# Similkameen INCLUDES GSTI

Volume 17 Issue 26 #841 ISSN 1712-090X

Tuesday, July 1, 2014

Canada We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.



See beautiful cars, great people (like Christine and Mike) at the Show 'N' Shine! Fletcher welcomes all exhibitors to Princeton!

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Young calf ropers show determination, style and perfect execution as they take their turns in front of the grandstand during the Little Britches Rodeo June 28th at Princeton Fairgrounds. \*

# Racing Days weekend still worthwhile

Princeton Racing Days without sanctioned horse racing still went off without skipping a beat.

The Rotary Club Parade launched the weekend on Friday night (June 27) and was followed by the annual Youth Ambassador Coronation which saw Alex Burke selected 2014 Princeton Youth Ambassador and Friendship Ambassador with Kassidy McCutcheon named Vice Ambassador.

Saturday's events included a pancake breakfast, Little Britches Rodeo, Logger Sports and a number of events held at Princeton Fairgrounds along with the annual Mixed Golf Tournament at Princeton Golf Club.

Racing Days President Karrie Crucil was enthusiastic and upbeat about what the weekend can become when the News Leader spoke with her.

Little Britches organizing committee member Jamie Payton was as encouraged about how the weekend of events can grow into something bigger to attract families to the area.

# Agricultural Fall Fair plans move ahead

10:00 AM and close at 5:00 PM on

Saturday, then open at 9:00 AM on

Sunday and close at 3:00 PM fol-

The Fair Board met June 24 to solidify plans for the 49th annual Fall Fair to be held September 6 and 7 this year. The exhibitors' booklet should be available next month. Sponsors of the fair have been generous this year, helping to pay for children's activities.

Not many vendors have signed up to date. Anyone wishing a booth or ground space at the fair needs to make arrangements by calling 250-293-1103 for a vendor form. Commercial booths must pay a fee, information booths are available at

no charge.

This year, designated smoking areas will be enforced. Smoking is not permitted in some areas, particularly the grandstand. Persons wishing to smoke will be directed to the refreshment garden.

An "open" stage will be available at the fair. Any individual or group wishing to display their musical talents is invited to participate.

The fair begins with a pancake breakfast on Saturday morning, with an official opening at 11:00 AM. Exhibits buildings will open at

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lowed by the box auction of goods donated by exhibitors.

Shirley Freding, owner of Shirley's Arts & Crafts, has prepared a mural which will be on display on Saturday afternoons at Veterans Square during the summer.

This mural is only partially painted. If you would like to add something to the painting, go to the Square and paint an animal into the mural (outlines provided).

A new category has been added: Rose's Crazy Cookies. Use your imagination and come up with some kind of crazy cookie, maybe a monster cookie or a cookie that looks like a fish, or a castle or something you would not normally think of as a cookie.

Another new category is a gift basket contest called "What's in your Basket?" The idea is to fill a basket with things you created - it could be a basket of baking, jams and jellies, things from your garden, or a mix of things. You do not have to give the basket away, just display it for a chance at a \$50 prize.

Members took time to remember Maryanne Woodford, a great Fall Fair volunteer for decades. Members agreed to honour her memory by naming the award for top exhibitor the Maryanne Woodford Memorial Award.

There are many attractions planned for children, but one attraction will draw people of all ages: the dunk tank. The Fair Board is pleased to announce the Princeton Secondary School Senior Band will be operating the dunk tank during the fair. They are working to earn money for a band trip to be taken next year.

Wayne Hooper Sr. has volunteered

to run a bingo during the fair. He will be using new bingo equipment donated to the fair by the Elks Lodge. This donation is much appreciated. Wayne could use some help during the fair. Volunteers would be appreciated.

The next meeting of the Fair Board is July 22 at 6:30 PM at the fair-grounds office.

### HAPPY CANADA DAY!



Similkameen News Leader Bengel Publishing Inc.



### 2014 Princeton Rotary Parade Winners

Business Category
1st - Cooper's Foods 2nd - Ridgewood Lodge 3rd - Museum
Children (Bikes, Floats)
1st - Girl Guides 2nd - Family Place
Horse & Rider
1st - Racing Days 2nd - Sarah Houlden 3rd - Pat Loes
Floats/Decorated Cars
1st - Kokanees 2nd - New Beginnings 3rd - Shriners

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### NOTICE OF PUBLIC HEARING

Official Community Plan & Zoning Amendment Electoral Area 'H'

Date: Time: Location: Thursday, July 15, 2014 7:00 PM

Riverside Centre, Lounge Area 148 Old Hedley Road, Princeton

PURPOSE: to undertake a number of textual housekeeping amendments to the Electoral Area 'H' Official Community Plan (OCP) Bylaw No. 2497, 2012, and Zoning Bylaw No. 2498, 2012.

Between 2009 and 2012, the Regional District undertook a formal review of the Electoral Area 14' Official Community Plan (OCP) and Zoning Bylaws and new bylaws were subsequently adopted by the Regional District at its meeting of April 18. 2013.

Through the day-to-day use and application of these bylaws over the preceding year, a number of potential amendments have been identified and which would address and/or clarify such things as typographical errors, omissions, etc.

The amendment bylaws also propose to re-introduce residential and commercial uses at Headwater Lakes in accordance with what is currently permitted by existing Crown land leases.

Amendment Bylaw No. 2497.03, 2014: proposes to amend the Electoral Area H' Official Community Plan (OCP) Bylaw No. 2497, 2012.

Amendment Bylaw No. 2498.04, 2014: proposes to amend the Electoral Area H' Zoning Bylaw No. 2497, 2012.

VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AT:

Regional District of Okanagan-Similkameen 101 Martin Street, Penticton, BC on weekdays (excluding statutory holidays) between the hours of 8:30 AM to 4:30 PM

Anyone who considers themselves affected by the proposed bylaw amendments can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw. No. 2497.03 and 2498.04, c/o Regional District of Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT DEVELOPMENT SERVICES:

Telephone: 250-490-4107 Fax: 250-492-0063 e-mail: planning@rdos.bc.ca Web: www.rdos.bc.ca

Donna Butler, MCIP Manager of Development Services Chief Administrative Officer



Princeton Legion hosted their annual Open House featuring a free barbeque on June 27th. Cliff Glover was manning the grill when we stopped by for burgers. They also provided tours of the facility to anyone interested in checking it out. \*

The grade 12 school award winners, as distributed at ceremonies as PSS is unable to have a school award ceremony this year are as fol-

Citizenship: Tierra McIvor (for First Nations Dinner preparations), Hayden Riel (for mentorship on camping trip with Grade 7s), Chance Clarke (for help in the cafeteria), Destiny Earle (for Leadership contributions), Zach Jwaszko (for being a volunteer Teaching Assistant), Leigh Grenier (for using his own time in end of year Art Room clean-

Leadership: Greyson Antonick, Hayley Barbeler (for the winter formal), Shania Bertucci, Carmen Brodie (for the pancake breakfast), Carver Carrat, Destiny Earle, Kendra Hill, Jennifer Hilton, Logan Littlejohn, Jeannine McIntosh, Hayden Riel, Hillary Riel, Layne Robillard (for Who Dunnit?), Andrew Silbernagel, Morgan Whelpton.

Outstanding Leadership: Shania Bertucci, Carmen Brodie, Destiny Earle, Hillary Riel, Layne Robillard Outstanding Achievement as a First Nations student: Tierra McIvor, Carver Carrat

Academic Excellence in:

Apprenticeship & Workplace Mathematics 11: Tierra McIvor

Foundations of Mathematics 12: Kassandra Montgomery

Pre-Calculus 12: Silbernagel

Biology 12: Destiny Earle, Carmen Brodie. Top Academic in Biology 12 to Alyssa Leiding.

Chemistry 12: Top Academic to Andrew Silbernagel

Communications 12: Quinn Murray English 12 (Semester 1): Hillary Riel, Andrew Silbernagel, Alyssa Leiding

English 12 (Year Long): Kassandra Montgomery, Layne Robillard Outstanding Achievement Ceramics 12: Tierra McIvor and ... continued on Page 3



# Flip Of The Coyne

### by Spencer Coyne

As we were driving home from the parade Friday night my son wanted to know if there was another parade the next night. I had to break to the news to him that there wasn't. A short time later he said, "Dad, I want another parade tomorrow. It was so much fun." I guess you could say the parade was a hit. I want to thank all the hard working volunteers who make the parade happen each year. Tomorrow begins the racing day weekend, and even though there were some changes to the original racing days format, our community's tireless volunteers saved the weekend and have brought in a weekend packed with fun and entertainment for the community. Thank you again to our volunteers.

Our community has been blessed for many years to have our volunteers. Their hard work and dedication to our community bring us so many of our beloved events: Racing Days, Rodeo, Fall Fair, the Parade, Family Day, the Traditional Music Festival, Halloween family night, and so many more. And let's not forget about Minor Ball, Hockey, Soccer, the Trans Canada Trail/Vermilion Trails, China Ridge Trails the PXA, Rotary, Museum,

and so many more. Our community depends on these hard working individuals who take time away from their families to provide us with so much.

I am writing this before the Racing Days activities really kick off, but I can tell you that the organizers have worked super hard on saving the weekend and bringing a whole new format to the weekend so our families can have an exciting and fun time. I am sure that the weekend will be a hit. If you have enjoyed one of these great events, facilities or benefited from something one of our volunteer groups have done in our community, make sure you thank them. They pour their hearts and souls into bringing us all these great memories.

I know my family loves all the hard work that our volunteers do. As my kids get older we attend more functions and our oldest looks forward to attending the events the same way I did when I was growing up. I remember riding my bike to town to meet up with friends so we could watch the parade, or spend the day up at the Fall Fair, and I can already see my son doing the same when he is old enough. Although the volunteers have come and gone, others have filled the shoes and because of this community spirit our community events continue.

By the time you read this the Canada Day weekend will be over but there will be other events soon and I urge you all to attend them, enjoy them and maybe volunteer to help out at them. Our volunteers are always looking to fill their ranks because, while they are dedicated and tireless, they could always use a few more hands to get the job

done. It could be from helping out at the Museum or joining the Fire Department to helping at the Traditional Music Festival or the Fall Fair. Join Rotary, the PXA, Rodeo, Racing Days, Fall Fair, Museum, Chamber of Commerce, Ball or Soccer. There is always a community group that could use another body.

Thank you so much to all of our hard working volunteers. Thank you for your dedication to our community. Thank you for your spirit and the time you give away from your family. Thank you for being the heart and soul of the community. Without all of you our community would be a very boring place to live we would have no art, no music, no fairs, parades, no fire department or community gatherings. We would have no culture or identity. Thank you.

William.

# PSS announces award winners

...... continued from Page 2
Trista Draeger

Outstanding Achievement in Drama 12: Hillary Riel, Layne Robillard Outstanding Achievement in Senior Metalwork: Chance Clarke

Outstanding Achievement in Senior Foods: Tierra McIvor

Outstanding Achievement in Photography 12: Kassandra Montgomery

Outstanding Achievement in Law

12: Andrew Silbernagel

Overall Excellence in Senior

Vocational Classes (The Haker

Memorial Award): Chance Clarke

Top Academic Grade 12 student 
Currently tied between Kassandra

Montgomery and Alyssa Leiding.

Top student will be determined when

provincial exam marks are available.

Top academic contenders 
Destiny Early, Andrew Silbernagel,

Hillary Riel





# News Leader Leader

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

# My Turn...

### Sir Spamalot?

July 1st not only marked Canada Day this week, it also was the day when Canada's Anti-Spam Legislation kicked into gear. The thrust behind the plan is to protect Canadian consumers from finding their inbox filled with unsolicited e-mail.

I for one am glad to see that.

I wish I was exaggerating when I say this, but between three e-mail addresses I use regularly for work I get anywhere from 200 to 300 e-mails a day. You read that correctly, those figures are daily amounts. On weekends it is higher. Each morning I can spend an hour or so just weeding through e-mails.

The sad part is that the majority of that electronic mail traffic is what would be considered 'spam' or blanket e-mails sent to every single newspaper across Canada with hopes that someone will open it and decide to publish an article on the plight currently faced by sponge fishermen in Newfoundland. You get the idea. Most of what I receive has little, if any significance, to the Similkameen Valley.

I used to try to cut down on the amount of junk I receive in e-mails by 'unsubscribing' to some of it, but I found that some of the sources got wise and carefully hid the unsubscribe option.

Now the Anti-Spam Legislation will solve that problem for me. In the past week I've had a handful of panicky e-mails from places asking me to continue to accept their flood of generic e-mails. For some reason I haven't responded to any of those.

What I find interesting about this whole situation is that the Federal Government will crack down on electronic junk mail but considers the junk mail you receive in your physical mailbox something they like to call AdMail.

C'mon. It's the same thing, unsolicited items targeted at consumers. I see no difference but don't expect to see any changes to the amount of AdMail I receive.

In fact, since some of that junk will no longer fill my inbox on the computer, will that mean it'll start to fill my physical mailbox with junk mail?

I seriously hope not because if that is the case it's time the 'feds' took a look at telemarketing and the businesses that send blanket faxes for a fee. We don't get many of those at our office, but I do expect to see an increase.

In the overall scheme of things I don't mind spam in my inbox. I could do without the high volume, but it isn't hard for me to scroll through them with a finger firmly positioned above the delete button. Sadly, I can't do that with AdMail.



### EDITORIAL GUIDE

We would like you to write to us, but please remainder to abide by artidiscrimination laws. The hains Loader reserves the right to refuse to print any letter which is not signed by the water or is standarded, it belows or of uncoramon senset the Editor reserves the right to condenue any letter or to substitute proper language for improper language.





Members of Town Council and Town Staff are dressed for work and ready to get dirty making Princeton a better place for residents and business in this entry in the annual Rotary Club Racing Days Parade June 27th. Photo: Bob Marsh

# ... Your Turn

### **Letters and E-Mails Received This Past Week**

To The Editor:

Keep, the Similkameen River Free Flowing!

If you missed the Forum on Rivers on June 5th, then, you missed some very important information. The comments of one of the speakers, Ken Farquharson, are worth repeating and considering. What he had to say is crucial to the survival of the Similkameen River as a free flowing river.

Farquharson is a professional engineer who worked on the construction of the Mica Dam and at the same time he was engaged in the Columbia Treaty Dams. He is the co-founder of ORC (Outdoor Recreation Council of BC) and the Sierra Club of BC. He worked with local interests to oppose the Shanker's Bend Project which would have flooded the lower Similkameen Valley as far as Cawston and worked to stop the flooding of the Skagit Valley.

The Similkameen River is a free

flowing river, one of three in BC. We need to put a high value on our remaining free flowing rivers. The Similkameen is also an international river, two of its tributaries start in the US and it eventually flows into Washington State and joins the Columbia. Hence, it is part of the Columbia River Basin.

Proposals for dams on the Similkameen have been numerous, starting in 1920 until the present. Development never occurred because essentially the idea (power generation) was not feasible, but now the reason is different. It is all about the water storage, and this is how Fortis Generation hopes to make its profit. Forget flood control and power generation, the new focus is DOWNSTREAM BENE-FTTS!

Fortis has already approached Washington State Department of Ecology for a contract whereby they would conduct a feasibility study on the storage and release of water that would benefit American interests, and the Department of Ecology has allotted Fortis \$1.6 million dollars to conduct this study.

American agricultural interests stand to gain big time. None of these benefits, however, are for the people of BC. Fortis will control the river and every time Washington or Oregon needs water, it will be released from the dam on the Similkameen working in conjunction with the Enloe Dam located between Nighthawk and Oroville.

What might you ask is the provincial government doing? Apparently, nothing.

It has taken no interest not even on Downstream Benefits! It took no action in the Shanker's Bend Affair and appears to be taking the same sort of attitude toward this project.

The question begs to be asked, "How can a Canadian company control a Canadian River, a CROWN RESOURCE, and negotiate with a foreign country without the provincial government involvement? How can we as citizens allow this to happen? There is a need for action!

 Friends of the Similkameen-West (FOS-W).



**PrincetonBCNews** 

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# **Current Comment**

### What Do You Fear?



Dawn Johnson editor@thenewsleader.ca

An elderly couple living in a local rural area several years ago kept two loaded rifles in their house at all times, and if a stranger came to their door, a loaded rifle was within arms reach. This couple was among my family members, and I thought two old people, one nearly blind and the other needing a cane to walk, were a hazard to themselves and others. I tried to persuade them to leave the rifles unloaded and locked up. They were adamant they had to be alert and protect themselves at all times, but especially after dark.

Why did they fear strangers coming to their door? They told me about home invasions of elderly people. They had seen it more than once on television, and they saw it as a real threat.

I agreed they should be cautious about who they welcomed into their home, but assured them it was highly unlikely they would be assaulted in their home. Nonetheless, they believed the television news reports, and they were scared.

Television news reports tell us about the rare events. If home invasions of elderly people are reported six times a year, they are likely to be reports from far and wide across our country. To live in an armed camp, afraid of any stranger who comes to your door, is an example of how the major media feeds our fears.

The combined homicide and attempted murder rate last year in Canada was 2 per 100,000 residents. If you live in Nunavit or Northwest Territory, the rate is much higher, 15 per 100,000.

You are more likely to die in a motor vehicle accident than in a homicide, unless you live in Saskatchewan. I don't know why they have a much higher rate of motor vehicle deaths than the rest of Canada. The average rate of motor vehicle deaths was 6.5 per 100,000 in 2010, a fairly consistent rate.

If you have a death in the family from other than old age and disease, it is more likely to be from suicide, if you look at the national average of 11 per 100,000. In other words, if you look at the statistics, you are more likely to kill yourself than be killed by anybody else. This is especially true if you live in Nunavit or Northwest Territory. It is even more likely if you are between the ages of 40 and 49. The highest rate of suicide in Canada is among men over 80 years old.

# PXA reviews situation The Town of Princeton is workbeen paid. He told members how important it is to present the present

The Town of Princeton is working with Princeton Exhibition Association (PXA) to provide funds to meet PXA needs for 2014. Walt Halipchuk was appointed Chair of the Budget Committee to prepare a review of income and expenses in order to prepare a 2015 budget to present to Town Council. This year's expenses include some outstanding commitments for completion of the grandstand project. No new projects will be undertaken this year.

A steel silhouette of John Bey was shown to members. This silhouette was created to join those of Stan Thompson and Peter Ruoss on the Memory Wall at the fairgrounds. The silhouette was unveiled by members of the Bey family on June 28.

PXA President Paul Bedard shared his concerns about problems arising from people placing horses in stalls without informing him. Bedard said the horses simply arrive and leave without notice, and no rental dues have

State of the Contract

been paid. He told members how important it is to respect the need to keep the Barn Boss informed.

An ongoing problem has continued, despite notices posted in the barn area: dogs are running loose, and at least one dog has caused a problem with horses. It was noted that it is against the law for a dog to chase or harass livestock. All dogs entering the fairgrounds must be confined or be on a leash.

Reports of ATV's operating within the fairgrounds property is another concern. No unauthorized vehicles are permitted on the grounds and such vehicles are subject to trespass laws.

Princeton Lions Club has had a shipping container on the fair-grounds to be used as a storage facility. The club is folding and has donated the container to the PXA, effective in July. The PXA is pleased to accept the donation and will use it to store Halloween equipment. Another local group has asked to share the storage space and this request is under

consideration.

The reason so few people worry about suicide rather than homicide is due to the fact that suicides are generally not reported on television news unless the suicide victim is famous. Otherwise, it is not reported to the news media by police and is regarded as a family tragedy but is not regarded as news.

If the news media reported the highest rate of suicide was among men over 80 and anybody in their forties, and if the news media reported the highest homicide and suicide rates are in the far north, would our perspective change?

The news media recently reported a few facts about a horrible crime child sexual exploitation. Those who appear in court, some 34 of them in British Columbia, will have their names made public. When those court appearances flood the television news, will parents become more fearful? I expect they will, and they will be far more vigilant about who associates with their children. However, those people indulging in sexual exploitation of children have been doing this for years, in secret for the most part. Exposing this activity on television news will seem to make it more real, and more to be feared, although it was there all the time.

We have to be careful about what we fear. We need to be cautious of what is likely the greatest threat to us, not the fear generated by a few sensational news reports. Just because a school bus crashed in Wisconsin does not mean your child should not ride in a school bus. Just because 86 people died in a train crash in India does not mean you should never ride on a train. The news media, particularly television news, throws tragedies at us daily, tells us every crime committed, including crimes committed against animals.

Developing a sensible perspective is important. We need to remember that 99,998 out of 100,000 residents were not murdered nor did anyone attempt to murder them. We need to remember that 99,993 out of 100,000 Canadians did not die in a motor vehicle accident. We need to remember that only 34 out of British Columbia's three million residents have been identified as sexual exploiters of children. The fact is this: most Canadians are decent, law-abiding citizens who try hard to do the right thing. We live in a nation where we have little to fear.

A Comment

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Sunday Service 9:30 AM Pastor Graham Gore (250) 292-8444

### AND NOW...A LITTLE GOOD NEWS!

"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28

# Lower Valley News

Keremeos - Cawston - Olalla



Landfills aren't just a "guy thing." This couple was making the best of a sunny afternoon to drop off yard and garden waste at the Keremeos landfill on the afternoon of June 21st.

There are over a dozen marked zones to drop off your garbage. For example, 'Tires With Rims' are sorted separately from 'Tires Only' and 'Clean Wood Waste' is deposited separate from 'Clean Stumps.' Some garbage can be dropped off free-of-charge: TV's can be left for free but TV's in wooden cabinets will cost you. Photo: Arlene Arlow

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# News Leader

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# **RDOS receives Blue Water grant**

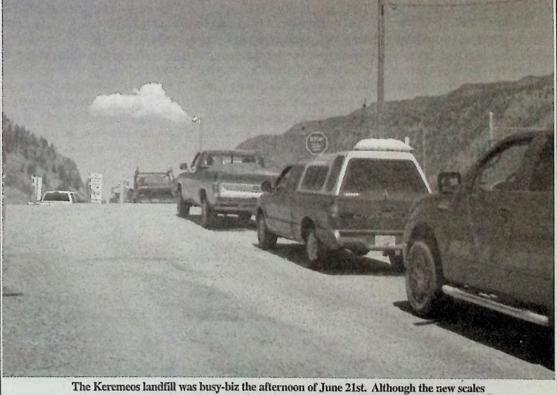
2014 RBC Blue Water Project donated \$90,000 to the Regional District of Okanagan-Similkameen for valley-wide water conservation projects.

"Water is one of the most precious resources on earth. Everything we do depends on it - it is vital to our social and economic well-being," said Gord Nixon, CEO, RBC. "We are honoured to support the important efforts of this year's grant recipients, whose programs reflect our new focus on water issues in urbanized areas, where so many of our employees and clients live and work. I am confident that these organizations will help create a future with swimmable, drinkable and fishable water."

In BC, of the 15 organizations

receiving funds, the Regional District Okanagan Similkameen (RDOS) come out with the lion's share of grant dollars. The RDOS was encouraged and supported in their grant application by the Okanagan Basin Water Board (OBWB), and both the North and Central Regional Districts.

"The RBC Blue Water Project is a continued on Page 19



The Keremeos landfill was busy-biz the afternoon of June 21st. Although the new scales at the facility cause intermittent delays as the incoming and outgoing vehicles are weighed, the scales make the job of managing the facility more efficient. Photo: Arlene Arlow



Saddles 'n' Spurs

### by Pastor George Donovan

Don was a city cop that I had met some years before moving to 100 Mile House and he was a city man through and through.

While visiting me on the ranch we decided to go for a good long walk. It was early evening and we went beyond our ranch onto the adjacent ranch and came out of the bushes into a huge meadow. We were walking along when we spotted a herd of horses off to our right. There were about fifteen of them but about half

# Living Past 100

### Curry Contains A Natural Cure

The ancient medical traditions of India include foods that make you healthier. Today, medical research confirms the traditional knowledge. One of the traditional foods of India is curry, and one of the spices in curry is turmeric. This spice contains a substance called curcumin, a substance now known to be just as effective as drugs for treating a number of diseases.

Eating curried foods is healthy. Putting turmeric into sauces is healthy. While many of us may not know much about how to make a curried dish or how to use turmeric, this information is easy to find.

India is known to have a very low rate of cancer. Curcumin is known to prevent colon cancer and is highly effective in the treatment of colon cancer. As always, prevention is better than the cure, so find out about how to prepare curried foods.

Curry is a combination of spices generally used in meat dishes, but often used to spice up fish dishes and vegetable treats such as samosas. Mild curry is just as effective as hot curry when you seek health, because it is not the hot peppers that prevent disease, it is the turmeric with its special compound substance, curcumin.

Curcumin is an effective blood thinner, and works as effectively as many drugs in treating inflammation. Curcumin is excellent for anyone with diabetes as it helps in glucose uptake.' Curcumin is good for preventing arterial plaque build-up because it makes blood platelets less sticky.

In one study, curcumin was effective in treating depression. It was found to be just as effective as two major anti-depressant medications, and without undesirable side effects.

If you were to use curcumin in place of prescription medications, you would need to go to the research to find out how much you should take. You can likely find this on internet, or you could go to a specialist in natural med-

If you simply want to learn to cook good curried foods, there are plenty of cookbooks about the foods of India, and there are many recipes on internet. If you and your family are not accustomed to curried foods, try some sim-

Don had never had anything to do with horses at all and horses, as curious as they are, spotted us about the same time that we saw them. They all spun around and were watching us as we continued on our way and then took off toward us at a full gallop sending up a dust cloud behind them.

Don was terrified!

He ran behind me as quickly as he could, wrapped his arms around my shoulders and tried to jump on my back thinking perhaps I was going to

He said, "They're gonna kill us!"

I said, "Just stand here and wait, when they get about fifty yards from us, they'll slam on their brakes and turn away because we're not running away!"

This tough cop walks through the worst dark alleys and ugly places in Vancouver and he's afraid of horses? Mind you, he usually packs a gun! Just as I said, the horses got about one hundred feet from us, came to a full stop snorting and turned away. He felt safe then and headed into the trees and back to the ranch.

It was starting to get dark and I heard a deer take off jumping through the woods and once again, he climbed on my back to rescue and protect him! Would you believe it!

continued Next Week

OR YOU WOULDN'T **BE READING THIS!** Similkameen News Leader 250.295.4149



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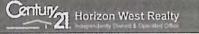
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Similkameen News Leader TV Guide Listings - July 1 - 7, 2014



# Swim Club News

### Kokanee Swim Club

Another successful week for your Kokanee Summer Swim Club, recently the team participated in our annual Swim A Thon. With all laps combined our team swam 58km, that's like swimming all the way to Hedley and back. That is very impressive Kokanees, great work. We look forward to finding out how much we raised with all those lengths. Our team is very proud of everyone's hard work and dedication to make this yet again a very successful FUNdraiser for the club. Thank you to all the parents for cheering the kids on during this event, and for keeping track of all those laps.

Our Club swimmers of the week for June 9th-13th were: Turtles swimmer Payton Barth who is now swimming 5m on her own, Development swimmer Carter Heron who has been working hard on his breast stroke, and Junior/Senior swimmer Maddy

Fulton who has been doing every set with enthusiasm.

Our Club swimmers of the week for June 16-20 were; Turtles swimmer Paisley Wessel who is now jumping in on her own, Development swimmer Corben Van Genne who swam 3 turtle races at our last meet unassisted, and Junior/Senior swimmer Aidan Neilson who always has a smile on his face, and brings a great attitude to every practice. All of your hard work will pay off, congratulations and keep it up!

Princeton Kokanees were very successful in the Merritt Swim meet, we brought 34 swimmers to Merritt. Our team placed 4th overall, and our boys had a 3rd place overall finish. We had two aggregates; Nicholas Cimbaro (Bronze) and Owen Bartlett (Gold). We had three club records broken; Olivia Holloway 25m back, Ainsley Neilson 200IM, and Kate Bartlett

100Free. Kiaira Anderson broke 40sec in 50Free with 39.47 overall time. We had 42 top 5 finishes, and many first time breaststroke races.

June has been a busy month, but all the practice time and swim meets have helped boost momentum and team moral as we continue to break personal times, and improve on our strokes. Our Kokanees were off to Lumby on the weekend of June 21 and 22 to participate in their annual

Once again we invite the public to give our kids a high five when you see them, and show your support and acknowledge their hard work. Did you see our team float in the Rotary Parade on June 27th? We were very excited to have another team building opportunity in creating our float and looked forward to seeing our community while in our team gear.

Yet another busy week for our Kokanee swim club, as our team traveled to the Lumby Invitational on the weekend of June 21 and 22. Lumby was an awesome meet! So many best times once again, but we hard this past week, and is really

all know Kokanees are amazing at pulling off best times! Lacey Baird took 20sec off her time in the 50m freestyle, and Gilly Van Genne took 10sec off her 50 butterfly. The turtles stole the show this weekend, Olivia Holloway broke her third team record of the season in her 25m freestyle swim, Deacon Holloway swam in his first swim meet, Corben Van Genne and Tauren Baird both swam their first 50m relay race!! Our swimmers of the meet where both; Abbey Fulton with many personal best times and Colton Heron whose hard work and dedication is showing in his meet performances. Way to go Kokanees, we are proud of all of you once again.

The Kokanee Swimmers of the week are; turtles swimmer Avery Laidlaw, who has been swimming like a machine this past week and is swimming 10m unassisted. Development swimmer Jacob Williams has been working hard on his backstroke this past week, and is getting stronger every practice. Junior/Senior swimmer, Zoe Rytkonen has been training motivated to do every set and make every time count, keep up the hard work Kokanees!!

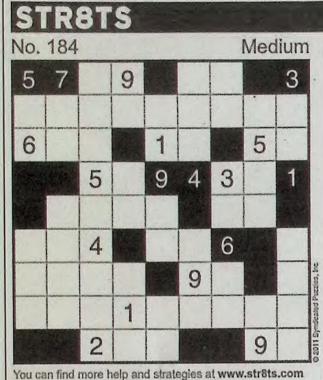
Congratulations to our swim a thon top 3 money earners, Addy Van Genne raising \$226.40, Gilly Van Genne \$218.00, and Zoe with \$164.00, great work girls!! Also Congratulations to Norm Anderson who swam 150 laps, and Graham Atkinson with 68 laps, that is amazing boys!!

Our swimmers are looking forward to participating in this year's Canada Day Parade, and we look forward to sharing photos from this event next week. Our team is also looking forward to their first weekend off in 4 weeks, this will allow these athletes a well-deserved rest so they can get ready for their next meet in Kamloops on the weekend of July 5 and 6 weekend. Thank you to everyone who has supported our team so far this year, we once again invite anyone interested in watching our team and/or anyone who wants to learn more about our club, to join us every weekday evening at the local Centennial Pool.



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# News Leader Str8ts



along with more puzzles, Apple apps and books.

Previous solution - Tough



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.

THIS WEEK'S **News Leader Str8ts** 

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

# Tuesday Movies

### MORNING

am FAM ch.26 'Halloweentown" (1998, Comedy-Drama) Debbie Reynolds. After learning she is a witch, a girl helps save a town full of other supernatural creatures. (In Stereo)

SPIKE ch.44 "Killer Elite" (2011, Action) Jason Statham. A formidable special-ops agent must cut his way through a team of assassins to rescue his kidnapped mentor. (In Stereo)

### **AFTERNOON**

1:00 pm SPIKE ch.44 "The Marine" (2006, Action) John Cena. A discharged soldier returns home from Iraq and finds that his wife has been kidnapped by the gang of a murderous thug. (In Stereo)
2:00 pm FAM ch.26
"Halloweentown High" (2004, Fantasy) Debbie Reynolds. Two

witches protect a group of students

from the legendary Knights of the Iron Dagger. (In Stereo) (CC) 3:00 pm SPIKE ch.44 "Crank: High Voltage" (2009, Action) Jason Statham. Powered by an artificial heart, Chev Chelois embarks on a frantic chase through Los Angeles to find the thief who stole his own, nearly indestructible, one. (In

5:00 pm SPIKE ch.44 "Die Hard With a Vengeance" (1995, Action) Bruce Willis, Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (In Stereo)

### **EVENING**

6:30 pm FAM ch.26 "Return to Halloweentown" (2006, Comedy) Sara Paxton. An 18-year-old witch must use magic to stop a devious plot to destroy Halloweentown. (In Stereo) (CC)

9:00 pm KNOW ch.5 "Under Our Skin" (2008, Documentary) Filmmaker Andy Abrahams Wilson examines how the healthcare system diagnoses and treats

Lyme disease. (CC) 10:00 pm SPIKE ch.44 "16 Blocks" (2006, Action) Bruce Willis. A boozy, world-weary NYPD cop must outwit rogue officers planning to kill a witness who is set to testify against them. (In Stereo) 11:00 pm WTBS ch.3 "Hardball" (2001, Drama) Keanu Reeves. A sports junkie agrees to coach Little League Baseball in Chicago in order to pay his gambling debts.

Classified Ads

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TUES	SDAY, JU	JLY 1,	2014
	WTBS	CHBC	KNOV
	ch.3	ch.4	ch.5

		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	DTOUI ch.45
	AM I	n the Heat	Morning	Wibbly Plg	Clifford	KHQ News	KREM 2	Criminal	Morning	Morning	Chet/Home	CBC News	Kld vs. Kat	2014	CTV Morn-	Highway	Stella-Sam	CityLine &C	Wildest Po-	Security
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	AM I	Law & Or-		G. Shrinks	Wild Kratts	Today Hay-	CBSThis	Criminal	Good Morn-		Chef/Home	Tiger	Super Evil	onships:		Licence to	Wizerds	Let's Make	Wildest Po-	Security
7		der; SVU		Wild Kratts	Wild Kratts	lie Duff; Little Big Town	Morning (N)	Minds O III	Ing America (N) 288		Chef/Home	Arthur 🖾	Sidekick	Women's Quarterfi-		Drill: Louis	Shake It	a Deal 30	lice Videos	Security
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8	PM :30	Family Guy	"Dressed to	Fallen (N)	Detectives	Got Talent	*Dressed to	Storage	Weight	*Dressed to	March Control of the Control		Haunting	Hockey	Goldbergs	Cut "Civil War"	Shake It	Tonight (N)		Security
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# Racing Days Weekend

### Something Going On All Over Town!



Princeton Friendship Ambassador Morgan Whelpton and Youth Ambassadors Destiny Earle and Carmen Brodie rode in their last parade together June 27th. \*



Here in Princeton we teach our volunteers at a very young age the importance of giving back to the community. Apparently the Fire Department does too! Photo: Bob Marsh



Mini Golf action from Princeton Fairgrounds. \*



Residents got a chance to bid a fond farewell to Dr. Eva during the June 27th Parade. \*



Did you see this double rainbow the evening of June 28th? \*



· · · What's a parade without horses and riders? Photo: Bob Marsh

# SO COUNTRY INTERNET RADIO

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This adult male Ruddy Duck was spotted last month at Wayne Lake near Princeton. The Ruddy Duck is a 'stiff-tailed' duck species which are attracted to marshy habitats to feed off seeds and roots of aquatic plants. Photo: Margaret Fraser

# Wednesday/Thursday

WEDNESDAY EVENING

11:00 pm WTBS ch.3 "The Heartbreak Kid" (2007, Comedy) Ben Stiller. After his new bride reveals her nasty nature, a man meets the woman who may be his real soul mate and tries to woo her.

THURSDAY EVENING

11:00 pm WTBS ch.3 "Lakeview Terrace" (2008, Suspense) Samuel L. Jackson. A police officer, the self-proclaimed watchdog of his neighborhood, becomes increasingly hostile toward the interracial couple next door





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7		Seinfeld O	ET Canada	Over the	Incred-	Wheel	Access H.	Blg Smo	The Insider	ET Canada	(N) O BE	"Cat Crazed"	Cache	SportsCen-	Big Bang	Afraid	Liv-Mad.	(N) 3E	Cops III	terparks ()
		Family Guy		Edge Indian Hill	With Joel	America's	Big Brother		The Middle	Big Brother	Brain-	Mercer	Vampire	tre (N) (Live)	So You	Overhaulin'	Girl Meets	CityNews-	Cops 20	Ghost
8		Family Guy	(N) O 100	Rallways	Fuhrman	Got Talent	(N) O 50	Duck D.	Goldbergs	(N) O 80	washed at	Gags	Haunting	red.	Think You	O RG	Shake It	Tonight (N)	Cops #0	Adventures
		Amer. Dad	Brain-	Handel	Secrets of	O ME	Criminal	(9:01) Wahl-	1000	Brain-	Rookio Blue	-	Haunting	Motoring	(N) (Live)	Car Hoards	Wingin' It	Jimmy	Cops 36	Xtreme Wa-
9	:30		washed ME	Celebration	the Dead O		Minds O	burgers 🛤	Goldbergs	washed Ito	nd (DVS)	Doyle O	Mr. Young	E:60 BC	160		Really Me	Kimmel	Cops Ito	terparks o
			Rookle Blue	Concert no	Rallway	(10:01) Taxl	CSI: Crime	Duck D.	Motive *Raw	Rookie Blue	News Hour	The	Gags	SportsCen-	Motive *Raw	Highway	Good Luck	Live (IV)	Jail 35	Coaster
10	:30	-	SE (DVS)		Journeys	Brooklyn	Scene	Duck D.	Dear o	IEC (DVS)	Final (N)	National	Gags	tre (N) 80	Deal' O	Thru Hell	Good Luck	Reviews on		Coaster
			CHBC News	Canada	Charlie	News	News	Duck D.	KXLY 4	News Hour	ET Canada	CBC News	Vampire	SportsCen-	News-Lisa	Naked and	Wizards		Jail 80	Ghost
2 -	PM	The Heart-	CUDO MEM	Cuttane.	Priming	1 . ACM	INCHES	Inden b.	I TOVEL 4	Inema Hom	CI Canada	Coc Herra	Vempire	Sportsoett	INCHA-FISH	recincu ariu	MILLERIUS	raid Flog.	Juli we	

12	-		-						10	esday, J	uly 1, 2	.014						- 1	iews L	Gau
THU	JRS	SDAY,	JULY 3	3, 2014																
		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	DTOU ch.4
6		In the Heat	Morning News (N) 33	Wibbly Pig Monkey	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds O Re	Morning	Morning News (N) 26	(5:00) Mom-	CBC News Now (N) O	Kid vs. Kat Almost	(5:00) 2014 Wimbledon	CTV Morn- Ing Live (N)	Mighty	Stella-Sam Wingin' It	CityLine (N) RII	Wildest Po-	Canadia Pickers
7		Law & Or- der: SVU		G. Shrinks Wild Kratts	Wild Kratts Wild Kratts	Today A blind kay- aker; beach	CBS This Morning (N)	Criminal Minds O 80	Good Morn- Ing America (N) 35			Tiger Arthur #4	Super Evil Sidekick	onships: Women's Semifinals.		Cold Water Cowboys	Wizards Shake It	Let's Make a Deal St	Wildest Po- lice Videos	Disaste
8		Law & Or- der: SVU		PAW Patrol Doozers	Curlous Cat in the	party. (N)		CSI: Miami			Morning Huntley St.	Bo On/Go Busytown	Pokémon Chucks	(N) (Live) 20		Highway Thru Heli	Shake It ANT Farm	The Price Is Right 39	Wildest Po- lice Videos	3rd Ro 3rd Ro
9	AM	Millionaire Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club () KC	CSI: Miami O 80	Livel Kelly and Michael	Morning Huntley St.	The Doc- tors O Ed	Super Whyl Napkin	Squirrel Squirrel		Livel Kelly and Michael	Mighty Planes "NOAA"	ANT Farm Good Luck	Jdg Judy Jdg Judy	Cops III	Friend
10	-	Divorce Divorce	The Doc-	Arthur O	Sesame Street O		The Price is Right 30	Criminal Minds () 30	The View	The Doc-	Museum Secrets O	Bookaboo	Spliced O Wayside	The second second	The View	Mayday Rg	Good Luck Austin	The Chew	Cops No	Resto
11	AM .	211000	Museum Secrets O	G. Shrinks	(EI) Tiger Sit & Be Fit	Jdg Judy Jdg Judy	Young & Restless	Criminal Minds () 30	Paid Prog.	Museum Secrets O	Noon News Hour (N)	The Nature of Things	Sidekick Super Evil	66 Nationals.	Marilyn Denis	Overhaulin'	Shake It	General Hospital	Cops NO	Extrer RVs 0
12	PM I		Noon News Hour (N)	PAW Patrol Dinosaura	Charlie Rose O 20	Paid Prog.	News	The First 48	1000000		Days of our Lives (N)	CBC News Now (N) O	Kid vs. Kat Almost	From Joliet,	CTV News (N) O 20	Car Hoards		(N) O Katle (N) O 20	Cops III	Muser
1	PM (	Community	Days of our Lives (N)	Maker	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital	Days of our Lives (N)	The Talk	Republic of	1000	Baseball Tonight (N)	The Social	Mighty Ships III		CityLine RG	Cops 80	3rd R
2	PM S	Service Control	The Talk	Dragon Ella the El	Thomas	Katle (N)	Let's Make a Deal 80	The First 48	(N) O Queen Latifah	The Talk	Queen Latifah	Steven and Chris 20	Waysldo	Off Record	Dr. Phil	Naked and Afraid	Good Luck	CityNews at 5 (N) 20	Cops III	Friend
3	PM		Queen Latifah	Rob Robot Dive, Olly	Tiger	Ellen DeGeneres	Dr. Phil	The First 48	Rachael Ray (N) 20	Queen Latifah	Young & Restless	Recipes	Sidekick	Interruption SportsCen- tre (N) 85	The Dr. Oz Show III	How/Made	Austin Good Luck	CityNews at 5 (N) 80	Cops MII	Priend
300	-	Mod Fam Blg Bang	Young & Restless	Jelly Jamm Maya Bee	Curlous	Show Jdg Judy	The Dr. Oz	The First 48		Young & Restless	Early News	Stefano Dragons' Den O 80		Hockey	Ellen DeGeneres	How/Made Megaspeed (N)		Mod Fam	Cops Rd	Pawn Cana
-		Blg Bang Browns	News (N) 80	Arthur O Martha	Wild Kratts News	Jdg Judy News	News	The First 48		Early News	Global Nat. (4:59) News	CBC News	Parents	Interruption CFL Pre	Show CTV News at Five (N)	Car Sharks	Jessie III Good Luck	Mod Fam Hell's Kitchen (N)	Cops III	Resto
5		Payno Browns	Global Nat.	Wild Kratts Canada:	Business PBS News-	NBC News	CBS News	The First 48	ABC News News at 6	Global Nat. (5:59) News	Hour (N)	CBC News	SpongeBob Thunder	CFL Foot- ball: Ottawa RedBlacks	CTV News	Car Sharks Overhaulin'	ANT Farm Dog	Pckge Deal	Cops to	Extre
6	-	Payne Mod Fam	News Ent	Over the Edge Planet	Hour (N) 80	Millionaire Jeopardyl	News at 6 (N) Inside Ed.	(N) O ZC Beyond	News Ent	Hour (N)	Ent Elementary	Coronation Mercer	Assembly Undercover	at Winnipeg Blue Bomb- ers. (N)	etalk (N)	Top 10 (N)  Overhaulin'	Good Luck Shake It	Seed O Murdoch	(N) O IIII	Hous
-		Seinfeld () Family Guy	ET Canada Engels	Earth 0 80	Women New Tricks	Wheel Hollywood	Access H. Big Bang	Scared Straight Beyond	The Insider Black Box	ET Canada Engels	O III Engels	Gags The Nature	Cook'd O Vampire	(Live) 80	Blg Bang Blg Bang	(N) O SE	Liv-Mad. Austin	Mysteries CityNews-	Cops III	Ghos
8	100	Family Guy Amer. Dad	The Millers (9:01) Big	Cities Young at	O GC Foyle's	Game Night Undateable	The Millers (9:01) Blg	Scared Straight (9:01) The	(N) A 20	The Millers (9:01) Blg	The Millers (9:01) Big	of Things Doc Zone	Haunting Haunting	SportsCen- tre (N) E0	Two Men Gang Re-	Car Sharks	Shake It Wingin'it	Tonight (N)	Cops III	Adve
9	:30	Amer. Dad	Brother (N)	Heart &c	War #0 Sherlock	Undateable	Brother 30	First 48 ac	"Wanting"  NY Med (N)	Brother (N)	Brother 30	III (DVS)	Mr. Young Gags	E:60 20 SportsCen-	lated (N) O	Car Sharks	Really Me	Kimmel Live (N) EP Daily	Cops IIII	Hous
10	:30	Jeffersons *Lakeview	O EC	What's That	Holmes Charlle	Standing News	O KC	First 48 0	O RC	O RD	Final (N)	National (N) ES CBC News	Gags	tre (N) RB SportsCen-	O News-Lisa	Top 10 Overhaulin'	Good Luck Wizards	Reviews on Paid Prog.		RVs
11			Final (N)	About?	Rose (N) ISS	J. Fallon	Letterman	Scared Straight	J. Kimmel	Final (N)	The Test	George S	Haunting	tre ad	CTV News	O tota	Life Derek	Pald Prog.	Cops 🖾	Adver
FRI	DA	Y, JUL	Y 4, 20	14										,						
		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	DTO
6			Morning News (N) 80	Wibbly Pig Monkey	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N) 80	(5:00) Morn Ing News (N)	Now (N) O	Kld vs. Kat Almost	(5:00) 2014 Wimbledon Champlon-	CTV Morn- ing Live (N)	Nervo Center	Stella-Sam Wingin' It	CityLine (N) 80	Bar Rescue	Picke
7		Law & Or- der: SVU		G. Shrinks Wild Kratts	Wild Kratts Wild Kratts	Today July Fourth; Ed Sheeran	CBS This Morning (N)	Dog	Good Morn- ing America Jason			Tiger Arthur E0	Yu-Gl-Ohl Digimon	ships: Men's Semifinals. (N) (Live) 22		Manufact. Manufact.	Wizards Shake It	Let's Make a Deal III	Bar Rescue	Disa
8		Law & Or- der: SVU		PAW Patrol Doozers	Curious Cat in the	performs. (N) A ISS		Dog the Bounty Hunter O 23	Derulo performs.		Morning Huntley St.	Bo On/Go (8:45) 2014	Pokémon Chucks			Pyros 🖾 (DVS)	Shake It ANT Farm	The Price Is Right (N)	Bar Rescue	3rd F
9	-	Millionaire Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg		The 700 Club O EC	indines vi	Livet Kelly and Michae	Morning Huntley St.	The Doc-	FIFA World Cup: First Quarterfinal	Nerds Squirrel		Livel Kelly and Michae	Mighty Planes "Trump"	ANT Farm Good Luck	Jdg Judy Jdg Judy	Movie: **%"Robin Hood"	Frier
10	AM	Divorce	The Dec-	Arthur O	Sesame Street ()		The Price is Right (N)	Bounty	The View	The Doc-	Museum Secrets O	Teams TBA	Spliced o		The View	Mayday 100	Good Luck Austin	The Chew	(2010, Adventure) Russell	Whe
11	AM	Judge Alex Judge Alex	Museum Secrets O	G. Shrinks	(EI) Tiger Sit & Be Fit	Jdg Judy Jdg Judy	Young & Restless	Dog the Bounty	Pald Prog.	Museum Secrets ()	Noon News Hour (N)	World Cup Steven and	Sidekick	BoxIng: Friday Night	Marilyn Denls	Megaspeed		General Hospital	Crowe, Cate Blanchett. O	
12	PM		Noon News Hour (N)	PAW Patrol Dinosaurs	Charlle Rose O 3d	Paid Prog.	News Bold	Dog the Bounty	The Chew	Noon News Hour (N)	Days of our Lives (N)	Chris 80	Cache	Fights. (Taped) 🖾	CTV News (N) O SO	Car Sharks	Next Step	(N) O Katie O ED	Repo	Muse
1	PM		Days of our Lives (N)	-	Antiques Scrapbook	Days of our Lives (N)		Criminal Minds O	General Hospital	Days of our Lives (N)	The Talk	World Cup: Second Quarterfinal	Cache	Baseball Tonight (N)	The Social	Overhaulin Top 10	-	CityLine III		3rd I
2	PM	Soinfeld O	The Talk	Ella the El	Thomas	Katle o 30	Let's Make a Deal st	Criminal Minds O ac	(N) O Queen Latifah	The Talk	Queen Letifah	Teams TBA (N)	Cache	Off Record	Dr. Phil	Overhaulin	Playlist	CityNews a	Repo	Frie
3	PM	The Middle	Queen Letifeh	Rob Robot Dive, Olly	Curious	Ellen DeGeneres	Dr. Phil	Criminal Minds O 80	Rachael Ray (N) 80	Queen Latifah	Young & Restless	Recipes	Cache	Top 10 SportsCen- tre (N) 80	The Dr. Oz Show III	How/Made	Jessie 80 Shake It	CityNews a		Disa
1	PM	Mod Fam Blg Bang	Young & Restless	Jelly Jamm Maya Bee	Arthur	Show Jdg Judy	The Dr. Oz	Criminal Minds O 30	The Doc-	Young & Restless	Early News	Stefano Dragons' Den O III	Cache Hathaways	CFL Football:	Ellen DeGeneres	How/Made Salvage Hunters 80	ANT Farm Shake It	Mod Fam	Repo	Can Pick
5	-	Big Bang Browns	Nows (N) at	Arthur O Martha	Wild Kratts News	Jdg Judy News	News	Criminal	News	Early News		CBC News	Thunder Assembly	BC Lions at Montreal Alouettes.	Show CTV News	Car Hoards	Wizards ANT Farm	Mod Fam The Carrie Diaries (N)	Repo	Trea
		Payne Browns	Global Nat.		PBS News-	NBC News News	CBS News	Criminal	ABC News News at 6	Global Nat. (5:59) News	Hour (N)	CBC News		(N) (Livo) and	CTV News	Mayday 80	Shake It ANT Farm	Once Won-	Repo Repo	Trea
6		Payne Mod Fam	News Ent	About?	Anthem	Millionalro Jeopardyl	News at 6 (N) Inside Ed.	Minds 20 Criminal	News Ent	Hour (N)	Ent Restoration	Coronation Mercer	Movle:	CFL	(N) A RO etalk (N)	Mayday EG	Shake It Jessie (N)	Mantracker	Repo Перо	Who
1	PM	Family Guy	ET Canada The Black-	New Tricks	A Capitol	Wheel Macy's	Access H. Undercover		Shark Tank	The Black-	Garage The Black-	FIFA World Cup Today (N) O III	"Knockout" (2011) Steve Austin. NO	Football: Hamilton Tiger-Cata	Blg Bang Shark Tank	Mayday @@	Movie: "Bunks" (2013) O 30	(N) CityNews-	Repa Вера	Atta Gho
	:30	Family Guy Amer, Dad	Hawali Five	(N) O RS - Miss Marple	Fourth (N Same-day	4th of July Fireworks Spectacu-	Boss 20 Hawali Five	Criminal Minds (9:01)		list O III Hawaii Five		]	Zolnk'di O	at Edmontor Eskimos. (N (Livo) IIII	O to	Mayday 80	"Bunks" (2013) 0 33	Tonight (N) Jimmy Kim	-	Adv
9	:30	Amer. Dad	O O SE Restoration	200	A Capitol Fourth	July Fire-	0 to till Sive	Criminal Minds (10:01)	You Do?	0000	O O NO News Hour		Splatalot Cook'd O	SportsCen-	Minds O	Car Hoards	Llv-Mad.	mel Live O		posi
10	:30	Jeffersons	Garage	Canada	Charlle	works	Bloods O bt	Criminal Minds		Garage News Hour	Final (N)	National (N) 20	Cache	tre (N) 80	Bloods O 80 News-Lisa	Mayday 80	"Beverly Hills Chihua	Davidson as	Bruce Willis Gary Old-	- Vaca Attac
11	:30	Movie: "Baby Boy"			Rose (N) 22			(11:01) Griminal Minds	J. Kimmei	Final (N)		Stampede	1	tre nd	CTV News	-	-	Paid Prog.	1000	Adver

# News Leader Weekend - Friday / Saturday Movies

### MORNING

9:00 am SPIKE ch.44 "Robin Hood" (2010, Adventure) Russell Crowe. In 13th-century England, a skilled archer and his men confront a despot in a local village and set out to prevent their homeland from erupting in civil war. (In Stereo)

### **EVENING**

7:00 pm YTV ch.18 "Knockout" (2011, Drama) Steve Austin. Premiere. A janitor and former amateur boxer trains a teenager for the most-important match of the

youth's life. (In Stereo) (CC) 7:30 pm FAM ch.26 "Bunks" (2013, Comedy) Dylan Schmid. Two troublemaking brothers accidentally unleash a curse that plagues their summer camp with zombies. (In Stereo) (CC)

9:00 pm SPIKE ch.44 "The Fifth Element" (1997, Science Fiction) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life

force. (In Stereo)
10:00 pm FAM ch.26 "Beverly
Hills Chihuahua 2" (2011,
Voices of Odette Yustman. Papi and Chloe's lives turn upside down when they have a litter of puppies. (In Stereo) (CC) 11:00 pm WTBS ch.3 "Baby Boy" (2001, Drama) Tyrese Gibson. A misguided 20-year-old juggles various women while dealing with two children and his mother's new boufriend boyfriend.

### MORNING

6:30 am SPIKE ch.44 "The Fifth Element" (1997, Science Fiction) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (In Stereo)

9:00 am WTBS ch.3 "The Benchwarmers" (2006, Comedy) David Spade. A millionaire helps three nerdy buddies form a base-ball team to compete against all the mean Little Leaguers. 9:30 am SPIKE ch.44 "The Fifth Element" (1997, Science Fiction)

Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (In Stereo)

11:00 am WTBS ch.3 "The Beaver" (2011, Drama) Mel Gibson. Following a failed suicide attempt, a deeply depressed toy executive communicates through a beaver puppet and tries to get his life back

### AFTERNOON

12:00 pm FAM ch.26 "16 Wishes" (2010, Comedy) Debby Ryan. The wishes of a teenager magically come true on her 16th birthday. (In

12:30 pm A&E ch.9 "We Were Soldiers" (2002, War) Mel Gibson. A lieutenant colonel and approximately 400 U.S. troops battle 2,000 North Vietnamese in 1965. (In

Stereo) (CC) 1:00 pm WTBS ch.3 "The Gift" (2000, Suspense) Cate Blanchett. Telling fortunes to support herself and her daughter, a psychic widow assists the police in a missing persons case.

3:00 pm A&E ch.9 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (In Stereo) (CC)

### **EVENING**

6:00 pm WTBS ch.3 "Red" (2010, Action) Bruce Willis. Retired CIA agents reassemble for survival after the agency sends assassins to silence them and the secrets they

CITY ch.29 "Flirting With Charisma Carpenter. A man falls for a mysterious woman who was involved with his late friend. (CC)

8:00 pm YTV ch.18 "Air Bud" (1997, Comedy-Drama) Michael Jeter. Premiere. Abandoned by a disagreeable clown, a golden retriever with a knack for basketball befriends a lonely boy. (In

Stereo) (CC)
DTOUR ch.45 "Conan the
Destroyer" (1984, Adventure)
Arnold Schwarzenegger. An evil queen wants Conan to fetch a jewel-encrusted horn that can awaken the dead. (In Stereo) (CC) 9:00 pm SPIKE ch.44 "Mission: Impossible III" (2006, Action) Tom Cruise. Now a trainer for IMF recruits, agent Ethan Hunt squares off against the toughest foe he has ever faced: a ruthless arms and information broker. (In Stereo)

10:00 pm WTBS ch.3 "Fair Game" (2010, Drama) Naomi Watts. Valerie Plame's life becomes frontpage news when someone leaks her status as a covert CIA operative after her husband, Joseph Wilson, wrote a controversial article for The

New York Times. FAM ch.26 "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs and a cooking contest in the same day. (In Stereo) (CC) DTOUR ch.45 "RoboCop" (1987, Science Fiction) Peter Weller.

Scientists use the mangled remains

of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC)

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# Vs Leader

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		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	DTOUR ch.45
6	AM	Pald Prog.	Ancestors	Wibbly Plg	Heartland	(5:00) Today	CBSThis	Criminal Minds	Pald Prog.	Ancestors	Saturday	Artzooka	Sidekick	2014 Wimbledon	Julcebox	Mayday 🚾	Slug Terra	Kitchen	Auction	Live Here
0	:30	Paid Prog.	Fishful	Rolle Polle	FlyTying	(N) O IIII	Morning	"Proof"	Pald Prog.	Fishful	Morning News Shane	Calgary	Super Evil	Champl-	O EEG.		Wingin' It	Panorama	Movie: ***	Pald Prog.
7	AM	Browns	Saturday	Ella the El	MotorWeek	KHQ Local	Lucky Dog	Criminal	Good	Saturday	Jones. (N)	Stampede (N) (Live)	Allen	onships: Women's		Airplane	Gravity	Eye/Asla	"The Fifth Element"	Treasure
-	:30	Atl. Eats	Morning News Lynn	Jelly Jamm	Greener	News Sat- urday 7AM	Dr. Chris	Minds O	Morning America	Morning News Lynn		SQ.	Nerds	Final.		Repo se	Wizards	Integration	(1997) Bruce Willis,	Treasure
8	AM	The Office	Colliar, Welsa	Upside	Woodsmith	(N) ED	Recipe	60 Seconds	Pald Prog.	Colliar, Welsa	1	1	Chucks	From the All-England	Canada AM	Mayday 80	ANT Farm	Polish - Studio 30	Gary Old-	Security
0	:30	Paid Prog.	Wong, & Jay	PAW Patrol	Rough Cut		J. Oliverr	to Sell 🕮	2014 FIFA	Wong, & Jay		(8:45) 2014	Rabblds	Lawn Tennis	Weekend		Shake It	Studioss	man. O	Security
0	AM	Movie: ★¼ "The Bench-	Janower, (N)	Magle Bus	Hometime		All In	60 Seconds	World Cup: Third	Janower. (N)	Fish'n	FIFA World Cup: Third	SpongeBob	and Croquet Club in	Denis	Bering Sea Gold EQ	Good Luck	Liquidator		Bord. Rico
9	:30	warmers"		Maya Bee	Old House	1	Changers	to Sell EE	Quarterfinal: Teams TBA.		Real Fish.	Quarterfinal: Teams TBA	Monsters	Wimbledon, England. (N)		Gold &C	Austín	Dark Side	Movie: ***	Bord, Rico
10	AM	(2006)	Fish'n	Wild Kratts	Old House	Pald Prog.	Pald Prog.	Wahlburg-	(N)	(N) Fish'n	Powerboat		Sanjay	(Live) &	SickKids	Mayday (CC)	Dog	Travels	The Fifth Element	America
10	:30		Real Fish.	Martha	Kitchen	Pald Prog.	Pald Prog.	ers o sa	Real Fish.	Driving TV		Bread		Founda- tion O		Jessie 🕮	Ed's Up	(1997) Bruce Willis,	Declassi- fled	
44	AM	Movie: **%	Powerboat	Marco Polo	Jazzy	2014 Tour	Whacked	Blg Smo	SportsCen-	Powerboat	Battle	Our	Chucks		Is Written	Mayday 30	Liv-Mad.	Shopping	Gary Old-	Castle
11	:30	"The Beaver" (2011,	Driving TV	Finding -	Martha	de France	Sports	Blg Smo	ter (N) ED	Driving TV	Castle	Vancouver (N) &C	BeyWar.		Corner Gas		I Didn't	Channel 20	man. O	Secrets
10	PM	Drama)	News Hour	Animals	Cook's	Motorcycle	PGA Tour		2014 Wimbledon Champi-	News Hour	PGA Tour	Mercer	Pokémon	CFL Foot-	SportsCentre () KS	Yukon Men				Security
12	:30		PGATour	Animals	Garden	Racing	Golf: Green brier Classic			PGA Tour	Golf: Green- brier Classic,	(12:45) 2014	Power	ball: Sas- katchewan		O EG	"16 Wishes" (2010)	Channel 30	Ways Dio	Security
4	PM		Golf: Green- brier Classic,	Parks	Antiques	World	Third Round (N) (Live) III	*** We Were	onships: Women's	Golf: Green- brier Classic	Third Round	FIFA World Cup: Fourth	Yu-Gl-Ohl	Roughriders at Toronto	The Social	Car Hoards		Paid Prog.	Ways Die	When
1	:30	"The Gift" (2000) Cate	Third Round. (N) 68	Parks	Roadshow	Series of Fighting 11:	(iv) (Live) as	Soldiers* (2002) Mel	Final. (N Same-day Tape)	Third Round	(14) (040) as	Quarterfinal: Teams TBA.	B-Daman	Argonauts.	0 30		Gravity	Pald Prog.	Ways Die	Vacations Attack
0	PM	Blanchett.	(14) 651.	Marine Ma-	Railway	Gaethje vs. Newell		Gibson. O		(14) 20		reams roa.	Cook'd ()	(N) @0	Canada's	Mayday 30	Phineas	Travels	Ways Die	Bord. Rico
2	:30				Journeys	Newell							Cook'd O		Worst Driver		ANT Farm	Ed's Up	Ways Die	Bord. Rico
0	PM	Community		Canada:	Globe Trek-	Chica	Pald Prog.	Movie: **	McCarver	Battle	Simpsons	National	Cook'd ()	Sports	Cash Cab	How/Made	Good Luck	CityNews	Ways Die	Disaster
3	:30	Community	Castle	Over the Edge	ker O	Noodle	Pald Prog.	"Walking Tali" (2004)	Pald Prog.	Castle	Simpsons	M'ketplace	Cook'd O	NASCAR	Celebrity	How/Made	Wizards	Weekends	Ways Die	Disaster
A	PM	King	Simpsons	Fatal In-	Steves	Justin	Access Hol-	The Rock, O	Pald Prog.	Simpsons	Simpsons	Mr. D O	Japanizi	Prerace	Celebrity	How/Made	Jessie 🖾	Out There	Ways Die	Security
4	:30	King	Simpsons	somnla 🖾	WA. Grown	Tree Fu	lywood (N)		Beer Geek	Simpsons	Global Nat.	FIFA World	Japanizi	NASCAR	Movie	How/Made	Dog	Out There	Ways Die	Security
pro-	PM	The Middle	Simpsons	Greatest	Last/Wine	News	News	Criminal	News	Simpsons	News Hour	(N) O EE	Japanizi	Racing: Sprint Cup:	etalk @	Overhaulin'	Shake It	Murdoch	Ways Die	Karma
5	:30	The Middle	Global Nat.	Cities	Wait	NBC News	CBS News	Minds O E	ABC News	Global Nat.	(N)		Japanizi	Coke Zero 400. (N)	Арр	O EE	Austin	Mysteries	Ways Die	Karma
~	PM	Movie: **	(5:59) News	Hope for	Lawrence	News	News	Criminal	News	(5:59) News	16x9 (N) 🕮		Assembly	(Live) EC	CTV News	Deadliest	Good Luck	Movle:	Ways Die	Ghost
6	:30	"Red" (2010) Bruce Willis.	Hour (N)	Wildlife NO	Welk	Jeopardyl	Pald Prog.	Minds O Ed	The Insider	Hour (N)			Undercover		(N) O E	Catch RE	Liv-Mad.	*Flirting With Danger*	Ways Die	Adventures
ang	, PM		16x9 (N) 🕮	Blue Holes:	Keep Up	Criminal	Burn Notice	Criminal	Entertain-	16x9 (N) 🖾	Dambusters		Cache		W5 0 E0	Chrome Un-	I Didn't	(2006) 🕮	Ways Die	Ghost
7	:30		1	Labyrinth	As Time	Minds O CC	E63	Minds O 80	ment Tonight		Fly Again ()	(N) O (Live)	Cook'd O		(DVS)	derground	ANT Farm	(DVS)	Ways Die	Adventures
-	PM	Family Guy	Dambusters	Heartbeat	Music of	Dateline	Bad	(8:02)	Bet on Your	PERSONAL PROPERTY AND ADDRESS OF THE PERSON		86	Movie:	SportsCen-	Neighbors	Close	Shake It	CityNews	Ways Dlo	Movie: **
8	:30	Family Guy	FL. Annin A A	O Ed	Johnny Cash	NBC (N)	Bad	Criminal Minds	Baby (N)	Fly Again () BB (DVS)			**% "Air Bud" (1997)	tre (N) 200	Neighbors	Close	Austin	Weekends	Ways Die	*Conan the Destroyer*
-	PM	Seinfeld 0		A Touch of			Criminal	(9:01)	The Assets		Crash &	Just for	Michael	The Real	Tho	Deadlest	Really Mo	2014 Tour	Movie: ***	(1984) 0
9	:30	Seinfeld 0		Frost A fire	Music		Minds O	Criminal Minds	(N) O ES		Burn	Leughs	Jeter.	Rocky 82	(DVS)	Catch St	Wingin'tt	de France: Stage 1.	"Mission: Impossible	-
40	PM	Movie: ***	Crash &	homeless.	Front and	The Black-	48 Hours	(10:01)	Nightline	Crash &	News Final	CBC News	Super Evil	SportsCen-	Bitten Bit-	Chrome Un-	*Eddie's		III* (2006,	Movie:
10	:30	"Fair Game" (2010)	Burn		Center III	list O un	(N) O EE	Criminal Minds	Prime (N) Et	Burn	(10:35)	Eques-	Boys	tre (N) 20	ten" O	derground	Million Dollar Cook-Off* 0		Action) Tom Cruise. 0	***b
4.0	PM	Naomi	News Final	Canada:	Austin City	News	News	(11:01)	Castle O Es	News Final	Saturday Night Live	trian: Queen Elizabeth II	Mr. Young	SportsCen-	News	Overhaulin'		Paid Prog.		(1987) n 22
17	:30	Watts.	SNL	Over the Edge	Limits 10	SNL	The Closer	Criminal Minds		SNL -	O ass		Boys .	tre ze	CTV News	0 25	Life Derek	Pald Prog.		16

- Ministry

# News Leader Weekend - Sunday / Monday Movies

### SUNDAY MORNING

DTOUR ch.45 am 'RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crimefighter - an indestructible cyborg. (In Stereo)

9:00 am WTBS ch.3 "Memoirs of a Geisha" (2005, Drama) Ziyi Zhang. A girl works as a servant in a geisha house and grows up to become one of Japan's most celebrated paid companions.

### **AFTERNOON**

12:00 pm WTBS ch.3 "A.I.: Artificial Intelligence" (2001, Science Fiction) Haley Joel Osment. In the future a cutting-edge android in the form of a boy embarks on a journey to discover his true nature.

VTVch.22 "Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park. (In Stereo) (CC)

FAM ch.26 "Avalon High" (2010, Fantasy) Britt Robertson. A highschool student believes that her new classmates are reincarnations of King Arthur and members of his

court. (In Stereo) (CC) 1:00 pm A&E ch.9 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (In

2:15 pm YTV ch.18 "Alvin and the Chipmunks Meet Frankenstein" (1999, Adventure) Voices of Ross Bagdasarian. Animated. While working at a theme park, the Chipmunks discover that Dr. Frankenstein and his monster are living in one of the attractions. (In

3:00 pm A&E ch.9 "The Scorpion King" (2002, Adventure) The Rock. Premiere. The leader of a band of desert mercenaries is hired to kill a ruthless despot and his clairvoyant

sorceress. (In Stereo) (CC) 4:00 pm YTV ch.18 "Alvin and the Chipmunks: The Squeakquel" (2009, Comedy) Zachary Levi. Live action/animated. Now in the care of Dave Seville's nephew Toby, chipmunks Alvin, Simon and Theodore enter a battle of the bands contest to save their school's music program. (In Stereo) (CC)

5:00 pm A&E ch.9 "Gladiator" (2000, Historical Drama) Russell Crowe. Premiere. Condemned to arena fights by corrupt Roman leader Commodus, Gen. Maximus seeks revenge for his family's deaths. (In Stereo) (CC)

CBC ch.13 "The Iron Giant" (1999, Fantasy) Voices of Jennifer Aniston. Animated. A malevolent government agent threatens to destroy the friendship between a boy and a huge alien robot. (In Stereo) (CC)

### **EVENING**

6:00 pm WTBS ch.3 "A League of Their Own" (1992, Comedy-Drama) Tom Hanks. The All-American Girls Professional Baseball League begins in 1943 with a major-league has-been as a

YTV ch.18 "Alvin and the Chipmunks: Chipwrecked" (2011, Comedy) Voices of Jason Lee. Live action/animated. Chipmunks Chipmunks Alvin, Simon and Theodore, along with the Chipettes, become marooned on a not-so-deserted island. (In Stereo) (CC)

9:01 pm A&E ch.9 (2000, Historical Drama) Russell Crowe. Condemned to arena fights by corrupt Roman leader Commodus, Gen. Maximus seeks revenge for his family's deaths. (In

Afraid

Life Derek | Paid Prog.

possible in

Stereo) (CC)

0:00 pm 'Minutemen" FAM (2008, Comedy) Jason Dolley. Three high-school outcasts face unexpected problems when they use a time machine to change the past. (In Stereo) (CC) 10:30 pm WTBS ch.3 "The House Bunny" (2008, Comedy) Anna Faris. An exiled Playboy bunny tries to help socially clueless sorority sisters attract pledges and keep their house by teaching them about makeup and men.

### MONDAY AFTERNOON

2:30 pm SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo)
5:30 pm SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless arti-

### EVENING

11:00 pm WTBS ch.3 "Swing Vote" (2008, Comedy) Kevin Costner. A precocious adolescent sets off a chain of events that leads to her beer-slinging dad holding the out-come of an election in his hands.

fact in the Amazon. (In Stereo)

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Ancestors



# **PrincetonBCNews**

### SUNDAY, JULY 6, 2014 WTBS CHBC KNOW **KSPS** KXLY KHQ KREM A&E BCTV CITY CBC YTV TSN VTV DISC FAM CITY SPIKE DTOUR ch.3 ch.4 ch.5 ch.6 ch.8 ch.9 ch.10 ch.11 ch.12 ch.13 ch.18 ch.19 ch.22 ch.7 ch.24 ch.26 ch.29 ch.44 ch.45 AM On Spot In a Name Wibbly Plg Mr. Rogers Paid Prog. Criminal Paid Prog. Super Whyl 2014 Today (N) In a Name Sunday Sidekick Canada AN Slug Terra R Schuller Fishful Canada's Off Road Worst :30 Coolest World Rolle Polle WordWorld Pald Prog. Hollywood World Poko (to) Super Evil Wingin' It ChurchRck Engine Paid Prog Champl-Driver onships: AM P. Affairs Sunday Ella the El Super Why! KHQ News **CBS News** Criminal Good Sunday News Squirrel Cash Cab Alaskar Shake It Eye/Asla Truck Tech Movie: Morning Sunday Minds O Morning Morning Bush \*\*\* :30 Atl. Eats Jelly Jamm The Social ANT Farm Pet Shop News (N) News (N) From the People All-England AM The Office (N) ES Coronation (1987) n Upside Curlous Moet the Criminal Pet Shop SportsCen Jessie Mi Pakistan Bar Rescue This Week Alaskan Lawn Tenni Minds 0 Presš (N) :30 Pald Prog. **PAW Patrol** The Nation Cat in the Coronation Assembly ANT Farm Festival and Croque People Club in Ilano di AM Movie: \*\* Biz Kids Pald Prog. Operation Smile 🖾 Bar Rescue Ghost Dino Dan Wizards Paid Prog Longmire Hanna Ancestors Coronation Sam & Cat Johnny Wimbledon "Memoirs of In the You're Adventure :30 Lombardi Arthur O A Capitol Pald Prog. Pald Prog. Ocean Context Coronation Hathaways England. (N) Shake It a Geisha" Screwe (Live) EO AM (2005) Ziyi Ancestors Wild Kratts Pald Prog. Extra (N) Explore Ancestors J. Osteen Coronation Assembly **ANT Farm** Hotel Im-Zhang, Ken possible 80 Handyman sters IIII :30 Watanabe. Context Little Pald Prog. Pald Prog. Mr. Young Shake It Coronta AM J. Osteen Little Red Bull Lucas Oil Storage Wildlife J. Osteen 16x9 @@ Our Van-Canada's Shake It Moyers Undercove Overhaulin Shopping Channel III Hotel Im-Bar Rescue Off Road couver an :30 Pald Prog. Little Storage Europe Jrni Expedition Pald Prog. Babysitting Jessle 🖽 Series Fro Driver Las Vegas. News Hour PM Movie: News Hour Nature O R PGA Tour Dogs Storage 2014 PGA Tour Land/ Sea Cook'd O Score Golf Movie: \*\* Deadliest Movie: \* Travels Hotel Im-(N) (DVS) Golf: Gree Golf: Gree Free Willy Catch @ Wimbi possible il :30 PGA Tour One/One Dogs Storage **PGA Tour** Japanizi Motoring Get Stuffed Artificial brier Classic Champlon brier Classi High" (2010) Golf: Green Golf: Green son James Richter, O Intelligence PM Can. Rivers NOVA O 2014 Tour Final Round Movie: \*\* ships: Men Final Round. Q With Jian Cache June Plays Chrome Un- 0 Murdoch Hotel Imbrier Classic (2001) (N) (Live) 22 (N) (Live) 300 Walking (PA) RE do Franco Ghomeshi derground Mysterpossible l :30 Haloy Joel Final Round Can. Rivers Final Round Cache Horse Rac-Gravity Tall" (2004) Stage 2. ies O (N) 80 (N) 100 Osment. Tape) 0 30 PM Cool Equestrian 'Alvin and Dude, Phineas Mod Fam Hotel Im-Plate. (N) Earth O 20 Spaces! Lo possible II Queen Eliza You're :30 Mod Fam Movie ANT Farm **Ruvo Cente** beth II Cup. munks Mee 100 (DVS) tco Pitoto PM Blg Bang Hope for LazyTown Pald Prog. Movie: \*\* Celebrity Ice Pilots TV-Torrens SportsCen-First Story Good Luck CityNews Disaster Cash Cab Wildlife III Health. Wife Swap stein\* NWT (DVS) "The Scor-NWT (DVS) tre (N) 50 :30 Blg Bang Zou (EI) Pald Prog. Steele Cash Cab Wizards CityNews Disaster pion King TV-Torrens TV-Torrens PM Big Bang Warriors of Lark Rise to CSI: Miami Backroads (2002) 100 Hollywood Simpsons Gags The Social Manufact. Jessie IIII Funnlest Eat St. O Candleford O ad the Chip-munks: The the Night 0 80 :30 Big Bang Simpsons Inside Edit. Simpsons Global Nat. Mr. D O Manufact. Eat St. O Dog Videos Monty PM Mod Fam News (4:59) News Simpsons Lark Rise to News Simpsons MLB Base-Movie: News Movle: W5 0 80 Monster Shake It How I Met Coaster (DVS) Hour (N) Croc :30 Mod Fam NBC News ABC News News CBS News Global Nat. Austin Parks Coaster "Gladiator Iron Giant' Bay Rays PM Movie: \*\* Global Nat. What's That Doc Martin News KREM 2 (2000) Rus (5:59) News Amer. Dad (1999) O Good Luck News at 6 at Detroit Movie: "Al-**CTV News** Zomble Tattoo Waterpark "A League of News sell Crowe. About? News at Hour (N) (N) O 110 Cats :30 Their Own" Estate Parks Tattoo Waterpark: 6 (N) (Live) and PM (1992) Tom Amer. Dad Florence 60 Minute Naked and | 1 Didn't Extreme Hanks. wrecked" in Halifax Ninja War-(N) O 20 "Hot Foot" Burgers Burgers Cleveland ANT Farm Tattoo rior "Miami Rides (8:01) Big Monarch of Masterplece Qualifying PM (8:01) Big (8:02) Wahl- Wipcout (N) (8:01) Big Big Brother Doc Zone Super Evil SportsCen- Unforget-Myth-Shake It Tattoo Eat St. O Brother (N) the Glen 0 Brother (N) burgers RE tre (N) 50 :30 The Closer Busters Undercove Austin Eat St. O (N) 80 (DVS) PM BE Waking the (9:01) Mov- Rising Star Reckless le: \*\*\* (N Same- (N) O III Reckless Law & Or-Reckless Reckless True Crime Babysitting SportsCen-**Alsing Star** Really Me Coaster 2014 Tour Dead 20 (N) 0 80 (N) O 255 der: SVU (N Same-(N) 0 00 Canada O tre (N) 80 de France: :30 The Closer Vicious (N) Cook'd O Wingin' It Coaster PM "Live Wire" Stage 2. day Tape) Simpsons Waking the Scott & Bai- Law & Or-(2000) Rus-Simpsons Japanizi SportsCen-Zombie Movie: \*\* News Final The Waterparks 10 :30 Movie: \*\* table (N) as |sell Crowe. tre (N) 20 Dead Dil ley a se der: SVU \*Minutemen Family Guy Family Guy Ancestors Boys Waterparks (N) DE (2008) PM Bunny News Final Blue Holes: NW Profil News News Final Pald Prog. Mr. Young Naked and Pald Prog. Hotel Im-News ICKLY 4 CBC News SportsCen-Labyrinth Well Read Paid Prog. Family Guy

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Ancestors

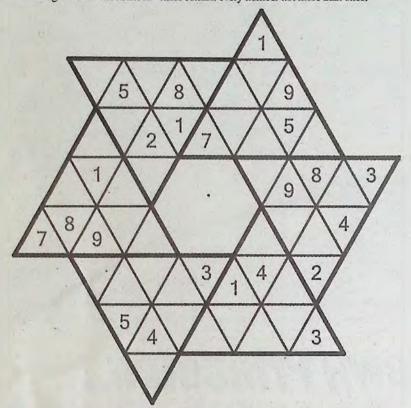
Pald Prog.

fifth estate Boys

# News Leader Sudoku 512

### **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 uncontinous - must contain every number not more than once.



THIS WEEK'S SOLUTION: Page 18

# JAMBUSTERS WEEKLY SPECIAL

GINGERED-CITRUS RHUBARB JAM

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WITH MORE TO COME!

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Similkameen News Leader

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		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	DTOUR ch.45
-	AM	In the Heat	Morning	Wibbly Plg	Clifford	KHQ News	KREM 2	Criminat		Morning	(5:00) Morn-	CBC News	Kld vs. Kat	SportsCen-	CTV Morn-	Shredl	Stella-Sam	CityLino	Bar Rescue	
6	:30	of the Night	News (N) ED	Monkey	Sld	6AM (N)	Morning News	Minds O	Northwest	News (N) 80	ing News (N)	Now (N) O	Almost	tre 80	Ing Live (N)	NeverEver	Wingin' It	(N) 3¢	0	Pickers 0
-	AM	Law & Or-		G. Shrinks	Wild Kratts:	Today (N)	CBSThis	Criminal	Good Morn-			Tiger	Super Evil	SportsCen-	-	How/Made	Wizards	Let's Make	Bar Rescue	Disaster
1	:30	der: SVU		Wild Kratts	Back		Morning (N)	Minds O	Ing America (N) 80	V) X	70, 3	Arthur @0	Sldekick	tre (cc	8	How/Made	Shake It	a Deal (N)	0	Disaster
-	AM	Law & Or-		PAW Patrol	Curlous		.,	CSI: Miami	(14) 112		Morning	Bo On/Go	Pokémon	SportsCen-		Cold Water	Shake It	The Price Is		3rd Rock
8	:30	der: SVU		Doozers	Cat in the		-	"At Risk"			Huntley St.	Busytown	Chucks	tre &c		Cowboys	ANT Farm	Right 80	0	3rd Rock
	AM	Millionaire	Morning	Dinosaurs	Peg		The 700	Longmire	Livel Kelly	Morning	The Doc-	Super Why!	Nerds	SportsCen-	Livel Kelly	Mighty	ANT Farm	Jdg Judy	Bar Rescue	Friends O
9	:30	Millionaire	Huntley St.	Rob Robot	Dinosaur		Club () BE	0 85	and Michael	Huntley St.	tors () 300	Napkin	Squirrel	tre KC	and Michael	Planes &	Good Luck	Jdg Judy	0	Friends O
	-	Divorce	The Doc-	Arthur O	Sesame		The Price Is	Criminal	The Vlew	The Doc-	Museum	Bookaboo	Spliced 0	Motoring	The View	High Tech	Good Luck	The Chew	Bar Rescue	Security
10	-	Divorce	tors A to	Dinosaur	Street 0		Right 20	Minds O Rd	ORC	tors () (KC)	Secrets O	Doodlebop	Wayside	Horse Rac-	0 20	Rednecks	Austin	ORG	0	Security
		Judge Alex		G. Shrinks	(EI) Tiger	Jdg Judy	Young &	Criminal	Pald Prog.	Museum	Noon News	Our Van-	Sidekick	Ing: Queen's	Marilyn	Overhaulin'	Shake It	General	Bar Rescue	
11	201000	Judge Alex	Secrets A	Clifford	Sit & Be Fit	Jdg Judy	Restless	Minds O RO	Paid Prog.	Secrets 0	Hour (N)	couver RC	Super Evil	Plate. 80	Denis	ORC	Shake It	Hospital	0	Airport
-	PM	King	Noon News	PAW Patrol	Charlle	Pald Prog.	News	The First 48	-	Noon News	Days of our	CBC News	Kid vs. Kat	SportsNa-	CTV News	Pyros *Mexi-	Next Step	(N) O	Bar Rescue	Museum
12	:30	King	Hour (N)	Dinosaurs	Rose o RE	Pald Prog.	Bold	O BE	O SC	Hour (N)	Lives (N)	Now (N)	Almost	tion	(N) O 25	can Fire"	ANT Farm	Kaub Was	O nescue	Secrets &C
	PM	Community	Days of our	Maker	Paint This		The Talk (N)	The First 48	General	Days of our	The Talk (N)	Republic of	Rated A	To Be An-	The Social	Manufact.	Jessie 🗱	CityLine IC	Bar Rescue	3rd Rock
1	560	Community	Lives (N)		Fit 2 Stitch	Lives (N)	O RE	ORC	Hospital	Lives (N)	O RG	Doyle ()	Monster	nounced	0.80	Manufact.	Good Luck		0	3rd Rock
		Seinfeld O	The Talk (N)	Ella the El	Thomas	Katle O 200	Let's Make	The First 48	(N) O Queen	The Talk (N)	Queen	Steven and	Wayside	Off Record	Dr. Phil	Dude,	Good Luck	CityNews at	Repo	Friends O
2	150	The Middle	O RE .		Tiger		a Deal (N)	0.35		0.30	Latifah	Chris &	Sidekick	Interruption	O XC	You're	Austin	5 (N) 85	Movie:	Friends O
	PM	The Middle	Queen	Dive, Olly	Curlous	Ellen	Dr. Phil	The First 48	Rachael	Queen	Young &	Recipes	Squirrel	SportsCen-	The Dr. Oz	Screwed How/Made	Wizards	CityNews at	*** "The	Disaster
3	:30	Mod Fam	Latifah	Jelly Jamm	Curious	DeGeneres	O RC	"Missing"	Ray (N) SC	Latifah	Restless	Stefano	Chucks	tre (N) BC	Show (N) O	How/Made	Dog	6 (N) (sc)	Rundown" (2003) The	Disaster
		Big Bang	Young &	Maya Bee	Arthur	Jdg Judy	The Dr. Oz	Criminal	The Doc-	Young &	Early News	Dragons'		MLB Base-	Ellen	Canada's	Jessie *G.I.	Mod Fam	Rock. O	Security
4		Blg Bang	Restless	Arthur O	Wild Kratts	Jdg Judy	Show (N) O	Minds O ac	tors O BE	Restless	Global Nat.	Den ()	Bread -	ball: Teams	DeGeneres	Worst	Jessie" 0	Mod Fam		Security
	:30		********		News	News	News	Criminal	News	Fact. Name	The state of	000 11		TBA. (N)	Show CTV News	Driver How/Made	Wizards	The Bach-	Repo	Security
5	PM	Browns	News (N) 20			100	CBS News	Minds o ac		Early News	(4:59) News Hour (N)	100	Parents	(Live) and	at Five (N)	How/Made		elorette (N)	Movie:	
	:30	Payne.		Wild Kratts	Business	NBC News				Global Nat.		CBC News	SpongeBob	- (- )			Wizards	O REC	*** The	Security
6	PM	Browns	Global Nat.	Animals	PBS News- Hour (N) to	News	KREM 2 News at	Criminal Minds O III	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat		(N) O 35	Game of Stones (N)	Wizards		Rundown* (2003) The	Bggg Bttls
	:00	Payne	News	Animals		Millionalro	6 (N)		News		Ent	Coronation	Witch				Wizards		Rock ()	Bggg Bttls
7	PM	Mod Fam	Ent	Hope for Wildlife 86	Spy 80	Jeopardy!	Inside Ed.	(N) O SE		Ent	Under the Dome (N) O	Mercer		SportsCen- tre (N) (Live)	etalk (N)	Siberian Cut (N) to	Good Luck Charlie	Broke Girl		Airport
u	:30	Seinfeld O	ET Canada		WA. Grown	Wheel	Access H.			ET Canada		Gags	Undercover	tec	Big Bang			Mom 30		Airport
8	PM	Family Guy	Psych IIII	The Manor Reborn 80	Antiques Roadshow	Last Comic Standing	Broke Girl	(8:02) Long-	The Bach- clorette (N)	Psych at	Psych 22	Murdoch Myster-	Just Kid		MasterChef (N) O	How/Made	Austin	Tonight (N)	Repo	Ghost Adventures
0	:30	Family Guy		Tresonines	(N)		Mom 80		0 20			les O	Gags	Off Record		How/Made	Shake It		Repo	20
0	PM	Amer. Dad	24: Live	Disney Pixar 88	Antiques Roadshow	American Ninja War-	Mike	(9:01) Criminal		24: Live Another	24: Live Another	Secrets &	Gags	Motoring	The Lis- tener (N) O	Game of Stones Rd	Wingin' It	Jimmy Klm- mel Live O	Repo	Security
9	:30	Amer. Dad	Another Day	P IAM BOI	0	rior: USA	Two Men	Minds		Day -	Day	LIGO 44	Babysitting	Score Golf	terier (N) 11	Otories ac	Really Me	mer Live ()	Repo	Security
10	PM	Jeffersons	Under the	Emergency	POV (N)	vs. Japan O BN	Under the	(10:01)	(10:01) Mistresses	Under the	News Hour	The	Boys	SportsCen-	(10:01)	Siberlan	Good Luck	EP Daily	Repo	Airport
10	:30	Jeffersons	Dome (N) O		0 20		Dome (N) O	Criminal Minds	(N)	Dome (N) A	Final (N)	National (N) 23	Mr. Young	tre (N) 25	Mistresses (N)	Cut O BE	Good Luck	Reviews on	Repo	Airport
4.4	PM	Movie:	CHBC News		Charlie	News	News	(11:01)		News Hour	ET Canada	CBC News	Vampire	SportsCen-	News-Lisa	How/Made	Wizerds	Paid Prog.	Repo	Ghost
11	:30	"Swing Vote"	Final (N)	Wildlife 82	Rose (N) E	J. Fallon	Letterman	Longmire	J. Klmmel	Final (N)	The Test	Stampede	Haunting	tre 22	CTV News	How/Made	Life Derek	Paid Prog.	Repo	Adventures

A. C. C.



# Saving Downtown Princeton...

### ...An Ongoing Series by George Elliott

The loss of live horse racing with pari-mutuel wagering is a blow to the community. Like it or not, the crowds that swarm Princeton on Racing Days weekend are mostly here to bet some money and consume some alcohol. Sure, there are a number of other activities that piggyback on the main event, but in the years I have lived here the betting at the track magnet has always been the main attraction.

I spent many years as Racing Days President and it was during one of my terms that I had to announce the event was changing from two days of racing to a single afternoon. At the time we thought it was going to kill the local economy and I'm sure those fears were valid but, as we often do in a small town, we adapted the event to a place where one day of live horse racing was still the big draw.

Looking back on it, I'm so glad that the community banded together to keep the event alive even though it was cut in half by factors completely out of the hands of local organizers.

This past weekend is not the first time that live horse racing (with organized betting) did not happened at Sunflower Downs. A few years ago there were a couple of summers racing did not occur and local community groups joined forces to try to save the major celebration weekend. It did not attract the crowds it used to, but the events did do reasonably well.

The Racing Days Association has indicated live 'sanctioned' horse racing is likely a thing of the past in the BC Interior. This means there is an excellent opportunity to rebuild the annual Racing Days Weekend and turn it into a new celebration. Most of the elements are already in place with a parade, downtown activities, and events at Princeton Fairgrounds, the annual Mixed Golf

Tournament, school reunions and many other smaller parts of the puzzle

I have no idea what the big picture is but maybe the parts that do most of the attracting can help. A conversation with a reader in my office last week may have produced an idea worth exploring. When you mix alcohol and betting what have you got?

A casino.

The Princeton Rotary Club used to run a casino for years as part of Racing Days weekend and it was without a doubt their largest fundraising event of their annual calendar of events. With the recent changes to liquor licensing of 'festivals' there could be a door that just opened making it a lot easier for the newly formed (my suggestion) Racing Days Weekend Celebration Committee to provide the access to alcoholic beverages at many venues around the community hosting

events as part of the newly revitalized Racing Days Weekend. The key to this is to have the smaller events downtown.

All you have to do to see how something like this works is watch the Princeton Traditional Music Festival. They are a decidedly non-alcoholic event, but they typically have three venues with hourly activity. Some of the performers provide impromptu 'static' performances in the middle of Vermilion Avenue.

A casino setting in downtown Princeton with tents located at key locations providing various games of chance could satisfy the need for visitors to gamble on that weekend. Two mini beer gardens in the downtown core near those casino tents would address the other main attraction. If the Racing Days Weekend Celebration Committee pooled together volunteer resources, with everyone helping on all events,

including a downtown pancake breakfast, the fundraising opportunities are staggering.

How does this save downtown Princeton?

First, it puts the celebration focus on the retail core of the community. It also puts the onus on downtown businesses to put together special events of their own in the form of sales and in-store specials to capture the 'captive audience' downtown. Second, with the crowd of visitors in the downtown core instead of at Princeton Fairgrounds you eliminate the complaint that once races start the downtown is dead.

As much as I'd rather see something other than alcohol and gambling be the focus of Racing Days weekend, it is foolish to ignore the power those two elements have in attracting people to local events. Since they already work, why not make it work even better to benefit the entire downtown?

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# News Leader HASSITAILIS

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Obituary

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Services

### Muriel Cooper

November 26, 1924 - June 13, 2014



It is with profound sorrow and loss we announce the passing of our mother, Muriel Cooper, on June 13, 2014 in Kamloops, B.C.

Muriel was born to Mary and Henry in Mattersey, England, the youngest of seven children. After serving in World War II she met Noman and they married in England but decided to emigrate to Canada. First settling in Vancouver, B.C., the family eventually moved to Cawston in 1969. Muriel became the secretary at Similkameen Secondary School that retary at Similkameen Secondary School that same year. Known as "Mrs. C"to 21 years of students, she truly enjoyed her years working there until her retirement and honorary graduation in 1990.

Muriel was a very loving mother who always supported her two daughters, Yvonne and Diane. She happily and tirelessly participated in many community groups including the Similkameen Hand Bell Ringers and the Similkameen Chapter #78 of the Order of the Eastern Star. She was OES Worthy Grand Matron of B.C. and the Yukon in 1995/96. In 2006, Muriel was honored with her OES lifetime membership.

Muriel was predeceased by husband Norman in 2005. She was also predeceased by all her siblings and Norman's siblings, as well as some very dear friends. Muriel is survived by her daughters Yvonne and Diane (Tom), many nieces, nephews and their families along with many, many friends

Muriel left the Similkameen Valley after 40 years and moved to Kamloops to be closer to family. She continued in her sparkling way to be busy, have fun and attract new friends. The family would like to thank the staff and residents of The Shores Retirement Residence in Kamloops, the ladies of High Country Health Care, and Dr. Mahmood for all their care and support.

A Celebration of Life for Muriel will be held in Keremeos in the fall (date to be announced). In lieu of flowers, donations can be made to any Cancer charity or the charity of your choice. Condolences may be expressed at www.schoeningfuneralservice.com Arrangements entrusted to Schoening Funeral service, Kamloops, BC 250 -374-1454.

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### For Rent

1-bedroom apartment in Princeton. Available NOW. Level access in a quiet building. Excellent references and damage deposit required. No pets, can furnish if needed. Rents start at \$540.00/month. Call 250-295-1006 for detail or leave message with the best time to call back. 400

### For Sale

2007 Jeep Liberty 139,000KM, very clean, new tires, recent alignment, brakes, battery, 3.7 lt., gas and automatic. Asking \$8,800.00 OBO. Call 250-293-1188.

XSTREAM commercial pressure washer 210cc, used once, priced to sell. \$500.00 OBO. Call Lennie 250-295-1118.

Notices

### Granite Creek Preservation Society

MEETS THE THIRD THURSDAY OF THE MONTH

1:00 PM Princeton Museum

Everyone Welcome!

### Drinking a problem?

Alcoholics Anonymous Meets 7:30 PM Thursdays

Princeton Baptist Church 160 Old Hedley Road Fred 295-7272/Marena 295-7663

Narcotics Anonymous

### OPEN MEETINGS

Wednesdays & Sundays at the InfoCentre on Highway 3

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### Help Wanted

Help Wanted

Princeton & District Community Services is seeking applications for a Police-based Victim Service Worker in the Princeton area. The Victim Service Worker will provide support and assistance to victims/witnesses of crime, trauma, tragedy and their families in compliance with the guidelines set out in the Society's contract for Police-based Victim Services. This is a halftime position and will be based out of the Princeton RCMP detachment. The preferred applicant will possess superior communication skills (written, verbal and computer), be selfmotivated and have a broad knowledge and understanding of the criminal justice system. Qualifications will include education, training and experience in the social service field. A Class 5 driver's license and access to a vehicle is required. Closing date for applications is July 14, 2014 at 4:30 PM. Please submit applications to the attention of Lynn Pelly, Executive Director, Princeton & District Community Services, Box 1960, Princeton, BC V0X 1W0. Inquiries may be made to mail@pdcss.com or by calling 250-295-6666.

NOW HIRING! FT/PT positions. Apply in person with resume to Princeton Husky, Highway 3. January 24.

Living Water Childcare Centre is hiring a manager for before and after school child care centre opening in September. Interested applicants please phone 250-295-7733 or 250-295-7861 for more information.

Yard/Garage Sales

YARD SALE Vermilion Court, 72 Fenchurch Avenue, Princeton. 9:00 AM to 1:00 PM Saturday, July 5.

Notices

FAX SERVICE. Send or receive. Confidentiality guaranteed. Stop in to the News Leader office or call Brenda for details. 250.295.4149.

1888

Princeton & District Community Services has a position available for a relief cook in their assisted living program. This is a casual position.
We are looking for an experienced cook with skills suited to preparing home made, nutritious meals for seniors. Application forms are available at 47 Harold Avenue. or a resume and references, may be emailed to: lynn.pelly@pdcss.com or sent to Box 1960, Princeton, BC V0X 1W0. Closing date for applications is July 14 2014.

### For Rent

#11-263 Pines MHP, 2-bedroom, washer/dryer, fridge/stove included. Asking \$725.00/month, utilities extra. Call 250-295-3532 or 250-295-5429 for more information.

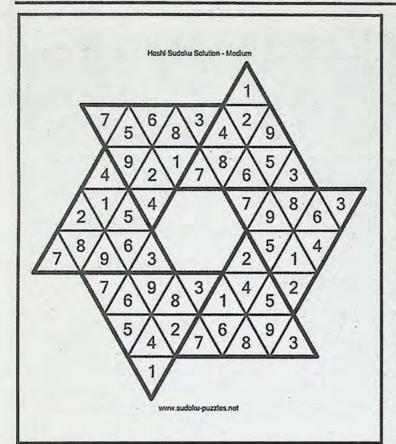
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# Alex Atamanenko, MP

### **Women Creating Change Project**

I had the pleasure of meeting recently with Ann Godderis and Jan Morton, two of the coordinators of the Trail and area Women Creating Change project. Ann and Jan presented me and my staff with an overview of this initiative, a partnership between the Greater Trail Community Skills Centre and the Trail Family and Individual Resource Centre Society (Trail FAIR).

We started out by watching a powerful DVD called Photo Voice that was assembled from photos taken by a group of eight Trail women living in poverty. Each woman's voice gave examples of the kind of barriers that they encounter in their daily lives: lack of affordable childcare, transportation and housing;

provincial social service policies that inhibit personal initiative; and a lack of hope for their and their children's future. The DVD was a bleak reminder of how far we still have to go as a society to ensure access to essential services for all families, regardless of their makeup or income level. You can view Photo Voice on the Women Creating Change website: womencreatingchange.org.

Jan and Ann then spoke about the aims of the Women Creating Change project and the work that has been done so far. The goal of the project is not to try to solve societal inequities on a large scale, but rather to address some of the specific conditions that prevent women in the Greater Trail region from entering sustainable, non-traditional employment fields. These include: affordable education, career planning and skills training; living wage employment opportunities; and affordable community services.

The project researchers looked at a variety of topics to gain insights into the realities of women who live in the project region. Their findings gave the Women Creating Change team a snapshot of the social factors that may support or limit economic security. For example, more than half of the women in the region earn less than \$24,000 annually, as compared to one-quarter of men. One-third of the female labour force works in lower-wage occupations. And for every three female lone-parent families there is one male lone-parent family.

The project organizers devised a

vision statement, the Lower Columbia Community Accord, which articulates the strategies for change that the project hopes to develop and implement. The City of Trail was the first municipality to sign on to the Community Accord, and hopefully others will follow. Building community partnerships with local organizations, businesses and groups is another important step on the path to change. Projecting into the future, the Women Creating Change 20/20 Vision proposes that by the year 2020, "equitable economic opportunities will be available for all women the Lower Columbia region."

There are many small changes that can help to create work environments that better support women. For example, educating employers on the benefits of family-friendly workplaces-flexible working hours, alternate work arrangements, in-house childcare and supportive supervisory staff-will go far to assist women with families to maintain a healthy work-life balance. Many women who enter nontraditional occupations leave them within the first couple of years because of a lack of support. Women Creating Change plans to implement a mentorship program for women in trades and technology that would help to keep women in good-paying jobs longer.

More information about the Women Creating Change project can be had by contacting the Trail Community Skills Centre, wcc@communityskillscentre.com, or 250-231-9142.

News Leader Puzzler

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

- She was presented with a bursary from Senior Citizens Branch #30. Name The Bridge graduate on the

- front page.
  The 'MM' in CMMC.
  Alphabetically he is the top of the
  2014 PSS Grad Class.
- Name one contender for the Governor General's Award.
- She kissed her prom date. The 'US' in USW. 17 The 'US' in USW.
  18 The simple advice from Shelby

- Down
- The first PSS 2014 Grad Bursary
- was presented to this student.
- How many Grads appear on the front page?
- The Town of Princeton wants to do this with Copper Mountain Mine. The 'CC' in CMMC.
- According to Dawn Johnson.this is
- Alphabetically she is at the bottom of the 2014 PSS Grad Class.
- Spencer Coyne writes this weekly
- column. Identify the spot where members of VFFN hiked June 14th. She received a Legion Branch #56
- Bursary.
- Name on contender for the Governor General's Award.

News Leader

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Princeton's 2013 Youth Ambassador Destiny Earle gets tossed off the mechanical bull June 28th during her first full day after passing her crown to a new Ambassador. Earle was enjoying the day with her fellow 2013 members of royalty, 2013 Youth Ambassador Carmen Brodie and 2013 Friendship Ambassador Morgan Whelpton. \*

...... continued from Page 6 10-year, \$50 million grant program to support projects dedicated to water conservation, watershed protection, access to clean drinking water, and other fresh water-related issues in Canada and around the world. We are proud and excited this year to be able to present such a significant donation to the Regional District Okanagan Similkameen as the funds will benefit our communities throughout the Okanagan," said Karen Boring-Olsen, Regional Vice President RBC Okanagan.

This multi-agency collaboration insures grant funding will be leveraged to maximize conservation impacts valley-wide, extending the efforts of the existing 'Make Water

Work' campaign delivered by the OBWB's Okanagan WaterWise program. Make Water Work encourages residents to make water work more effectively and efficiently in their yards. RBC funding will assist in expanding the reach of the program and add new components including workshops to residents and landscapers and creation of Make Water Work demonstration gardens, featuring xeriscape and rain garden techniques.

"Make Water Work is the result of OBWB efforts to cultivate strong partnerships in the valley - bringing together local governments and utilities to speak on outdoor water conservation with one voice," explained Don Dobson, OBWB board director.

"The initiative began with a pilot in the North Okanagan in 2011. Since then the program has expanded across the valley, from Armstrong to Osoyoos and has grown to include strong media partners as well. It's exciting to see the effort grow even further with these workshops and gardens," he added.

"This project brings together all three regional districts, and the RDOS Board and staff look forward to working with all the partners to achieve maximum success through water conservation initiatives," said RDOS Chair Mark Pendergraft.

"We appreciate RBC recognizing the importance of this work and helping us grow a WaterWise valley."

3. M. S.



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TIP: Flowers come and go with the season, but you can rely on foliage to give year-round interest in the garden. Evergreen vines, leafy shrubs, grasses and cacti for great texture and contrast. Your garden will be attractive no matter what time of year.



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FOR RENT 306-66 Angela Avenue



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2477 Princeton/S'land Road **NEW PRICE! \$169,900** 



CONTINGENT. Court approval required and Schedule A to be included in all offers. This 3,232 sq. ft. Rancher is at lock up stage and sits on 9.8 creek front acres minutes from Princeton. MLS#146398

630 Highway 3



Country Estate inside town limits. Can you believe it. This 5 bedroom 2 bath home sits on a very private 13 plus acres zoned Country Residential that is extremely private and well treed. MLS#148554

\$563,900 | 75 Halliford Ave \$248,300



Superior 3 bed, 2 bathroom newer home in the downtown core of Princeton. Home was built in 2008 and has an excellent floor plan and use of space. Beautiful kitchen that includes eating nook. MLS#150043

**DEAN STINSON** 



250-295-8537 dean@thedean.ca



hdobbs@telus.net

# Feature of the Week

84 Tapton Avenue \$354,000







Well maintained home near the town centre with MANY UPGRADES including new furnace and newer roof. Top floor features OPEN PLAN with spacious living room, dining room, kitchen, 2 large bedrooms and 2 bathrooms. Features include hardwood throughout, warm slate flooring in kitchen and bathroom, patio doors off dining room and master bedroom to decks. Main floor has ceramic tile or hardwood, galley kitchen, 2 bedrooms, 2 bathrooms, laundry room, and spacious game room, rec room and a full crawlspace. Large private fenced back yard includes 8 x 10 all weather shed. Convenient drive-through carport and there is enough room for your RV. Live here and have a mortgage helper or consider it INCOME PROPERTY. Quick possession.

MLS#148752



250-295-3222 Sales Administrator



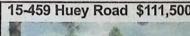


Beautiful older home located downtown Princeton. You'll be impressed at the quality of renovations and the beauty of this home as soon as you step inside! Lovely high ceilings throughout. MLS#149386

CONTINGENT. Nice private, mostly level 2 acre parcel located near the Trans Canada Trail and the 3 Lakes Store. Property has a large workshop/garage located on the property. MLS#149991

This home in Martin's Lake Mobile Home Park will captivate you. This gorgeous park is located on so close to town. The bright foyer and bright living area cheerfully welcomes any visitor. MLS#148159

Well laid out 2 bedroom home plus an office in a quiet neighborhood. There is a paved driveway with carport and alley access. Fenced backyard. Great well maintained home. MLS#148583







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