliest Catch	Ned's	Amazing	Deadliest Warrior	Friends

# Princeton Centennial Pool - Toga Party



Princeton Centennial Pool staff get into the spirit of a Toga Party July 13th. \*



Toga Party or not, many pre-teens and teens had fun at the pool. \*



Fun and games were the order of the day at the pool Toga Party July 13th. \*



Centennial Pool staff give Karmen some extra attention at the Toga Party! \*



Stacey demonstrates the proper way to catch a grape at the July 13th Toga Party. \*



It was not just pool staff in costume during the Toga Party! \*

# Princeton Traditional Music Festival

## Just A Month To Go Until The Music Festival

by Rika Ruebsaat

Anyone walking down the streets of Princeton on the weekend of August 19 to 21st shouldn't be surprised to hear fiddle tunes wafting across Bridge Street. Looking west onto Veterans Square they'll see a big tent with a stage and people sitting in chairs tapping their feet or maybe even dancing in the street. Walking down Vermilion Avenue towards the Museum they may hear bagpipes or cowboy poetry or perhaps a song about sailing on the tall ships.

All of this and much more is the kind of music featured at the Fourth Annual Princeton Traditional Music Festival. Over 100 musicians will be in town that weekend, some of them local, many of them from the coast, and some from as far away as New England.

The Festival begins on the evening of Friday, August 19th with the opening ceremony followed by an Irish country dance on Veterans Way beside the Legion. The dance will feature a live band with fiddle, guitar and concertina. Everyone is welcome. There will be a caller to teach the dances so no experience is necessary and people don't even need to bring a partner. On Saturday and Sunday there will be

music from 10:00 AM until 6:00 PM on two stages – one in Veterans Square and one in front of the Museum.

And it's all free! No admission will be charged. The reason for this is that the Festival is run entirely by volunteers and the musicians are donating their talents.

A special feature in this year's program is a one-hour presentation called "Homegrown traditions". Hosted by Larry Saidman, this session will highlight the musical talents of people living in Princeton.

Many people will know Larry Saidman from hearing him play French horn in the Princeton Town Band. He is also a member of the Backdoor Blues and Allenby Road bands. Joining him onstage will be Barbara Bushewsky who is best known as the owner/manager of Linguini's and Cowboy Coffee. She also has an interest in 12th century European music and its history—especially ancient scripture that has been put into poetry and Gregorian chant. She will be performing with Corry Oerlemans whom many will recognize from hearing him play trumpet at many Princeton events. Corry grew up in a musical family, with his father

..... continued on Page 22



This picture was taken recently near Olalla in a farm pasture. If you look closely, you will see a fly on this wildflower. Well, actually, it is a dead fly. And as mother nature goes, nothing goes to waste. The legs of a spider can be seen laying claim to the fly. It beckons to words from the old nursery rhyme, 'There Was An Old Lady Who Swallowed A Fly'. Have you ever noticed that the words from nursery rhymes aren't so benign?: "I know an old lady who swallowed a spider that wriggled and jiggled and tickled inside her. She swallowed the spider to catch the fly, but I don't know why she swallowed the fly. Perhaps she'll die." Photo: Arlene Arlow

FRIDAY, JULY 22, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Bullder	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Breaking Point	Henry's	CityLine (N)	Bar Rescue	Top Chef Canada
7 AM	Cosby		Arthur	Arthur	Today Cee Lo Green performs. (N)	The Early Show (N)	The Sopranos	Good Morning America			Artoozooka	Super Evil	SportsCentre		Arctic Roughnecks	Stella-Sam	The Nate Berkus Show	Pros vs. Joes	Torrens
8 AM	Cash Cab		Magie Bus	Curious			Criminal Minds	Goo Goo Dolls perform.		100 Huntley Street	Bo On/Go	Sidekick	SportsCentre		Mighty Ships	Phineas	Rachael Ray (N)	Pros vs. Joes	TV-Torrens
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	Criminal Minds	Live With Regis & Kelly	100 Huntley Street	World Vi-sion	Super Why!	To School	Golf: Senior British Open, Second Round. (N)	Live With Regis & Kelly	Cash Cab	Good Luck	Role	Pros vs. Joes	Restaurant Makeover
10 AM	The Investigators	World Vi-sion	Mag Fero	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View	World Vi-sion	End/Leash	Poko	Little Bear		The View	Machines	ANT Farm	EP Daily	Pros vs. Joes	Torrens
11 AM	Forensics	PLAN	Rollie Polle	Sid	Ellen DeGeneres Show	Young & Restless	Dog	Paid Prog.	PLAN	Noon News Hour (N)	Razzberry	Babar	NASCAR Racing	Marilyn Denis	Breaking Point	Suite Life	CityLine	Pros vs. Joes	Gold Girls
12 PM	Jlm	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Almost	PGA Tour Golf: RBC Canadian	etalk	Nerve Center	Wizards	General Hospital (N)	Pros vs. Joes	70s Show
1 PM	King	Days of our Lives (N)	Dinosaurs	Painting	Days of our Lives (N)	The Talk	The Sopranos	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland	Yu-Gi-Oh!	Open, Second Round. (N) (Live)	Marilyn Denis	Finding Atlantis	Kings	Jdg Judy	Pros vs. Joes	King
2 PM	Browns	Young & Restless	Princess	Barney	Judge B.	Let's Make a Deal (N)	Criminal Minds	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster		Dr. Phil	Myth-Busters	Good Luck	Access Hollywood Live	Pros vs. Joes	Gold Girls
3 PM	Family Guy	The Doctors	Little Bear	WordGirl	The Doctors	Dr. Phil	Criminal Minds	Rachael Ray (N)	The Doctors	Young & Restless	Recipes	Sidekick	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Phineas	CityNews at 6 (N)	Pros vs. Joes	Restaurant Makeover
4 PM	The Office	Oprah Winfrey	Rob Robot	Blz Kids	Jdg Judy	Oprah Winfrey	Criminal Minds	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Nerve Center	Phineas	Murdoch Mysteries	UFC Un-leashed	Torrens
5 PM	Browns	News (N)	Dino Dan	News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	2011 Tour de France: Stage 19. From Modane to Alpe-d'Huez	CTV News at Five (N)	How/Made	Wizards	Murdoch Mysteries	UFC Un-leashed	70s Show
6 PM	Law & Order: SVU	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver (N)	SpongeBob		CTV News (N)	South Beach Classics	Random	Mantracker	The Hooters 2011	King
7 PM	Seinfeld	Ent	For King and Country	Wash. News	Jeopardy!	The Dr. Oz Show	Criminal Minds	Ent	90210 "Mother Dearest"	Wheel	Jeopardy!	Movie: "What a Girl Wants" (2003)	CFL Football: Hamilton Tiger-Cats at BC Lions. (N Subject to Blackout)	etalk	Oddities	Good Luck	My RONA Home	Deadliest Warrior	Family Guy
8 PM	Movie: "My Baby's Daddy"	Bones	New Tricks	Need to Know (N)	Who Do You	Flashpoint	The Glades	Shark Tank	Bones	Bones	Ron James	Brooms		Flashpoint (N)	Parks	Movie: "How to Eat Fried Worms"	News	UFC Un-leashed	Family Guy
9 PM		House	New Tricks	Lark Rise to Candleford	Dateline NBC (N)	CSI: NY "Identity Crisis"	(9:01) Criminal Minds	Primetime: What Would	House	House	Winnipeg Comedy	Mr. Young		CSI: NY "Identity Crisis"	South Beach Classics	Kickin' It	Law Order: CI	The Hooters 2011	Family Guy
10 PM	Movie: "My Baby's Daddy" (2004)	90210 "Mother Dearest"	New York	Land Girls		Blue Bloods	(10:01) Criminal Minds	20/20	90210 "Mother Dearest"	News Hour Final (N)	National Politician	Mr. Young	SportsCentre (N)	Blue Bloods	How/Made	Movie: "Angels in the Outfield"	Justice	Deadliest Warrior	Family Guy
11 PM	Investigate	CHBC News Final (N)	Charlie Rose	News (N)	News	News	(11:01) Criminal Minds	Nightline	News Hour Final (N)	Ent	George S	The Next Star	SportsCentre	CTV News	Oddities	Amazing	UFC Un-leashed	70s Show	King

# 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 #360 - Rated Medium

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

THIS WEEK'S SOLUTION:  
Page 18

Carter's Sudoku Challenge  
grids, puzzles and solutions  
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## Thursday Movies

### EVENING

8:00 pm WTBS ch.3 "Adventures in Babysitting" (1987, Comedy) Elisabeth Shue. To help a friend, a suburban baby sitter drives into downtown Chicago with her two charges and a neighbor.

9:00 pm KNOW ch.5 "Mother of Rock Lillian Roxon" (2010, Documentary) The decadent world of Max's Kansas City

club in New York. (CC)

10:00 pm WTBS ch.3 "Adventures in Babysitting" (1987, Comedy) Elisabeth Shue. To help a friend, a suburban baby sitter drives into downtown Chicago with her two charges and a neighbor.

## Friday Movies

### EVENING

7:00 pm YTV ch.18 "What a Girl Wants" (2003, Comedy-Drama) Amanda Bynes. A vivacious teenager leaves New York in order to meet her estranged father in London. (In Stereo) (CC)

8:00 pm WTBS ch.3 "My Baby's Daddy" (2004, Comedy) Eddie Griffin. Three footloose men get a rude awakening after their girlfriends become pregnant.

FAM ch.26 "How to Eat Fried Worms" (2006, Comedy-Drama) Thomas Cavanagh. Bravado lands an 11-year-old boy in a predicament at a new school

when he accepts the challenge of a bully to eat 10 worms in a single day. (In Stereo) (CC)

9:45 pm WTBS ch.3 "My Baby's Daddy" (2004, Comedy) Eddie Griffin. Three footloose men get a rude awakening after their girlfriends become pregnant.

10:00 pm FAM ch.26 "Angels in the Outfield" (1994, Comedy) Danny Glover. The manager of the lowly California Angels puts his faith in a boy who can see an angel. (In Stereo) (CC)

# Saturday Movies

### MORNING

8:00 am WTBS ch.3 "Brideshead Revisited" (2008, Drama) Matthew Goode. Befriended by aristocrat Sebastian Flyte, Oxford student Charles Ryder finds the family's power and privilege seductive, and he falls in love with Sebastian's sister, Julia.

10:30 am WTBS ch.3 "Lemony Snicket's A Series of Unfortunate Events" (2004, Comedy) Jim Carrey. A dastardly count plots to steal an inheritance from three young orphans placed in his care.

must conduct a midair assault upon a hijacked plane loaded with terrorists and a deadly nerve gas. (In Stereo)

5:00 pm WTBS ch.3 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother.

5:30 pm SPIKE ch.44 "Behind Enemy Lines" (2001, Action) Owen Wilson. Premiere. A Navy admiral orders the rescue of a fighter pilot after the Serbs shoot down his plane in Bosnia. (In Stereo)

### AFTERNOON

12:00 pm FAM ch.26 "Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. A popular teen learns she is the reincarnation of a Chinese warrior who must save the world from an evil villain. (In Stereo) (CC)

2:30 pm SPIKE ch.44 "Executive Decision" (1996, Action) Kurt Russell. A commando squad

### EVENING

6:00 pm CITY ch.29 "The Rendering" (2002, Suspense) Shannen Doherty. A sketch artist must prove her jailed husband's innocence before a deranged inmate kills him. (CC) (DVS)

7:00 pm WTBS ch.3 "Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. CTV ch.12 "Merlin and the

Book of Beasts" (2009, Adventure) Laura Harris. Premiere. A princess seeks the help of Merlin the wizard to save Camelot from an evil force. (CC) (DVS)

8:00 pm CHBC ch.4 BCTV ch.11 "Merlin and the Book of Beasts" (2009, Adventure) Laura Harris. Premiere. A princess seeks the help of Merlin the wizard to save Camelot from an evil force. (CC) (DVS)

KXLY ch.10 "Harry Potter and the Sorcerer's Stone" (2001, Fantasy) Daniel Radcliffe. An orphan attends a school of witchcraft and wizardry and pieces together the mystery of his parents' deaths. (In Stereo) (CC)

SPIKE ch.44 "Behind Enemy Lines" (2001, Action) Owen Wilson. A Navy admiral orders the rescue of a fighter pilot after the Serbs shoot down his plane in Bosnia. (In Stereo)

9:00 pm WTBS ch.3 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their

..... continued on Page 19

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# Sunday Movies

### MORNING

8:00 am WTBS ch.3 "Daddy Day Camp" (2007, Comedy) Cuba Gooding Jr. Chaos reigns when two clueless fathers take charge of a dilapidated summer camp and its ill-behaved attendees.

10:00 am WTBS ch.3 "Deliver Us From Eva" (2003, Romance-Comedy) LL Cool J. In order to get a breather from their meddling sister-in-law, three men pay a playboy \$5,000 to romance her. A&E ch.9 "The Pelican Brief" (1993, Suspense) Julia Roberts. A Washington reporter helps an on-the-run law student who knows too much about a government cover-up. (CC)

Adventure) Tim Curry. Kermit, Long John Silver and Young Jim Hawkins set sail for riches using a dead pirate's treasure map. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Why Did I Get Married?" (2007, Comedy-Drama) Tyler Perry. Revelations of infidelity and other secrets force eight married friends to take a hard look at issues of commitment, betrayal and forgiveness.

CBC ch.13 "Charlie and the Chocolate Factory" (2005, Fantasy) Johnny Depp. A poor boy and four spoiled children win a tour through the incredible factory of an odd confectioner. (In Stereo) (CC)

a famous and diabolical editor of a New York fashion magazine. (In Stereo) (CC)

9:00 pm FAM ch.26 "102 Dalmatians" (2000, Adventure) Glenn Close. Released from prison, Cruella De Vil teams with designer Jean Pierre Le Pelt in resuming her quest for a Dalmatian coat. (In Stereo) (CC)

10:30 pm SPIKE ch.44 "The Hunted" (2003, Action) Tommy Lee Jones. Aided by the FBI, a retired combat-trainer searches for a former student who is killing civilians in Oregon. (In Stereo)

10:40 pm FAM ch.26 "The Neverending Story II: The Next Chapter" (1990, Fantasy) Jonathan Brandis. A boy hero and a boy warrior try to rescue a princess from an ivory tower in the land of Fantasia. (In Stereo) (CC)

### AFTERNOON

12:00 pm FAM ch.26 "All Dogs Go to Heaven" (1989, Fantasy) Voices of Dom DeLuise. Animated. A junkyard dog returns to life and his dachshund buddy in 1939 New Orleans. (In Stereo) (CC)

3:00 pm VTV ch.22 "Jacob Two Meets the Hooded Fang" (1999, Fantasy) Gary Busey. After a bump on the head, a boy goes on trial for insulting a grown-up and finds himself sentenced to strange Slimers' Island. (In Stereo) (CC)

### EVENING

6:00 pm YTV ch.18 "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook. (In Stereo) (CC)

7:30 pm WTBS ch.3 "Why Did I Get Married?" (2007, Comedy-Drama) Tyler Perry. Revelations of infidelity and other secrets force eight married friends to take a hard look at issues of commitment, betrayal and forgiveness.

8:00 pm CBC ch.13 "The Devil Wears Prada" (2006, Comedy) Meryl Streep. A recent college graduate lands a job working for

11:00 pm WTBS ch.3 "Deliver Us From Eva" (2003, Romance-Comedy) LL Cool J. In order to get a breather from their meddling sister-in-law, three men pay a playboy \$5,000 to romance her. KNOW ch.5 "Mother of Rock Lillian Roxon" (2010, Documentary) Premiere. The decadent world of Max's Kansas City club in New York. (CC)

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SATURDAY, JULY 23, 2011

Table with 20 columns (channels WTBS to TROP) and 12 rows (times 6:30 AM to 11:30 PM). Each cell contains program titles and channel numbers.

SUNDAY, JULY 24, 2011

Table with 20 columns (channels WTBS to TROP) and 12 rows (times 6:30 AM to 11:30 PM). Each cell contains program titles and channel numbers.

MONDAY, JULY 25, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig (6:37) HI-5	Builder Between	News (N)	News	CSI: Miami "L.A."	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	Mayday	Henry Franny	CityLine (N)	CSI: NY	Spilled
7 AM :30	Cosby		Arthur	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Artzooka	Super Evil	SportsCentre		Building the Biggest	Mickey	The Nate Berkus Show	CSI: Crime Scene	Tooned
8 AM :30	Cash Cab		Rob Robot	Martha			Criminal Minds				Animal	Kid vs. Kat			Mega Builders	Manny	Rachael Ray (N)	CSI: Crime Scene	Tooned
9 AM :30	Family Fd	100 Huntley Street	Magic Bus	Curious Cat in the					100 Huntley Street	100 Huntley Street	Bo On/Go	Sidekick	SportsCentre			Phineas	Rachael Ray (N)	CSI: Crime Scene	Torrens
10 AM :30	Lyrics!		Miss BG								Busytown	Kid vs. Kat			Wizards			Whatever	
9 AM :30	Family Fd		G. Shrinks	Dinosaur	The 700 Club	The First 48	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy	SportsCentre	Live With Regis & Kelly	Canada's Worst Driver	Wizards	Role	CSI: Crime Scene	Restaurant Makeover
10 AM :30	Family Fd										News	Berenstein			Wizards	Amazing			
10 AM :30	The Investigators	World Vision	Mag Fero Spider	Sesame Street (E)	The Price is Right (N)	The First 48	The View	World Vision	World Vision	End/Leash	Poko	Little Bear	Sportfish	The View	Break-Ing Point "House"	Wizards	EP Daily	CSI: NY	Just Shoot
11 AM :30	Forensics Evidence	World Vision	Rolie Polie Babar	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Dog Dog	Paid Prog.	World Vision	Noon News Hour (N)	Razzberry dirtgirl	Babar Rescue	Drag Racing: NHRA Mopar Mile-	Marilyn Denis	Extreme Peril	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Jim King	Noon News Hour (N)	Arthur Dinosaur	Charlie Rose	Paid Prog.	News Bold	CSI: Miami "L.A."	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Sidekick	High Nationals. From Denver.	etalk	Breakout	Wizards	General Hospital (N)	Jail	Wipeout (N)
1 PM :30	King Earl	Days of our Lives (N)	Dinosaurs Wibbly Pig	Paint This Sewing	Days of our Lives (N)	The Talk	The Sopranos	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland "Cattle Call"	Beyblade Kid vs. Kat	(Taped)	Marilyn Denis	Dirty Jobs	Kings	Jdg Judy	Jail	Wipeout
2 PM :30	Browns Payne	Young & Restless	Princess Mr. Moon	Barney WordWorld	Judge B. Judge B.	Let's Make a Deal (N)	Criminal Minds	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Kid vs. Kat	Off Record	Dr. Phil	Flying Wild Alaska	Kings	Access Hollywood Live	Jail	Gold Girls
3 PM :30	Family Guy	The Doctors	Little Bear	WordGirl Electric	The Doctors	Dr. Phil	The First 48	Rachael Ray (N)	The Doctors	Young & Restless	Recipes	Sidekick	SportsCentre (N)	(2:59) The Dr. Oz Show	Canada's Worst Driver	Kings	CityNews at 6 (N)	Jail	Restaurant Makeover
4 PM :30	The Office	Oprah Winfrey	Rob Robot	Fetch! With G. Shrinks	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News Global Nat.	Ghost Whlisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Mighty Ships	Phineas	Hell's Kitchen (N)	Ways Die	Instant
5 PM :30	Browns Payne	News (N)	Dino Dan	News	News (N)	News	Hoarders "Lloyd; Carol"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Skins Game. Day One. (Taped)	CTV News at Five (N)	Myth-Busters	Wizards	The Bachelor (N)	Ways Die	Wipeout
6 PM :30	Law & Order: SVU	Global Nat. News	Dogs Parks	PBS News-Hour (N)	News (N)	News	Hoarders "Ron; Carol"	News	(5:59) News Hour (N)	ET Canada	ICarly			CTV News (N)	Sons	Suite/Deck		Ways Die	Wipeout
7 PM :30	Seinfeld	Ent	Be the Creature	Outnumbr Steves	Jeopardy!	The Dr. Oz Show	Intervention (N)	Ent	Ent	Hawaii Five-0 "Kai e'e"	Wheel Jeopardy!	The Next Star (N)	SportsCentre (N) (Live)	etalk	American Chopper	Shake It	Extreme Makeover	Ways Die	Instant
8 PM :30	Movie: Artificial Intelligence (2001)	In Plain Sight	Francesco's Italy	Antiques Roadshow "Spokane, WA"	America's Got Talent	How I Met Mike	Intervention "Erin"	The Bachelor (N)	In Plain Sight	In Plain Sight	Mosque	ICarly		So You Think You Can Dance	Mighty Ships	Suite/Deck	News	Ways Die	Bob-Doug
9 PM :30	Haley Joel Osment	The Kennedys	"The Slanted Screen"	Law Order: CI	Two Men Mike	(9:01) Hoarders			The Kennedys	The Kennedys	Being Erica (DVS)	Home Imp. Indie	World Poker Tour: Sea	Myth-Busters	Sonny Wingin' It	Real Chance of Love	Ways Die	Parking	
10 PM :30	The Investigators	CHBC News Final (N)	Wipe Out-Brain Injury	Charlie Rose (N)	News (N)	News	(11:01) Intervention	News	News Hour Final (N)	Ent	George S	Prank Ptr	SportsCentre (N)	CTV News	Sons	Ned's	Paid Prog.	Ways Die	Wipeout
11 PM :30					Jay Leno	Letterman		Nightline	ET Canada	ET Canada	FINA	Prank Ptr		CTV News	Sons	Life Derek	Paid Prog.	Ways Die	Wipeout

# Monday Movies

EVENING

8:00 pm WTBS ch.3 "A.I.: Artificial Intelligence" (2001, Science Fiction) Haley Joel Osment. In the future a cutting-edge android in the form of a boy embarks on a journey to discov-

er his true nature.  
9:00 pm KNOW ch.5 "The Slanted Screen" (2006, Documentary) Filmmaker Jeff Adachi examines Hollywood's portrayal of Asian men in movies. (CC)

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**card of thanks**

**card of thanks**

Thank you to our Darnella (Armitage), Grant and Duane and relatives for having a family pot luck on our 70th Wedding Anniversary. Also thank you for the flowers, cards, gifts, food and phone calls. Thank you Dawn of the News Leader for coming to our house.  
Bert & Grace Lawrence

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Billy's Family Restaurant currently has positions available for part-time and full-time cooks.  
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## THANK YOU!

The Tulameen & District Fire Department would like to thank all of the people who donated to our Equipment Fund. Our goal was to fundraise for 6 sets of Turn Out Gear. From your generous donations and the funds raised at the dance we have enough for 4 sets of turn out gear. We are on our way towards the next 2. Thank you as well to the volunteers who helped set up and run the dance. A Special Thank You to Judy and Bill Wallace, Mike and Rachelle Sanderson, Bobby Hughes, Marty Hassell, Tom and Kelly Reichert, Marg and Ed Reichert, James Eisnor, Daniel Wolowidnyk, Robert LeDuc, Tony Ellis, Colleen Burke, Janet Scotland, Maryanne Woodford, Frankie Reichert, Josh Sanderson, Bill and Candace of the Tulameen Trading Post, Chris Ng and family, Coalmont Centennial volunteers and the Tulameen Community Club.

Jody Woodford, Chief - Tulameen & District Fire Department

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**LITERACY NOW**

### Community Literacy Now Facilitator Job Posting

The Princeton Leader's for Literacy Task Group is a community group made up of representatives from many community organizations. The goal of the group is to promote literacy through awareness and advocacy, and to initiate and support learning opportunities to increase the literacy levels of children, youth and adults within the community of Princeton.

Under the leadership of the Princeton Leader's for Literacy Now Task Group with support from School District No. 58, the Community Literacy Now Facilitator will work to continue to implement the Community/District Literacy Plan.

**Roles & Responsibilities**  
The facilitator will be responsible for building positive relationships with community groups, local government, educational institutions, businesses and other non-profit groups. As well, s/he will chair Task Group meetings and organize and host round table discussions with a variety of focus groups and service providers to facilitate both the goals of community plan "vision statement" and to identify and evaluate the current literacy assets and needs in the community. This position requires report writing, grant application and event planning skills and experience.

**Skills & Qualifications**  
The individual we are looking for will have the following skills and qualifications:  
- Proven ability to organize and manage projects, develop partnerships and a sense of community, consult and collaborate with others, and facilitate groups and build a team  
- Exceptional communication and outreach skills (oral, written, email, word processing)  
- Be self-motivated, take initiative and work independently

**The successful applicant must:**  
- Hold a valid driver's license and have own transportation, travel will be required  
- Provide his/her own computer and telephone, access to fax, etc. as required  
- Pass a criminal record check.

This is a flexible, contract position. The contract is negotiable, commensurate with qualifications and experience.

Please drop off a cover letter with targeted resume no later than July 29th, 2011 to Work Zone Princeton.

We wish to thank all applicants, however, only those candidates selected for an interview will be contacted.

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SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #360

489	372	561
152	964	783
736	158	924
865	721	349
374	896	152
291	543	876
613	285	497
928	417	635
547	639	218

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souvenirs

**Prince Town  
1826 - 1926**

The CD traces the history of the Similkameen Valley  
from the First Nations to the Oregon Treaty to the arrival  
of prospectors and the Royal Engineers. It includes  
details on all local communities and ghost towns  
as well as historic photos.

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Similkameen  
**News Leader - Recipe Corner**

Recipe #382

**Mushrooms Empanadas**

by Jeannette Ordas of Everybody Likes Sandwiches

Empanada Dough:

- 2 cups all-purpose flour (500 mL)
- 1/2 cup whole wheat flour (125 mL)
- 1 tsp salt (5 mL)
- 1/2 cup all-vegetable shortening, cold, cut into cubes (125 mL)
- 1 large egg
- 1/3 cup ice water (75 mL)
- 1 tbsp vinegar (15 mL)

Empanada Filling:

- 1 tbsp unsalted butter (15 mL)
- 1 tbsp olive oil (15 mL)
- 2 fat cloves garlic, minced
- 1/2 small red onion
- 1/4 cup fresh thyme, stems removed (50 mL)
- 1 lb. button mushrooms, sliced and roughly chopped (500 g)
- 1/2 tsp kosher salt (2 mL)
- 1/2 tsp fresh ground black pepper (2 mL)
- 1/4 cup white wine (50 mL)
- 2 tbsp heavy cream (25 mL)
- 1 cup Asiago cheese, grated (250 mL)
- 1 large egg, lightly beaten with 1 tbsp water

Empanada Dough:

1. Combine flours and salt in a large bowl and stir. Add shortening and use your fingers to blend until the mixture resembles coarse crumbs.
2. In a small bowl, whisk the egg with the ice water and add in the vinegar. Slowly pour into the flour mixture and use a fork to gently incorporate it. Gently knead the dough until it comes together into a ball - two or three times should do it.
3. Wrap the dough in plastic wrap, flatten it slightly with the palm of your hand, and chill in the fridge for at least 1 hour.

Empanada Filling:

1. Heat oil and butter in a large skillet over medium heat. Add garlic and onion and saute until soft. Add mushrooms, thyme, salt and pepper and cook until the ingredients start to turn golden and fragrant. Add wine, stirring, until it evaporates. Turn down heat and add cream, stirring until it absorbs into the mixture. Remove from heat and let cool.
2. Preheat oven to 400F (200C).

3. Roll out dough to 1/8 inch thick on a floured surface. Use a 3 1/2-inch circle cutter to cut out circles of dough. Scraps can be collected, re-rolled and cut into circles.

4. Place about a teaspoon of the mushroom mixture onto each circle, topping with some cheese, while leaving a half-inch border around the filling. Brush the egg wash over the tops of all of the completed empanadas and place on cookie sheets lined with parchment or silpat. Bake for 20-25 minutes, or until the empanadas are golden brown and flaky. Let cool slightly before serving. Makes 18 empanadas. This recipe was created by Jeannette Ordas of Everybody Likes Sandwiches for the Mushroom Masters: A Tournament of Taste Button Battle.

For more great mushroom recipes, tips, and information visit Mushrooms Canada online at [www.mushrooms.ca](http://www.mushrooms.ca)

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

**226A Bridge Street, Princeton**

# Weekend Movies

adoptive mother.  
FAM ch.26 "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for

the wedding of his grandfather, a legendary surfer. (In Stereo) (CC) 10:00 pm SPIKE ch.44 "Eraser" (1996, Action) Arnold Schwarzenegger. A Witness

Protection Program agent hides a woman who knows about defense-field traitors planning to sell a superweapon. (In Stereo) 10:32 pm FAM ch.26 "Batman Forever" (1995, Action) Val Kilmer. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (In Stereo) (CC) 11:00 pm WTBS ch.3 "Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. 11:30 pm CBC ch.13 "We Are Marshall" (2006, Drama) Matthew McConaughey. Jack Lengyel, the new coach at West Virginia's Marshall University, vows to rebuild the school's football program after a plane crash claims the lives of 75 players, staff and fans. (In Stereo) (CC)

## Prince Town 1826-1926

Prince Town  
1826 - 1926

W. George Elliott

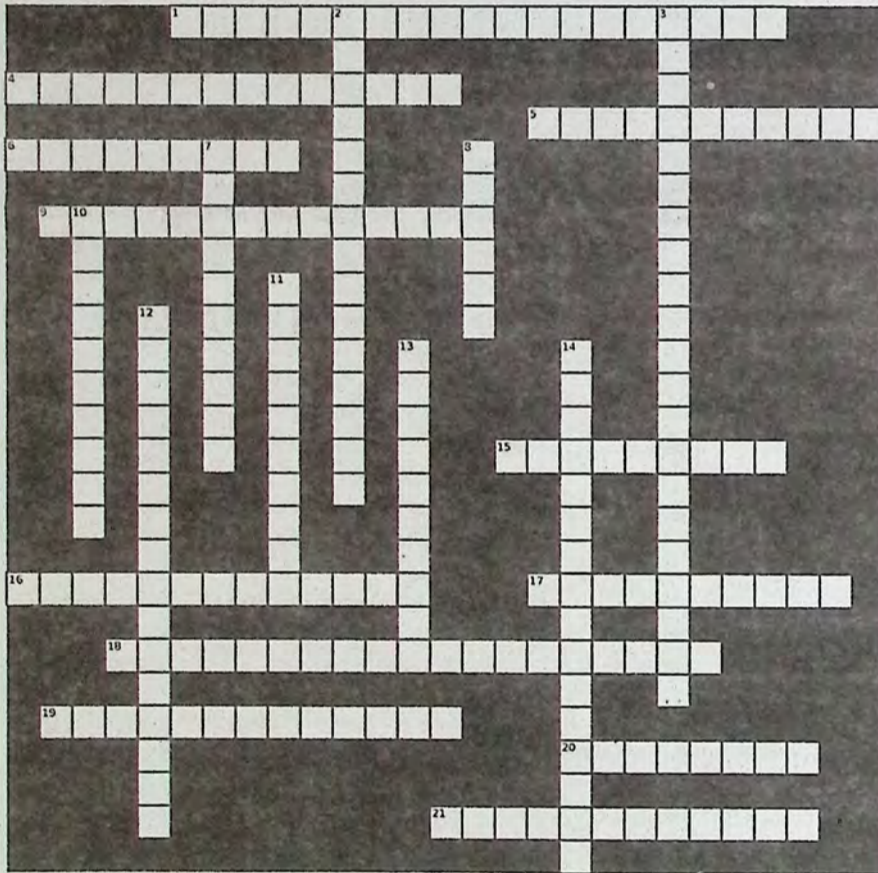
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From Fur Traders to Miners to the Railroad

## Similkameen News Leader Puzzler

Use the July 12th News Leader to find Answers Below...



- |   |  |
|---|--|
| <p><b>Across</b></p> <p>1 This event the evening of May 3rd was in Princeton Museum.</p> <p>4 Mining Corporation.</p> <p>5 This location celebrates 100 years of BC Parks July 31st.</p> <p>6 PSS Teacher behind the local YES2IT Program.</p> <p>9 She has a summer job at Keremeos Museum.</p> <p>15 Another part of Team Rocket.</p> <p>16 She took First Place in the Vermilion Artists People's Choice vote.</p> <p>17 The winner of the PGSAR 2011 Rifle Raffle.</p> <p>18 This event is planned for July 23rd at Princeton Fairgrounds.</p> <p>19 This event takes place July 31st in Keremeos.</p> <p>20 One of the material donors to the local YES2IT Program.</p> <p>21 The Blakeburn Reunion organizer.</p> | <p><b>Down</b></p> <p>2 She has a summer job at the Keremeos InfoCentre.</p> <p>3 We're different, and we like that.</p> <p>7 The title of one of Kathy Schneider's artworks.</p> <p>8 Youth Exploring Skills To Industry Training is known as this.</p> <p>10 One half of Team Rocket.</p> <p>11 The location of a highway improvement project on Highway 3A.</p> <p>12 This event was hosted July 16th at Princeton Airport.</p> <p>13 This building still stands in Coalmont.</p> <p>14 One of the material donors to the local YES2IT Program.</p> |
|---|--|

Similkameen  
**News Leader**

**PUZZLER #22**  
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## FAX SERVICE



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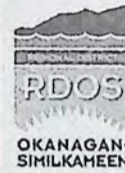


Town of Princeton  
Sidewalk Ramp

The Town has called for quotations (RFQ) for the repairs and enhancement of Bridge Street sidewalk wheelchair ramps and curbs.

Quotations are due July 22<sup>nd</sup>.

It is expected that the work will begin immediately following the end of tourist season and be completed before the first frost.



## PROPERTY TAX EXEMPTION

The Regional District of Okanagan-Similkameen recognizes the significant value of volunteers, volunteer groups and agencies to the spiritual, educational, social, cultural and physical well-being of the region.

These non-profit organizations have the opportunity to apply for a Property Tax Exemption. The following criteria will determine eligibility.

The applicant(s) must:

- Qualify for an exemption under the provisions of the Local Government Act, the general authority for property tax exemptions. (Sections 809 and 810);
- Be in compliance with Regional District policies, plans, bylaws and regulations (i.e. zoning);
- Be a non-profit organization;
- Not be in competition with for-profit business;
- Provide services or programs that are compatible or complementary to those offered by the Regional District.
- Provide a service that fulfills some basic need, or otherwise improves the quality of life for residents of the Regional District.
- Not provide liquor or meal services as their primary function or source of revenue.
- Not collect rent on a caretaker or other residence located on the property.

Application forms are available online at [www.rdos.bc.ca](http://www.rdos.bc.ca) or at the RDOS office, 101 Martin Street, Penticton, BC.

The deadline for submitting completed application forms including supporting documentation is **JULY 31, 2011**.

Successful applicants may be asked to publicly acknowledge the exemption.

If you require further information, assistance completing your application or wish to view the Property Tax Exemption Policy, please call Warren Everton, Finance Manager at 250.490.4105 or e-mail at [weverton@rdos.bc.ca](mailto:weverton@rdos.bc.ca).



# Editorial Page News Leader

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

## My Turn...

### When Every Day Is Super Fine

I had heard the name Stan Thompson very shortly after I had moved to Princeton in October of 1986. Two months later I presented him with the Chamber of Commerce 'Citizen of the Year' Award during a dinner in his honour at the old French Quarters Restaurant (which was located in the former Princeton Hotel).

I was still new to town, but it didn't take long to figure out – even back then – that this Stan fella was someone who had put his stamp on the community.

It was only a few years before my arrival he had managed to bring a regular rodeo event to Princeton (with help from many of his cowboy buddies) and not long after I presented him with the Citizen of the Year honours I found myself in a car heading for the tiny community of Loomis, Washington.

Dawn Johnson was driving and both of us were expecting some sort of news story, but did not expect it to include the entire community of Loomis present with only a handful of us Canadians from Princeton at the same gathering.

Stan had somehow managed to forge an international friendship with cowboys in Tonasket, Princeton's western Sister City, which still exists today. The key point being an international relationship that government still can't put together on their own.

When I was President of Princeton Racing Days and the Princeton Exhibition Association in the 1990's Stan was always doing something. He had plans for this and he had plans for that and ran his equipment at the Fairgrounds to the point where we had to practically demand he give us a bill for the work.

Stan usually just wanted to cover fuel or hours for his employees, but never worried about his time being paid. There are thousands of hours of labour he gave to the community as he was always promoting Princeton and for him, that meant putting the energy into the land we commonly refer to as the PXA grounds or Princeton Fairgrounds.

I remember not too many years ago approaching Stan with a small favour to ask on a job site. All he wanted was a hot cup of coffee for him and his help as it was a chilly morning. We took care of that right away and Stan didn't leave the job until the favour was done and we never saw a bill for the extra time it took.

It took me many years to figure out what he saw in rodeos. And while I admit it has since become one of my favourite events at Princeton Fairgrounds, one of the things I always noted was that everyone knew who Stan was and how much he was respected by different generations of cowboys.

In recent years Stan and I would bump into each other and it was never just a nod.

"Hiya, Georgie!" was the usual greeting. Never, ever did he call me George.

I'd ask how he was and the answer was always the same, without fail.

"Super fine!"

Well, I hope we don't forget Stanley anytime soon. Maybe his name will end up on a street sign or building somewhere around town.

Regardless of the location, you can bet he probably moved some of the dirt next to it and only asked for enough to cover the cost of fuel.

## Happy Trails, Mr. Rodeo



Bob Lind, left, with Stan Thompson at the Princeton Rodeo this past May. \*

..... continued from Page 3  
whatever he and his heavy equipment could do. Often, it was difficult to have him accept any payment at all for the time and equipment used to improve the grounds. Occasionally, he would accept payment for the fuel his equipment used.

In addition to his work with Princeton Rodeo Club and as a member of Princeton Exhibition Association, Stan Thompson helped with the horse races every year.

Longtime friend Bob Lind shared with us the history of local rodeo earlier this year. It naturally wouldn't be complete without including Stan and his involvement.

"Stan Thompson came to town from a hay ranch near Cache Creek. He had been raised in Keremeos and his wife had been a local Princeton girl. It was Stan's love of rodeo as a bulldogger. With Terry Wright, who was competing in Washington State and BCRA rodeos, they were the main push

behind building the present rodeo site."

In the early 1980's it was a humble beginning in the infield of the present race track. Bob says the first couple of years they used bucking chutes borrowed from the Indian Band in Kamloops. It proved to be quite a chore transporting and setting up the chutes, then tearing them down and returning them. The chutes were "quite rickety".

Princeton had been named the Sister City to Tonasket, Washington, and the Princeton Rodeo Club made great friends in their rodeo world. The Tonasket club had rebuilt their rodeo grounds and offered the blueprints for new bucking chutes. Bob had retired from active logging and had sold his shop and equipment to his son.

"So, we just moved in and built all steel chutes," Bob says.

Stan Thompson had come to Princeton after buying a trucking and backhoe business. He printed a big sign along the top of the backhoe cab that said 'old cowboys make good backhoe operators'.

"That machine had more hours digging post holes at the rodeo grounds than making money. Such was the spirit that emanated from Stan and Terry," Bob said.

George 'Stanley' Thompson passed away July 10<sup>th</sup> at the age of 75. His funeral was July 16<sup>th</sup> at Princeton Arena followed by a 'wake' at Princeton Fairgrounds.

### Princeton History Collection



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#### EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws. The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense. The Editor reserves the right to condense any letter or to substitute proper language for improper language.



# Current Comment

## Have You Heard of 13 Grandmothers?



**Dawn Johnson**  
editor@thenewsleader.ca

In 2004, a group of 13 indigenous grandmothers from around the world formed a Council of grandmothers, fulfilling a prophecy among indigenous peoples that says "when the grandmothers of the four directions meet, a new time is coming".

These grandmothers are engaged in a mission to return the earth to a more natural state, and to stop the "rape and run" economics of the world. Their work encourages people to develop a sense of community in which people share with each other and care for each other. They teach about the importance of developing the spiritual side of life and the spiritual side of our relationship not only to each other, but to all living things on earth.

This sounds like a tall order for 13 old ladies from widely diverse locations and cultures, but they are succeeding in their mission. They are invited to speak at conferences around the world.

Their emphasis on developing the feminine energy of the world and changing the way men treat women has received as much approval as their messages about spirituality, economics, and environmental protection.

Some of these grandmothers come from the Americas, others from Africa, Asia, and India. All have agreed on themes common to all indigenous peoples. They want to ensure the survival of the next seven generations. Among most indigenous people, the health and well-being of the next seven generations is top priority.

What a task they have undertaken! Our planet is so messed up these days, our government priorities so far off the goal of survival, that one wonders how 13 old ladies are going to make a difference. Surprisingly, they are making a difference. When they speak, when they do their ceremonies, when they give advice, they touch on a part of what the majority of us have come to fear. People all around the world fear the human race is not going to survive much longer.

The evidence of the fear is in so many forms, from doomsday believers of all sorts of cults and religions who are preparing for the end of the world, to scientists and environmentalists who tell us we have to stop doing what we are doing to our planet and start cleaning up our act.

The 13 grandmothers combine the wisdom of generations of women before them. Their message is not one of negativity, such as "stop doing this or that". Instead, their message is positive, advising people what they need to do to ensure the survival of the next seven generations and to restore balance to our earth's productivity.

The message is not about climate change or 2012, it is about human changes that will make us better people, more conscious of how our behaviour affects not only people but the planet on which all of us depend.

While we might make fun of the idea that 13 grandmothers trav-

eling around the world have no chance of making real change, we would be mistaken. The 13 grandmothers are no longer just 13. Grandmothers' councils are being formed in places all over the world. Grandmothers form groups, become active at the local level to improve their own communities, spreading the message and the mission at the grassroots level.

The concept of the Grandmothers' Council is not new to the native people of North America. There have always been tribal grandmothers' councils and inter-tribal and inter-nation grandmothers' councils. These councils operated in secrecy up to the 1970s, but their teachings have continued through the years they remained hidden from the general public. These grandmothers' councils saw how the changing world affected the survival of the next seven generations. Now, the concept has united women from around the globe, and has sparked the growth of grandmothers' councils in places where such councils are not part of tradition.

I cannot think of anything more gut level than the desire of grandmothers to ensure the survival of coming generations. This is a mission whose time has come, for what grandmother today has not looked at what is going on in the world and wondered how her grandchildren will survive?

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2 Corinthians 9:8

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This bear was out and about a week and a half ago at Tellier's Fisherman's Cove at Osprey Lake. It was one of two bruins who stopped by to see Greg and Terry at their retreat. Photo: Greg & Terry Tellier

## Music festival one month away

..... continued from Page 13 involved in a band playing Dutch and German traditional music. Corry has learned trumpet, baritone, baritone-sax, accordion, harmonica, piano, drum, and he also sings. He likes all kind of music—but has a special love for the songs of Steven Foster.

Rick Freeman began his musical career as a bass bugler and marcher with the Sea Cadets, playing the traditional marching songs of the navy. As a member of the Back Door Blues Band, Rick has enamored Princeton audiences with his unique singing style and fine blues guitar chops. He describes his main influences as being Big Bill Broonzy and Robert Johnson, with some Buddy Guy, Bobby Blue Bland, Stevie Ray Vaughan, and lots of Eric Clapton.

Stuart James is a banjo player who incorporates American Appalachian frailing or clawhammer into his

hybrid style. He also plays and sings some of the finest English and Irish Traditional music you'll ever hear! Stuart will also be seen dancing with the Vancouver Morris Men.

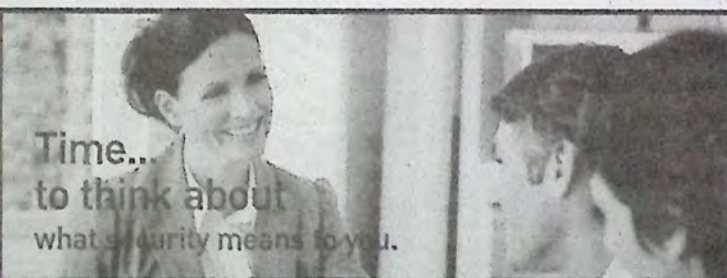
Rick Law is a Columbia Records recording star who used to go to the Mariposa Folk Festival in Toronto, where he discovered traditional music. He was inspired to dabble with the guitar, and when he moved to the country, took up playing in earnest. He now plays bass in two Princeton Bands — Back Door Blues and Allenby Road.

Hugh Money is a long-time Princetonite and a veteran of logging camps. He is a wealth of information about harmonicas. His folks were English, and his mother taught the kids many an English ballad, and hoped that her boys would be pianists. But Hugh loved the sound of accordions and harmonicas, and in his early teens, with the help of a

Hohner instruction book, taught himself to play.

Andre Patry has been playing the fiddle for 59 years, and loves to entertain the tourists up at AP Guest Ranch and in Arizona where he lives in the winter. His Dad played mouth organ and relatives on his Mom's side were fiddlers. He remembers one day his mother came home with a fiddle for whoever of the five boys would use it and Andre got it! He has played Down East, Scottish, Bluegrass, and all sorts of old time fiddle tunes since he was 16.

These people will share their music in the Homegrown Traditions session and are just some of the over 100 performers coming to this year's Princeton Traditional Music Festival. To find out more visit the Festival's weblog at princetonfestival.org or give Jon and Rika a call at 250.295.6010.



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This bear was out and about a week and a half ago at Tellier's Fisherman's Cove at Osprey Lake. It was wandering around Greg and Terry's checking it out one afternoon. Photo: Greg & Terry Tellier

# 2011 Princeton Air Show



Princeton Air Show was another success for the Town of Princeton. \*



Princeton's Youth Ambassadors received a lot of attention at the Air Show. \*



The Team Rocket planes prepare for take off. \*



Bud Granley performed amazing tricks with his plane at the July 16 air show. \*



Team Rocket lit up the sky with their duo aerobatic routine July 16th. \*



The static display allowed a closer view of the planes performing during the event. \*

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