

Similkameen News Leader

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Tuesday, July 31, 2012

Canada WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF CANADA THROUGH THE CANADA PERIODICAL FUND (CPF) FOR OUR PUBLISHING ACTIVITIES.



They asked us to take their photo July 25th at Centennial Pool so we obliged then it occurred to us, wouldn't it be cool if your big sister was a Princeton youth ambassador? The answer is clearly in this photo. *

River pulls swimmer under

Princeton RCMP responded to Bromley Rock at 5:28 PM on Saturday, July 21st to assist BC Ambulance with a possible drowning victim.

"A 20 year old male had attempted to swim across the Similkameen River when the fast flowing water pulled him under," explains Princeton RCMP Cst. Anthony Pankratz.

"The male was under water for

approximately three minutes before several of his friends located and rescued him from the water and CPR was started by his friends and continued until the Ambulance arrived to take over."

RCMP say that after close to forty minutes of CPR a pulse was detected. The swimmer was transported to Princeton Hospital and then to the Kelowna Hospital where he was in stable but critical condition.

Candidates answer nine healthcare questions

This past week Save Our Hospital Coalition conducted interviews with the two candidates for mayor, Rosemary Doughty and Frank Armitage, and the two candidates for Councillor, Doug Pateman and Rob Rubis. Each candidate was asked nine questions regarding health care issues in our community. Here are the results of those interviews.

Question 1: If you become mayor/councillor, where would you place the health care issue on your list of priorities for Princeton?

Rosemary Doughty (RD): Health care would be my first priority. When I go door to door it is the only thing that people talk about. Whatever the community wants is what I would stand for. My model of a good mayor is Walter Despot who worked hard for Keremeos' health care. I would be involved in the issues. When I went to the ER closure demonstrations, I did not see the Mayor or Council there. I would like to see Council start a monthly open information session where they share with Princeton residents what they are doing and planning to do. If I become mayor, I would like to give more information and share more information. Leadership and being pro-active are part of my platform.

Frank Armitage (FA): Health care is #1 on the list. It is the most critical

thing in Princeton. It has to be solved. Without health care we have nothing.

Doug Pateman (DP): As president of Highway Extrication and Rescue I believe that health care goes hand in hand with each other. We have to have health care here, extended healthcare and doctors.

Rob Rubis (RR): Healthcare is the

Huldra Silver Inc. (TSX-V:HDA) (the "Company" or "Huldra") provided a progress update July 23rd on the mining operations at its 100% owned Treasure Mountain Property and an update on the construction of its 200 tonne per day mill in Merritt.

The second stope at the eastern end of Level 1 of the mine, with a length of 65 metres, a height of 55 metres and an anticipated mining width of 1.5 to 1.8 metres has been mined to a height of 15 metres and is anticipated to be complete before the end of August. 36 locations from the first, third and sixth lifts have been sampled. All samples were delivered by truck to Acme Analytical Laboratories' facility in Vancouver for analysis.

pre-eminent issue that faces this town. Council needs to be supportive of what citizens are doing, and to take the lead where appropriate. Having said that, Council then needs to move on to focus on other issues, such as long range planning for economic development.

Question 2: Are you aware that recruitment of doctors is the

town's responsibility? If you are elected mayor/councillor, what would you do to recruit doctors to come to Princeton?

RD: It all comes down to money, promotion, advertising and incentives such as furnished living space. If doctors need incentives to come here that is what we have to do.

..... continued on Page 21

Huldra Silver updates progress

Engineering work is being completed for the design of the crown pillar removal and backfilling of the first two stopes.

Once this work is complete, the first two developed stopes will be drawn down and the remaining mill feed will be transported to the mill site.

This will allow for the mining of a third developed stope between the first two stopes.

The third stope has a length of 65 metres and a height of 55 metres. The estimated tonnage of mill feed from the three stopes is 55,000 tonnes.

Commissioning of the 200 tonne per day mill in Merritt is scheduled to begin on August 7th. During the mill commissioning the tailings

pond and civil works will be completed.

All construction is scheduled to be substantially complete before the end of August. Stockpiled mill feed from development work done in 1988 will be used in the commissioning process before the 10,000 tonne bulk sample is processed. Once the bulk sample is complete the Company expects to continue to

..... continued on Page 18



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From Fur Traders to Miners to the Railroad



Earlier this month the juniors, ladies, and men competed to determine the club champions at Princeton Golf Club. A total of 38 men and 16 ladies golfed in the event. Jonas Montgomery (141) emerged as the Men's Champ; Michael White (176) was the Junior Champion; and Sharleen Anderson (160) was the Ladies' Champion. - photo submitted

Fall Fair approaches deadline

Fair Board members met July 24 to round out and pin down what will happen at the fair on Labour Day weekend. This year there is a desperate need for volunteers, as some members have been unable to maintain membership for a variety of reasons.

The gates open on Saturday morning at 9:00 AM and those who love a pancake breakfast will be able to indulge their taste both mornings until 10:00 o'clock.

Ken McCoy and his band have agreed to be the feature entertainment on Saturday evening following the dinner.

Marron Valley Drill team will put on a show on Saturday - drill riding, jumping and other horse demonstrations. On Sunday, Sandy Dixon, of Princeton, will do horse jumping demonstrations showing the skills of local riders.

Dale Johnston will host the horse-shoe tournament on Saturday. Competitors can sign up on site. Princeton Community Band will host a bingo.

For youngsters, Matt Duffus will entertain with his routine of jokes, participation, and music. Laser tag is back again, with an obstacle

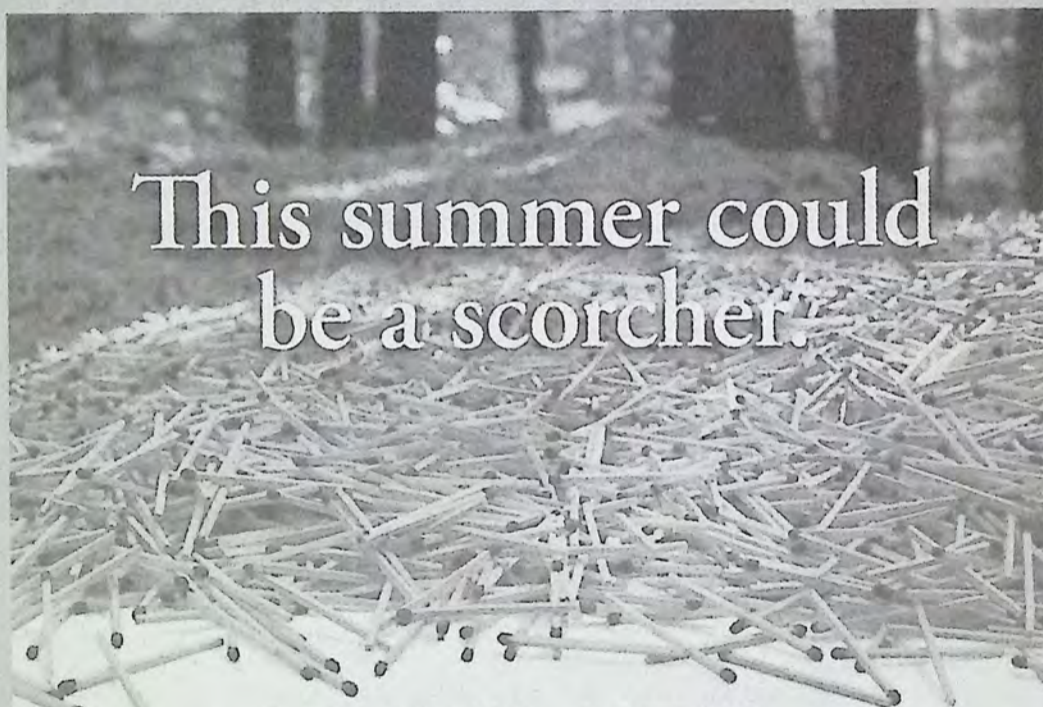
course combo, jousting and a bouncy castle.

Weyerhaeuser has donated a lift of 2 x 6 lumber for a raffle and there are a number of gate prizes. A number of local businesses, Town of Princeton, and the sawmill workers' union have combined to sponsor the activities for the youngsters.

Work is being done on one of the buildings to solve an ongoing structural problem, making a major improvement to the flower show area. Members will attend a work party on Tuesday, August 14. Anyone wishing to help is welcome, just show up at 9:00 AM.

Meetings of the Fair members will be held August 7, 22, and 28 at 6:30 PM. Anyone wishing to help out during the fair is welcome to attend these meetings.

Vendor forms are available by contacting Dawn Johnson at 295-6063 after August 1.



This summer could
be a scorcher.

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Tyler Anderson played on the Provincial U15 basketball team this summer. Team BC coaches awarded him the MVP for their tournament in Seattle this month and he helped lead his team to the championship of the Adidas Best in the West tournament at Douglas College in New Westminster. Tyler will be entering grade 10 at Walnut Grove Secondary in September. He is the grandson of Ralph and Lynne Anderson of Princeton. - photo submitted



You know you're popular when others want a picture taken with you in it! Princeton's Youth Ambassadors posed for photos July 25th at Centennial Pool before judging various games and contests at the facility.*

Flip Of The Coyne

by Spencer Coyne

Premier Clark has finally decided to take a stand on the Northern Pipeline, or should I say she has decided that she can be bought into supporting the project. I don't see it as much of a position but more as a ploy to appear to have a position. A position is more like a no or yes, not "if you give us billions then we will support the project and if you don't anti-up we walk."

Ms. Clark needs to be careful with what she wishes for. If the BC Liberals want a larger piece of the royalty pie from the feds because the oil that will be piped through the pipeline is making Alberta and Saskatchewan rich, it wouldn't be that unreasonable for regional districts and municipalities to start demanding the Province start sharing the wealth with them. Local governments could do a lot with even a small piece of the money the government collects from mining, forestry, oil and gas. Take a town like Princeton. Our district has a lot of mineral exploration and extraction and what could be considered a large forestry sector. Does local government receive anything from the stumpage rates that the province collects from the forestry sector? How about royalties from mining?

If local government was able to get some of that money it could

improve local infrastructure, contribute to social programs not to mention what it could do for recreational facilities and programs. It makes sense why Premier Clark wants more from the federal government but at the same time I know that Premier Redford is not about to give up her province's bread and butter. I know this because Premier Clark is not about to give the municipalities of British Columbia the royalties that her government depends on. It is too bad because we could really use that money at the local level. Municipalities could take the money that the province spends on things like education and healthcare and run them at a local level in a way that is in the best interest of the community.

If you were to take the royalties that are taken from communities and put more of it back into local government you could shrink the provincial government. That's not a bad idea when you think about how bloated the government has gotten and how much of a mess the bureaucratic system has become, not that I need to tell the people of Princeton about government bureaucracy. Of course we couldn't expect to take a hundred percent of the royalties because some areas would suffer but we should be get-

ting a bigger piece of the pie or continued on Page 21

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Active Renewable Marketing Ltd.	1-866-628-9427 activerenewable.com					\$8.99
FireFly Energy	1-888-780-3298 fireflyenergy.ca	\$4.29		\$5.33		
Just Energy	1-866-587-8674 justenergy.com	\$3.99			\$4.40	\$4.40
Planet Energy	1-866-360-3193 planetenergyhome.ca			\$4.69		\$5.19
Summitt Energy BC LP	1-877-222-9520 summittenergy.ca				\$5.80	\$6.99
Superior Energy Management	1-866-872-2991 superiorenergy.ca			\$5.20		

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For more information, visit fortisbc.com/choice.

*Chart shows gas marketers' rates for a range of fixed terms, valid as of August 1, 2012. Marketers typically offer a variety of rates and options. Check gas marketers' websites or call to confirm current rates.

**Residential variable rate valid as of July 1, 2012. FortisBC's rates are reviewed quarterly by the British Columbia Utilities Commission.

A gigajoule (GJ) is a metric measurement of energy used for establishing rates, sales and billing. One gigajoule is equal to one billion joules (J) or 948,213 British thermal units (Btu).

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Editorial Page News Leader

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My Turn

There's No Heritage Sites Here?

The RDOS (Regional District of Okanagan Similkameen) website is an interesting place to visit when you have a lot of time to kill.

There's a page on something called 'Community Heritage Registry' which basically lists a number of historic sites in the RDOS.

What caught my eye was that there isn't a single one listed in Princeton/Area H.

Off the top of my head I can think places like Blakeburn, Granite Creek, Allenby, the Allison Family Graveyard, Coalmont Hotel and various Pictographs as being worthy of such distinction, and I'm sure you can add to that list if you've lived in this area for any length of time.

When a local government (in this case Area H) places a property on the RDOS Community Heritage Register, legislation requires that notice of this listing be sent to the Provincial Government. The province will then maintain records of the sites that meet statutory requirements under what is known as the Heritage Conservation Act.

According to the RDOS, the Registry also serves as a tool to identify, recognize and assist in the protection of BC's historic places.

With this in mind I wonder why, for example, Granite Creek is not on the registry.

Anyone with even basic knowledge of local history knows how significant the ghost town of Granite Creek is to the development of the area.

In case you don't, the historic 1885 Granite Creek Gold Rush followed the discovery of gold in the waters of the creek named Granite.

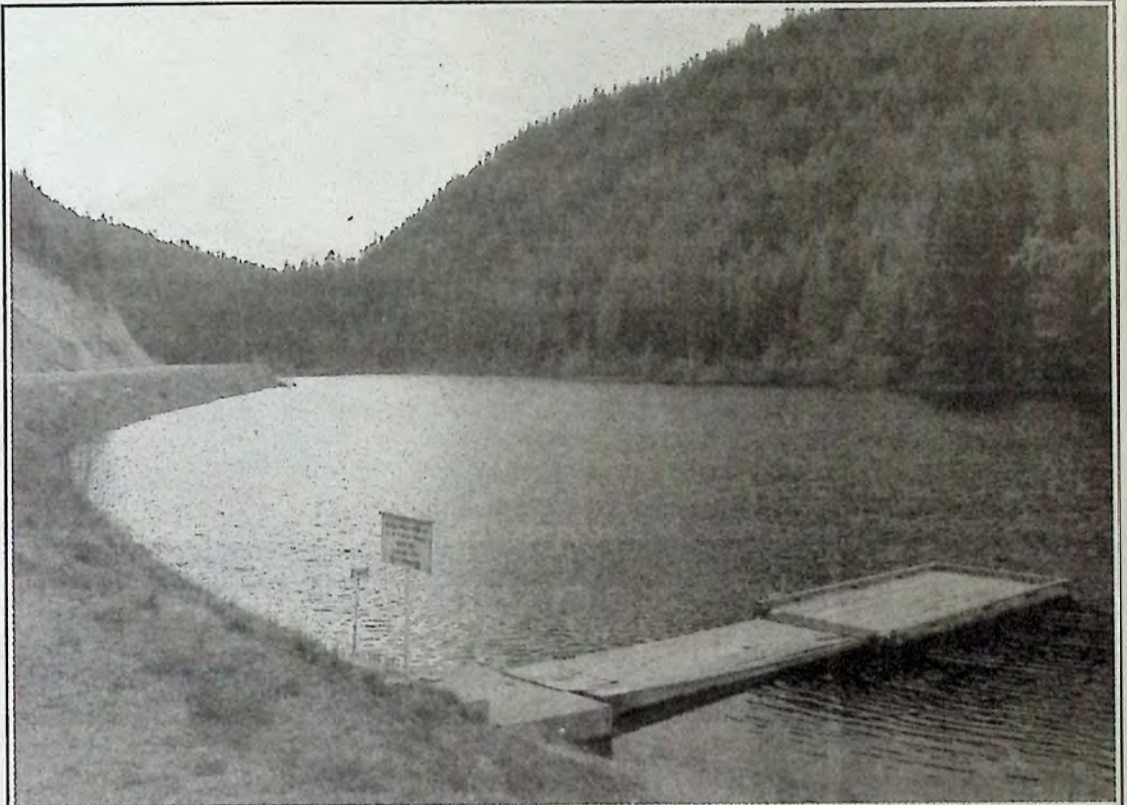
Six months after the discovery of the first nugget, a total of 900 miners were said to be prospecting the area. A year after the rush started Granite was the largest city in BC with a population of 2,000.

However, it has not been designated a historic site, nor does it exist on the RDOS Community Heritage Registry.

In fact, the location, which is easy to access by two-wheel drive, is fast disappearing thanks to careless campers. At least Allenby is mostly fading away thanks to Mother Nature and not by campers chopping up history for their campfires.

We need to protect these historic locations while there is still something left to designate because once they are gone from the landscape, they will be gone forever.

If you feel these sites deserve to be placed on the RDOS Community Heritage Registry, then I urge you to make your thoughts known by contacting your local government officials and request they make the first step to saving what is still left of the history of our area.



A peaceful look at McCaffrey Lake just north of Princeton on Highway 5A. *

Election Notes

Background on the August By-Election

by W. George Elliott

The Town of Princeton by-election is very near.

For many voters (myself included) it will be over this week with the Advance Poll August 1st, while many others will wait until General Voting Day (August 11th) to cast their ballot.

What does this by-election mean to Princeton?

It was called to fill the Mayor's seat vacated earlier this year with the passing of Mayor Fred Thomas. The Town Council elected last November was only months into their three-year term of office when Thomas' seat became vacant.

The by-election could easily have been for just one seat on Town Council, but in a by-election, sit-

ting members of Council can run to fill vacant seats. They have to resign their seat on Town Council first and one member did just that.

The other side of the coin is that all sitting members of Town Council could have chosen to resign and seek the Mayor's seat. Luckily for local residents, that didn't happen but when one member of Council resigned his seat to seek the Mayor's, it opened up another position on Town Council for voters to elect a member of their community to fill.

There are a total of four candidates in the by-election. Two are running for Mayor (Frank Armitage and Rosemary Doughty), the other two (Doug Pateman and Rob Rubis) are seeking the Councillor seat on Council.

Of those four, only one has experience on Princeton Town Council.

What makes this election different from the one in November?

Probably the biggest difference between the two elections is issues. While a number of them seemed to swirl around leading up to the November election, changes to local health care services have since become the single, solitary key issue going into the August by-election.

All four Candidates have stated their positions on health care, and the Princeton hospital ER situation in particular, and although I haven't heard anything new from any of them, I will say that for a change all the Candidates are standing firm and facing the same direction with this issue.

So basically you have a one-issue election with four people to choose from to fill two seats. All candidates are on the same page regarding the only issue being discussed with this election and it pretty much matches with the position the existing Town Council has on the same issue.

This means that – on paper at least – any two of the candidates elected

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EDITORIAL GUIDE

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Current Comment

Ready For Higher Food Prices?



Dawn Johnson
editor@thenewsleader.ca

Locally, we are not too concerned with lack of rain this summer, but 65 percent of the United States basic crops are failing, or have failed. Corn, soybeans and wheat crops are being decimated by drought conditions. The United States produces one third of the world's supply of these crops.

An agriculture economist at Purdue University stated publicly two weeks ago that if drought conditions continue in the United States, it will be the repeat of the dust bowl years of 1934-1936. Half the grazing lands of the United States are in poor condition.

The drought in the United States would be a serious impact on food prices, but add to that upcoming shortage the losses in southern Russia and the Ukraine, and the world is looking at some major food shortages.

Canada's crops are looking good at this time, but even if our prairies produce bumper crops, there will still be grain shortages, and the

price will climb. These crops are sold on the commodities market, and the bid prices on grain are increasing daily.

Corn, soybeans and wheat are used in many ways. They are the source of animal feeds, cooking oils, flour, cereals, and anything made from flour. If the cost of animal feed goes up, the cost of beef, hogs, chicken, eggs, milk, butter and ice cream will climb, along with any products made from eggs and dairy products.

How will this affect your family? First, you may not see the effects for another three months, and you may not take this warning seriously now. When the prices climb, it will be serious. If you want to keep your food costs within reason, you are going to have to change your daily diet. Think about reducing your dependence on bread, pasta, and cereals. You may have to cut back on meats, eggs and dairy products (not if you have children).

The answer to higher grain costs is to switch to more vegetables and fruit. If you are smart, you will preserve some this fall while prices are low. There is nothing wrong with sending kids to school with soup,

canned fruit and an apple for lunch. It will make more sense than sandwiches when bread prices double what they are now (and bread is costly now!).

This shortage of grain will be world-wide, but locally we are in a far better position to find alternatives than city dwellers and poor nations. We have a real abundance of food here, and we should make use of it. In fact, we could be eating healthier by giving up a lot of grain products.

When we eat more vegetables and fruit, we are healthier.

I do a lot of canning and freezing every year. I make applesauce most years, and I have a garden. My kids say I should raise a few chickens, but I balk at that. They do have a point, though, and that is that we have to be self-sufficient when it comes to providing food for ourselves. Fortunately, we live in a rural area.

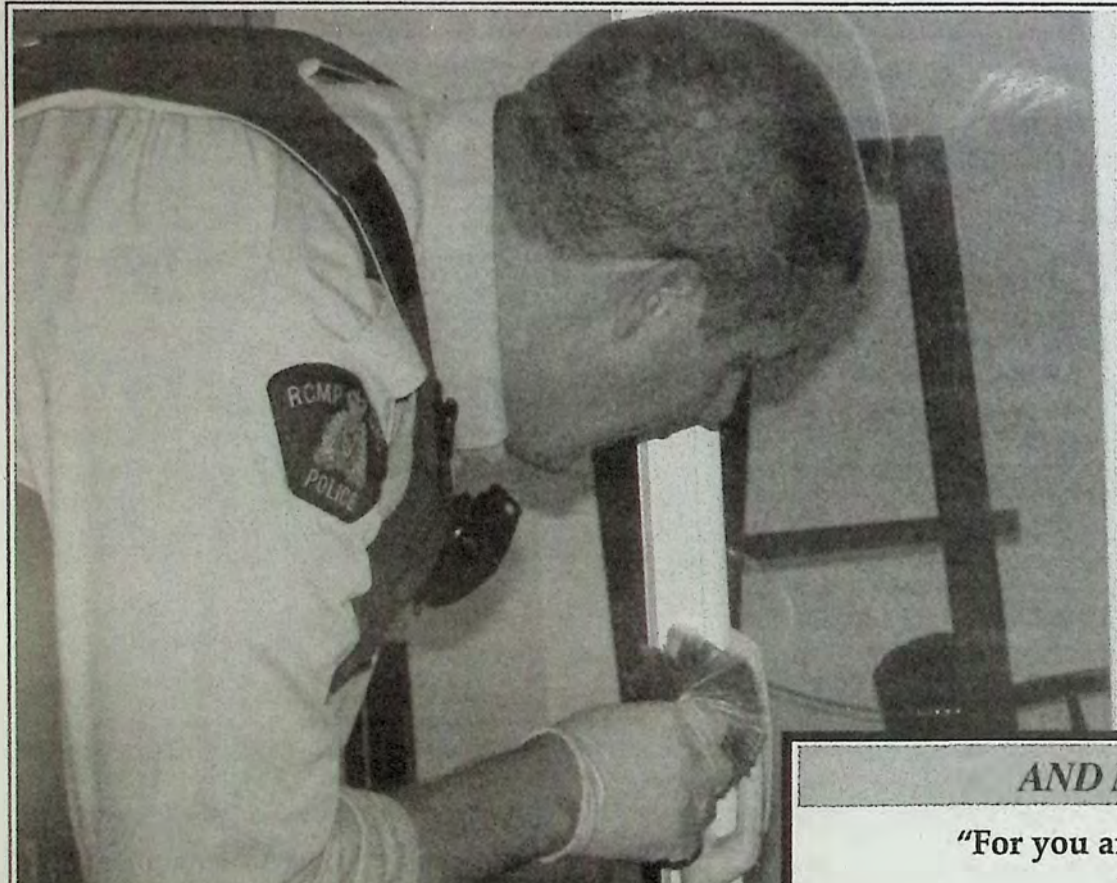
We never know when a disaster like a major drought year will create food shortages, and we tend to think food will always be available at a price we can afford. We are going to be tested this coming year, for sure.

OOPS!

Similkameen News Leader apologizes for identifying Town of Princeton interim CAO Helen Koning as Helen Coyne in last week's issue.

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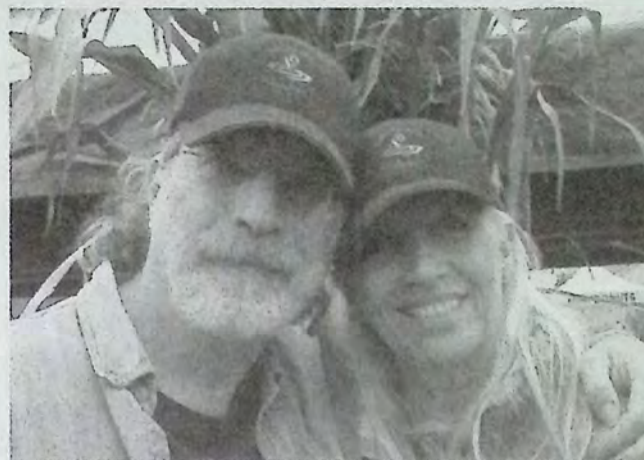
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Princeton RCMP Cst. Anthony Pankratz dusts a door handle for fingerprints July 24th as part of CSI Camp at Princeton Museum. *

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From left, Tim Piorier (known as "Crowfoot"), Freedom the German Shepard pooch, and Harald Linder, Freedom's master, catching up outside the Hilltop Esso in Keremeos. Tim hails from Cranbrook, British Columbia; Harald from Jasper, Alberta. "A Picker's Story" gives the reader a deeper understanding of the farm workers' culture. These fellows are two good apples that anyone would be pleased to meet. Photo: Arlene Arlow

A Picker's Story

Special to the News Leader
 by Arlene Arlow
PART 1

It was a wonderful day along Highway 3 as life would have it. I was returning to Keremeos from a political meeting in Grand Forks, and had already stopped more than a dozen times to take pictures of the amazing scenery that befell me as I cruised along in my Vibe. The summer - being unusually wet - meant that the normally-brown hillsides and mountains were lush and green, with water ponds reflecting the blue sky: ponds that would normally be almost dry.

Heading southwest out of Osoyoos I noticed more than the usual fruit pickers (farm workers) standing at different places with either their thumbs out or crudely-made cardboard signs displaying "Keremeos" in thick black felt pen. The typical dreadlocks and loose-fitting, hippy-like clothes adorned most of them, male or female. Out of respect, one should call them "Farm Workers", not "Pickers" because they do more than just pick fruit. I confess myself to using the phrase "Pickers" loosely.

On this hot summer evening (it was 7:00 PM and still 27 degrees), most of the hitchhikers were in pairs, some were hitchhiking in groups of three or four.

"Good luck with that," I said to myself. Perhaps they were unaware that wise motorists - in

the interests of their own safety - will pick up a single hitchhiker more readily than they will pick up a pair or a group. If a pair of hitchhikers gets into your vehicle and one of them is in the back seat, you really don't have a hope in defending yourself if they want to overpower you. Enough said on that.

I drove past at least a dozen farm workers with their thumbs out between the Husky and the Osoyoos airport along Highway 3. Some smiled. Some waved and danced, hopping about and hoping to get my attention. Some simply stood with their thumbs out.

I don't pick up hitchhikers often. By the time I passed a dozen of them spread out along Highway 3, I started feeling guilty: After all, I had a car with air conditioning, I wasn't in a hurry, I had no-one else with me and as such, I didn't need a consensus as to whether I should give a stranger a lift. The only inconveniences were to pull over on a highway with little for a shoulder (I had already done that numerous times that day to take pictures) and to toss some items into the back seat. No biggie. But I didn't see a lone, single hitchhiker: they were all in pairs or groups, and that made me nervous. Yet, maybe now and then they need a hand. I drove on.

As it turns out, way ahead, over the rise, another hitchhiker was walking along, minding his busi-

ness. He was, in some respects, way ahead of them.

Tim Piorier, or "Crowfoot" as some farm workers call him, grew up on the east coast of Canada. He admits that he has Irish gypsy blood. Some people settle into a nine-to-five, some people see life as one big opportunity to explore. Tim falls into the latter.

During the off season - when he isn't a farm worker in the Okanagan and Similkameen - he has a job as a restaurant cook in Cranbrook. He rents a tiny little cabin near Cranbrook, and it suits him just fine. When he isn't living in his cabin, he rents it out to other farm workers in the Cranbrook area.

About two miles from Osoyoos - and a half-mile from the top of Richter Pass Summit - I spied someone on the shoulder of the road ahead. Was it a bicyclist? Was it someone walking? A hitchhiker? If it was a hitchhiker, he deserved top marks for walking this far. As I got closer, the arm came up and the thumb came out. I slowed.

There are things one depends on when one picks up a hitchhiker, and the final barrier is gut instinct. The guy looked hot - his face was flushed red - but my inner radar wasn't even registering. I pulled over.

Well away from any other hitchhiker and carrying a packsack; hiscontinued on Page 7



Sarah Stanley is the summer student working at Keremeos Museum this year. The 23-year old is studying Criminology at SFU and invites you to stop in and say hello and tour the local 'vault of history' today! *

..... continued from Page 6
 own bucket for picking fruit; wearing hiking boots; on the move; and well prepared for hoofing it; Tim passed all the visual criteria for being a decent person. He already had received top marks for actually walking.

I tossed shoes, a jacket, camera, water bottle, newspaper and other paraphernalia into the back seat, asking him to hang tough so I could make room for him. He held onto the door handle, smiled through the now-open passenger window and thanked me profusely when he got seated and put on his seat belt.

I noticed the strong odour of perspiration as soon as he was buckled in. No surprise, really, he had likely worked all day in scorching heat and probably walked for a good hour to get to this point on the high-

way. He said he was on his way to a party up the Ashnola. Now that the picking season was well underway and money was flowing, the farm workers wanted to celebrate. That would explain why there were so many farm workers – male and female – hitching a ride on Highway 3 westbound: A party.

Tim had decided there were too many people hitching a ride in the first mile climbing toward Richter Pass that evening, and thus they had decreased his chances of getting a ride. He had decided to walk to Keremeos and if he got a ride, great. We pulled back onto Highway 3 and picked up speed.

Tim doesn't expect a handout. He takes care of himself: he had water and a granola bar, and had been accosted by some of the other hitchhikers to see if he would give up

some of his water. He had advised them that this was desert and that they should bring their own water. I was pleased that he was no slouch, and rather pleased that he had the guts to be his own person, not waiting for a ride that might not materialize. I respect people who don't need anyone to hold their hand.

The wages Tim makes as a cook aren't that great: minimum wage. With their tips, the waitresses make way more than he does. He suggested that waitresses shouldn't have to declare their tips because they don't make a lot of money to begin with. I said I could see his reasoning, but suggested that everyone in Canada lives in a "tax" system where the government wants to keep something from every dollar we earn in order to pay for roads, continued NEXT WEEK



Jenifer Sparkes is the summer student working at the Similkameen Country InfoCentre this season. Sparkes, who is 16-years old, plans to study pharmaceuticals at UVIC. She will be working until late August, so stop in soon! *

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Use it - August 11, 2012

Princeton's Centennial Pool is a great place to spend the afternoon on a scorching hot day. *

Health/Lifestyle News**Coping With Extreme Heat**

(NC)—Don't let bouts of extreme heat get you down this summer. By taking a few simple precautions ahead of time, you can keep yourself, your family and people you care for safe, cool, hydrated and prepared to enjoy the beautiful summer weather we wait so long for here in Canada. And remember, certain sectors of our society are more vulnerable to heat illness such as seniors, young children, outdoor workers and people without access to working air conditioning.

Here are some tips from the experts at Health Canada who've studied the effects of extreme heat:

- Be prepared. Tune in to local weather forecasts and alerts so you know when to take extra care.
- Arrange for family members, neighbours or friends to visit anyone you know or care for who belongs to one of those vulnerable groups. Visitors can help identify signs of heat illness that could be missed over the phone.
- Know the symptoms of heat illness

which include dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst or decreased urination. In extreme cases, the person may be unconscious or have stopped sweating; if so, this is a medical emergency and must be dealt with immediately by calling 911 or your local emergency number.

- Keep your home cool. If you have one, make sure your air conditioner is working. Wear loose-fitting clothing, block the sun indoors, open your windows at night to let cooler air inside.

- Avoid exposure to very hot temperatures outdoors. Reschedule or plan outdoor activities during cooler parts of the day. Move to shaded areas which can be as much as 50C/90F cooler than sunny areas.

- Contact your pharmacist or health care provider if you have a health condition or are taking any medication to see if your health could be at risk in the heat. People with certain conditions such as breathing difficulties, heart or kidney problems or Parkinson's disease are more at risk.

More information is available on ways to beat the heat at www.healthcanada.gc.ca/cc or by e-mailing publications@hc-sc.gc.ca or calling 1-866-225-0709. - www.newscanada.com

Living Past 100**Melons Are Great Food**

Summer is the season for cool juicy melons, and indulging in melons is good for you. Melons are low in calories and fat and loaded with folate, a B vitamin that prevents birth defects and heart disease. Folate controls the blood chemical called homocysteine, a chemical that causes clogging of the arteries. Melons contain high levels of potassium, a mineral that helps reduce blood pressure.

Melons contain soluble fibre, which is needed to keep the colon healthy, but also reduces cholesterol. The fibre moves the digested materials through the colon at a faster rate, preventing colon cancer.

There are many kinds of melons available in summer and autumn, but the very best are field ripened. Honeydew melon, cantaloupe and watermelons are grown in the fruit growing areas of the southern Interior, and are not too expensive during the season. Imported melons will cost more and are not likely to be field ripened, but are still good for you.

Cantaloupe is a very special melon (sometimes called a muskmelon). It is the most prized of all melons for its high nutritional content. It is rich in Vitamin C and beta-carotene, cancer fighters. Of all of the melons, it contains the highest level of potassium.

All melons are best when field ripened. It is important to remember to eat a melon right after you cut it open. If you cannot eat all of it, store it in the refrigerator with a plastic film over it, and when you are ready to eat the remainder of the melon, cut away the part the plastic has touched.

There are many plants in the melon family but we call them cucumbers and squash. Cucumbers and zucchini have many of the excellent nutrients found in other melons.

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Entertainment

Similkameen News Leader TV Guide Listings - July 31 - August 6, 2012



Larry Saidman, with French Horn, is the host of the Homegrown Traditions session at this year's Festival. Photo: Brenda Engel

We call it homegrown

by Rika Ruebsaat

This is the fourth in a series of articles about the fifth annual Princeton Traditional Music Festival, which is taking place August 17 to 19. As well as the regular concerts by individual performing groups there will also be workshops. A workshop is focused on a particular topic and is presented by a group of singers and musicians who are on the stage at the same time. Over the next few weeks this column will feature descriptions of some of the workshops being offered at the Festival.

Last year we had a one-hour workshop we called "Homegrown Traditions". The session was the brainchild of Larry Saidman who plays in several bands in Princeton and wanted to showcase local musicians. By popular demand, Larry is

once again organizing and hosting a Homegrown Traditions Workshop at this year's Festival.

The following people performed in last year's Homegrown Traditions and will be onstage again this year. Rick Freeman has enchanted Princeton with his unique singing and fine blues guitar when playing in Princeton's Backdoor Blues band. He incorporates lots of traditional and modern blues influences into his playing. Stuart James is a banjo player who incorporates American Appalachian frailing into his hybrid style, and plays and sings some fine English and Irish Traditional songs. Corry Oerlemans grew up in his family with Dutch and German traditional music. He played many instruments in jazz bands in Ontario, but his main love

is trumpet. Barbara Bushewsky of Cowboy Coffee/Coco's Bistro, last year sang a politically significant song of Jewish origin from 1147. This year? Maybe the Bell lyre. Allen, the Troubadour doesn't just sing about the disenfranchised, he does something about it! He contributes his fine country singing and solid guitar playing to so many great causes, and is a driving force behind our Crisis Unit and Food Bank.

Henry Ruel keeps the Princeton music scene alive through the Back Door jams and coffeehouses. He is sensitive to whatever percussive sound might enhance any song. Rick Law discovered traditional music at the Mariposa Folk Festival in Toronto. He'll be helping out on bass, and will also sing a traditional song or two. Hugh Money is a vet-

eran of logging camps as well as being a wealth of information about harmonicas. As part of The Alley Cats, he is in demand at various seniors' centres.

There are several new additions to Homegrown Traditions this year. Pattyann loves to sing the old hymns she sang with her family growing up, but she has expanded her range to inspirational songs of all kinds. You'll love her beautiful voice! Jason Gasparetto just moved to Princeton from Sault Ste Marie. He plays a mean slide guitar and loves the blues. His main influences are Robert Johnson and Eric Clapton. You'll love Sophia Milner's great soulful voice and song style, influenced by Stompin' Tom, Hank Snow, Hank Williams, and blues artists such as BB King & John Lee

Hooker.

This is just one of the workshops being presented on August 17th to 19th at the fifth annual Princeton Traditional Music Festival. And the best thing about it is, it's free!

The reason it's free is because it's run entirely by volunteers and the performers are donating their talents. To make the festival a success the organizers will need lots of volunteers.

If you'd like to get involved, please contact them. Even if you have only a couple of hours available your help would be most welcome. Give them a call and they'll welcome you aboard.

To find out more, visit the Festival's weblog at princetonfestival.org or give us (Jon and Rika) a call at 250.295.6010.

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Tuesday Movies

EVENING

9:00 pm WTBS ch.3 "Biker Boyz" (2003, Action) Laurence Fishburne. A young prodigy threatens the undefeated champion of an underground club of motorcycle racers.
 KNOW ch.5 "Israel Ltd." (2009, Documentary) A group of young Americans gets a tour of Israel to cultivate allies around the world. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Crocodile Dundee in Los Angeles" (2001, Comedy) Paul Hogan. Mick and his girlfriend return to America and link the mysterious death of a reporter to a movie studio.

News Leader Horoscopes

August 1 - 8, 2012

ARIES - This is the time of year when you like to play. This year may not offer many opportunities for fun, but you will try to make time to go to the beach or on a picnic or go to a festival. Spending time in your own back yard can turn into fun if you make the effort.

TAURUS - The heat of summer does not always agree with you, so take it easy. This is a good time to stay home and focus on projects to improve your home or property. You have some health issues which need rest and relaxation in a peaceful environment. Enjoy family, friends.

GEMINI - You may find there are too many demands on your time, too much running around doing errands, shopping, or visiting. You may find relief in some kind of creative project, or you could enjoy time with a lover, with children, or enjoying sports. Watch out for burns, scrapes.

CANCER - Family activity and home demand time and effort, and may put a strain on you. Health is good, job is running smoothly. You are entering a phase when you are improving your appearance, and looking good will be important. Financial plans must be reviewed.

LEO - Problems in your neighbourhood or among siblings may take away some of your enjoyment this summer, but you will have some good times as well. Your health is improving and you have some goodwill behind the scenes. Be cautious about what you say now.

VIRGO - Paying your bills is still a problem so don't be tempted to spend. Look for career opportunities or advancement this year. Try to tap into what people are saying about you, and rethink some of the things you have been worrying about. Problems can be solved now.

LIBRA - Keep your ego under control, don't be pushy, just determined. Focus on career and moving forward with plans that have been stalled. Listen to colleagues, people with whom you associate. Your energy level is high until the end of this month. Put it into your work.

SCORPIO - You may have a hidden enemy now. Pay attention to health problems, and try not to grumble about job. Focus on career, although it may conflict with home life on occasion. You can make progress through diligence. If job seems chaotic now, listen to inner voice to solve problem.

SAGITTARIUS - Try to take some time for yourself now. Contact people at a distance, listen to what they say. There is something you need to learn that you didn't learn last month. Plans seem to go awry easily these days, and others with ego problems may annoy you. Ignore it, have fun.

CAPRICORN - Career demands hard work now, and may involve some upsets between work and home and family. You have to balance your life. Pay attention to your financial situation, check investments, insurance, and so on. Person in authority may be annoying or upset. Patience!

AQUARIUS - This is a great time to interact with others. Make friends, visit old friends, expand social life. This is not a good time to take a long trip, or to try to learn some new skill. This is a time to kick back and enjoy other people. Somebody comes back into your life: visit is fun!

PISCES - Home life can be lots of fun now, but could become hectic. Family may surprise you. Focus on job, health. Both should go well. You need to take a hard look at your financial situation and clear up problem areas. Set a budget and stick to it. Enjoy relaxation, sports.

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TUESDAY, JULY 31, 2012

	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	In the Heat of the Night	(5:30) Morning News (N)	Hi-5	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	(3:00) XXX Summer Olympics	XXX Summer Olympics	Junk Raiders	Henry	CityLine (N)	Auction	Four Weddings Canada
7 AM	Cosby		Arthur	Arthur	Today Reports from the Olympics (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Turbo	Sidekick	Swimming, Water Polo, Canoe	Swimming, Diving, Rowing, Tennis, Gymnastics	Inventions That Shook	Never Land Hannah	The Nate Berkus Show	CSI: NY	World Vision
8 AM	Excused		Clifford	Clifford			CSI: Miami "Shattered"			100 Huntley Street	Bo On/Go	Pokémon	Slalom, Weightlifting, Soccer		American Chopper	Wingin' It Suite/Deck	Rachael Ray	CSI: Crime Scene	Bubble Wrap Kids
9 AM	Family Fd	100 Huntley Street	Wibbly Pig	Super Why!	XXX Summer Olympics	The 700 Club	CSI: Miami "Payback"	Livel With Kelly (N)	100 Huntley Street	Operation Smile	Super Why!	Rescue	From London. Swimming; water polo; canoe slalom; weightlifting; women's; soccer; women's (N) (Live)	XXX Summer Olympics	Cash Cab	Wizards	Access Hollywood Live	CSI: Crime Scene	Four Weddings Canada
10 AM	Millionaire	Operation Smile	Garth-Bev	Sesame Street	Swimming, Beach Volleyball, Volleyball, Water Polo, Canoeing, Rowing, (N Same-day Tape)	The Price Is Right (N)	Criminal Minds	The View (N)	Operation Smile	Chef/Home	Poko	Little Bear		Gymnastics, Swimming, Beach Volleyball (N) (Live)	Canada's Worst Driver	Good Luck Suite/Deck	The Chew	CSI: Crime Scene	Law & Order
11 AM	Law Order: CI	Chef/Home	Save-Ums!	Sid		Young & Restless	Criminal Minds	Juice and Losel	Chef/Home	Noon News Hour (N)	Animal	G. Shrinks			Greatest Know-It-All	Wizards	Afternoon America	CSI: Crime Scene	Frasier
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose (N)		News	The First 48	The Chew	Noon News Hour (N)	House "Broken"	CBC News Now (N)	Puppies			Canada's Worst Driver	ANT Farm	General Hospital (N)	CSI: Crime Scene	Frasier
1 PM	Amer. Dad	House "Broken"	Corduroy	Paint		The Talk	The First 48	Afternoon America	House "Broken"	The Talk	Dragons' Den	Kid vs. Kat Super Evil		American Chopper	Wizards	CityLine	CSI: Crime Scene	3rd Rock	
2 PM	King	The Talk	Spider	Barney		Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris	Sidekick Squirrel	SportsCentre (N) (Live)	How/Made	Gravity	CityNews at 5 (N)	CSI: Crime Scene	Gold Girls	
3 PM	The Office	The Doctors	Miss BG	WordGirl		Dr. Phil	Storage	Rachael Ray	The Doctors	Young & Restless	Recipes	Almost		How/Made	Gravity	CityNews at 6 (N)	Repo	Bubble Wrap Kids	
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob	XXX Summer Olympics From London. (N) (Live)	How/Made	Gravity	How I Met	Repo	Four Weddings Canada	
5 PM	Browns	News (N)	Minuscule	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	News	Parents		How/Made	Random	America's Got Talent	Repo	Frasier	
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada	News	One 2 One		CTV News (N)	Ragin' Cajuns (N)	Random	Tenants	Frasier	
7 PM	Seinfeld	Ent	Hope for Wildlife	Secrets of the Dead	Jeopardy!	Inside Ed.	Storage	Ent	Ent	In Plain Sight	Jeopardy!	Boys		XXX Summer Olympics: Diving, Swimming, Gymnastics, Rowing, Soccer, Weightlifting, Equestrian.	Deadliest Catch "The Bitter, Bloody End" (N)	Random	Murdoch Mysteries	Tenants	3rd Rock
8 PM	Family Guy	NCIS (DVS)	Lost Kingdoms	History Detectives (N)	XXX Summer Olympics	NCIS (DVS)	Storage	The Middle	NCIS (DVS)	NCIS (DVS)	Mercer	Weird	SportsCentre (N)		Good Luck	Jessie	News	Repo	Debt/Part
9 PM	Movie: "Biker Boyz" (2003)	NCIS: Los Angeles	Movie: "Israel Ltd."	Priceless	Gymnastics, Swimming, Diving, (N Same-day Tape)	NCIS: Los Angeles	Storage	Trust Us	NCIS: Los Angeles	NCIS: Los Angeles	Camelot (DVS)	Gaga	Strongest		Really Me	EP Daily	Repo	ET Canada	
10 PM	Derek Luke	In Plain Sight	Norm	Moyers & Company		Person of Interest	Storage	NY Med (N)	In Plain Sight	News Hour Final (N)	National	Mr. Young	SportsCentre (N)		Wingin' It	Seinfeld	Repo	Law & Order	
11 PM	"Crocodile D"	CHBC News Final (N)	Hope for Wildlife	Charlie Rose (N)		News	Storage	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Splatalot	SportsCentre	CTV News	Deadliest Catch "The Bitter, Bloody End"	Lizzie	The Nate Berkus Show	Tenants	Gold Girls
						Letterman	Storage	News	News Hour Final (N)	ET Canada		Weird		CTV News	Ned's	Paid Prog.	Repo	Frasier	
								Nightline						CTV News	Princess	Out There	Repo	Frasier	

News Leader Recipe 513

Turkey Kebabs & Salad

Maple Mustard Turkey Kebabs & Fennel Arugula Salad

Turkey:

- 3-4 Granny's turkey thighs
- 2 tbsp (30 mL) grainy mustard
- 1 tbsp (15 mL) extra virgin olive oil
- 1 tbsp (15 mL) balsamic vinegar
- 1 1/2 tsp (7.5 mL) maple syrup
- 1 tbsp (15 mL) fresh chives, chopped
- 1/2 tsp (2.5 mL) sea salt
- 1/4 tsp (1.25 mL) fresh ground pepper

Salad:

- 3 cups (750 mL) arugula
- 1/2 fennel (anise) bulb, thinly sliced
- 1/2 cup (125 mL) grape or cherry tomatoes, halved
- 2 tbsp (30 mL) unsalted pumpkin seeds, shelled & toasted
- 3 tbsp (45 mL) olive oil
- 1 tbsp (15 mL) balsamic vinegar
- 1 tsp (5 mL) grainy mustard
- 1/2 tsp (2.5 mL) salt
- 1/4 tsp (1.25 mL) fresh ground pepper

Preheat grill. Remove skin & bones from turkey thighs and cut into 1.5 inch (4 cm) cubes. Mix turkey cubes with mustard, oil, vinegar, maple syrup, chives, salt and pepper, then skewer meat. Grill for about 15 minutes, turning once until cooked through.

Mix arugula, fennel, tomatoes and pumpkin seeds in a large bowl. In a separate bowl, whisk oil, vinegar, mustard, salt and pepper. Add to salad and serve with grilled kebabs.

Similkameen News Leader

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Wednesday Movies

EVENING

9:00 pm WTBS ch.3 "Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average.

11:00 pm WTBS ch.3 "Double Jeopardy" (1999, Suspense) Tommy

Lee Jones. While in jail for murdering her husband, a woman discovers he is living under a new identity with their son.

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WEDNESDAY, AUGUST 1, 2012

	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 (N) [RE]	(5:30) Morning News (N) [RE]	HI-5 [RE] Rob Robot	Bob Build Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [RE]	News	(5:30) Morning News (N) [RE]	(4:30) Morning News (N) [RE]	CBC News Now [RE]	Kid vs. Kat Super Evil	(3:00) XXX Summer Olympics: Swimming, Volleyball, Basketball, Beach Volleyball, Weightlifting, From London. Swimming: volleyball; basketball. (N) (Live) [RE]	XXX Summer Olympics: Basketball, Rowing, Tennis, Diving, Gymnastics.	Mayday [RE]	Henry Mickey	CityLine (N) [RE]	Auction Auction	Weird or What?
7 AM	Cosby Cosby		Arthur [RE] Magic Bus	Arthur Martha	Today Reports from the Olympics. (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds [RE]	Good Morning America (N) [RE]			Turbo Monster	Sidekick Beyblade		Junk Raiders [RE]	Never Land Hannah	The Nate Berkus Show	CSI: NY "Hide Sight"	World Vision [RE]	
8 AM	Excused Excused		Clifford Dinosaur	Curious Cat In the Hat			CSI: Miami "The Score"		100 Huntley Street [RE]		Bo On/Go Busytown	Pokémon Kid vs. Kat		Mighty Planes [RE]	Wingin' It Suite/Deck	Rachael Ray [RE]	CSI: Crime Scene	Wipeout Canada [RE]	
9 AM	Family Fd Family Fd	100 Huntley Street [RE]	Wibbly Pig Princess	Super Why! Dinosaur	XXX Summer Olympics: Swimming, Beach Volleyball, Volleyball, Water Polo, Cycling, Rowing, Canoeing. (N Same-day Tape) [RE]	The 700 Club [RE]	CSI: Miami "Silencer"	Livel With Kelly (N) [RE]	100 Huntley Street [RE]	World Vision [RE]	Super Why! Cat in the Hat	Rescue Berenstain		Cash Cab How/Made	Wizards Sonny	Access Hollywood Live	CSI: Crime Scene	Weird or What?	
10 AM	Millionaire Millionaire	In Plain Sight	Garth-Bev (10:40) Inuk	Sesame Street [RE]		The Price Is Right (N)	Criminal Minds "P911"	The View (N) [RE]	In Plain Sight	Chef/Home Debt/Part	Poko [RE]	Little Bear Toot		Salvage Code Red [RE]	Good Luck Suite/Deck	The Chew [RE]	CSI: Crime Scene	Law & Order [RE]	
11 AM	Law Order: CI CI	Chef/Home Debt/Part	Save-Ums! Rolie Polie	Slid Sit-Be Fit		Young & Restless	Criminal Minds [RE]	Paid Prog. My Pillow	Chef/Home Debt/Part	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue		Nerve Center [RE]	Wizards Shake It	Afternoon America	Monster House (N)	'70s Show	
12 PM	Law Order: CI CI	Noon News Hour (N)	Pingu [RE] Doggy Day	Charlie Rose (N) [RE]		News Bold	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	House "5 to 9" [RE]	CBC News Now (N) [RE]	Rated A Almost		Dangerous Flights	ANT Farm Random	General Hospital (N) [RE]	Monster House (N)	'70s Show	
1 PM	Amer. Dad Earl	House "5 to 9" [RE]	Corduroy Rob Robot	Oil Painting Sewing		The Talk [RE]	The First 48 [RE]	Afternoon America	House "5 to 9" [RE]	The Talk [RE]	Dragons' Den [RE]	Kid vs. Kat Super Evil		Deadliest Catch "The Bitter, Bloody End" [RE]	Wizards Good Luck	CityLine [RE]	Monster House (N)	3rd Rock	
2 PM	King King	The Talk [RE]	Spider Berenstain	Barney WordWorld		Let's Make a Deal (N)	The First 48 [RE]	General Hospital (N) [RE]	The Talk [RE]	The Doctors [RE]	Steven and Chris [RE]	Sidekick Squirrel	SportsCentre (N) (Live) [RE]		Austin Austin	CityNews at 5 (N) [RE]	Diamond Divers	Gold Girls	
3 PM	The Office The Office	The Doctors [RE]	Miss BG Lily [RE]	WordGirl Electric		Dr. Phil [RE]	Storage Storage	Rachael Ray [RE]	The Doctors [RE]	Young & Restless	Recipes Stefano	Almost Sidekick		Cash Cab How/Made	Austin Austin	CityNews at 6 (N) [RE]	Diamond Divers	Wipeout Canada [RE]	
4 PM	Big Bang Big Bang	Young & Restless	G. Shrinks Arthur [RE]	Fetch! With Wild Kratts	Jdg Judy Jdg Judy	The Dr. Oz Show [RE]	Storage Storage	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mercer Wheel	SpongeBob Kung Fu	XXX Summer Olympics From London. (N) (Live) [RE]	Salvage Hunters [RE]	Austin Good Luck	How I Met 30 Rock	Diamond Divers	Weird or What?	
5 PM	Browns Payne	News (N) [RE]	Minuscule Martha	News Business	News NBC News	News CBS News	Storage Storage	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob		Mighty Ships [RE]	Good Luck Good Luck	The Middle Suburg.	Diamond Divers	'70s Show	
6 PM	Browns Payne	Global Nat. News	Parks Gardens	PBS News-Hour (N) [RE]	News Millionaire	KREM 2 News at 6 (N)	Storage Storage	News News	(5:59) News Hour (N)	ET Canada Ent	News Coronation Street (N)	Mr. Young Boys		CTV News (N) [RE]	Mighty Ships [RE]	Good Luck Good Luck	Mod Fam Mod Fam	'70s Show	
7 PM	Seinfeld [RE] Seinfeld [RE]	Ent ET Canada	Frontiers of Nature [RE] (DVS)	Jeopardy! Wheel	Inside Ed. Access H.	Barter Barter	Ent The Insider	Ent ET Canada	Dogs In the City [RE]	Jeopardy!	Dragons' Den [RE]	Weird Splatalot	SportsCentre (N) [RE]	XXX Summer Olympics: Rowing, Gymnastics, Swimming, Diving, Cycling. (N Same-day Tape) [RE]	Myth-Busters [RE]	Good Luck Good Luck	(7:02) Final Witness (N)	Diamond Divers [RE]	3rd Rock
8 PM	Family Guy Family Guy	Big Brother (N) [RE]	School School	Nova scienceNOW [RE]	XXX Summer Olympics: Swimming, Gymnastics, Beach Volleyball, Diving. (N Same-day Tape) [RE]	Big Brother [RE]	Barter Barter	The Middle Suburg.	Big Brother (N) [RE]	Big Brother (N) [RE]	Dragons' Den [RE]	Weird Splatalot	SportsCentre (N) [RE]	Salvage Hunters [RE]	Austin Random	News EP Daily	Rat Bast. Flip Men	Debt/Part ET Canada	
9 PM	Movie: ** "Dead Man on Campus" (1998)	The Glee Project (N)	Waldobühne: A Romantic Opera Night [RE]	A Horizon Guide		Criminal Minds [RE]	Storage Storage	Mod Fam Mod Fam	The Glee Project (N)	The Glee Project [RE]	Arctic Air "C-TVAK" [RE]	Gags Gags	World/ Poker	Mighty Ships [RE]	Wingin' It Warthogs!	Seinfeld [RE]	Flip Men	Law & Order [RE]	
10 PM	"Double Jeopardy"	CHBC News Final (N)	Frontiers of Charlie Rose (N) [RE]			CSI: Crime Scene	Storage Storage	(10:02) Final Witness	Dogs In the City [RE]	News Hour Final (N)	National	Mr. Young Boys	SportsCentre (N) [RE]	Mighty Ships [RE]	Lizzie So Raven	The Nate Berkus Show	Diamond Divers [RE]	Gold Girls	
11 PM						News Letterman	Barter Barter	News Nightline	News Hour Final (N)	Ent ET Canada	Stroumbouloupoulos	Splatalot Weird	SportsCentre [RE]	CTV News CTV News	Myth-Busters [RE]	Ned's Princess	Paid Prog. Paid Prog.	Entourage Entourage	'70s Show

Around The Similkameen!



Princeton Centennial Pool was graced with royalty July 25th. From left, Vice Ambassador Taylor Gibb, Ambassador Megan Pateman and Friendship Ambassador Ciara Bamford. *



Three little mouths to feed. The mother and father were kept hopping - 'er flying - to feed the three youngsters in the nest. This nest takes full advantage of the bracket structure of a street light on Schneider Road in Keremeos. Upon observation, the chicks only have their mouths open when they know that Mom or Dad is swooping in with some more fresh food. Photo: Arlene Arlow



One of the parents is bringing some fresh food. The species of bird is not known (no, it is likely not the Yellow Breasted Chat because the Chat has a yellow neck and white underbelly). Photo: Arlene Arlow



While the Olympic Celebrations Fun Night at Centennial Pool was postponed due to weather July 25th, there was still a lot of fun and games including a diving contest. *



Who said you couldn't have a water fight in a swimming pool? *



A perfect picture of Mom or Dad. One of the parents stood sentry at all times while the other parent fetched food for the offspring. Still, the species of bird is not known. Photo: Arlene Arlow



After many years of trying, the photographer seems to have done justice to the depths and hues of the mountains between Canada and the United States. Counting the grass of the pasture in the foreground and the furthest mountains in the background, there are no less than six distinct layers of scenery (with two smaller mountains thrown into the top right of the picture for good measure). Two of the layers of scenery are not visible in this newsprint copy. The photo was taken July 21st looking southwest along Highway 3 a few kilometres from Osoyoos. Photo: Arlene Arlow

Thursday Movies

EVENING

9:00 pm WTBS ch.3 "Double Jeopardy" (1999, Suspense) Tommy Lee Jones. While in jail for murder-

ing her husband, a woman discovers he is living under a new identity with their son.
 KNOW ch.5 "Good Rockin' Tonight: The Legacy of Sun

Records" (2001, Documentary) A history of the music label shows it launching the careers of many rock icons, including Elvis Presley, Carl Perkins, Johnny Cash, and Jerry Lee

Lewis. (CC)
 11:00 pm WTBS ch.3 "Dreamer: Inspired by a True Story" (2005, Drama) Kurt Russell. A racehorse trainer and his daughter nurse a

gravely injured filly back to health and aim for a slot in the Breeders' Cup Classic.

THURSDAY, AUGUST 2, 2012

	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	In the Heat of the Night	(5:30) Morning News (N)	HI-5	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "P911"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	(3:00) XXX Summer Olympics: Swimming, Canoe Slalom, Beach Volleyball, Basketball. From London, Swimming, canoe slalom, beach volleyball. (N) (Live)	(3:00) XXX Summer Olympics: Rowing, Tennis, Judo, Gymnastics. (N)	Game Machines	Henry Mickey	CityLine (N)	Auction	Eat St. (N)
7 AM	Cosby		Arthur	Arthur	Today Reports from the Olympics. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Turbo Monster	Sidekick Beyblade		Greatest Know-It-All	Never Land Hannah	The Nate Berkus Show	CSI: NY "Scared Stiff"	World Vision (N)	
8 AM	Excused		Clifford	Curious			CSI: Miami "Fade Out"		100 Huntley Street		Bo On/Go	Pokémon Kid vs. Kat		Nerve Center	Wingin' It Suite/Deck	Rachael Ray (N)	CSI: Crime Scene	Instant	
9 AM	Family Fd	100 Huntley Street	Wibbly Pig	Super Why!	XXX Summer Olympics: Swimming, Beach Volleyball, Water Polo, Cycling, Rowing, Canoeing. (N) Same-day Tape	The 700 Club	CSI: Miami "Skeletons"	Live! With Kelly (N)	100 Huntley Street	Operation Smile	Super Why! Cat in the Hat	Rescue Berenstain		XXX Summer Olympics: Gymnastics, Swimming, Tennis, Beach Volleyball. From London, Gymnastics, swimming, tennis, beach volleyball. (N)	Cash Cab	Wizards	Access Hollywood Live	CSI: Crime Scene	Eat St. (N)
10 AM	Millionaire	Operation Smile	Garth-Bev (10:40) Inuk	Sesame Street (E)		The Price Is Right (N)	Criminal Minds	The View (N)	Operation Smile	Chef/Home Debt/Part	Poko	Little Bear Big-Small		Machines	Good Luck	The Chew (N)	CSI: Crime Scene	Law & Order (N)	
11 AM	Law Order: CI	Chef/Home Debt/Part	Save-Ums! Rolie Polie	Sid Sit-Be Fit		Young & Restless	Criminal Minds	Paid Prog. Paid Prog.	Chef/Home Debt/Part	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue		Mayday	Wizards Shake It	Afternoon America	CSI: Crime Scene	Friends (N)	
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose (N)		News Bold	The First 48	The Chew (N)	Noon News Hour (N)	House "Private Lives"	CBC News Now (N)	Puppies Almost		Mighty Ships	ANT Farm Random	General Hospital (N)	Jail	Friends (N)	
1 PM	Amer. Dad Earl	House "Private Lives"	Corduroy	Painting		The Talk (N)	The First 48	Afternoon America	House "Private Lives"	The Talk (N)	Dragons' Den (N)	Kid vs. Kat Super Evil		Mighty Ships	Wizards Good Luck	CityLine	Jail	3rd Rock	
2 PM	King	The Talk (N)	Spider	Barney		Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk (N)	The Doctors	Steven and Chris	Sidekick Squirrel	SportsCentre (N) (Live)	Myth-Busters (N)	ANT Farm	ANT Farm	Jail	Gold Girls	
3 PM	The Office	The Doctors	Miss BG Lily	WordGirl Electric		Dr. Phil (N)	The First 48	Rachael Ray (N)	The Doctors	Young & Restless	Recipes Stefano	Almost Sidekick	XXX Summer Olympics From London. (N) (Live)	Cash Cab	ANT Farm	CityNews at 5 (N)	Jail	Instant	
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur	Fetch! With Wild Kratts	Jdg Judy	The Dr. Oz Show	The First 48	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mercer Wheel	SpongeBob Kung Fu	XXX Summer Olympics From London. (N) (Live)	Nerve Center	ANT Farm Shake It	How I Met 30 Rock	Tenants	Eat St. (N)	
5 PM	Browns Payne	News (N)	Minuscule Martha	Business	News NBC News	News CBS News	The First 48	ABC News	Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob		American Chopper	Shake It	Murdoch Mysteries (N)	IMPACT Wrestling (N)	Friends (N)	
6 PM	Browns Payne	Global Nat. News	Parks Undersea	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	The First 48 (N)	News	(5:59) News Hour (N)	ET Canada Ent	News Coronation Street (N)	Mr. Young Zolnk'd! (N)	CTV News (N) (Live)	Deadliest Catch "The Bitter, Bloody End"	Shake It	How I Met		Friends (N)	
7 PM	Seinfeld	Ent ET Canada	The Blue Planet	Rumrunners' Paradise	Jeopardy! Wheel	Inside Ed. Access H.	Cajun	Ent The Insider	Ent ET Canada	Rookie Blue (N)	Jeopardy!	Justin Bieber: All Around the World (N)	XXX Summer Olympics: Swimming, Rowing, Gymnastics, Cycling, Soccer. (N) Same-day Tape	Nerve Center	Good Luck	News EP Daily	MMA	Debt/Part	
8 PM	Family Guy	Wipeout "Batter Up" (N)	Planet Earth (N)	New Tricks (N)	XXX Summer Olympics: Gymnastics, Swimming, Beach Volleyball, Rowing. (N) Same-day Tape	Big Bang Two Men	Cajun	Wipeout (N)	Wipeout "Batter Up" (N)	Wipeout "Batter Up" (N)	The Nature of Things	Gags	World/Poker	Fast N' Loud (N)	Wingin' It	Seinfeld (N)	Ways Die	Law & Order (N)	
9 PM	Movie: *** "Double Jeopardy" (1999)	Big Brother (N)	"Good Rockin' Tonight: The Legacy"	Foyle's War		Big Brother (N)	(9:01) The First 48	Wipeout "Batter Up" (N)	Big Brother (N)	Big Brother (N)	Love, Hate Gags	Gags		American Chopper	Lizzie So Raven	The Nate Berkus Show	GTTV	Gold Girls	
10 PM		Rookie Blue (N)	American Masters			Person of Interest	(10:01) The First 48	Rookie Blue (N)	Rookie Blue (N)	News Hour Final (N)	National	Zolnk'd! (N) Boys	SportsCentre (N)		Ned's Princess	Paid Prog.	MMA	Friends (N)	
11 PM	"Dreamer: True Story"	CHBC News Final (N)	Inside Disaster: Haiti	Charlie Rose (N)		News Letterman	Cajun	News Nightline	News Hour Final (N)	Ent ET Canada	Stroumbouloupoulos	Splatalot Weird	SportsCentre (N)	CTV News	Deadliest Catch		Entourage	Friends (N)	

Similkameen
News Leader
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News Leader Sudoku 413

by Carter Boswell

Friday Movies

AFTERNOON

5:00 pm **SPIKE ch.44** "Independence Day" (1996, Science Fiction) Will Smith. Premiere. A fighter pilot, a computer whiz and others fight back after 15-mile-wide alien ships zap Earth's major cities.

10:15 pm **FAM ch.26** "Home on the Range" (2004, Comedy) Voices of Roseanne Barr. Animated. To save their owner's farm, three cows try to capture a notorious rustler and collect a \$750 reward. (In Stereo) (CC)

11:00 pm **WTBS ch.3** "Election" (1999, Comedy) Matthew Broderick. When a school's goody-two-shoes runs for class president, a teacher/adviser schemes to keep her from winning.

EVENING

6:00 pm **CITY ch.29** "The In-Laws" (2003, Comedy) Michael Douglas. Days before his son's wedding, a globe-trotting CIA agent entangles his future-in-law in a series of adventures. (CC)

8:00 pm **YTV ch.18** "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. (In Stereo) (CC)

FAM ch.26 "Beverly Hills Chihuahua 2" (2011, Comedy) Voices of Odette Yustman. Premiere. Papi and Chloe's lives turn upside down when they

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.

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

THIS WEEK'S SOLUTION:
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News Leader Sudoku grids, puzzles and solutions
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FRIDAY, AUGUST 3, 2012

	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)	HI-5 Rob Robot	Bob Build Clifford	KHQ News GAM (N)	KREM 2 Morning News	Dog the Bounty Hunter	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	(3:00) XXX Summer Olympics:	(3:00) XXX Summer Olympics:	Pyros (DVS)	Henry Mickey	CityLine (N)	Ways Die Jesse James-Man	Canadian Pickers
7 AM :30	Cosby		Arthur Magic Bus	Arthur Martha	Today Reports from the Olympics.	CBSThis Morning (N)	Dog the Bounty Hunter	Good Morning America Ne-Yo performs.			Turbo Monster	Yu-Gi-Oh! Beyblade	Swimming, Beach Volleyball, Tennis, Weightlifting, From London.	Athletics, Rowing, Trampoline, Cycling. (N)	Licence to Drill	Never Land Hannah	The Nate Berkus Show	Jesse James-Man	World Vi- sion
8 AM :30	Excused		Clifford Dinosaur	Curious Cat in the	(N)		Dog the Bounty Hunter		100 Huntley Street		Bo On/Go Busytown	Pokémon Kid vs. Kat		Myth- Busters	Wingin' It Suite/Deck	Rachael Ray	Ways Die	Canadian Pickers	
9 AM :30	Family Fd	100 Huntley Street	Fun-Claude Princess	Super Why! Dinosaur	XXX Summer Olympics:	The 700 Club	Dog the Bounty Hunter	Livel With Kelly (N)	100 Huntley Street	World Vi- sion	Super Why! Cat in the	Rescue Berenstain	Swimming; beach volleyball; tennis. (N) (Live)	XXX Summer Olympics:	Cash Cab How/Made	Wizards Sonny	Access Hollywood Live	Ways Die Jesse James-Man	Canadian Pickers
10 AM :30	Millionaire	World Vi- sion	Garth-Bev (10:40) Inuk	Sesame Street	Swimming, Track and Field, Beach	The Price Is Right (N)	Barter	The View (N)	World Vi- sion	Chef/Home Debt/Part	Poko Doodlebob	Little Bear Fly, Rhino		Cycling, Athletics, Swimming, From London. Cycling; track; athlet- ics; swim- ming. (N) (Live)	Game Machines	Good Luck Suite/Deck	The Chew (N)	Jesse James-Man	Law & Or- der
11 AM :30	Law Order: CI	Chef/Home Debt/Part	Save-Ums! Rolle Polle	Sid Sit-Be Fit	Volleyball, Water Polo, Rowing, From London.	Young & Restless	Barter	Barter	Chef/Home Debt/Part	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue			Deadli- est Catch "The Bitter, Bloody End"	Wizards Shake It	Afternoon America	Jesse James-Man	King
12 PM :30	Law Order: CI	Noon News Hour (N)	Pingu Doggy	Charlie Rosa (N)	Swimming; track and field; beach volleyball; water polo; rowing.	News	Barter	The Chew (N)	Noon News Hour (N)	House "Black Hole" (N)	CBC News Now (N)	Rated A Almost				ANT Farm Random	General Hospital (N)	Jesse James-Man	King
1 PM :30	Amer. Dad Earl	House "Black Hole" (N)	Corduroy Rob Robot	Wyland's Scrapbook	From London. Swimming; track and field; beach volleyball; water polo; rowing.	The Talk (N)	Barter	Afternoon America	House "Black Hole" (N)	The Talk (N)	Dragons' Den (N)	Kid vs. Kat Super Evil			American Chopper	Wizards Good Luck	CityLine	Jesse James-Man	3rd Rock
2 PM :30	King	The Talk (N)	Spider Berenstain	Barney WordWorld		Let's Make a Deal (N)	Barter	General Hospital (N)	The Talk (N)	The Doc- tors	Steven and Chris	Sidekick Squirrel	SportsCen- tre (N) (Live)		Myth- Busters	So Raven Hannah	CityNews at 5 (N)	Jesse James-Man	Gold Girls
3 PM :30	The Office Big Bang	The Doc- tors	Miss BG Lilly	WordGirl Electric		Dr. Phil (N)	Shipping	Rachael Ray (N)	The Doc- tors	Young & Restless	Recipes Stefano	Almost Sidekick			Cash Cab How/Made	Wizards Suite/Deck	CityNews at 6 (N)	Jesse James-Man	Canadian Pickers
4 PM :30	Big Bang MLB	Young & Restless News (N)	G. Shrinks Arthur	Biz Kid\$ Wild Kratts	Jdg Judy Jdg Judy	The Dr. Oz Show	Shipping	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mercer Wheel	SpongeBob Kung Fu	Interruption Sports	XXX Summer Olympics From London.	Mighty Planes	Hannah Gravity	How I Met 30 Rock	Jesse James-Man	Canadian Pickers
5 PM :30	Baseball: Houston Astros at At- lanta Braves (N) (Live)	News (N)	Minuscule Martha	News Business	News NBC News	News CBS News	Shipping	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	SpongeBob Parents	CFL Pre CFL	Salvage Hunters (N)	Snap! Good Luck	Murdoch Mysteries	Movie: *** "Independ- ence Day" (1996) Will Smith. Premiere.	Law & Or- der	
6 PM :30		Global Nat. News	Parks Rivers	PBS News- Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Shipping	News News	(5:59) News Hour (N)	ET Canada Ent	News Coronation Street (N)	Mr. Young Boys	Football: Montreal Alouettes at Winnipeg Blue Bom- bers. (N) (Live)	CTV News (N) (N)	Pyros (DVS)	Shake It ANT Farm	Movie: ** "The In- Laws" (2003, Comedy)	Jesse James-Man	Law & Or- der
7 PM :30	Seinfeld	ET Canada	Canada: Over the Edge	Wash. Need	Jeopardy! Wheel	Access H. Access H.	Shipping	The Insider The Insider	ET Canada Gentleman	Gentleman Jeopardy!	InSecurity Mosque	Movie: *** "Adventures in Babysit- ting" (N)	SportsCen- tre (N)	XXX Summer Olympics: Athletics, Swimming, Trampoline, Soccer, Rowing. (N) Same-day Tape	Mayday (N)	Mighty Planes	News EP Daily	Movie: *** "Independ- ence Day" (1996) Will Smith, Bill Pulman.	Debt/Part ET Canada
8 PM :30	Family Guy Family Guy	Housewives	Doc Martin (N)	Doc Martin "Old Dogs"	XXX Summer Olympics:	Undercover Boss	Shipping	Shark Tank (DVS)	Housewives Housewives	Housewives Housewives	Michael Michael		SportsCen- tre (N)		Mighty Planes	Movie: "Beverly Hills Chihua- hua 2"	News Seinfeld	Movie: *** "Independ- ence Day" (1996) Will Smith, Bill Pulman.	Law & Or- der
9 PM :30	Seinfeld The Office	Housewives	George Gently "The Burning Man"	The Barnes Collection	Swimming, Track and Field, Diving, Volleyball, Trampoline.	CST: NY (N)	Shipping	(9:01) 20/20 (N)	Housewives Housewives	Housewives Housewives	Michael Michael		Sports	Pyros (DVS)	Jeasle	Seinfeld	Seinfeld	Law & Or- der	
10 PM :30	Browns Payne	The Office Gentleman	Francesco	Golf's Grand Design (N)		Blue Bloods	Shipping		The Office Gentleman	News Hour Final (N)	National Boys	Weird Boys	SportsCen- tre (N)	Salvage Hunters	(10:15) "Home on the Range" (2004)	Ochocinco: Ult	The Nate Berkus Show	Jesse James-Man	Gold Girls Gold Girls
11 PM :30	Movie: "Election"	CHBC News Final (N)	Canada: Over the Edge	Charlie Rose (N)		News Letterman	Shipping	Sports Nightline	News Hour Final (N) ET Canada	Ent ET Canada	Stroumbou- lopoulos	The Next Star (N)	SportsCen- tre	CTV News CTV News	Mayday	Princess	The Nate Berkus Show	Jesse James-Man	King

News Leader Weekend - Saturday Movies

MORNING

8:00 am WTBS ch.3 "Dragonball: Evolution" (2009, Action) Justin Chatwin. A young warrior must protect Earth from the vengeful Lord Piccolo by preventing seven mystical orbs from falling into Piccolo's hands.
 10:00 am WTBS ch.3 "The

Brothers" (2001, Comedy-Drama) Morris Chestnut. Four friends question women, relationships and honesty after one of them becomes engaged.

AFTERNOON

12:00 pm FAM ch.26 "Wizards of Waverly Place: The Movie" (2009,

Comedy) Selena Gomez. A young wizard conjures a spell that puts her family in jeopardy. (In Stereo) (CC)
 4:00 pm TROP ch.45 "Revenge of the Nerds II: Nerds in Paradise" (1987, Comedy) Robert Carradine. Skolnick, Poindexter and Booger attend a big fraternity convention in Fort Lauderdale, Fla. (In Stereo) (CC)

EVENING

8:00 pm WTBS ch.3 "What Happens in Vegas" (2008, Romance-Comedy) Cameron Diaz. Following a night of wild partying, two strangers awake and find that they have married each other and won a jackpot.
 KXLY ch.10 "Norbit" (2007, Comedy) Eddie Murphy. Though married to a terrible shrew, a man tries to figure out a way to be with his childhood sweetheart, who has just moved back into town. (In Stereo) (CC)
 CITY ch.12 "Four Extraordinary Women" (2006, Drama) Lindsay Wagner. Premiere. A man copes as four of his loved ones battle breast cancer. (CC) (DVS)
 YTV ch.18 "Cyberbully" (2011, Drama) Emily Osment. A woman tries to help her teenage daughter when she becomes the victim of online bullying. (In Stereo) (CC)
 9:00 pm CHBC ch.4 BCTV ch.11 "Four Extraordinary Women" (2006, Drama) Lindsay Wagner. Premiere. A man copes as four of his loved ones battle breast cancer. (CC) (DVS)
 CBC ch.13 "Polytechnique" (2009, Historical Drama) Maxim Gaudette. A misogynist massacres female engineering students. (In Stereo) (CC)
 FAM ch.26 "Daddy Day Care" (2003, Comedy) Eddie Murphy. After company downsizing, two former executives decide to open a day-care center for kids in their neighborhood. (In Stereo) (CC)
 CITY ch.29 "Lethal Weapon 4"

(1998, Action) Mel Gibson. Los Angeles police partners take on members of a Chinese triad who are smuggling families from the mainland. (CC)
 TROP ch.45 "Revenge of the Nerds II: Nerds in Paradise" (1987, Comedy) Robert Carradine. Skolnick, Poindexter and Booger attend a big fraternity convention in Fort Lauderdale, Fla. (In Stereo) (CC)
 10:00 pm WTBS ch.3 "Laws of Attraction" (2004, Romance-Comedy) Pierce Brosnan. Two successful attorneys fall in love despite battling each other in high-profile divorce cases.
 10:33 pm FAM ch.26 "Motocrossed" (2001, Adventure) Alana Austin. Feeling responsible for her twin brother's injury, a teenager pretends to be him and competes in a series of motocross races. (In Stereo) (CC)
 10:35 pm CITY ch.12 "Se7en" (1995, Suspense) Brad Pitt. Premiere. A meticulous detective and the young officer about to replace the veteran probe serial murders based on the seven deadly sins. (CC)
 11:00 pm KXLY ch.10 "Firetrap" (2000, Action) Dean Cain. A thief's mission to steal a computer chip is interrupted when a saboteur ignites a fire in an office building.
 11:34 pm CHBC ch.4 BCTV ch.11 "Se7en" (1995, Suspense) Brad Pitt. Premiere. A meticulous detective and the young officer about to replace the veteran probe serial murders based on the seven deadly sins. (CC)



Junior Girls Basketball players hosted a car wash fundraiser July 22nd at the Plaza parking lot. *

SATURDAY, AUGUST 4, 2012

	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	Paid Prog.	Foodies	Dinosaurs	Heartland	Today (N)	(5:00) CBS This Morning	Flip This House	Paid Prog.	Foodies	Saturday Morning News (N)	Monster	Kid vs. Kat	(3:00) XXX Summer Olympics	(3:00) XXX Summer Olympics	Licence to Drill	Wingin' It	Kitchen	Xtreme 4x4	Racer
6:30 AM	Paid Prog.	Big Coast	Siamese	Field Guide				Paid Prog.	Big Coast		Busytown	Super Evil			Sulte/Deck	Aspro TV	Horse.	Paid Prog.	
7 AM	Paid Prog.	Saturday Morning News (N)	Rob Robot	MotorWeek	KHQ News Saturday (N)	Doodlebop	Hideos Houses (N)	Good Morning America	Saturday Morning News (N)		Animal	Rated A	Rowing, Soccer, Diving, From London.	Pyros (DVS)	Hannah	Eye/Asla	Trucks!	Weird or What?	
7:30 AM	Paid Prog.		Magie Bus	Greener		Doodlebop	Sell: Extreme	Hanna			Super Why!	Kid vs. Kat	Triathlon, Athletics, Trampoline. (N)	Mayday	Phineas	Polish Studio	Rat Bast.	3rd Rock	
8 AM	Movie: ** "Dragonball: Evolution" (2009)		Dino Dan	Woodsmith		Busytown		Ocean			Doodlebop	Almost	Rowing; soccer; men's; diving. (N) (Live)	Mayday	Phineas	Polish Studio	Rat Bast.	3rd Rock	
8:30 AM			G. Shrinks	Hometime		Busytown					Goldfish	Super Evil			Gravity		Auction	3rd Rock	
9 AM			Arthur	Woodshop	XXX Summer Olympics	Rangers	Flip This House	Explore		Driving TV	Absolutely Canadian	Super Evil		XXX Summer Olympics: Tennis, Swimming, Athletics. From London. Tennis; swimming; athletics. (N) (Live)	Mighty Ships	Good Luck	EP Weekly	Auction	'70s Show
9:30 AM			Rolie Polie	Old House	Track and Field, Tennis, Beach Volleyball, Water Polo, Cycling, Rowing, Trampoline. From London.	Horseland		Rescue		Real Fish.	The Adventurers	Super Evil			Wingin' It	Reviews	Auction	'70s Show	
10 AM	Movie: *** "The Brothers" (2001)	Fish'n	Babar	Old House	PGA Tour Golf: WGC Bridgestone Invitational, Third Round (N) (Live)	Arc of Triumph (N)	Intervention "Tyler"	Health	Fish'n	Powerboat	The Adventurers	Sidekick			Dangerous Flights	ANT Farm	Tow Biz	Auction	Frasler
10:30 AM		Real Fish.	Shaun	Kitchen				Food	Real Fish.	Tradition	Sidekick				Jessie	Ed's Up	Auction	Frasler	
11 AM		Powerboat	Martha	Cooking		PGA Tour Golf: WGC Bridgestone Invitational, Third Round (N) (Live)	Intervention "Jimbo"	Auto Racing	Powerboat	PGA Tour Golf: WGC Bridgestone Invitational, Third Round (N) (Live)	Steven and Chris	Korra			Greatest Know-It-All	Austin	cooling	Auction	King
11:30 AM		Tradition	Wild Kratts	Cooking			Intervention "Jimmy"		News	PGA Tour Golf: WGC Bridgestone Invitational, Third Round (N) (Live)	Recipes	Pokemon			Pyros (DVS)	"Wizards of Waverly Place"	Travels	Auction	Drew
12 PM	Jim	News	Gardens	Cook's					Shipping	Shipping	Lang & O'Leary	Yu-Gi-Oh!			Salvage Hunters	Hannah	Paid Prog.	Auction	'70s Show
12:30 PM	Browns	PGA Tour Golf: WGC Bridgestone Invitational, Third Round	Parks	Antiques Roadshow					Shipping	Shipping	Dragons' Den	Weird	SportsCentre (N) (Live)		Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
1 PM	King	King	Rivers	History Detectives					Shipping	Shipping	The Nature of Things	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
1:30 PM	King	King	Rivers	Rivers					Shipping	Shipping	Simpsons	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
2 PM	Family Guy	Family Guy	Rivers	Rivers					Shipping	Shipping	Simpsons	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
2:30 PM	Family Guy	Family Guy	Rivers	Rivers					Shipping	Shipping	Simpsons	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
3 PM	Seinfeld	Seinfeld	Blue Realm	Globe Trekker					Shipping	Shipping	The Nature of Things	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
3:30 PM	Seinfeld	Seinfeld	Blue Realm	Globe Trekker					Shipping	Shipping	The Nature of Things	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
4 PM	MLB Baseball: Houston	Simpsons	Dino Death Trap	Steves					Shipping	Shipping	The Nature of Things	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
4:30 PM	MLB Baseball: Houston	Simpsons	Dino Death Trap	Steves					Shipping	Shipping	The Nature of Things	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
5 PM	Astros at Atlanta Braves (N) (Live)	Family Guy	Planet Earth	Last/Wine					Shipping	Shipping	The Nature of Things	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
5:30 PM	Astros at Atlanta Braves (N) (Live)	Family Guy	Planet Earth	Last/Wine					Shipping	Shipping	The Nature of Things	Weird			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
6 PM		Global Nat.	Hope for Wildlife	Lawrence Welk	KHQ News 6PM (N)	News	Storage	News	(5:59) News Hour (N)	16x9	National	The Next Star			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
6:30 PM		News													Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
7 PM	The Office	16x9	Eco Engineering	Keep Up As Time...	Criminal Minds	Grey's Anatomy	Storage	Entertainment Tonight	16x9	NYC 22 "Ransom" (N)	Absolutely Vancouver	The Next Star			Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
7:30 PM	The Office														Mayday	ANT Farm	Tow Biz	Auction	3rd Rock
8 PM	Movie: ** "What Happens in Vegas" (2008)	NYC 22 "Ransom" (N)	Heartbeat "Toss Up"	John Sebastian Presents: Folk Re-wind	XXX Summer Olympics: Swimming, Track and Field, Beach Volleyball, Diving. (N Same-day Tapo)	NYC 22 "Ransom" (N)	Barter	Movie: ** "Norbit" (2007) Eddie Murphy	NYC 22 "Ransom" (N)	"Four Extraordinary Women" (2006)	fifth estate	Movie: "Cyberbully" (2011) Emily Osment	SportsCentre (N)	Athletics, Swimming, Rowing, Trampoline, Cycling, Diving. (N)	American Chopper	Sonny	CityNews Weekends	Auction	Cake Walk
8:30 PM															American Chopper	Sonny	CityNews Weekends	Auction	Cake Walk
9 PM		Movie: "Four Extraordinary Women" (2006)	Rebus	Folk Re-wind		NYC 22 "Samaritans"	Storage		Movie: "Four Extraordinary Women" (2006)	NYC 22 "Samaritans"	"Polytechnique" (2009) Maxim Gaudette.	Strongest			Deadliest Catch "The Bitter, Bloody End"	Movie: ** "Daddy Day Care" (2003)	Movie: *** "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover	Repo	"Revenge of the Nerds II: Nerds in Paradise" (1987)
9:30 PM															Deadliest Catch "The Bitter, Bloody End"	Movie: ** "Daddy Day Care" (2003)	Movie: *** "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover	Repo	"Revenge of the Nerds II: Nerds in Paradise" (1987)
10 PM	Movie: ** "Laws of Attraction" (2004)	News Final	(10:50) Ancient Clues	Austin City Limits		48 Hours Mystery	Storage	Castle "Lincoln"	News Final	News Final	Belng Erica	Splatalot	SportsCentre		Deadliest Catch "The Bitter, Bloody End"	Movie: ** "Daddy Day Care" (2003)	Movie: *** "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover	Repo	"Revenge of the Nerds II: Nerds in Paradise" (1987)
10:30 PM															Deadliest Catch "The Bitter, Bloody End"	Movie: ** "Daddy Day Care" (2003)	Movie: *** "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover	Repo	"Revenge of the Nerds II: Nerds in Paradise" (1987)
11 PM		News Final	(10:50) Ancient Clues	Austin City Limits		48 Hours Mystery	Storage	Castle "Lincoln"	News Final	News Final	Belng Erica	Splatalot	SportsCentre		Deadliest Catch "The Bitter, Bloody End"	Movie: ** "Daddy Day Care" (2003)	Movie: *** "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover	Repo	"Revenge of the Nerds II: Nerds in Paradise" (1987)
11:30 PM		"Se7en"				The Closer	Storage	Movie: "Firetrap" (2000)	News Final	News Final	Belng Erica	Splatalot	SportsCentre		Deadliest Catch "The Bitter, Bloody End"	Movie: ** "Daddy Day Care" (2003)	Movie: *** "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover	Repo	"Revenge of the Nerds II: Nerds in Paradise" (1987)

News Leader Weekend - Sunday Movies

MORNING

8:00 am WTBS ch.3 "Ghosts of Girlfriends Past" (2009, Romance-Comedy) Matthew McConaughey. Spirits of jilted lovers take a photographer on an odyssey through his many failed relationships to find out what made him such a cad, and if there is any hope for true love.
10:00 am WTBS ch.3 "Fool's Gold" (2008, Action) Matthew McConaughey. A treasure hunter drags his estranged wife and her boss on a quest to find 40 chests of lost Spanish gold.

(In Stereo) (CC)
5:00 pm WTBS ch.3 "Gran Torino" (2008, Drama) Clint Eastwood. An unlikely friendship forms between a bigoted war veteran and an Asian boy who tried to steal the man's treasured automobile.
CBC ch.13 "Ella Enchanted" (2004, Romance-Comedy) Anne Hathaway. A young woman embarks on a journey to break the curse of obedience placed upon her by a fairy godmother. (In Stereo) (CC)

CITY ch.29 "Lethal Weapon 4" (1998, Action) Mel Gibson. Los Angeles police partners take on members of a Chinese triad who are smuggling families from the mainland. (CC)
9:30 pm WTBS ch.3 "The Bucket List" (2007, Comedy-Drama) Jack Nicholson. Two terminally ill men leave their hospital ward

and set out to complete a list of things they want to do before they die.
10:30 pm FAM ch.26 "Avalon High" (2010, Fantasy) Britt Robertson. A high-school student believes that her new classmates are reincarnations of King Arthur and members of his court. (In Stereo) (CC)

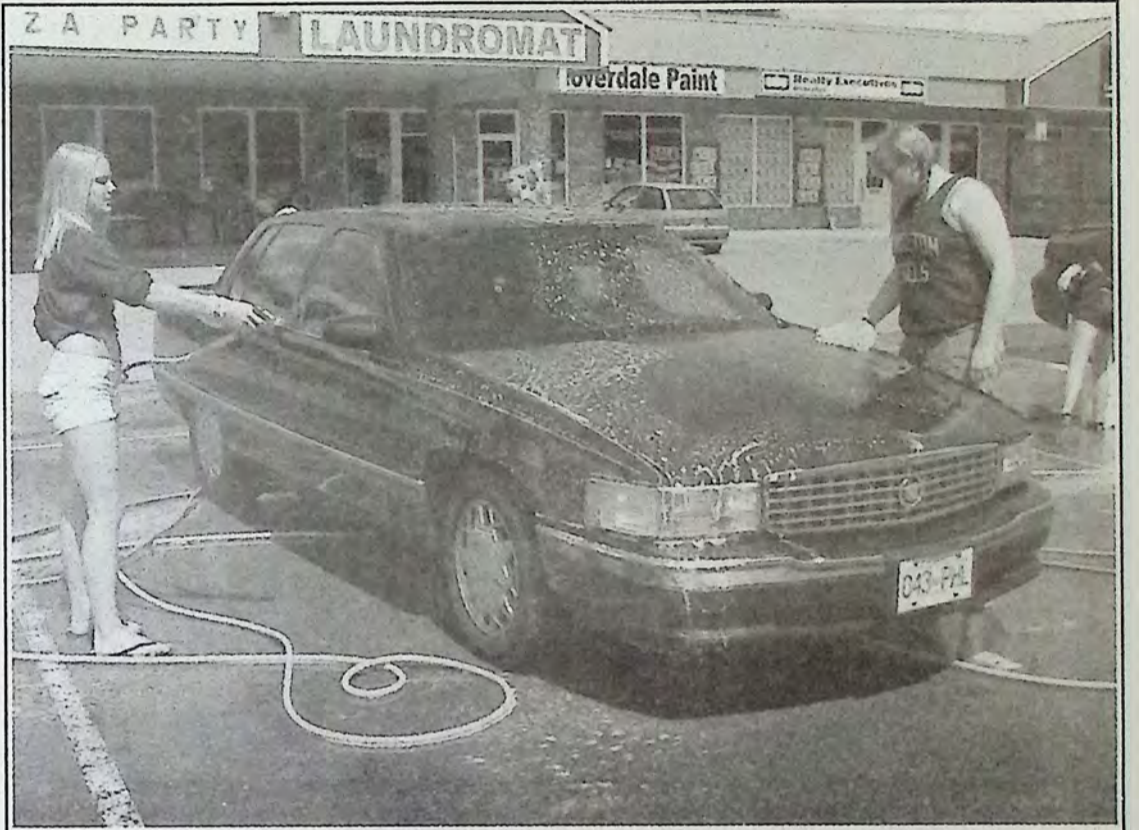
11:00 pm KNOW ch.5 "Good Rockin' Tonight: The Legacy of Sun Records" (2001, Documentary) A history of the music label shows it launching the careers of many rock icons, including Elvis Presley, Carl Perkins, Johnny Cash, and Jerry Lee Lewis. (CC)

AFTERNOON

12:00 pm WTBS ch.3 "Into the Blue 2: The Reef" (2009, Suspense) Chris Carmack. Two professional divers fight for their lives when they encounter criminals in Hawaiian waters.
FAM ch.26 "Beverly Hills Chihuahua 2" (2011, Comedy) Voices of Odette Yustman. Papi and Chloe's lives turn upside down when they have a litter of puppies. (In Stereo) (CC)
1:30 pm YTV ch.18 "Spy Kids" (2001, Adventure) Antonio Banderas. When a technical genius kidnap retired spies, only their children can save them. (In Stereo) (CC)
3:30 pm YTV ch.18 "Spy Kids 2: The Island of Lost Dreams" (2002, Adventure) Antonio Banderas. A young sister and brother encounter mutants and a wild scientist while searching for a device that could destroy Earth.

EVENING

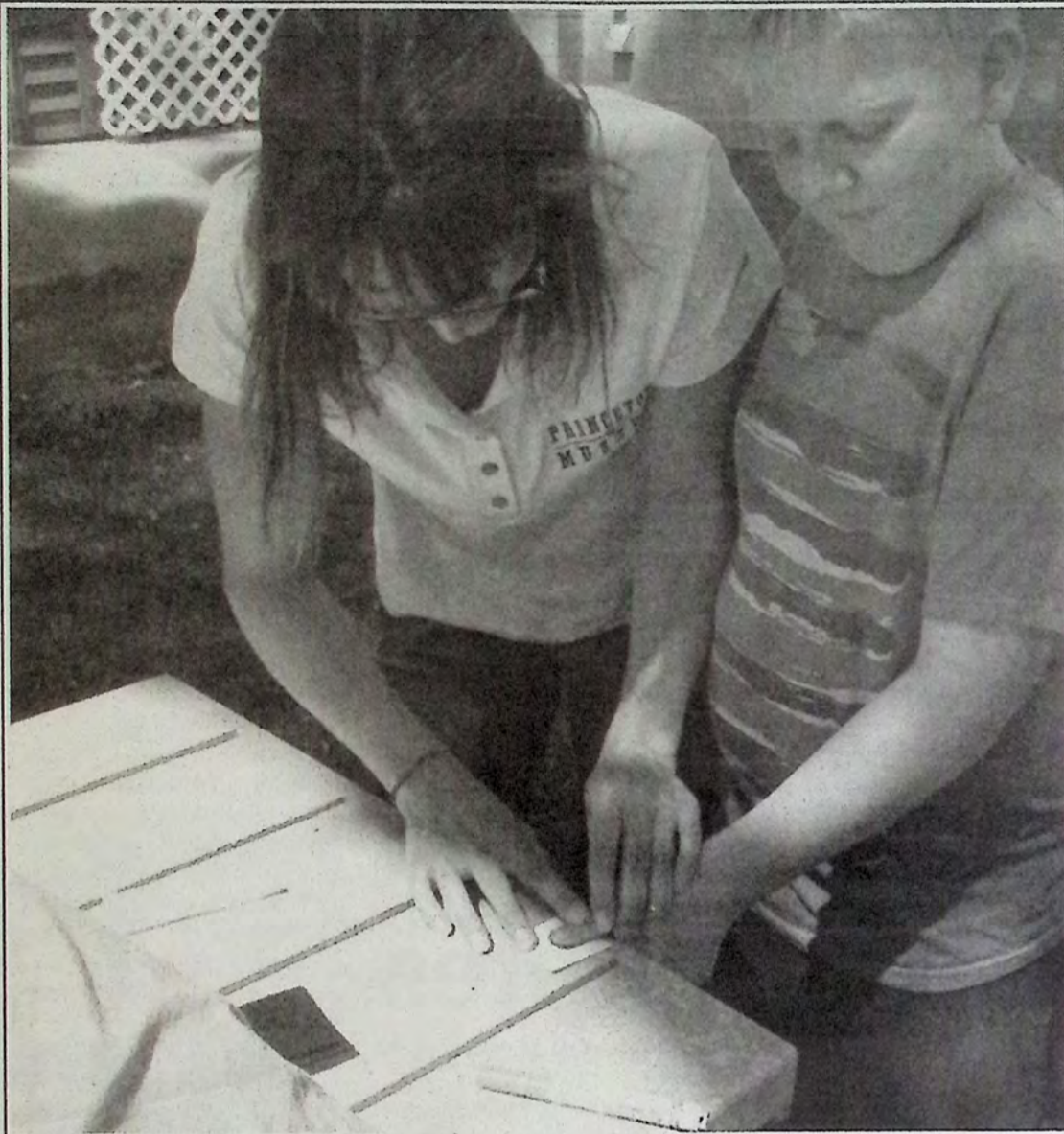
6:00 pm YTV ch.18 "Spy Kids 3: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to rescue his sister inside a virtual-reality game created by a madman out to enslave children. (In Stereo) (CC)
7:30 pm WTBS ch.3 "The Bucket List" (2007, Comedy-Drama) Jack Nicholson. Two terminally ill men leave their hospital ward and set out to complete a list of things they want to do before they die.
8:00 pm CBC ch.13 "Mr. Bean's Holiday" (2007, Comedy) Rowan Atkinson. Bumbling Bean takes a holiday on the French Riviera and is mistaken for a kidnapper and an avant-garde filmmaker. (In Stereo) (CC)
9:00 pm FAM ch.26 "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (CC)



PSS Junior Girls Basketball team spent most of July 22nd washing cars as a fundraiser.*

SUNDAY, AUGUST 5, 2012

	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	Sports Mad About	Angler Fishful	Dinosaurs Slamese	Mr. Rogers Signing	XXX Summer Olympics: Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	Paid Prog. Paid Prog.	The Glades	Paid Prog.	Angler Fishful	Canada Foodies	Super Why! Artzooka	Kid vs. Kat Super Evil	(3:00) XXX Summer Olympics: Volleyball, Tennis, Water Polo, Beach Volleyball, Diving, Weightlifting. From London. Volleyball; tennis; water polo; beach volleyball; diving; weightlifting. (N)	(3:00) XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Mayday "Dead Tired"	Wingin' It Suite/Deck	Tow Bliz ChurchRck	Xtreme 4x4 Horse.	Go Green Paid Prog.
7 AM	Career Day P. Affairs	Driving TV Canada	Rob Robot Magic Bus	Wild Clifford	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	CBS News Sunday Morning (N)	The Glades	Good Morning America This Week	Driving TV Canada	Sunday Morning News (N)	Coronation Street	Rated A Kid vs. Kat	(3:00) XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	(3:00) XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Mighty Ships	Hannah Wizards	Eye/Asia Dharti	Trucks!	Housewives
8 AM	Movie: "Ghosts of Girlfriends Past" (2009)	Sunday Morning News (N)	Dino Dan Upside Arthur	Curious Cat In the Hat	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	The Nation	Longmire	Matthews	Sunday Morning News (N)	Coronation Street	Coronation Street	Almost Squirrel	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Mighty Ships	Shake It Gravity	Pakistan Festival Italiano di Johnny Lombardi (In Italian)	Monster House (N)	3rd Rock 3rd Rock
9 AM	Movie: "Fool's Gold" (2008) Kate Hudson	Ancestors Op. Smile	Wild Kratts Little	Global Spirit	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	Final Major	Longmire	IndyCar Racing: Honda Indy 200 at Mid-Ohio. (N) (Live)	Ancestors Op. Smile	Hour of Power	Coronation Street	Squirrel Squirrel	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Nerve Center	Good Luck Warthog!	Johnny Lombardi (In Italian)	Monster House (N)	70s Show 70s Show
10 AM	Movie: "Into the Blue 2: The Reef" (2009)	News PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N)	Dogs Dogs	Moyers & Company	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	Wall Street	News PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Hour of Power	Coronation Street	Boys Boys	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Mighty Planes	ANT Farm Jessie	cooking Paid Prog.	Flip Men Flip Men	Frasler Frasler
11 AM	The Closer	Big Bang Simpsons	Canada: Over the Edge	Market Warriors (N)	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	XTERRA	News PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N)	Hour of Power	Coronation Street	Boys Boys	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Birth of a Car Shake It	Austin Shake It	Travels I Cook	Flip Men Flip Men	King King
12 PM	Movie: "The Bucket List" (2007)	News PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N)	Dogs Dogs	Great Performances at the Met "Manon" (N)	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	Your Home	News PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N)	Hour of Power	Coronation Street	Boys Boys	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Mighty Ships	Movie: "Beverly Hills Chihuahua 2" Hannah	Law & Order: SVU	Flip Men Flip Men	Drew Drew
1 PM	The Closer	Big Bang Simpsons	Canada: Over the Edge	Market Warriors (N)	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	XTERRA	News PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N)	Hour of Power	Coronation Street	Boys Boys	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Dangerous Flights	ANT Farm Gravity	Law & Order: SVU	Flip Men Flip Men	70s Show 70s Show
2 PM	The Closer	Big Bang Simpsons	Canada: Over the Edge	Market Warriors (N)	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	XTERRA	News PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N)	Hour of Power	Coronation Street	Boys Boys	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Licence to Drill	ANT Farm Gravity	Law & Order: SVU	Flip Men Flip Men	3rd Rock 3rd Rock
3 PM	Big Bang	Big Bang Simpsons	Canada: Over the Edge	Market Warriors (N)	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	Wipeout	Simpsons Simpsons	Simpsons Simpsons	Dragons' Den	Movie: "Spy Kids 2: The Island of Lost Dreams"	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Cash Cab How/Made	Good Luck Random	CityNews Weekends	Flip Men Flip Men	Housewives Housewives
4 PM	Big Bang	Big Bang Simpsons	Canada: Over the Edge	Market Warriors (N)	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	Made in Hollywood	Simpsons Family Guy	Family Guy Global Nat.	Jeopardy! Wheel	Movie: "Ella Enchanted" (2004)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	Myth-Busters	Jessie Wizards	Funnies Home Videos	Bar Rescue Friends	Friends Friends
5 PM	Movie: "Gran Torino" (2008)	News Global Nat.	Art of the Helix	Hometown Old House	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	News	What Global Nat.	(4:59) News Hour (N) Howie Do	Movie: "Ella Enchanted" (2004)	Movie: "Spy Kids 3: Game Over" (2003)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	River Monsters	Shake It Austin	Secret Millionaire (N)	Bar Rescue Friends	Friends Friends
6 PM	Movie: "Gran Torino" (2008)	News Global Nat.	Art of the Helix	Hometown Old House	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	News	What Global Nat.	(4:59) News Hour (N) Howie Do	Movie: "Ella Enchanted" (2004)	Movie: "Spy Kids 3: Game Over" (2003)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	River Monsters	Good Luck Wingin' It	America's Got Talent (N)	Bar Rescue (N)	Friends Friends
7 PM	Movie: "The Bucket List" (2007)	News Global Nat.	Art of the Helix	Hometown Old House	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	News	What Global Nat.	(4:59) News Hour (N) Howie Do	Movie: "Ella Enchanted" (2004)	Movie: "Spy Kids 3: Game Over" (2003)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	River Monsters	Wizards Suite/Deck		Flip Men Flip Men	Housewives Housewives
8 PM	Movie: "The Bucket List" (2007)	News Global Nat.	Art of the Helix	Hometown Old House	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	News	What Global Nat.	(4:59) News Hour (N) Howie Do	Movie: "Ella Enchanted" (2004)	Movie: "Spy Kids 3: Game Over" (2003)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	River Monsters	Sonny Random	CityNews Weekends	Bar Rescue	Eat St. (C) Eat St. (C)
9 PM	Movie: "The Bucket List" (2007)	News Global Nat.	Art of the Helix	Hometown Old House	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	News	What Global Nat.	(4:59) News Hour (N) Howie Do	Movie: "Ella Enchanted" (2004)	Movie: "Spy Kids 3: Game Over" (2003)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	River Monsters	Movie: "Dadnapped" (2009)	Movie: "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover.	Bar Rescue	Friends Friends
10 PM	Movie: "The Bucket List" (2007)	News Global Nat.	Art of the Helix	Hometown Old House	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	News	What Global Nat.	(4:59) News Hour (N) Howie Do	Movie: "Ella Enchanted" (2004)	Movie: "Spy Kids 3: Game Over" (2003)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	River Monsters	Movie: "Avalon High" (2010)		Bar Rescue	Friends Friends
11 PM	Movie: "The Bucket List" (2007)	News Global Nat.	Art of the Helix	Hometown Old House	Track and Field, Beach Volleyball, Tennis, Volleyball, Water Polo, Basketball, Cycling, Equestrian. From London. Track and field; beach volleyball; tennis; volleyball; water polo; basketball; cycling. (N Same-day Tape) (C)	PGA Tour Golf: WGC Bridgestone Invitational, Final Round. (N) (Live)	Criminal Minds	News	What Global Nat.	(4:59) News Hour (N) Howie Do	Movie: "Ella Enchanted" (2004)	Movie: "Spy Kids 3: Game Over" (2003)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	XXX Summer Olympics: Cycling, Athletics, Gymnastics, Boxing. (N)	River Monsters			Bar Rescue	Drew



Princeton Museum Operations Manager Robin Lowe assists a CSI Camp participant in the fingerprinting of his thumb. It was part of the evidence gathering required to solve a 'crime' inside the museum July 24th. *

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Monday Movies

EVENING

9:00 pm WTBS ch.3 "The Long Kiss Goodnight" (1996, Action) Geena Davis. Former cohorts come after a small-town New England mom who gradually remembers her past as a government assassin.
 11:00 pm WTBS ch.3 "Lost Boys: The Tribe" (2008, Horror) Tad

Hilgenbrink. After moving to a new California town, a young woman learns that her new friends are a pack of vampires.

BEWARE!

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MONDAY, AUGUST 6, 2012

	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)	Hi-5	Bob Build	KHQ News (N)	KREM 2 Morning News	Criminal Minds	News	(5:30) Morning News (N)	End/Leash	CBC News	Kid vs. Kat	(3:00) XXX Summer Olympics	XXX Summer Olympics	Salvage Hunters	Henry	CityLine (N)	Auction	ousewives
7 AM	Cosby	Cosby	Arthur	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)	Design Inc.	Design Inc.	Turbo	Sidekick	Volleyball, Equestrian, Synchronized Swimming, Beach Volleyball, Soccer. (N)	XXX Summer Olympics	Greatest Know-It-All	Never Land	The Nate Berkus Show	CSI: NY "Justified"	World Vision
8 AM	Excused	Excused	Clifford	Clifford	Dinosaur	Cat In the Hat	CSI: Miami "Deviant"	Live! With Kelly	100 Huntley Street	100 Huntley Street	Bo On/Go	Pokémon	Kid vs. Kat	XXX Summer Olympics	Machines	Wingin' It	Rachael Ray	CSI: Crime Scene	Canada Sings
9 AM	Family Fd	100 Huntley Street	Fun-Claude	Super Why!	XXX Summer Olympics	The 700 Club	CSI: Miami "Collision"	Live! With Kelly	100 Huntley Street	World Vision	Super Why!	Rescue	Rescue	XXX Summer Olympics	Cash Cab	Wizards	Access Hollywood Live	CSI: Crime Scene	Housewives
10 AM	Millionaire	World Vision	Garth-Bev	Sesame Street	Track and Field, Beach Volleyball	The Price Is Right (N)	Criminal Minds	The View	World Vision	Make Me Over, Under	Poko	Little Bear	Little Bear	XXX Summer Olympics	Birth of a Car	Good Luck	The Chew	CSI: Crime Scene	Friends
11 AM	Law Order: CI	Make Me Over, Under	Save-Ums!	Sid	Water Polo, Volleyball, Equestrian, Cycling, Synchronized Swimming, Canoeing. (N Same-day Tape)	Young & Restless	Criminal Minds	Paid Prog.	Make Me Over, Under	16x9	Animal	G. Shrinks	G. Shrinks	XXX Summer Olympics	Worst Handyman	Wizards	Afternoon America	CSI: Crime Scene	Friends
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose	Doggy	News	Criminal Minds	The Chew	Noon News Hour (N)	House "Lockdown"	CBC News	Rated A	Rated A	XXX Summer Olympics	Salvage Hunters	ANT Farm	General Hospital (N)	CSI: Crime Scene	Friends
1 PM	Amer. Dad	House "Lockdown"	Corduroy	Paint This	Let's Make a Deal (N)	The Talk	Criminal Minds	Afternoon America	House "Lockdown"	The Talk	Dragons' Den	Kid vs. Kat	Kid vs. Kat	XXX Summer Olympics	Mighty Ships	Wizards	CityLine	CSI: Crime Scene	Friends
2 PM	King	The Talk	Spider	Barney	Dr. Phil	Let's Make a Deal (N)	Criminal Minds	General Hospital (N)	The Talk	The Doctors	Steven and Chris	Sidekick	CFL Football: BC Lions at Toronto Argonauts. (N) (Live)	XXX Summer Olympics	Worst Handyman	Wizards	CityNews at 5 (N)	Wildest Police Videos	Friends
3 PM	The Office	The Doctors	Miss BG	WordGirl	Dr. Phil	Let's Make a Deal (N)	Criminal Minds	Rachael Ray	The Doctors	Young & Restless	Recipes	Almost	Toronto Argonauts. (N) (Live)	XXX Summer Olympics	Cash Cab	Wizards	CityNews at 6 (N)	Wildest Police Videos	Friends
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With the Crutches	Jdg Judy	The Dr. Oz Show	Criminal Minds	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob	SpongeBob	XXX Summer Olympics	Mars Landing	Wizards	How I Met Your Mother	Wildest Police Videos	Friends
5 PM	Browns	News (N)	Jack	News	News	News	News	News	Early News	(4:59) News Hour (N)	CBC News Now	Parents	SpongeBob	XXX Summer Olympics	Myth-Busters	Shake It	Bachelor Pad Ice cream-themed obstacle course.	Wildest Police Videos	Friends
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Longmire	News	(5:59) News Hour (N)	ET Canada	News	Mr. Young	Mr. Young	XXX Summer Olympics	Sons of Guns	Shake It	Shameless	Wildest Police Videos	Friends
7 PM	Seinfeld	Ent	Battle-Bagpipes	Walt...	Jeopardy!	Inside Ed.	Longmire	Ent	Ent	Hawaii Five-0	Jeopardy!	The Next Star (N)	The Next Star (N)	XXX Summer Olympics	American Chopper	Shake It	(7:01) Shameless	Wildest Police Videos	Friends
8 PM	Family Guy	Psych (N) (DVS)	Edge of the World: BC	Antiques Roadshow	XXX Summer Olympics	How I Met Your Mother	(8:01) Longmire	Bachelor Pad Ice cream-themed obstacle course.	Psych (N) (DVS)	Psych (N) (DVS)	Mr. D	Rock	Rock	XXX Summer Olympics	Mars Landing	ANT Farm	News	Big Easy	Friends
9 PM	Movie: "The Long Kiss Goodnight"	House	Emily Carr	Market Warriors (N)	Volleyball, Diving, Cycling. (N)	Broke Girl	(9:01) Longmire	House	House	House	Republic of Doyle	Gags	SportsCentre (N)	XXX Summer Olympics	Myth-Busters	Wingin' It	Seinfeld	Rat Bast.	Friends
10 PM	"Lost Boys: The Tribe"	CHBC News Final (N)	Edge of the World: BC	Charlie Rose (N)	News	Letterman	(11:01) Longmire	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Splatalot	SportsCentre	XXX Summer Olympics	American Chopper	Lizzio	The Nate Berkus Show	Tenants	Friends
11 PM	"Lost Boys: The Tribe"	CHBC News Final (N)	Edge of the World: BC	Charlie Rose (N)	News	Letterman	(11:01) Longmire	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Splatalot	SportsCentre	XXX Summer Olympics	Sons of Guns	Ned's Princess	Out There	Entourage	Friends

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**Princeton Posse 2012/13
Clip 'n' Save Game Schedule**

News Leader

Date	Time	Away	Home
Regular Season			
Fri Sep 14	7:00 PM	Fernie @	Princeton
Sat Sep 15	7:35 PM	Princeton @	Osoyoos
Wed Sep 19	7:00 PM	Princeton @	Penticton
Fri Sep 21	7:00 PM	Kelowna @	Princeton
Fri Sep 28	7:30 PM	Princeton @	Fernie
Sat Sep 29	7:00 PM	Princeton @	Kimberley
Sun Sep 30	2:00 PM	Princeton @	Creston
Fri Oct 5	7:00 PM	Col. Valley @	Princeton
Sat Oct 6	7:30 PM	Princeton @	Summerland
Fri Oct 12	7:00 PM	Golden @	Princeton
Sat Oct 13	7:00 PM	Kelowna @	Princeton
Fri Oct 19	7:30 PM	Princeton @	Col. Valley
Sat Oct 20	7:30 PM	Princeton @	Golden
Wed Oct 24	7:00 PM	Osoyoos @	Princeton
Fri Oct 26	7:00 PM	Kimberley @	Princeton
Fri Nov 2	7:00 PM	Princeton @	Kelowna
Sat Nov 3	7:00 PM	N. Okanagan @	Princeton
Fri Nov 9	7:00 PM	Revelstoke @	Princeton
Sat Nov 10	7:00 PM	Summerland @	Princeton
Fri Nov 16	7:00 PM	Penticton @	Princeton
Sun Nov 18	2:00 PM	Princeton @	Sicamous
Tue Nov 20	7:30 PM	Princeton @	Summerland
Fri Nov 23	7:30 PM	Princeton @	N. Okanagan
Sat Nov 24	7:00 PM	Princeton @	Revelstoke
Fri Nov 30	7:00 PM	Osoyoos @	Princeton
Sat Dec 1	7:00 PM	Princeton @	Penticton
Fri Dec 7	7:00 PM	Kamloops @	Princeton
Sat Dec 8	7:00 PM	Sicamous @	Princeton
Sun Dec 9	1:35 PM	Princeton @	Osoyoos
Tue Dec 11	7:30 PM	Princeton @	Summerland
Fri Dec 14	7:00 PM	Princeton @	Penticton
Sat Dec 15	7:00 PM	Princeton @	Kelowna
Wed Dec 19	11:00 AM	Osoyoos @	Princeton
Tue Jan 1	7:00 PM	Penticton @	Princeton
Fri Jan 4	7:00 PM	Kelowna @	Princeton
Sat Jan 5	7:00 PM	Creston @	Princeton
Fri Jan 11	7:00 PM	Summerland @	Princeton
Sat Jan 12	7:00 PM	Chase @	Princeton
Fri Jan 18	7:00 PM	Princeton @	Kelowna
Sat Jan 19	7:35 PM	Princeton @	Osoyoos
Tue Jan 22	7:00 PM	Summerland @	Princeton
Fri Jan 25	7:00 PM	Princeton @	Chase
Sat Jan 26	7:00 PM	Penticton @	Princeton
Sun Jan 27	2:00 PM	Kelowna @	Princeton
Wed Jan 30	7:35 PM	Princeton @	Osoyoos
Fri Feb 1	7:00 PM	Penticton @	Princeton
Sat Feb 2	7:00 PM	Princeton @	Kamloops
Tue Feb 5	7:00 PM	Summerland @	Princeton
Sun Feb 10	2:00 PM	Princeton @	Summerland
Tue Feb 12	7:00 PM	Princeton @	Penticton
Fri Feb 15	7:00 PM	Osoyoos @	Princeton
Sat Feb 16	7:00 PM	Princeton @	Kelowna

Huldra Silver updates progress

..... continued from Front Page process mill feed from the current stopes and other mill feed from recently completed development work. There are currently over 100 engineers, contractors, management and employees working on the mill completion project.

Huldra Silver Inc. (TSX-V:HDA) ("Huldra" or the "Company") July 25th announced sample results from the underground exploration and resource definition program on its 100% owned Treasure Mountain Property. All of the samples presented are from the fifth raise on Level 1 or from the vein drift extension on Level 1. The mine is developed on 4 levels over a vertical height of 295 metres following the vein down dip.

The results from the underground sampling program will be used in conjunction with previously released surface drill results in planning mine development and preparing an updated National Instrument 43-101 compliant resource estimate.

The Company expects to commence an underground drilling program in the near future for further exploration and definition of vein structures below Level 2.

The following results reflect chip sampling performed on the fifth raise of Level 1 (PIR5), the extension of the Level 1 ore drift (PIC#) and the face of the extension in the ore drift (EXF). The samples were taken at 5 metre intervals throughout the raise and drift. Each set of three samples (PIR5-1, PIR5-2, PIR5-3) represents one sample location at each 5 metre interval. Each sample location includes foot-wall rock (-1), vein (-2) and hangingwall rock (-3).

The fifth raise in Level 1 is included in the current mining of the second stope of Level 1. Sampling was performed starting from the top of the raise and working down towards Level 1.

Vein sample assays for the fifth raise were up to 3,179 g/tonne Ag

(106 oz/ton Ag), 44.57% Pb, 0.91% Zn, 1.18% Mn over 0.32m in sample PIR5-12-2 and 2,814 g/tonne Ag (93.8 oz/ton Ag), 13.70% Pb, 3.65% Zn, 3.75% Mn over 0.27m in sample PIR5-6-2.

Samples P1C41 - P1C44 represent the extension of the Level 1 ore drift by following the primary vein structure in Level 1. 15 metres of development occurred at this time where the information gathered will be used toward future exploration.

Vein sample assay for drift extension were up to 10,884 g/tonne Ag (362.8 oz/ton Ag), 23.43% Pb, 0.69% Zn, 8.45% Mn over 0.5m in sample P1C42-2 and 1,996 g/tonne Ag (66.5 oz/ton Ag), 5.59% Pb, 1.68% Zn, 7.38% Mn over 1.71m in sample P1C41-2.

The extension face (EXF) represents the furthest extent of the current level one ore drift development. The observed results of the development indicate a change in the strike of the structure entering a fault zone at the east end of level one. Further exploration will be carried out to determine the habit of the vein at this level.

All samples are delivered by truck to Acme Analytical Laboratories' facility in Vancouver, where the sample is crushed, split and pulverized to -200 mesh. A 0.5 gram portion of the pulp is then digested in hot aqua regia and analyzed for 31 elements by ICP MS method. Over limits for Ag are by fire assay with gravimetric finish, and over limits for Pb, Zn and Mn are by multi-acid digestion and ICP ES finish.

Technical information in this news release has been reviewed and approved by Jim Cuttle P.Geo a Qualified Person as defined in NI 43-101. For more information see the Company's technical report entitled "Technical Report, Project Update, Treasure Mountain Property" dated June 7, 2012, available on SEDAR at www.sedar.com.

About Huldra
Huldra is currently working on plans to put its Treasure Mountain Mine, located three hours east of Vancouver, into development, subject to permitting and financing, utilizing a mill being constructed at the Company's mill property outside of Merritt. The Company is also actively assessing other opportunities for acquisition and development.

The Company also wishes to confirm that it has not undertaken any preliminary feasibility study or preliminary economic assessment with respect to the Property and does not intend to undertake such a study or assessment prior to making a production decision. The Company cautions readers that such production may not be economically feasible and that there are significant risks associated with making a production decision without a valid, current, economic analysis.

Election Notes

..... continued from Page 4 should be a good fit.

The only thing voters need to consider with this by-election is trying to choose the best fit of candidates to the existing council.

The only other thing that will affect this by-election is the date.

The date is nobody's fault, I should point out, as guidelines set out by Elections BC spell out exactly when an election (or in this case, a by-election) can take place.

An August election will likely have

a poor voter turn out, but I hope I'm wrong.

The Advance Poll will take place Wednesday, August 1st at the Public Meeting Room of Princeton Library (107 Vermilion Avenue). Polls are open from 8:00 AM to 8:00 PM.

General Voting day is Saturday, August 11th at Princeton's Royal Canadian Legion Hall (170 Bridge Street). Polls will be open 8:00 AM to 8:00 PM.

Good luck, Candidates!
May the best ones be elected.

RCMP Report

At 10:30 AM on Thursday, July 26th, Princeton RCMP responded to a two vehicle collision at the intersection of Highway 3 and Bridge Street in Princeton.

A vehicle traveling eastbound on Highway 3 turned north onto Bridge Street in front of a vehicle approaching westbound on Highway 3.

Occupants from both vehicles were transported to Princeton General Hospital by BC Ambulance Service, and all parties were later released from hospital with non-life threatening injuries.

At approximately 5:45 PM on Friday, July 27th Princeton RCMP received a report of a suspicious occurrence in the area of Allison

Avenue and Asp Street in Princeton.

Two children stated they were aggressively approached by a female who attempted to speak with them. The children did not know the female and went home and advised their mother of the incident.

The female was a passenger in a silver car with a male driver. The intentions of the occupants of the vehicle are unknown at this time.

The RCMP remind parents to speak with their children and to educate them on how to react when approached by strangers.

If you have any information or knowledge of this incident you are asked to contact Princeton RCMP at 250.295.6911.

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Obituary	Obituary
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William Hyatt Miller
February 20, 1916 - July 24, 2012



On July 24, 2012 William (Bill) Miller passed away with his family by his side.

William Hyatt Miller was born in Rossland, BC on February 20, 1916. His parents were William Stewart Miller and Evelyn Miller. He and his family came to Princeton in 1919. Bill had 4 sisters, Jean Dunsmore/Broomfield (deceased), May Savage (deceased) Louise Mullin (deceased) and Beth Norman (Jim Sr.) and 2 brothers Wilfred (died in infancy) and Bob (deceased). Bill was married to his first wife, Nadine, in 1940. She died in 1970. They had 3 children: Karen (Craig), Mary-Lou and Bill Jr. (Patsy). He married his second wife Connie in 1976. He had 2 step children, Leda Leander and Steven Leander. Bill had 15 grandchildren, 25 great grandchildren and 5 great great grandchildren. He will also be sadly missed by his many nieces and nephews who live throughout BC and Alberta and one in South America and his many great nieces and nephews and great great nieces and nephews.

During the early depression years Bill worked on farms and for West Kootenay Power on power line construction. He spent 43 years in the mining industry mainly for Granby and associate companies at Allenby, Copper Mountain, Granisle (Plant Superintendent), Phoenix Copper (Manager), and Vancouver. He was also closely associated with Western Nickel, Jedway Iron Ore and Granduc. While in Vancouver he worked on many feasibility studies and spent time as manager of a mine in Southeast Africa. Late in 1979 Granby was sold to Noranda so he retired and moved back to Princeton.

He has travelled extensively over the world. He said recently: "my health and happiness over the last 36 years is mainly due to my lovely and loving wife, Connie, and I have had a good life and have been extremely proud of all my family and my extended family".

He loved the great outdoors, loved to fish and could be seen frequently at MacKenzie Lake and at many of the streams, lakes and rivers in the Princeton area.

He will be sadly missed by all of his large family and his many many friends.

For Sale

Various items including: lawnmower, ATV/motorcycle lift, 4 radial tires (P225/55R17), 8-foot 2-tube fluorescent lights, 10-inch orbital car buffer, bicycle, coffee table and entertainment stand. Call 250.293.6030. Jul 24-Aug 07

Services

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Lunch: 11:30 AM - 1:00 PM

Narcotics Anonymous

**OPEN MEETINGS
Wednesdays 7:30 PM**

160 Old Hedley Road
Baptist Church Basement
(USE BACK DOOR)
Sundays 7:30 PM
Basement, Chamber of Commerce, Highway 3

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

Sudoku

**CARTER'S
Sudoku
Challenge**

SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #413

983	471	256
724	596	381
561	382	497
138	765	924
692	843	175
457	219	863
815	624	739
379	158	642
246	937	518

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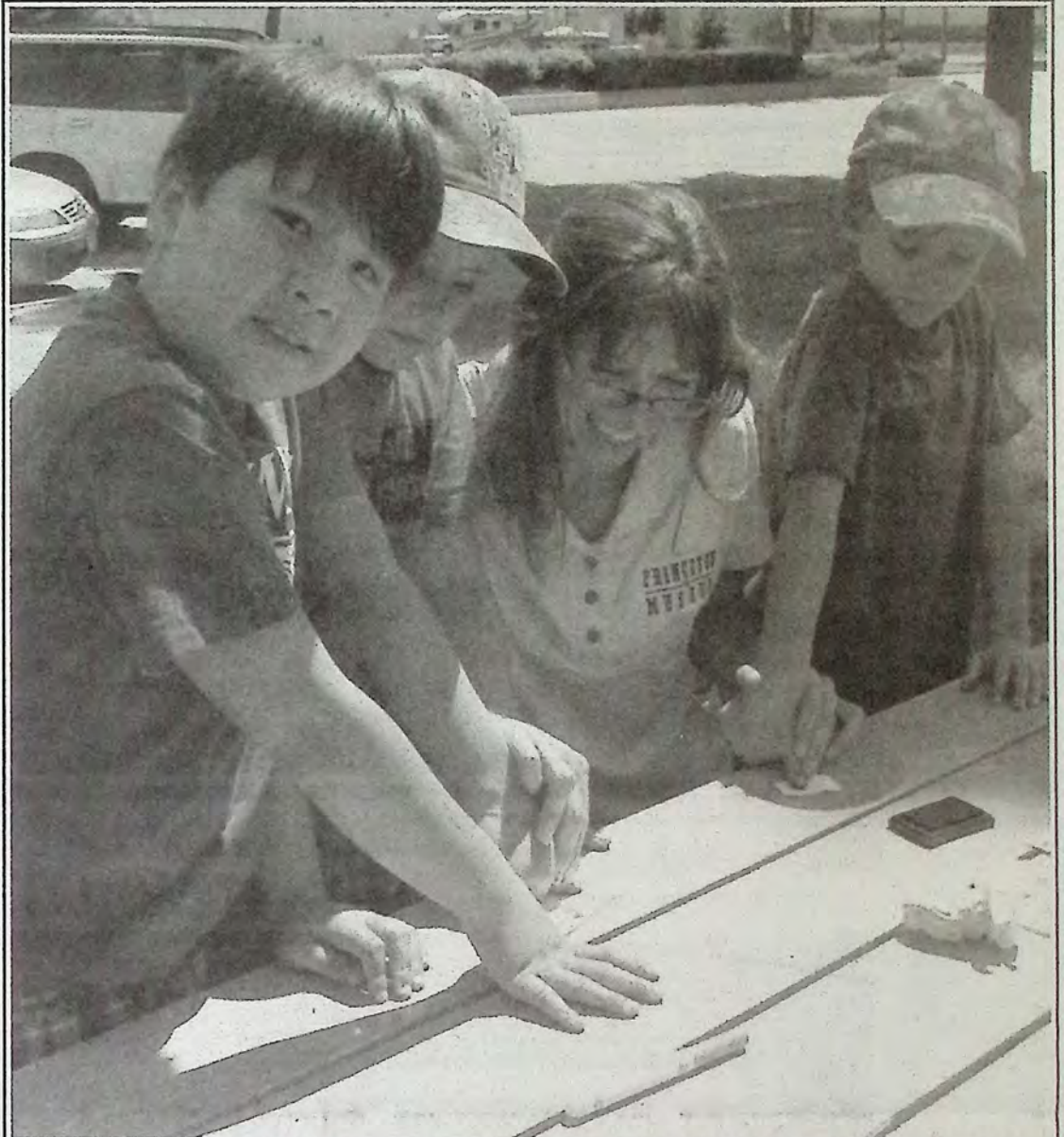
Drinking a problem?

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

Notices

Notices

Notices



CSI Camp July 24th at Princeton Museum was fun for everyone who participated. More photos on Page 22. *

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Candidates answer nine healthcare questions

..... continued from Front Page
FA: We have to forget conventional ways. Money is an incentive but only to a certain degree. Put resources in place. We have to do whatever it takes to solve the short term 24/7 solutions. We have to get the input of the physicians in Princeton. While I was on council we met with Dr. Smith who feels that because of liability issues surgeries are not of benefit. I have to also point out what Dr. Adams at the Forum mentioned about the different levels of ambulance care. We have to pursue that. And there should be standardized compensation, a salaried approach to 24/7 doctor services, which would remove the "I have to get a certain number of patients" issue. We recognize all doctors must have an acceptable balance of work and lifestyle.

DP: I talked with two of the volunteers working in the SOHC office. They did the job of finding doctors. There were grants that were supposed to be filled out and were not. I have experience filling out grant applications and I'm good at it so I can help with that. Also, I think it's important that when you know a doctor's term is going to be finished, start a year before to get everything in place to replace him or her.
RR: No, I was not aware of this. I am at the beginning of a long learning curve, but I am a quick learner and talk to a lot of people about the issues. From what I understand the money to get doctors here is available, but we have to attract doctors that want to come and live here. Providing accommodation is a band aid and may work in the short term, but why don't we develop a proposal to use the hospital to its fullest?

The facilities are there that could be more fully used. For example, why not have people come here for a treatment specialty such as knee operations, then as they convalesce, they will stay here and provide an economic boost to our community. Why don't we try to attract a new wave of retirees to come and live in Princeton? I would work on attracting and retaining seniors and families so the town population is growing.
Question 3: Are you aware that rural BC communities are providing incentives such as free housing to attract doctors? What are your feelings about this practice?
RD: If it works, it is great.
FA: Who best knows but doctors themselves. We have to solicit their help. In the past we counted on IHA. In recent times that did not work. We have to take charge. Define our

priorities based on budget. I commend Town Council for recently establishing free accommodation for locums. This approach may well be attractive to regular full time physicians.
DP: Nakusp purchased a home, wooed a doctor and family. If we have to give a little to get doctors, that is a great thing. We have to make our community more attractive (not the way IHA means it). I honestly don't know and I want to work on this together with the new mayor and council. What this town has been and could be is a big split. One of the problems we need to deal with is how to minimize the snowball effect of people leaving our community.

RR: I don't think it is just a matter of money. Although I don't yet understand all the economics and logistics, I assume that the town could also provide other incentives. I am not sure if locums are the answer. They don't have a connection to town. I think it would be better to find doctors who will come to Princeton and be involved in town rather than someone coming in for a weekend.

Question 4: BC communities are competing against each other to get doctors. How do you feel about that?

RD: I do not feel it is right that communities have to compete with each other. I am of the opinion that IHA is not doing their job. If I become mayor, I would like to see the mayors in the region forming a hospital support committee, which would show unity between communities and a shared goal of increased healthcare.

FA: We need essential services. Normal hospital care has to be available and care for the elderly. Knowledgeable people from the medical profession have to be involved to see what is possible. What we have now is insufficient. ER is a must. Selection of a specific community by a doctor is a personal choice, we must ensure that

our package is attractive.
DP: I will have to go deeper and find what other communities are doing. Unfortunately this is what the situation is now. Is it fair? I don't think so personally. When I was asked to run for mayor, I did not think I would have the experience, so I decided to run for councillor. In the same way I feel that doctors should get their experience by first going to a rural area. Competition is the way the world is right now; it is a fact of life. I don't like it, I don't necessarily agree with it, but that is life.

RR: That is why I am thinking that withdrawing from IHA is something we have to explore and see if it can be done. If we were in charge we wouldn't have to battle for everything with IHA. Besides, everything we get from IHA means that another B.C. resident living somewhere else might not get what they deserve. I think the idea of assuming control of our own health care has great merit. We have a huge resource of capable and talented people in town and by offering new alternatives we can draw more people in.

Question 5: What essential health services would you like to see at PGH?

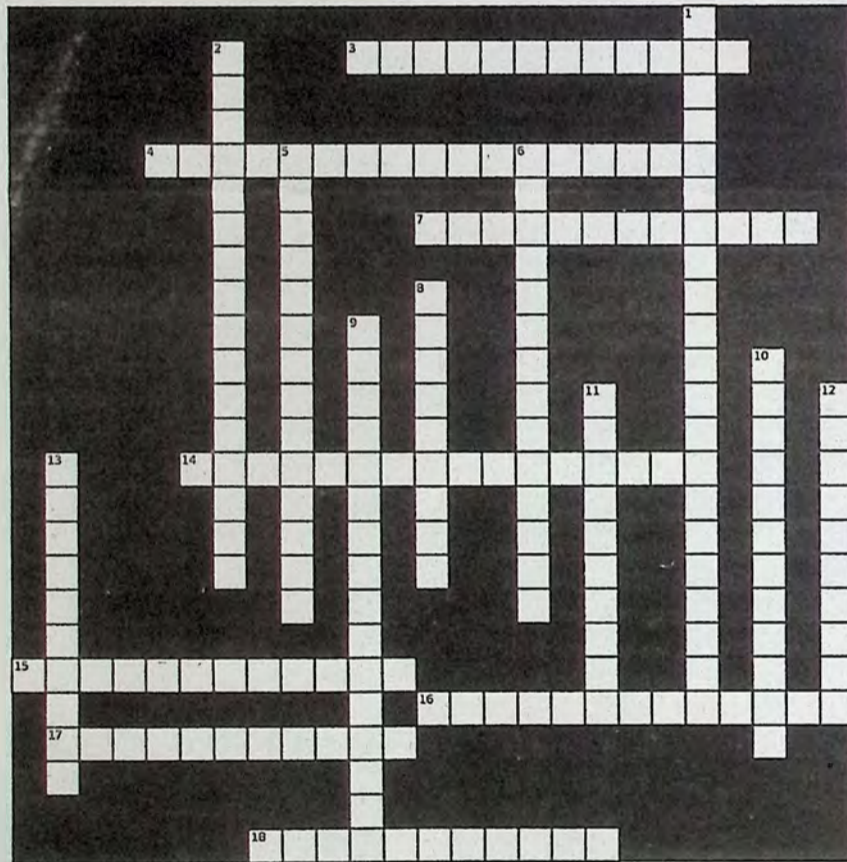
RD: I would want to see an increase in hospital beds, we used to have 26 beds, now that is down to 6. I would want to get equipment back that used to be in the hospital and also get the right equipment. Money for our healthcare has been taken out of our community and been given to Kelowna. Our hospital had a kitchen and a laundry facility. I would want to work to rebuild the hospital to what it was 10 to 12 years ago.

FA: Obviously we must have 24/7 ER services. We must work with our doctors to learn what is realistic and practical and strive to have that level of care implemented and maintained.

..... continued on Page 23

Similkameen News Leader Puzzler

Use the July 24 News Leader to find Answers Below...



- | | |
|--|--|
| <p>Across</p> <p>3 Name the Princeton Racing Days President.</p> <p>4 Name the historic site that hosted the BBQ King competition.</p> <p>7 Name the singer of The Best In training featured on Page 22.</p> <p>14 Name the event hosted July 21 at Princeton Airport.</p> <p>15 Name the golfer on Page 2.</p> <p>16 Name the overall low net winner in the Eleanor Hicks Championship.</p> <p>17 Name the 2012 Similkameen BBQ King.</p> <p>18 Name the drummer for The Best In Training.</p> | <p>Down</p> <p>1 Name the 10th sponsor thanked in the Dry Grad Ad.</p> <p>2 Name the overall low gross winner in the Eleanor Hicks Championship.</p> <p>5 Name the host of the upcoming blues music workshop.</p> <p>6 She's all thumbs.</p> <p>8 Name Morgan's brother in The Best In Training.</p> <p>9 Name the ants featured on Page 17.</p> <p>10 Name the bike repairman who can be found at the Plaza Parking Lot?</p> <p>11 Name the Town of Princeton Deputy Mayor.</p> <p>12 Name the Princeton Exhibition Association President.</p> <p>13 Name the best wine voted in the BBQ King 'Best Wine and Food Paring.'</p> |
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Flip Of The Coyne

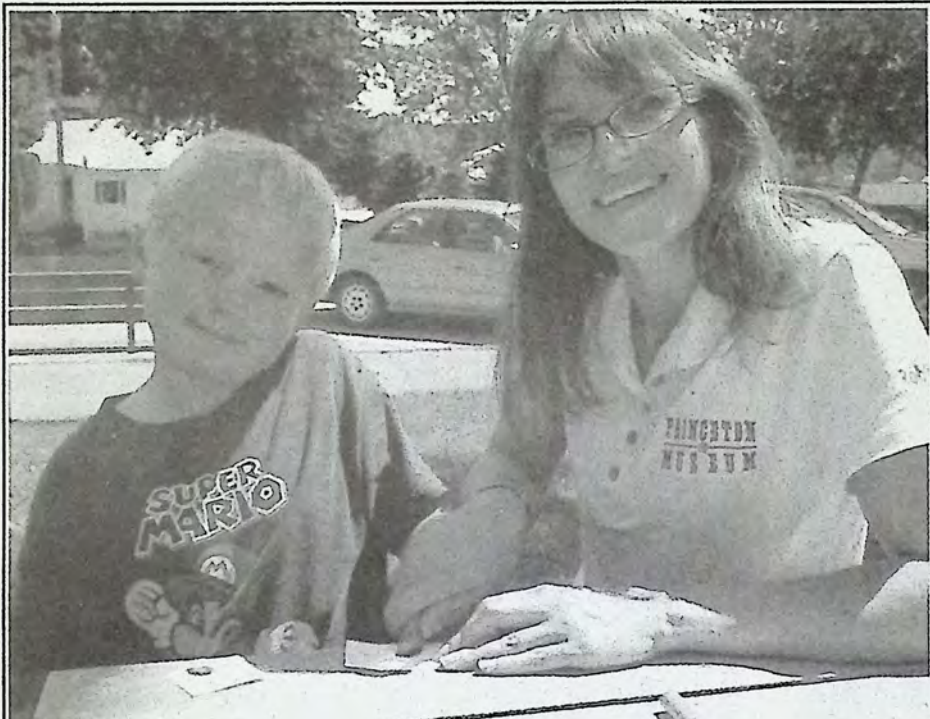
by Spencer Coyne

..... continued from Page 3
 should I say a piece of that pie. Although it is a great idea it's just not realistic because government hates sharing with others.

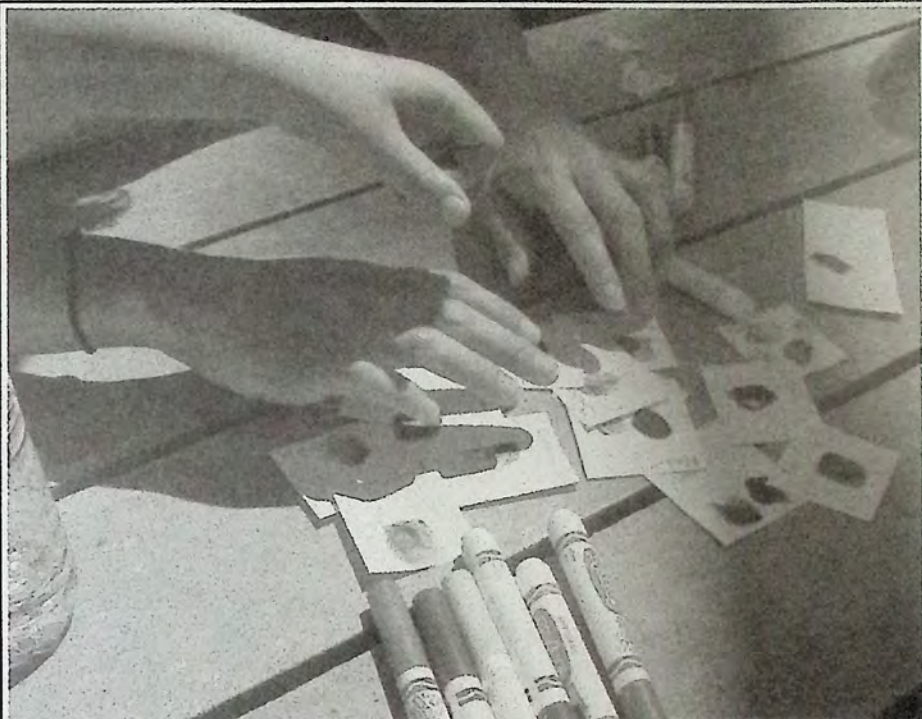
One day maybe we will see rural BC get part of the royalties from the Provincial Government but not anytime soon. I can't see Premier Redford backing down on taking less from oil royalties so British Columbia can get more. If she does it this time then how much will she have to give up on other pipelines leaving the province? If anyone blinks it could be the Prime Minister

really wants this pipeline but I can't really see him backing down to Premier Clark again because if he does then how much more will they have to distribute to other provinces on other projects? It is too bad that the premier of our province is more worried about how much money she can try and squeeze out of this project and not if it will actually do harm to the watersheds that the pipeline will pass through or about the safety of where the tankers will sail. I personally don't care if she is for or against the project just so long as she actually has a position.

Princeton Museum - CSI Camp



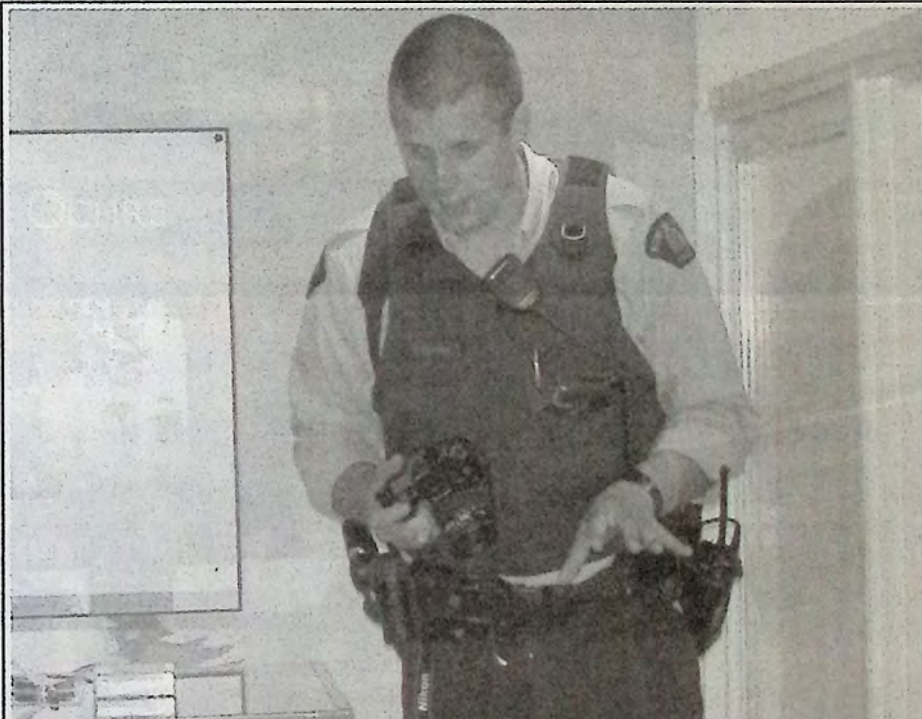
Princeton Museum Operations Manager Robin Lowe, right, demonstrates the fingerprint technique used July 24th at the CSI Camp hosted at the site - with help from a young participant. *



As part of the evidence gathering at CSI Camp July 24th, all fingerprint samples were collected - each one identified with the name of the person who provided the fingerprint. *



As a series of shoe prints were located at the scene of the 'crime' at CSI Camp, hosted by Princeton Museum, a number of shoe impressions were taken to assist with the investigation. *



Princeton RCMP Cst. Anthony Pankratz explains the many steps required in evidence gathering as part of the investigation of a crime scene July 24th at Princeton Museum's CSI Camp. *



Shoe prints leaving the crime scene become key pieces of evidence at CSI Camp. *



Princeton RCMP Cst. Anthony Pankratz 'lifts' a shoe print from the floor of Princeton Museum and identifies it as 'Exhibit A' during CSI Camp, July 24th. *

Candidates answer nine healthcare questions

..... continued from Page 21

DP: In 1976 the mine and the mill were here, logging was here and smaller branches. The hospital had a delivery room, doctors were doing surgery. That is what I would like to see again. As a whole we need to have a hospital where you can give birth; shouldn't have to go to Penticton. We had the beds and a maternity ward.

RR: Services that look after residents for the long term. We need routine medical services and after that we need to look at extended care, special services, and more extensive palliative care. We need to be helping people to stay in their own homes and help them to stay in their community once this is not possible. Why couldn't we have an obstetrician? There may not be many babies born in Princeton at the moment, but once you have the Operating Room facilities, people could once again be born in their community. As an expecting father I will make more than a dozen trips to Penticton, which is expensive and time consuming, but I want to be there for my daughter's birth.

Question 6: There are four different levels of ambulance care. We have the first two levels in Princeton, SOHC would like to promote getting level 3 ambulance care. What is your opinion?

RD: I would want to look more into the ambulance services. One thing I do know is that ambulance workers should get more money for on call duty. As it is now, people who are in the station and do a 12 or 14 hour shift earn \$7 per hour. If an ambulance worker is at home and has to be available 24 hours they receive \$2 per hour. Our health care problem does not end with doctors coming into town.

FA: Dr. Adams spoke to this matter at the SOHC forum. We definitely should have Level 3 (ability to resuscitate patients in transit) in Princeton. Level 4 if possible and practical as well.

DP: New recruits don't want to be here. They get their 6 week EMR course, then upgrade by taking the PCP course, which allows them to administer drugs among other things. New recruits are breaking their teeth in our community and then leave. They want to move on. There is not enough incentive to keep them here. There are 2 dif-

ferent levels of pay.

RR: Over the winter I commuted weekly on Highway 3 and have seen several accidents on this stretch of road. I think Princeton has a good case for extended ambulance services.

Question 7: An audience member at the Public Forum mentioned education as an important issue to recruit and keep doctors here. What are your thoughts on this issue?

RD: Education is a core value of mine. I served on the Princeton Child and Youth Committee for 13 years and developed an understanding of the grass roots community and the relationship to education and our children's development. Our children have close relationships with their community. They know their extended families, their neighbours, their histories, the geography of the Similkameen, the political issues and values. Our children participate in community activities. Community is part of their education, personal development and identity. Urban children don't experience this. Our schools have excellent teachers and staff who are connected to the community as well as the schools they serve in. The Community Garden at John Allison School is an excellent example of formal education and community involvement, which was created by teachers working voluntarily. In the Community Garden, children have learned to be self-sufficient, to grow their own food, to produce a cookbook, and participate in nourishment and good health. I value this relationship between community and education. Princeton is a leader in this respect. The idea would be to illuminate and promote the value of interactive community and education in order to attract the right doctors to Princeton.

FA: Key and critical. One of the things we have not done in the community is take advantage of untapped human resources. We have a large number of knowledgeable people in our community. I'll be the first one to form advisory committees, giving specific tasks to provide recommendations to Council. For example: We would appoint 3-5 people with a professional background to serve as an educational advisory committee. This can be done on a cooperative basis.

DP: It bothers me that people are

commuting here for work in the mine. We have to attract families and it will snowball. Increase the numbers, that will snowball. More students will attract more teachers. Those are the key issues.

RR: I read with interest and dismay the Fraser Institute School Rankings report for 2012. Why is it that other similar communities in our area seem to be providing better quality education than we are? It bears investigation. Just because we are a small community there is no reason why our schools should be in the bottom third of provincial rankings. I am also hearing of another potential school closure in the district. I have one child now and one on the way and I want them to have a quality education.

Question 8: How do you feel about the idea of opting out of IHA and appointing a local board to run the hospital?

RD: IHA is top heavy and its roots into rural communities have been badly damaged, as demonstrated in Princeton. I would like to see mayors form a regional hospital support committee as well as recreate a local hospital board. I believe this is imperative to continued communication with IHA, on which we are dependent. I see a shifting of powers with the provincial elections hovering. Princeton's SOHC has put rural healthcare on the political agenda front and center. I would like to see this local involvement remain in place. I believe a local hospital board is necessary.

FA: My whole life has been about jumping in and doing it. If that is what it takes to get an acceptable and comfortable level of health care, I am all for it. I'll be right at the front, if this is the only solution. Let's go forward collectively. This is the biggest issue facing the town of Princeton since 1950. This has to be the priority; a proper facility staffed with enough doctors, because the way it is now, seniors who have the means, are leaving. We have to pull out all the stops. I think that Jason Earle, Brad Hope and the stakeholders committee have done an excellent job.

DP: Isn't that what we are doing now? Volunteers who find doctors? We just haven't made it official.

RR: If I am elected to Council, the idea of taking control of our own healthcare is very attractive to me. Everything I have read about IHA

is that we have to fight tooth and nail for everything. We are all busy people and it should be a given that we have 24/7 ER. Although the ER is important, we shouldn't have to be spending so much time and energy on it. Instead, we should be focusing on the long term issues.

Question 9: Do you have any other thoughts you'd like to add?


RD: SOHC has identified and defined the crisis our healthcare is experiencing and has spoken out against the deterioration of our hospital. As mayor I would support this vital community movement to the maximum. I worked as an employee of IHA for nearly 13 years and saw first hand how the operating room functioned and saved lives and how the dismantling of healthcare services has eroded the capacity of our hospital resources and consequently the capacity of doctors and nurses. A unified voice against further erosion is vital, and a unified proactive movement to restore our hospital's losses is needed. This is a long term involvement to put "health" back into healthcare for Princeton. The leadership and empowerment SOHC has provided needs to be officially endorsed by mayor and council, and if elected will be my first duty in office. Thank you SOHC.

FA: Why don't we have a proper helicopter pad at or near the hospital? We have to learn from the Noel Ashley experience.

DP: I am willing to bet that our town is treated as not being as important as larger towns. We are understaffed, we are swept under the carpet.

RR: I am a late entrant in the race and have not been highly involved in any of the issues to date. People are going to wonder about that, but I make no apologies for this. My priority is my family and I have spent my first year here finding and moving into a new home and searching for employment. Now that we are settled here, I am studying the issues and will pursue solutions with all my energy. There are many issues in Princeton and we have to set our priorities and then pursue them with vigor. Then we can succeed. I feel I have a responsibility to get involved and I have the tools to make a difference.

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