

Similkameen News Leader

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Tuesday, July 23, 2013

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



Who said a summer job had to be boring? Princeton Museum Operations Manager Robin Lowe, left, introduces us to her summer staff: Katelyn Laseur, Mia Crawford and Alexa Musgrove - all former PSS Grads who are working at the Museum before continuing their post-secondary studies in September. *

Horse owners praise track, barns

During the spring months, Princeton Exhibition Association (PXA), hired a contractor to make improvements to the fairground barns. Reporting to the PXA at the July 16 meeting, Racing Days President Karrie Crucil said the racehorse owners praised the condition of the barns. Crucil and PXA President Paul Bedard did a lot of last minute work to ensure bedding in the stalls was up to standard for the horses. The exterior of the barns needs painting, a project to be completed this year.

Crucil praised the work of Walt Halipchuk, saying the horse owners and jockeys were delighted with the

condition of the track. Halipchuk has been working on the track to keep it in good condition. Crucil said it was great to hear the appreciative comments with no complaints.

Attendance at the race meet held the Canada Day long weekend was estimated at 1,500, and sales at the concession and refreshment garden were excellent.

Barn lighting has been improved this year, and electrical service has been installed in the heritage building. The cages for poultry are being upgraded along with the area adjacent to the poultry display area and animal pens used by the agricultur-

al fair. A new hand washing station is being installed.

Barrel racing competitions were an added attraction this year, thanks to the efforts of Cynthia Wilson and Walt Halipchuk. Three competitions have taken place, the last on July 13, when 15 competitors entered.

Halipchuk has been harrowing the rodeo arena for the barrel racing, and expressed concerns about the hard packing of the arena. Efforts will be made to reduce the hardness of the arena surface in time for the Little Britches Rodeo on August 24. A softer surface prevents injuries.

Dan Kastor, President of the Agricultural Fair Association, told the PXA that the fair plans are coming to a point of readiness. The fair and Little Britches Rodeo are combined this year to take place on August 24 and 25, with a special adult team roping to take place on August 23 (Friday evening before the fair).

It has become a tradition of the PXA and user groups to provide a free dinner for all volunteers who have contributed to maintenance of the grounds or volunteered during

..... continued on Page 21

Spend a sweet Saturday afternoon

Imagine sitting in the shade in Veterans Square on a hot Saturday afternoon and listening to music played just for you. Maybe you have enjoyed this pleasure already, during the afternoon concerts put on at 1:00 PM every Saturday, thanks to the talented musicians of Princeton who have volunteered to make summer more enjoyable.

This is just one of the many projects of Princeton Community Arts Council.

Auditions for another musical treat have been going on. Crimson Tine Players will perform a musical called "A Good, Old-Fashioned Redneck Country Christmas", a purely local musical scheduled for presentation to the public at the end of November, to begin the Christmas season. It will be followed by the Christmas Songfest.

This year, the Arts Council will present three other concerts, but received disappointing news about funding of one of the concerts. The annual concert series generally receives grants, but those issuing the grants have disqualified the Fabulous 4 Beatles tribute concert on the grounds that the Fabulous 4 is just performing work other than their own. There is some opposition to this disqualification, within the funding group, so the disqualification may be reversed. In the meantime, Princeton residents can attend the concert and enjoy the

wonderful music of the Fabulous 4. Not only do they play Beatles music, they wear costumes that bring back the full flavour of the Beatles tradition.

Next month, the 120 performers scheduled for Princeton Traditional Music Festival will add to the fine menu of music presented in Princeton for the sixth annual weekend of music from around the world. Yes, there will be some dancing, too.

For those who like to go out to a dance, watch for the announcement in September. Rotarians and the Arts Council are hosting a "pie" dance to raise funds for the kitchen at Riverside Centre. The dance will feature the adult group of Princeton Community Band, a group whose musical repertoire has grown substantially since it was formed.

While music, dancing, painting, the Spirit Festival, quilting, pottery and other artistic pursuits are part of the Arts Council activities, the Arts Council is about our culture, and part of our culture is our heritage. Recently the Arts Council has

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Tom Hayward provided live entertainment July 20th in downtown Princeton to a small group of people. *

Mining News

Sego Resources Inc.

Sego Resources Inc. ("Sego") (TSX-V: SGZ) announced July 18th that it has closed its financing previously announced on May 3, 2013 by way of TSX Venture Exchange short form offering document (the "Offering").

Sego issued an aggregate of 5,000,000 units (the "Units") at a price of \$0.10 per Unit for gross proceeds of \$500,000. Each Unit consisted of one common share of Sego and one-half of one transferable common share purchase warrant (each whole warrant, a "Warrant"). Each Warrant entitles the holder to subscribe for one additional common share at a price of \$0.20 until July 18, 2018.

On closing of the Offering, Sego paid to Euro Pacific Canada Inc., as agent (the "Agent") a cash fee equal to 10% of the gross proceeds raised through the Offering and a work fee of \$15,000.00 and issued to the Agent options (the "Agent's Options") equal to 15% of the Units issued pursuant to the Offering. Each Agent's Option entitles the holder to purchase one unit (the "Agent's Units") of Sego at an exercise price of \$0.10 per Agent's Unit, exercisable until July 18, 2018. Each Agent's Unit has the same terms as the Units sold under the Offering.

On closing of the Offering, Sego also paid to Euro Pacific Canada

Inc., as lead broker (the "Lead Broker") a cash fee equal to 4% of the gross proceeds raised through the Offering and issued to the Lead Broker options (the "Lead Broker's Options") equal to 10% of the Units issued pursuant to the Offering. Each Lead Broker's Option entitles the holder to purchase one unit (the "Lead Broker's Units") of Sego at an exercise price of \$0.10 per Lead Broker's Unit, exercisable until July 18, 2018. Each Lead Broker's Unit has the same terms as the Units sold under the Offering.

700,000 Units issued pursuant to the Offering and all securities issued to the Agent and Lead Broker are subject to a hold period in Canada which expires midnight on November 18, 2013.

The funds raised from the Offering will be used to fund on-going work programs on Sego's Miner Mountain Property and for general working capital purposes as set out in Sego's SFOD.

Sego Resources Inc.

Sego Resources Inc.'s only project is the Miner Mountain Project a Copper Gold Porphyry Project near Princeton, 15 kilometres north of Copper Mountain Mining Corporation's - Mitsubishi's Copper Mountain Mine.

The Miner Mountain Project is situated within the Traditional Territory of the Upper Similkameen Indian Band with whom Sego has an MOU. The Miner Mountain property is 2,056.54 hectares in size. The property is 3 kilometres from the town of Princeton with a major highway, a cell phone tower and a sawmill within the property boundary.



Tom Hayward in mid-song July 20th in Veterans Square. *

- submitted



Princeton Museum Operations Manager Robin Lowe, left, enjoyed a break with Summer Students Alexa Musgrove, Mia Crawford and Katelyn Laseur last week. The facility has numerous outdoor displays to explore. *

Flip Of The Coyne

by Spencer Coyne

Detroit is bankrupt. It isn't a real surprise considering that the city has been struggling for years, but a major North American city actually going bankrupt has to make you wonder what is really happening with the North American economy. At one time Detroit was the symbol of American industrial power. Today it is nearly a ghost town.

Detroit is actually a symbol of American power and wealth. At one time America was an industrial and manufacturing powerhouse that was untouchable. Its industrial strength became the backbone of the Allied war effort in World War II, and dur-

ing the Cold War it outspent and out developed the Soviet Bloc while the USSR ran itself into the ground trying to keep up with the West. America was the beacon of Capitalism that everyone strived to emulate. Then in the 80's and 90's something started to happen. The means of production were being moved to cheaper markets. When NAFTA was enacted, jobs were sent to Mexico because it had cheaper labour costs. Then when Mexican workers started wanting a bigger piece of the pie it was moved again. This time it was shipped overseas to developing markets that were starv-

ing for jobs.

Today we live in a world where most of the means of production are based in other countries, mainly in Asia. I remember in the early 90's they were saying that the North American economy was going to be an economy based on service jobs. This proved to be only partly true. Even most of our service jobs have been outsourced to other parts of the world. We don't really produce much of anything in North America anymore and that which we do has become so automated that workforces are less than half continued on Page 9



Jessica Lehtonen of Keremeos proudly shows off her single Gold and two Bronze medals won July 12 and 13 at a Special Olympics Bowling event in Langley. We thank her for sharing them with us! *

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Editorial Page News Leader

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My Turn

Our Simple Marmot Solution

If it's not the deer residents are upset about, it's marmots.

As for us, we don't really mind either. I kind of enjoy taking photos of deer wandering in our yard as much as I like snapping shots of playful marmots sunning themselves on our fence posts.

Where I get a bit jumpy about the smaller of the two is when they decide to tunnel under our house and move in without notifying the landlord.

However, thanks to a series of flukes, and a pretty smart spouse, we have had an active week of live trapping and relocating marmots from our yard. As of this writing we are up to a total of five successful catch and release episodes without an incident requiring a trip to the closed ER.

Here are a couple of hints that may help you in your attempts to rid your yard of the chubby little critters.

First off, keep in mind they are vegetarians. Baiting a trap with meat is not going to work. We tried a couple of things, and as I mentioned earlier, we fluked our way into discovering the magic treat: Lettuce. Brenda calls it Marmot Candy and quite honestly, it is.

Second, the little furry creatures are not very smart and you can catch a lot of them with little effort. Half the marmots we trapped last week decided to just walk into the trap. With nothing in it for them to eat!

Third, if you need to push one into a trap, use a water hose. H2O is like Kryptonite to marmots. They will try to get as far away from a stream of it aimed at them as they can.

Fourth, have a pre-determined site for relocation. We have a spot we've used before. It's easy for us to get at and the marmots are so happy to get out of the live trap I don't think they really notice the change in their surroundings.

And the fifth and final tip is to be patient. The fancy new live trap we bought sat empty for days while we were trapping marmots under a large yard feature but all of a sudden, as if their tiny brains were switched to a different channel, they found the live trap and basically took turns getting caught.

Remember, I said they aren't that smart.

So there you have it.

You can trap marmots and relocate them with ease. If that doesn't appeal to you, there is an upside.

They will be slipping back into hibernation late next month.



"The ants go marching two by two, hurrah! Hurrah! The ants go marching two by two, hurrah! Hurrah! The ants go marching two by two and the little one stops to tie his shoe". Or at least he checks out a piece of dirt that wasn't there a minute ago. Camping along the Old Hedley Road puts you in the territory of plenty of ants, as was experienced July 14th. Camping there is six bucks a night, payable to the nice lady wearing the Parks shirt who comes around after supper. A steal of a deal. The ants are "no charge", and are worse on the north side of the highway, apparently. It is possible the ones in this picture are "Pavement Ants". They only bite if provoked. Photo: Arlene Arlow

Your Turn

Letters and E-Mails Received This Past Week

To The Editor:

To the attention of Princeton
Community Arts Council

Listen to the Music!

Public awareness of the Free
Concert Series is seriously lack-
ing.

Last Saturday July 13th the
Allenby Road Band was playing
in the Gazebo in Veteran's Square
where only a handful of people
showed up to hear good music.

How disappointing!

My visiting friends from the coast

thoroughly enjoyed it as I did also.
They're a great band and for those
who didn't know about it you
missed some great music.

Thank you Allenby Road for
your great entertainment.

- Kay Goglin, Princeton

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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

Meet The Man Who Sparked A Crisis



Dawn Johnson
editor@thenewsleader.ca

world the US is spying on everybody.

President Morales has accused the United States of spying on the email accounts of Bolivia's top government officials. EU nations have expressed high concern about Snowden's revelations regarding the extent of US surveillance of email and telephone messages, but President Morales has been the only top official of any nation to be treated with what amounts to an international insult.

The United States does not like President Morales. President Morales has a history of anti-US statements and actions. Morales expelled a US Ambassador, kicked out the US Drug Enforcement Agency (DEA) and the US Agency for International Development. President Morales stated the DEA used the 'war on drugs' to manipulate the Bolivian government. In addition, President Morales has denied access to a few American corporations, and one of his policies prevents access to any corporation using genetically modified seeds. Morales not only wants no genetically modified products in Bolivia, he has implemented a policy that will see Bolivia producing all of its own seeds.

The United States, for its part, continues to refuse to extradite criminals wanted in Bolivia.

President Evo Morales "The Indio" was born to a family of indigenous people engaged in subsistence farming in an area occupied by indigenous people. His family raised llamas and grew crops of rice, oranges, papaya, bananas and, later, coca (the leaf from which cocaine is derived). Coca farmers formed a trade union, and it was among this group that Morales first became known

as an activist. Before condemning coca growers as part of the international drug trade, keep in mind that there is a legitimate market for drug made from cocaine, including local anaesthetics used by dentists and physicians, as well as codeine used in pain killers.

Morales was elected to government 10 years ago, then was ousted by the government, then was elected in 2009 by a landslide. Morales is a follower of the socialist ideals as set out by Che Guevara, who is a hero to Morales. However, the Morales brand of socialism is not Marxist socialism. President Morales is focused on issues affecting indigenous peoples and on poor communities. His government nationalized the natural gas industry many years ago, to spread the wealth around.

President Morales is personally committed to food security for Bolivia, that is, reducing food imports. To do this, his government has adopted the policy on seed production, and is focused on support for the small farmer rather than support for big agri-business. President Morales is also known internationally for his stated commitment to environmental protection of Bolivia's exceptional biodiversity. His strengthening of agriculture appears to be in conflict with his commitment to protecting the environment, and he walks a tight wire between the two. Some environmental groups have threatened to deny aid grants because he allows expansion of agricultural land which impacts the natural environment.

This is a thumbnail sketch of Evo Morales, the Indian, as he is called in Bolivia. He is at the center of an international incident which appears to have left the American president with egg on his face. The incident has given Morales greater support among nations due to action that might be interpreted as aggression.

This action has received very little comment in our North American major media, but it has made many nations very uncomfortable and has been a hot news topic throughout the EU and Latin language nations as well as in Russia. The United States determination to seize Edward Snowden even if it means taking action against the president of another nation has added fuel to anti-American sentiment around the world.

There is a crisis now in international relations. The crisis involves Russia, the United States and Latin American nations. The crisis stems from the July 2 incident in Austria when Bolivian President Evo Morales' plane was grounded and searched.

The background to the incident began in Russia when President Morales said he would consider a petition for asylum from American whistleblower Edward Snowden who was living in Moscow's air terminal. Subsequent to that statement, Spain and Portugal denied permission for the Bolivian President's plane to cross the air space of those two nations on the return trip to Bolivia. (There are a lot of questions about the reasons for not granting permission and Spain has apologized.)

As a consequence of the grounding and search, Latin American nations promptly spoke in harsh criticism of the EU action against Morales, denouncing it as 'kidnapping'. In the United Nations, 100 member nations denounced the EU action. Fingers pointed to some kind of intervention by the United States because the US so desperately wants Snowden, who told the

How to win at the fair

If you are canning peaches, why not reserve a jar for exhibit at the Fair on August 24 and 25? If yours is judged the best, you could win \$5.00. When was the last time somebody gave you \$5.00 for a jar of peaches, and then let you keep the peaches? This is a good deal!

How is canning judged? First, the fruit or vegetables must be in a proper canning jar with a ring and lid showing no corrosion. Of course, the lid must be snapped down for a good seal. Then the judges look at the appearance of the product in the jar. If canning peaches, make sure each peach half is set in so that the pit side is not showing. All fruit and vegetables should have good colour. Tomatoes should be very red, carrots a good orange, cucumber pickles a definite green.

The idea is to have the product looking as appealing as possible.

When it comes to jellies and jams, colour is very important. The colour should be bright. The lid should be properly sealed. The product should be set, not runny.

Baked goods should be top quality and should taste good. The judges look for eye appeal as well as good taste. Adding a recipe can gain a few points, too. When entering the baked exhibit, check the Exhibitor's Booklet to ensure that if it calls for four cookies, you are exhibiting four cookies.

When entering vegetable and fruit exhibits, follow the guidelines stated in the Exhibitor's Booklet. Fruit and vegetables are judged on colour, texture, freshness, and size.

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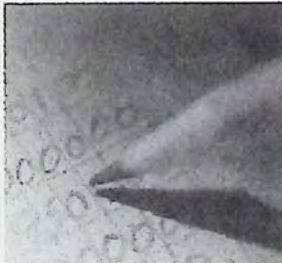
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Lower Valley News

Keremeos - Cawston - Olalla



Arlene Arlow, Chair of FACTOS-Farm And Community Team Okanagan Similkameen had a bit of fun with the campground cleanup idea, sporting her own sign during the efforts July 14th. The Provincial Crown Land site adjacent to the Village of Keremeos has been used for many years by transients and transient farm workers. - photo submitted

Former farmworker campground gets some TLC

More than 20 farm workers and a handful of concerned locals put their muscle into cleanup efforts July 13th and 14th near Keremeos. "It was an amazing success. The farm workers who first broached the topic of cleaning up the former Farm Worker Campground said there was a lot of garbage, but there was way more than I expected," said Doug Boulton, President of the Keremeos-Cawston Sportsmen Association.

Four pickup loads of garbage were hauled to the local dump. The Keremeos-Cawston Sportsmen Association thought to send a box of 50 supersized, super-heavy duty garbage bags and a cooler of ice-cold bottled water for volunteers. The Keremeos Pharmasave donated gloves and hand sanitizer. All

50 garbage bags plus a few more were used in the effort. Dump fees were graciously covered by local farmers who donated their efforts and pickup trucks for the afternoon: John Sladen, Doug Boulton, and George Bush.

"It was a group effort, and hats off to the farm workers who initiated it," said Boulton. Abandoned items included unopened bags of produce that had been left to rot, broken bicycles, seats from automobiles, two wheelchairs, tents, sleeping bags, shoes and winter boots, appointment books, clothing, beer cans and mattresses.

Many who use the site had received advance notice of the cleanup and had taken their garbage up to the gravel roadway that passes by the former camp-

ground. Members of FACTOS-Farm And Community Team Okanagan Similkameen worked side-by-side with farm workers, campers and concerned residents from the South Similkameen. The event had garnered coverage in recent days by both local and national TV and newspapers.

"We plan on doing it again in October," said Boulton.

Volunteers met with a small measure of resistance from a handful of campers who seemed offended that someone should want to clean up their neighbourhood.

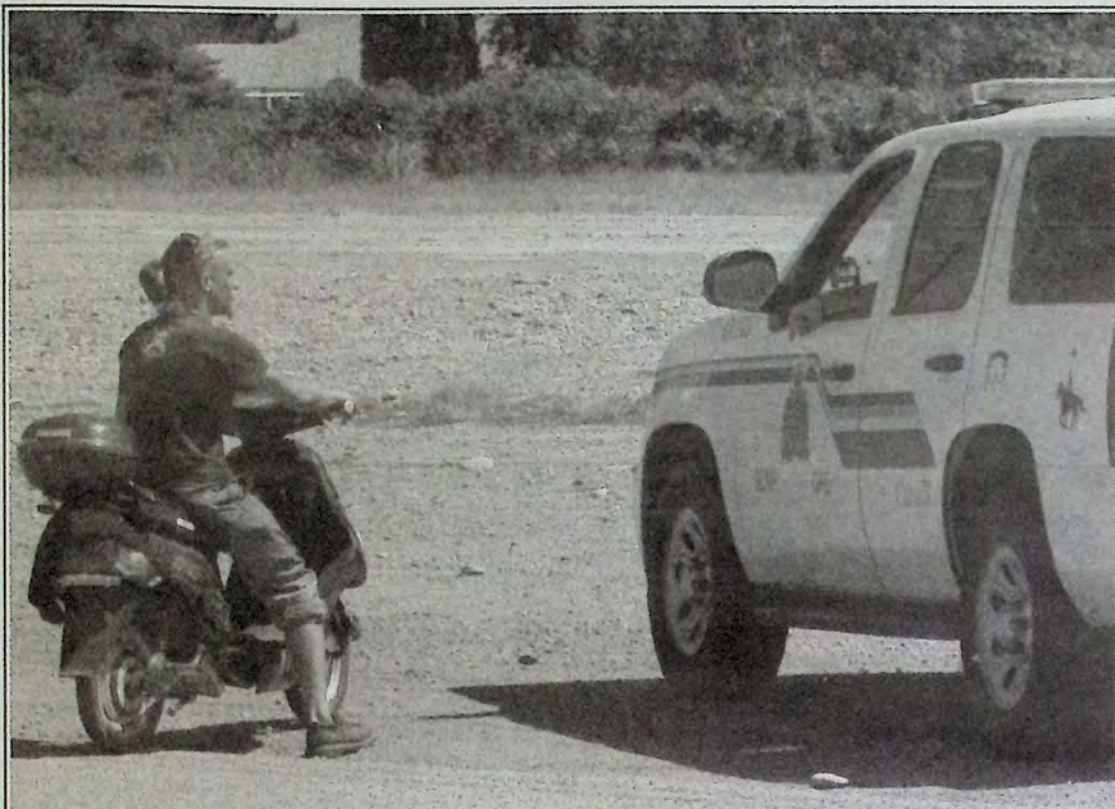
"You don't have to be here!" suggested one young camper to the cleanup crew. Ironically, that same camper brought a bag of garbage to one of the pickup trucks as things were winding down. FACTOS Chair Arlene Arlow made a pointing of thanking him for his effort.

The heaviest item - a water-logged bed mattress - was dragged by four farm workers more than 800 feet to a waiting pickup truck. Temperatures neared 35-degrees.

The cleanup was the brainchild of Tania Frechette, a farm worker from Sherbrooke, Quebec who works in the Similkameen Valley each summer. She took the idea to a fellow farm worker Jaimie Barriere and together, they talked to Doug Boulton, who says his farm wouldn't survive without transient farm workers. He liked the idea so much he approached the Keremeos-Cawston Sportsmen Association and they agreed to sponsor the event. - submitted



A group of farm workers heads down to the Similkameen River valley with garbage bags in hand. Over 20 farm workers and a handful of area residents cleaned up the former Farm Worker Campground July 13th and 14th near Keremeos. Another cleanup is planned for October before winter sets in. - photo submitted



This farm worker got a friendly lecture from the RCMP July 14th in Keremeos. The rider was disregarding normal etiquette by riding in the middle of the lane down the "wrong" side of the roadway (driving against traffic). Unfortunately, he did it with the RCMP officer right on his tail. Perhaps rear view mirrors should be factory items?! Photo: Arlene Arlow

BC Government seeks input

The B.C. government is looking for Expressions of Interest from agencies, societies and businesses with innovative ideas for the future use of the historic Grist Mill and Gardens in Keremeos.

Proposals should include details about how the proponent will increase the financial viability and self-sufficiency of the property, as well as plans to ensure that the proposed use will provide benefits back to the surrounding community.

Copies of the Requests for Expressions of Interest package are available on the BC Bid website at: www.bcbid.gov.bc.ca (click 'Browse', then choose 'by organization', click 'Ministry of Forests, Lands and Natural Resource Operations', then 'Use of Grist Mill

and Gardens, Keremeos, BC').

Expressions of Interest must be received before Tuesday, September 3, 2013, at 2:00 PM (local time).

Through the Request for Expressions of Interest, a short list of candidates with compelling and financially viable proposals will be established. Those candidates may be invited to submit detailed proposals and participate in a Request for Proposal process at a later date.

The Grist Mill and Gardens is one of 23 heritage sites owned by the Province. Operated by third-party managers for more than 20 years, visitors to the grist mill property have dwindled to the point that it is necessary to consider alternate uses to ensure its sustainability. New

models of use - that are still compatible with the lands - are being explored.

Currently, the Grist Mill and Gardens property is operated under a one-year contract that ends March 31, 2014.

Quick Facts:

- * Opened in 1877, the mill and store served the needs of local ranchers, First Nations, miners and travellers on the historic Dewdney Trail.

- * The 6.9-hectare (17-acre) site includes organic gardens, three historic buildings and a modern building currently used as a visitor centre, as well as some bare land.

- * The site also has an heirloom apple orchard and a small plot of heritage wheat growing on the upper fields.

- submitted



The beauty of nature is interrupted when one stops and looks into the grass along the highway. A happen-chance stop July 14th along Highway 3 revealed the accumulated by-product of humans who can't be bothered to put their trash in the receptacles made for that express purpose. The "Adopt-A-Highway" program is one way of keeping humans and nature distinct. The program requires that you be at least 12 years of age. If you are interested in making a difference, call the BC Ministry of Transportation and Infrastructure at 250-356-0432. Photo: Arlene Arlow

www.gotpeppers.info

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An extensive antique toy collection is on display at Princeton Museum thanks to Princeton's Dan Ramsey. *

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.

Saddles 'n' Spurs

by Pastor George Donovan

Speaking of good food, meal times were always looked forward to by all the hands. We ate at 6:00 AM, 12 Noon, and 6:00 PM. Usually nothing in between so we had a huge appetite. For some reason we had a new cook and he too was a great cook.

One day we came in for lunch, tired, sweaty and hungry, we cleaned up and headed to the cook house. For some reason we were told not to go in yet and were asking each other what was going on, to find out that we were only having salad with some canned salmon on top, not much of a meal for stacking hay for the next five hours.

Lunch was usually like a huge buffet with roast beef, veggies, salads, and lots of choices and the food that was cooked was on a very long wood stove. The boss told us that he went into the kitchen only to catch the cook pooping on some newspaper and rolling it up an stuffing it into the stove because he couldn't take the time out to go the john while all the food was cooking on the stove.

The boss fired him on the spot and sent him packing. We were all glad he did and were happy for the salmon salad and looking forward to

a decent meal for supper.

..... continued Next Week

Living Past 100

Youthful Obesity: Some Pitfalls To Avoid

On a sunny afternoon in July, a middle-aged mother and her twenty-something daughter strolled down the street. One of them has a great figure, slender but not skinny, curves in the right places. The other woman, the younger one, is obese. Without seeing their faces, you would guess the younger woman's body to be the oldest, and you would be correct. The obesity is aging the younger woman beyond her years.

Unless the younger woman starts losing weight, her mother may outlive her.

Obesity is epidemic in Canada. Fifty-nine percent of Canadian adults are overweight or obese. They run an increased risk of heart disease, cancer and Type 2 diabetes. At this time, cancer and diabetes are the leading causes of death in Canada.

There are all kinds of diets and weight loss menus available, and all kinds of reasons given for obesity. Lack of exercise is a major reason given for obesity, but any obese person will tell you exercise alone is not enough to take the fat off. People who have lost 20 or 30 kilos will tell you it takes a good diet plus exercise and self-discipline.

The following are some easy ways to start losing weight. First, avoid soft drinks and alcohol. Second, do not eat a lot of grain products such as bread, cakes, cookies and other baked goods. Third, avoid those salty snacks such as potato chips, popcorn, and numerous other similar snacks. Fourth, avoid all products containing high fructose corn syrup (HFCS) as that ingredient stimulates the appetite and makes you crave sugary foods.

Substituting carrots, cucumbers, watermelon, broccoli florets and nuts for other snacks will be much healthier and encourage weight loss. Furthermore, they cost less than those high calorie snack foods.

The most important tip: do not starve yourself on a weight loss diet. If you seem to be starving, your body will hang onto the fat and increase hunger pangs. Eat enough to prevent the sensation of being hungry. You can do this by filling up on low calorie foods.

Summer is the best season to diet. Those low calorie snacks are at their least expensive and you will not feel hungry due to cold.

If you need more encouragement, tell yourself you are fighting heart disease, cancer and diabetes. You will be telling the truth.

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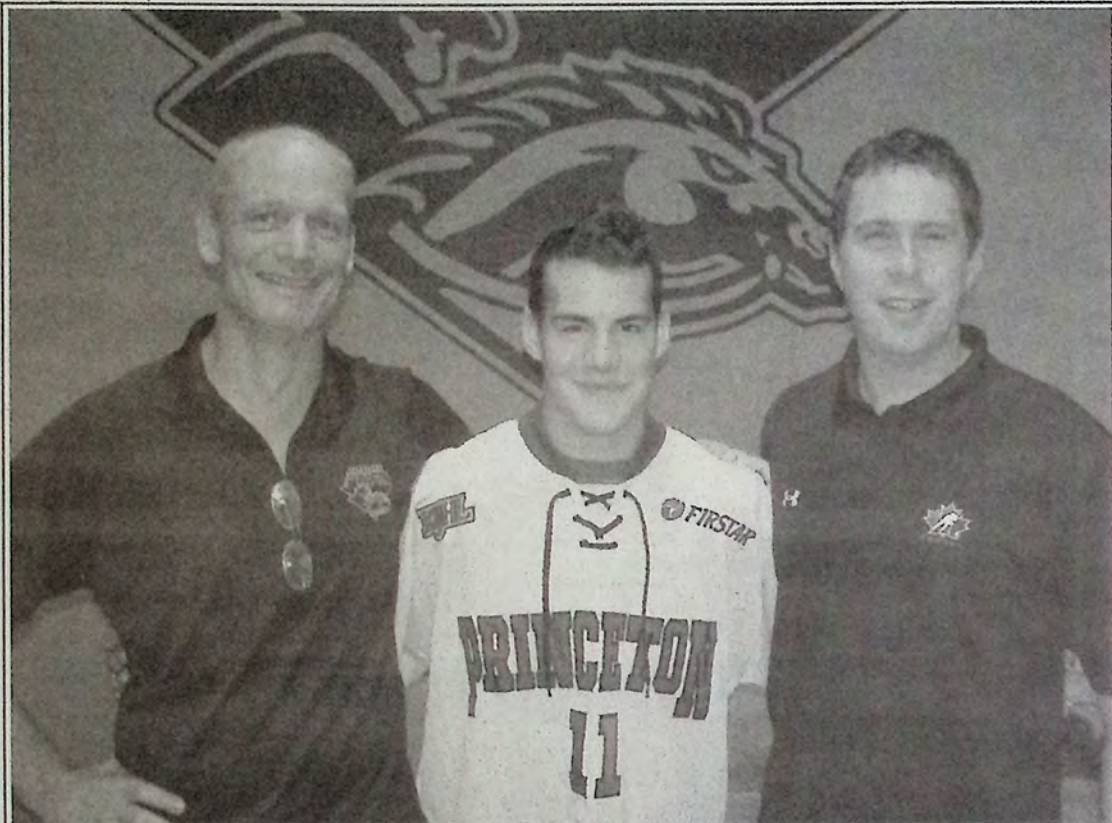
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News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 23 - 29, 2013



Princeton Posse signed local boy Kraig Leochko, centre, to play with the team in the 2013/14 KIJHL season. The announcement was made last week by Posse President Dean Johnston, left, and Head Coach/GM Bill Rotheiser. *

Flip Of The Coyne

by Spencer Coyne

..... continued from Page 3
what they were a decade ago.

In Canada things are a little different than in the United States because we have a lot of resource extraction which has kept our economy competitive, but where are the steel mills and the other manufacturing factories that we once had? Our auto sec-

tor has shrunk yet everyone has a car or two. Detroit is a reflection of an empire in decline.

I did just say empire. The United States is an empire just like Great Britain and Rome before it. They spread their influence through economic power and military force when needed. Think what you want,

but if you compare the rise and fall of the American Empire to that of all the other great empires you will see that there are many similarities. America is sick and if Americans don't acknowledge the real problems soon there will be no turning back. It may be too late now. China has been waiting in the wings for ages now and they are nearly ready to pounce and take the position of new global leader.

As sad as the situation in Detroit is, the writing was on the wall the moment they sent the manufacturing out of the country. Let's not kid ourselves. Detroit is just the beginning. Once the dust settles, we will see other cities do the same and then we will see a state do it. California has been having a hard time for years. How long before they too default? It is time for the people in power to stop hiding from the truth and acknowledge that the economy is not getting better and it won't get better until we bring the means of production home. We have real jobs and people can afford the lifestyles that they live. Until then the United States will continue to fall and Canada will come with it.



Princeton Posse Assistant Coach Mark McNaughton once played for Summerland Sting in the KIJHL. This is a shot dated November 11, 2006 of McNaughton taking a face-off with Princeton's Alex Young. *

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Explore The History Of Mining - Gold, Copper and Coal

Tuesday Movies

EVENING

9:30 pm WTBS ch.3 "Envy" (2004, Comedy) Den Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth.
11:30 pm WTBS ch.3 "Eurotrip"

(2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal.

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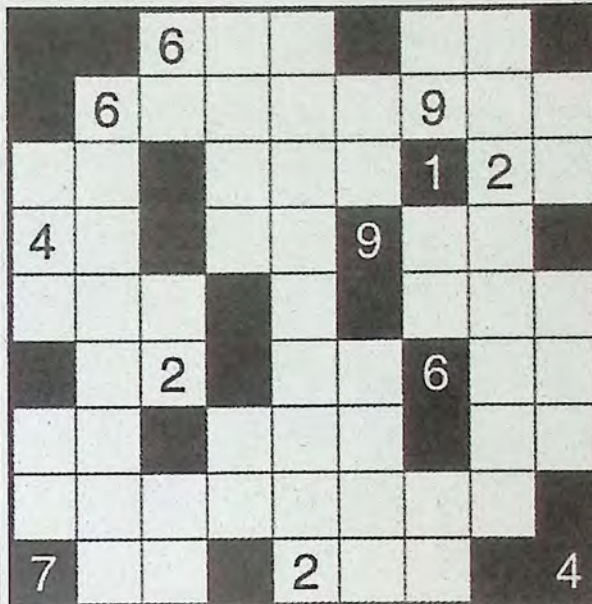
News Leader Str8ts

STR8TS

No. 135

Tough

Previous solution - Medium



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 along with more puzzles, Apple apps and books.

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

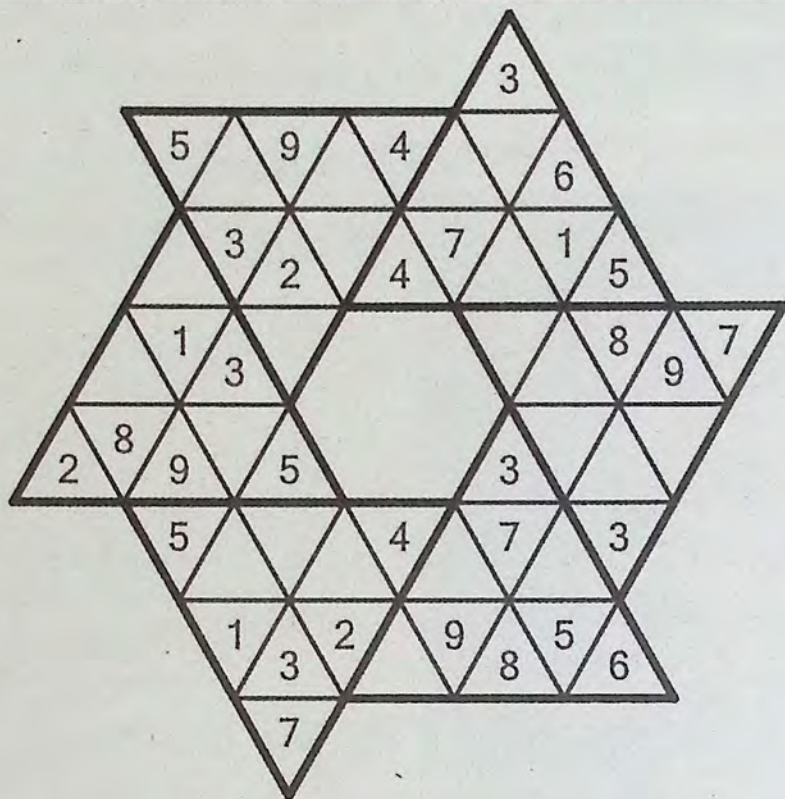
TUESDAY, JULY 23, 2013

	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) [E]	To School	Thomas G. Shrinks	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	SportsCentre [E]	CTV Morning Live (N) [E]	Mighty Planes "Trump"	Stella-Sam Mickey	CityLine (N) [E]	Tattoo	Canadian Pickers [E]
7 AM :30	Justice	Justice	Arthur [E]	Arthur	Today Mel B.; Larry Kane; Marc Anthony. (N) [E]	CBS This Morning (N) [E]	Criminal Minds [E]	Good Morning America (N) [E]			Tiger	Rescue	SportsCentre [E]		Highway Thru Hell	Never Land Hannah	Let's Make a Deal [E]	Tattoo	Earth: Final Conflict [E]
8 AM :30	Judge Alex	Judge Alex	Tree Fu	Curious			CSI: Miami [E]			Morning Huntley	Bo On/Go	Slidekick	SportsCentre [E]		Don't Drive Here	Suite/Deck	The Price Is Right [E]	Tattoo	Canadian Pickers [E]
9 AM :30	Millionaire	Morning	Pinky	Super Why!		The 700 Club [E]	CSI: Miami "Rush" [E]	Livel Kelly and Michael	Morning Huntley	The Doctors [E]	Super Why!	Pokémon	SportsCentre [E]	Livel Kelly and Michael	Gold Rush [E]	Wizards	Access Hollywood Live	Tattoo	Canadian Pickers [E]
10 AM :30	Law Order: CI	The Doctors [E]	Dinosaurs	Sesame Street [E]		The Price Is Right [E]	Criminal Minds [E]	The View [E]	The Doctors [E]	Chef/Home	Bookaboo	Squirrel	Motoring	The View [E]	How/Made	ANT Farm	The Chew [E]	Ink Master [E]	Gold Girls
11 AM :30	Law Order: CI	Chef/Home	Berenstain	Tiger	Judge B.	Young & Restless	Criminal Minds [E]	Paid Prog.	Chef/Home	Noon News Hour	Steven and Chris [E]	Super Evil	Drag Racing: NHRA Mopar Mile-High Nationals. From Denver. (Taped) [E]	Marilyn Denis	Overhaul'n [E]	Shake It	General Hospital (N) [E]	Ink Master [E]	3's Co.
12 PM :30	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose (N) [E]	Paid Prog.	News	The First 48 [E]	The Chew [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [E]	Kid vs. Kat	High National. (Taped) [E]	CTV News (N) [E]	Sons of Guns [E]	Austin	CityLine [E]	Ink Master [E]	Drew
1 PM :30	There Yet?	Days of our Lives (N)	Clifford	Painting	Days of our Lives (N)	The Talk (N) [E]	The First 48 [E]	General Hospital (N) [E]	Days of our Lives (N)	The Talk (N) [E]	Heartland "Spin Out"	Rated A		Anderson Live [E]	Don't Drive Here	Jessie [E]	Katie [E]	Ink Master [E]	3rd Rock
2 PM :30	King	The Talk (N) [E]	Lily	Barney	Katie [E]	Let's Make a Deal [E]	The First 48 [E]	The Jeff Probst Show	The Talk (N) [E]	The Ricki Lake Show	Steven and Chris [E]	Almost	Off Record	Dr. Phil [E]	Auction	Good Luck	CityNews at 5 (N) [E]	"Game On"	Roseanne
3 PM :30	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil [E]	Storage	Rachael Ray [E]	The Ricki Lake Show	Young & Restless	Recipes	Slidekick	SportsCentre (N) [E]	The Dr. Oz Show (N) [E]	How/Made	Wingin' It	CityNews at 6 (N) [E]	Ink Master [E]	Canadian Pickers [E]
4 PM :30	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) [E]	Storage	The Doctors [E]	Young & Restless	Early News	Dragons' Den [E]	Parents	Hockey	Ellen DeGeneres Show	Licence to Drill	Wingin' It	How I Met	Ink Master [E]	Canadian Pickers [E]
5 PM :30	Browns	News (N) [E]	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour	News	The Fairly OddParents	Boxing: Friday Night Fights. (Taped) [E]	CTV News at Five (N)	Deadliest Catch	Wingin' It	Mindy	Ink Master [E]	3's Co.
6 PM :30	Browns	Global Nat.	Animals	PBS News-Hour (N) [E]	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada	News	Mr. Young		CTV News (N) [E]	Ice Cold Gold (N)	Shake It	America's Got Talent "First Live Show" (N) [E]	Ink Master [E]	Drew
7 PM :30	Seinfeld [E]	Ent	Be the Creature	The Buddha	Jeopardy!	Inside Ed.	Shipping	Ent	Ent	Canadian Docs [E]	George S	Boys	SportsCentre (N) (Live) [E]	Big Bang	Deadliest Catch (N) [E]	Shake It		Ink Master (N) [E]	Roseanne
8 PM :30	Family Guy	NCIS [E]	Monarchy	Hollywood Game Night	NCIS [E]	Shipping	Shipping	Extreme Weight Loss Trina	NCIS [E]	NCIS [E]	Mercer	Babysitting	So You Think You Can Dance (N Same-day Tape)	River Monsters [E]	Shake It	CityNews-Tonight (N)	Tattoo	Debt/Part	
9 PM :30	Amer. Dad	NCIS: Los Angeles [E]	Images of Conflict (N)	Secrets of the Dead (N)	America's Got Talent "First Live Show" [E]	NCIS: Los Angeles [E]	Storage	tries to lose weight	NCIS: Los Angeles [E]	NCIS: Los Angeles [E]	Arctic Air [E]	Wipeout Canada [E]	Amazing Race	Ice Cold Gold	Wingin' It	Warthogs!	Jimmy Kimmel Live [E]	Tattoo	3's Co.
10 PM :30	"Envy" (2004, Comedy) Den Stiller.	Canadian Docs [E]	David Bailey	Moyers & Company [E]	Person of Interest [E]	Storage	Storage	Body of Proof [E]	Canadian Docs [E]	News Hour Final (N)	The National (N) [E]	Prank Ptrl	SportsCentre (N) [E]	Saving Hope (N) [E]	Deadliest Catch [E]	Lizzie	Maury (N) [E]	Ink Master [E]	Drew
11 PM :30	"Eurotrip"	CHBC News Final (N)	Be the Creature	Charlie Rose (N) [E]	News	News	Shipping	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre [E]	CTV News	How/Made	Cory	Paid Prog.	Tattoo	3rd Rock

News Leader Sudoku 464

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 "The Forbidden Kingdom" (2008, Action) Jackie Chan. A teenage fan of Hong Kong cinema finds a Chinese relic and travels back in time to help legendary martial-artists free the Monkey King.
11:30 pm WTBS ch.3 "Get Smart" (2008, Comedy) Steve Carell. A

newly promoted field agent, partnered with veteran Agent 99, blends inexperience, enthusiasm and ineptitude as he battles against KAOS.

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WEDNESDAY, JULY 24, 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) 30	To School G. Shrinks	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 30	News	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 30	Being Ian Being Ian	SportsCentre 30	CTV Morning Live (N) 30	Gold Rush 30	Stella-Sam Mickey	CityLine (N) 30	Ways Die	Weird or What?
7 AM :30	Justice Justice		Arthur 30 Magic Bus	Arthur Martha	Today Giada De Laurentiis; Howie Mandel. (N) 30	CBS This Morning (N) 30	Criminal Minds 30	Good Morning America (N) 30			Tiger Monster	Rescue Super Evil	SportsCentre 30		Canada's Worst Driver	Never Land Hannah	Let's Make a Deal 30	Ways Die	Earth: Final Conflict 30
8 AM :30	Judge Alex Judge Alex		Tree Fu Dinosaur	Curious Cat In the Hat			CSI: Miami 30			Morning Huntley	Bo On/Go Busytown	Sidekick Beyblade	SportsCentre 30		Auction	Suite/Deck	The Price Is Right 30	Deadliest Warrior	Weird or What?
9 AM :30	Millionaire Millionaire	Morning Huntley	Pinky Peep, Big	Super Why! Dinosaur		The 700 Club 30	CSI: Miami "Burned"	Liv! Kelly and Michael	Morning Huntley	The Doctors 30	Super Why! Cat In the Hat	Pokémon Storm	SportsCentre 30	Liv! Kelly and Michael	Last Car Standing	Wizards	Access Hollywood Live	Deadliest Warrior	Weird or What?
10 AM :30	Law Order: CI	The Doctors 30	Dinosaurs Rolle Polle	Sesame Street 30 (EI)		The Price Is Right 30	Criminal Minds 30	The View 30	The Doctors 30	Chef/Home Debt/Part	Bookaboo Doodlebob	Squirrel Super Evil	SEC Storied 30	The View 30	How/Made How/Made	ANT Farm	The Chew 30	Cops 30	Gold Girls
11 AM :30	Law Order: CI	Chef/Home Debt/Part	Berenstain Wild Kratts	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Criminal Minds "Jones"	Perfecter Wen Hair	Chef/Home Debt/Part	Noon News Hour	Steven and Chris 30	Super Evil Kid vs. Kat	Women's Soccer	Marilyn Denis	Mayday 30	Shake It	General Hospital (N) 30	Cops 30	3's Co.
12 PM :30	Excused Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose 30	Paid Prog. Larry King	News Bold	The First 48 30	The Chew 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Kid vs. Kat Team Gal		CTV News (N) 30	Ice Cold Gold	Austin	CityLine 30	Cops 30	70s Show
1 PM :30	There Yet? There Yet?	Days of our Lives (N)	Clifford Miss BG	Oil Painting Sewing	Days of our Lives (N)	The Talk (N) 30	The First 48 30	General Hospital (N) 30	Days of our Lives (N)	The Talk (N) 30	Heartland 30 (DVS)	Rated A Rated A	Top 10	Anderson Live 30	Deadliest Catch 30	Jessie 30	Katie 30	Cops 30	3rd Rock
2 PM :30	King King	The Talk (N) 30	Lilly Dinosaur	Barney WordWorld	Katie 30	Let's Make a Deal 30	The First 48 30	The Jeff Probst Show	The Talk (N) 30	The Ricki Lake Show	Steven and Chris 30	Almost Super Evil	Off Record Interruption	Dr. Phil 30	River Monsters 30	Good Luck	CityNews at 5 (N) 30	Cops 30	Roseanne
3 PM :30	The Office The Office	The Ricki Lake Show	Rob Robot Jungle B'k	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil 30	The First 48 30	Rachael Ray (N) 30	The Ricki Lake Show	Young & Restless	Reclips Stefano	Slidekick Squirrel	SportsCentre (N) 30	The Dr. Oz Show 30	How/Made How/Made	Dog	CityNews at 6 (N) 30	Fight Master	Weird or What?
4 PM :30	Big Bang Big Bang	Young & Restless	G. Shrinks Arthur 30	Wild Kratts Electric	Jdg Judy Jdg Judy	The Dr. Oz Show 30	Duck D. Duck D.	The Doctors 30	Young & Restless	Early News Global Nat.	Dragons' Den 30	SpongeBob SpongeBob	Hockey Interruption	Ellen DeGeneres Show	Mighty Planes 30	Dog	How I Met 30 Rock	Fight Master	Weird or What?
5 PM :30	Browns Payne	News (N) 30	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D. ABC News	News Global Nat.	Early News Global Nat.	(4:59) News Hour	News News	SpongeBob SpongeBob	World Series of Poker	CTV News at Five (N)	Allens: The Definitive Guide	Dog	America's Got Talent	Fight Master	3's Co.
6 PM :30	Browns Payne	Global Nat. News	Animals Undersea	PBS News-Hour (N) 30	News Millionaire	KREM 2 News at 6 (N)	Duck D. Duck D.	News News	(5:59) News Hour (N)	ET Canada Ent	News Exchange	Mr. Young Mr. Young	World Series of Poker	CTV News (N) 30		ANT Farm ANT Farm	America's Got Talent	Fight Master	70s Show
7 PM :30	Seinfeld 30 Seinfeld 30	Ent ET Canada	Frontiers of Nature 30 (DVS)	Nature 30 (DVS)	Jeopardy! Wheel	Inside Ed. Access H.	Duck D. Duck D.	Ent Insider	Ent ET Canada	(7:01) Camp (N) 30	George S Coronation	Boys Boys	SportsCentre (N) (Live) 30	Big Bang etalk (N)	Myth-Busters 30	ANT Farm ANT Farm	Mod Fam The Middle	Fight Master	Roseanne
8 PM :30	Family Guy Family Guy	Big Brother (N) 30	Hidden Cities of Asia	NOVA 30 (DVS)	America's Got Talent	Big Brother (N) 30	Duck D. Duck D.	The Middle Suburg.	Big Brother (N) 30	Big Brother (N) 30	Dragons' Den 30	Babysitting Zoink'd! 30	Boxing	MasterChef 30 (DVS)	Deadliest Catch 30	(8:10) A.N.T. Farm 30	CityNews-Tonight (N)	The Russian Invasion	Debt/Part ET Canada
9 PM :30	Amer. Dad Movie: *** "The Forbidden Kingdom"	Elementary 30	Jazz Satchmo begins singing on stage.	Nazi Mega Weapons	America's Got Talent	Criminal Minds 30	Duck D. Duck D.	Mod Fam Neighbors	Elementary 30	Elementary 30	Republic of Doyle 30	Wipeout Canada 30		MasterChef (N) 30	Allens: The Definitive Guide	Wingin' It Warthogs!	Jimmy Kimmel Live 30	Fight Master	3's Co.
10 PM :30		(10:01) Camp (N) 30	America Revealed 30	(10:01) Camp (N) 30	CSI: Crime Scene	Duck D. Duck D.	ABC's The Lookout (N)	(10:01) Camp (N) 30	News Hour Final (N)	The National (N) 30	Frank Ptrl Frank Ptrl	SportsCentre (N) 30	The Listener (N) 30		Lizzie So Raven	Maury (N) 30	Fight Master	70s Show	
11 PM :30		CHBC News Final (N)	Frontiers of Charlie Rose (N) 30	News Jay Leno	News Letterman	Duck D. Duck D.	News J. Kimmel	News Hour Final (N)	ET Canada J. Probst	CBC News George S	Boys Mr. Young	SportsCentre 30	CTV News CTV News	Myth-Busters 30	Cory Princess	Paid Prog. Paid Prog.	Bellator 350 30	3rd Rock	

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Thursday Movies

EVENING

9:30 pm WTBS ch.3 "The Invasion" (2007, Science Fiction) Nicole Kidman. A psychiatrist discovers that an epidemic altering the behavior of human beings is extraterrestrial in origin.
10:00 pm YTV ch.18 "Nicky Deuce" (2013, Comedy) Noah Munck. A sheltered teen becomes a

fish out of water when he spends the summer in Brooklyn, N.Y. (In Stereo) (CC)
11:30 pm WTBS ch.3 "Housesitter" (1992, Comedy) Steve Martin. An architect has a girlfriend who won't move into his house and a dizzy woman who won't move out.

newsbc.ca

LOCAL - REGIONAL - NATIONAL - WORLD NEWS

PHOTO AT LEFT: This brave Violet-Green Swallow chick stretches out to get a better look at the yard outside of its nesting box July 14th. There's at least one more chick in the box located on a shed in South Princeton. *

THURSDAY, JULY 25, 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)	To School G. Shrinks	Thomas 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	SportsCentre	CTV Morning Live (N)	Bering Sea Gold: Under	Stella-Sam Mickey	CityLine (N)	Deadliest Warrior	Housewives
7 AM	Justice	Justice	Arthur	Arthur	Today As seen on TV; Mark Bittman. (N)	CBS This Morning (N)	Criminal Minds "Jones"	Good Morning America (N)			Tiger	Rescue	SportsCentre		Silver Rush	Never Land Hannah	Let's Make a Deal	Ways Die	Earth: Final Conflict
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curious Cat in the			CSI: Miami "Kill Switch"			Morning Huntley	Bo On/Go	Sidekick	SportsCentre		Fast N' Loud	Suite/Deck	The Price Is Right	Ways Die	Four Weddings Canada
9 AM	Millionaire	Morning	WordWorld	Super Why!		The 700 Club	CSI: Miami	Live! Kelly and Michael	Morning Huntley	The Doctors	Super Why!	Pokémon	Golf: Senior Open Championship	Live! Kelly and Michael	Pyros "Mexican Fire"	Wizards	Access Hollywood	Ways Die	Housewives
10 AM	Law Order: CI	The Doctors	Dinosaurs	Sesame Street (E)		The Price Is Right	Criminal Minds	The View	The Doctors	Chef/Home	Bookaboo	Squirrel	First Round. (N)	The View	How/Made	ANT Farm	The Chew	Cops	Gold Girls
11 AM	Law Order: CI	Debt/Part	Berenstain Bears	Tiger	Judge B.	Young & Restless	Criminal Minds	Paid Prog.	Chef/Home	Noon News Hour	Steven and Chris	Super Evil	Amazing Race	Marilyn Denis	Dangerous Flights	Shake It	General Hospital	Cops	3's Co.
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose (N)	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat	PGA Tour Golf: RBC Canadian	CTV News (N)	Allens: The Definitive Guide	Austin	CityLine	Cops	Fraser
1 PM	There Yet?	Days of our Lives (N)	Clifford	Painting	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	Open, First Round. From Oakville, Ontario.	Anderson Live	Jessie	Katie	Cops	3rd Rock	
2 PM	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 Super Evil		Dr. Phil	Myth-Busters	Good Luck	CityNews at 5 (N)	Cops	Roseanne
3 PM	The Office	The Ricki Lake Show	Rob Robot	Slid	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Ricki Lake Show	Young & Restless	Recipes	Sidekick	SportsCentre (N)	The Dr. Oz Show	How/Made	Wizards	CityNews at 6 (N)	Cops	Four Weddings Canada
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show	The First 48	The Doctors	Young & Restless	Early News	Dragons' Den	Parents	CFL Pre	Ellen DeGeneres Show	How/Made	Wizards	How I Met	Cops	Housewives
5 PM	Browns	News (N)	Martha	News	News	News	Beyond Scared Straight	News	Early News	(4:59) News Hour	News	Parents	Football: Edmonton Eskimos at Montreal Alouettes. (N) (Live)	CTV News at Five (N)	Fast N' Loud (N)	Wizards	Hell's Kitchen Ramsay chooses a winner. (PA)	Cops	3's Co.
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Beyond Scared Straight	News	(5:59) News Hour (N)	ET Canada	News	Mr. Young		CTV News (N)	Fast N' Loud (N)	Jessie	Murdoch Mysteries	IMPACT Wrestling (N)	Fraser
7 PM	Sinfeld	Ent	Ancient Clues	The Diamond Queen	Jeopardy!	Inside Ed.	Gangster Girl	Ent	Ent	(7:01) Rookie Blue (N)	George S	Boys		Big Bang	Fantom-Works (N)	Jessie	CityNews-Tonight (N)	Fight Master	Roseanne
8 PM	Family Guy	The Winner Is... (N)	To Boldly Go "Down"	New Tricks	The Winner Is... (N)	Big Bang	Beyond Scared Straight	Wipeout (N)	The Winner Is... (N)	The Winner Is... (N)	The Nature of Things	Babysitting		Big Bang	Shred!	Jessie	CityNews-Tonight (N)	ET Canada	
9 PM	Amer. Dad	(9:01) Big Brother (N)	David Francey	George Gently	The Winner Is... (N)	(9:01) Big Brother	Beyond Scared Straight	Motive (N) (DVS)	(9:01) Big Brother (N)	(9:01) Big Brother	Doc Zone "Wind Rush"	Wipeout Canada	NASCAR Racing	Motive (N) (DVS)	Fast N' Loud (N)	Wing'N' It	Jimmy Kimmel Live	Cops	3's Co.
10 PM	"The Invasion" (2007) Daniel Craig	(10:01) Rookie Blue (N)	Bruce Cockburn	Healthy Minds	Hollywood Game Night	(10:01) Elementary	Beyond Scared Straight	(10:01) Rookie Blue (N)	(10:01) Rookie Blue (N)	News Hour Final (N)	The National (N)	Movie: "Nicky Deuce" (2013)	SportsCentre (N)	Hollywood Game Night	Fantom-Works	Lizzie	Maury	Wildest Police Videos	Fraser
11 PM	"Housesitter"	CHBC News Final (N)	Ancient Clues	Charlie Rose (N)	News	News	Gangster Girl	News	News Hour Final (N)	ET Canada	CBC News	Mr. Young		CTV News	Fast N' Loud (N)	Cory	Paid Prog.	Wildest Police Videos	3rd Rock

Friday Movies

EVENING

7:00 pm YTV ch.18 "Marmaduke" (2010, Comedy) Voices of Owen Wilson. A super-sized Great Dane helps his family adjust to their new lives in California while simultaneously trying to fit in with his new canine pals. (In Stereo) (CC)
 8:00 pm FAM ch.26 "Teen Beach Movie" (2013, Musical) Ross Lynch. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)
 9:00 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)
 9:30 pm WTBS ch.3 "D.O.A.: Dead or Alive" (2006, Action) Devon Aoki. Four rivals at an invitation-only martial-arts tournament join forces against a sinister threat.
 10:00 pm FAM ch.26 "Treasure

Buddies" (2012, Comedy) Richard Riehle. The buddies travel to Egypt and race against an evil cat to find a great treasure. (In Stereo) (CC)
 11:15 pm WTBS ch.3 "Man of the Year" (2006, Comedy) Robin Williams. Tom Dobbs, the satirical host of a political talk show, runs for U.S. president and unexpectedly wins.

News Leader Recipe 571

Oven Rotisserie Chicken, Broccoli/Cashew Rice

(NC) – Sometimes the convenience of ordering-in is hugely enticing. This recipe fills the home with that mouth-watering restaurant-style rotisserie chicken aroma. Paired with rice and broccoli, this makes a delicious meal for the whole family. Preparation time: 15 minutes. Cooking time: 45 minutes.

Ingredients (Serves 4)

- 8 chicken legs
- 1 x pack Maggi So Juicy Rôtisserie
- 4 spring onions, sliced
- 1/4 cup cashew nuts
- 1 cup converted white rice
- 2 Tbsp canola oil
- 1 small head of broccoli, cut into florets
- 2 eggs, beaten

Method

- Preheat the oven to 350°F (180°C) or 320°F (160°C) for convection oven. Place the chicken legs into the bag with the sliced spring onions and follow the cooking instructions on the pack.
- In a large, dry, frying pan, toast the cashew nuts gently, stirring frequently until golden, then transfer to a plate.
- Cook rice according to pack instructions and set aside (covered).
- Heat half the oil in the same pan and stir fry the broccoli until tender. Transfer into a bowl and keep covered.
- Heat the remaining oil and add the beaten egg to the pan, cooking like an omelette and breaking it up into pieces.
- Add the rice to the pan with the broccoli and cashew nuts, reheat until piping hot then serve with the chicken.

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FRIDAY, JULY 26, 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 :30	In the Heat of the Night	Morning News (N) [CC]	To School G. Shrinks	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Beyond Scared Straight	News	Morning News (N) [CC]	(5:00) Morning News (N)	CBC News Now (N) [CC]	Being Ian Being Ian	SportsCentre [CC]	CTV Morning Live (N) [CC]	How/Made How/Made	Stella-Sam Mickey	CityLine (N) [CC]	Tenants Tenants	Security Security
7 AM :30	Justice Justice		Arthur [CC] Magic Bus	Arthur Martha	Today Train performs; retirement savings. (N) [CC]	CBS This Morning (N) [CC]	Beyond Scared Straight	Good Morning America Selena Gomez performs.			Tiger Monster	Rescue Super Evil	SportsCentre [CC]		Pyros [CC] (DVS)	Never Land Hannah	Let's Make a Deal [CC]	Tenants Tenants	Earth: Final Conflict [CC]
8 AM :30	Judge Alex Judge Alex		Tree Fu Dinosaur	Curious Cat In the			Beyond Scared Straight		Morning Huntley	Bo On/Go Busytown	Sidekick Beyblade	SportsCentre [CC]		Myth-Busters [CC]	Suite/Deck Suite/Deck	The Price Is Right [CC]	Tenants Tenants	Outlaw Bikers [CC]	
9 AM :30	Millionaire Millionaire	Morning Huntley	WordWorld Peep, Big	Super Why! Dinosaur		The 700 Club [CC]	Beyond Scared Straight	Live! Kelly and Michael Huntley	Morning Huntley	The Doctors [CC]	Super Why! Cat In the	Pokémon Storm	Golf: Senior Open Championship, Second Round.	Live! Kelly and Michael	Bering Sea Gold [CC]	Wizards Wizards	Access Hollywood Live	Tenants Tenants	Security Security
10 AM :30	Law Order: CI	The Doctors [CC]	Dinosaurs Rolie Polie	Sesame Street [CC] (EI)		The Price Is Right [CC]	Beyond Scared Straight	The View [CC]	The Doctors [CC]	Chef/Home Debt/Part	Bookaboo Doodlebop	Squirrel Super Evil		The View [CC]	How/Made How/Made	ANT Farm ANT Farm	The Chew [CC]	Tenants Tenants	Gold Girls Gold Girls
11 AM :30	Law Order: CI	Chef/Home Debt/Part	Berenstain Wild Kratts	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Beyond Scared Straight	Summer Hairstyles!	Chef/Home Debt/Part	Noon News Hour	Steven and Chris [CC]	Super Evil Kid vs. Kat	NASCAR Racing	Marilyn Denis	Mighty Ships [CC]	Shake It Shake It	General Hospital (N) [CC]	Tattoo Tattoo	3's Co. 3's Co.
12 PM :30	Excused Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N) [CC]	Paid Prog. Paid Prog.	News Bold	Beyond Scared Straight	The Chew [CC]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [CC]	Kid vs. Kat Team Gal	PGA Tour Golf: RBC Canadian	CTV News (N) [CC]	Fast N' Loud [CC]	Austin Austin	CityLine [CC]	Tattoo Tattoo	King King
1 PM :30	There Yet? There Yet?	Days of our Lives (N)	Clifford Miss BG	Gary Spetz Scrapbook	Days of our Lives (N)	The Talk (N) [CC]	Beyond Scared Straight	General Hospital (N) [CC]	Days of our Lives (N)	The Talk (N) [CC]	Heartland [CC] (DVS)	Rated A Rated A	Open, Second Round. (N) (Live) [CC]	Anderson Live [CC]	Fantom-Works	Jessie [CC] Jessie [CC]	Katie [CC]	Tattoo Tattoo	3rd Rock 3rd Rock
2 PM :30	King King	The Talk (N) [CC]	Lilly Dinosaur	Barney WordWorld	Katie [CC]	Let's Make a Deal [CC]	Beyond Scared Straight	The Jeff Probst Show	The Talk (N) [CC]	The Ricki Lake Show	Steven and Chris [CC]	Almost Super Evil		Dr. Phil [CC]	Fast N' Loud [CC]	Good Luck Good Luck	CityNews at 5 (N) [CC]	Tattoo Tattoo	Roseanne Roseanne
3 PM :30	The Office The Office	The Ricki Lake Show	Rob Robot Jungle B'k	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil [CC]	Storage Storage	Rachael Ray [CC]	The Ricki Lake Show	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) [CC]	The Dr. Oz Show [CC]	How/Made How/Made	Gravity Gravity	CityNews at 6 (N) [CC]	Ink Master [CC]	Outlaw Bikers [CC]
4 PM :30	Big Bang Big Bang	Young & Restless	G. Shrinks Arthur [CC]	Wild Kratts Bliz Kid\$	Jdg Judy Jdg Judy	The Dr. Oz Show [CC]	Storage Storage	The Doctors [CC]	Young & Restless	Early News Global Nat.	Dragons' Den [CC]	Kung Fu Kung Fu	Hockey CFL Pre	Ellen DeGeneres Show	NeverEver NeverEver	Gravity Gravity	How I Met 30 Rock	Ink Master [CC]	Security Security
5 PM :30	Browns Payne	News (N) [CC]	Martha Wild Kratts	News Business	News NBC News	News CBS News	Storage Storage	News ABC News	Early News Global Nat.	(4:59) News Hour	News News	Turtles Turtles	CFL Football: Calgary Stampede at Winnipeg Blue Bombers. (N) [CC]	CTV News at Five (N)	Sons of Guns [CC]	Dog Good Luck	Funnest Home Videos	Tattoo Tattoo	Four Houses Canada
6 PM :30	Browns Payne	Global Nat. News	Animals Parks	PBS News-Hour (N) [CC]	News Millionaire	KREM 2 News at 6 (N)	Storage Storage	News News	(5:59) News Hour (N)	ET Canada Ent	News Exchange	SpongeBob	CTV News (N) [CC]	Don't Drive Here	Shake It Austin	Parks Seed [CC]	Ink Master [CC]	Four Houses Canada	
7 PM :30	Seinfeld [CC] Seinfeld [CC]	Ent ET Canada	The Blue Planet Charlie	Wash Wheel	Jeopardy! Access H.	Inside Ed. Storage	Storage Storage	Ent Insider	Ent ET Canada	16x9 (N) [CC]	George S Coronation	Movie: * * * "Marmaduke" (2010) [CC]		Big Bang etalk (N)	Mighty Planes [CC]	ANT Farm Jessie (N)	Mantracker [CC] (DVS)	Ink Master [CC]	Four Houses Canada
8 PM :30	Family Guy Family Guy	Bones [CC] (DVS)	Ballykissangel (N) [CC]	Doc Martin [CC]	Camp "The Mixer" [CC]	ACM Presents: Tim McGraw's Summer Night	Storage Storage	Shark Tank [CC] (DVS)	Bones [CC] (DVS)	Bones [CC] (DVS)	Mr. D [CC] Ron James		SportsCentre (N) [CC]	Shark Tank [CC] (DVS)	Mayday "Turning Point"	Movie: "Teen Beach Movie" (2013)	CityNews-Tonight (N)	Deadliest Warrior	Debt/Part ET Canada
9 PM :30	Amer. Dad Movie: * "D.O.A.: Dead or Alive"	Hawaii Five-0 [CC]	Miss Marple "Nemesis" (N)	Great Performances (N)	Dateline NBC (N) [CC]	Summer Night	Storage Storage	Would You Fall	Hawaii Five-0 [CC]	Hawaii Five-0 [CC]	the fifth estate [CC]	Mr. Young Mr. Young	World Series of Poker	The Following [CC] (PA)	Don't Drive Here	Liv-Mad.	Jimmy Kimmel Live [CC]	Movie: * * * "Man on Fire" (2004)	3's Co. 3's Co.
10 PM :30		16x9 (N) [CC]		David Phelps Classic			Storage Storage	20/20 [CC]	16x9 (N) [CC]	News Hour Final (N)	The National (N) [CC]	New Kids Boys	SportsCentre (N) [CC]	Blue Bloods [CC]	Sons of Guns [CC]	Movie: "Treasure Buddies" (2012)	Maury [CC]	Denzel Washington. [CC]	King King
11 PM :30	** "Man of the Year"	CHBC News Final (N)	Architects of Change	Charlie Rose (N) [CC]	News Jay Leno	News Letterman	Storage Storage	News J. Kimmel	News Hour Final (N)	ET Canada J. Probst	CBC News George S	The Next Star [CC]	SportsCentre [CC]	CTV News	Mighty Planes [CC]	Paid Prog.	Paid Prog.	3rd Rock 3rd Rock	

News Leader Weekend - Saturday Movies

MORNING

8:00 am WTBS ch.3 "The Tempest" (1998, Drama) Peter Fonda. A Southern man with magical powers fights his evil sibling in the Mississippi bayous during the Civil War.
10:30 am WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living

under the ground.

AFTERNOON

12:00 pm FAM ch.26 "Tinker Bell" (2008, Fantasy) Voices of Mae Whitman. Animated. Young fairy Tinker Bell causes chaos in Pixie Hollow when she rejects her predestined occupation as a fixer of broken objects and tries to learn a new trade instead. (In Stereo) (CC) SPIKE ch.44 "Rambo" (2008,

Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)
2:00 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)
4:15 pm YTV ch.18 "Garfield: The Movie" (2004, Comedy) Breckin

Meyer. Live action/animated. An orange cat tries to save his owner's new dog after a television personality kidnaps it. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Daredevil" (2003, Action) Ben Affleck. A blind man whose other senses are extraordinary works as an attorney during the day and fights crime at night.

EVENING

6:00 pm CITV ch.12 "Voices" (2008, Drama) Coke Bolipata. Abused by his father, a 7-year-old takes violin lessons from a grieving musician. (CC) (DVS)
CITY ch.29 "Spider" (2002, Suspense) Ralph Fiennes. Haunted by his childhood, a psychotic loner has difficulty after his release from a mental institution. (CC) (DVS)
7:00 pm WTBS ch.3 "One Missed Call" (2008, Horror) Shanyn Sossamon. A young woman and a detective try to unravel the mystery of cell-phone calls that broadcast victims' final moments just days before they die.
7:30 pm SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)
8:00 pm YTV ch.18 "The Pink Panther 2" (2009, Comedy) Steve Martin. Clouseau and a team of international detectives investigate the thefts of the world's greatest treasures, including the diamond called the Pink Panther. (In Stereo) (CC)
8:45 pm WTBS ch.3 "D.O.A.: Dead or Alive" (2006, Action) Devon Aoki.

Four rivals at an invitation-only martial-arts tournament join forces against a sinister threat.
9:00 pm CHBC ch.4 BCTV ch.11 "Voices" (2008, Drama) Coke Bolipata. Abused by his father, a 7-year-old takes violin lessons from a grieving musician. (CC) (DVS)
KREM ch.8 "The Longest Yard" (2005, Comedy) Adam Sandler. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards. (In Stereo)
KXLY ch.10 "Norbit" (2007, Comedy) Eddie Murphy. Though married to a terrible shrew, a man tries to figure out a way to be with his childhood sweetheart, who has just moved back into town. (In Stereo)
FAM ch.26 "Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In Stereo) (CC)
10:30 pm WTBS ch.3 "The Talented Mr. Ripley" (1999, Drama) Matt Damon. A young man travels to 1950s Italy and begins to assume the identity of a playboy he was hired to bring back to the United States.
CBC ch.13 "The Trotsky" (2009, Comedy) Jay Baruchel. A Montreal teenager believes that he is the reincarnation of Russian revolutionary Leon Trotsky. (In Stereo) (CC)
10:46 pm FAM ch.26 "Whale Rider" (2002, Drama) Keisha Castle-Hughes. A Maori girl defies her grandfather and 1,000 years of tradition to prove she can lead their tribe. (In Stereo) (CC)



This Marmot must think that if he poses nicely for the camera we'll ignore what he's doing to our yard. *

SATURDAY, JULY 27, 2013

Table with columns for time slots (6 AM to 11:30 PM) and various TV channels (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). Each cell contains program titles and details.

News Leader Weekend - Sunday Movies

MORNING

7:00 am TROP ch.45 "Crocodile Dundee" (1986, Comedy) Paul Hogan. A rich reporter tours outback Australia with a crocodile hunter, then brings him to Manhattan. (In Stereo) (CC)
 8:00 am WTBS ch.3 "Planet 51" (2009, Comedy) Voices of Dwayne Johnson. Animated. An astronaut lands on a planet he thought was uninhabited, but he finds an alien civilization that resembles 1950s-era America.
 9:00 am TROP ch.45 "National Lampoon's Vacation" (1983, Comedy) Chevy Chase. The Griswolds and family head by station wagon for the California

fun park Walley World. (In Stereo) (CC)
 10:00 am WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground.
 A&E ch.9 "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (CC)
 11:00 am TROP ch.45 "National Lampoon's European Vacation" (1985, Comedy) Chevy Chase. The Chicago Griswolds win a grand tour and head for the Old World to soak up culture. (In

Stereo) (CC)

AFTERNOON

12:00 pm WTBS ch.3 "College Road Trip" (2008, Comedy) Martin Lawrence. A cop accompanies his daughter on a trip to visit the colleges to which she is applying.
 FAM ch.26 "Teen Beach Movie" (2013, Musical) Ross Lynch. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)
 1:00 pm A&E ch.9 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac, who has a dangerous past, to dodge assassins as he tries to learn about himself. (CC)
 TROP ch.45 "Crocodile Dundee" (1986, Comedy) Paul Hogan. A rich reporter tours outback Australia with a crocodile hunter, then brings him to Manhattan. (In Stereo) (CC)
 1:45 pm YTV ch.18 "Spy Kids 2: The Island of Lost Dreams" (2002, Adventure) Antonio Banderas. A young sister and brother encounter mutants and a wild scientist while searching for a device that could destroy Earth. (In Stereo) (CC)
 3:00 pm VTV ch.22 "Derby" (1995, Drama) David Charvet. A female jockey rides in the Kentucky Derby, with a longtime friend and a trainer by her side. (In Stereo) (CC)
 4:00 pm CBC ch.13 "Cars" (2006, Comedy) Voices of Owen Wilson. Animated. A rookie race car that

only cares about winning learns what is really important in life after getting stranded in a town along historic Route 66. (In Stereo) (CC)
 YTV ch.18 "Spy Kids 3: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to rescue his sister inside a virtual-reality game created by a madman out to enslave children. (In Stereo) (CC)
 5:00 pm WTBS ch.3 "Failure to Launch" (2006, Romance-Comedy) Matthew McConaughey. The parents of a young man who still lives at home hire a beautiful woman to entice him to finally leave the nest.

EVENING

6:00 pm YTV ch.18 "Nicky Deuce" (2013, Comedy) Noah Munck. A sheltered teen becomes a fish out of water when he spends the summer in Brooklyn, N.Y. (In Stereo) (CC)
 TROP ch.45 "National Lampoon's Vacation" (1983, Comedy) Chevy Chase. The Griswolds and family head by station wagon for the California fun park Walley World. (In Stereo) (CC)
 7:00 pm WTBS ch.3 "Just Married" (2003, Romance-Comedy) Ashton Kutcher. Two newlyweds deal with meddling friends, disapproving families and bad luck while honeymooning in Europe.
 8:00 pm CBC ch.13 "The Devil Wears Prada" (2006, Comedy)

Meryl Streep. A recent college graduate lands a job working for a famous and diabolical editor of a New York fashion magazine. (In Stereo) (CC)
 TROP ch.45 "National Lampoon's European Vacation" (1985, Comedy) Chevy Chase. The Chicago Griswolds win a grand tour and head for the Old World to soak up culture. (In Stereo) (CC)
 9:00 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)
 10:00 pm WTBS ch.3 "Seabiscuit" (2003, Drama) Tobey Maguire. A jockey, an automobile magnate and a trainer lead a racehorse to glory during the Great Depression.
 TROP ch.45 "Crocodile Dundee" (1986, Comedy) Paul Hogan. A rich reporter tours outback Australia with a crocodile hunter, then brings him to Manhattan. (In Stereo) (CC)
 10:34 pm FAM ch.26 "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely organizer falls for an engaged pediatrician while coordinating his wedding and reception. (In Stereo) (CC)

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SUNDAY, JULY 28, 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	Mad About Career Day	In a Name Inventors	Wibbly Pig WordWorld	Mr. Rogers Signing	Today (N) On	Paid Prog. Paid Prog.	The Glades On Money	Paid Prog. On Money	In a Name Inventors	Sunday Morning News (N)	Super Why! Poko	Being Ian Super Evil	Formula One Racing Hobo	Hobo Hobo	Licence to Drill Crews on both rigs are kept guessing about drilling.	Wingin' It Sulte/Deck	R Schuller ChurchRck	Xtreme 4x4 Horse.	Fishful Paid Prog.	
7 AM	P. Affairs Atl. Eats	Sunday Morning News (N)	Rob Robot Rolle Polle	Wild Clifford	KHQ News Invest	CBS News Sunday Morning (N)	Longmire This Week	Good Morning America This Week	Sunday Morning News (N)	Animal Artzooka	Squirrel Pet Shop	Reporters Motoring	Loveitt-Reid Dr. Marla &	are kept guessing about drilling.	Sonny Wizards	Eye/Asla Dharti	Trucks! MuscleCar	Movie: *** "Crocodile Dundee" (1986)		
8 AM	Movie: ** "Planet 51" (2009) Jessica Biel		Tree Fu G. Shrinks	Curious Cat in the Hat	Meet the Press (N)	The Nation	Longmire The Nation			Coronation Coronation	Pet Shop T.U.F.F.	NASCAR Racing Canada AM Weekend	Canada AM Weekend		Phineas Dog	Pakistan Festival	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's Vacation"		
9 AM		Designer World	Wild Kratts Little	Global Spirit (N)	Extra (N) Extra (N)	Movie: *** "True Lies" (1994, Action) Arnold Schwarzenegger.	Paid Prog. Paid Prog.	Designer World	J. Osteen Ministries	Coronation Coronation	SpongeBob SpongeBob	NASCAR Racing NASCAR Sprint Cup: Samuel Deeds 400 at the Brickyard. (N) (Live)	Operation Smile Flying Wild Alaska	NeverEver NeverEver	Good Luck Wingin' It	ANT Farm Jessie	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"	
10 AM	Movie: *** "The Time Machine" (2002)	Pregame Finding	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
11 AM			Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
12 PM	Movie: ** "College Road Trip" (2008)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
1 PM			Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
2 PM	The Closer		Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
3 PM	Big Bang	Junk	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
4 PM	Big Bang	Whatever	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
5 PM	Movie: ** "Failure to Launch" (2006)	Simpsons	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
6 PM			Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
7 PM	Movie: * "Just Married" (2003)	Simpsons	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
8 PM	Ashton Kutcher	Big Brother (N)	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
9 PM	The Closer "Fate Line"	Family Guy Amer. Dad	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
10 PM	Movie: *** "Seabiscuit" (2003) Jeff Bridges	Simpsons Burgers	Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"
11 PM			Animals Animals	Moyers & Company (N)	Swimming: FINA World Championships. (Taped)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Beach Volleyball: World Series. (N)	Storms XTERRA	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/ Sea One/One	The Next Star (N)	Parents Monsters Babysitting	World Vision (N)	App etalk	Bering Sea Gold Shake It	Austin Shake It	Shopping Channel Shake It	Bar Rescue Bar Rescue	Movie: *** "National Lampoon's European Vacation"



I'm not sure what I smell, but it sure smells pretty good. I just need to figure out how to get in there to find out! *

Monday Movies

EVENING

9:30 pm WTBS ch.3 "Almost Famous" (2000, Comedy-Drama) Billy Crudup. An aspiring teenage rock journalist gets his big break when he follows an up-and-coming band on its tour.

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MONDAY, JULY 29, 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) ☺	To School G. Shrinks	Builder 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	SportsCentre ☺	CTV Morning Live (N) ☺	(5:00) Mighty Ships ☺	Stella-Sam Mickey	CityLine (N) ☺	CSI: Crime Scene	Food
7 AM	Justice		Arthur ☺	Arthur	Today (N) ☺	CBS This Morning (N) ☺	Criminal Minds ☺	Good Morning America (N) ☺			Tiger	Rescue	SportsCentre ☺		Cash Cab	Never Land	Let's Make a Deal ☺	CSI: Crime Scene	Earth: Final Conflict ☺
8 AM	Judge Alex		Tree Fu	Curious			CSI: Miami ☺			Morning	Bo On/Go	Sidkikk	SportsCentre ☺		Yukon Men ☺	Suite/Deck	The Price Is Right ☺	CSI: Crime Scene	East St. ☺
9 AM	Millionaire	Morning	Pinky	Super Why!		The 700 Club ☺	CSI: Miami "Inside Out"	Live! Kelly and Michael	Morning	The Doctors ☺	Super Why!	Pokémon	SportsCentre ☺	Live! Kelly and Michael	Fast N' Loud ☺	Wizards	Access Hollywood Live	Wildest Police Videos	Food
10 AM	Law Order: CI	The Doctors ☺	Dinosaurs Rolie Polie	Sesame Street ☺ (E)		The Price Is Right ☺	Criminal Minds ☺	The View ☺	The Doctors ☺	Chet/Home Debt/Part	Bookaboo	Squirrel	Motoring	The View ☺	How/Made	ANT Farm	The Chew ☺	Wildest Police Videos	Gold Girls
11 AM	Law Order: CI	Chet/Home Debt/Part	Berenstain Wild Kratts	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Criminal Minds ☺	Paid Prog.	Chet/Home Debt/Part	Noon News Hour	Steven and Chris ☺	Super Evil Kid vs. Kat	NASCAR Racing	Marilyn Denis	Auction	Shake It	General Hospital (N) ☺	Wildest Police Videos	3's Co.
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose ☺	Paid Prog.	News Bold	The First 48 ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Kid vs. Kat Team Gal	World Series of Poker	CTV News (N) ☺	Overhaul'n ☺	Austin	CityLine ☺	Wildest Police Videos	Raymond
1 PM	There Yet?	Days of our Lives (N)	Clifford Miss BG	Paint This 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	SportsNation (N) ☺	Anderson Live ☺	Deadliest Catch ☺	Jessie ☺	Katie ☺	Wildest Police Videos	3rd Rock
2 PM	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 Super Evil	Off Record	Dr. Phil ☺	Myth-Busters ☺	Good Luck	CityNews at 5 (N) ☺	Cops ☺	Roseanne
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil ☺	The First 48 ☺	Rachael Ray ☺	The Ricki Lake Show	Young & Restless	Recipes Stefano	Sidkikk	SportsCentre (N) ☺	The Dr. Oz Show ☺	How/Made	Dog	CityNews at 5 (N) ☺	Cops ☺	East St. ☺
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show ☺	Duck D.	The Doctors ☺	Young & Restless	Early News Global Nat.	Dragons' Den ☺	SpongeBob	Hockey	Ellen DeGeneres Show	Shred! (N)	Dog	How I Met	Cops ☺	Food
5 PM	Browns	News (N) ☺	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour	News	SpongeBob	Boxing	CTV News at Five (N)	Auction	Dog	How I Met	Cops ☺	3's Co.
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) ☺	News	KREM 2 News at 6 (N)	The Glades "Fast Ball"	News	(5:59) News Hour (N)	ET Canada	News	Marvin		CTV News (N) ☺	Sons of Guns (N) ☺	ANT Farm	Broke Girl	Cops ☺	Raymond
7 PM	Seinfeld ☺	Ent	Rescue	The Café	Jeopardy!	Inside Ed.	Longmire "Tuscan Red"	Ent	Ent	Under the Dome (N) ☺	George S	The Next Star (N) ☺	SportsCentre (N) (Live) ☺	Big Bang	Backyard	ANT Farm	(7:01) Body of Proof ☺	Cops ☺	Roseanne
8 PM	Family Guy	Psych "Lassie Jerky"	Money, Power	Antiques Roadshow (N)	American Ninja Warrior	How I Met Mike	(8:01) Longmire ☺	The Bachelor (N) (Part 1 of 2) ☺	Psych "Lassie Jerky"	Psych "Lassie Jerky"	Murdoch Mysteries ☺	Babysitting		Satisfact	Auction	ANT Farm	CityNews-Tonight (N)	Cops ☺	Debt/Part
9 PM	Amer. Dad	Get Out Alive With Bear	Mona Lisa Curse ☺	Antiques Roadshow	Get Out Alive With Bear	Broke Girl Mike	Duck D.	Get Out Alive With Bear	Get Out Alive With Bear	Cracked "White Knight"	Wipeout Canada ☺	NASCAR Racing	Amazing Race	Sons of Guns ☺	Wingin' It	Jimmy Kimmel Live (N)	Stings	3's Co.	
10 PM	Movie: "Almost Famous" (2000) Billy Crudup.	Under the Dome (N) ☺	Architects of Change	POV "Neuro-typical" (N)	Siberia (N) ☺	Under the Dome (N) ☺	(10:01) The Glades ☺	(10:01) The Mistresses (N)	Under the Dome (N) ☺	News Hour Final (N)	The National (N) ☺	The Next Star ☺	SportsCentre (N) ☺	(10:01) Mistresses (N)	Backyard	Lizzie	Moury (N) ☺	Jail ☺	Raymond
11 PM		CHBC News Final (N)	Rescue	Charlie Rose (N) ☺	News	News	(11:01) Longmire ☺	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre ☺	CTV News	Fast N' Loud ☺	Cory	Paid Prog.	Jail ☺	3rd Rock
			Volcanic		Jay Leno	Letterman		J. Kimmel		J. Probst	George S	Mr. Young		CTV News	Princess	Paid Prog.		Jail ☺	3rd Rock

Princeton Traditional Music Festival

Dance To Balkan Brass Bands!



Oxygen Orkestar from Nelson will be performing at this year's Princeton Traditional Music Festival. - photo submitted

MUSIC FESTIVAL HERE SOON

by Rika Ruebsaat

Princeton Traditional Music Society

This is the third in a series of stories about some of the performers appearing at the Princeton 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 neces-

sary 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.

This year we are indeed fortunate to have two Balkan brass bands appearing at the Festival – Orkestar S'livovica, from Vancouver and Oxygen Orkestar from Nelson. For those not familiar with this type of music, here is some background information supplied by Oliver Schneider, Orkestar S'livovica's bandleader.

Balkan countries are famous for their elaborate weddings with live music. Throughout Serbia this music is regarded as a strong part of national identity, and is performed at many other occasions as well such as festivals, civic events, house-warmings, and any other important moment in people's lives.

The music tells stories of joy and happiness as well as deep sorrow and longing. Instrumentation includes trumpets, powerful driving rhythms of low and mid-brass; the eastern double-headed drum; and

beautiful ornamentation on saxophone, clarinet or accordion and powerful vocals. It is most often performed by Roma ("Gypsy") musicians. Tunes vary from ballads that reveal the eastern influences of the Ottoman Empire, to folk, pop, or even jazz-inspired interpretation with full Balkan brass orchestration, depending on the needs of the occasion. The Guca festival in central Serbia draws hundreds of thousands of visitors from around the world to listen as twenty competing bands vie for the titles of best trumpet and best orchestra, while dozens more perform on the street and in temporary restaurants for tips.

While Europe and USA are being swept up in the Balkan Brass band craze, Vancouver's Orkestar S'livovica is eager to introduce this beautiful musical tradition to British Columbians. The band is currently studying in Southern Serbia at the hub of Roma ("Gypsy") Balkan Brass movement.

Oxygen Orkestar from Nelson plays its own, sometimes comic, version of Balkan brass music, a

genre that originated in 19th century Serbia when military bands began playing local folk music. The group is an assorted mix of mustachioed snappy dressers who play trumpet, soprano sax, trombone, tuba and snare drum. Sometimes they wander offstage and get lost in the crowd, but just follow the upbeat music and dancing girls and you will find them. Oxygen Orkestar will have you dancing in the street.

These are just two of the performing groups appearing at this year's Festival, and the best thing about it is it's free!

The reason it's free is because it's run entirely by volunteers and the performers are donating their talents. To make the festival a success the organizers will need lots of volunteers. If you'd like to get involved, please contact them. Even if you have only a couple of hours available your help would be most welcome. Give them a call and they'll welcome you aboard. To find out more visit the Festival's weblog at princetonfestival.org or give Jon or myself a call at 250.295.6010.

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Arthur Norman Hayward



Born May 17, 1922 in Prince George, BC. Passed away peacefully July 18, 2013 at Princeton General Hospital.

Art was an inspiration to many and will be sadly missed by all his family and friends. Art was predeceased by his parents in 1936/1938 leading to the start of his amazing journey through life. A man of many talents and many experiences, a war vet, a farmer, a construction worker, a scrap metal dealer, a logger, a father and a friend. He was also predeceased

by his infant daughter Marjorie Lucille in 1969, and his wife Shannon Coral in 2001. Art leaves behind his children Yvonne (Len Liddicoat), Coral (Lorne Cochran), his grandchildren Mariah (Ben Stout), Colen, Megan, Christopher and Candace, his great grandson William Stout and his long time friend and caregiver Margaret King.

A Celebration of Life will be held August 11, 2013 at 1:00 PM at the Senior Citizens Hall in Hedley, BC. Please join the family in a chance to remember and celebrate a great man.

Mid-90's full-sized (8-foot) domestic truck canopy. Tinted and screened side windows and gate window with sliding front window. New (Medium Blue) paint in 2011 by professional shop. A little bit of wear and tear. Otherwise, in excellent condition. Asking \$350.00 Firm. Call Daniel 250.295.0418. Jul 16-30

1983 GMC 1-ton dump truck. Asking \$6,500.00. MONEY MAKER! Call 250.295.4113. Jul 16-30

Landscaping shale pit. Located in Princeton area. Not a retail outlet, bulk sales only. Vermilion shale, a red colour with a mix of browns. Asking \$20,000.00. For more information call Darlene at 250.497.7060. Jul 23-Aug 06

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Bachelor suite in downtown Princeton. Includes utilities and satellite TV, also furnished, \$450.00/month. Must have excellent references, NO PETS and must be clean and quiet. Available now. Phone 604.484.2783 and leave a message with the best time to call back. Jul 23-Aug 06

Furnished 1-bedroom suite on acreage, 10-kilometres out of town, beautiful riverfront, very bright and clean. Non-smoker and no pets. Available September 1st. Asking \$550.00/month includes utilities. Call 250.295.7861. Jul 23-06

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Notices

KEITH WHARTON CELEBRATION OF LIFE - August 3rd at the Legion Hall between 1:00 and 4:00 PM. Keith's family will be remembering his life which was taken too soon. We would like you to consider joining us. Jul 23

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Saturday, July 27
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Help Wanted



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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, 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
School District No. 58 (Nicola-Similkameen)
P. O. Box 4100, 1550 Chapman Street
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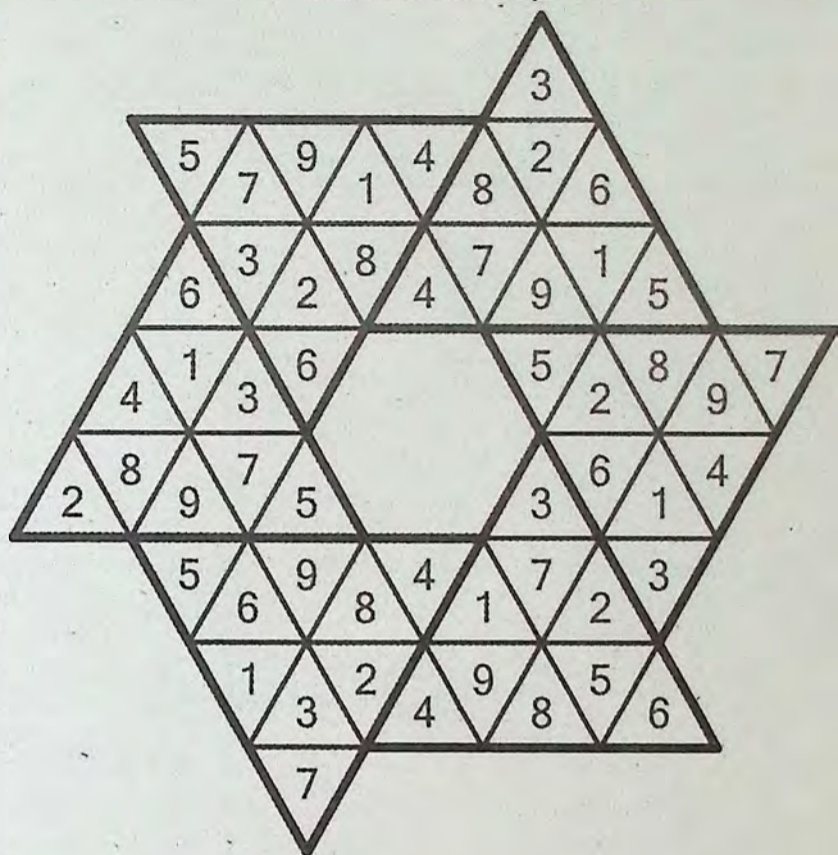
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An antique Coca-Cola toy truck, complete with the original box it came with, are on display at Princeton Museum thanks to Princeton's Dan Ramsey who collected the items. The original price for this item was \$1.98! *

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Spend a sweet Saturday afternoon

..... continued from Front Page become interested in the fate awaiting the Court House and has expressed its interest to Town Council.

The Arts Council annual general meeting is on September 18 at 6:30 PM at the Arts Council room at Riverside Centre. If you are interested in the arts, and want to participate in the planning of art activities in Princeton, this is the group to join.

Horse owners give praise

..... continued from Front Page events. This year the volunteer appreciation dinner will take place at the Legion Hall on September 28.

The next meeting of the PXA is scheduled for August 20 at 7:00 PM at the fairgrounds. Anyone interested in the fairgrounds or events at the fairgrounds is welcome to attend.

How to win at the fair

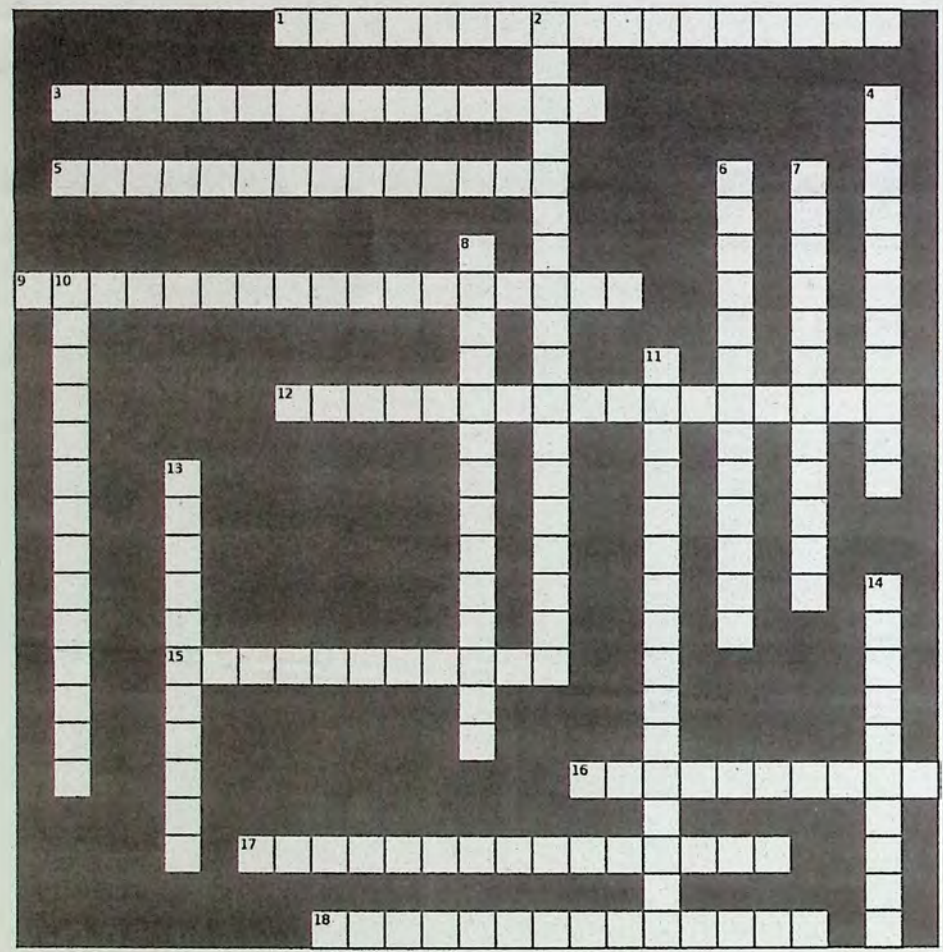
..... continued from Page 5

Photography is a favourite category for entries. Before you decide what you will enter, make sure you read the Exhibitor's Booklet first. No, you cannot enter two sunset photographs. Each photo must be mounted on construction paper so you need to do some work in advance. Art work must be framed. Reading the rules first applies to all of the categories, and can save you time and prevent confusion.

In the needlework category, this year there will be books and patterns on display. Many are available to take home with you. If you are entering needlework exhibits, be sure to check the category. Woodwork exhibits have been down the past couple of years, and woodwork exhibits are always welcomed. All exhibits should have been finished in the past 12 months.

Similkameen **News Leader Puzzler**

Use the July 16 News Leader to find Answers Below...



- | | |
|---------------------------------|--|
| Across | Down |
| 1 The 'KV' of KVFD. | 2 The 'SC' in SCIF. |
| 3 Headline: "Group needs _____" | 4 She is also the News Leader Court Reporter. |
| 5 The 'FD' of KVFD. | 6 She chopped her dreadlocks for charity. |
| 9 The 'MC' in CMMC. | 7 She writes about the traditional music festival. |
| 12 Name the local swim club. | 8 Headline: "Break _____" |
| 15 The 'AS' in SSAS. | 10 The 'IF' in SCIF. |
| 16 The 'HC' in SOHC. | 11 The 'SS' in SSAS. |
| 17 Headline: "Funds _____" | 13 She is the News Leader Office Administrator. |
| 18 The 'CM' in CMMC. | 14 The 'SO' in SOHC. |

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From Fur Traders to Miners to the Railroad



Doe Gregoire of Cawston displayed some of her wares and fresh produce July 14th at the Hedley Farmers Market. Doe sells, among other things, her own specially-blended Comfrey Plus Salve, good for cuts, burns and skin abrasions. Photo: Arlene Arlow

Grist Mill hosts Theatre Camp

The theme of this year's theatre camp held at the Keremeos Grist Mill and Gardens is Words Out Aloud, poetry to performance.

Similkameen Family Literacy presents its 7th annual end of school summer holidays theatre camp for five mornings, August 19 to 23.

In 2012 the camp produced cos-

tume pieces in a fractured fairy tale model and in 2011 box theatre presentations were given in mini-stages fashioned from huge cardboard appliance boxes. Sessions have included voice and movement exercises for young actors as well as some puppet theatre.

Parents of youngsters ages 6 to 12 years are invited to register for Words Aloud by calling Similkameen Family Literacy at 250-499-2352 Monday to Friday 8:00 AM to 12 Noon.

Registration deadline is August 9th. There are just 16 spaces. Parent and Teen volunteers are invited to be involved with the program in support of the younger participants.

Materials are supplied. All participants need to wear loose clothing

and running shoes and bring water and a sun hat. There will be a mid-morning snack.

Funding for the program is made available through BC Gaming Proceeds.

The focus for the morning camp will be words in rhythm and connecting words to a story line in an individual and a teamwork model. The result, a performance!

As with previous years the morning will include the fun of focused work with coaching in language and presentation as well as plenty of physical activity in theatre games and run-around open field games.

An end of week performance by the young players is given at 11:00 AM, Friday, August 23rd outside the Grist Mill Tea Room. -submitted

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And what do we have here? The platform built for the express use of birds east of Hedley is definitely appreciated - by this bird. Check it out the next time you drive through Hedley. It is just east of the former pub along Highway 3. Photo: Arlene Arlow

Jam For The Valley

In Support of India's Kids - Living Water Church



Alan K. Parsons performed during Jam for the Valley July 20th. *



Lydia Carter played her violin during the Jam for the Valley concert. *



Patty Harrower was a featured performer July 20th at Jam for the Valley. *



Jason Gasparotto helped organize the Jam for the Valley concert July 20th. *



The Jam for the Valley concert held at Living Water Church was a fundraiser in support of India's Kids and collected donations from the sale of hamburgers and drinks. *



Two big tents filled the parking area behind Living Water Church July 20th. One for performers (above) and one for spectators. The shade was a welcome additional to the hot afternoon. *

Brenda Crawford



brenda@bcland.net
(250) 295-8182

April Earle



april@bcland.net
(250) 295-5346

Sandra Simpson



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459 Corina Avenue



This family home is located in an established residential neighborhood. 4 bedroom and 2 full baths, 1 block from John Allison Elementary School. Lovely open living and dining room with new windows and patio door. Main bath is new, bright and clean, and features a deep soaker tub. Lots of space to expand on the lower level. MLS®142180 \$225,000

332 Fenchurch Avenue



This 3 bedroom, 3 bath house is the perfect place to call home. Located on the second bench in a family friendly neighbourhood, this house features new carpeting, fresh paint and a new basement. Fully renovated in the last six months, the basement features a rec room for the kids, a family room with a wood burning fireplace. MLS®142674 \$265,000

125 Tipton Avenue



First time offered for sale! Lots of possibilities with this home zoned RM4, in town with upper 2 bedroom suite. Remodelled from the inside out, it is one you have to see to appreciate the work done. 2 bedrooms on the main, freshly remodelled bathroom, spacious kitchen with tons of storage. Screened in porch for enjoying the outdoors anytime. MLS®143919 \$339,000

237 The Ridgeway



Immaculate view home on 3rd bench area, walk to school, hospital, and shopping! This perfect family home is 2 story, 2760 sq.ft. 4 bedrooms, 3 baths, large rec room in basement with gas fireplace so everyone has a place to call their own. Main floor is an open plan formal dining/living area also with gas fireplace and oversized windows. MLS®144407 \$359,900

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283 Vernon Avenue



One of the most unique homes in Princeton! This remodeled character home has it all! Originally built as a Nurses Residence in 1937, it was built to last and it shows. A stunning kitchen with granite counter tops, slate backsplash, stainless appliances opens into spacious eating area with windows all around. MLS®143597 \$397,000

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