

# Similkameen News Leader

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Tuesday, July 16, 2013

Canada WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF CANADA THROUGH THE CANADA PERIODICAL FUND OF THE DEPARTMENT OF CANADIAN HERITAGE.



This was the scene mid-morning July 11th after a logging truck hit a parked pickup truck and knocked down a tree and lamp standard on Bridge Street between Highway 3 and the Highway 5A turn off. \*

## Break causes accident

On July 11th at approximately 10:00 AM a fully loaded logging truck was turning north onto Bridge Street from Highway 3 when the suspension broke.

"This caused the trailer to swing wide going up onto the sidewalk," states Princeton RCMP Cpl. Mike Gallagher.

"The trailer collided with a tree,

light post, pickup truck and semi before coming to a stop."

There were no injuries, however there was an extensive amount of property damage.

RCMP say a Commercial Vehicle Safety and Enforcement Officer attended the scene to examine the semi truck and trailer. The incident continues to be under investigation.

## CMMC provides Q2 operational update

The Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced July 11th production results for the second quarter of 2013 from the Copper Mountain mine located in southern British Columbia.

Mill improvements were achieved during the quarter, in spite of the mill transformer loss time incident in mid May. The mine exited the quarter on a positive note with June's mill availability of 92.3%

and copper production of 6.1 million pounds for the month. The mine produced 15.7 million pounds of copper, 5,600 ounces of gold, and 71,000 ounces of silver during the three months of operations ended June 30, 2013.

For the second quarter ended June 30, 2013 the mine shipped 28,200 wmt of concentrate containing approximately 14.7 million pounds of copper, 5,500 ounces of gold, and 66,000 ounces of silver generating an estimated \$53.3 million in gross

revenue.

Mill throughput improved slightly over the first quarter of 2013, averaging 31,275 tpod. Further improvements with high energy blasting and contract crushing ahead of the SAG mill are expected to be reflected in the third quarter.

The mill processed a total 2.5 million tonnes of ore at an average grade of 0.33 % copper during the quarter as compared to 2.2 for the three months ended March 2013. Mill recoveries for the second quarter were 87.3% as compared to 82.7% for the first quarter of 2013.

Mining activities continued from the Pit 2 and Pit 3 areas on plan and

averaged approximately 171,000 tonnes per day mined. During the quarter a total of 15.6 million tonnes of material was mined, including 4.4 million tonnes of ore and 10.4 million tonnes of waste. The projected life of mine strip ratio is 2 to 1 but higher in the early years.

### About Copper Mountain Mining Corporation

Copper Mountain's flagship asset is the 75% owned Copper Mountain mine located in southern British Columbia near the town of Princeton. The Company has a strategic alliance with Mitsubishi Materials Corporation who owns the remaining 25%. The Copper

Mountain mine commenced production in the summer of 2011, and has continued to improve its operations during the year, and attained design capacity in the summer of 2012.

The 18,000 acre site has a resource of approximately 5 billion pounds of copper and remains open laterally and at depth. The mine has significant exploration potential that will need to be explored over the next few years to fully appreciate the properties full development potential.

Additional information is available on the Company's web page at [www.CuMtn.com](http://www.CuMtn.com). - submitted

## Funds support local government, projects

Local projects in the Fraser-Nicola region will benefit from more than \$1.65 million from the B.C. government's Strategic Community Investment Fund (SCIF).

The Strategic Community Investment Fund restructures the Traffic Fine Revenue Sharing program and Small Community and Regional District Grants. Since 2009, the Strategic Community Investment Fund (SCIF) has pro-

vided more than \$600 million in funding to support B.C. communities and enable them to invest money in projects that are identified at the local level as a priority. The SCIF program was implemented by the province at that time to help provide local governments with greater financial stability in economically uncertain times.

Communities receiving Small Community & Regional District

Grants:

Ashcroft - \$193,163

Cache Creek - \$168,197

..... continued on Page 21

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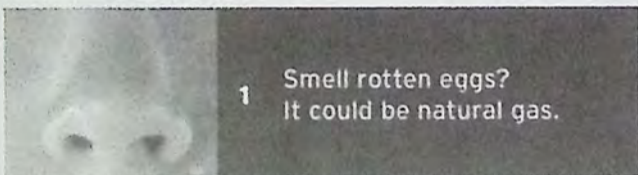
## To Our Clients

Please be advised that Dr. Gill will retire June 30th. Despite our best efforts, we regret that it has been necessary to close the office, effective June 30th. All medical files will be transferred to Fairfield Animal Hospital, Kelowna (250-860-6550) effective June 30, 2013. Pet owners will be able to access their records from Fairfield Animal Hospital, and may request that they be faxed to a veterinarian of their choice.

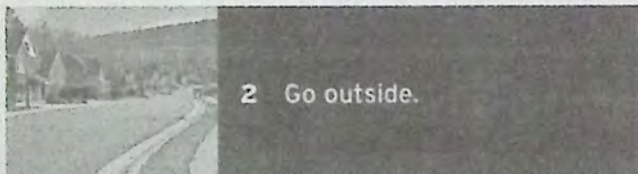
Dr. Gill, Tsiki and Debbie wish to extend their best wishes and sincere thanks to all of our clients. Operating Princeton Animal Clinic for the past 26 years has been a most rewarding and enriching experience for all of us.



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Winning Princeton Kokanees pose with their coaches. - photo submitted

## Kokanees collect medals at swim meets

Starting in Kamloops, the team spent two days battling seven other teams in the region and brought home many best times and three medal winners.

Evan Bosley, division 3, received bronze; Norm Anderson and Nicholas Cimbaro, division 4, tied for silver. The team placed 5th overall beating out much larger centres.

Coaches Pete van Genne and Grant Nelson battled in the pool attempting to break the 100 breaststroke club record. Pete van Genne out touched Grant Nelson to earn a new club record.

This past weekend the club headed to one of their favourite regional meets held in Merritt.

A record 38 Princeton swimmers attended; the club placed 4th overall,

beating out Kamloops, Lumby, Golden, Revelstoke and Penticton. Princeton had seven swimmers compete in their first swim meet ever, and the club, known for its sportsmanship around the region, cheered on with vigour.

Division 4 boys once again brought home the hardware with Norm Anderson receiving bronze and Nicholas Cimbaro winning silver. Nicholas Cimbaro also broke the clubs division 4 50 Free time with a new record of 29 seconds!

Kokanees are now heading into their peak training sessions in preparation for the regional swim meet finals to be held the beginning of August in Penticton.

The Princeton team has grown quickly the last few years generat-

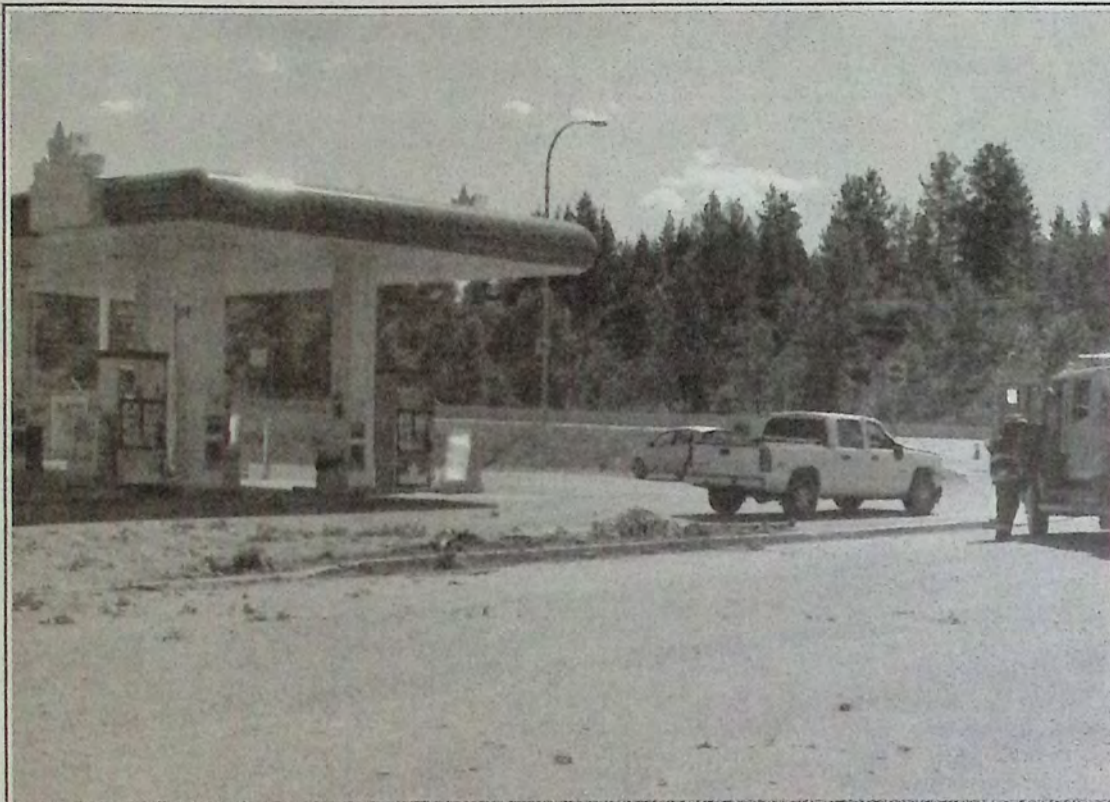
ing a lot of enthusiasm and excitement around the pool.

Kokanees thank the businesses who support our team throughout the year and at swim meets. We wear our club shirts proudly.

Thank you's go out to Copper Creek Ranch, Copper Mountain Mine, Similkameen News Leader, Similkameen Spotlight, IDA, Mac's Auto Parts, Cooper's Foods, Princeton Flower Stop, Weyerhaeuser, The Source, Vermillion Forks Fitness, Thomasina's, Realty Executives and Mind Body Spirit Wellness - we couldn't do it without your support! Also, watch the Similkameen News Leader for more photos and swim meet results throughout this swim season. - submitted



Happy Kokanee swimmers show off their hardware! - photo submitted



There used to be a giant tree and a lamp post there. Shortly after the accident July 11th where a logging truck collided with a number of obstacles on Bridge Street all that was left was little evidence of the tree. \*

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## Flip Of The Coyne

by Spencer Coyne

Canada is a constitutional monarchy. This means that the Queen is the head of state. This means that technically you and I are subjects of the crown, despite having a democratically elected government. This is not a bad thing. In the United States, a republic, they have a president who assumes the powers of the monarch for a term of four years. There are a lot of differences between our form of government and the one to the south, but the biggest is probably that we chose to keep the Queen as the head of state and put our powers in the House of Commons.

I support the Crown. I support the idea of having a constant and secure head of state that has limited powers, unlike a president who could, through loopholes and executive orders and the power to veto the elected representatives, bring an entire system to a standstill or to a dictatorship. What really offends me are these landed immigrants who have chosen to come to our country for whatever reason and now that they are here are taking our government to court because they think that they should not have to swear an oath to our head of state. They are claiming that it goes against their constitutional rights. Were they not aware that Canada is a constitutional monarchy? Maybe they should have thought about that before they brought their republican ideologies to a country that maintains its ties to the Crown.

I think what upsets me the most is the fact that these people came to Canada to escape some other place, and now they think that because they are here they can challenge one of the very things that make

Canada the country it is. The ironic part is that they are petitioning a court whose power comes from that head of state that these people feel no need to recognize. You know I really don't care what country you come from or move to, but if you wish to be a citizen of that country, you should at least acknowledge the culture and history of the country of which you wish to be a part. If you don't want to, maybe it isn't the country for you. I know there are a lot of Canadians who don't see any need for the Crown anymore, but that is a separate debate.

I was listening to some of these people who are challenging the need to swear the oath and they have a number of grievances against Crown. So be it. Did they not realize when they landed here looking for asylum that Canada recognizes the Queen as the head of state? We don't really make it a secret. The Queen is on our money and in our oaths. Our history is tied to that of England since the Battle of the Plains of Abraham. Look at the emblems that represent our government. They are steeped in the tradition of the British Crown.

If you want to become a Canadian, there are some things you have to do, and swearing an oath to the Queen is one of them. If you don't like that, fine. Don't become a citizen, but don't try and change my system of government because you have some gripe about the Crown. If you didn't want to live the same way we all do then you should have landed in some other country, maybe the US, France or some other European country, but if you want to be a Canadian, then take the oath.

Thank You  
 FOR YOUR HELP

Princeton Racing Days Association sends out a huge amount of thanks to our many volunteers from Princeton and to all the wonderful people from out of town who also came to help.

*Job well done everyone, we couldn't have done it without you.*

A SPECIAL NOTE OF THANKS TO THE GREAT PEOPLE WHO JUMPED IN TO HELP IN THE REFRESHMENT GARDEN:

Gerry St-Laurent, Nicolah Hodgson, Ken & Sue Crompton, Lori Thomas, Diane Rose, Renata Brodie and Cheryl Cymbalisky.

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Princeton Racing Days Association would also like to make special mention of the contributions by the

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The Town realizes the importance of our tradition and has done everything possible to help Princeton Racing Days Association.

*Your support is greatly appreciated!*



# Editorial Page News Leader

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

## My Turn

### Don't Read Between The Lines

When I took control of this newspaper just over nine years ago I had an interesting conversation with someone. That person tried to convince me at the time that I had at my fingertips one of the most powerful tools known to mankind – The Editorial.

He said it would give me an insane amount of power within the community that I'd better be careful in not abusing it.

I think my immediate response was something along the lines of, "In Princeton?"

So here I am almost 500 Editorials later and I'm pretty sure I've been careful not to sway you in any way about a particular issue. Sure, I've poked fun and local government from time to time, but overall I think I've kept the direction of this column pretty much in the territory of writing about 'things that make you think' as opposed to 'things that start a riot' for a lot of reasons.

Probably first and foremost, I don't want to be the cause of a riot.

As tempting as it would be to have my newspaper hit national, or international news, I think it would be best to earn that attention from something other than being the spark behind something negative and potentially damaging to things such as future business income, reputation and relative anonymity.

Trust me, I like being a John Doe on the streets of places like Tulameen or Osoyoos where not many know who I am.

I sometimes take great pains to keep that level of cluelessness intact.

A fine example comes from just the other day.

A lost customer came into the office looking for house insurance. I didn't have the heart to tell him he was one door away from his destination so I sold him the best coverage he's ever had on his home for the insanely ridiculous price of \$25.

Cash, of course.

Keep in mind that was my first and last insurance sale. I don't plan on selling anymore as it looks a lot harder than just asking the customer for money. They want to know things about deductibles and replacement costs and stuff like that.

Lucky for me my real job is selling newspapers and they only cost a buck.

Which brings me to my point.

If I'm going to use this Editorial to sway you to do anything, I want it to encourage you to pick up our paper. It's locally owned. There aren't a lot of locally owned newspapers left in British Columbia but one exists in your community.

It would be nice if you chose to support it once in a while.

Thanks.



Call them a 'motley crew' if you must, but without them it would be no fun at Centennial Pool. \*

## Paramedic training program comes to rural BC

Aspiring paramedics in British Columbia's rural communities will get the training they need thanks to \$250,000 in new annual government funding for a new Primary Care Paramedic program, Advanced Education Minister Amrik Virk announced July 11th.

"Our Skills and Training Plan aims to ensure that British Columbians have the right mix of skills, in the right places, at the right time," said Virk.

"This new \$250,000 demonstrates that we're actively addressing student demand for paramedic programs in rural B.C. and are focused on meeting the labour demands of all sectors for these essential skills."

The new program, due to start in February 2014, will be delivered by the Justice Institute of British

Columbia (JIBC). It will provide training for a total of 30 students, organized as two intakes of 15 students in two rural communities each year. It will help to meet current student demand for paramedic training and address the growing demand for paramedics in public and private organizations in rural areas such as the BC Ambulance Service and the oil and gas industries.

The initial communities to benefit from the training will be Prince George and Cranbrook.

"This new rural paramedic training program will help ensure that we are meeting the growing demand for services while supporting the health of families in rural areas of the province," said Minister of Health Terry Lake.

"We welcome this announce-

ment," said Dr. Michel Tarko, president of the Justice Institute of British Columbia.

"Ongoing funding gives JIBC, in partnership with BC Ambulance Service, the ability to plan further ahead to meet the needs of rural and remote communities and to ensure that residents are aware of opportunities to pursue paramedic training without leaving their communities."

The Ministry of Advanced Education currently funds training for 200 Primary Care Paramedic student spaces each year, mainly in urban areas, with rural training programs being run on a one-time basis as required. The commitment to annual funding for the new rural program will allow JIBC to plan and develop programming to meet the needs of industry and open up training to a wider catchment area.

"Better-trained paramedics means higher quality emergency medical care for patients and communities throughout British Columbia," said Michael MacDougall, president, BC Emergency Health Services.

"Providing training closer to home supports our targeted recruitment efforts underway in many rural and remote areas of the province and helps many paramedics reach their career goals."

- submitted

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#### EDITORIAL GUIDE

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



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# Current Comment

## Can Music Make You Smarter?



**Dawn Johnson**  
editor@thenewsleader.ca

What is music? It is sound, of course, but more than that, it is sound organized into patterns. We could say the same of speaking, which is sound organized into patterns, but music is something more. Music inspires emotion and triggers memory. So does speech, but not to the same extent. Music seems to touch the deepest sensation of personal involvement with what is heard. We can forget a stirring speech or, after a long time, forget the words of an argument, but when we hear a particular piece of music, it will bring back not only a feeling, but a memory of where we were when the music first touched us, who we were with, and what we were doing. Music has a power of its own.

When I hear Roy Orbison's rendition of "Pretty Woman", I remember a sunny afternoon in July in Ontario in 1964. I recall the people I was with, what we were doing, even what I was wearing. My experience is not unique. All of us have had this kind of experience with music.

Neurological science has been studying what goes on in the human brain when music is heard. We tend to think of music as coming to us all in one piece, like when we eat a piece of pie, but what goes on in our brains is much more complex. What goes into our ears is vibration. What our brain does with that vibration is amazing. The vibrations are individual bits of sound, but the brain organizes the sound, discovers patterns in the sound, then touches an emotional trigger. This happens in a split second.

The more complex the music is, the more emotion is felt, and the more pleasure, excitement or fear we feel from that music. This reaction is due to the involvement of

more than one area of the brain.

The lower vibrations, such as in a bass drum, go to the old part of the brain. Imagine sitting and listening to nothing but a drum beat, which is low vibration sound. A simple pattern can start our feet tapping or make us want to dance. Add a melody to the drum beat, and another part of the brain responds, and we may want to hum along or sing. Add some higher vibration sound, such as in cymbals and bells, or high tones, and a further part of the brain is involved. Weave the sounds of an entire band or orchestra into the melody, and suddenly there is a lot of brain activity from four parts of the brain.

What I have just described is the listening part. All of this can happen if you are just sitting in a chair and listening to a CD. If you go to a live concert, another part of the brain becomes involved - you are not only hearing the music, you are seeing it and your ear is picking up more subtle vibrations not generally heard on a CD. If the orchestra is really big and the acoustics are really good, you can feel the vibrations on your skin.

If you are dancing to the music, or singing it, your physical body is interpreting the sounds and turning them into rhythmic action (organized action), involving much more of the brain.

If you are a member of the orchestra, you will be hearing, seeing complex notes on a sheet of paper, watching the conductor, and taking action, that is, using your body to play an instrument. This is a highly complex involvement of the brain.

The addition of physical movement - playing an instrument, singing and/or dancing - involves a great deal of the brain, but heightens the pleasure of the music. It would seem the brain enjoys this complex activity and the result for us is the sense of pleasure.

Unless a person is deaf, music is pleasurable.

The brain is comprised of one hundred billion cells called neurons. These neurons do not work only as individual cells, they are connected to other cells and those connections between the cells are what enable us to enjoy the complex nature of music on its own. At the same time, other connections are triggered, such as the connections to forming memories, creating emotions and stimulating the

motor nerves in the muscles. In a study done in Maine about 20 years ago, scientists discovered that elderly patients exposed for two weeks to music popular in their youth began to become younger at the body cell level. They were more alert, blood pressure went down, and they became more physically active, as if every cell in their bodies had a memory of youth and the music led the way to a rejuvenation of the cells.

Can music make you smarter? Studies have been done that show there might be an improvement in learning or an improvement in brain function, but the studies are not conclusive. However, considering the number of brain cells involved in musical experience, there is no doubt music stimulates many areas of the brain, which has the potential to improve brain function.

In less industrialized societies, making music, dancing and singing are almost everyday events, and even the youngest children learn songs and dances even if they are too young to learn to play an instrument. If music involves so many areas of the brain, and is so much a part of who we are, then I suspect all of us should be teaching our children to sing, dance and play music, just because it is good brain exercise.

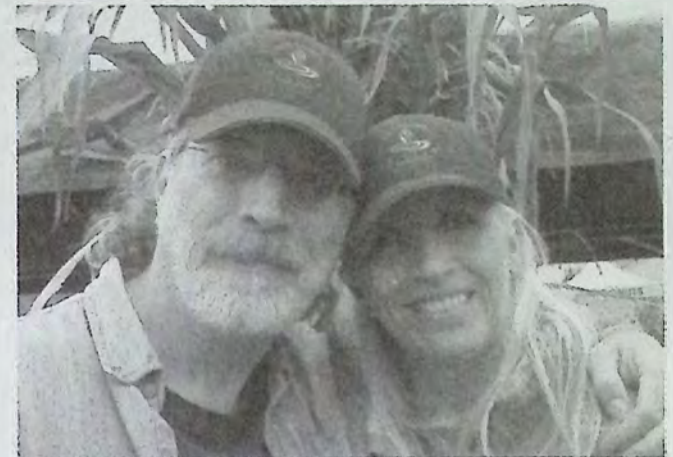
These days, when music is so readily available through electronic means, how often do people join together in song? What about dancing? What about learning to play a musical instrument? Are we losing one of the great pleasures in life by merely listening instead of being fully involved?

One of the things I like about living in Princeton is the number of people who give their time and talent to put on concerts. Live music involves more of the brain than canned music. I see more people becoming involved in making music. We used to have community singing groups, but most choir singing goes on in schools and churches these days, except for the Christmas songfest. Fewer people go dancing these days than when I was young.

The Traditional Music Festival is coming in August. This year, make a point of attending just for the purpose of give your brain some exercise and remembering the pleasure you will get from a brain exercising to music.

# Similkameen News Leader

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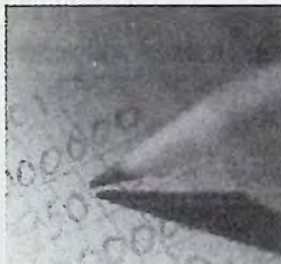
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# Lower Valley News

Keremeos - Cawston - Olalla



"Practice makes perfect." The Keremeos Volunteer Fire Department takes their work seriously and hopes that if you ever need them, they can fit the bill. Although there is no set day, Tuesdays seem to be a common practice days for fire departments in other communities across BC. When you commit to being a firefighter, any day is a good day to practice! Photo: Arlene Arlow

## Comments raise concerns

Recent comments by Minister Bill Bennett in the provincial media about the future of the Columbia River Treaty have raised serious red-flags for the Okanagan Nation Alliance (ONA). Amongst other things, Minister Bennett suggested the Treaty should continue into the future, essentially in the same form it has been to date, stating that "the treaty has been a huge success."

The Columbia River Treaty has had devastating effects on Aboriginal Title and Rights, including throughout the Arrow Lakes area which is vitally important to the ONA. These include flooding of traditional lands and village sites, massive interference with cultural heritage resources and severe impacts on hunting,

fishing and gathering rights. The Treaty was signed and ratified in 1963 with no First Nations engagement, involvement, or consent.

"The Treaty has disrupted our way of life in ways that very few other things have. When the Province came to us last year to discuss potential renewal of the Treaty we made it clear how serious any decisions about the Treaty are and that the highest levels of engagement with us must occur," said Grand Chief Stewart Phillip of the Okanagan Nation Alliance.

"While we have been trying to follow a general path for discussions with the Province and Canada, the statements of Minister Bennett, as well as indications we are getting from others, suggest that the Crown is moving to minimize our involve-

ment and concerns and push ahead with its own status quo agenda," he added.

Some years ago Minister Bennett clearly understood some of the depths and complexities of the Treaty. As he stated in 2003, "So 2,300 people were displaced and 60,000 hectares of high-value valley bottom land were flooded. Numerous First Nations archeological and burial sites were submerged or buried."

That reality has not changed.

"The Crown should not have comfort that they are going to be able to push ahead with their agenda for the future of the Treaty without substantially addressing in concrete ways the relationship between First Nations and the Treaty," said Grand Chief Phillip.

"I encourage Minister Bennett to recognize that the future course of the Treaty - whether termination, renewal, or amendment - must be set with us," he added.

The ONA was formed in 1981 as the inaugural First Nations government in the Okanagan which represents the 8 member communities: Okanagan Indian Band, Upper Nicola Band, Westbank First Nation, Penticton Indian Band, Osoyoos Indian Band, Lower Similkameen Indian Band, Upper Similkameen Indian Band and the Colville Confederated Tribes on issues of common concern. Each community is represented by their Chief or Chair through the ONA Chiefs Executive Council (CEC).

- submitted



"How come grouse move so s-l-o-w-l-y?" This female was no exception to the rule July 7th along the Green Mountain Road. It took her a good three minutes to cross 30 feet of pavement. The photographer had a special treat, though: her young family strutted out from the ditch just as she reached the "far side" (sorry, didn't get a picture of that). Photo: Arlene Arlow



Raina Dawn Lutz, centre, presents funds to her two favourite charities after chopping off her dreadlocks. - photo submitted

## Nutritionist drops dreads for charity

Raina Dawn Lutz, a South Okanagan Holistic Nutritionist practicing out of Get Bent Arts & Recreation had a unique idea for a fundraiser in Penticton. She chopped off her iconic dreads for cash!

Lutz had had her dreadlocks for over 3 years, and decided in March to comb out her knotted hair in order to raise money for two local non-profits:

1. The Get Bent Active Arts Society (GBAAS) in support of youth arts.
2. The Penticton & District Community Resources Society (PDCRS) for support of their breakfast programs and low-income families.

Lutz stated, "I chose these two non-profit societies because I feel that they are groups that could use a little help and more exposure for all the good work they do! I am a big supporter of GBAAS's Esteem Team that go into schools to talk about body image, the media and self-esteem. It's an important program for youth today."

Rather than shaving it all off, taking out dreadlocks the slow way is a long and tedious process. It can take about an hour to de-tangle one, and Lutz had almost 50!

"Having your hair done in a style for 3 years may seem like a silly thing to be able to use as a fundraiser, but they are really special to me and people donating helps commemorate this next step," Lutz added with a smile.

"Kelly Lindsey Photography and

the yoga folks at Get Bent are my biggest supporters so far and I appreciate it so much." As the money rolled in, the dreads were coming out.

But, things became even more interesting when a student at Get Bent raised the ante. If Lutz can raise at least \$500 by July, would she cut her hair short instead of combing out her 24+ inch dreads? Lutz agreed! They raised the \$500 within 2 weeks of the challenge and the evening of July 2nd brought the fundraiser to a close, bringing in a stylist from the Best Little Hair House to do the chop at the Get Bent studio.

Lutz was given a short, "pixie" crop hair cut within the hour. The hair that she had combed out was cut and kept and is being donated to the Canadian Cancer Society for wigs. A representative from both the non-profits were present to gladly receive their donation! A big, kind thank you to everyone in participation of this fun local fundraiser!

### About Us

Penticton & District Community Resources Society (PDCRS) has been making a difference in the community since 1966! We are a diverse, multi-service non profit organization that offers a range of services and resources to individuals, families and communities throughout the South Okanagan/Similkameen.

PDCRS operates over 20 programs and services through the support of government contracts, grants, fee

for service and a variety of local, provincial and national donors including:

- Child Care & Support Services
- Child, Youth & Family Support programs
- Community Living Services for adults with developmental disabilities
- Community Development

Our commitment to delivering accessible services throughout the rural areas, remote towns and First Nations communities is embedded within the positive relationships with our community partners. During our 45 years of operation, we have developed services and resources that meet the needs of a diverse range of communities including: Summerland, Naramata, Penticton, Kaleden, Okanagan Falls, Oliver, Osoyoos, Cawston, Keremeos, Hedley, Olalla, Princeton. - submitted

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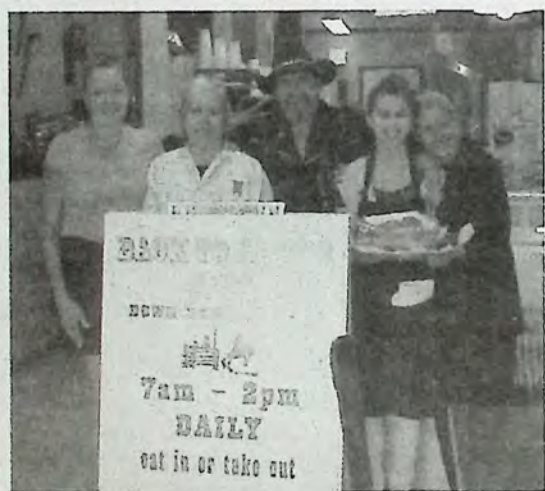
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**DR. ADAMS RETIREMENT**

On August 28, 2013, Dr. Adams will be retiring from Family Practice in Princeton. After practicing medicine for 50 years, 30 years in Princeton and 20 years in Great Britain, it is with considerable sadness that he is leaving his practice.

He has chosen this date for his retirement as Dr. Sandhu will be starting to practice in Princeton, on August 23, 2013, and Dr. Black will be starting on September 9, 2013. This will ensure adequate medical coverage, as patients transfer to new doctors.

Dr. Adams would like to thank the people of Princeton for the warm and affectionate welcome that he and his family received 30 years ago. Those same feelings of being welcome and appreciated have continued up to the present day; your kindness will always be remembered.

Dr. Adams would also like to thank all the patients who have come under his care over the years. He feels that it was a privilege and also a pleasure, to be given the trust of so many people and to get to know you as friends.



It appears that the chocolate syrup part of the ice cream sundaes served at Centennial Pool July 10th was popular even after they ran out of ice cream! It was all part of the fun during 'Pirates of Centennial Pool' theme night. \*

**Saddles 'n' Spurs**

by Pastor George Donovan

Stacking hay was hard work and hard on gloves and blue jeans. I had worn my jeans through just above the knees from using my knee to help toss the bales.

They wore through so quickly that I was just hoping my knee would toughen up but it got red and raw before I sprung for new jeans at the company store at Quilchena.

A few days later I was noticing a growing lump in my groin. I didn't worry about it too much until it was too sore to work. I was nervous about telling the boss about it because there was so much work to do but I finally walked across the field we were working in and told him about the problem. I said I felt I should go see a doctor. He did not seem happy about it at all but let me go.

I went back to the bunkhouse, changed and walked out to the highway and hitched a ride to town. When I arrived I inquired and found a doctor that practiced in his home. He immediately sent me to the hospital, I had serious infection and the gland in my groin was so large that it could burst.

The hospital was an old wooden building and I was there for about a week. One of the nurses had an Australian accent and came to my bed to give me an injection. She said "Roll over and pull your underpants down." I had never been asked that before.

She did say, "Pull your underpants down" so I did as she asked and exposed my butt. She said quite indignantly, "Well, you didn't need to pull them down so far!!"

How was I to know?

I pulled them up some and she did

her duty. I then said to her, "What's the matter, are you homesick or something?"

She replied softly, "Yes, I am". After this we got along just fine.

After 5 or 6 days the lump was just

about gone and I told them I wanted to get back to work so to please bring me my clothes. They said I wasn't ready to leave yet.

Night time came and it was quiet so

..... continued on Page 21

**Living Past 100**

**TV Ads Give Us A Pain**

Advertising on television can have powerful effects, partially because they are repeated time and again from channel to channel. Advertisers know repetition has an effect. Repeated often enough, the message becomes part of the brain.

Watching a TV commercial requires critical thinking, which is why some parents will allow their children to watch only PBS kids' shows. They do not want their children programmed to eat certain cereals and drink certain soft drinks or demand certain foods which may not be good for them. Parents know their children are not likely to be critical of what they see and hear on television commercials.

We adults are in danger, too, of being programmed to want certain things because we see them in television commercials. Advertisements are deliberately formulated to make us want that new car, the new fridge or furniture, the latest CD or DVD, or any number of things we may not need. What happens when people are bombarded daily with a desire to have these things but cannot afford them?

Some people are lured into debts they cannot afford. The new computer gismo may be obsolete by the time it is paid for. The new furniture may be shabby before it is paid for. The new car may need repairs before it is paid for. What happens to people's emotions when debts pile up?

We know the result is often frustration and depression. These can be avoided by using critical thinking. We need to be mentally and emotionally healthy to live a good long life. We cannot base our mental, emotional and physical health on stress brought on because we are too poor to buy the new things, or because we bought them on credit. Basing one's happiness on 'things' never works. Happiness comes from good relationships and having a good relationship with one's own self is the key relationship to nurture.

Perhaps the most distressing advertisement is one from the government. It tells us that most of us will spend the last 10 years of our lives in illness. This is supposed to encourage us to eat properly and exercise frequently, but this advertisement could have quite the opposite effect because it is so negative. It is also very authoritative, making us believe that whatever illnesses we suffer in our elder years are our own fault. We need to be critical of this advertising as we would with any other advertising. If you develop cancer in your later years, is it your fault? If you develop arthritis, will it be your own fault? If you are diagnosed with Alzheimer's, did you bring it on yourself? Of course you didn't but you would still be ill.

Part of growing old is having health problems. Part of preparing for old age is eating right and keeping physically active, but research into aging has shown us that the top indicator of a long, healthy life is the right attitude, a positive attitude toward life.





# News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 16 - 22, 2013



Thanks to the City of Merritt, Tulameen has an ice cleaner. - photo submitted

## Zamboni finds new garage

The Tulameen Community Club wants to thank the City of Merritt for donating their Zamboni to the outdoor rink in Tulameen.

The Tulameen Community Club maintains the rink in this small recreation-focussed town just outside of Princeton and their very own

### Group needs local volunteers

Tom, Joseph, Irene and Donna meet once a month to talk about how their lives are affected by dementia. They are all caring for family members who are in various stages of the disease.

They, like many Princeton residents, also all attend a free caregiver support group offered locally by the non-profit Alzheimer Society of B.C.

"This is their lifeline," says Laurie Myres, the Society's Support and Education Coordinator for Princeton and the South Okanagan.

"They can meet with people with similar issues who are in a unique position to offer support to others on the same journey. The group is a place that they can talk openly, share information and give each other mutual support."

An estimated one in 11 B.C. residents over age 65 already live with Alzheimer's disease or another dementia. And that number is pro-

'new to them' Zamboni will help make this task a breeze!

Tulameen has a full NHL sized outdoor arena just behind its fire hall, complete with hockey nets! Tulameen is part of the Regional District Okanagan Similkameen, but their outdoor rink is operated

jected to double over the next generation. The resulting need for assistance is soaring, and volunteers help ensure that the demand is met.

"Volunteers are absolutely invaluable to our team," says Myres.

"It's exceptionally rewarding work, to know that you are making a meaningful difference in someone's life. Our volunteers tell us they get far more back in return than they give."

Want to be a support group facilitator? The position has a few requirements:

- Excellent listening and empathetic skills, knowledge of dementia or a willingness to learn, facilitation skills or a willingness to learn and formal or informal caregiving experience an asset.

Training is provided, and a one-year commitment is required.

For more information and to volunteer, contact Myres at 250-493-8182 or lmyres@alzheimerbc.org. -submitted

100% by dedicated volunteers who tirelessly keep the ice useable, weather permitting. They have relied on donations to operate and maintain a Zamboni that was borrowed, (up until now!), from the Princeton arena.

Fully lit, this outdoor rink is enjoyed day and night! And it is about to get even better.... Tulameen is in the middle of a project called Raise The Roof.

That project will see the construction of a roof over the existing outdoor arena, lengthening the user time on the ice surface by protecting it from the elements, and making the volunteer icemen's job waaay easier!!

The Tulameen Community Club would like to share our gratitude once again with the City of Merritt for the generous donation of their Zamboni to our outdoor rink facility. Who knows....?? Once we have the roof complete, perhaps we can invite the Merritt teams to our new 'barn' to show off our new Zamboni! Wouldn't that be something!

Again, City Council and the City of Merritt, the Tulameen Community Club wishes to send a giant THANK YOU for your generosity! - submitted

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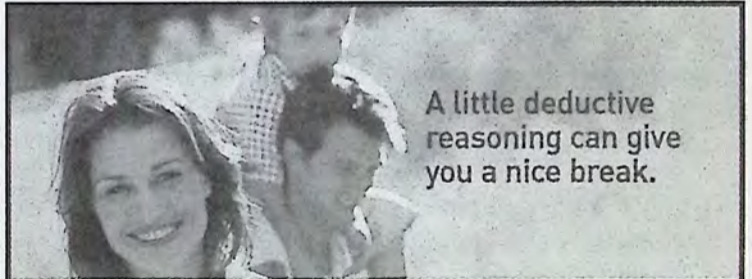
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# Tuesday Movies

**EVENING**

8:00 pm VTVch.22 "The Sorcerer's Apprentice" (2010, Fantasy) Nicolas Cage. Premiere. A wizard trains a reluctant protege in the art of magic to help him protect Manhattan from a powerful adversary. (In Stereo) (CC)  
 9:30 pm WTBS ch.3 "Biker Boyz" (2003, Action) Laurence Fishburne. A young prodigy threatens the undefeated cham-

pion of an underground club of motorcycle racers.  
 10:00 pm KNOW ch.5 "I Was Worth 50 Sheep" (2011, Documentary) A price is put on Sabere's head after she flees from her abusive husband.  
 11:30 pm WTBS ch.3 "Step Up" (2006, Musical) Channing Tatum. A troubled guy but a gifted dancer attracts the attention of a talented ballerina at a Maryland school.

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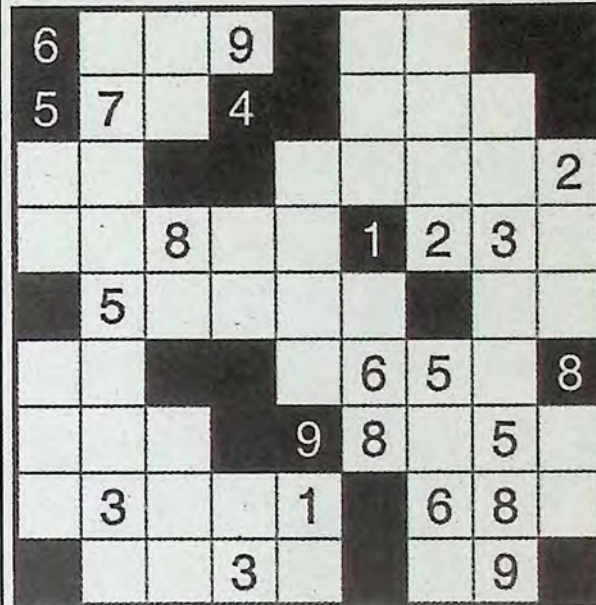
# News Leader Str8ts

## STR8TS

No. 134

Medium

Previous solution - Easy



**How to beat Str8ts -**  
 Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

You can find more help and strategies at [www.str8ts.com](http://www.str8ts.com) along with more puzzles, Apple apps and books.

**THIS WEEK'S**  
**News Leader Str8ts**  
 SOLUTION WILL APPEAR  
 IN NEXT WEEK'S ISSUE

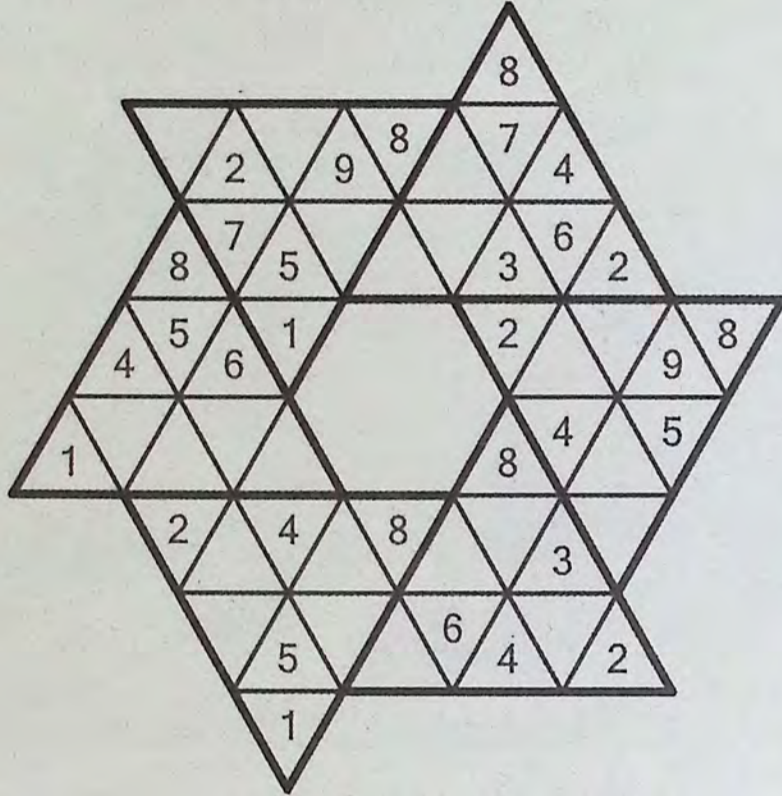
**TUESDAY, JULY 16, 2013**

|           | 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                              | Morning News (N) ☺     | To School<br>G. Shrinks        | Thomas<br>Clifford                  | KHQ News 6AM (N)                            | KREM 2 Morning News     | Criminal Minds "P911" | News                       | Morning News (N) ☺        | (5:00) Morning News (N)   | CBC News Now (N) ☺       | Being Ian<br>Being Ian    | SportsCentre ☺                           | CTV Morning Live (N) ☺  | Mighty Planes "NOAA"     | Stella-Sam Mickey        | CityLine (N) ☺                            | Ink Master ☺           | Canadian Pickers ☺       |
| 7 AM :30  | Justice<br>Justice                                    |                        | Arthur ☺<br>Magic Bus          | Arthur<br>Martha                    | Today Daniel Silva; Patrick J. Adams. (N) ☺ | CBS This Morning (N) ☺  | Criminal Minds ☺      | Good Morning America (N) ☺ |                           |                           | Tiger<br>Monster         | Rescue<br>Super Evil      | SportsCentre ☺                           |                         | Mighty Ships ☺           | Never Land<br>Hannah     | Let's Make a Deal ☺                       | Ink Master ☺           | Earth: Final Conflict ☺  |
| 8 AM :30  | Judge Alex<br>Judge Alex                              |                        | Tree Fu<br>Dinosaur            | Curious<br>Cat in the               |                                             |                         | CSI: Miami ☺          |                            |                           | Morning<br>Huntley        | Bo On/Go<br>Busytown     | Slidekick<br>Beyblade     | SportsCentre ☺                           |                         | Don't Drive Here         | Suite/Deck<br>Suite/Deck | The Price Is Right (N)                    | Ink Master ☺           | Canadian Pickers ☺       |
| 9 AM :30  | Millionaire<br>Millionaire                            | Morning<br>Huntley     | Pinky<br>Peep, Big             | Super Why!<br>Dinosaur              |                                             | The 700 Club ☺          | CSI: Miami ☺          | Livel Kelly and Michael    | Morning<br>Huntley        | The Doctors ☺             | Super Why!<br>Cat in the | Pokémon<br>Storm          | SportsCentre ☺                           | Livel Kelly and Michael | Gold Rush ☺              | Wizards<br>Wizards       | Access Hollywood Live                     | Ink Master ☺           | Canadian Pickers ☺       |
| 10 AM :30 | Law Order: CI                                         | The Doctors ☺          | Dinosaurs<br>Rolie Polie       | Sesame Street ☺ (EI)                |                                             | The Price Is Right (N)  | Criminal Minds ☺      | The View ☺                 | The Doctors ☺             | Chef/Home<br>Debt/Part    | Poko ☺<br>Doodlebob      | Squirrel<br>Super Evil    | NASCAR Racing                            | The View ☺              | How/Made<br>How/Made     | ANT Farm<br>ANT Farm     | The Chew ☺                                | Ink Master ☺           | Gold Girls<br>Gold Girls |
| 11 AM :30 | Law Order: CI                                         | Chef/Home<br>Debt/Part | Berenstain<br>Wild Kratts      | Tiger<br>Sit-Bo Fit                 | Judge B.<br>Judge B.                        | Young & Restless        | Criminal Minds ☺      | Paid Prog.<br>Wen Hair     | Chef/Home<br>Debt/Part    | Noon News Hour            | Steven and Chris ☺       | Super Evil<br>Kid vs. Kat | X Games ☺                                | Marilyn Denis           | Overhauled ☺             | Shake It<br>Shake It     | General Hospital (N) ☺                    | Ink Master ☺           | 3's Co.<br>3's Co.       |
| 12 PM :30 | Excused<br>Excused                                    | Noon News Hour (N)     | Dino Dan<br>Rob Robot          | Charlie Rosa (N) ☺                  | Child Gen.<br>Paid Prog.                    | News<br>Bold            | The First 48 ☺        | The Chew ☺                 | Noon News Hour (N)        | Days of our Lives (N)     | CBC News Now (N) ☺       | Kid vs. Kat<br>Team Gal   | X Games ☺                                | CTV News (N) ☺          | Sons of Guns ☺           | Austin<br>Austin         | CityLine ☺                                | Ink Master ☺           | Draw<br>Draw             |
| 1 PM :30  | There Yet?<br>There Yet?                              | Days of our Lives (N)  | Clifford<br>Miss BG            | Painting<br>Quitting                | Days of our Lives (N)                       | The Talk (N) ☺          | The First 48 ☺        | General Hospital (N) ☺     | Days of our Lives (N)     | The Talk (N) ☺            | Heartland ☺ (DVS)        | Rated A<br>Rated A        | SportsNation (N) ☺                       | Anderson Live ☺         | Don't Drive Here         | Jessie ☺<br>Jessie ☺     | Katie ☺                                   | Ink Master "Holy Ink"  | 3rd Rock<br>3rd Rock     |
| 2 PM :30  | King<br>King                                          | The Talk (N) ☺         | Lilly<br>Dinosaur              | Barney<br>WordWorld                 | Katie ☺                                     | Let's Make a Deal ☺     | The First 48 ☺        | The Jeff Probst Show       | The Talk (N) ☺            | The Ricki Lake Show       | Steven and Chris ☺       | Almost<br>Super Evil      | Off Record<br>Interruption               | Dr. Phil ☺              | Auction<br>Auction       | Good Luck<br>Good Luck   | CityNews at 5 (N) ☺                       | Ink Master "Buck Off"  | Roseanne<br>Roseanne     |
| 3 PM :30  | The Office<br>The Office                              | The Ricki Lake Show    | Rob Robot<br>Jungle B'k        | Sid<br>WordGirl                     | Ellen DeGeneres Show                        | Dr. Phil ☺              | Storage<br>Storage    | Rachael Ray ☺              | The Ricki Lake Show       | Young & Restless          | Recipes<br>Stefano       | Sidekick<br>Squirrel      | SportsCentre (N) ☺                       | The Dr. Oz Show (N) ☺   | How/Made<br>How/Made     | Good Luck<br>Good Luck   | CityNews at 6 (N) ☺                       | Ink Master ☺           | Canadian Pickers ☺       |
| 4 PM :30  | Big Bang<br>Big Bang                                  | Young & Restless       | G. Shrinks<br>Arthur ☺         | Wild Kratts<br>Electric             | Jdg Judy<br>Jdg Judy                        | The Dr. Oz Show (N) ☺   | Storage<br>Storage    | The Doctors ☺              | Young & Restless          | Early News<br>Global Nat. | Dragon's Den ☺           | Parents<br>Parents        | Hockey<br>Interruption                   | Ellen DeGeneres Show    | Licence to Drill         | Good Luck<br>Good Luck   | How I Met 30 Rock                         | Ink Master ☺           | Canadian Pickers ☺       |
| 5 PM :30  | Browns<br>Payne                                       | News (N) ☺             | Martha<br>Wild Kratts          | News<br>Business                    | News<br>NBC News                            | News<br>CBS News        | Storage<br>Storage    | News<br>ABC News           | Early News<br>Global Nat. | (4:59) News Hour          | News<br>News             | Parents<br>Parents        | 2013 Tour de France: Stage 16. (Taped) ☺ | CTV News at Five (N)    | How/Made<br>How/Made     | Good Luck<br>Charlie ☺   | Mindy<br>Seed ☺                           | Ink Master ☺           | 3's Co.<br>3's Co.       |
| 6 PM :30  | Browns<br>Payne                                       | Global Nat.<br>News    | Animals<br>Doga/Joba           | PBS News-Hour (N) ☺                 | News<br>Millionaire                         | KREM 2 News at 6 (N) ☺  | Storage<br>Storage    | News<br>News               | (5:59) News Hour (N)      | ET Canada<br>Ent          | News<br>Exchange         | Mr. Young<br>Mr. Young    |                                          | CTV News (N) ☺          | Ice Cold Gold (N)        | Jessie ☺<br>Jessie ☺     | (6:01) America's Got Talent "Vegas" (N) ☺ | Ink Master ☺           | Draw<br>Draw             |
| 7 PM :30  | Seinfeld ☺<br>Seinfeld ☺                              | Ent<br>ET Canada       | Be the Creature                | Lewis & Clark: Journey of Discovery | Jeopardy!<br>Wheel                          | Inside Ed.<br>Access H. | Shipping<br>Shipping  | Ent<br>Insider             | Ent<br>ET Canada          | To Be Announced           | George S<br>Coronation   | Boys<br>Mahona            | SportsCentre (N) (Live) ☺                | Big Bang<br>etalk (N)   | Deadliest Catch (N) ☺    | Jessie ☺<br>Jessie ☺     |                                           | Ink Master (N) ☺       | Roseanne<br>Roseanne     |
| 8 PM :30  | Family Guy<br>Family Guy                              | NCIS "Phoenix" ☺       | Monarchy<br>Corps of Discovery | Hollywood Game Night                | NCIS "Phoenix" ☺                            | Shipping<br>Shipping    | Extreme Weight Loss   | NCIS "Phoenix" ☺           | NCIS "Phoenix" ☺          | Mercer<br>22 Minutes      | Indie<br>Indie           | Off Record                | Movie: ★★ "The Sorcerer's Apprentice"    | River Monsters ☺        | Jessie (N)<br>Jessie ☺   | CityNews-Tonight (N)     | Tattoo<br>Tattoo                          | Debt/Part<br>ET Canada |                          |
| 9 PM :30  | Amer. Dad<br>Movie: ★★ "Biker Boyz" (2003) Derek Luke | NCIS: Los Angeles      | It's a Boy Circumcision.       | Frontline ☺                         | America's Got Talent "Vegas" (N) ☺          | Storage<br>Storage      | "Mehrbod" (N) ☺       | NCIS: Los Angeles          | NCIS: Los Angeles         | Arctic Air ☺ (DVS)        | Wipeout Canada ☺         | Amazing Race              | Ice Cold Gold                            | Wingin' It<br>Warthogs! | Jimmy Kimmel Live (N)    | Tattoo<br>Tattoo         | 3's Co.<br>3's Co.                        |                        |                          |
| 10 PM :30 | To Be Announced                                       | "I Was Worth"          | Moyers & Company ☺             | Person of Interest ☺                | Storage<br>Storage                          | Body of Proof ☺         | To Be Announced       | News Hour Final (N)        | The National (N) ☺        | Prank Ptri<br>Mahone      | SportsCentre (N) ☺       | Saving Hope (N) ☺         | Deadliest Catch ☺                        | Lizzie<br>So Raven      | Maurly ☺                 | Ink Master ☺             | Draw<br>Draw                              |                        |                          |
| 11 PM :30 | CHBC News Final (N)                                   | Be the Creature        | Charlie Rose (N) ☺             | News<br>Jay Leno                    | News<br>Letterman                           | Shipping<br>Shipping    | News<br>J. Kimmel     | News Hour Final (N)        | ET Canada<br>J. Probst    | CBC News<br>George S      | Boys<br>Mr. Young        | SportsCentre ☺            | CTV News<br>How/Made                     | Cory<br>Princess        | Paid Prog.<br>Paid Prog. | Tattoo<br>Tattoo         | 3rd Rock<br>3rd Rock                      |                        |                          |

# News Leader Sudoku 463

## HOSHI SUDOKU - About The Puzzle

Sudoku - also known as "Number Place" - is a logic-based, combinatorial number-placement puzzle. The aim of Sudoku is to enter a number from 1 through 9 in each cell of a grid, most frequently a 9x9 grid made up of 3x3 subgrids. Each row, column and region must contain only one instance of each number. This Sudoku variant is called "Hoshi Sudoku". It contains six large triangles. The numbers 1 to 9 must be placed into the cells of each large triangle. Every line of any length - even uncontinuous - must contain every number not more than once.



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

## Wednesday Movies

### EVENING

9:30 pm WTBS ch.3 "Step Up" (2006, Musical) Channing Tatum. A troubled guy but a gifted dancer attracts the attention of a talented ballerina at a Maryland school.

11:30 pm WTBS ch.3 "Step Up 2 the Streets" (2008, Drama) Briana Evigan. A street dancer enrolls at Maryland School of the Arts and teams up with a talented classmate to take a team to an underground dance contest.

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www.thenewsleader.net

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### WEDNESDAY, JULY 17, 2013

|       | WTBS<br>ch.3                            | CHBC<br>ch.4           | KNOW<br>ch.5                              | KSPS<br>ch.6             | KHQ<br>ch.7                                 | KREM<br>ch.8            | A&E<br>ch.9        | KXLY<br>ch.10              | BCTV<br>ch.11             | CITY<br>ch.12             | CBC<br>ch.13             | YTV<br>ch.18              | TSN<br>ch.19                       | VTV<br>ch.22            | DISC<br>ch.24         | FAM<br>ch.26             | CITY<br>ch.29            | SPIKE<br>ch.44        | TROP<br>ch.45            |
|-------|-----------------------------------------|------------------------|-------------------------------------------|--------------------------|---------------------------------------------|-------------------------|--------------------|----------------------------|---------------------------|---------------------------|--------------------------|---------------------------|------------------------------------|-------------------------|-----------------------|--------------------------|--------------------------|-----------------------|--------------------------|
| 6 AM  | In the Heat of the Night                | Morning News (N) ☺     | To School<br>G. Shrinks                   | Builder<br>Clifford      | KHQ News 6AM (N)                            | KREM 2 Morning News     | Criminal Minds ☺   | News                       | Morning News (N) ☺        | (5:00) Morning News (N)   | CBC News Now (N) ☺       | Being Ian<br>Belng Ian    | SportsCentre ☺                     | CTV Morning Live (N) ☺  | Gold Rush ☺           | Stella-Sam<br>Mickey     | CityLine (N) ☺           | Wildest Police Videos | Weird or What?           |
| 7 AM  | Justice                                 | Justice                | Arthur ☺<br>Magic Bus                     | Arthur<br>Martha         | Today Danielle Bradbery; Jeff Garlin. (N) ☺ | CBS This Morning (N) ☺  | Criminal Minds ☺   | Good Morning America (N) ☺ |                           |                           | Tiger<br>Monster         | Rescue<br>Super Evil      | SportsCentre ☺                     |                         | Highway Thru Hell     | Never Land<br>Hannah     | Let's Make a Deal ☺      | Wildest Police Videos | Earth: Final Conflict ☺  |
| 8 AM  | Judge Alex                              | Judge Alex             | Tree Fu<br>Dinosaur                       | Curious<br>Cat In the    |                                             |                         | CSI: Miami ☺       |                            |                           | Morning Huntley           | Bo On/Go<br>Busytown     | Sidekick<br>Beyblade      | SportsCentre ☺                     |                         | Auction<br>Auction    | Suite/Deck<br>Suite/Deck | The Price Is Right (N)   | Wildest Police Videos | Weird or What?           |
| 9 AM  | Millionaire                             | Morning Millionaire    | Pinky<br>Peep, Big                        | Super Why!<br>Dinosaur   |                                             | The 700 Club ☺          | CSI: Miami ☺       | Livel Kelly and Michael    | Morning Huntley           | The Doctors ☺             | Super Why!<br>Cat In the | Pokémon<br>Storm          | SportsCentre ☺                     | Livel Kelly and Michael | Licence to Drill      | Wizards<br>Wizards       | Access Hollywood Live    | Wildest Police Videos | Weird or What?           |
| 10 AM | Law Order: CI                           | The Doctors ☺          | Dinosaurs<br>Rolle Polle                  | Sesame Street ☺ (EI)     |                                             | The Price Is Right (N)  | Criminal Minds ☺   | The View ☺                 | The Doctors ☺             | Chef/Home<br>Debt/Part    | Bookaboo<br>Doodlebop    | Squirrel<br>Super Evil    | X Games ☺                          | The View ☺              | How/Made<br>How/Made  | ANT Farm<br>ANT Farm     | The Chew ☺               | Cops ☺<br>Jail ☺      | Gold Girls<br>Gold Girls |
| 11 AM | Law Order: CI                           | Chef/Home<br>Debt/Part | Berenstain<br>Wild Kratts                 | Tiger<br>Sit-Be Fit      | Judge B.<br>LazyTown                        | Young & Restless        | Criminal Minds ☺   | Paid Prog.<br>Paid Prog.   | Chef/Home<br>Debt/Part    | Noon News Hour            | Steven and Chris ☺       | Super Evil<br>Kid vs. Kat | Open Championship                  | Marilyn Denis           | Mayday ☺              | Shake It<br>Shake It     | General Hospital (N) ☺   | Cops ☺<br>Jail ☺      | 3's Co.<br>3's Co.       |
| 12 PM | Excused                                 | Noon News Hour (N)     | Dino Dan<br>Rob Robot                     | Charlie Rose ☺<br>Sewing | Pald Prog.<br>Pald Prog.                    | News                    | The First 48 ☺     | The Chew ☺                 | Noon News Hour (N)        | Days of our Lives (N)     | CBC News Now (N) ☺       | Kid vs. Kat<br>Team Gal   | X Games ☺                          | CTV News (N) ☺          | Ice Cold Gold         | Austin<br>Austin         | CityLine ☺               | Cops ☺<br>Jail ☺      | 70s Show<br>70s Show     |
| 1 PM  | There Yet?                              | Days of our Lives (N)  | Clifford<br>Miss BG                       | Oil Painting<br>Sewing   | Days of our Lives (N)                       | The Talk (N) ☺          | The First 48 ☺     | General Hospital (N) ☺     | Days of our Lives (N)     | The Talk (N) ☺            | Heartland ☺ (DVS)        | Rated A<br>Rated A        | Premier Poker                      | Anderson Live ☺         | Deadliest Catch ☺     | Jessie ☺<br>Jessie ☺     | Katie ☺                  | Cops ☺<br>Cops ☺      | 3rd Rock<br>3rd Rock     |
| 2 PM  | King                                    | The Talk (N) ☺         | Lilly<br>Dinosaur                         | Barney<br>WordWorld      | Katie ☺                                     | Let's Make a Deal ☺     | The First 48 ☺     | The Jeff Probst Show       | The Talk (N) ☺            | The Ricki Lake Show       | Steven and Chris ☺       | Almost<br>Super Evil      | Off Record<br>Interruption         | Dr. Phil ☺              | River Monsters ☺      | Good Luck<br>Good Luck   | CityNews at 5 (N) ☺      | Cops ☺                | Roseanne<br>Roseanne     |
| 3 PM  | The Office                              | The Ricki Lake Show    | Rob Robot<br>Jungle B'k                   | Sid<br>WordGirl          | Ellen DeGeneres Show                        | Dr. Phil ☺              | The First 48 ☺     | Rachael Ray ☺              | The Ricki Lake Show       | Young & Restless          | Recipes<br>Stefano       | Sidekick<br>Squirrel      | SportsCentre (N) ☺                 | The Dr. Oz Show ☺       | How/Made<br>How/Made  | Wizards<br>Wizards       | CityNews at 6 (N) ☺      | Cops ☺                | Weird or What?           |
| 4 PM  | Big Bang                                | Young & Restless       | G. Shrinks<br>Arthur ☺                    | Wild Kratts<br>Electric  | Jdg Judy<br>Jdg Judy                        | The Dr. Oz Show ☺       | Duck D.<br>Duck D. | The Doctors ☺              | Young & Restless          | Early News<br>Global Nat. | Dragons' Den ☺           | SpongeBob<br>SpongeBob    | 2013 ESPY's Countdown (N) (Live) ☺ | Ellen DeGeneres Show    | Mighty Planes "Trump" | Wizards-Place            | How I Met 30 Rock        | Fight Master          | Weird or What?           |
| 5 PM  | Browns                                  | News (N) ☺             | Martha<br>Wild Kratts                     | News<br>Business         | News<br>NBC News                            | News<br>CBS News        | Duck D.<br>Duck D. | News<br>ABC News           | Early News<br>Global Nat. | (4:59) News Hour          | News<br>SpongeBob        | SpongeBob                 | CTV News at Five (N)               | An Idiot Abroad 3 ☺     | Wizards-Place         | America's Got Talent     | Fight Master             | 3's Co.<br>3's Co.    |                          |
| 6 PM  | Browns                                  | Global Nat.            | Animals<br>Undersea                       | PBS News-Hour (N) ☺      | News<br>Millionaire                         | KREM 2 News at 6 (N)    | Duck D.<br>Duck D. | News<br>News               | (5:59) News Hour (N)      | ET Canada<br>Ent          | News<br>Exchange         | Mr. Young                 | 2013 ESPYs (N) (Live) ☺            | CTV News (N) ☺          | An Idiot Abroad 3 ☺   | Dog<br>Dog               | America's Got Talent     | Fight Master          | 70s Show<br>70s Show     |
| 7 PM  | Seinfeld ☺                              | Ent                    | Frontier of Construction<br>Wheel         | Nature ☺ (DVS)           | Jeopardy!<br>Wheel                          | Inside Ed.<br>Access H. | Duck D.<br>Duck D. | Ent<br>Insider             | Ent<br>ET Canada          | (7:01) Camp (N) ☺         | George S<br>Coronation   | Boys<br>Boys              |                                    | Big Bang<br>etalk (N)   | An Idiot Abroad 3 ☺   | Dog<br>Dog               | Mod Fam<br>The Middle    | Fight Master          | Roseanne<br>Roseanne     |
| 8 PM  | Family Guy                              | Big Brother ☺          | Hidden Cities of Asia                     | NOVA ☺ (DVS)             | America's Got Talent                        | Big Brother (N) ☺       | Duck D.<br>Duck D. | The Middle<br>Suburg.      | Big Brother (N) ☺         | Big Brother (N) ☺         | Dragons' Den ☺           | Indie<br>Indie            | SportsCentre (N) ☺                 | MasterChef ☺ (DVS)      | Deadliest Catch ☺     | Dog<br>Dog               | CityNews-Tonight (N)     | Ink Master ☺          | Debt/Part<br>ET Canada   |
| 9 PM  | Amer. Dad                               | Elementary ☺           | Jazz Beiderbecke; innovators in New York. | Nazi Mega Weapons        | America's Got Talent                        | Criminal Minds ☺        | Duck D.<br>Duck D. | Mod Fam<br>Neighbors       | Elementary ☺              | Elementary ☺              | Republic of Doyle ☺      | Wipeout<br>Canada ☺       | Top 10                             | MasterChef (N) ☺        | An Idiot Abroad 3 ☺   | Wingin' It<br>Warthogs!  | Jimmy Kimmel Live (N)    | Fight Master          | 3's Co.<br>3's Co.       |
| 10 PM | Movie: "Step Up" (2006) Channing Tatum. | (10:01) Camp (N) ☺     |                                           | America Revealed ☺       | (10:01) Camp (N) ☺                          | CSI: Crime Scene        | Duck D.<br>Duck D. | ABC's The Lookout (N)      | (10:01) Camp (N) ☺        | News Hour Final (N)       | The National (N) ☺       | Prank Ptrl<br>Prank Ptrl  | SportsCentre (N) ☺                 | The Listener (N) ☺      | An Idiot Abroad 3 ☺   | Lizzie<br>So Raven       | Maurly (N) ☺             | Fight Master          | 70s Show<br>70s Show     |
| 11 PM | "Step Up"                               | CHBC News Final (N)    | Frontier of Construction                  | Charlie Rose (N) ☺       | News<br>Jay Leno                            | News<br>Letterman       | Duck D.<br>Duck D. | News<br>J. Kimmel          | News Hour Final (N)       | ET Canada<br>J. Probst    | CBC News<br>George S     | Boys<br>Mr. Young         | SportsCentre ☺                     | CTV News<br>CTV News    | An Idiot Abroad 3 ☺   | Cory<br>Princess         | Pald Prog.<br>Pald Prog. | Bellator 350 ☺        | 3rd Rock<br>3rd Rock     |



"Pick it up, boys, pick it up." No, really, pick up the bales! Work was interrupted for a few minutes July 9th at the Way Home Ranch north of Olalla. During the growing season, there is never a shortage of work around a hay and cattle farm. Some farmers bale the hay in small bales (seen here) for resale to folks who have one or two horses. The larger, round bales are either fed to or sold for consumption by herds of cattle. Photo: Arlene Arlow

# PUBLIC NOTICE

## RECALL AND INITIATIVE ACT

This notice is published pursuant to section 4 of the *Recall and Initiative Act*.

Approval in principle has been granted on an application for an initiative petition. The petition will be issued to proponent Dana Larsen on Monday, September 9, 2013 and signature sheets must be submitted to the Chief Electoral Officer by Monday, December 9, 2013.

**The Title of the Initiative is:**  
An initiative to amend the *Police Act*.

**Summary of Initiative:**

The initiative draft Bill entitled, "Sensible Policing Act" proposes to amend the *Police Act* to no longer use provincial police resources on the enforcement of current laws in relation to simple possession and use of cannabis by adults. The draft law would prohibit the use of provincial police resources for this purpose, would require police to report in detail to the Minister of Justice any actual use of resources for this purpose and why it was necessary, and require the Minister to publish that report. The Bill also proposes that the province would call upon the Federal Government to repeal the federal prohibition on cannabis, or give British Columbia an exemption, such that British Columbia is able to tax and regulate cannabis similar to the regulation of alcohol and tobacco. As well it proposes that British Columbia shall establish a Provincial Commission to study the means and requirements necessary for the province to establish a legal and regulated model for the production and use of cannabis by adults. Last, the Bill would make non-lawful possession and use of cannabis by minors an offence similar to possession and use of alcohol.

**Opponent Registration:**

Individuals or organizations who intend to incur expenses as opponents must apply for registration with the Chief Electoral Officer by Monday, August 12, 2013. Registration applications for opponents are available from Elections BC.

**Initiative Advertising:**

Individuals or organizations who sponsor initiative advertising, other than the proponent and registered opponents, must register with the Chief Electoral Officer before they conduct or publish initiative advertising. Registration applications are available from Elections BC.

**Who May Sign the Petition:**

Registered voters as of Monday, September 9, 2013 may sign the initiative petition. Individuals may only sign the petition once, and must sign the petition sheet for the electoral district in which they are registered at the time of signing. Signed petitions are available for public inspection.

**For More Information:**

The initiative application and draft Bill are available for public inspection on the Elections BC website and at the Elections BC office at the address below.

**Location:**

Suite 100 – 1112 Fort Street, Victoria, B.C

**Mailing Address:**

PO Box 9275 Stn Prov Govt, Victoria, BC V8W 9J6

**Phone:** 250-387-5305

**Toll-free:** 1-800-661-8683

**Fax:** 250-387-3578

**Email:** electionsbc@elections.bc.ca

**Website:** elections.bc.ca

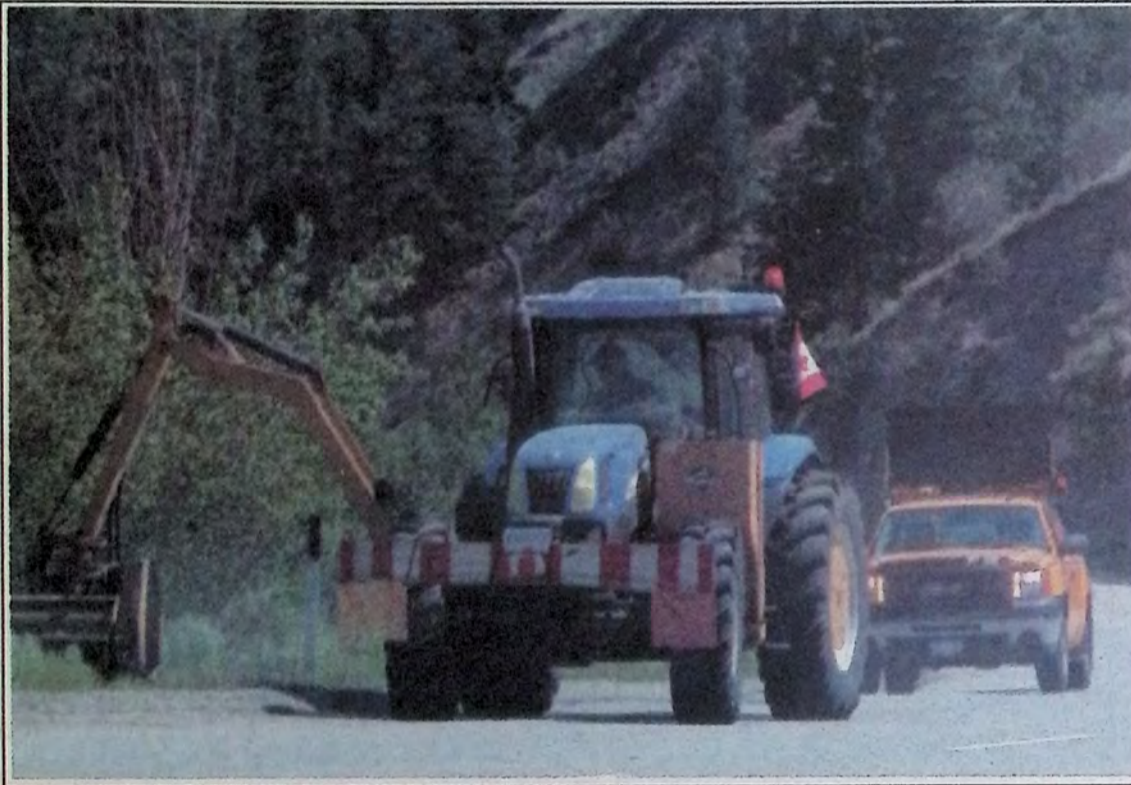


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# SO COUNTRY INTERNET RADIO

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## Thursday Movies

### EVENING

9:00 pm KNOW ch.5 "Marlene Dietrich: Her Own Song" (2002, Documentary) Burt Bacharach. Filmmaker J. David Riva documents the life and career of the legendary actress with rare home movies and other footage.

9:30 pm WTBS ch.3 "Step Up 2 the Streets" (2008, Drama) Briana Evigan. A street dancer enrolls at Maryland School of the Arts and teams up with a talented classmate to take a team to an underground dance contest.

11:30 pm WTBS ch.3 "Redbelt" (2008, Drama) Chiwetel Ejiofor. A martial artist finds his integrity on the line after he saves an action star from attack and takes a job in the film industry.

PHOTO AT LEFT: Upon closer observation, one can see a glimpse of the rare and obscure "Flagus Canadus" at the back of this tractor. The operator along Highway 3A was proud to display the Canadian Flag July 8th. The men who mow our ditches engage in a rather mundane job, but valuable nonetheless. Clear ditches allow us to see unpredictable hazards such as a deer or other animals along our highways and biways. Photo: Arlene Arlow

### THURSDAY, JULY 18, 2013

|           | WTBS ch.3                                                 | CHBC ch.4                  | KNOW ch.5                                      | KSP6 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                                  | Morning News (N) [E]       | To School<br>G. Shrinks                        | Thomas<br>Clifford                     | KHQ News 6AM (N)                            | KREM 2 Morning News        | Criminal Minds [E]         | News                         | Morning News (N) [E]       | (5:00) Morning News (N)    | CBC News Now (N) [E]      | Being Ian                 | (4:00) 2013 Open Championship: First Round. From Muirfield in Gullane, East Lothian, Scotland. (N) (Live) | CTV Morning Live (N) [E] | Junk Raiders          | Stella-Sam<br>Mickey     | CityLine (N) [E]         | DEA [E]                  | Housewives                |
| 7 AM :30  | Justice                                                   | Justice                    | Arthur [E]<br>Magic Bus                        | Arthur<br>Martha                       | Today<br>Timon Balloo; Wanda Sykes. (N) [E] | CBS This Morning (N) [E]   | Criminal Minds [E]         | Good Morning America (N) [E] |                            |                            | Tiger<br>Monster          | Rescue<br>Super Evil      |                                                                                                           |                          | Mighty Planes [E]     | Never Land<br>Hannah     | Let's Make a Deal [E]    | DEA [E]                  | Earth: Final Conflict [E] |
| 8 AM :30  | Judge Alex                                                | Judge Alex                 | Tree Fu<br>Dinosaur                            | Curious<br>Cat In the                  |                                             |                            | CSI: Miami [E]             |                              |                            | Morning<br>Huntley         | Bo On/Go<br>Busytown      | Sidekick<br>Beyblade      |                                                                                                           |                          | Fast N' Loud          | Suite/Deck<br>Suite/Deck | The Price Is Right (N)   | DEA [E]                  | Four Weddings Canada      |
| 9 AM :30  | Millionaire                                               | Morning<br>Huntley         | WordWorld<br>Peep, Big                         | Super Why!<br>Dinosaur                 |                                             | The 700 Club [E]           | CSI: Miami [E]             | Live! Kelly and Michael      | Morning<br>Huntley         | The Doctors [E]            | Super Why!<br>Cat in the  | Pokémon<br>Storm          |                                                                                                           | Live! Kelly and Michael  | Pyros<br>"Congo"      | Wizards<br>Wizards       | Access<br>Hollywood Live | DEA [E]                  | Housewives                |
| 10 AM :30 | Law Order: CI                                             | The Doctors [E]            | Dinosaur<br>Rolie Polie                        | Sesame Street [E]                      |                                             | The Price Is Right (N)     | Criminal Minds [E]         | The View [E]                 | The Doctors [E]            | Chef/Home<br>Debt/Part     | Bookaboo<br>Doodlebop     | Squirrel<br>Super Evil    |                                                                                                           | The View [E]             | How/Made<br>How/Made  | ANT Farm<br>ANT Farm     | The Chew [E]             | DEA Juarez Cartel. [E]   | Gold Girls                |
| 11 AM :30 | Law Order: CI                                             | Chef/Home<br>Debt/Part     | Berenstain<br>Wild Kratts                      | Tiger<br>Sit & Be Fit                  | Judge B.<br>Noodle                          | Young & Restless           | Criminal Minds [E]         | Paid Prog.<br>Paid Prog.     | Chef/Home<br>Debt/Part     | Noon News Hour             | Steven and Chris [E]      | Super Evil<br>Kid vs. Kat |                                                                                                           | Marilyn Denis            | Dangerous Flights     | Shake It<br>Shake It     | General Hospital (N) [E] | DEA "Up the Ladder"      | 3's Co.                   |
| 12 PM :30 | Excused<br>Excused                                        | Noon News Hour (N)         | Dino Dan<br>Rob Robot                          | Charlie Rose (N) [E]                   | Paid Prog.<br>Paid Prog.                    | News<br>Bold               | The First 48 "Blackout"    | The Chew [E]                 | Noon News Hour (N)         | Days of our Lives (N)      | CBC News Now (N) [E]      | Kid vs. Kat<br>Team Gal   | Amazing Race                                                                                              | CTV News (N) [E]         | An Idiot Abroad 3 [E] | Austin<br>Austin         | CityLine [E]             | Cops [E]                 | Frasier [E]               |
| 1 PM :30  | There Yet?<br>There Yet?                                  | Days of our Lives (N)      | Clifford<br>Miss BG                            | Painting<br>Knit                       | Days of our Lives (N)                       | The Talk<br>Chef Cat Cora. | The First 48 [E]           | General Hospital (N) [E]     | Days of our Lives (N)      | The Talk<br>Chef Cat Cora. | Heartland<br>"Quarantine" | Rated A<br>Rated A        | Premier<br>Poker                                                                                          | Anderson Live [E]        | An Idiot Abroad 3 [E] | Jessie [E]               | Katie [E]                | Cops [E]                 | 3rd Rock                  |
| 2 PM :30  | King<br>King                                              | The Talk<br>Chef Cat Cora. | Lilly<br>Dinosaur                              | Barney<br>WordWorld                    | Katie [E]                                   | Let's Make a Deal [E]      | The First 48 [E]           | The Jeff Probst Show         | The Talk<br>Chef Cat Cora. | The Ricki Lake Show        | Steven and Chris [E]      | Almost<br>Super Evil      | Off Record<br>Top 10                                                                                      | Dr. Phil [E]             | An Idiot Abroad 3 [E] | Good Luck<br>Good Luck   | CityNews at 5 (N) [E]    | Cops [E]                 | Roseanne                  |
| 3 PM :30  | The Office<br>The Office                                  | The Ricki Lake Show        | Rob Robot<br>Jungle B'k                        | Sid<br>WordGirl                        | Ellen<br>DeGeneres Show                     | Dr. Phil [E]               | The First 48 [E]           | Rachael Ray [E]              | The Ricki Lake Show        | Young & Restless           | Recipes<br>Stefano        | Sidekick<br>Squirrel      | SportsCentre (N) [E]                                                                                      | The Dr. Oz Show [E]      | How/Made<br>How/Made  | Jessie [E]               | CityNews at 6 (N) [E]    | Cops [E]                 | Four Weddings Canada      |
| 4 PM :30  | Big Bang<br>Big Bang                                      | Young & Restless           | G. Shrinks<br>Arthur [E]                       | Wild Kratts<br>Electric                | Jdg Judy<br>Jdg Judy                        | The Dr. Oz Show [E]        | The First 48 [E]           | The Doctors [E]              | Young & Restless           | Early News<br>Global Nat.  | Dragons' Den [E]          | Parents<br>Parents        | Hockey<br>Top 10                                                                                          | Ellen<br>DeGeneres Show  | How/Made<br>How/Made  | Jessie [E]               | How I Met                | Cops [E]                 | Housewives                |
| 5 PM :30  | Browns<br>Payne                                           | News (N) [E]               | Martha<br>Wild Kratts                          | News<br>Business                       | News<br>NBC News                            | News<br>CBS News           | Intervention<br>"Jessica"  | News<br>ABC News             | Early News<br>Global Nat.  | (4:59) News Hour           | News<br>News              | Parents<br>Parents        | 2013 Tour de France: Stage 18. (Taped) [E]                                                                | CTV News at Five (N)     | Fast N' Loud (N) [E]  | Jessie [E]               | Big Brother (N) [E]      | Cops [E]                 | 3's Co.                   |
| 6 PM :30  | Browns<br>Payne                                           | Global Nat.<br>News        | Animals<br>Rivers                              | PBS News-Hour (N) [E]                  | News<br>Millionaire                         | KREM 2 News at 6 (N)       | Intervention<br>"Eric" [E] | News<br>News                 | (5:59) News Hour (N)       | ET Canada<br>Ent           | News<br>Exchange          | Mr. Young<br>Mr. Young    |                                                                                                           | CTV News (N) [E]         | Fast N' Loud [E]      | Good Luck<br>Good Luck   | Hell's Kitchen (N)       | IMPACT Wrestling (N) [E] | Frasier [E]               |
| 7 PM :30  | Seinfeld [E]<br>Seinfeld                                  | Ent<br>ET Canada           | Ancient Clues [E]                              | The Diamond Queen                      | Jeopardy!<br>Wheel                          | Inside Ed.<br>Access H.    | Beyond Scared Straight     | Ent<br>Insider               | Ent<br>ET Canada           | Rookie Blue (N) [E]        | George S<br>Coronation    | Boys<br>Boys              | SportsCentre (N) (Live) [E]                                                                               | Big Bang<br>etalk (N)    | Fantom-Works (N)      | Good Luck<br>Good Luck   | Murdoch Mysteries [E]    | Roseanne                 |                           |
| 8 PM :30  | Family Guy<br>Family Guy                                  | Divorced<br>Divorced       | The Story of Science                           | New Tricks [E]                         | The Winner Is... [E]                        | Big Bang<br>Two Men        | Beyond Scared Straight     | Wipeout (N) [E]              | Divorced<br>Divorced       | Divorced<br>Divorced       | The Nature of Things      | Indie<br>Indie            | Off Record                                                                                                | Big Bang<br>Two Men      | Shred!<br>Shred!      | Good Luck<br>Good Luck   | CityNews-Tonight (N)     | Fight Master             |                           |
| 9 PM :30  | Amer. Dad<br>Movie: ***<br>"Step Up 2 the Streets" (2008) | (9:01) Big Brother (N)     | Movie: "Marlene Dietrich: Her Own Song" (2002) | Inspector George Gently [E]<br>Healthy | The Winner Is... (N) [E]                    | (9:01) Big Brother [E]     | (9:01) Intervention [E]    | Motive "Detour" (N) [E]      | (9:01) Big Brother (N)     | (9:01) Big Brother (N)     | Doc Zone [E] (DVS)        | Wipeout<br>Canada [E]     | Boxing                                                                                                    | Motive "Detour" [E]      | Fast N' Loud [E]      | Wingin' It<br>Warthogs!  | Jimmy Kimmel Live (N)    | Movie [E]                | 3's Co.                   |
| 10 PM :30 |                                                           | (10:01) Rookie Blue (N)    |                                                | Hollywood Game Night                   | The Winner Is... (N) [E]                    | (10:01) Elementary [E]     | (10:01) Intervention [E]   | (10:01) Rookie Blue (N)      | (10:01) Rookie Blue (N)    | News Hour Final (N)        | The National (N) [E]      | Prank Ptr<br>Prank Ptr    | SportsCentre (N) [E]                                                                                      | Hollywood Game Night     | Fantom-Works          | Lizzie<br>So Raven       | Maurycy (N) [E]          | Frasier [E]              |                           |
| 11 PM :30 |                                                           | CHBC News Final (N)        | Ancient Clues [E]                              | Charlie Rose (N) [E]                   | News<br>Jay Leno                            | News<br>Letterman          | Beyond Scared Straight     | News<br>J. Kimmel            | News Hour Final (N)        | ET Canada<br>J. Probst     | CBC News<br>George S      | Boys<br>Mr. Young         | SportsCentre [E]                                                                                          | CTV News<br>CTV News     | Fast N' Loud [E]      | Cory<br>Princess         | Paid Prog.<br>Paid Prog. | Ways Die                 | 3rd Rock                  |

# Friday Movies

## AFTERNOON

5:30 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)

## EVENING

7:00 pm YTV ch.18 "The Derby Stallion" (2005, Drama) Sarah Blackman. Patrick becomes friends with Houston Jones and the pretty new girl, Jill, but faces a tough challenge in Randy, the town bully who has won the race for five years straight. (In Stereo) (CC)

8:00 pm FAM ch.26 "Teen Beach Movie" (2013, Musical) Ross Lynch. Premiere. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)

9:30 pm WTBS ch.3 "The Reaping" (2007, Horror) Hilary Swank. A former Christian missionary who now debunks religious phenomena encounters biblical plagues in a small town.

10:00 pm FAM ch.26 "Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. A popular teen learns she is the reincarnation of a Chinese warrior who must save the world from an evil villain. (In Stereo) (CC)

11:30 pm WTBS ch.3 "The Mist" (2007, Horror) Thomas Jane. Trapped townspeople face monsters inside and out after a supernatural fog engulfs their Maine community.

# News Leader Recipe 570

## Garlic Chicken with Veggie Stir Fry

(NC) - This recipe is quite versatile as you can spice-it-up with extra chili sauce or make it a little more exotic by adding curry spices to the noodle dish. The world is your oyster. The chicken's garlic seasonings lend themselves well to whatever part of the culinary world you'd like to visit - in under an hour.

Preparation time: 10 minutes / Cooking time: 50 minutes / Ingredients (Serves 4)

- 4 chicken breasts
- 1 Tbsp canola oil
- 1 x pack Maggi So Juicy Garlic
- 12 button mushrooms, sliced
- 1 small head of broccoli, cut into florets
- 1 small onion, sliced thinly
- 1 carrot, sliced thinly
- 450g package of egg noodles
- 1 Tbsp sesame oil (optional)
- 1 lime, juiced
- 2 green onions, finely sliced
- 2 tsp sesame seeds (optional)

### Method

- Preheat the oven to 350°F (180°C) or 320°F (160°C) for convection oven and cook the chicken according to the pack instructions.
- Put a large pot of water on the stove for the egg noodles and allow it to come to a rolling boil.
- About 15 minutes before the end of the chicken cooking time, heat the canola oil in a large frying pan or wok and stir fry the mushrooms until golden. Add the broccoli, onion, and carrot, and continue to cook for about 5 minutes, over high heat.
- Cook the egg noodles according to the pack instructions. Once cooked through, drain and set aside.
- Remove the chicken from the oven, leave to cool for a minute then cut the bag open and gently tip the contents into a dish. Transfer the chicken breasts to a board and slice diagonally. Pour garlic juices from the dish over the vegetables.
- Add the cooked noodles to the pan with the vegetables and toss to combine. Season with the sesame oil (if using) and lime juice. Serve the stir fry with the sliced chicken, scattered with green onion and sesame seeds (if using).

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## FRIDAY, JULY 19, 2013

|       | 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     | Morning News (N) [CC] | To School               | Bulder                        | KHQ News 6AM (N)                      | KREM 2 Morning News       | Shipping | News                                          | Morning News (N) [CC] | (5:00) Morning News (N) | CBC News Now (N) [CC] | Being Ian                          | (4:00) 2013 Open Championship: Second Round. From Muirfield in Gullane, East Lothian, Scotland. (N) (Live) | CTV Morning Live (N) [CC] | How/Made              | Stella-Sam                       | CityLine (N) [CC]         | Stings             | Security                   |
| 7 AM  | Justice                      |                       | Arthur [CC]             | Arthur                        | Today Fall Out Boy performs. (N) [CC] | CBS This Morning (N) [CC] | Shipping | Good Morning America Jennifer Lopez performs. |                       |                         | Tiger                 | Rescue                             |                                                                                                            |                           | Pyros [CC] (DVS)      | Never Land                       | Let's Make a Deal [CC]    | Ways Die           | Earth: Final Conflict [CC] |
| 8 AM  | Judge Alex                   |                       | Tree Fu                 | Curious                       |                                       |                           | Shipping |                                               |                       | Morning                 | Bo On/Go              | Sidekick                           |                                                                                                            | Myth-Busters [CC]         | Suite/Deck            | The Price Is Right (N)           | Ways Die                  | Outlaw Bikers [CC] |                            |
| 9 AM  | Millionaire                  | Morning               | WordWorld               | Super Why!                    |                                       | The 700 Club [CC]         | Shipping | Liv! Kelly and Michael                        | Morning               | The Doctors [CC]        | Super Why!            | Pokémon                            |                                                                                                            | Liv! Kelly and Michael    | Bering Sea Gold [CC]  | Wizards                          | Access Hollywood Live     | Stings             | Security                   |
| 10 AM | Law Order: CI                | The Doctors [CC]      | Dinosaurs               | Sesame Street [CC] (EI)       |                                       | The Price Is Right (N)    | Shipping | The View [CC]                                 | The Doctors [CC]      | Chef/Home               | Bookaboo              | Squirrel                           |                                                                                                            | The View [CC]             | How/Made              | ANT Farm                         | The Chew [CC]             | Deadliest Warrior  | Gold Girls                 |
| 11 AM | Law Order: CI                | Chef/Home             | Berenstein              | Tiger                         | Judge B.                              | Young & Restless          | Shipping | Paid Prog.                                    | Chef/Home             | Noon News Hour          | Steven and Chris [CC] | Super Evil                         |                                                                                                            | Marilyn Denis             | Mighty Ships [CC]     | Shake It                         | General Hospital (N) [CC] | Deadliest Warrior  | 3's Co.                    |
| 12 PM | Excused                      | Noon News Hour (N)    | Dino Dan                | Charlie Rose (N) [CC]         | Paid Prog.                            | News                      | Shipping | The Chew [CC]                                 | Noon News Hour (N)    | Days of our Lives (N)   | CBC News Now (N) [CC] | Kid vs. Kat                        | X Games (N) [CC]                                                                                           | CTV News (N) [CC]         | Fast N' Loud [CC]     | Austin                           | CityLine [CC]             | Deadliest Warrior  | King                       |
| 1 PM  | There Yet?                   | Days of our Lives (N) | Clifford                | Color                         | Days of our Lives (N)                 | The Talk (N) [CC]         | Shipping | General Hospital (N) [CC]                     | Days of our Lives (N) | The Talk (N) [CC]       | Heartland [CC] (DVS)  | Rated A                            | Premier                                                                                                    | Anderson Live [CC]        | Fantom-Works          | Jessie [CC]                      | Katie [CC]                | Deadliest Warrior  | 3rd Rock                   |
| 2 PM  | King                         | The Talk (N) [CC]     | Lilly [CC]              | Barney                        | Katie [CC]                            | Let's Make a Deal [CC]    | Shipping | The Jeff Probst Show                          | The Talk (N) [CC]     | The Ricki Lake Show     | Steven and Chris [CC] | Almost                             | Off Record                                                                                                 | Dr. Phil [CC]             | Fast N' Loud [CC]     | Good Luck                        | CityNews at 5 (N) [CC]    | Deadliest Warrior  | Roseanne                   |
| 3 PM  | The Office                   | The Ricki Lake Show   | Rob Robot               | Sid                           | Ellen DeGeneres Show                  | Dr. Phil [CC]             | Storage  | Rachael Ray (N) [CC]                          | The Ricki Lake Show   | Young & Restless        | Recipes               | Sidekick                           | SportsCentre (N) [CC]                                                                                      | The Dr. Oz Show [CC]      | How/Made              | Austin                           | CityNews at 6 (N) [CC]    | Deadliest Warrior  | Outlaw Bikers [CC]         |
| 4 PM  | Big Bang                     | Young & Restless      | G. Shrinks              | Wild Kratts                   | Jdg Judy                              | The Dr. Oz Show [CC]      | Storage  | The Doctors [CC]                              | Young & Restless      | Early News              | Dragons' Den [CC]     | Kung Fu                            | Hockey                                                                                                     | Ellen DeGeneres Show      | NeverEver             | Austin                           | How I Met                 | Deadliest Warrior  | Security                   |
| 5 PM  | Browns                       | News (N) [CC]         | Martha                  | News                          | News                                  | News                      | Storage  | News                                          | Early News            | (4:59) News Hour        | News                  | Turtles                            | CFL Football: Toronto Argonauts at Winnipeg Blue Bombers. (Live)                                           | CTV News at Five (N)      | Sons of Guns [CC]     | Austin                           | Funniest Home Videos      | Deal/No Deal       |                            |
| 6 PM  | Browns                       | Global Nat.           | Animals                 | PBS News-Hour (N) [CC]        | News                                  | KREM 2 News at 6 (N)      | Storage  | News                                          | (5:59) News Hour (N)  | ET Canada               | News                  | SpongeBob                          |                                                                                                            | CTV News (N) [CC]         | Don't Drive Here      | Austin                           | Wipeout (N) [CC]          | Deal/No Deal       |                            |
| 7 PM  | Seinfeld [CC]                | Ent                   | The Blue Planet         | Wash                          | Jeopardy!                             | Inside Ed.                | Storage  | Ent                                           | Ent                   | 16x9 (N) [CC]           | George S              | Movie: "The Derby Stallion" (2005) |                                                                                                            | Big Bang                  | Mighty Planes "SOFIA" | Austin                           | Mantracker [CC] (DVS)     | Deal/No Deal       |                            |
| 8 PM  | Family Guy                   | Bones [CC] (DVS)      | Ballykissangel (N) [CC] | Doc Martin                    | Camp [CC] (DVS)                       | Undercover Boss [CC]      | Storage  | Shark Tank [CC]                               | Bones [CC] (DVS)      | Bones [CC] (DVS)        | Mr. D [CC]            |                                    | SportsCentre (N) [CC]                                                                                      | Shark Tank [CC]           | Jack the Ripper       | Movie: "Teen Beach Movie" (2013) | CityNews-Tonight (N)      | Ink Master [CC]    | Debt/Part                  |
| 9 PM  | Amer. Dad                    | Hawaii Five-0 [CC]    | Miss Marple             | Shaw Festival: Behind the Gap | Dateline NBC (N) [CC]                 | Hawaii Five-0 [CC]        | Storage  | What Would You Do?                            | Hawaii Five-0 [CC]    | Hawaii Five-0 [CC]      | the fifth estate [CC] | Super Evil                         | SEC Storied [CC]                                                                                           | The Following [CC] (PA)   | Don't Drive Here      | Liv-Mad.                         | Jimmy Kimmel Live [CC]    | Tattoo             | 3's Co.                    |
| 10 PM | "The Reaping" (2007, Horror) | 16x9 (N) [CC]         |                         |                               | Blue Bloods [CC]                      |                           | Storage  | 20/20 [CC]                                    | 16x9 (N) [CC]         | News Hour Final (N)     | The National (N) [CC] | Boys                               | SportsCentre [CC]                                                                                          | Blue Bloods [CC]          | Sons of Guns [CC]     | "Wendy Wu: Homecoming Warrior"   | Maury (N) [CC]            | Tattoo             | King                       |
| 11 PM | "The Mist"                   | CHBC News Final (N)   | Architects of Change    | Charlie Rose (N) [CC]         | News                                  | News                      | Storage  | News                                          | News Hour Final (N)   | ET Canada               | CBC News              | The Next Star [CC]                 | SportsCentre [CC]                                                                                          | CTV News                  | Mighty Planes "SOFIA" | Princess                         | Paid Prog.                | Tattoo             | 3rd Rock                   |



# News Leader Weekend - Sunday Movies

**MORNING**

7:00 am TROP ch.45 "Revenge of the Nerds" (1984, Comedy) Robert Carradine. College freshmen Skolnick and Gilbert form their own fraternity for computer-whiz misfits. (In Stereo) (CC)

8:00 am WTBS ch.3 "The Princess and the Frog" (2009, Comedy) Voices of Anika Noni Rose. Animated. A fateful kiss leads a young woman and a royal amphibian on an adventure through the bayous of Louisiana.

9:00 am A&E ch.9 "Notting Hill" (1999, Romance-Comedy) Julia Roberts. Premiere. A man's life changes when an international star walks into his bookshop. (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)

11:00 am KREM ch.8 "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to

thwart romance when anonymous e-mail pals meet each other.

TROP ch.45 "48 HRS." (1982, Action) Nick Nolte. A rumpel detective gets a slick convict released into his custody for two days to help him find a murderer in San Francisco. (In Stereo) (CC)

11:30 am A&E ch.9 "Dirty Dancing" (1987, Romance) Jennifer Grey. A doctor's teenage daughter gets slinky with the dance teacher at a Catskills resort in the summer of 1963. (CC)

**AFTERNOON**

12:00 pm FAM ch.26 "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club. (In Stereo) (CC)

1:00 pm TROP ch.45 "Revenge of the Nerds" (1984, Comedy) Robert Carradine. College freshmen Skolnick and Gilbert form their own fraternity for computer-whiz misfits. (In Stereo) (CC)

1:30 pm CITV ch.12 "Die Another Day" (2002, Action)

Pierce Brosnan. James Bond teams with a beautiful agent to battle a terrorist and a businessman bent on world domination. (DVS)

2:15 pm YTV ch.18 "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. (In Stereo) (CC)

2:30 pm CHBC ch.4 BCTV ch.11 "Die Another Day" (2002, Action) Pierce Brosnan. James Bond teams with a beautiful agent to battle a terrorist and a businessman bent on world domination. (DVS)

3:00 pm VTV ch.22 "Hard to Forget" (1998, Mystery) Polly Shannon. A Chicago detective asks a woman in South Africa to help trap the killer of her identical twin. (In Stereo) (CC)

4:15 pm YTV ch.18 "Stuart Little 3: Call of the Wild" (2005, Comedy) Voices of Wayne Brady. Animated. A friendly skunk helps a little mouse rescue a cat from a dreaded forest creature. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Just Friends" (2005, Romance-Comedy) Ryan Reynolds. A music executive tries to woo his high-school crush while keeping his suspicious ex-girlfriend at bay. (CC)

CBC ch.13 "TMNT" (2007, Action) Voices of Chris Evans. Animated. Though Leonardo, Donatello, Raphael and Michelangelo have grown apart since their last adventure, they must join forces again to battle an army of monsters. (In Stereo)

(CC)

**EVENING**

6:00 pm YTV ch.18 "Cats & Dogs: The Revenge of Kitty Galore" (2010, Comedy) Voices of James Marsden. Felines and canines form an unprecedented alliance to protect themselves and their humans from a rogue cat who wants to turn the world into her personal scratching post. (In Stereo) (CC)

TROP ch.45 "Revenge of the Nerds" (1984, Comedy) Robert Carradine. College freshmen Skolnick and Gilbert form their own fraternity for computer-whiz misfits. (In Stereo) (CC)

7:00 pm WTBS ch.3 "The Next Three Days" (2010, Suspense) Russell Crowe. A man fails in his attempts to establish his wife's innocence of murder, and she has no appeals left, so he hatches an elaborate plan to break her out of prison.

8:00 pm CBC ch.13 "Blood Diamond" (2006, Adventure) (Part 1 of 2) Leonardo DiCaprio. Two men, a white South African mercenary and a black Mende fisherman, join in a common quest to recover a rare gem that could change their lives. (In Stereo) (CC)

9:00 pm FAM ch.26 "How to Eat Fried Worms" (2006, Comedy-Drama) Thomas Cavanagh. Bravado lands an 11-year-old boy in a predicament at a new school when he accepts the challenge of a bully to eat 10 worms in a single day. (In Stereo) (CC)

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)

10:10 pm CBC ch.13 "Blood Diamond" (2006, Adventure) (Part 2 of 2) Leonardo DiCaprio. Two men, a white South African mercenary and a black Mende fisherman, join in a common quest to recover a rare gem that could change their lives. (In Stereo) (CC)

10:30 pm WTBS ch.3 "Along Came a Spider" (2001, Mystery) Morgan Freeman. A detective and a Secret Service agent investigate the abduction of a senator's daughter from a school.

FAM ch.26 "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (CC)

11:00 pm KNOW ch.5 "Marlene Dietrich: Her Own Song" (2002, Documentary) Burt Bacharach. Filmmaker J. David Riva documents the life and career of the legendary actress with rare home movies and other footage.

TROP ch.45 "48 HRS." (1982, Action) Nick Nolte. A rumpel detective gets a slick convict released into his custody for two days to help him find a murderer in San Francisco. (In Stereo) (CC)

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**SUNDAY, JULY 21, 2013**

|       | 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  | Mad About<br>Career Day                              | In a Name<br>Inventors  | Wibbly Pig<br>WordWorld  | Mr. Rogers<br>Signing      | Today (N)<br>Paid Prog.                               | Paid Prog.<br>Paid Prog.                          | The Glades<br>On Money                                       | Matthews<br>Inventors | In a Name<br>Sunday Morning News (N) | Super Why!<br>Poko                                                       | Belng Ian<br>Super Evil                | (5:00)<br>2013 Open Championship: Final Round, From Muirfield In Gullane, East Lothian, Scotland. (N) (Live) | Hobo<br>Hobo                                                       | Licence to Drill<br>Suite/Deck  | Wingln' It<br>ChurchRck              | R Schuller<br>Xtreme 4x4                    | Fishful<br>Paid Prog.          |                                             |                                                                   |  |
| 7 AM  | P. Affairs<br>Att. Eats                              | Sunday Morning News (N) | Rob Robot<br>Rolle Polle | Wild<br>Clifford           | KHQ News<br>Invest                                    | CBS News Sunday Morning (N)                       | Longmire<br>This Week                                        | Good Morning America  | Sunday Morning News (N)              | Animal<br>Artzooka                                                       | Squirrel<br>Pet Shop                   | Coronation<br>Pet Shop                                                                                       | Coronation<br>Winx Club                                            | Lovett-Reid<br>Dr. Maria &      | Dino Gangs<br>Canada AM Weekend      | Sonny<br>Wizards                            | Eye/Asia<br>Dharti             | Trucks!<br>MuscleCar                        | Movie: ***<br>"Revenge of the Nerds" (1984)                       |  |
| 8 AM  | Movie: ***<br>"The Princess and the Frog"            |                         | Tree Fu<br>G. Shrinks    | Curious<br>Cat In the      | Meet the Press (N)                                    | The Nation                                        |                                                              |                       |                                      |                                                                          |                                        |                                                                                                              |                                                                    |                                 |                                      |                                             |                                |                                             |                                                                   |  |
| 9 AM  |                                                      |                         | Maglc Bus<br>Arthur      | DragonFly<br>Natural       | Tree Fu<br>Paid Prog.                                 | Paid Prog.<br>Cash Cab                            | Movie: ***<br>"Notting Hill" (1999) Julia Roberts. Premiere. | To Be Announced       | Designer<br>Smile                    | Coronation<br>Coronation                                                 | SpongeBob<br>SpongeBob                 |                                                                                                              |                                                                    | Operation Smile<br>World Vision | Flying Wild Alaska<br>NeverEver      | Good Luck<br>Wingln' It                     | Johnny Lombardi (In Italian)   | Bar Rescue<br>Bar Rescue                    | Movie: ***<br>"Revenge of the Nerds II: Nerds in Paradise" (1987) |  |
| 10 AM | Movie                                                | Designer<br>Op. Smile   | Wild Kratts<br>Little    | Global Spirit<br>Stop Pain | Perfecter<br>Paid Prog.                               | Cash Cab<br>Paid Prog.                            |                                                              |                       | Designer<br>Op. Smile                | J. Osteen<br>Ministries                                                  | Coronation<br>M'ketplace               | Parents<br>Parents                                                                                           | NASCAR Racing                                                      | App<br>Bering Sea Gold          | NeverEver<br>NeverEver               | ANT Farm<br>Jessie                          |                                |                                             |                                                                   |  |
| 11 AM |                                                      | J. Osteen<br>In Touch   | Inside<br>Finding        | Europe Jmi                 | Action Sports (N)                                     | Movie: ***<br>"You've Got Mail" (1998) Tom Hanks. | Movie: ***<br>"Dirty Dancing" (1987)                         |                       | In Touch                             | 16x9<br>Steven and Chris                                                 | Zolnk'dl<br>Babysitting                | NASCAR                                                                                                       | NASCAR                                                             | etalk                           | Austin<br>Shake It                   | Shopping Channel<br>Shake It                | Bar Rescue<br>Bar Rescue       | Movie: ***<br>"48 HRS." (1982) Nick Nolte.  |                                                                   |  |
| 12 PM | Movie                                                | Noon News Hour (N)      | Animals<br>Animals       | Moyers & Company           | Golf: American Century Championship, Final Round, (N) | Whacked<br>Shipping                               |                                                              |                       | Noon News Hour (N)                   | Simpsons<br>Simpsons                                                     | Land/ Sea<br>One/One                   | The Next Star<br>Mahone                                                                                      | NASCAR Racing: Nationwide Series: STP 300.                         | First Story<br>First Story      | Last Car Standing<br>Auction         | Movie: **<br>"High School Musical 2" (2007) | Travels<br>Get Stuffed         | Bar Rescue<br>Bar Rescue                    | Movie: ***<br>"Revenge of the Nerds" (1984)                       |  |
| 1 PM  |                                                      | Simpsons<br>Simpsons    | Volcanic<br>Rescue       | Lewis & Clark: Journey of  | Corps of Discovery<br>(Live)                          | Extra (N)<br>Shipping                             |                                                              |                       | Simpsons<br>Simpsons                 | Movie: **<br>"Die Another Day" (2002) Pierce Brosnan, Halle Berry. (DVS) | The Nature of Things<br>Recipes        | (2:15)<br>Movie: ***<br>"Stuart Little" (1999)                                                               | SportsCentre (N) (Live)                                            | Cash Cab<br>Cash Cab            | Sons of Guns<br>How/Made             | Phineas<br>ANT Farm                         | Murdoch Mysteries<br>Mysteries | Bar Rescue<br>Bar Rescue                    | Movie: ***<br>"Revenge of the Nerds" (1984)                       |  |
| 2 PM  | The Closer                                           | Simpsons                | Ancient Clues            | Craft in America           | Paid Prog.<br>Paid Prog.                              | Paid Prog.<br>Shipping                            |                                                              |                       | Simpsons<br>Simpsons                 | Movie: **<br>"Die Another Day" (2002) Pierce Brosnan, Halle Berry. (DVS) | Dragons' Den<br>Den                    | (4:15)<br>Movie:<br>"Stuart Little 3: Call of the Wild"                                                      | CFL Football: Hamilton Tiger-Cats at Saskatchewan Roughriders. (N) | Cash Cab<br>Cash Cab            | Phineas<br>ANT Farm                  | Murdoch Mysteries<br>Mysteries              | Bar Rescue<br>Bar Rescue       | Movie: ***<br>"Revenge of the Nerds" (1984) |                                                                   |  |
| 3 PM  | Big Bang<br>Big Bang                                 | Be the Creature         | Craft in America         | Paid Prog.<br>Paid Prog.   | Paid Prog.<br>Shipping                                |                                                   |                                                              |                       | Simpsons<br>Simpsons                 | Movie: **<br>"Die Another Day" (2002) Pierce Brosnan, Halle Berry. (DVS) | Dragons' Den<br>Den                    | (4:15)<br>Movie:<br>"Stuart Little 3: Call of the Wild"                                                      | CFL Football: Hamilton Tiger-Cats at Saskatchewan Roughriders. (N) | Cash Cab<br>Cash Cab            | Phineas<br>ANT Farm                  | Murdoch Mysteries<br>Mysteries              | Bar Rescue<br>Bar Rescue       | Movie: ***<br>"Revenge of the Nerds" (1984) |                                                                   |  |
| 4 PM  | Big Bang<br>Big Bang                                 | The Blue Planet (DVS)   | The Diamond Queen        | CSI: Miami<br>"Wannabe"    | Backroads<br>Duck D.                                  | Made In Hollywood<br>Duck D.                      |                                                              |                       | Global Nat.<br>Global Nat.           | Movie: **<br>"TMNT" (2007, Action) (N)                                   | (4:59) News Hour (N)                   | Movie: **<br>"TMNT" (2007, Action) (N)                                                                       | CFL Football: Hamilton Tiger-Cats at Saskatchewan Roughriders. (N) | Myth-Busters<br>Myth-Busters    | Jessie<br>Dog                        | America's Got Talent<br>"Vegas"             | Bar Rescue<br>Bar Rescue       | Canadian Pickers<br>Canadian Pickers        |                                                                   |  |
| 5 PM  | Movie: ***<br>"Just Friends" (2005)                  | News                    | Francesco                | Lark Rise to Candleford    | News<br>NBC News                                      | CBS News<br>Duck D.                               | ABC News<br>Global Nat.                                      |                       | (4:59) News Hour (N)                 | Howie Do<br>Simpsons                                                     | Movie: **<br>"TMNT" (2007, Action) (N) | "Cats & Dogs: The Revenge of Kitty Galore"                                                                   | Myth-Busters<br>Myth-Busters                                       | Cleveland<br>Satisfact          | Wizards<br>Suite/Deck                | Murdoch Mysteries<br>Mysteries              | Bar Rescue<br>Bar Rescue       | Movie: ***<br>"Revenge of the Nerds" (1984) |                                                                   |  |
| 6 PM  |                                                      | Global Nat.<br>News     | Frontier of Construction | Doc Martin<br>Larry King   | News<br>KREM 2 News at 6 (N)                          | Duck D.<br>Duck D.                                | News<br>Estate                                               |                       | (5:59) News Hour (N)                 | Simpsons<br>Simpsons                                                     | Heartland<br>(DVS)                     |                                                                                                              | SportsCentre (N) (Live)                                            | Cleveland<br>Satisfact          | Wizards<br>Suite/Deck                | Murdoch Mysteries<br>Mysteries              | Bar Rescue<br>Bar Rescue       | Movie: ***<br>"Revenge of the Nerds" (1984) |                                                                   |  |
| 7 PM  | Movie: ***<br>"The Next Three Days" (2010, Suspense) | Howie Do<br>Simpsons    | Science of Saints        | Secrets of Highclere       | America's Got Talent<br>"Vegas"                       | 60 Minutes (N)                                    | Duck D.<br>Duck D.                                           | Funnest Home Videos   | Howie Do<br>Simpsons                 | Heartland<br>(DVS)                                                       |                                        |                                                                                                              | SportsCentre (N) (Live)                                            | Cleveland<br>Satisfact          | Wizards<br>Suite/Deck                | Murdoch Mysteries<br>Mysteries              | Bar Rescue<br>Bar Rescue       | Movie: ***<br>"Revenge of the Nerds" (1984) |                                                                   |  |
| 8 PM  |                                                      | Big Brother (N)         | Born and Bred            | Masterpiece Mystery!       | Law & Order: SVU<br>The Good Wife                     | Duck D.<br>Duck D.                                | Celebrity Wife Swap (N)                                      | Big Brother (N)       | Big Brother (N)                      | Big Brother (N)                                                          | Movie: ***<br>"Blood Diamond" (2006)   | Splatalot<br>Zolnk'dl                                                                                        | Nine for IX<br>Babysitting                                         | Whodun- nit? (N)                | Concordia Update<br>Concordia Update | Movie: "How to Eat Fried Worms"             | Shameless<br>The Office        | Bar Rescue<br>Bar Rescue                    | Movie: "48 HRS." (1982)                                           |  |
| 9 PM  | The Closer                                           | Amer. Dad               | Datziel and Pascoe       | Well Read                  |                                                       |                                                   |                                                              |                       | Amer. Dad<br>Amer. Dad               | Amer. Dad<br>Amer. Dad                                                   |                                        |                                                                                                              |                                                                    |                                 |                                      |                                             |                                |                                             |                                                                   |  |
| 10 PM | Movie: ***<br>"Along Came a Spider"                  | Simpsons<br>Burgers     | Datziel and Pascoe       | Scott & Bailey             | Crossing Lines (N)                                    | The Mentalist                                     | Duck D.<br>Duck D.                                           | Castle                | Simpsons<br>Burgers                  | News Final<br>Dangerous                                                  | "Blood Diamond"                        | The Next Star                                                                                                | SportsCentre (N)                                                   | The Mental- list                | Myth- Busters                        | Movie: "Jump In!" (2007)                    | The Office<br>The Office       | Bar Rescue<br>Bar Rescue                    | Movie: "48 HRS." (1982)                                           |  |
| 11 PM |                                                      | News Final<br>Dangerous | "Marlene D"              | Nazi Mega Weapons          | News<br>Paid Prog.                                    | Family Guy                                        | Duck D.                                                      | Van Impe              | News Final<br>Dangerous              | PGA<br>Paid Prog.                                                        | CBC News<br>fifth estate               | Babysitting<br>Splatalot                                                                                     | SportsCentre                                                       | CTV News<br>CTV News            | Mighty Planes                        |                                             | G. Martin<br>G. Martin         | Bar Rescue<br>Bar Rescue                    | Movie: "48 HRS." (1982)                                           |  |





That's ice in her hands but she's having fun! A boat relay race at Centennial Pool July 10th involved ice, balloons and fun during 'Pirates of Centennial Pool' fun night. The next special event will be July 24th. It will be a western theme. \*

# Monday Movies

**EVENING**

9:00 pm KNOW ch.5 "The Mystery of Mazo de la Roche" (2012, Documentary) Premiere. Filmmaker Maya Gallus explores the private life of Canadian author Mazo de la Roche.

9:30 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason Statham. In 1971 London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.

11:30 pm WTBS ch.3 "Envy" (2004,

Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth.

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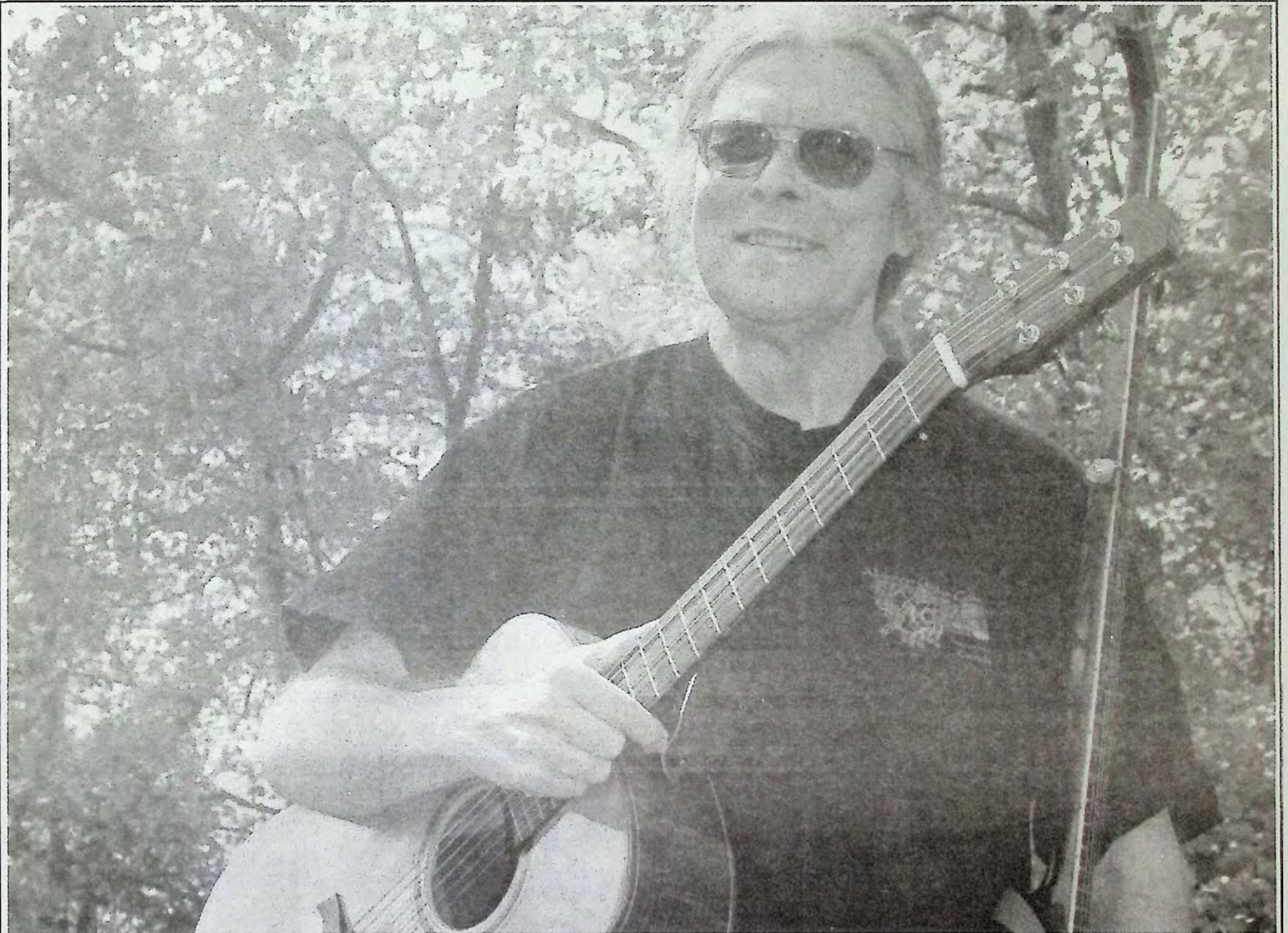
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**MONDAY, JULY 22, 2013**

|           | 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 | Morning News (N)        | To School            | Builder                  | KHQ News 6AM (N)        | KREM 2 Morning News  | Criminal Minds         | News                     | Morning News (N)        | (5:00) Morning News (N) | CBC News Now (N)  | Being Ian         | SportsCentre            | CTV Morning Live (N)    | Last Car Standing    | Stella-Sam Mickey | CityLine (N)           | Bar Rescue  | Food                  |
| 7 AM :30  | Justice                  |                         | Arthur               | Arthur                   | Today (N)               | CBS This Morning (N) | Criminal Minds Cults   | Good Morning America (N) |                         |                         | Tiger             | Rescue            | SportsCentre            |                         | Cash Cab             | Nover Land        | Let's Make a Deal      | Bar Rescue  | Earth: Final Conflict |
| 8 AM :30  | Judge Alex               |                         | Magic Bus            | Martha                   |                         |                      | CSI: Miami             |                          |                         | Morning                 | Bo On/Go          | Sidekick          | Sports                  |                         | Cash Cab             | Hannah            | The Price Is Right (N) | Bar Rescue  | Eat St.               |
| 9 AM :30  | Millionaire              | Morning                 | Tree Fu              | Curious                  |                         |                      |                        |                          | Huntley                 | Huntley                 | Busytown          | Beyblade          | Women's Soccer          |                         | Yukon Men            | Suite/Deck        | The Price Is Right (N) | Bar Rescue  | Eat St.               |
| 10 AM :30 | Law Order: CI            | The Doctors             | Dinosaur             | Super Why!               |                         | The 700 Club         | CSI: Miami "Bloodline" | Livel Kelly and Michael  | Morning                 | The Doctors             | Super Why!        | Pokémon           |                         | Livel Kelly and Michael | Fast N' Loud         | Wizards           | Access Hollywood Live  | Bar Rescue  | Food                  |
| 11 AM :30 | Law Order: CI            | Chet/Home               | Berenstain           | Tiger                    | Judge B.                | Young & Restless     | Criminal Minds         | Paid Prog.               | Chet/Home               | Noon News Hour          | Steven and Chris  | Super Evil        | Fins/Skins              | Marilyn Denis           | Auction              | Shake It          | General Hospital (N)   | Bar Rescue  | 3's Co.               |
| 12 PM :30 | Excused                  | Noon News Hour (N)      | Dino Dan             | Charlie Rose             | Paid Prog.              | News                 | The First 48           | The Chew                 | Noon News Hour (N)      | Days of our Lives (N)   | CBC News Now (N)  | Kid vs. Kat       | Women's Soccer          | CTV News (N)            | Overhaul'n           | Austin            | CityLine               | Bar Rescue  | Raymond               |
| 1 PM :30  | There Yet?               | Days of our Lives (N)   | Clifford             | Paint This               | Days of our Lives (N)   | The Talk (N)         | The First 48           | General Hospital (N)     | Days of our Lives (N)   | The Talk (N)            | Heartland         | Rated A           |                         | Anderson Live           | Deadliest Catch      | Jessie            | Katie                  | Bar Rescue  | 3rd Rock              |
| 2 PM :30  | King                     | The Talk (N)            | Lilly                | Barney                   | Katie                   | Let's Make a Deal    | The First 48           | The Jeff Probst Show     | The Talk (N)            | The Ricki Lake Show     | Steven and Chris  | Almost            | Off Record              | Dr. Phil                | To Be Announced      | Good Luck         | CityNews at 5 (N)      | Bar Rescue  | Roseanne              |
| 3 PM :30  | The Office               | The Ricki Lake Show     | Rob Robot            | Sid                      | Ellen DeGeneres Show    | Dr. Phil             | Criminal Minds         | Rachael Ray (N)          | The Ricki Lake Show     | Young & Restless        | Recipes           | Sidekick          | SportsCentre (N)        | The Dr. Oz Show (N)     | How/Made             | Austin            | CityNews at 6 (N)      | Bar Rescue  | Eat St.               |
| 4 PM :30  | Big Bang                 | Young & Restless        | G. Shrinks           | Wild Kratts              | Jdg Judy                | The Dr. Oz Show (N)  | Criminal Minds "Proof" | The Doctors              | Young & Restless        | Early News Global Nat.  | Dragons' Den      | SpongeBob         | Hockey                  | Ellen DeGeneres Show    | Shred! (N)           | Austin            | How I Met              | Bar Rescue  | Food                  |
| 5 PM :30  | Browns                   | News (N)                | Martha               | News                     | News                    | News                 | Criminal Minds         | News                     | Early News Global Nat.  | (4:59) News Hour        | News              | SpongeBob         | Women's Soccer          | CTV News at Five (N)    | Auction              | Austin            | How I Met              | Bar Rescue  | 3's Co.               |
| 6 PM :30  | Browns                   | Global Nat.             | Animals              | PBS News-Hour (N)        | News                    | KREM 2 News at 6 (N) | The Glades             | News                     | (5:59) News Hour (N)    | ET Canada               | News              | SpongeBob         | Women's Soccer          | CTV News (N)            | Sons of Guns (N)     | Good Luck         | Broke Girl             | Bar Rescue  | Raymond               |
| 7 PM :30  | Seinfeld                 | Ent                     | Rescue               | The Café                 | Jeopardy!               | Inside Ed.           | Longmire               | Ent                      | Ent                     | Under the Dome (N)      | George S          | The Next Star (N) | SportsCentre (N) (Live) | Big Bang                | Don't Drive Here (N) | Good Luck         | The Carrie Diaries     | Ways Die    | Roseanne              |
| 8 PM :30  | Family Guy               | Psych                   | Money, Power         | Antiques Roadshow (N)    | American Ninja Warrior  | How I Met Broke Girl | (8:01) Longmire        | The Bachelor "The Men"   | Psych                   | Psych                   | Murdoch Mysteries | Indie             | Indie                   | Satisfact               | Auction              | Good Luck         | CityNews-Tonight (N)   | Comic-Con   | Deb/Part              |
| 9 PM :30  | Amer. Dad                | Get Out Alive With Bear | "Mystery of Mazo"    | Antiques Roadshow        | Get Out Alive With Bear | Broke Girl           | (9:01) Criminal Minds  | To All (N)               | Get Out Alive With Bear | Get Out Alive With Bear | Cracked (DVS)     | Wipeout Canada    | Motoring                | Amazing Race            | Sons of Guns         | Wingin' It        | Jimmy Kimmel Live (N)  | Ways Die    | 3's Co.               |
| 10 PM :30 | "The Bank Job" (2008)    | Under the Dome (N)      | Architects of Change | POV Chinese bloggers (N) | Siberia (N)             | Under the Dome (N)   | (10:01) The Glades     | (10:01) Mistresses (N)   | Under the Dome (N)      | News Hour Final (N)     | The National (N)  | The Next Star     | SportsCentre (N)        | (10:01) Mistresses (N)  | Don't Drive Here     | Lizzie            | Mauri (N)              | Ways Die    | Raymond               |
| 11 PM :30 | "Envy"                   | CHBC News Final (N)     | Rescue               | NW Proff                 | Jay Leno                | Letterman            | (11:01) Longmire       | News                     | News Hour Final (N)     | ET Canada               | CBC News          | Boys              | SportsCentre            | CTV News                | Fast N' Loud         | Cory              | Paid Prog.             | Ways Die    | 3rd Rock              |

# Princeton Traditional Music Festival

Barry Hall



Barry Hall of Nanaimo will be performing at the Princeton Traditional Music Festival. -photo submitted

**MUSIC FESTIVAL HERE SOON** This is the second in a series of stories about some of the performers appearing at the Princeton Traditional Music Society

Traditional Music Festival. The Festival begins on the evening of Friday, August 16th with the opening ceremony followed by a country dance on Veterans' Way beside the Legion. The dance will feature a live band with fiddle, guitar and concertina. Everyone is welcome. There will be a caller to teach the dances so no experience is necessary and people don't even need to bring a partner. On Saturday and Sunday there will be music from 10:00 AM until 6:00 PM right in town.

The Blues is music created originally among the African-American communities of the Deep South at the end of the 19th century. It grew out of spirituals, work songs, field hollers, shouts and chants. During the early years of the 20th century

many African-Americans took to the road and became professional Blues musicians playing in bars and speakeasies. It is from these musicians that the Blues most people are familiar with comes. Big Bill Broonzy, Robert Johnson and Tampa Red are some of the legendary names whose music is still played today. The Festival is fortunate to have four Blues musicians who will get together onstage and share their music in The Blues Workshop.

The session will be hosted by Princeton's Jason Gasparotto who will act as "tour guide" while he and the other musicians in the workshop go on a trip through the Blues. Joining him onstage will be Henk Piket from New Westminster, Oroville Murphy - born and raised in Kentucky - and Barry Hall from Nanaimo.

Barry Hall will also be appearing in the "Five Banjos" workshop. Barry has been involved in traditional music since he was a child. Inspired by Pete Seeger, he learned to play the banjo at a young age and at the

age of fifteen put out the Folkways LP, "The Virtuoso Five-string Banjo", an album that is still revered among banjo players. Barry is still a virtuoso banjo player. He has also embraced the blues, which he sings and plays on guitar. Barry plays guitar as though it were an extension of his body. This weekend you will hear Barry sing folk blues and banjo instrumentals.

These are just some of the performers appearing at this year's 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 [princetontraditional.org](http://princetontraditional.org) or give Jon or myself a call at 250.295.6010.

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(NICOLA-SIMILKAMEEN)**

**FIRST NATIONS SUPPORT WORKER**

School District No. 58 (Nicola-Similkameen) is accepting applications for a First Nations Support Worker at Princeton Secondary School in Princeton. This is a temporary position, 25 hour per week, for the period September 3, 2013 to June 30, 2014.

The successful applicant will be responsible for providing counseling support, communicating with students and parents/guardians, tutoring, and cultural education.

Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC or on-line at [www.sd58.bc.ca](http://www.sd58.bc.ca), click on Jobs/Support Positions/Job Postings, listed under Job Code #228761, and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until **July 26, 2013**.

Please forward to:

Attn: Secretary Treasurer  
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Only those applicants being interviewed will be contacted.

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The South Similkameen Arts Society (SSAS) is a non-profit formed in May 2013 to bring together all visual and performance artists, musicians, sculptors, painters, quilters, and other craftspersons in the area.

Interested?

Visit us on the web at [ssartsociety.blogspot.ca](http://ssartsociety.blogspot.ca).  
To join call 250-499-5199 or  
drop us a line at [ssartsociety@gmail.com](mailto:ssartsociety@gmail.com)

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Back To Jack's Cafe has an immediate opening for a waitress, must have people skills. Knowledge of debit/credit card machine operation an asset. Also a short order cook. References required. Call 250.295.0055 or 250.295.0775. Jul 16

**Card of Thanks**

The Similkameen Cruisers Car Club of Princeton would like to thank Mac, Frank, John and Otto (and their team) for putting on a First Class Show 'n' Shine July 6. Thanks, Pat Sproston, President, SCCC. Jul 16

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Two different styles of fishing caught in the same photo! - photo submitted

### Group enjoys fresh Similkameen fish

by Janis Wright, VFFN  
Vermilion Forks Field Naturalists enjoyed yet another field trip on July 6 that included lunching on freshly caught rainbow trout, this time from the Similkameen River.

Peter Antonick led a group of 12 to an idyllic spot near the old community of Allenby, where half the group fished while the others explored further along the river and returned in time to appreciate the endeavours of the anglers. Lunch on the beach included not only pan fried trout cooked in onion and garlic, but smoked salmon and home-made cherry wine, specialties of Peter's!

The day was wonderfully warm, and the water refreshingly cool for those brave enough to immerse themselves.

We observed spotted sandpipers in the area, one with chicks, and were entertained by kayakers practicing their skills in the rushing current. It was definitely one of our less arduous outings!

Our next field trip will be led by Amanda Lahaie on July 20. This will be an easy hike and may involve meeting early if the weather continues to be hot.

For more information and to confirm attendance contact Amanda at 250.295.7596.

## Saddles 'n' Spurs

by Pastor George Donovan

..... continued from Page 8  
I decided I would look for my clothes myself. I snooped around for some time before I found a room with some unlocked cabinets and found my clothes in a paper bag.

I was good for my escape first thing in the morning. I woke up early while all was quiet, got dressed and went downstairs headed for the entrance when someone hollered

"Hey, where are you going?" I never answered, just hurried out like a dog from the vet. I was so glad to get out I ran for some time but hadn't realized that laying down and all the medicine had made me weak and had to stop and rest before making my way back to the highway to hitch a ride back to my work, friends and good food.

..... continued Next Week

## Funds support projects

..... continued from Front Page

- Clinton - \$141,708
- Lillooet - \$196,543
- Logan Lake - \$171,045
- Lytton - \$131,093
- Merritt - \$226,468
- Princeton - \$208,338
- Regional District of Squamish-Lillooet - \$94,649
- Regional District of Thompson-Nicola - \$66,254

Communities Receiving Traffic Fine Revenues:  
Merritt - \$58,365

Why this matters:

The Small Community Grant and Regional District Basic Grant are grants to local governments, to assist them in providing basic ser-

vices.

The Traffic Fine Revenue Sharing program directly assists eligible municipalities that pay police enforcement costs. The grants come from ticket fines and court-imposed fines on violation tickets, and the amount of money a municipality receives is based on its contribution to total municipal policing costs.

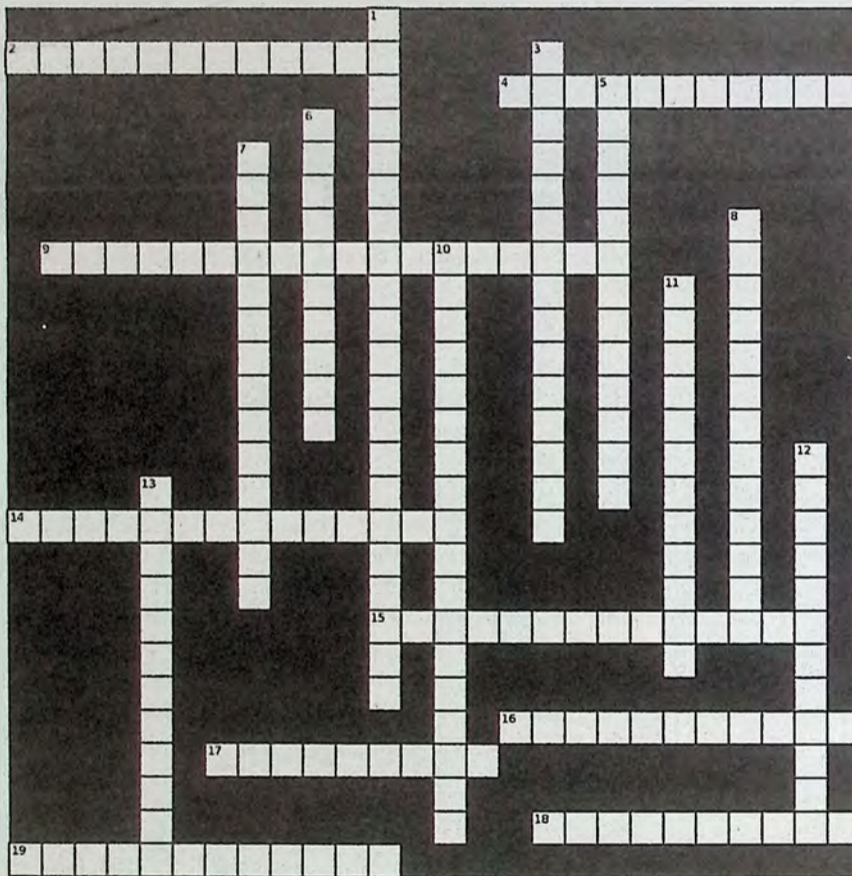
"These funds are put to great use by municipalities, supporting local projects that they have identified as high priorities," says Fraser-Nicola MLA Jackie Tegart.

"I know these grants and revenues also help maintain important day-to-day services that are relied on by local residents."

- submitted

## Similkameen News Leader Puzzler

Use the July 9 News Leader to find Answers Below...



- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Across</p> <p>2 Name the Youth Ambassador assisting with Canada Day cake.</p> <p>4 He got a ride in a Tesla electric vehicle at Vermilion Forks Elementary.</p> <p>9 Who accepted the Canadian Bull Run cheque?</p> <p>14 Name one of the girls pictured on Page 3.</p> <p>15 Name one of the girls pictured on Page 23.</p> <p>16 His 1956 Ford Custom Line is on the front page.</p> <p>17 What was celebrated July 1st at Princeton Museum?</p> <p>18 Which fire department is featured on Page 2?</p> <p>19 Name one of the girls pictured on Page 23.</p> | <p>Down</p> <p>1 Name the Princeton group pictured on Page 18.</p> <p>3 Name the car event that took place July 7th at Princeton Airport.</p> <p>5 Who founded the Canadian Bull Run?</p> <p>6 Name the car event that filled downtown Princeton July 6th.</p> <p>7 Name the Town of Princeton Deputy Treasurer.</p> <p>8 Headline: "Festival _____"</p> <p>10 Who cut Canada Day cake outside Princeton Museum?</p> <p>11 Name one of the girls pictured on Page 23.</p> <p>12 Name one of the girls pictured on Page 3.</p> <p>13 She is smiling on the front page.</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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# Support Our Health Care

## Partnership Forms Between SOHC and UBC



UBC Assoc. Prof. Barb Pesut, centre, and her research assistants, from left, Sarah Koss, Miranda Dalhuisen, Lynnelle Erbacher, and Bhavn Sraon assisted the community of Princeton in applying for a teambuilding grant that will help the community explore options for residents living with life-limiting chronic illness. - photo submitted

*UBC and Princeton residents team up to review care for chronically ill*  
**Teambuilding grant brings residents and researchers together**

A partnership between UBC faculty and residents of Princeton might just be what the doctor ordered for that small, rural community.

Members of the Princeton Support Our Health Care Coalition (SOHC) will work with researchers from UBC's Okanagan campus to gain knowledge about how to improve care for people in Princeton who live with life-limiting chronic illness.

Princeton has struggled through its own health care crisis in the past—too few physicians, an aging population, and a hospital threatened by

emergency room closures. Currently, the hospital emergency department is closed four nights each week and acute and specialist care services have been reduced, often resulting in people driving to Penticton or Kelowna for medical services.

UBC Assoc. Prof. Barb Pesut, Canada Research Chair in Health, Ethics, and Diversity, says the burden of having to travel for health care may mean that people choose not to attend a medical appointment, delay treatment, or re-locate away from their home community.

"The challenges facing rural communities such as Princeton are enormous. The solutions are going to be found in building strategic partnerships that support community

capacity," says Pesut.

"Princeton is fortunate to have so many concerned and active citizens."

Pesut notes that three significant issues have created the "perfect storm" within Princeton's health care system: an aging population with multiple chronic illness conditions, its rural location, and a province-wide physician shortage.

The SOHC is a grassroots group of citizens concerned about the state of healthcare in their community. Ed Staples, Regional District Area H Alternate Director and Vice-President of the SOHC, describes the care of those with chronic illness as a "mosaic approach" that can often leave people without enough support.

"People suffering from chronic illness are cared for on a variety of levels and by a variety of people, including family physicians, community volunteers, family members, and community service organizations," he says.

"This mosaic approach to care raises several questions: Are chronically ill residents receiving the care they need and deserve? Are they aware of all the services that are available to them?"

More concerning, he notes, is when one part of the mosaic is not available, such as a family member, there may not be anybody to fill in that

gap. And what are the costs—financial, emotional, and physical—shouldered by these individuals?

A local committee, made up of residents and SOHC members, will work with UBC researchers while they try to answer questions surrounding available services for the chronically ill. Pesut describes the work as an exchange of knowledge. Princeton residents will help UBC researchers better understand the healthcare issues in their community. In exchange, the committee hopes to benefit from the expertise of UBC's researchers.

"It really is a good example of a teambuilding partnership and knowledge exchange," she says.

"We teach them, they teach us, and in the end we will be able to identify projects that might help the entire community of Princeton."

The first step is to complete a survey of available resources, complete a literature review of current rural health care models and resources designed to support people with life-limiting chronic illness, and determine relevant and accessible baseline data to track outcomes.

"It's possible that there are chronically ill members of our community who are not receiving the care they need, either because it's not readily available or they cannot afford to pay for it," says Staples.

"The problem is that we don't have

a complete picture of the possible problem. That's why we need accurate information and research to find out what's going on in our community."

With Pesut's help, the SOHC applied for and received a \$5,000 teambuilding grant from the Rural Health Services Research Network of BC. By next June, Pesut is hoping they will have identified some priority research questions and received some targeted resources to begin to answer those questions.

"The Princeton area is certainly overdue for some good news on the health care front," says Staples.

"And this collaboration is an important part of our efforts to build a program that can support much-needed health care improvements."

Members of the Princeton committee that will work with UBC researchers to determine methods that could improve care for people in Princeton who live with life-limiting chronic illness are:

- June Hope - Princeton Hospice
- Marilyn Harkness - Princeton Town Councillor
- Jamie Holloway - Princeton Social Services
- Nienke Klaver - SOHC Secretary
- Dr. John Adams - Princeton family physician
- Brad Hope - Area H Regional Director
- Ed Staples - SOHC Vice-President

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# Princeton Court News

News Leader Court Reporter - Dawn Johnson

## Judge dismisses peace bond

Robert Delve was the subject of a peace bond application. He appeared in Provincial Court in Princeton on July 11 to oppose the application by his ex-girlfriend to have a peace bond issued. She had claimed she had reason to fear Delve.

Information presented to the court indicated that Delve and his former girlfriend had been drinking alcohol

on February 1 when he tried to choke her, then told her to get out of their residence, and threw her things out the door. He was angry and grabbed her and pushed her out the door. She called police.

Following this altercation, the ex-girlfriend moved back in with him and they moved to another town for a short time, then she left him again after another incident.

Delve told the court he is getting

his life together, is in a new relationship that is going very well, and now lives in Oliver, B.C.

Judge G. Sinclair told Delve "I am not convinced to the degree I have to be convinced" that Delve is a danger to his ex-girlfriend. Judge Sinclair dismissed the peace bond application but warned Delve to have no contact with his former girlfriend.

**Couple's marriage ends in fight**  
Breton Mealing appeared in

Provincial Court on July 12 to stand trial on a charge of assault of his wife. The incident leading to the charge began on New Year's Eve, 2012. The couple had a few drinks at the local pub, then, after midnight, went home to fetch a bottle of whiskey and a bottle of wine to take to a house party. The trouble began as they walked home from the house party.

An argument began as they walked home, and continued after they entered their residence. The wife's version of what happened differed from the husband's in the matter of degree. She maintained he had ripped her shirt from her body; he said it was an accident. She said he threw a vase full of roses at her; he said she threw the same vase full of carnations at him. She said he slapped her twice, but he claimed he did not hit her. She said he held her by force against the kitchen range; he said he was just trying to hold her still so he could talk to her.

According to Judge Sinclair, the first witness, a police officer, saw

her being held against the range, she looked terrified, and Judge Sinclair found Mealing guilty.

Judge Sinclair said it was apparent that "this dispute was fuelled by alcohol" and Mealing had jealousy issues. Before sentencing, the judge lectured Mealing on the importance of trust in a relationship.

Mealing was ordered to serve a one year conditional sentence. If he complies with all of the conditions for a year, Mealing will have no criminal record. Although the couple parted after the incident on January 1, Mealing was ordered to have no contact with his estranged wife.

## Woman fined for driving

A Princeton woman lost her right to drive when police discovered she had no driver's license after stopping her in Penticton on March 7. Aimee Flesch appeared in Provincial Court in Princeton on July 11 to enter a guilty plea to driving without a license. She was ordered to pay a \$500 fine and is prohibited from driving for one year.

## Posse Report

### President Dean Johnston

The Posse has ridden hard for the past few weeks.

It would be remiss to indicate that the ride has not always been at gallop and a huge thank you must continually be made to all those who have previously saddled up for the cause. The most recent group may have been running on fewer horses at the end, but the desire for the same end result must never be questioned.

Again, from the team and hopefully the community and all fans, a huge thank you!

After 7 years of stability and marked improvement on the ice, Duner has moved on to coach the Fernie Ghostriders, also in the KIJHL. He is wished continued success and many will follow his future with interest. Unfortunately the Ghostriders do not visit Princeton this season, so any discussion of an

appreciation evening will have to wait. Rumours in Princeton are certainly neither new nor rare. It is fair to say that the Posse was struggling. It is also fair to say that this played a significant role in Duner leaving. Nonetheless, less than a week after his resignation, Duner was announced on the Ghost rider website as the new coach thus eliminating any potential reconciliation. The organization is grateful for his many dedicated years and he is wished continued success.

#### Future Direction

With a new board of 18 and a coaching staff already in place, the dust kicked up by this newest version of Posse riders will be hard to miss. This is hardly a half full vs. half empty scenario - to anyone the board sees only a full glass of opportunity to ensure that the Posse remains in Princeton long term. The

coaching staff has been charged with engaging the team in the community. As with any group gaining momentum, the hope is that the community will catch the same fever as this energized group.

The coaching staff has been focusing on the team roster and announcements will follow on player signings.

The board has split up the many duties and is laying down a path that will hopefully return the Princeton Arena to the days when the Posse led the league in attendance.

In focusing on the Posse in Princeton rather than the Princeton Posse, the board hopes to reengage the business community, the student body, minor hockey, and just hockey fans in general. First order of business was a decision to sell one of the busses - the Posse is a hockey team period.

## Fair adds to program

Two new events are planned for the Agricultural Fair and Little Britches Rodeo to take place August 24 and 25. On Friday evening, there will be open team roping. On Saturday evening, there will be barrel racing as well as the special supper and dance. The menu for the special supper has not been settled yet.

Approximately 40 vendors have indicated they plan to attend, but only nine have paid their money to reserve space. The Fair Board allocates space on a first come, first served basis.

This year the fair will have three tents, thanks to Weyerhaeuser and the Town of Princeton.

President Dan Kastor indicated at the July 9 meeting that the exhibitor booklets will be available very soon. Those people planning to enter an exhibit should watch for them on shop counters around town. President Kastor said the elementary

and primary schools were very cooperative in sending the Junior Fair booklets to parents when report cards were issued. This was greatly appreciated.

Convenors are busy planning the décor of exhibits buildings. The major clean-up and decoration will take place the week before the fair. President Kastor indicated the fruit stands in Keremeos and Cawston have agreed to donate fruit and vegetables again this year.

Registration of exhibits begins on August 22 in the afternoon and continues on August 23 afternoon. The deadline for entering exhibits is 6:00 PM Friday August 23.

The next meeting of the Fair Board is at 6:30 PM at the fairgrounds office on July 23. If you are interested in volunteering in any capacity, please attend this meeting. Anyone may attend Fair Association meetings.



The Eleanor Hicks Senior Ladies Golf Tournament was July 11th. Winners were Phyllis Conway-Brown (overall low net), left, and Sharleen Anderson (overall low gross). First Flight results: 1st Low Gross Barb Jones, 1st Low Net Marg Wilson, 2nd Low Gross Judy McElhinney, 2nd Low Net Myrt McLaren. Second Flight results: 1st Low Gross Lorraine Kirby, 1st Low Net Sharon Blower, 2nd Low Gross Beryl Mullin, 2nd Low Net Joyce Madigan. Long Drive: 1st Flight Sharleen Anderson, 2nd Flight Joyce Madigan, KP: 1st Flight Phyllis Conway-Brown, 2nd Flight Betty Evans, Accuracy Lois Simpson, Hidden Team Phyllis Conway-Brown and Barb Jones. With thanks to Tip Anderson for scorekeeping and to everyone who participated. - submitted

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