

Youth rules Tulameen race

- Old-time
Threshing Bee
See ad page 2....

Tourist traffic hits record

Tourist traffic in the Similkameen Valley reached a record for the month of July. The Tourist Information Centre in Princeton recorded 3,398 parties who stopped for information, and a total of 8,349 visitors.

The majority of visitors, 930, were from British Columbia, proving our economy is on the upswing again. European visitors made up the next largest number, 400, while visitors from Alberta totalled 216 and there were 347 from other parts of Canada. There were 167 from Washington and 124 from Asia and Australia.

The majority asked for information about accommodation, adventure recreation, local attractions, services and parks.

The Tourist Information Centre was open 248 hours, averaging 33 visitors per hour.

Fisheries projects receive funds

Similkameen - Fisheries Renewal BC will invest \$600,000 this year in fish habitat restoration and stock enhancement in the Okanagan-Similkameen-Boundary Region for salmonid renewal and other projects.

"This year, the bulk of our money is going to habitat restoration projects and we're also doing some inventory and mapping, stock enhancement and public education and awareness projects," said Wayne Beggs, co-ordinator of the regional partnership group which is made up of over 40 member groups from communities in the region. This community-based approach allows residents to choose projects that meet local priorities.



In a sudden wind gust, this pine tree growing beside Similkameen River fell on Gullason's house and Nick Malakoff's car. Malakoff said authorities were asked previously to cut it down. Children were playing in the yard when the tree fell. "It could have been a tragedy," Malakoff says. A limb punctured Malakoff's windshield and ripped out the steering column.

Prepare for moth attack

Similkameen - You may have seen an unusually great number of white moths around lights and on sidewalks. They are satin moths, and they will lay eggs in your trees. When the eggs hatch, your tree will be infested with tiny caterpillars who will eat all the leaves off your tree.

This insect is one of those imported pests. It is native to Europe and Asia and was first recorded in North America in 1920 in both New England and southwestern B.C. It has spread since then, with damaging outbreaks occurring in the maritimes, Quebec, Ontario, Alberta and Vancouver Island. This year, it is doing damage in Merritt Forest District, and it is here in the Similkameen watershed.

The satin moth does not attack conifers. Originally, it attacked only white poplar and Lombardy poplar, but in recent years damage has increasingly occurred in natural stands of trembling aspen, black cottonwood and occasionally willow.

Elinor Noppe brought the moth

to the attention of the News Leader, and we are grateful to Pat Byrne, at Merritt Forest District Office, for identifying it and providing us with information about the moth.

The bad news is this: you cannot do anything to control the satin moth unless you hit them while they are in the caterpillar stage.

Pat Byrne referred to the official leaflet on the satin moth and found the best control for severe infestations is the naturally-occurring bacterium *Bacillus thuringiensis var kurstaki* (Btk), a spray-applied bioinsecticide which is selective to Lepidoptera insects and is harmless to all fish, birds, mammals and other insects. Btk can be purchased at garden supply outlets under various trade names.

There is one generation of moths per year. The flat egg mass is laid from early July to late August, on leaves, twigs, branches and trunks of host trees, or indiscriminately on other objects. They hatch in about two weeks. They skeletonize foliage for about two weeks, then spin hibernaculae under moss or

in crevices where they moult and overwinter. They will emerge in spring to eat again. Then they will go into the pupa stage in loosely woven cocoons within rolled leaves on twigs or in bark crevices. In July, they will emerge as moths and begin the cycle again. Be aware of and stop any infestation as they are multiplying rapidly.

- Three local young people win triathlon

Tulameen - Nick Cook, a mere age 12, was the swimmer on the winning team at the Tulameen Triathlon on Saturday morning. Kati Henry, age 17, on a bike and Danny Coyne, age 20, doing the 10 km. run. They did an outstanding race.

Organizers Lesley Hassell, Carol Esselink and Jim Hardin were really pleased with the number of competitors. There were 26 entries and 55 competitors in this first triathlon. Hardin says it will

Continued on back page.....

Trail goes online

Trans Canada Trail has a Web site for people preparing to cycle the Trans Canada Trail. The site was launched August 1 by BC Land Use Co-ordination Office.

Trail users can go to www.bctrail.bc.ca to view and print off safety tips and maps of trail routes in the Interior. The site contains information about nearby landmarks and some of the trail gateway communities, including Princeton, Penticton, Kelowna, Grand Forks and Greenwood.

Called *Cycling BC's Trans Canada Trail*, the site is in its pilot phase. It will eventually be expanded to include other communities and trail routes throughout the province.

When complete, B.C.'s trail network will connect with the national 16,000 km. trail.

Weather Watch

Princeton area				Keremeos area		
July	High	Low	Precip	High	Low	Precip
31	32.8	13.8		32	18	shower
Aug.1	27.8	11.4		33	16	
2	30	8.3		32	16	
3	28	13.2		31	18	
4	30	11.4	1.6 mm rain	31	18	
5	33	11.4		36	17	
6	29.5	10.6		35	20	

FORECAST:

Wed- Variable cloud, 40% chance showers, low 16, high 36
 Thurs- Cloudy with sun, 40% chance showers, low 14, high 28
 Fri.- Mainly sunny, 30% chance showers, low 13, high 26.
 Normals: low 12, high 29.
 August 11 - Sunrise 5: 59 a.m. Sunset: 8:15 p.m.
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Similkameen 4-H District member is ready for her job as B.C. Ambassador

Similkameen - Similkameen District 4-H member, Sarah Van Heeswijk, has been selected as one of the ten Provincial 4-H Ambassadors. She graduated from Princeton Secondary School this year and will be entering Cariboo University College next month.

The B.C. 4-H Ambassador team has had a great start to their program by attending a training weekend at the Abbotsford Agricenter. This fledgling program is sponsored by Wrangler (jeans manufacturers) and managed by Youth Development Specialist, Pat Tonn. The training session was held July 28-30, and Ambassadors from Fort S. John to Victoria were in attendance.

The training was instructed and

co-ordinated by program leaders Pat Tonn and Suzanne Skaaning. Over the weekend, topics covered Promotion and Marketing,



Sarah van Heeswijk

Leadership Styles, and Ambassador Etiquette. The week-

end was designed to inform the new Ambassadors of their role and to prepare them to be the "faces of 4-H in B.C." The

Ambassadors will be staffing displays, approaching sponsors, and working with 4-H members and leaders province-wide. Each will serve a two-year term, from 2000 to 2002.

"I believe that this program will help raise the profile of the British Columbia 4-H program," says Van Heeswijk. "The ten of us work very well together and we all have a lot of enthusiasm. I hope that in the future, part of the Ambassador team will be able to do some work in the Similkameen Valley."

Skateboard park proposal will go to Town Council

Princeton - Is there a genuine need for a skate park in Princeton?

That was the question Lyle Thomas, Recreation Director, wanted to answer when people attended the August 3 meeting at the arena mezzanine.

There were only eight people at the meeting, in addition to Thomas, Summer Recreation Programmer Jesse McLean, and the press. Only one person in attendance was not an adult, but a mother came to represent the interests of her skateboarding son.

Thomas began by saying organized sports appeared to be "faltering" everywhere, while non-organized sports, like skateboarding, seemed to be on the upswing.

Vandals hit school again

On July 31, Princeton RCMP were advised of further vandalism to Vermilion Forks Elementary School. More lights were damaged and the fence was cut in numerous locations, causing expensive damage. Police have increased patrols in this area, as well as Citizens on Patrol, but have not yet any indication of who may be doing the damage.

Police are asking anyone living in or visiting the area to keep their eyes open for vandals or anyone at the school. Many people like to hang out there just to talk and enjoy the yard, but school property is private property. These people are trespassing and police will have to enforce the trespass law if vandalism continues. Then innocent people will have to suffer by not being able to enjoy the property.

Anyone with any information about this vandalism is asked to contact Princeton RCMP at 295-6911 or CrimeStoppers.

Skateboarding is very flexible - people can do it when it is convenient to them, they do not have to invest a lot in equipment to participate, they can "do their own thing at their own level." They do not have to rely on parental involvement to enjoy the sport.

McLean showed a video of four skate parks in other communities - Merritt, Agassiz, Chilliwack and Hope. He showed how a concrete park is better than an asphalt park as it can be better finished. These parks can be used for rollerblading and BMX as well as for skateboarding.

The park in Hope was designed creatively with trails, ramps, slopes, and rails.

The cost of a skate park can be high, up to \$120,000, but the park could be started for approximately \$40,000. Donations and volunteer labour can cut costs.

Cpl. Russ Pedersen, representing

the Child and Youth Committee, said the committee supports the idea and would be interested in greater involvement. He added he was disappointed in the poor turnout to the meeting.

There was discussion of where the park could be located. Memorial Park was considered, but did have some drawbacks. The area between the arena parking lot and Little Folks Nursery School looked promising, as it is near two schools and the arena, was not in a residential area, has a natural slope, there is a street light, and has high visibility. Cpl. Pedersen added the youngsters would not have to walk or ride along the edge of the highway to reach that location.

The property belongs to the Town of Princeton, and the next step for the group is to make a presentation to Council and seek letters of support.



Princeton firemen were called to a fire at Coppertown Motel on Friday at 2:45 p.m. A fire had started under a cabin located next to the large building and was partially extinguished with a hand-held fire extinguisher. Firemen soaked the area and put out the fire while police questioned everyone as to cause. No official report has been received at press time.



Jody Woodford's golden hair will go for money on September 9.



Colleen Burke, left, intends to have her head shaved at the Fall Fair. She is shown above at Tulameen Family Days with a pledge sheet. With her is Maryanne Woodford, with Jody's pledge sheet.

Head Cents wants 'most for the money'

Princeton - Colleen Burke, organizer of the Head Cents project (read shaved heads project), is very careful about who is collecting money for pledges and where that money is going.

"Every cent must go to the Feel Good Room," Burke says.

People having their heads shaved must register with Burke. Those authorized to collect pledges, or their delegates, will display a button which says "2000 Head Cents Princeton." Burke does not want people giving money to anyone who is not recognized as part of the project.

All of the money will be collected by Cathy Gallichan at Gold Water Florist or by Janice Stevens at Notary Public office.

The actual head shave show takes place at the Fall Fair at 1:00 p.m. on Saturday, September 9.

The following Monday, the Eastern Star will send shppers to Kelowna to purchase items needed by the Feel Good Room or provide gift certificates for additional supplies, such as wigs, caps or prosthetic devices. The items will be purchased according to

a shopping list given by the supervisor of the Feel Good. The items will then be donated to the facility.

Burke says, "If a business has unused baseball caps to donate to cancer patients, we would be glad to accept them. Cancer patients go through a lot of baseball caps. They could be left with Cathy or Janice."

Jody Woodford will be shaved at the fair. Because Jody's hair has never had henna, dye or perm solution on it, Jody has requested that her hair be donated for a wig or hairpieces.

People who have "natural" hair will soon be able to find out how they can donate it. Local hairdressers will have the information.

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Student success proves rank is incorrect

Fraser Institute rates secondary schools in District #58 as low in its rankings of B.C. schools, which leaves Board Chair Gordon Comeau puzzled. Merritt Secondary placed 201 and Princeton Secondary 244 out of 271 secondary schools in B.C., but student achievement in the district has been outstanding.

The entire district has a mere 3,000 students, but this past year, a district report card should include:

- Amy Pattison's \$36,000 DeVry President's Scholarship (only two are given)
- Sheryl Petschl's Millennium Excellence Award, worth \$16,000, and one of only 21 Canadian Association of Principals Leadership Awards worth \$500
- Jennifer Bertrand McConnell's \$3,000 scholarship to the University of Saskatchewan and a \$1,000 provincial scholarship
- a Grade 7 student who won a silver medal at the National Science Fair in London, Ontario
- eight students who went to regional Skills Canada competitions and two who won gold and silver medals

The Board of Trustees has written a letter to Fraser Institute pointing out the high standard of achievements from this small district.

The Board included copies of newspaper stories outlining students' successes.

There is no question that students in School District #58 can compete successfully with students anywhere in a number of academic and skills areas. As students look forward to another semester, they can look forward confidently to the level of education offered at their schools.

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Farm insurance deadline is extended

The deadline to make a 1999 claim under the provincial Whole Farm Insurance Program has been extended to September 1, 2000. The deadline change was made to match the federal government's extension last month of its Agricultural Income disaster Assistance program. The provin-

cial and federal programs are combined in British Columbia under the Whole Farm Insurance Program as one federal-provincial farm safety net program. The costs of the program are shared 60-40 by the federal and provincial governments respectively. B.C.'s agri-food industry employs one in seven British Columbians and contributes more than \$18 billion to the economy each year. Claims this year total almost \$9 million.

Forms are available from local B.C. Agriculture offices or at <http://www.agf.gov.bc.ca/finance/arm/wfip/wfipoc.htm> on Internet. Help to fill out the applications can be obtained from WFIP office, toll-free at 1-888-576-3276.

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Mules pulled the hay wagon at the threshing bee last year, and they will be back this weekend to do their duty at Rollie Bilodeau's favourite summertime show in Cawston.

Bilodeau promotes antique threshing event

Cawston - Rollie Bilodeau is doing it again! Last year, he delighted local people, especially the oldtimers from the prairies, with his old-time threshing bee. He is repeating the show this year, with the help of friends and neighbours.

Cawston is not known for celebrating big "draw" events, but the success of this event last year has inspired a lot of people to write the dates on their calendar to be sure to attend.

One of the great attractions of the threshing bee is not just the antique machinery and the mules. People often see antique tractor shows, and antique machinery on display. What is so great about the Bilodeau show is that people have an opportunity to see the machinery at work doing a real task for which it was designed. It is the experience of seeing genuine threshing taking place and a genuine agricultural product as the outcome.

These demonstrations are rare today, and Bilodeau adds to the authenticity of the experience by having a team of mules pulling a hay wagon. There is nothing staged or phony about this old-time farm activity.

People stopped along Highway 3

to look at the grain stooked in the field. Not all of the people who stopped were oldtimers who knew what stooking was all about. Many of those who stopped saw something in real life that they had seen only in old photographs. Others stopped to wonder, "What the heck is happening here?"

It is great to see Cawston people doing things to put their community forward with a unique attraction.

For the convenience of those who attend the demonstrations, there will be a concession stand with refreshments. Perhaps, one of these days, Cawston will find a way to add to Rollie Bilodeau's efforts and create a community festival of the best of the South Similkameen in summer. Perhaps we will see this small community do something like Tulameen does each year to raise funds for community projects. Cawston's community event could have a distinctive agricultural flavour! Speaking of flavours, Cawston is famous locally for the flavours of its summertime fruit and vegetables, and what a marketing opportunity a summer festival would be if people were treated to fresh fruit salads and fresh vegetable salads, and watermelons!

Police pursue Liquor Store vodka thief

On Saturday afternoon, a man entered Keremeos Liquor Store and stole two bottles of vodka. He fled west in a vehicle described as dark gray or black and perhaps a Honda. make. He was described as non-white, six foot four inches tall, around age 20, and dressed in a white tee shirt and black pants. The vehicle licence number was

given to police and it appeared the vehicle was stolen.

South Okanagan Highway Patrol and Princeton RCMP were alerted and prepared to put out a spike belt on Highway 3. Police spent a great deal of time looking for the suspect, but were unable to find him. No further information is available at press time.

Why must wildlife always suffer? - BCWF

By: Ed Mankelov, Past-President, BCWF, Chairman of the BCWF Parks Committee

Reflect for a second on the news story of two wolves that were killed as a result of an attack on a camper in early July of this year. Is it not sad when a commercial infusion of the Eco-Tourism is cause for our wildlife to be killed? With ever increasing recreational demands on our resources, more and more wildlife is becoming conditioned and habituated to humans and often they end up dead! These wolves, for example, were no longer wild. They were accustomed to humans and were often fed by campers.

Concerns for wildlife and habitat are not being adequately addressed by government, nor are the increasing impacts caused by large numbers of hikers being dropped off by helicopters in the alpine, the over-use of jet boats on pristine rivers, or even, increasing numbers of kayakers accessing our remote marine inlets. Habitats of this nature are extremely fragile and cannot withstand heavy continual use. Recreational use of these areas has traditionally been relatively low because of the difficult access.

Commercial operators that bring in large numbers of tourists by helicopters, jet boats or even kayakers, cause disruption and disturbances, as well as confrontations with sometimes dangerous wildlife.

This is just one of the side effects of the frenzied direction which B.C. Assets and Land Corporation (BCAL) is moving towards, as they continue to issue more and more commercial tenures without the proper checks to protect our wildlife resources. BC Assets & Land Corporation has repeatedly ignored concerns expressed by the Ministry of Environment's Wildlife staff and the clearly voiced concerns of the local public.

While nature-based tourism contributes to the province's economy, in some areas it has the potential to severely disrupt fragile ecosystems. The irony is that people come to view wildlife. This is the big attraction. We have to learn how to manage this type of tourism before we issue tenures throughout the province that destroy the experience and impact the wildlife. The members of the B.C. Wildlife Federation feel that we should allow such activities only where they do not impair existing values and uses.

For further information call our toll free number, 1-800-533-2293, or visit our web site at: www.bcwf.bc.ca



Nick Bey is the Sultan (center) leading his harem of Ann Jackson, Jackie Atkinson and Gail Bey down the street during the Tulameen Family Days parade on Saturday morning. Dream on, Nick!

Tulameen hosts sunny celebration

Tulameen - The annual Tulameen celebration drew more people than ever this weekend. The "zero tolerance" to drinking in public, along with a strong police presence, encouraged more people to attend. In addition, the first Tulameen Triathlon brought not only the par-

ticipants but their family and friends.

All of the events were blessed with good weather. Horseshoes, slow pitch, the parade, the barbecue and the children's games took place in the sunshine. The street clown spread his own brand of sunshine

among the children, who seemed eager to join in the games he proposed.

There were more vendors than ever, with a wider selection of goods. The street took on a carnival atmosphere on Saturday.



The Tulameen mania is snowmobiling and they do it any time of year, even in a parade in the heat.

Trail project starts on river

On August 1, a \$120,000 project began along the Tulameen River near Princeton. The Upper Similkameen Indian Band, Vermilion Trails Society, Town of Princeton and the Trans Canada Trail project office will oversee the three-stage project.

The first stage will lay the groundwork for restoring sections of the Kettle Valley Railway trail between Princeton and Coalmont where washouts occurred during the flood of 1995. Local companies and suppliers are contracted to complete the restoration work during the project's second stage, scheduled for mid-August.

The final stage will help regenerate the washout site's natural habitat. The Upper Similkameen Indian Band and the Vermilion Trails Society will undertake this work towards the end of the month.

The trail route will be closed from 7 a.m. to 7 p.m. Monday to Thursday each week in the project area. Trail users are advised to proceed with caution at all other times.

Harry Lali, Minister of Transportation and Highways, commented on the project, "Princeton will become an important destination as a gate-

way for Trans Canada Trail users, creating economic opportunities for local residents. This project will help make that vision a reality."

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The number of people using computers on a daily basis is rapidly expanding. Unfortunately, along with this increased use, new health challenges are beginning to appear. Employers are constantly seeking ways of reducing stress and fatigue, increasing production, and avoiding injury of employees. One method of achieving this is to assess their posture while working at a workstation and computer and making small changes in order to reduce postural stress.

Starting with the chair, ensure you are using one that is suited to your body size and shape. If

more than one person uses the computer, an adjustable chair is best. As you sit in front of the computer, the chair should be high enough that you can comfortably reach the keyboard while maintaining your feet on the floor. Your hips and knees should be bent as close to 90 degrees as possible. The back of the chair should ideally be tall enough to reach your shoulder blades and should have good lumbar support in order to maintain a slight "forward curve" in the low back. Straight-back chairs often promote a slouching position and should be avoided.

The keyboard should be low enough that you do not have to overly extend your wrists. A wrist-pad or cushion is ideal so the wrists are not resting on a hard edge. If you are purchasing a new system, consider one of the newer, split keyboards, which also help reduce wrist stress. The mouse should be close to the height of the keyboard as well.

The center of the monitor screen should be at approximately eye level and should be directly in front of you. Avoid placing the monitor to one side.

The final thing to keep in mind is that no matter how well the workstation is arranged, we must still be conscious not to spend too much time at once at the computer. If the computer work involves several hours in a day, it is very important to take a break every 15-20 minutes in order to get up, stretch, and walk around. This will relieve some of the tension placed on our bodies while sitting for extended periods. Following these simple suggestions will help you work more efficiently, and avoid placing undue stress on your body.

For any further assistance on posture and ergonomics, Dr. Warren Gage is a chiropractor practicing in Princeton Tuesdays and Thursdays. He may be reached any day at 295-7015.



This is the wrong set-up for healthy computer work.

Check it out!

by Jane Beulah, Public Health Nurse, Okanagan-Similkameen

Statistics say that over 50 per cent of Canadians do not adequately protect themselves from the sun, yet 80 per cent of those surveyed know when and how they should protect themselves!

Ask anyone, and the answer to what they want their skin to look like is "smooth and supple, no age spots or wrinkle. Then, we go out and tan to supposedly "look good." Well, guess what? The sun promotes aging, wrinkles and leathery skin. Take a look at those who live in a sunny climate!

Everyone is at risk of developing skin cancer, especially if they have had a blistering sunburn before age 20. Some persons are at higher risk than others - those with blond or red hair, fair skin, light-coloured eyes and freckles.

If you have lots of moles, you are in a high-risk zone. Moles are NOT melanoma, but beware if a mole changes, that is, has an irregular border, changes colour - check it out!

Melanoma is a deadly form of cancer, usually starting as a flat irregular brown spot for years, and then it becomes elevated and spreads rapidly. Melanoma often occurs in areas that DON'T get sun - back of legs, palm of hand, sole of feet or under toenails.

Living Past 100

Living alone can be deadly

One of the most devastating experiences of living a long, healthy life is the loss of a mate. Many people do not understand that the spouse may not necessarily die in order to be lost. Some people lose a mate through diseases such as Alzheimer's, multiple sclerosis, and severe stroke. The surviving mate, still healthy, is still in the position of a person who has lost a mate through death.

The surviving mate needs a lot of understanding from friends and family. In the old days, death would have come swiftly, one way or another, to the ill mate. Now, medical science keeps them alive in extended care facilities or residences geared to 24 hour a day care. Friends and family need to realize that the person left at home is grieving a terrible loss. He or she has lost a mate, a companion, a friend, even though death has not occurred. Unlike the widow or widower, however, the surviving mate cannot simply go on with life and find a new mate, because death has not occurred. Society frowns on it. However, the loneliness and grief are present.

Loneliness and grief take a toll on health. It is not just the emotional toll, but other things occur as well. There is usually less self care, less focus on a schedule, and a definite loss of social interaction. The lonely person may not eat well, as cooking for one is no fun, especially if dinner time was the time when the couple enjoyed each other's company, perhaps sharing the day's activities and planning an evening together.

This is the time when friends and family should reach out to provide socialization. Invite the lone person to dinner, or to some other activity.

If you are the person left at home, and left alone, you need to know that your loneliness and grief can kill you, and you need to take strong measures to overcome the emotional wasteland your life may have become. You need to make the effort to go on with life, not as it was before, but in a new framework. You may need to seek out companionship and perhaps one caring person who is special.

As for those who might be critical of a person having a close relationship while the mate is still alive, those people should spend time with the institutionalized mate for several days in a row. Attitudes will change.

To live means to live fully, not just exist while waiting for the pain to be over. Truly caring friends and family will help achieve full life.



Wendy MacGillivray is the new Court Administrator for Princeton. Her first day on the job was July 31. MacGillivray comes from Revelstoke, and is happy to be in Princeton. She likes small towns. The Court Registry has been closed for the past two months except on court days. It is now open from 9:00 a.m. to noon and 1:00 p.m. to 4:00 p.m., Monday - Friday.



Billing themselves as "Saturday Night Fever 20 Years Later", these dancers did the Mashed Potato in the Tulameen parade.

Rodents bring new killer virus

The Department of Health Services in California is blaming three deaths on a rare new virus carried by rodents. The virus is called "arenavirus."

In many ways, this new virus is like hantavirus. It is believed to be transmitted through dust carrying the urine or feces of infected rodents. Symptoms of infection are similar to hantavirus, beginning with fever and respiratory problems.

State health officials have issued warnings in California for humans to avoid contact with rodents and to take precautions when cleaning buildings with signs of rodent infection.

The history of hantavirus began in Arizona with the sudden deaths of three young Navajo athletes from a respiratory infection. Death occurred in three to six days. A team of emergency med-

ical researchers moved to Arizona to identify the cause of death and the source of infection. When mice were found responsible for spreading the disease, people were warned about mice. After some months, warnings were issued regarding all rodents in the American southwest.

The disease spread through the rodent population in North America in less than five years. In 1994, the first hantavirus death in B.C. occurred in Kamloops, when a young, healthy rancher died after cleaning his barn. Other hantavirus deaths in B.C. have been associated with wild rodents such as squirrels, chipmunks, and field mice. Although arenavirus may not spread with the same rapidity as hantavirus, caution around areas inhabited by rodents is advisable. Children should be instructed to avoid all rodents, dead or alive.

Traffic tips Welcome to our roadcheck!

by Cst. Bryce Peterson and Cst. Andy Hiscox, South Okanagan Highway Patrol

We will try to delay you as little as possible as we examine vehicles to see if they are defective. Vehicles that appear defective will be moved off the road for further inspection while other drivers and vehicles are checked and allowed to continue. Hopefully a moment of your time will contribute to making our highways safer.

The Motor Vehicle Act and Regulations provide the authorities for police to examine vehicles and require drivers or the people in charge of the vehicles to permit the inspections. Two types of inspections may be conducted.

One is the examination by police at roadside and the other is an examination under the Private Vehicle Inspection Program by licensed mechanics. With the first, "check up slips" and possibly tickets may be issued. With the second, an order to attend an inspection facility will be made. These orders are issued in situations where serious safety defects are suspected.

There are penalties for drivers who refuse to permit a roadside inspection or who fail to attend an inspection facility as ordered. Failing to permit a roadside inspection could result in a Violation Ticket with a voluntary penalty of \$86. Failing to attend an inspection facility could result in the seizure of the vehicle licence and number plates if the vehicle is found on the highway at a later date.

If you have a topic you would like to see in this column, contact the authors at 499-2250.

Firearms License help will be local

If you have firearms, you need a license by the end of this year. A team of trained individuals will help give you an application form and help you fill it and take a photo for your license.

In Keremeos, be at the Elks Hall on Friday, August 9, 1:00 to 4:00 p.m.

In Princeton, be at the Overwaitea August 10 to 13 from 9:00 a.m. to 3:00 p.m.

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Field Naturalists spend a hot day on Hedley Creek

by Don Burbidge

On a blazing hot day in summer, the stroll up the gorge of Hedley Creek can be refreshingly cool, so on July 29, a group of fourteen naturalists set out from the Cenotaph in Hedley to hike as far as we could without getting our feet wet. The road soon turns to a trail which covers the old viaduct which once served water to the town, and gives a splendid view of the majestic cliffs lining the gorge above, while below runs the creek, a vision of water foaming and tumbling over rocks. The trail passes through an open field of tailings, now growing a good harvest of grass and Oregon grapes with purple fruit. The trail then winds through cool cedars and saskatoon bushes.

this is as far as many are willing to go, and in fact the trail does not go much farther before it crosses the creek again – without a bridge.

All agreed the hike was worth it, even considering the bridges. No goats to be seen, but a single Kingfisher flew by, and on the trail we found a beautiful little Rubber Boa, our local member of the Boa Constrictor family, which never grows more than a foot in length, is never known to bite, and seems to enjoy the warmth of human hands. Its tail is so blunt and its head so rounded, with no neck, that it is hard to tell which is which, and it has been called the two-headed snake. Those who are not fearful of snakes can enjoy

touching the smooth, velvety, yellow-brown skin of the Rubber Boa. It constricts its prey of young mice and shrews just as its giant relatives, the Pythons and Anacondas, squeeze the life out of pigs. We set this one off the trail and wished it good hunting for crickets and mice.

This little snake, and the beauty of the gorge and the stream, made up for the lack of other animals and birds.

The group ended the hike with a great sandwich at the Hitching Post in Hedley.

The first printing of 500 copies of the Similkameen Hiking Guide has sold out and more have been ordered. Buy one while they last.



We kept a sharp lookout above to the cliffs for mountain goats, but saw none. Indeed, there seems to be a shortage of goats this year, all along the Similkameen from Princeton to Keremeos. An Old-timer tells me she once counted thirty on the cliffs above Standing Rock. This year, I have seen none there, and only one along Old Hedley Road. Either they have left the country, or I have been looking in the wrong places. A hiker we met on Hedley Creek said he had seen an injured billy by the first bridge, hurt by a cougar or a tumble, but we missed it.

Speaking of bridges, there are four on the trail, each one more rickety than the previous one. The first has a handrail and is wide enough for comfort, while the second is wide enough but has no handrail. The third is about a foot wide, with missing 2X4 cross-pieces, and no handrail – a challenge to those without good balance, since the creek foams tumultuously below. The last bridge is merely a log stretched over the stream, with a swaying wire to hold onto. A number of our group took one look at it and decided to wade, not very difficult now the water is low. During high water,

Frogwatch wants you!

Environment Minister Joan Sawicki wants British Columbians to count frogs. If you live in an area where you often see frogs, you are asked to participate in Frogwatch.

"Healthy frog populations are key indicators of our well-being: some people liken their role to that of a canary in a coal mine," Sawicki said. "B.C.'s new Frogwatch program is part of a national effort to gather information on frogs, as they are a vital indication of the state of our environment."

Serious declines in frog populations were first noticed in the 1980s. Two of B.C.'s native frog species, the northern leopard frog and Oregon spotted frog, are nationally classified as endangered. The Great Basin spadefoot found only in the Okanagan is considered vulnerable, as is the red-legged frog found in southwestern B.C. The tailed frog is considered vulnerable along B.C.'s coast and endangered in the Kootenay region.

Frogs are sensitive to environmental changes because they live where land and water converge. Unlike humans, amphibians breathe at least partially through their skin, which is constantly

exposed to the environment. As a result, their bodies are more vulnerable to disease, pollution, toxic chemicals and habitat destruction.

Frogwatch encourages volunteers to watch and listen for frogs and toads and record data without touching or disturbing the frogs and their habitats. Data submitted to Frogwatch and to the ecological monitoring and assessment network of Environment Canada help assess frog populations throughout the country. The provincial program will help track the populations of non-native species like bullfrogs and green frogs, which may be harming native amphibians and ecosystems.

B.C. Frogwatch is funded by the Habitat Conservation Trust Fund and supported by the provincial and federal governments.

The Frogwatch homepage at <http://www.elp.gov.bc.ca/wld/frogwatch> provides detail information on B.C. species, where they are found, the threats they face, and an online data form for making reportings. The program will soon expand to include salamanders and reptiles, as well as a pond watch program.

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	The News Leader

WHAT'S ON TV

TUESDAY, AUGUST 8 THROUGH MONDAY, AUGUST 14, 2000



Kati Henry, of Princeton, wears her sponsor shirt from the Penticton Dairy Queen and the medals she won at the B.C. Summer Games in Victoria. See story below.

Henry brings home three medals from Games

Kati Henry, a local girl entering Grade 12 in September, won three medals in the B.C. Summer Games in Victoria (July 28 - 30). She won a silver in mountain biking, a bronze in road biking and a bronze in the relay. She earned the distinction of being the only girl in cycling who won three medals.

Kati's great thrill was to have Alison Sydor present her with the silver medal for mountain biking, as Sydor is the great Canadian mountain biker who won silver at the last summer Olympics and hopes for gold in Sydney in a few weeks' time.

Kati had the opportunity to attend the World Cup in Canmore, Alberta, in early July and watched Sydor race, but Kati was not just a spectator in Canmore, as she raced and finished second in her category.

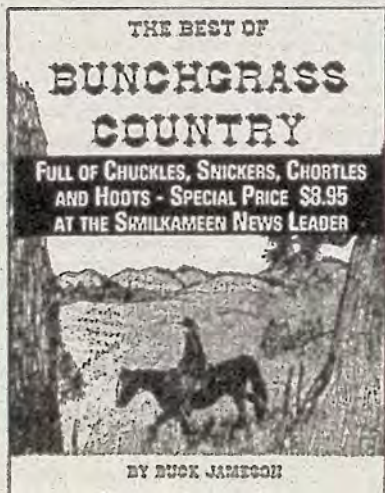
The biking season began for Kati in May with the Summerland Action Quest, where she placed first, and has raced almost every weekend since.

Kati has entered a new category, Junior Women, where the competition is "fierce" according to Kati's mother, Mary Masiel.

Despite the competitiveness of this category, Kati has managed to stand on the podium at the end of each race.

At this time, Kati Henry is fifth in the B.C. Cup series in her category, with a total of 385.4 points. Kati looks forward to competing at a Canada Cup race at Silver Star, Mud and Madness at Fernie, and 24 Hours of Adrenalin at Silver Star.

Kati is once again sponsored by Sun Country Cycle in Penticton and by a new sponsor, Dairy Queen of Penticton.



Kent swims Missezula

Long time Missezula Lake residents Bill and Gerry Kent thought their son Dave's annual plan to swim the length of Missezula Lake was simply idle musing. Dave was finally true to his word on Monday, July 25 when he became (presumably) the first person to swim the 4.5 distance with Bill and Gerry providing an escort. Under ideal conditions, he covered the distance in one hour and 52 minutes.

Dave is an experienced open water swimmer who includes swimming the length of Skaha Lake as one of his accomplishments. A 53 year old Captain with the Burnaby Fire Department, Dave competed in last year's World Police and Fire Games in Stockholm, Sweden where he won the gold medal in record time in the Grand Masters 2 Mile Open Water Swim. During the same Games Dave was a member of the gold medal winning Canadian Triathlon team swimming the 1.5 km distance.

Gerry Kent's suggestion that Dave try Okanagan Lake next year was not met with too much enthusiasm. However, Dave suggested he may repeat the swim next year, trolling a Doc Spratley while swimming with the hopes he has better luck than he does out of a boat.

PLP pays tribute to local youth

The summer edition of Princeton Light and Power's company newsletter features two young people from Princeton on the front page, along with a tribute to Princeton's youth.

David Bell, PLP's first entry into the Youth Ambassador program, and the judges' top choice for Youth Ambassador, and Scott Witt, a summer student employee, are feature personalities in the newsletter. Both are Grade 11 students at Princeton Secondary School.

The newsletter is sent to persons interested in PLP's activities, such as shareholders, West Kootenay and employees of PLP. All of those who receive the newsletter will have an excellent impression of young people in Princeton.

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Summer Recreation

G.E.T.T. ~ Session #2-Aug.14th-18th, Session #3-Aug. 21st-25th Place: Princeton Arena & Princeton and District Community Skills Centre Cost: "Free!!!" Times: 9:00 a.m. - 4:00 p.m.
 Once again this year, Summer Recreation 2000 has secured a grant to run three weeks of the highly successful G.E.T.T. Camp. In this course girls learn skills in carpentry, auto mechanics, drafting and more to build go-karts... and race them!!! The five day long sessions (except session #1) are held in the summer and any girls in grades 6 to 8 are eligible. This type of camp has been very successful in introducing girls to many skills and occupations in many parts of the country. The course will be instructed by a woman who is competent in the trades field. As the course is still in the works, more details will be available in the weeks to come. This program is first come first serve so hurry and register today!

SOCCER CAMP:

Soccer, the most popular sport in the world, why not come out and give it a try. We will learn some skills and play a lot of fun games during this three-day soccer camp. We will work on basic skills as well as learn skills like positioning, marking and crossing. Be sure to bring something to drink, as water will not be available. DATES: August 15th, 16th, and 17th. TIME: 1:00 p.m. - 2:30 p.m. PLACE: Riverside Intermediate School Lower Field. COST: \$6.00 AGES: 8-14 INSTRUCTOR: Jesse McLean

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Tuesday Movies

MORNING

9:40 am FAM 26 ***"The Adventures of Ichabod and Mr. Toad" (1949, Fantasy) Voices of Bing Crosby. Animated. Washington Irving's "The Legend of Sleepy Hollow" and Kenneth Grahame's "The Wind in the Willows." [E]

10:00 am CITY 29 ***"Free Willy" (1993, Drama) Jason James Richter. A young misfit pledges to help a captive killer whale escape the clutches of an amusement park's evil owner. [E]

11:00 am WTBS 3 ***"The Karate Kid Part III" (1989, Drama) Ralph Macchio. A bitter instructor employs violent fighters in his quest for revenge against the karate student who humiliated him.

AFTERNOON

5:00 pm WGN 38 ***"The Ratings Game" (1984, Comedy) Danny DeVito. A trucking magnate and his girlfriend, a television-ratings service employee, plot to become Hollywood producers.

EVENING

6:00 pm CITY 29 "The Silence of Adultery" (1995, Drama) Kate Jackson. A stagnant home life and career disappointment help send a married woman into the arms of another man. [E]

7:30 pm WTBS 3 ***"The Running Man" (1987, Science Fiction) Arnold Schwarzenegger. Time Approximate. An unjustly accused prisoner in 2019 is stalked by executioner-style athletes on the nation's No. 1 game show.

8:00 pm FAM 26 ***"Annie" (1982, Musical) Albert Finney. Daddy Warbucks opens his estate to a spunky orphan in this adaptation of the popular comic strip and

hit Broadway show. (In Stereo) [E]

9:05 pm CITY 29 ***"Mad Max Beyond Thunderdome" (1985, Adventure) Mel Gibson. The third entry in the post-apocalyptic adventure series finds Max at the mercy of a power-hungry shantytown queen. [E]

9:35 pm WTBS 3 ***"The Road Warrior" (1981, Adventure) Mel Gibson. In post-apocalyptic Australia, a former highway cop sides with an oil-producing community against sadistic nomads.

11:10 pm CITY 29 "The Silence of Adultery" (1995, Drama) Kate Jackson. A stagnant home life and career disappointment help send a married woman into the arms of another man. [E]

11:35 pm WTBS 3 ***"The Karate Kid Part III" (1989, Drama) Ralph Macchio. A bitter instructor employs violent fighters in his quest for revenge against the karate student who humiliated him.

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BY BUCK JAMESON

Community Datebook

August

12/13 - Men's Open Golf Tournament Princeton
 12 & 13 - Roly Bilodeau's old-time threshing days in CAWSTON
 19 & 20 - Team roping Princeton fair grounds
 20 - Ladies Open Golf Tournament Princeton
 21 - Keremeos Council meets 7:00 p.m.
 Princeton Town Council meets 7:30 p.m.

September

1,2,3,4 - CATHEDRAL LAKES POWWOW (Keremeos) LABOUR DAY WEEKEND
 2,3,4 - Pumpkins Slowpitch tournament, Princeton
 5 - FIRST DAY OF SCHOOL
 7 - Senior Ladies Open Golf Tournament Princeton
 8,9,10 - Princeton and District FALL AGRICULTURAL FAIR
 Princeton's 140th birthday
 Princeton's Millennium Reunion
 Copper Mountain, Allenby Reunion
 15,16,17 - BC Team Roping Finals Princeton fair grounds
 16 - Porter Classic Golf Tournament Princeton
 30 - BPW Regional Conference

OCTOBER

9 - Thanksgiving

NOVEMBER

11 - REMEMBRANCE DAY (Saturday)

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TUESDAY, AUGUST 8, 2000

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GREEN ZONES - LOW COST

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6 AM	Little House	News [E] Care Bears	(Off Air)	Body Elec. Noddy [E]	News [E]	News	Night Court Night Court	(5:00) News [E]	(5:30) News [E]	(5:00) News [E]	Kitty Cats Hamster	Sportsdes k	VTV Breakfast (N)	Discoveryca Foodstuff	Underdog Garfield	Bill Nye Busy World	News (ESP) [E]	Mauri (N) [E]	Wayans Cosby
7 AM	Little House	Dressup 100 Huntley Street [E]	Dudley Magic Bus	Dragon Arthur (E) [E]	Today (N) [E]	Early Show (N) [E]	Murder, She Wrote [E]	Good Morning America (N) [E]			Fuzzpaws Couch	Sportsdes k		Country Guerilla	Tex Avery Bus	Gummi Franklin	Morning News (ESP) [E]	Cityline Therapy day.	Knight Rider
8 AM	Mama Mama	Huntley Street [E] Robison	Zoboo Teletubbs	Barney Teletubbs			Magnum, P.I. [E]		Canada AM (Left in Progress) (N) [E]	100 Huntley Street	Kitty Cats Mouse	Sportsdes k		Wild Discovery	Sister, Sis. BoyWorld	Art Attack Out of Bx		Star Trek: Next Gener.	Matlock [E]
9 AM	Matlock The Biker	Martin Short [E]	Elliot Kitty Cats	Sesame Street (E) [E]	Live With Regis (N)	Judge Joe Brown	L.A. Law	Martha Stewart Living		Travel	Bananas Pumper	Off-Record Workout	Live With Regis (N)	Design [E]	Paid Prog. Paid Prog.	Goofy "Adventur e-ich."	Sally [E]	News [E] City	Matlock The Dame
10 AM	Hunter The Informant	Price Is Right [E]	Profiles Woman	Zoboo Reading	Later Today (N) [E]	Price Is Right [E]	Law & Order [E]	The View [E]	Movie Computer	Dave Rutherford	Stickln Grounding	ATP Tennis: Masters Series - Early Rounds	The View [E]	Country Foodstuff	Forgive or Forget [E]	Art Attack	Sally [E]	Movie: "Free Willy" (1993)	News [E]
11 AM	Movie: The Karate Kid Part III (1989, Drama)	Young and the Restless News [E]	Black Man's Houses Fitness	Sit-Be Fit Art	People's Court [E]	Young and the Restless [E]	Northern Exposure [E]	Paid Prog. Pt Charles	Hollywood Change	News [E]	Fuzzpaws Rupert	Vicki Gabereau [E]	Country Foodstuff	Discoveryca Montel Williams Bey. 2000	PB J Otter SpaceCase	Lane Lane	Jason James Richter	MacGyver "Pirates"	
12 PM	Cosby	Movie Wallin	Travels Dotto's	Helmut Lotz Original Classics [E]	Days of Our Lives Turns	As the World Turns	Murder, She Wrote [E]	One Life to Live [E]	House Bold & B.	Movie Grace	Enchanted Country Mouse	Golf: Fred Meyer Challenge - Final Round.	One Life to Live [E]	Flightpath [E]	Enquirer Paid Prog.	Franklin	Fam. Mat.	Fam. Mat.	
1 PM	Full House	Corona'n Urban P.	Router Bakers	Mr Rogers Yoga	Divorce Judy	Judy	L.A. Law Magnum, P.I. [E]	General Hospital [E]	City [E]	Koolatron	Rosie O'Donnell Archibald	Off-Record Sportsdesk	Dini [E]	Wild Discovery	Guthy Paid Prog.	Darkwing	Histerial	Blind Date	Parent
2 PM	Roseanne	Edition Mad	Natural Eyewitness	Mr Rogers Arthur (E) [E]	Divorce Judy	Judy	L.A. Law Magnum, P.I. [E]	Hollywood Fam. Feud	Martin Short [E]	Young and the Restless	Uh Oh! Rugrats	Off-Record Sportsdesk	Dini [E]	How'd They Do That?	Magic Bus X-Men [E]	Aladdin	Cartoonie	News [E]	Wayans Fresh Pr.
3 PM	Fresh Pr.	Rosie O'Donnell [E]	Mechanics Creatures	Lions Zoom (E) [E]	News [E]	Oprah Winfrey (N) [E]	Law & Order [E]	Mauri (N) [E]	Oprah Winfrey (N) [E]	News [E]	News [E]	World's Strongest Man	ER "The Secret Sharer"	Discoveryca Danger	Beast Digimon	Hercules	Batman	Seinfeld	Full House
4 PM	Major League Baseball: Atlanta Braves at Cincinnati Reds. (Live) [E]	Friends Frasier	Out of the Past [E]	News-Lehrer Frasier	News [E]	News [E]	Biography "Doris Day: It's Magic" [E]	News [E]	News [E]	News [E]	Pokemon Dragon-Z	Major League Baseball: Toronto Blue Jays at Kansas City Royals. (Live)	News [E]	Wild Discovery: Nature	Griffith Cops [E]	Doug Recess	Sister, Sis. Wayans	Relic Hunter [E]	Movie: "The Ratings Game" (1984, Comedy)
5 PM	Major League Baseball: Atlanta Braves at Cincinnati Reds. (Live) [E]	Friends Frasier	Out of the Past [E]	News-Lehrer Frasier	News [E]	News [E]	Biography "Doris Day: It's Magic" [E]	News [E]	News [E]	News [E]	Pokemon Dragon-Z	Major League Baseball: Toronto Blue Jays at Kansas City Royals. (Live)	News [E]	Wild Discovery: Nature	Griffith Cops [E]	Doug Recess	Sister, Sis. Wayans	Relic Hunter [E]	Movie: "The Ratings Game" (1984, Comedy)
6 PM	Major League Baseball: Atlanta Braves at Cincinnati Reds. (Live) [E]	Friends Frasier	Out of the Past [E]	News-Lehrer Frasier	News [E]	News [E]	Biography "Doris Day: It's Magic" [E]	News [E]	News [E]	News [E]	Pokemon Dragon-Z	Major League Baseball: Toronto Blue Jays at Kansas City Royals. (Live)	News [E]	Wild Discovery: Nature	Griffith Cops [E]	Doug Recess	Sister, Sis. Wayans	Relic Hunter [E]	Movie: "The Ratings Game" (1984, Comedy)
7 PM	Movie: "The Running Man" (1987, Yaphet Kotto)	Export A Encounters	Dotto's SpaceShip	Spirit of Alberta Fortune	Jeopardy! Fortune	Seinfeld Friends	Investigative Reports	Carey Home Imp.	Fortune Jeopardy!	Sammy (N)	Big Brother Law & Order [E]	Home Imp. Jeopardy!	Be a Millionaire	Discoveryca Danger	Star Trek: Voyager [E]	Afrald? Seinfeld	Friends Buffy Vampire	News [E] StarTV	Chicago Cubs at Los Angeles Dodgers. (Live) [E]
8 PM	Movie: "The Road Warrior" (1981) Mel Gibson.	National Magazine News [E]	Men's Show TBA	TBA	West Wing [E]	Judging Amy [E]	Investigative Reports	News [E]	News [E]	News [E]	Student BoyWorld	WCW Nitro	Skuldugg PJs (N)	Wild Discovery: Nature	Family Guy PJs (N)	Albert Finney. [E]	Angel "War Zone" [E]	News [E]	Movie: "Mad Max Beyond Thunderdome" (1985)
9 PM	Movie: "The Road Warrior" (1981) Mel Gibson.	National Magazine News [E]	Men's Show TBA	TBA	West Wing [E]	Judging Amy [E]	Investigative Reports	News [E]	News [E]	News [E]	Student BoyWorld	WCW Nitro	Skuldugg PJs (N)	Wild Discovery: Nature	Family Guy PJs (N)	Albert Finney. [E]	Angel "War Zone" [E]	News [E]	Movie: "Mad Max Beyond Thunderdome" (1985)
10 PM	Movie: "The Road Warrior" (1981) Mel Gibson.	National Magazine News [E]	Men's Show TBA	TBA	West Wing [E]	Judging Amy [E]	Investigative Reports	News [E]	News [E]	News [E]	Student BoyWorld	WCW Nitro	Skuldugg PJs (N)	Wild Discovery: Nature	Family Guy PJs (N)	Albert Finney. [E]	Angel "War Zone" [E]	News [E]	Movie: "Mad Max Beyond Thunderdome" (1985)
11 PM	Movie: "The Road Warrior" (1981) Mel Gibson.	National Magazine News [E]	Men's Show TBA	TBA	West Wing [E]	Judging Amy [E]	Investigative Reports	News [E]	News [E]	News [E]	Student BoyWorld	WCW Nitro	Skuldugg PJs (N)	Wild Discovery: Nature	Family Guy PJs (N)	Albert Finney. [E]	Angel "War Zone" [E]	News [E]	Movie: "Mad Max Beyond Thunderdome" (1985)

Friday Movies

MORNING

9:00 am FAM 23 ***"Robin Hood" (1973, Adventure) Voices of Peter Ustinov. Disney's animated tale of a sly fox who champions the animals of Sherwood Forest from the tyrannical Prince John. (In Stereo) 23

9:00 pm BCTV 11 ***"Hidden in America" (1996, Drama) Beau Bridges. A concerned doctor reaches out to a poor widower who refuses to go on welfare at the expense of his hungry children.

9:05 pm CITY 29 ***"Tropical Heat" (1993, Drama) Rick Rossovich. An investigator is drawn into a potentially deadly mystery when he falls for a maharajah's enticing widow.

9:55 pm FAM 23 ***"Splash" (1984, Comedy) Tom Hanks. A New York bachelor falls in love with a woman who just happens to be the mermaid who saved him as a child. (In Stereo) 23

10:10 pm WTBS 3 ***"The Breakfast Club" (1985, Comedy-Drama) Emilio Estevez. Five high-school students learn about themselves and one another when they are forced to spend a Saturday in detention.

AFTERNOON

5:00 pm WGN 23 ***"Assassination" (1987, Drama) Charles Bronson. A Secret Service agent is kept busy thwarting an apparent assassination plot against the first lady.

11:05 pm CITY 29 ***"Jeremiah Johnson" (1972, Adventure) Robert Redford. American Indians and hostile elements make life difficult for an adventurer who has left civilization for solitude.

11:45 pm FAM 23 ***"The Member of the Wedding" (1952, Drama) Ethel Waters.

EVENING

6:00 pm CITY 29 ***"Homewrecker" (1992, Science Fiction) Robby Benson. A rewired home computer with a feminine personality develops a deadly obsession for its owner. 29

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Just for laughs

Those terrible four-letter words!

A young couple got married and left on their honeymoon. When they got back, the bride immediately called her mother. Her mother asked, "How was the honeymoon?"

"Oh, mama," she replied, "the honeymoon was wonderful! So romantic..." Suddenly she burst out crying.

"But, mama, as soon as we returned Sam started using the most horrible language...things I'd never heard before! I mean, all these awful 4-letter words! You've got to come get me and take me home.... Please mama!"

"Sarah, Sarah," her mother said, "calm down! Tell me, what could be so awful? What 4-letter words?"

"Please don't make me tell you, mama," wept the daughter, "I'm so embarrassed they're just too awful! Come get me, please!"

"Darling, baby, you must tell me what has you so upset. Tell your mother these horrible 4-letter words!"

Still sobbing, the bride said, "Oh, mama...words like DUST, WASH, IRON, COOK...!"

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FRIDAY, AUGUST 11, 2000

'RED ZONES' - HIGH COST 'GREEN ZONES' - LOW COST

Table with 18 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 12 rows (6 AM to 11 PM) listing TV programs and channels.

Saturday Movies

9:00 am WTBS (3) ***"Drop Dead Fred" (1991, Comedy) Phoebe Cates. An imaginary friend returns to help a woman out of her melancholy state by wreaking havoc on an unsuspecting public.

10:50 am WTBS (3) ***"Summer Rental" (1985, Comedy) John Candy. An overworked air traffic controller and his family head for Florida for a restful vacation that turns calamitous.

AFTERNOON

12:00 pm FAM (26) ***"The Barefoot Executive" (1995, Comedy) Jason London. A network employee sees a chance to go from mailroom to boardroom with a chimpanzee that predicts TV's hottest hits. (In Stereo)

12:30 pm WTBS (3) ***"Footloose" (1984, Drama) Kevin Bacon. A big-city teen rallies his new small-town friends against a minister opposing their right to dance.

1:00 pm CITY (29) ***"Homewrecker" (1992, Science Fiction) Robby Benson. A rewired home computer with a feminine personality develops a deadly obsession for its owner.

2:45 pm WTBS (3) ***"Grease" (1978, Musical) John Travolta. A 1950s high-school tough tries to win back the Australian exchange student he romanced during summer vacation.

3:00 pm KXLY (10) ***"As Good as Dead" (1995, Suspense) Crystal Bernard. A woman suspects foul play when an unknown sibling who thinks she has died sues a hospital for her wrongful "death."

5:00 pm CITY (29) ***"Richie Rich" (1994, Comedy) Macaulay Culkin. The world's wealthiest youngster uncovers a villainous executive's scheme to cash in on

the Rich family fortune. (In Stereo) WGN (38) ***"Saturday Night Fever" (1977, Drama) John Travolta. A Brooklyn disco dancer develops doubts about his lifestyle when he teams up with an ambitious woman for a big contest.

5:05 pm WTBS (3) ***"As Good as It Gets" (1997, Comedy-Drama) Jack Nicholson. A crusty New York writer who suffers from obsessive-compulsive disorder finds romance with a waitress.

EVENING

8:00 pm KHQ (7) ***"Richie Rich" (1994, Comedy) Macaulay Culkin. The world's wealthiest youngster uncovers a villainous executive's scheme to cash in on the Rich family fortune. (In Stereo)

KXLY (10) "Mother Knows Best" (1997, Drama) Joanna Kerns. An unsatisfied mother harbors murderous intentions toward the son-in-law who proved to be a disappointment in her eyes. (In Stereo)

FAM (26) ***"Moon Over Parador" (1988, Comedy) Richard Dreyfuss. A neurotic American actor lives out his fantasies when he is called on to impersonate the dead ruler of a tiny island. (In Stereo)

8:05 pm WTBS (3) ***"The War of the Roses" (1989, Comedy-Drama) Michael Douglas. A couple unable to resolve the terms of their divorce resort to uncivilized behavior and outright violence.

8:30 pm WGN (38) ***"Delta Force 2" (1990, Adventure) Chuck Norris. An American colonel and his elite Marine unit head to South America to bring a sadistic drug czar to justice.

9:30 pm CITY (29) ***"Point of No Return" (1993, Drama) Bridget Fonda. A condemned

woman transformed into a government assassin desperately searches for a way out of her new profession.

9:35 pm FAM (26) ***"A Friendship in Vienna" (1988, Drama) Ed Asner. Vienna is the setting for this account of how two girls' friendship is tested by the persecution of Austrian Jews. (In Stereo)

10:30 pm WGN (38) ***"Death Wish V: The Face of Death" (1994, Drama) Charles Bronson. Vigilante Paul Kersey takes up his revolver again when his lover is murdered by her ex-husband's lackeys.

10:50 pm WTBS (3) ***"The Freshman" (1990, Comedy) Marlon Brando. A mobster with an uncanny resemblance to "The Godfather" makes a college film student an offer he can't refuse.

11:30 pm FAM (26) ***"The Lady Is Willing" (1942, Comedy) Marlene Dietrich. The discovery of an orphaned infant sparks a flood of maternal instincts in a glamorous stage star.

CITY (29) ***"Showdown in Little Tokyo" (1991, Drama) Dolph Lundgren. Two L.A. police officers combine martial arts skills to wreak vengeance on the Japanese Mafia.

Help stop crime!
CrimeStoppers
pays \$2000 for tips
leading to an arrest
or conviction,
(anonymity guaranteed)



Construction continues on the new addition to Ridgewood Lodge, giving the hospital/Ridgewood complex a whole new look.

SATURDAY, AUGUST 12, 2000

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (14)	VTV (15)	DISC (16)	FOX (17)	FAM (18)	KTLA (19)	CITY (20)	WGN (21)
6 AM	Fam. Mat.	Raccoons	(Off Air)	Trailside	(5:00) Today (N)	Saturday Early Show	Grand Tour	Young Bill Nye	Birdz	Paid Prog.	Surf's Up	World of Soccer (N)	Kingdom Hobo	Nature of Things	Paid Prog.	PB J Otter	Paid Prog.	Indo	Video Computer Store
7 AM	Ripley-Believe	Bugs	Dudley	Aboard	News	Anatole	America's Castles	Recess (EI)	Fly, Rhino	Reel	Surf Shack	Fishing	Wonder	Country	Rangers	Clarissa	MenInBlok	Eye on Asia (In Hindi)	Outdoor
8 AM	WCW Saturday Morning	Neverend	Magic Bus	Router	MotorWeek	Blaster's	House Beautiful	Doug	Doug	Dragon-Z	Motorcyclng	Motorcyclng	Doug	Guerilla	NASCAR	Aladdin	Batman	Polish Studio	Bud Billiken Parade & Picnic (Live)
9 AM	Movie: "Drop Dead Fred" (1991)	From Kelowna, B.C.	Creatures	Workshop	Old House	Get Golf	Travels	Weekend	Computer	Digimon	No Limits	Weekend	Life With Big Cats	Beast	Gadget	Click	Cityline	Home day.	Soul Train 30
10 AM	Movie: "Summer Rental" (1985)	Gymnastics: Canadian Olympians	Fitness	Europe	USA Basketball 2000	PGA Golf: Buick Open -- Third Round.	Investigative Reports	Animal R.	News	Travel	Jetsons	Masters Series -- Semifinal.	Leaps	Discovery: Nature	3 Stooges	Movie: "The Barefoot Executive"	Parent	Electric Circus	Xena: Warrior Princess
11 AM	Kevin Bacon	Rowing: World Cup. (Taped)	Router	Healthwk	WNBA Basketball Conf. Seml.	American Justice	Major League Soccer: Mutiny at Earthquake	LPGA Golf: du Maurier Classic - Third Round.	Score Golf	Pet Guys	Hlt List	Triathlon	World Vsn TBA	Golden Monkey	Cleveland Indians at Seattle	Art Attack	Xena: Warrior Princess	Chicago White Sox at Tampa Bay Devil Rays	Chicago White Sox at Tampa Bay Devil Rays
12 PM	Movie: "Grease" (1978)	Secret	Country	Paid Prog.	Paid Prog.	Investigative Reports	Movie: "As Good as Dead" (1995, Suspense)	Senior PGA Golf: Seneca Open	WCW Thunder	Uh Oh!	Muscle	Electric Circus (N)	How'd They Do That?	Mariners. (Live)	Aladdin	Cleopatra	Jack	FashionTV	Fresh Pr.
1 PM	Olivia Newton-John	Major League Baseball:	Foodstuff	Bakers	Party of Five	V.I.P.	Love Chronicles (N)	News	News	Traders	Addams	Big Wolf	Earth: Final Conflict	Sex Files	NFL	Hoze	Friends	TV Frames	Fresh Pr.
2 PM	Movie: "The War of the Roses" (1989)	Wind at My Back	Heartbeat	Frank Patterson	News	News	Midsomer Murders "Dead Man's Eleven" (N)	News	News	Traders	Addams	Big Wolf	Earth: Final Conflict	Sex Files	NFL	Hoze	Friends	TV Frames	Fresh Pr.
3 PM	Nicholson, Helen Hunt	Mad	Magic Bus	Doo Wop 50	ER	Seinfeld	Friends	ER	Little Men	Amazon	Buffy Vampire	Sportsdesk	McMasters and James	Connection	Exhibit A	Seattle Seahawks at Arizona Cardinals. (Live)	News	News	News
4 PM	Movie: "The War of the Roses" (1989)	Wind at My Back	Heartbeat	Frank Patterson	News	News	Midsomer Murders "Dead Man's Eleven" (N)	News	News	Traders	Addams	Big Wolf	Earth: Final Conflict	Sex Files	NFL	Hoze	Friends	TV Frames	Fresh Pr.
5 PM	Movie: "Grease" (1978)	Secret	Country	Paid Prog.	Paid Prog.	Investigative Reports	Movie: "As Good as Dead" (1995, Suspense)	Senior PGA Golf: Seneca Open	WCW Thunder	Uh Oh!	Muscle	Electric Circus (N)	How'd They Do That?	Mariners. (Live)	Aladdin	Cleopatra	Jack	FashionTV	Fresh Pr.
6 PM	Olivia Newton-John	Major League Baseball:	Foodstuff	Bakers	Party of Five	V.I.P.	Love Chronicles (N)	News	News	Traders	Addams	Big Wolf	Earth: Final Conflict	Sex Files	NFL	Hoze	Friends	TV Frames	Fresh Pr.
7 PM	Movie: "The War of the Roses" (1989)	Wind at My Back	Heartbeat	Frank Patterson	News	News	Midsomer Murders "Dead Man's Eleven" (N)	News	News	Traders	Addams	Big Wolf	Earth: Final Conflict	Sex Files	NFL	Hoze	Friends	TV Frames	Fresh Pr.
8 PM	Nicholson, Helen Hunt	Mad	Magic Bus	Doo Wop 50	ER	Seinfeld	Friends	ER	Little Men	Amazon	Buffy Vampire	Sportsdesk	McMasters and James	Connection	Exhibit A	Seattle Seahawks at Arizona Cardinals. (Live)	News	News	News
9 PM	Movie: "The War of the Roses" (1989)	Wind at My Back	Heartbeat	Frank Patterson	News	News	Midsomer Murders "Dead Man's Eleven" (N)	News	News	Traders	Addams	Big Wolf	Earth: Final Conflict	Sex Files	NFL	Hoze	Friends	TV Frames	Fresh Pr.
10 PM	Movie: "Grease" (1978)	Secret	Country	Paid Prog.	Paid Prog.	Investigative Reports	Movie: "As Good as Dead" (1995, Suspense)	Senior PGA Golf: Seneca Open	WCW Thunder	Uh Oh!	Muscle	Electric Circus (N)	How'd They Do That?	Mariners. (Live)	Aladdin	Cleopatra	Jack	FashionTV	Fresh Pr.
11 PM	Olivia Newton-John	Major League Baseball:	Foodstuff	Bakers	Party of Five	V.I.P.	Love Chronicles (N)	News	News	Traders	Addams	Big Wolf	Earth: Final Conflict	Sex Files	NFL	Hoze	Friends	TV Frames	Fresh Pr.

Sunday Movies

MORNING

7:00 am WTBS (3) ★★ "As Good as It Gets" (1997, Comedy-Drama) Jack Nicholson. A crusty New York writer who suffers from obsessive-compulsive disorder finds romance with a waitress.

11:00 am FOX (25) ★★ "The Joy Luck Club" (1993, Drama) Tsai Chin. Based on Amy Tan's best seller about the relationships of a group of Chinese women with their Americanized daughters.

11:30 am FAM (26) ★★ "Superman II" (1980, Fantasy) Christopher Reeve. A nuclear explosion frees three superhuman villains who were originally imprisoned by Superman's kryptonian father. (In Stereo)

AFTERNOON

12:00 pm A&E (9) ★★ "An Inconvenient Woman" (1991, Drama) (Part 1 of 2) Jill Eikenberry. A seemingly perfect upper-class marriage begins to crumble when a close associate's murder looks like suicide.

1:00 pm WTBS (3) ★★ "The Sons of Katie Elder" (1965, Western) John Wayne. Time Approximate. Shocking revelations await four brothers returning home to Texas for their mother's funeral.

CITY (29) ★★ "Richie Rich" (1994, Comedy) Macaulay Culkin. The world's wealthiest youngster uncovers a villainous executive's scheme to cash in on the Rich family fortune. (In Stereo)

2:00 pm A&E (9) ★★ "An Inconvenient Woman" (1991, Drama) (Part 2 of 2) Jill Eikenberry. A suspicious writer, a gossip columnist and a vulnerable mistress spell trouble for the beleaguered Mendelson empire.

2:30 pm KTLA (27) ★★ "Jefferson in Paris"

(1995, Drama) Nick Nolte. American diplomat Thomas Jefferson is beset by personal dilemmas during his five-year service as ambassador to France.

3:30 pm WTBS (3) ★★ "Rio Lobo" (1970, Western) John Wayne. Howard Hawks' post-Civil War shoot-'em-up about three former soldiers rallying frontier folk against a crooked sheriff.

4:00 pm WGN (30) ★★ "The Amazing Panda Adventure" (1995, Adventure) Stephen Lang. The fate of a Chinese wildlife preserve hinges on two children who join forces to rescue a panda cub from poachers.

5:00 pm KTLA (27) ★★ "The Russia House" (1990, Drama) Sean Connery. A London book publisher's mission for the Secret Service is compromised when he falls in love with his Soviet contact.

EVENING

6:00 pm WTBS (3) ★★ "Big Jake" (1971, Western) John Wayne. A rich landowner defies both the Army and the Texas Rangers in his efforts to locate his kidnapped grandson.

CITY (29) "Heart Full of Rain" (1997, Drama) Richard Crenna. A father and son must overcome their deep-rooted anger toward each other to save their home from a massive flood. (In Stereo)

7:00 pm KXLY (10) "The New Adventures of Spin and Marty: Suspect Behavior" (2000, Adventure) David Gallagher. Premiere. Two newfound friends spy on a pair of creepy neighbors in this updated version of the 1950s serial. (In Stereo)

8:00 pm WTBS (3) ★★ "Rio Lobo" (1970, Western) John Wayne. Howard Hawks' post-Civil War shoot-'em-up about three former soldiers rallying frontier folk

against a crooked sheriff.

CHBC (4) ★★ "A Midwinter's Tale" (1995, Comedy-Drama) Michael Maloney. An actor takes a motley assortment of would-be thespians to a remote town to stage an unusual version of "Hamlet."

KHQ (7) ★★ "Rosewood" (1997, Drama) Jon Voight. In 1928 Florida, vigilantes launch a brutal attack against a mostly black community after a white woman's rape claim. (In Stereo)

FAM (26) ★★ "My Girl" (1991, Comedy-Drama) Macaulay Culkin. An 11-year-old hypochondriac faces emotional confusion when her single father falls in love. (In Stereo)

9:00 pm KREM (8) "Heart Full of Rain" (1997, Drama) Richard Crenna. A father and son must overcome their deep-rooted anger toward each other to save their home from a massive flood. (In Stereo)

BCTV (11) "Captive" (1998, Suspense) Michael Ironside. After a man is killed, his family members attempt to have his wife put in a mental institution. (In Stereo)

VTV (22) "Heart Full of Rain" (1997, Drama) Richard Crenna. A father and son must overcome their deep-rooted anger toward each other to save their home from a massive flood.

9:30 pm FAM (26) ★★ "Tall Tale" (1995, Adventure) Patrick Swayze, Pecos Bill, Paul Bunyan and John Henry help a courageous youngster protect his family's farm from an evil land-grabber.

10:30 pm WTBS (3) ★★ "Big Jake" (1971, Western) John Wayne. A rich landowner defies both the Army and the Texas Rangers in his efforts to locate his kidnapped grandson.

11:10 pm FAM (26) ★★ "The Love Bug" (1969, Comedy) Dean

Horoscopes

August 8 to 15

ARIES - Groups of friends, young people, sports and gambling could all be sources of problems this week. If you suffer from heart problems, be extra cautious this week. Take life easy.

TAURUS - Your life could be full of strange happenings around home this week. Your circumstances may change dramatically as you face unexpected challenges. Find out the truth.

GEMINI - Be extremely cautious while driving this week. Be cautious about what you say, too. You are likely to speak in careless anger and you could alienate those you care about.

CANCER - Your values are going to be tested this week in a face-to-face confrontation in the workplace. Your health is not good - watch out for sore throat. Consult a doctor immediately.

LEO - You may be shocked as a hidden enemy suddenly comes out in the open. You may become angry at a deception as past lies are exposed. Older "boomers" are torn between duty and freedom.

VIRGO - You are tempted to do something silly because you feel restricted. Don't be your own worst enemy: strive for balance between work and play. Your urge to shed burdens is temporary.

LIBRA - Groups you belong to seem to be in conflict with home life. There could be upsets this week in family life, especially with children. Career action is your best focus now.

SCORPIO - Family matters are a source of difficulty as career demands take priority now. Strive to keep both in balance. Finances change: watch the trends in job and economy.

SAGITTARIUS - Don't expect an easy week, but do expect things to change and keep on changing. You are in the midst of a learning experience. Avoid long distance travel - breakdowns are likely.

CAPRICORN - Money problems, health problems, taxes, or problems with shared resources may surface suddenly this week. There may be some conflict. Seek stability.

AQUARIUS - Partners, friends, and people you consult are your focus this week. You may find you are upset by them or they are upset by you. Don't let anger simmer. Talk.

PISCES - Friends seem distant, you feel hemmed in. Your inner being is unstable this week. Job and/or health problems come out of nowhere. Look to a female friend for a fresh view of the situation.

SUNDAY, AUGUST 13, 2000

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (16)	TSN (19)	VTV (22)	DISC (24)	FOX (25)	FAM (26)	KTLA (27)	CITY (29)	WGN (30)
6 AM	Movie: "City Slickers"	Raccoons	(Off Air)	Wimzies	Meet the Press (N)	Paid Prog.	Breakfast With the Arts	Hour of Power	Pigasso	WineTour	Dog City	Auto Racing	Kingdom	Discovery	Paid Prog.	PB J Otter	Pacesetter	Mix TV (In Russian)	Charles
7 AM	Movie: "As Good as It Gets" (1997)	Kenneth C. Van Impe	Dudley Elliot	Arthur (E)	Saved-Bell	Cryptkeep		News	Monster	World Vision	Anthony Fuzzpaws	Sportsdesk Extra (N)	Poetree	Animal Heroes	Paid Prog.	Clarissa	Creflo	Eye on Asia (In Hindi)	Malibu, CA
8 AM	Jack Nicholson, Helen Hunt	World Vision	Magic Bus	Editors	City Guys	Sunday Morning (N)	House Beautiful		News	Triball Trail	Tiny Toon	Football	Katie-Orbie	Wild and Weird	Paid Prog.	Mad Libs	Amazing Children	Eye-Asia	Earth: Final Conflict
9 AM	Major League Baseball: Los Angeles Dodgers at Atlanta Braves	Discovery	Creatures	Nature (DVS)	City Guys	Top 10 (N)	This Week (N)			Is Written	Rugrats	Gymnastics	Acorn	Connection	Fox News Sunday (N)	Clarissa	Parent	Johnny Lombardi's Festival	Lost World
10 AM	Major League Baseball: Los Angeles Dodgers at Atlanta Braves	Faith	Cosmic	Wash. Wk.	To Be Announced	Paid Prog.	Unexplained	Stewart	Hour of Power	60 Minutes More	Bullwinkle Huck Hnd	Rowing	World Vision	Discovery	Griffith	Balanced Particle Freeway	Major League Baseball: Los Angeles Dodgers at Atlanta Braves	Speakers	Chicago White Sox at Tampa Bay Devil Rays
11 AM	Major League Baseball: Los Angeles Dodgers at Atlanta Braves	Major League Baseball: Toronto Blue Jays at Minnesota Twins	Renovator	McLaughlin	WTA Tennis: estyle.com	Classic -- Final	Movie: "An Inconvenient Woman" (1991, Drama)	Women's Soccer: Russia vs. United States	World Vision: Say Yes	Fishing	Garfield	Auto Racing: CART - Miller Lite 200	Profiles	Gentle Giants	Movie: "The Joy Luck Club" (1993) Tsai Chin	Movie: "Superman II" (1980) Christopher Reeve	Parent	Movie: "Richie Rich" (1994) Macaulay Culkin	V.I.P. "Valma & Louise"
1 PM	Movie: "The Sons of Katie Elder" (1965)	Minnesota Twins (Live)	Spaceship	The Grand	Swimming: U.S. Olympic Trials. (Taped)	Final Round. (Live)	Movie: "An Inconvenient Woman" (1991, Drama)	Auto Racing: CART - Miller Lite 200	LPGA Golf: du Maurier Classic - Final Round.	Garfield	Woody	Auto Racing: F1 - Hungarian Grand Prix	Profiles	Animal Heroes	NFL Preseason Football: Green Bay Packers at Denver	Bill Nye	Beastmaster	Movie: "Richie Rich" (1994) Macaulay Culkin	Cleopatra
2 PM	John Wayne	Plt Pony	Encounters	To Be Announced				Miller Lite 200	PGA Golf: Bulck Open -- Final Round. (Live)	Rocko	Yea!	Stickin' Batman	Wild and Weird	Green Bay Packers at Denver	Microsoap	Movie: "Jefferson in Paris" (1995) Nick Nolte, Greta Scacchi	News	Prism Awards (N)	
3 PM	Movie: "Rio Lobo" (1970)	Nature of Things	Plotlands (Part 1 of 6)		Paid Prog.	Backroads		Paid Prog.	Ready-Not	Reboot	Muscle	Movie	How'd They Do That?	Broncos	Aladdin	Timon	News	Movie: "The Amazing Panda Adventure" (1995)	
4 PM	John Wayne, Jennifer O'Neill	Honey, I Shrunk	Plotlands (Part 2 of 6)		Fraser	Pensacola-Wing	Law & Order	Star Trek: Next Gener.	Senior PGA Golf: Canada Open	Dawson's Creek	Sailr Moon	That's Golf	Discovery	3 Stooges	Goof Troop	Gargoyles	Scacchi	Speakers	Movie: "Total Recall 2070"
5 PM	Movie: "Big Jake" (1971, Western)	King	Dudley	Members' Choice	News	News	Biography: Bob Dylan	News	News	Touched by an Angel	BoyWorld	Catlin	Encounters	3rd Rock	Gargoyles	Scacchi	Speakers	Movie: "The Amazing Panda Adventure" (1995)	
6 PM	Movie: "Rio Lobo" (1970)	Jules Verne	Creatures Milk		Dateline	60 Minutes (ESP)	Biography: Bob Dylan	60 Minutes (ESP)	60 Minutes (ESP)	Incredible at the Glen	Holmes	Simpsons	Nature	Be a Millionaire	Encounters	Malcolm	Harvey	News	Shoot
7 PM	John Wayne	Movie: "A Midwinter's Tale" (1995)	American Cinema		Movie: "Rosewood" (1997, Drama)	Touched by an Angel	Biography: Bob Dylan	Movie: "Captive" (1998)	X-Files "Rush"	Lasse	That's Golf	Movie: "Heart Full of Rain" (1997, Drama)	Born to Be Small	X-Files "Rush"	News	News	For-Love	SexTV	Xena: Warrior Princess
8 PM	John Wayne, Jennifer O'Neill	Movie: "A Midwinter's Tale" (1995)	Orchestral Music		Movie: "Heart Full of Rain" (1997, Drama)	Biography: Bob Dylan	Biography: Bob Dylan	Practice "Settling"	Michael Ironside	Outer Limits	Gravity	Synciro. Swim	Science of Twins	X-Files "Tithonus"	News	News	For-Love	Ed Sock	Beastmaster
9 PM	Movie: "Big Jake" (1971, Western)	King	Dudley	Members' Choice	News	News	Biography: Bob Dylan	News	News	Popoff	Radio Act	Forever Knight	Deadly Force: Volcano	Movie: "The Love Bug"	Jack	Space 9	Jack	Final Conflict	

Monday Movies

MORNING

10:00 am CITY 29 ★★"Cop and a Half" (1993, Comedy) Burt Reynolds. An 8-year-old murder witness forms an alliance with a misanthropic police detective.

11:00 am WTBS 3 ★★"Matlock: The Billionaire" (1987, Mystery) Andy Griffith. Matlock travels to London to conduct a mock retrial for a man convicted of killing his rich father. From the TV series.

EVENING

6:00 pm CITY 29 ★★"Mr. Baseball" (1992, Comedy) Tom Selleck. An aging American ballplayer faces the difficulties of fitting into Asian society when he is traded to a Japanese team.

7:35 pm WTBS 3 ★★"The War Wagon" (1967, Western) John Wayne. A cowboy defrauded of his gold-rich land plans a special type of vengeance with the help of four diverse allies.

9:00 pm VTV 22 ★★"The President's Man" (2000, Drama) Chuck Norris. One of the U.S. government's most elite secret agents

searches for a suitably fearless candidate to succeed him. **9:05 pm CITY 29** ★★"King Creole" (1958, Musical) Elvis Presley. A busboy becomes a smashing hit when he agrees to sing in a gangster-owned New Orleans nightclub.

9:35 pm WTBS 3 ★★"Day of the Evil Gun" (1968, Western) Glenn Ford. An ex-gunslinger and his pacifist neighbor are thrust together to rescue a woman and her children from the Apaches.

10:00 pm FAM 26 ★★"Stella" (1990, Drama) Bette Midler. An unmarried mother finds her lower-class lifestyle conflicting with her teen-age daughter's social aspirations. (In Stereo)

11:30 pm CITY 29 ★★"Cop and a Half" (1993, Comedy) Burt Reynolds. An 8-year-old murder witness forms an alliance with a misanthropic police detective.

11:35 pm WTBS 3 ★★"Gunfight at Comanche Creek" (1963, Western) Audie Murphy. A detective infiltrates a gang of outlaws for the purpose of exposing its notorious leader.

THE NEWS LEADER WORD SEARCH

A	Y	D	I	Q	L	R	M	C	G	D	E	X	J	D	I	C	Y	G	F
M	U	W	M	O	Z	B	R	B	D	N	Y	B	O	J	P	H	B	Q	N
P	A	T	Z	K	F	A	E	G	A	M	A	D	W	I	N	D	S	V	Z
Z	V	O	Z	F	S	M	F	G	B	Q	P	Y	R	L	D	U	T	M	P
X	V	Z	T	H	S	J	W	K	L	F	Q	R	I	I	J	O	N	B	D
N	T	H	U	N	D	E	R	E	Q	F	T	I	L	A	V	Q	E	Z	C
F	R	R	S	H	U	T	D	O	W	N	S	W	Z	H	J	Q	D	X	K
F	Z	O	S	J	S	N	D	A	B	X	L	M	P	A	O	P	I	X	C
A	R	R	G	W	O	C	W	N	K	M	J	M	U	G	G	Y	C	O	O
U	E	N	N	E	M	A	L	E	E	A	M	O	B	D	F	X	C	N	F
U	S	Q	I	A	N	V	S	M	K	Q	E	U	P	Q	B	M	A	S	S
R	U	F	N	T	R	Z	D	O	K	T	O	R	N	A	D	O	M	W	E
A	C	N	R	H	B	K	O	M	L	O	W	F	U	N	M	Q	A	C	K
I	E	Y	A	E	L	V	O	E	M	H	B	M	V	W	D	D	F	A	I
N	Q	V	W	R	T	A	L	T	M	X	V	D	I	S	A	S	T	E	R
W	J	C	B	C	U	O	F	E	I	T	R	X	A	N	O	Y	Z	Q	T
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LET'S TALK ABOUT "SUMMER STORMS"

- | | | | |
|-----------|--------|-----------|------------|
| THUNDER | MUGGY | L FLOOD | RESUCE |
| LIGHTNING | HUMID | ACCIDENTS | WEATHER |
| RAIN | HOT | FEAR | ANEMOMETER |
| HAIL | CRASH | TORNADO | STRIKES |
| WIND | ROAR | WARNINGS | DISASTER |
| FIRE | DAMAGE | CLOUDS | SHUTDOWNS |

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6 AM	Little House	News	(Off Air)	Body Elec.	News	News	Night Court	(5:00) News	(5:30) News	(5:00) News	Incredible	Sportsdes	VTV Breakfast	Discovery.ca	Bullwinkle	Hello	News	Maury	Wayans
7 AM	Little House	Dressup	Teletubbs	Dragon	Today	Early Show	Murder, She Wrote	Good Morning America			Panda	Sportsdes		Gardener	Wacky	GummiBr	Morning News	Cityline	Knigh
8 AM	Mama	Huntley Street	Zoboo	Barney			Magnum, P.I.		Canada AM (Left In Progress)	100 Huntley Street	Filinstones	Sportsdes		Wild Discovery	Sister, Sis.	Art Attack		Star Trek: Next Gener.	Matlock
9 AM	Matlock "The Singer"	Martin Short	Moose	Sesame Street	Regis & Kathie	Ainsley Harriott	L.A. Law	Martha Stewart Living		Travel	Bananas	Off-Record	Regis & Kathie	Design	Paid Prog.	Babar	Sally	News	Hawaii Five-0
10 AM	Hunter	Price Is Right	Imprint Spalding Gray	Zoboo	Later Today	Price Is Right	Law & Order "Discord"	The View	Movie	Dave Rutherford	Kitty Cats	Fit Kick	The View	Discovery.ca	Forgive or Forget	Billy Cat	Sally	Movie: "The Wuthering Heights" (1992, Drama)	News
11 AM	"Kenny Rogers as the Gambler, Part II"	Young and the Restless	Can. Women's	Sit-Be Fit	People's Court	Young and the Restless	Northern Exposure	Paid Prog.	Hollywood	News	Panda	Be-Player	Vicki Gabereau	Beyond 2000	Montel Williams	Out of Bx	Lane	MacGyver	
12 PM	Cosby	Movie	Foodstuff	Forgotten Florida	Days of Our Lives	As the World Turns	Murder, She Wrote	One Life to Live	House	Movie	Pinky & the Brain	NBA	3rd Rock	Forbidden Places	Jerry Springer	Flash	Little House	Cityline	Caroline
1 PM	Cosby	Wallin	Family	Antiques	Jewelry	Bold & B.	Night Court	All My Children	News	Days of Our Lives	Batman	NBA	Ellen	Inquiring	Divorce	Clarissa	Coach	News	Bzzzi
2 PM	Full House	Coronat'n	Mathshop	Memories	Passions	Guiding Light	Magnum, P.I.	General Hospital	Passions	Nanny	Country Mouse	Boxing: Floyd Mayweather vs. Goyo Vargas (R)	Vicki Gabereau	Wild Discovery	Paid Prog.	Art Attack	Pokemon	Enquirer	Cosby
3 PM	Roseanne	Mad	20 Minutes	Arthur	Rosie O'Donnell	Judy	L.A. Law	Hollywood	Martin Short	Young and the Restless	Uh Oh!	Sportsdesk	Dini (R)	How'd They Do That?	Rangers	Aladdin	Batman	News	Wayans
4 PM	Fresh Pr.	Rosie O'Donnell	Mechanics	Zoom	Jeopardy!	Oprah Winfrey	Law & Order "Discord"	Mauri	Oprah Winfrey	News	Monster	Hockey	ER	Discovery.ca	Sherlock	Timon	Pokemon	Seinfeld	Full House
5 PM	NBA Basketball: Los Angeles Lakers at Miami Heat (Live)	Friends	Days-Shook the World	News-Lehrer	News	News	Investigative Reports	News	News	'70s Show	Addams	WWF: Raw is War	NHL Hockey: Vancouver Canucks at Colorado Avalanche (Live)	Champions	3rd Rock	Honey	Fresh Pr.	News	MacGyver
6 PM	NBA Basketball: Boston Celtics at Phoenix Suns (Live)	22 Minutes	Scattering	American Experience	Freaks and Geeks	King of the Hill	Law & Order	Movie: "A Tale of Two Cities"	Twenty One	Dharma	Holmes	Sportsdes	Land of the Ice Bear	Parks	Star Trek: Voyager	Blossom	Friends	News	MacGyver
7 PM	NBA Basketball: Boston Celtics at Phoenix Suns (Live)	Nature of Things	Oscar	Lords of the Mafia	Twenty One	Raymond	Biography: Phillips	Bunnies (2000) Premiere	Ally McBeal	Raymond	Lassie	WWF: Raw is War (R)	Wild Discovery	Ally McBeal	Garbage-Picking, Field Goal	News	News	News	MacGyver
8 PM	Inside NBA	Magazine	Independent Eye	Vicar-Dibly Served	Third Watch	Family Law	Investigative Reports	Peter Jennings	Third Watch	News	Student	News	Champions	News	Enquirer	Gargoyles	Friends	News	Matlock
9 PM	Movie: "The Fog" (1980, Horror)	News	Dottos	Charlie Rose	News	News	City Confidential	News	CTV News	Married... Addams	Beasties	Sportsdes	Land of the Ice Bear	Bewitched	Afraid?	Caroline	"Finian's"	Computer	



John Derrick, left, and Marc Bourbonnais are crossing Canada on roller blades from Vancouver to Montreal. They are seeking donations for three motivational organizations: PACE ACTU-IB.COM, ABC CANADA Literacy Foundation, and WOMEN INTERNATIONAL. See story.

Rollerblade pair roll across Canada

Racing Days saw two young men roll into Princeton on rollerblades. They are out to prove something by rollerblading from Vancouver to Montreal. They will be in Montreal on September 1.

Marc Bourbonnais and John Derrick had had early experiences in life and picked up some bad habits as well as poor attitudes. Both were becoming a problem to society, and to themselves. Then, both found the courage to turn their lives around, and they want to share that spirit with others.

PACE:action is a non-profit organization helping people reach their potential by self-realization and encourages people in communities to help one another. This is one of their sponsors for whom they are raising funds.

WOMEN INTERNATIONAL is another group for whom they are raising funds. This group promotes mutual aid and solidarity. Their priority is to invest time and money for helping the most under-privileged, changing the

scale of values, education and culture, and creating a harmonious partnership between men and women. It is a mutual-aid network founded in France in 1994.

The third group for whom they are working is ABC Canada Literacy Foundation, to promote literacy programs in the workplace, to encourage 100 per cent literacy among Canadians, and to promote the value of literacy through fostering a lifelong learning culture. Marc and John want to be a source of inspiration for those who are suffering, questioning themselves and want to change things. Their goal is to demonstrate that living your dream and surpassing yourself contributes to fulfilling your human potential. They want to prove to the young that everything is possible when you are determined.

Anyone wishing to support these projects may phone 1-877-766-1827 until September 31.

B.C. schools are safe but there are still bullies

Victoria - A report released in late June by Auditor General Wayne Strelieff says most B.C. students spend time in schools that are safe places, but every school has incidents of aggressive behaviour that negatively impacts the learning environment.

Strelieff says the school system is seeing increases in aggressive behaviours, such as verbal and physical abuse, while negative references to sexual orientation or race continue at high levels.

The Auditor General found that the school system has responded to concerns about aggression by

introducing new programs, policies and curriculum for fostering safe learning. Awareness has been raised, and there are indications of positive impact. However, the Auditor General is looking for evidence that the money spent on these programs is producing the desired outcome.

"I believe that school districts and schools should do more to clarify and enforce expectations regarding student behaviour and to encourage students to come forward with their concerns," he commented.

BC SPCA ADOPT A PET

My name is Bala. I am a Shepherd/Border cross. I am a neutered male, five months old. I don't get along well with other dogs, but I'm good around cats and know my basic commands.

My name is Marco. I am a beautiful spayed female domestic short hair cat. I am 5 years old and would love to find a home preferably with adults where I am the only pet!

My name is Cody. I am a 7 month old roll / shag wool. I am an intact male and will need to be neutered. I am house broken and very sweet. I would be a great pup for a family with kids and I get along well with other dogs!

My name is Ginger. I am a spayed female red heeler. I am a 1 year old. I came in to the shelter with my puppies and am looking for a good home with an adult family and a fenced yard so I can play.

My name is Sparky. I am a female shepherd cross. I am 11 months old and get along well with other dogs. I love people and love to go for walks.

My name is Snap. I am a 10 month old domestic short haired spayed female. I would be great in a home with children! I also get along with my feline friends and adapt well to new situations and people!

For more information on adopting one of these pets please call:
South Okanagan/Similkameen SPCA 295-6351 or 1-877-944-7722
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POINTS OF VIEW

OUR VIEW

Why would we want another flat tax?

There is a lot of talk these days about the flat tax, simply because that is Stockwell Day's pet party platform as he seeks a seat on which to sit in the House of Commons. This would-be Leader of the Opposition sounds really good and at first blush, his concept of flat tax is appealing, but he does not delve into it deeply. He does explain he is talking about a flat income tax.

All of us already have a "flat" tax (meaning it is not scaled according to need) imposed by the federal government. This flat tax is called the Goods and Services Tax (GST) and it is a flat seven per cent for everybody. Some people have a rebate, but not one hundred per cent, and besides, everybody pays the tax up front. So this is a flat tax and regardless of your annual income, you pay it on everything you buy. We have not heard the Alliance say they intend to abolish the GST (although the Reform Party originally said they would), and it is really important to understand why it is essential to abolish this "flat" tax before we talk about any other flat tax.

The original idea of a "flat" tax came from a person who spent a lot of time as a political prisoner in a communist country (quite a location for an economist!) When this man proposed the flat tax, he meant it to be a replacement for all other taxes!

When Stockwell Day proposes this great "flat" tax, we are not hearing him say all other taxes will be abolished first. We are not hearing him say it will replace sales taxes, excise taxes, gasoline taxes, property taxes, corporate taxes, tobacco taxes, room taxes or any other taxes, and not the GST. In short, Day doesn't seem to know his tax from a hole in the ground, or he is damned clever and believes nobody else ever studied what a flat tax was all about.

Tough luck, "Stock", this editor did!



YOUR VIEW

We need slaughter house facts

Dear Editor;

It is always prudent to know what is going on in your area insofar as development is concerned. DON'T PRE-JUDGE. ASK lots of questions. LISTEN to all the answers with an OPEN mind. ASK more questions. Reach an INTELLIGENT, INFORMED conclusion.

I suspect that when all the facts are on the table, we will learn that the proposed slaughter facility and processing plant MORE than

meets all safety, health and environmental standards and concerns, both inside and outside the plant as well as downstream. We know the tremendous advances made in technology. We cannot assume that in this industry time has stood still.

I hope lots of people attend the public meeting on August 9 at Town Hall. Once the worrisome concerns are addressed, it would also be good to know what the immediate benefits to Princeton

would be, as well as the economic spin-offs to the rest of the Southern Interior.

"The sky is falling, the sky is falling!" mentality and fear-mongering benefits no one.

Geo. Bergeron,
Area H resident.

P.S. - Why don't we discuss the pollution and health impact of free ranging cattle in streams, rivers and lakes? Why is it always the other guy who is the problem? Just a little food for thought.

Reader takes stock of "Stock"

Dear Editor;

Stockwell Day, new Leader of the Canadian Alliance Party, is a crusader for right wing Christian fundamentalism.

He was treasurer in Klein's Alberta government when it introduced privatization of medicare and bashed the welfare poor who moved to more compassionate B.C., and in Alberta, the minimum wage is \$6.50 or less.

He advocates the rich people's agenda of a 17 per cent flat tax which means (not including loopholes) that a \$1,000,000 income nets \$830,000 while a \$50,000 income (usually without loopholes) nets \$41,500, a modest family income and hardly enough to put any kids into university or enjoy many of the good things in life.

Some questions need answering, like what are his policies on privatizing education or the jails

in his crackdown on young offenders agenda?

What about Canadian unity? Crown lands? Parks? Water?

Why was the Pentecostal Evangelical church in Bentley, Alberta, where he was assistant pastor, shut down?

What are his relationships with Jim Keegstra and other racists and hate mongers?

Stockwell isn't revealing much nor does he seem inclined to.

People who start asking embarrassing questions are quickly ushered from his meetings.

This man seems to have power, religion and big money on his mind, not the good of Democracy and Canada.

Very concerned citizen,
Jan Noppe

EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws.

The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense!

The Editor reserves the right to condense any letter or to substitute proper language for improper language.

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The Search for Spirituality

Huna magic and Freudian psychology

The ancient Hawaiians and Berbers could heal broken bones and serious wounds in an instant. The old system of belief that made the healing possible nearly disappeared from the information pool before Europeans began to study it seriously in order to understand how the healings were done.

At the same time, Sigmund Freud was studying the human mind, trying to describe its workings in order to heal people of mental disorders.

If Freud had studied huna healing, he might have understood the Huna concept of three forms of energy attached to the human body, and Freud might have been much more successful in healing his patients.

There is a curious parallel between the Huna understanding of human energy and Freud's description of the mind. In Huna practice, the three energies are 1) body energy, corresponding to Freud's "id", 2) mental energy, Freud's "ego", and 3) and spirit, Freud's "superego."

To heal, the kahuna (Huna healer) dismisses the mental energy and makes every effort to connect body energy to spirit energy. Kahunas say healing takes place when the spirit energy controls the body energy.

Freud may not have been able to accept the kahuna view that body energy is "pure." In Freud's day, body energy was associated with all those basic drives that require

suppression - sexuality, aggressiveness and physical functions. He would have considered the body energy inferior to mental energy and spirit energy. To the kahuna, it was the mental energy that messed up efforts to heal. Kahunas saw the body energy as the energy of survival, and when the body was injured, survival could be ensured by attaching body energy to spirit energy.

To put mental energy out of the way, the kahuna asked his patient to feel no guilt, and to trust. Sometimes, the patient had to be purified of sin. To the Hawaiians, the only sin was harming another person!

The patient was asked one thing - to desire a future in which there

was no illness or injury. Without this willingness, the healing could not be achieved. Then, with the intellect disarmed, and the spirit willing, the kahuna could link the body and spirit energies and have instant healing.

(This is an over-simplification of the Huna healing method. For more complete information, read *Introduction to Huna* by Max Freedom Long).

Perhaps using Freud's name for mental energy, the "ego", we might draw other conclusions. In the search for spirituality, perhaps it is wise to remove ego from the picture. Perhaps the more we exercise the intellect in regard to spirituality, the further we stray from the spirit?

What happens to our old newspapers?

The Similkameen News Leader is one of the many local businesses that support recycling efforts in Princeton. People have asked us what we do with our old newspapers and the newspapers that do not sell. We RECYCLE!

Did you know that 100,000 tonnes of newspapers are generated each year in B.C. and 65 per cent of them are recycled?

Where our newspaper is printed, at Webeo West in Penticton, the wasted newsprint and the rest of the paper is recycled. This is an environment-conscious industry.

What we would like to see is 100 per cent of newspapers recycled. We have no control over what happens to our newspaper when you take it home, but we want you

to recycle it.

Most of our office paper is recycled, too. We would like to think our readers recycle their other paper at home - envelopes, old bills, cereal boxes, packaging paper - all of them can be recycled. Around our office, we recycle stamps, and help a good cause, by saving our stamps (and envelopes) for the ladies of Eastern Star for their Stamp Out Cancer project. We hope our readers will do the same.

These are small ways we do our part to prevent waste, and keep our landfill in operation for many years to come. As long as we do not have to open a new landfill, we are saving money.

Five grads win district scholarships

Princeton - Five students who graduated from Princeton Secondary School in June 2000 have received \$1,000 provincial scholarships. This number represents 10 per cent of the graduating class.

Provincial scholarships are awarded on the basis of achievement on qualifying examinations. The students are Meghan Barrie, Jennifer Bertrand McConnell, Amy Pattison, Sheryl Petschl and Sarah Van Heeswijk. All of these students are entering post secondary institutions to pursue studies toward a career.

When Princeton Secondary Principal Larry Stoochnoff received the news from the Ministry of Education, he said, "This made my day!"

*Men are from earth.
Women are from earth.
Deal with it.*

Heart Food

by Dave Machin

One of the most incredible observations we learn to make early in life is that no two faces are exactly alike. Although there are billions of people alive today, not one - not a single one - is exactly like another in every detail. Even more amazing is the fact that all of the people who have lived since the days of Adam have differed in appearance so that no two have borne exactly the same features. How can there be such infinite variety? Simply because every human face is a photograph of the soul and what lies within is projected to and through the countenance for all to see. Every emotion of the soul ultimately finds its permanent expression in the face. The bearing, the look, the expression - these speak volumes. So you could say the face is an autobiography of the soul. Success philosophers, personality developers and beauty specialists all know full well the importance of your inner self to your outer being, the invisible to the visible, so they urge you to be happy, to smile, to be confident an above all, to act as if you were happy and confident. They realize personality can be improved and beauty enhanced by positive attitudes. However, regardless of what formula or potion one may employ in his/her quest for self-improvement there is no escape from the truth. The truth of one's life will be ultimately revealed in the face. The most enduring beauty culture, the only effective personality development is to see the face of Jesus. Only He can and will change the heart of a man, which governs his entire inner being. The most pressing need of every human being is to see the face of Jesus as revealed by the Holy Spirit. The natural senses cannot see Him but the living word of God reveals Him. Prayer brings Him near. He desires for you to see Him. Once you do you will never be the same again. God is good all the time.

Pastor Dave Machin, Similkameen Christian Center,
SUNDAY SERVICES 10:30 a.m.
221 A, Bridge Street, Princeton, B.C. Phone 295-0599

NOTICE OF CANDIDATE SELECTION MEETING OF CANADIAN ALLIANCE OKANAGAN-COQUIHALLA CONSTITUENCY ASSOCIATION

The Candidate Selection Meeting, as required under Article 10.1 of the Constitution shall be held at 1:30 PM on August 9, 2000 at the Lakeside Inn, Penticton.

Please bring membership identification to receive a ballot. For further information contact Ken Anderson, Chair, Candidate Selection Committee at (250)492-5821 or (250)494-9669.

Lorna Reid, Secretary

CROWSNEST BOARDING KENNELS

"Veterinary Approved"

Quality care for your pet!

HWY #3 CAWSTON, BC
499-7704



INVITATION TO WORSHIP


**LIVING WATER
FOUR SQUARE CHURCH**
Sunday Service:
10:30 a.m. OAPO Hall Billiter St.



For home caring groups info
Phone Pastor Bob Stewart at
295-7733

**SIMILKAMEEN
CHRISTIAN
FELLOWSHIP**
SUNDAY SCHOOL
9:45
WORSHIP SERVICE
11:00 AM
Everyone Welcome
DON BODDEN - PASTOR
499-2511

BAPTIST CHURCH OF PRINCETON
ACROSS FROM ARENA - OLD HEDLEY RD.
SERVICE TIMES
Family Worship &
Sunday School 10:30 am
Weekly Home Studies
& Ladies Study



PASTOR
PETER RYTKONEN
295-7752

**St. Paul's
United Church**
Office Hours
Tues & Thurs 9:30 - 12 Noon
Worship &
Sunday School
10:00 a.m. Sundays
Minister Chris Haugland
Home: 295-7302 Phone: 295-7714
Also serving the Anglican Community

PAOC
**ELIM
TABERNACLE**
SUNDAY SERVICES
9:45AM SUNDAY SCHOOL
11:00AM MORNING WORSHIP
6:00PM EVENING SERVICE
BIBLE STUDY
WEDNESDAY 7:00PM
YOUTH NIGHT
THURSDAY 7:00PM
PASTOR
MARK
BERNARD
312 9TH ST.
KEREMEOS
PHONE: 499-5847

**Similkameen
Christian Center**



GOD IS GOOD
Service: Sun 10:30 a.m.
Childrens Church - ages 5-11
Office hrs. Mon.-Thurs. 10-4 p.m.
Pastors Dave & Tena Machin
221 A BRIDGE ST. PH: 295-0559

**CHRIST THE GOOD SHEPHERD
LUTHERAN CHURCH**
The Chapel of the
Princeton Funeral Home
133 Bridge St.
Sunday Worship Services
10:00 A.M.
Bible Study & Sunday School
at 9:00 am
PHONE 295-0527
CHURCH OF THE LUTHERAN HOUR
7:30 AM SUNDAYS LOCAL RADIO
VICAR MARK HENNING

CLASSIFIED

1 WELCOME TO THE WORLD!

IT'S A BOY!
 Doug & Teresa Cochet are pleased to announce the arrival of their 9 lb son Zachary James Francis on Saturday July, 29/00 in Penticton, BC. Proud grandparents are Lorne & Darlene Cochet of Princeton and Gary & Anita Lawrence of Hedley. great-grandparents are Fred & Joan Gee.

2 OBITUARIES



LEONARD (YORKIE) PRICE
 Passed away Saturday, July 29, 2000 in the Princeton General Hospital at the age of 91. Born in October 19, 1908 in Mosborough, England. Len came to Canada in 1928. Worked in Alberta for ten years. There he met & married his wife Anne. His two sons were also born in Alberta. Len came to Princeton in 1940, bringing his family here in 1941. During the war years he worked in the coal mines Bromley Vale, Tulameen Collieries & Burrs Blue Flame mine. He then worked in the lumber industry Kettle Valley sawmill & Taylors sawmill till they closed. He then worked for the village of Princeton from 1971 to 1980 when he retired at the age of 73 to enjoy his vegetable gardening & his favorite sport ice fishing. He was a past member of the Princeton & Otter Valley Fish & Game Club. He was also a life member of the Mens Orange Lodge and a member of the Royal Canadian Legion. He is survived by 2 sons Leonard (Anna) Princeton, Bernard (Marilyn) Victoria. Six grandsons and fifteen great grandchildren. No funeral service by request. In Lieu of flowers donations may be made to Princeton General Hospital or Ridgewood Lodge.

BAILLIE, ADRIAN STUART
 Adrian Stuart Baillie passed away in Princeton Hospital on July 31, 2000. A resident of this area since 1937, Stuart was born in Silverton, Colorado on September 10, 1916. He is survived by his loving wife, Ruby and sister Gertrude Lawn of Ashcroft, B.C., half-sister Elaine (Curt) Ryder-Cook of Calgary, Alberta, nephew Gordon Lawn of Ashcroft and Dr. Alan Ryder-Cook of Charlotte, North Carolina, nieces Gillian (Clive) Symms of Abbotsford, B.C., Leslie (Ralph) Webb of Surrey, Adrienne (Edwin) Joseph of Gloucester, VA. and their families.
 Memorial Service August, 10, 2000 at 2:00 p.m. Princeton Funeral Chapel. Flowers gratefully declined - if desired. Donations to Princeton General Hospital or the Canadian Cancer Society would be appreciated.

7 APPRECIATION

We would like to extend a very special thanks to Dr. Adams for his years of care and friendship to our father Len (Yorkie) Price.
 The Price Family.

Thank you to the nurses and staff of the Princeton General Hospital for there care and support to our father during his stay in hospital.
 Also a special thank you to Margaret Coughlan of Community Services for her special care driving Len in the Community Bus.
 The Price Family.

9 IN MEMORIAM

DONATIONS can be made to Princeton Senior Citizens Drop-in Centre Society, Box 32, Princeton, B.C.. A plaque will be placed on the memorial board. Contact John Sinclair @ 295-3947 or Al Hill @ 295-6635. Income Tax receipt will be issued. Mar/Oct

IN MEMORIAM DONATIONS TO THE CANADIAN CANCER SOCIETY
 Dianne Graham 295-6648

5 BIRTHDAYS

This is Aileen at nine 30 years later and still looking fine!



HAPPY BIRTHDAY AILEEN!
Love from your family & friends

24 CHILD CARE

"JAM BABY" FAMILY DAYCARE
 Licensed.
 155 LIME ST.
 Open: 7:30 am to 11:00 pm
 0 to 8 year olds
 snackz - one meal
 Have food safe certificate
 PHONE LORNA: 295-6124
 OPEN NOW FOR REGISTRATION

20 LOST & FOUND

LOST: Black and white, female, Border Collie, no collar, answers to the name "Jenny", last seen around Summers Creek Road and Hiway 5A.
 If you have seen our Jenny or have any information as to where she might be, please phone: 295-7081.
FOUND: Small Fishing Box found by river near Hedley
 Ph: (250)292-8548

WANTED

WANTED TO BUY
 Used Wheelchair, light weight, reasonable price please.
 Phone: 295-3941

WANTED TO BUY
 PELLET STOVE IN GOOD CONDITION with pipes, etc.
 Reasonable Price Please!
 Ph: 499-2442 or 499-7822 A8

11 JOB MARKET

COMPUTER TRAINING
DIPLOMA PROGRAMS
 • Desktop Publishing
 • Office Administration
 • Administrative Assistant
 • Computerized Accounting
 • Microcomputer Business App.
 • MOA-Medical Office Assistant
 • PC Troubleshooting and Repair
 • AutoCAD-Computer Aided Design
 "Job Placement Assistance"
 [Low 150 Lessons]

ACADEMY OF LEARNING & LOCAL CALL 310-JOBS (5627)

NOTICES

Learn to Gold Pan then have a delicious lunch at the
WILD GOAT
 GIFT SHOP & TEA ROOM in the Hedley Heritage Museum
 Books on history & nature, local crafts, Souvenirs & Gifts Made in Hedley Heritage Clothing
 (250) 292-8422
 e-mail: wildgoat@img.net
 Historic Hedley "Famous for Gold"

CAN'T DRIVE THAT OLD CAR ANYMORE?

Tulameen Motors
 Will Tow it Away for FREE
 Plus - CASH FOR SOME
Call 295-7481

ALCOHOLICS ANONYMOUS
 Sunday (open meeting) at 8 p.m. in the health centre. Wed. at 8 p.m. in the health centre. Ph: 295-7367, 295-6138. (closed meeting). Fri. at 8 p.m. in the Tulameen Library. Ph: 295-7005. Open Discussion, Sat. 7:30 p.m. Health Unit (closed). Ph: 295-3407.

NARCOTICS ANONYMOUS
 Meets at the Health Unit every Thursday at 7:30 P.M.
 Open Meeting.

THRIFT SHOP
 SUMMER HOURS
 Wednesday, Thursday, Friday
 10:00 a.m. - 4:00 p.m.
 Closed Saturday

NOTICES

Princeton Auto Wreckers
FREE PICK-UP
 Scrap Cars or Trucks
Call 295-6224

NOTICE TO ALL ADVERTISERS
 CLASSIFIED ADS MUST BE PAID IN ADVANCE UNLESS YOU HAVE AN ACCOUNT WITH US
 • \$3.75 First 20 words, 5¢ for each additional word.
 • Display Classifieds \$3.75 per column inch. + GST

YARD SALE

MOVING SALE AT LAST!!!
 #20 PINES MHP
 PHONE 295-7198
 4 place setting of Royal Dalton "American Beauty", swivel rocker, 2 twin beds, 2 twin bedspreads, 2 arm chairs, tools, wheel barrow, large BBQ, large aluminum ladder, 100' hose, Pine rocking chair.

MOVING SALE!!
 MANY ITEMS - GREAT DEALS!
 Household & furniture items.
 Phone: 295-0317
 Evenings

Spring Cleaning? Too Much Clutter? Have you considered a Yard Sale?

NEWS TIPS!
 Ph: 295-4149 or 1-800-350-9969
 Fax: (250) 295-4103

RATES

CLASSIFIED ADS - MUST BE PAID IN ADVANCE (UNLESS YOU HAVE AN ACCOUNT WITH US)

- \$3.75 First 20 words, 5¢ for each additional word.
- Display Classifieds \$3.75 per column inch. + GST

15 **FOR SALE**

FRESH PRODUCE
Okanagan canning peaches, tomatoes, apricots, fresh pickling cukes, garlic, dill. Now taking orders for home delivery.
Phone: 295-3109 A8

SMALL CHEST DEEP FREEZE, good condition, \$50.
Phone: 295-7060 A8

FURNACE DUCTING MATERIAL 5' & 6", elbows and take-offs, pipe, boots, registers. All new for \$50.
Phone: 295-3033 A8

14 FT. ALUMINUM BOAT 7 30 HP MOTOR ON BOAT TRAILER, \$1,200. OBO. 12 FT. ALUMINUM BOAT & 7 HP MOTOR, \$400. OBO. 23 FT. SELF CONTAINED RV TRAILER, awning & air-conditioning, \$3,500. OBO. ROLL BAR FOR SMALL TRUCK, \$100. OBO. LUMBER - 2 X 4, 2 X 6, 2 X 8, up to 18' long, make offer. MICRO WAVE OVEN & STAND, \$100. OBO. 2 YOUNG COCKATIEL BIRDS & DELUXE CAGE & STAND, \$100. OBO. 4 WHEEL UTILITY TRAILER, made from a trailex aluminum boat trailer, \$500. OBO. HIDE-A-BED, \$100. OBO. 22 HP JOHNSON OUTBOARD, \$200. OBO.
Phone: 295-6138 A8

18 **VEHICLE SALES**

1991 Nissan Pic-up Long box only, with box liner, no rust, no dents. 7 mi. Hwy 5A.
Ph: 295-3572 A8

1986 CHEVETTE, 4 cylinder, automatic, p/s, p/b, AM/FM, 4 door, tint. Economical. \$1,250. OBO Phone: 295-3445 A8/29

22 **RECREATIONAL VEHICLES**

1976 9 ft VANGUARD CAMPER fits minimum 3/4 Ton, 4 burner stove, oven, 3 way fridge, porta-pottie, queen size bed, boat rack. \$1,500 OBO PH: 295-6321 A1/8

1989 26 FT FORD PATHFINDER (Motor Home), 50,000 miles, new tires, mint cond. No GST. View at Penticton Toyota R.V. or Call: 295-4006 offers J11/A8
BOAT TRALER \$150., Camper Boat Rack \$100. For info/to view Ph: 295-7835 ask for Ken J11/A8

25 **FOR RENT**

2 BEDROOM HOUSE in Tulameen, fenced yard, fridge, stove, wood heat, satellite dish. 1 block from Otter Lake. Longterm renters only. \$475/mo. 295-6313 RTS

NEWLY LANDSCAPED LOTS FOR RENT at Deblyn Mobile Home Park. Ph: 295-6230. RTS

2 BEDROOM DUPLEX, Allison Flats, Available immediately, \$450. per/month. Phone: 295-3640 A8/rtts

QUIET FURNISHED KITCHEN UNIT. TV, utilities & cable included. Ideal for seniors or working people. Down town location. Ph: 295-6232 RTS

ONE BEDROOM \$300. per month. plus utilities Call Re/max Country 295-3222

PRINCETON SILVERCREST HOUSING CENTRE SOCIETY HAS FOR RENT NEWLY RENOVATED SUITES
•Batchelor Suites @ \$225. per month
•One Bedroom Apartments @ \$300. per month
No pets, adult's only 50 +
To View Appartments Call Sandy Harrop @ (250)295-3343
Helen Gallagher @ (250)295-3825
Alice Cook @ (250)295-6136
Jean Borud (250)295-3983

COZY 2 BEDROOM APARTMENT IN OLALLA
4 appliances, washer, dryer, fridge, stove, new hardwood floor. \$360. per month plus utilities. No Pets.
Ph: 604-888-4297 Jy11/rtts

PINES MOBILE HOME PARK LOTS FOR RENT
Apply at Park Office
Call: 295-3532 or 295-3598

3 BDRM TOWNHOUSE
Adjacent to elementary school. Fridge and stove. Damage deposit and ref's required, \$575. p/mo. Ph: 295-6019 or 195-8523. A8/tf

Clean one bedroom basement suite, fridge, stove, all utilities. Furnished or unfurnished. Ph: 295-6989 after 5 p.m. J15/rtts

MEDICAL EQUIPMENT FOR SALE OR TRADE
A never used Century Scooter. \$2,400. OBO
Please Phone (250)292-8277 J25/A8

PELTON 24 CUP WATER WHEEL, use water power to drive generator, etc. , good working condition, \$1,200.
Phone: 295-6562 A8/29

25 **FOR RENT**

COPPER TOWN MOTEL IS NOW UNDER NEW MANAGEMENT FOR RENT
MOTEL UNITS AND CABINS \$325/MO AND UP
REFERENCES REQUIRED
PHONE 295-0605

PRINCETON MANOR LOCATED DOWNTOWN.
Close to stores, park and services. Clean & Quiet. Adults only building, one bedroom and bachelor apartments available. Sorry no pets allowed. References and Security Deposit Required.
To view please phone Margaret at 295-6408. RTS

TWO BEDROOM PINE AND CEDAR HOUSE IN THE COUNTRY
\$650. per month includes all utilities. Call Merv or Fran @ Princeton Rentals.
Phone: 295-6545 J25/rtts

ONE BEDROOM 1000 sq ft basement suite for rent. Gas fireplace, fridge, stove, washer, dryer. Near hospital and Vermilion Forks School. ref. required. Avail. now!
Ph: 295-7516 days or 295-3915 evenings. J18rtts

2 BEDROOM DOWNTOWN \$500. per month. References Required. Call Re/max Country 295-3222

FOR RENT OR SALE
3 BEDROOM MOBILE with addition, all remodeled, comes with washer and dryer, fridge, stove, woodstove.
Phone: 295-7274 A1/8

1 bedroom apartment -from \$325. p/mo. to \$400. p/mo. Hot water incl., laundromat. SAFER GRANT for Seniors 60 and over. 1 month 1/2 price for new tenants. References required. Ph: 295-7077 or 295-1010 RTS
Glen @ Coldwell Banker Okanagan Realty

25 **FOR RENT**

HALL FOR RENT
68 Biliter Ave.
O.A.F. BRANCH # 185
PHONE: 295-3647

TRAILER suitable for one person. Located 14 km east on the OLD HEDLEY RD. \$275. per month, utilities included. Phone: 295-0028 A8/15

3 BDRM MOBILE HOME with addition & sundeck. Private yard, dual heating. \$475./mo. pad rent included. Phone between 5-6 pm at 1-604-795-4069 A1/rtts

TWO 2 BEDROOM HOUSES, fridge, stove, washer, dryer, gas heat. Damage deposit required, Downtown and Third Bench locations. Phone: 295-7402 A1/rtts

4 PLUS BEDROOM TOWNHOUSE, 5 appliances, finished basement with rec-room, small heated shop, near hospital & elementary School. Avail able September 1. \$625. per month. Phone: 295-7633 A8/15

THREE BEDROOM HOUSE, 3 baths, 5 appliances, located on Third Bench, quiet area near schools, available, Sept. 1. \$700. per month. Phone: 295-6434 A8/22

26 **PROPERTY SALES**

Looking for a bargain, a new home, another car? Looking for a buyer?

LOOK HERE!



The News Leader Classifieds 295-4149

26 **PROPERTY SALES**

TULAMEEN
Small cabin on 50' x 100' lot on 6th street. \$57,000. Phone: 295-6070

FOR SALE IN DOWNTOWN PRINCETON
Home completely renovated in 1999. Commercial Zoning. Level entry basement with family room and roughed in bathroom. Upper level has living room, dining room, kitchen, 3 bedrooms and 4 pc bathroom. Carport. Additional RV Parking. Fully fenced yard. Phone: 250-295-6426 A8

FOR SALE BY OWNER
Spacious 5 bedroom, wheelchair accessible older family home. Located downtown, 1 1/2 bath, full basement, garage, landscaped, close to all amenities. Excellent opportunity for home business. Asking \$135,000. Phone Princeton & District Community Services at 295-6666 for an appointment to view. A8/rtts

PROUD TO BE WESTERN!
The Similkameen News Leader
100%
Locally Owned & Operated



Ph: 295-4149 Fax: 295-4103
Visit: #1-195 Bridge St
Or Write: Box 295
Princeton B.C. V0X 1W0

14 **BUSINESS SERVICES**

CLASSICS MUSIC STUDIO
Piano • Keyboard • Theory
• Pre-School • Now Teaching Guitar!
MARIA 295-0120

CONCRETE SPECIALIST
Drives, Pads, Sidewalks, repairs. Available in Princeton area July, Aug., Sept., No job too small. Reasonable rates. for free estimate contact Darwin (250)495-6580

Country Rose Childcare
ENERGETIC AND FLEXIBLE
ONLY MINUTES FROM TOWN
COLLEEN LICENSED
KUNDERMAN 295-3625

NEWS TIPS!
Ph: 295-4149 or
1-800-350-9969
Fax: (250) 295-4103

14 BUSINESS SERVICES



DAVE'S MOVING

ALL MOVES BIG OR SMALL
IN OR OUT OF TOWN
FOR AN APPOINTMENT CALL:
295-3855
295-8006 CELL

PELLY CONTRACTING LTD.
PRINCETON, B.C.
JD 650 CRAWLER



- * Landscaping
- * Grooming
- * Shaping
- * Finishing



Phone Cliff - 295-6504
or Bob - 295-6179
or Fax - 295-3382

*Miss a photo
you wanted
to keep?*
News Leader keeps back
issues. Ask and you shall
receive.

PROVINCE OF BRITISH COLUMBIA
MINISTRY OF FORESTS

TIMBER SALE LICENCE A60540

Pursuant to Section 20(1) of the *Forest Act*, a Timber Sale licence is being offered for sale, authorizing the harvest of Mountain Pine beetle infested timber.

Closing Date: August 31, 2000 District: Merritt
Geographic Location: Copper Creek
Volume: 2650 cubic metres, more or less
Upset Stumpage Rate: \$24.79/cubic metre

The upset stumpage rate was determined by the Market Pricing System, and is applicable only to coniferous green sawlog grades.

Term: 6 months

Tenders will only be accepted from individuals or corporations registered as a Small Business Forest Enterprise, category 1.

Comments:

1. Species: Spruce 1%, Lodgepole pine 99%; more or less
2. Billing method: Scale based
3. Logging system: cable/conventional
4. Logging season: any except break-up
5. Access: Copper Creek Forest Service Road, approximately 45 km to Princeton

Applications will be accepted by the District Manager, Merritt Forest District, Hwy 5A & Airport Rd., P.O. Box 4400, Stn. Main, Merritt, BC, V1K 1B8 until 2:00 p.m. on August 31, 2000.

There is additional material which the applicant must consider in their application. This material, application forms, and other information about the Small Business Program can be obtained from the above Forest District Office. Specify Timber Sale Licence A60540.

STADLER GYROCKING & RENOVATIONS



* FREE ESTIMATES *
PHONE
ARNIE STADLER
AT
295-4113

23 HEALTH CARE

PRINCETON/KEREMEOS DRUG and ALCOHOL COUNSELLING SERVICES
FREE AND CONFIDENTIAL
Individual Counselling and Education
Keremeos: Monday & Wednesday 9:30 a.m. to 4:30 p.m.
at the Social Services Office
For appointment phone (250) 295-6776
(collect if necessary) Tuesday to Friday 8:30 to 4:30
Princeton: Tuesday to Friday 8:30 a.m. to 4:30 p.m.
PHONE: 295-6776

BINGO

MONDAY NIGHT BINGO IN PRINCETON
SENIOR CITIZENS BR. 30
Seniors Hall @ 162 Angela Ave.
5:30 p.m.
47 numbers called 6 p.m. special (Bonanza & Odds and Evens).
\$20,000. SUPER STAR BINGO!
EVERY WEEK!
License 813186

Free and confidential counselling service
is available to any woman who has experienced sexual abuse as a child or adult or are presently living in an emotionally or physically violent relationship.
Funded by the Ministry of Women's Equality.
Office hours 8:30 - 4:30
Monday & Friday - Keremeos 499-5928
Tuesday & Thursday - Princeton 295-4453

HEDLEY THURSDAY EVENING BINGO
Doors open 4:30 p.m.. Drop-ins 6 p.m. Snowball carry over Jack pot & carry over Loonie Pot Bonanza & Regular games to follow.

ESSENTIAL MASSAGE ETC... 
ALL NEW! 1/2 Hour Ultimate Chair Massage
Special Price \$20 - July only
PHONE: 295-7980 LOT 6 SANANGE ESTATES

O.A.P BR. #185 BINGO EVERY FRIDAY MORNING!! 9:00 A.M.
Hard Cards
License No. 807532A2

12 CAREER OPPORTUNITIES

MEMBER SERVICE REPRESENTATIVE
VALLEY FIRST CREDIT UNION is currently accepting applications for casual, part-time Member Service Representatives for the Princeton area. Candidates must exhibit exceptional interpersonal and communication skills, have a flair for building business relationships, be sales-oriented and service driven. Preference may be given to those with financial services experience. Please submit your resume and cover letter, including salary expectations to:
Assistant Vice President, Human Resources
VALLEY FIRST CREDIT UNION
3rd Floor, 184 Main Street
Penticton, BC V2A 8G7
Fax: (250) 490-3661
Email: humanres@valleyfirst.com
Applications will be accepted until August 11, 2000.

KEREMEOS ELK'S & ROYAL PURPLE
Every Friday
Doors open 5:30 pm
Elks Hall Keremeos
SMOKE FREE BINGO

OAPO HEDLEY SATURDAY BINGO
Doors open 4 pm, Drop ins at 6 pm. 1st 45 Bonanza #'s, Early Birds, 20 Regular Games, 1/2 Time, Bonanza, Loonie pot & G-Ball, Jumping Jackpot. (min. consolation \$50.) Lic. # 827175

NOTICE UNDER THE WAREHOUSEMAN'S LIEN ACT
Attention: CARLENE DICAIRE
Box 1736, Merritt, B.C.
The contents, of Unit 28 at Dewdney Trail Selfstorage Ltd., have accumulated storage costs amounting to one thousand thirty five dollars. If you have not paid this outstanding account by August 14, 2000, the contents will be sold to cover expenses. Sale of Unit contents to be held at Dewdney Trail Selfstorage Ltd, Princeton, B.C. on August 14, 2000. Viewing of the units will be from 4:00 PM, to 6 PM. Sealed bids will be accepted until 6:00 PM.

SUNDAY AFTERNOON BINGO!
In Hedley at the Chuchwayha Hall \$25 guaranteed minimum payout on regular games. (\$50 on double-up).
Progressive Jackpot min. \$1,000.
Progressive Pot O' Gold min. \$500.
Progressive Looniepot
Free Coffee! Doors Open @ 11:30 am
Drop-ins Start at 12:30 PM followed by Early Birds, Regular Games & Specials.

SUBWAY
NOW HIRING
• Summer and Fall employment.
• Days and evenings.
• Full-time part-time
Please apply in person!

If at first you don't succeed, skydiving is not for you.

PUBLIC NOTICE
PROPOSED CHANGE OF ROAD NAME

A request has been received to change the road name of Chain Lake Road to Shinish Creek Road. The road is located approximately 34 km northeast of Princeton, just south of Chain Lake. The road was created in 1995 by Plan KAP55554 and intersects the Princeton-Summerland Road.


Persons having any objection to the proposed name change are requested to write giving reasons to: 254 Haynes Street, Penticton, BC, V2A 5R9, or fax 492-1424, before August 31, 2000. Please quote file 15620

Province of British Columbia
Ministry of Transportation and Highways



News Leader Phone 295-4149
Toll free 1-888-350-9969 Fax 295-4103

The News Leader
An Independent Newspaper
295-4149



THERE ARE NO CHAINS ON US

Toll Free Phone Number: 1-888-350-9969
E-mail: nwsleadr@plpower.com



Students at Copper Mountain School around 1920; left to right, back row: Steve Jones, Bill Harrison, Claude Beaulieu, Dick Davis, Isaac Plecash, George Corsi, H. Graham, Mary Corsi, Ann Plecash, Mary Plecash. Front row: Jack Beaulieu, Thor Anderson, Steve Graham, John Plecash, John Corsi, Nick Plecash. Photo is courtesy of the Roylance family collection.

You can save summer and save money

Similkameen - There is nothing like the fresh fruit and vegetables of summer! Our valley is at the peak of summer production this month and into September. Fruit stands and stores are loaded with the best produce, often from just down the road.

Smart homemakers know the quality of home preserves is good, and there are savings by doing canning and freezing. The jar of jam you make at home costs about half of what you will spend in a grocery store. Canned and frozen vegetables are much less expensive when done at home.

Many people who have not tried to make jelly or jam at home are sure it is really difficult. Nothing could be further from true. Making jelly is more complex, but making jam is just a matter of following directions on the pectin package.

Home canning is quite simple, too. Your local library probably has books on the subject.

Pickling can be a bit more touchy, and preparation time can

be lengthy, but the results are usually worth the effort if your family eats a lot of pickles. Again, consult your local librarian.

You can make your own ketchup and tomato sauce, even tomato juice, when tomatoes are sold in bulk. Romas, a kind of tomato, are especially good for sauces and juice, but any kind of tomato will make good canned tomatoes, juice, ketchup or sauce.

When it comes to canning, good organization of the right equipment makes all the difference between a difficult experience or a highly satisfying task. Consult your local hardware, variety or grocery store clerk or an experienced friend, to help you select the right equipment. Sometimes you can find extra jars, and canning tools, at yard sales or estate sales.

Freezing vegetables is probably the fastest, simplest way of preserving them. All vegetables should be blanched before freezing to stop the vegetable enzyme action that will cause an "off"

taste when the plant is frozen.

When it comes to saving summer's good produce, you can save money at the same time.



There is nothing like home-made preserves, whether it is jelly or jam or pickles or just plain canned fruit. Our valley offers all kinds of tree fruits for home canning and preserves, and our shops offer bulk berries.

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Re-fill unique vendors in your area. F/T, P/T. No selling. Min. investment \$13,980. Call 1-888-577-5376 (24hrs) Member of A.V.A. and D&B.</p> <p>INCREDIBLE BRAND NAME Product. Distributors required immediately. 100k year potential. Min. investment \$10,950 guaranteed. A few needed in your area. The Blue Corp. 1-877-448-7744 (24hrs). Canadian Company</p> <p>AUTOMATED HOME BUSINESS. Quickly earn a full-time income, no selling, unlimited income. No inventory. Free report and audio presentation. Visit http://www.retirequickly.com/ 92745.</p>	<p>BUSINESS OPPORTUNITIES FASTEST GROWING FRANCHISE in \$500 Million Industry. Liberty Tax Service. We make it Easy! Marketing, Training, Support, Software. 220 Locations in Canada. CALL for your Free Video. 1-877-902-7086. www.libertytax.com.</p> <p>"WE NEED RESIDENTIAL Alarm Dealers" For This Area. Can't keep up with the demand. "Large Canadian Alarm Company Offers" Dealers. We present the best package in the industry (most value for your money) to the consumer market place (75% - 80% untapped). We have the most "Aggressive & Unique Proactive" marketing program in the industry. Realistic Dealer earnings from \$10,000-\$25,000 monthly plus re-occurring residual income for 12-20 years (industry statistics). Full "Hands on" training program provided. Excellent Support System to promote continual growth. Dealer Investment \$35,000. Call Gary McDonnell at 1-800-964-8805, 1-204-228-7466 (24 hours, weekends & evenings). E-mail @ tgary@autobahn.mb.ca The Security Company of Excellence Ltd. Winnipeg</p> <p>SMALL BUSINESS OPERATORS. Save Time, Money, Aggravation. Outlook Business Services, Business Plans, Consulting, Forecasting Start-ups, Factoring, Restructuring, Equipment, Financing. Toll Free 1-877-610-2424.</p> <p>CAREER TRAINING Exciting well paid careers in computer programming and internet website design. We will prepare suitable applicants. Ministry of Education Registered Home Study Diploma Program. Financial assistance, loaner computer systems and job placement tools available. No experience necessary. 1-800-477-9578 www.cmstraining.com.</p>	<p>COMPUTERS INTEL PENTIUM 733 mhz. colour printer, colour monitor, and free internet 5 years...\$75/month! Limited time. 36" T.V....\$65/month, 32" T.V....\$43/month. Video camera...\$36/month. Panasonic sound system...\$33/month. Instant Credit. 1-888-722-9009. www.aventisdirect.com.</p> <p>DRIVERS WANTED ARNOLD BROS. TRANSPORT Ltd. Teams! Teams! We have schedules available now!! All areas!! Competitive rates & excellent equipment. Company drivers & owner operators. Call 1-800-567-3656.</p> <p>EDUCATION THINKING ABOUT E-UNIVERSITY? Acadia, one of Canada's best primarily undergraduate universities, offers distance courses in business, computer science, the arts, and more! CALL 1-800-565-6568. www.conted.acadiau.ca.</p> <p>WORK FOR THE largest employer in the world! Travel & Tourism. Train for jobs in: Hotels/Resorts, Adventure/Eco-Tourism, Airlines/Travel. Call Canadian Tourism College Today! (604)736-6000 or 1-800-668-9301.</p> <p>ELECTRONICS A REAL HOME THEATRE. 36" T.V., VCR HiFi 4head, 5 speaker surround sound mini stereo system, +DVD player...\$124/month. Instant Credit. 1-888-722-9009. www.aventisdirect.com.</p> <p>EMPLOYMENT OPPORTUNITIES WHITECAP RECREATION looking for small engine mechanic to work on all makes. We are a Polaris Argo dealership. Wages negotiable. Phone Russell, 1-800-858-2049 or 780-849-2500.</p>	<p>EMPLOYMENT OPPORTUNITIES DAVID THOMPSON Resort staff required. Housekeeping, cooks, restaurant, store. Fax 403-721-2267, phone 403-721-2103. Ron Killick. Located in the Canadian Rockies.</p> <p>FARMS BUILDINGS SOFT COVER & Steel. Temporary grain rings & bins, haystack tarps. Full line of tarps & accessories. Garage packages. Complete coverage building systems. 1-888-251-2468.</p> <p>FOR SALE MISC. SAWMILL \$4895 SAW LOGS into boards, planks, beams. Large capacity. Best sawmill value anywhere. Norwood Industries, manufacturer of sawmills, edgers & skidders Free information 1-800-566-6899.</p> <p>HELP WANTED ELECT/MECH AUTOCAD drafters required by Northern BC business. F/T position available for responsible persons with Technical Program Diploma. Please fax DB Drafting & Design 250-774-3612.</p> <p>LIVESTOCK 7TH ANNUAL Horse Sale. Limited Edition "2000". 100 horses including 5 Homozygous Stallions. Coggins tested, 48 hour soundness/blood guarantee. August 26, Lacombe, Alberta 12 P.M. Catalogues 403-843-6629. Brian/Hazel Street.</p> <p>MACHINERY WANTED WILL PAY CASH for Wheel loaders, tractor with loader, backhoe's, dozers, excavators, graders, cranes, trucks with Hiabs. Construction equipment, any condition. Collect 250-716-8787.</p> <p>PAY TELEPHONE SERV. CANADA'S #1 PSYCHICS. Call us for the answers - 24 hours. Accurate and Affordable readings on relationships, health, career, money and more. CALL NOW 1-900-451-7070 \$2.89/minute 18+</p>	<p>SALES YOUR DREAM JOB! Earn unlimited income, 40% commission! Join in the fun with the winning, supportive team of Please Mum, a quality Canadian designed and manufactured children's and women's wear company. An opportunity of a lifetime! 1-800-665-9644.</p> <p>SERVICES CRIMINAL RECORD? Canadian pardon seals record. U.S. waiver permits legal American entry. Why risk employment, licensing, travel, arrest, deportation, property confiscation? Canadian - U.S. Immigration specialists. 1-800-347-2540.</p> <p>STEEL BUILDINGS STEEL BUILDING CLEARANCE SALE... Guaranteed lowest prices! Beat next price increase 25x40x14 \$6,800. 30x40x16 \$8,500 30x50x16 \$9,800. 35x50x16 \$12,600. 40x60x16 \$16,500. Many others Pioneer 1-800-668-5422.</p> <p>TRAVEL TIMESHARE REALES. World's Largest Reseller. Era Stroman since 1979. Call Now! Buyers call 1-800-613-7987. Sellers call 1-800-201-0864. E-mail: info@stroman.com.</p> <p>TRUCKS "O DOWN O.A.C." Guaranteed credit approvals. Trucks, 4x4's, crew cabs, diesels, sport utilities. Repo's broken leases, heavy duty equipment. Take over payments. Free delivery. Call The Untouchables now. 1-800-993-3673 Vancouver 327-6377.</p>
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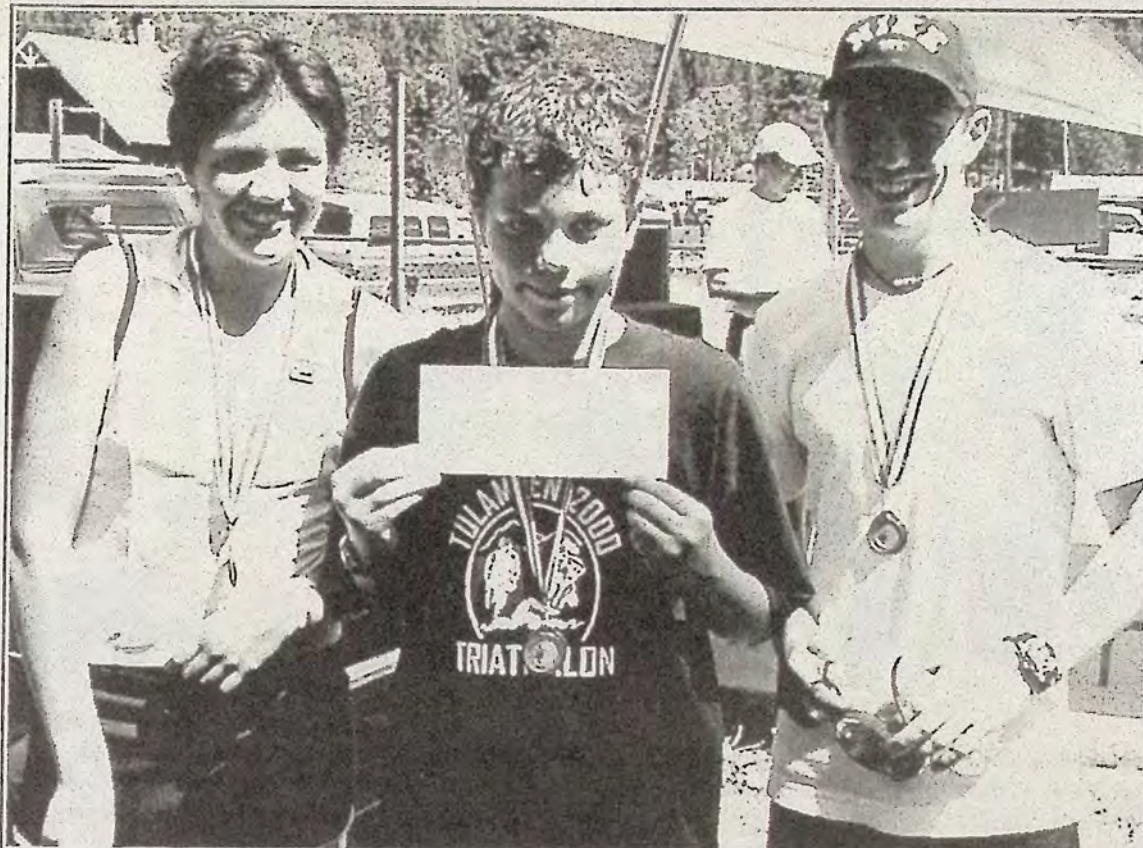
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Left to right: Kati Henry, Nick Cook (with the money!) and Danny Coyne, top team in the Tulameen triathlon.

Sports Scores? Team results?

We want to hear from you! We want your news! A rumour has been circulating stating that the News Leader charges a fee for publishing sports scores such as golf scores, team achievements, etc.

Since our first issue on January 6, 1998, the News Leader has NEVER asked groups to pay for their scores to be published in our paper!!!

Other newspapers may have charged, but not this one!

Youth take triathlon from front page.....

again next year at Tulameen Family Days, thanks to the tremendous support received from sponsors, the community and the competitors. There were enough competitors and sponsors to give prize money to the top teams.

In second place was the team of Courtney Powell, Paul Dixon and

Claire Dixon, followed by third place finishers Chelsea Powell, Matthew Bond and Bianca Wallbank.

Sue Ashe achieved the top speed for a swimmer, completing the course on Otter Lake in 14:24 minutes. Kati Henry and Paul Dixon tied for best time on the bike portion of the course, and

Danny Coyne ran the 10 km. in 35 minutes. These top finishers are all local people.

Individual competitors in the men's division ranked as follows: 1. Darren Found, 2. Jim Hardin and 3. Jeremy Gibson. Only one woman went in as an individual - Suzanne Sharpe.



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School
Special!**

Complete System \$849.00

Men's golf night August 3

Low gross:

0 - 10 - 1. Rob Fulton, 2. Glenn Weissbach
11-16 - 1. Jean Anctil, 2. Dave Roberts and Guppy
17 - 21 - 1. Ken Blower, 2. Larry Stevens
22 & up - 1. Barry Luchsinger, w2. Terry Greeley

Low Net:

0-10 - 1. Brian Bertrand, 2. Jack Angstadt
11-16 - 1. Jason Willis, 2. Jim Boyce
17 - 21 - 1. John Welde, 2. Frank Kelly and Jim Norman
22 & up - 1. Bill Harwood, 2. Ron Graff

Long Drive:

0-10 - Clint Clifton

11-16 - Jim Boyce
17-21 - Larry Stevens
22 & up - Russ Musselman
Seniors - Jean Anctil

Proximity on #2:

0-10 - Glenn Weissbach
11-16 - Dave Roberts
17-21 - Ken Blower

K.P. #7:

0-10 - Clint Clifton
11-16 - Jason Willis
17-21 - Bill Drake
22 & up - Barry Luchsinger

K.P. #8:

0-10 - Al Anderson
11-16 - Jean Anctil
22 & up - Bill Harwood

Fewest Putts:

0-10 - Rob Fulton/John Schneider

11-16 - Jean Anctil
17-21 - Ken Blower
22 & up - Harold Walsh

Peter Pine loses limb

Peter Pine, as part of the "Welcome to Princeton" sign across from the golf course, has once again met with a mishap. A pick-up truck travelling at high speed struck the Town of Princeton's welcoming sign early Saturday morning. The driver is believed to have fallen asleep. Peter lost one of his limbs, but is out of the woods and still smiling.

2000 CHEV 1/2 Ton PU

Ext. Cab
Automatic
Fully loaded

4x4



\$32,268

or \$449/mo* or .9% finance
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2000 2 dr Tracker 4x4

Automatic
Fully
Loaded



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