

sports

■ **FAME:** Participants came from as far as the U.S.

Fitness athletes take stage for bodybuilding competition



PETE FISHER Northumberland Today

Female competitors line the stage at St. Mary's Secondary School on Saturday.



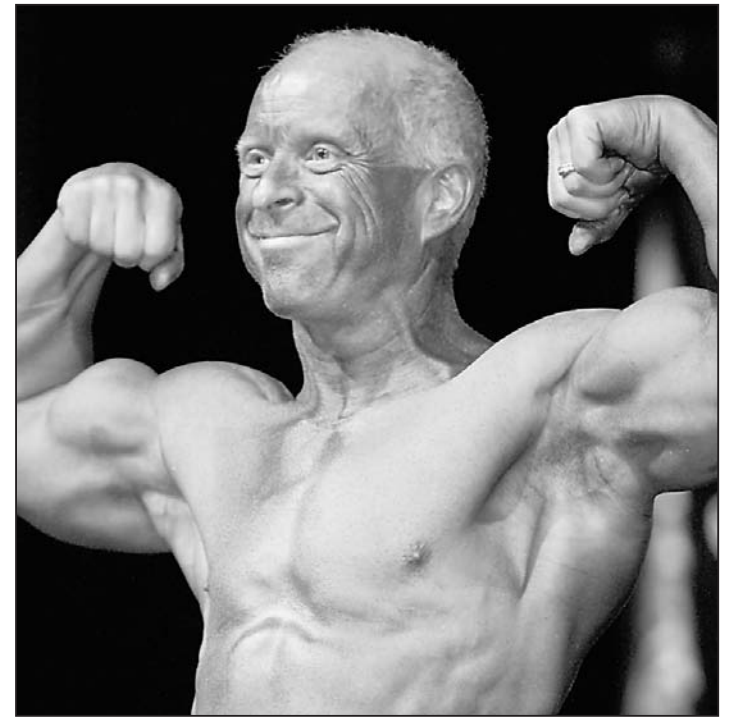
PETE FISHER Northumberland Today



PETE FISHER Northumberland Today
Pat Stapley-Chase of Cobourg poses for the judges.



PETE FISHER Northumberland Today
Zach Miller poses during the competition at St. Mary's Secondary School on Saturday.



PETE FISHER Northumberland Today

Ken Stevenson of Cobourg strikes a pose.

The faces of FAME — Fitness Athletes Models and Entertainment — were at St. Mary's Secondary School in Cobourg on Saturday for the 2010 Central Canada Championships. More than 40 participants from across the Toronto, Windsor, Quebec and even the United States showcased their physiques, talents and creativity during the show. Andrea Johnson of Cobourg poses for the judges.



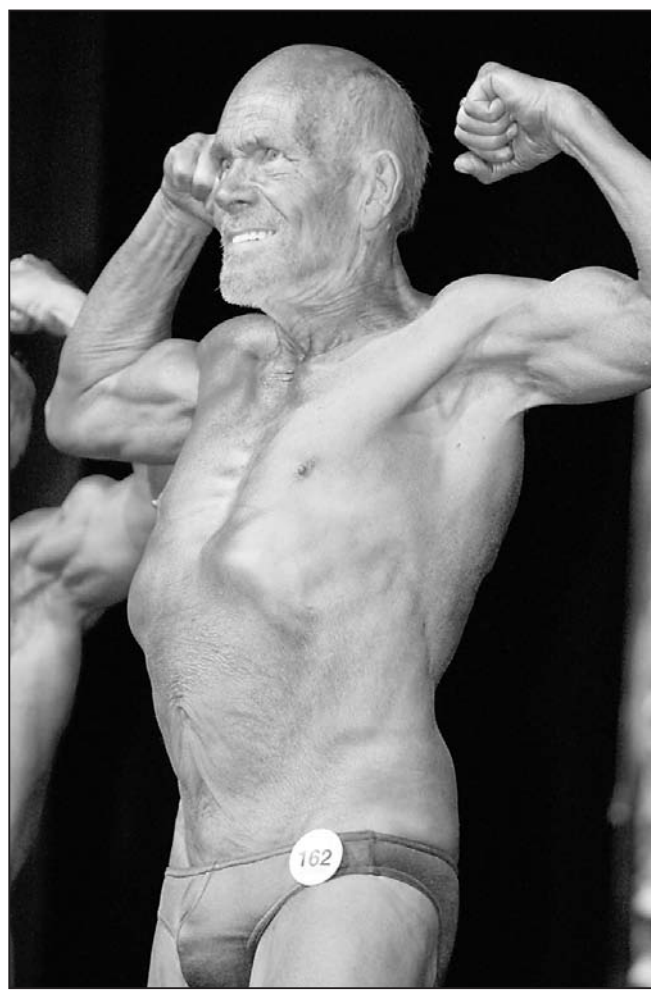
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Adam Bebee shows the results of his efforts.



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Andrea Johnson poses.



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Seventy-seven-year-old Don Faichney poses.



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The women jam in for a pose-down.

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Northumberland Today

Tuesday, April 20, 2010

primetime

C=Cable B=Bell Express Vu S=Star Choice

| C | B | S | 6:00 | 6:30 | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|----|-----|-----|------|--------------------------|--|---|--|--|--|---|--|-------------------------|----------------|
| 2 | 19 | 265 | 353 | Charlie & Lola | WordGirl (TVY7) | The Choir "Boys Don't Sing" (Part 3 of 4) | The Agenda With Steve Paikin | Unforgiven Ruth Slater is released from prison. (N) | 100 Greatest Discoveries "Medicine" (TVG) | Agenda With Steve Paikin | | | |
| 3 | 27 | 211 | 331 | (5:59) News Hour (N) | Entertainment Tonight | ET Canada | NCIS Gibbs' father visits for the holidays. (TVPG) | Glee | The Good Wife "Bad" (HDTV) (TV14) | News Hour Final (TV14) | | | |
| 4 | 47 | 215 | 343 | The Office (TV14) | Friends (TVPG) | Two and a Half Men | The Office (TV14) | Omni News: Italian Edition (Italian) (N) | Vivere V | Omni News: Portuguese (N) (TV14) | Law & Order: Criminal Intent (TV14) | Metropia (TVMA) | |
| 5 | 5 | 210 | 302 | CBC News: Toronto (N) | Coronation Street | NHL Hockey Pittsburgh Penguins at Ottawa Senators. (HDTV) (Live) | | | CBC News: The National | NHL Hockey San Jose Sharks at Colorado Avalanche. (HDTV) (Live) | | | |
| 7 | 57 | 214 | 344 | CityNews at 6 (HDTV) (N) | Law & Order: Special Victims Unit (TV14) | The Biggest Loser A contestant gets devastating news. (N) (TVPG) | | | CBC News: The National | NHL Hockey San Jose Sharks at Colorado Avalanche. (HDTV) (Live) | Parenthood "Rubber Band Ball" (N) (TVPG) | CityNews Tonight (TVPG) | |
| 8 | 3 | 219 | 346 | A News (N) | Degrassi: TNG | TMZ (N) (TVPG) | Dancing With the Stars (HDTV) (Live) (TVPG) | The Middle (TVPG) | New Adv/Old Christine | (10:02) Valerie goes on the run. (N) (TV14) | A News (N) | | |
| 9 | 9 | 212 | 313 | CTV News (HDTV) (N) | etalk (TV14) | Access Hollywood (TVPG) | American Idol (TVG) | Lost "The Last Recruit" (HDTV) (N) (TV14) | (10:02) Law & Order: Special Victims Unit (TV14) | CTV National News (TV14) | | | |
| 11 | 11 | 218 | 345 | News at Six (N) | Summer City ** (1977, Drama) John Jarratt, Mel Gibson, Phil Avalon. (NR) | Diamonds Are Forever *** (1971, Action) Sean Connery, Jill St. John. Agent 007 saves the world from Blofeld's space laser. (PG) | | | | | | | News at 11 (N) |
| 12 | 12 | 217 | 348 | NewsWatch at 6:00 (N) | NHL Hockey Pittsburgh Penguins at Ottawa Senators. (HDTV) (Live) | | | | CBC News: The National | NHL Hockey San Jose Sharks at Colorado Avalanche. (HDTV) (Live) | | | |
| 13 | 13 | - | - | Eyewitness News at 6pm | ABC World News | Wheel of Fortune (TVG) | Jeopardy! (N) (TVG) | Dancing With the Stars (HDTV) (Live) (TVPG) | Lost "The Last Recruit" (HDTV) (N) (TV14) | (10:02) Valerie goes on the run. (N) (TV14) | Eyewitness News 11pm | | |
| 15 | 8 | - | - | News 4 at 6 (N) | CBS Evening News-Couric | Inside Edition (N) | Access Hollywood (TVPG) | NCIS Gibbs' father visits for the holidays. (TVPG) | NCIS: Los Angeles "Past Lives" (HDTV) (TV14) | The Good Wife "Bad" (HDTV) (TV14) | News 4 at 11 (N) | | |
| 19 | 10 | - | - | News 10 NBC at Six | NBC Nightly News (TVG) | News 10 NBC at Seven (N) | The Office (TVPG) | The Biggest Loser A contestant gets devastating news. (N) (TVPG) | Parenthood "Rubber Band Ball" (N) (TVPG) | News 10 NBC at Eleven (N) | | | |
| 20 | 21 | - | - | BBC World News (TVG) | Nightly Business Report | PBS NewsHour (HDTV) (N) | NOVA Sustainable energy future. (TVG) (DVS) | Frontline (HDTV) (TVPG) (DVS) | Independent Lens "Dirt! The Movie" (TVPG) | Charlie Rose (N) | | | |
| 23 | CTV | - | 311 | CTV News (HDTV) (N) | etalk (TV14) | Access Hollywood (TVPG) | American Idol (TVG) | Lost "The Last Recruit" (HDTV) (N) (TV14) | (10:02) Law & Order: Special Victims Unit (TV14) | CTV National News (TVMA) | | | |

news

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|----|-----|-----|-----|------------------------------|--------------------|--------------------------|----------------------------|--------------------------------|----------|
| 22 | NW | - | 390 | (5) Power & Politics (N) | Lang & O'Leary | Connect with Mark Kelley | CBC News: The National (N) | CBC News: The National (N) | National |
| 36 | CNN | 500 | 500 | Situation Room-Wolf Blitzler | John King, USA (N) | Campbell Brown (N) | Larry King Live (N) | Anderson Cooper 360 (HDTV) (N) | |

sports

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|----|-------|-----|-----|------------------------------------|--|--|-----------------------------------|----------------------------|---|---|---------------------|--|
| 37 | SNET | 405 | 417 | Hockeycentral | Sportsnet Connected | MLB Baseball Kansas City Royals at Toronto Blue Jays. (HDTV) From Rogers Centre in Toronto. (Live) | Sportsnet Connected (HDTV) (Live) | Hockeycentral (Live) | | | | |
| 66 | TSN | 400 | 400 | SportsCentre | NHL Hockey Phoenix Coyotes at Detroit Red Wings. (HDTV) Western Conference Quarterfinal, game 4. From Joe Louis Arena in Detroit. (Live) | NHL Hockey Chicago Blackhawks at Nashville Predators. (HDTV) (Live) | | | | | | |
| 84 | GOLF | 416 | 409 | Golf Central (HDTV) (Live) | Playing Lessons | Inside the PGA Tour (N) | Being John Daly (HDTV) | Being John Daly (HDTV) | Being John Daly "Cover to Cover" (HDTV) (N) | Donald J. Trump's Fabulous World of Golf (HDTV) | Golf Central (HDTV) | |
| 86 | SPEED | 417 | 406 | Barrett-Jackson 2007: The Auctions | NASCAR Smarts | NASCAR Race Hub (N) | Race in 60 (HDTV) (N) | NASCAR Hall of Fame (HDTV) | Dangerous Drives (HDTV) (TV14) | Pass Time (TVPG) | | |

family

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|----|------|-----|-----|----------------------|-----------------|---------------------------|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------|-------------------------|-----------------------|
| 16 | YTV | 551 | 542 | iCarly (TVG) | How to Be Indie | That's So Weird | Family Biz | Malcolm in the Middle | Everybody Hates Chris | 8 Simple Rules (TVPG) | Family Biz | How to Be Indie | Family Biz | Prank Patrol |
| 49 | FAM | 556 | 540 | Hannah Montana (TVG) | Wizards-Place | Sonny With a Chance (TVG) | Suite Life of Zack & Cody | Overruled! (DVS) | Hannah Montana (TVG) | Wizards-Place | The Latest Buzz (TVG) | Ned's School | Cory in the House (TVG) | That's So Raven (TVG) |
| 50 | TOON | 554 | 544 | Jimmy Two | Johnny Test | Johnny Test | Total Drama | Total Drama | 6TEEN | Futurama | King of Hill | Amer Dad | Futurama | Chicken |

cable variety

| | | | | | | | | | | | | | |
|-----|-------|-----|-----|--|--|---|--|---|---|---|--|------------------------|-------------------|
| 34 | MM | 570 | 580 | Buffy the Vampire Slayer | Gossip Girl (TV14) | Degrassi | Degrassi | disBAND | Muchmusic Countdown | UR11 | | | |
| 35 | TBS | 294 | 529 | Friends (TV14) | Seinfeld (TVPG) | MLB Baseball Philadelphia Phillies at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live) | Seinfeld (TVPG) | My Name Is Earl (TV14) | Law & Order: SVU | | | | |
| 40 | DISC | 520 | 505 | Destroyed in Seconds | Destroyed in Seconds | Daily Planet Daily science show. | How It's Made (TVG) | How It's Made (TVG) | Destroyed in Seconds | Destroyed in Seconds | Deadliest Catch "Slow Burn" (N) (TV14) | Daily Planet | |
| 42 | CMT | 575 | 583 | Extreme Makeover: Home | Smarter | Smarter | Extreme Makeover: Home | True Blue: Ten Years | Blue Collar Comedy | Gator 911 | | | |
| 43 | SPIKE | 628 | 584 | Deadliest Warrior | Deadliest Warrior (HDTV) (TV14) | Deadliest Warrior The Taliban battles IRA. (TVMA) | Deadliest Warrior "Deadliest Warrior Season 1: Back for Blood" (HDTV) (N) (TV14) | Deadliest Warrior "SWAT vs. GSG-9" (N) (TV14) | Deadliest Warrior | | | | |
| 51 | A&E | 615 | 520 | The First 48 "Double Time" (HDTV) (TV14) | Criminal Minds "Children of the Dark" (TV14) | Criminal Minds "Psychodrama" (HDTV) (TVPG) | Criminal Minds (HDTV) Critical decision. (TVPG) | Criminal Minds "The Boogeyman" (TVPG) | CSI: Miami (TV14) | | | | |
| 54 | WTN | 602 | 567 | This House-Sell | This House-Sell | Supernanny "Silva Family" (TVPG) | Style by Jury (N) | Grocery Bag | Kristina's Beauty Call | Style by Jury | How to Look Good Naked Canada Bride-to-be Kelly. | Kristina's Beauty Call | |
| 63 | 29 | - | - | Seinfeld (TVPG) | Judge Judy (TVPG) | Judge Judy (TVPG) | Two and a Half Men | American Idol (HDTV) (Live) (TVPG) | (8:59) Glee "The Power of Madonna" (TV14) | (10:01) Seinfeld | Two and a Half Men | The Simpsons (TVPG) | |
| 68 | VIS | 650 | 394 | Just Cause (TVPG) | Murder, She Wrote "Game, Set, Murder" (TVG) | May to December (TVG) | Only When I Laugh | SOUL Mahalia Brown gets a chance to shine. | Unscripted (N) | Crazy for Love | Pottergeist: The Legacy | | |
| 69 | 7 | - | - | Action News at 6PM | ABC World News | Action News at 7pm | Entertainment Tonight | Dancing With the Stars (HDTV) (Live) (TVPG) | Lost "The Last Recruit" (HDTV) (N) (TV14) | (10:02) Valerie goes on the run. (N) (TV14) | Action News at 11 | | |
| - | 17 | - | - | BBC World News (TVG) | PBS NewsHour (HDTV) (N) | One Foot in the Grave | NOVA Sustainable energy future. (TVG) (DVS) | Frontline (HDTV) (TVPG) (DVS) | Independent Lens "Dirt! The Movie" (TVPG) | Nightly Business Report | | | |
| - | 23 | - | - | Are You Smarter? | Are You Smarter? | The Office (TV14) | The Office (TV14) | 90210 (HDTV) Debbie confronts Kelly. (TV14) | Life Unexpected "Bride Unbridled" (TVPG) | 10 O'Clock News TMZ (N) (TVPG) | Cops (TVPG) | | |
| 210 | WPIX | 297 | 652 | Inside Edition (N) | PIX News at 6:30P | Two and a Half Men | Family Guy (TV14) | 90210 (HDTV) Debbie confronts Kelly. (TV14) | Life Unexpected "Bride Unbridled" (TVPG) | PIX News at Ten (HDTV) Tong. (N) | Two and a Half Men | | |
| 212 | WSBK | 296 | 654 | My Name Is Earl (TV14) | The Office (TVPG) | The Insider (N) | Entertainment Tonight | Law & Order: Special Victims Unit (TV14) | WBZ News (N) | That '70s Show (TV14) | Frasier (TVPG) | Frasier (TVPG) | The Office (TV14) |