

Similkameen News Leader

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News Leader**
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Arts project takes shape

What will revitalize the arts community of Princeton and leave a lasting legacy?

This is the question the ArtsNow Committee must answer.

Several proposals were brought forward by members of the committee, and all of the ideas were good. Each proposal must meet the criteria established by the ArtsNow funding available for the project, but it became clear that members of the committee had put on thinking caps to explore possibilities.

Ideas ranged from development of the skills of local people to make films, to develop the history of Princeton through the arts, to create a carousel, to have an art walk, to create an arts festival.

Monty Raine gained support for his concept of an arts festival which would bring together all of the arts: writers, painters, quilters, musicians, dramatists, dancers, potters, field naturalists and carvers. He proposed a festival of culture.

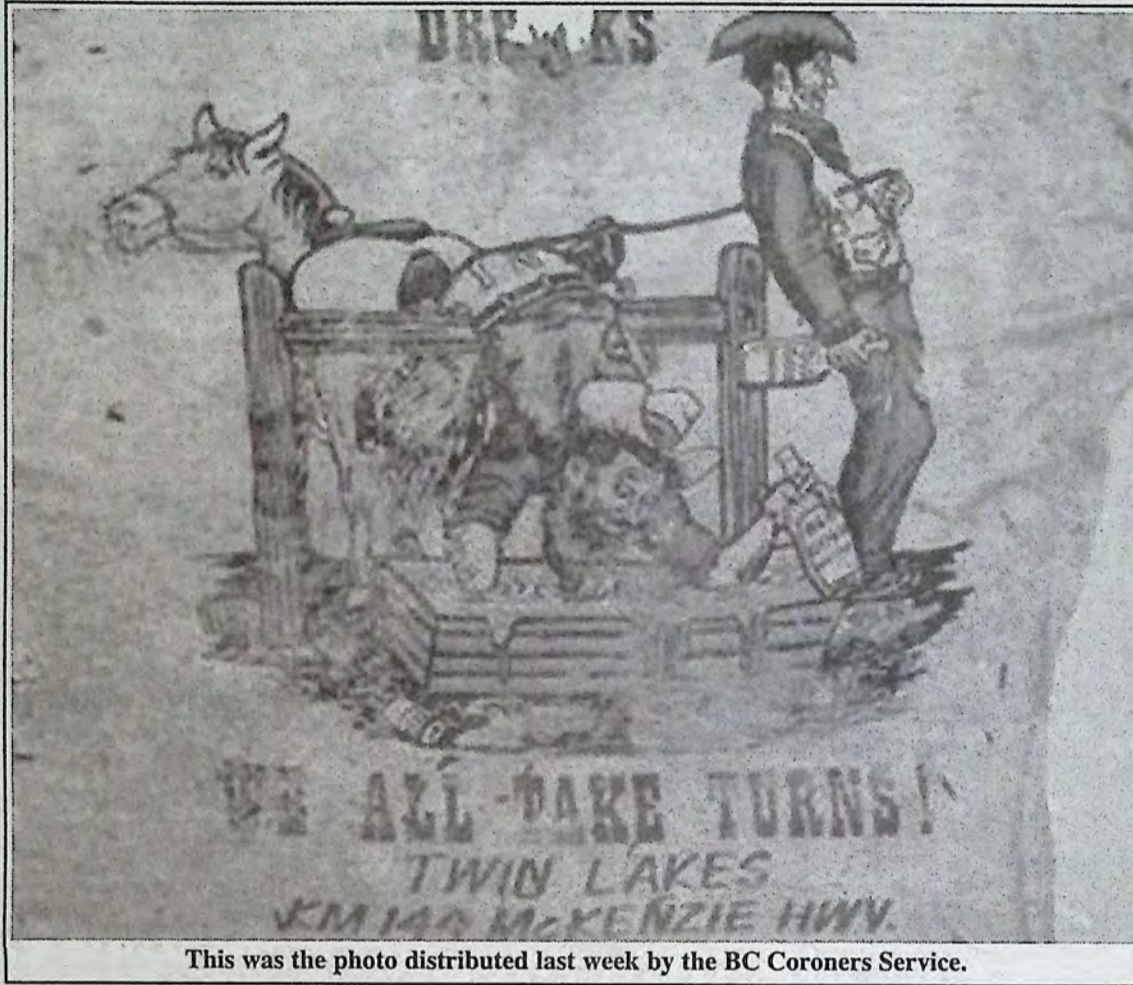
The time frame for achieving the goal of the project is June 2007.

At the next meeting, the consultant hired by the committee will attend, listen to the ideas, which will be narrowed down to a final project. This meeting will be held at the Skills Centre at 7:00 p.m. on Wednesday, June 8.

When the project concept is in place, there will be a public meeting to discuss the project and find out who in the community will support the project.

Look for an advertisement in the Similkameen News Leader next week.

Town receives rebate



This was the photo distributed last week by the BC Coroners Service.

*GST
rebate
totals*

\$40,182.11

Minister of National Revenue John McCallum and Minister of State (Infrastructure and Communities) John Godfrey announced last week that information about the Goods and Services (GST) rebate amounts for municipalities is available on the Canada Revenue Agency (CRA) Web site.

As of February 2004, municipalities may be entitled to claim a 100% rebate to recover the GST and the federal portion of the HST paid on certain goods and services, for providing municipal services and community infrastructure maintenance or improvements. Municipalities have up to four (4) years to claim the rebate for GST paid.

"For the calendar year ending December 31, 2004, an additional \$373 million was paid to municipalities across Canada as a result of the increase in the GST rebate to 100%, with over \$46 million of that to BC," said Minister McCallum. "The Government of Canada is committed to working with municipal governments to ensure that Canada continues to be a world leader in developing vibrant, prosperous, and sustainable communities," he added.

Princeton will receive a total of \$40,182.11 as a result of their GST rebate. "The Government of Canada is delivering on another commitment to the people of Princeton and Canada," said David L. Emerson, Minister of Industry and Co-Senior Minister for BC. "These funds will help municipalities make our communities better places to live and raise families."

"As part of the New Deal for Cities and Communities, the Government of Canada is committed to help all communities secure stable, predictable, long-term funding," stated Minister Godfrey. "Municipalities across this country are benefiting from the GST rebate, which they are using for their most pressing needs. The rebate, delivered in Budget 2004, is providing \$7 billion over 10 years. Budget 2005

.....continued on Page 2

Body from river identified

British Columbia Coroners Service positively identified the body discovered in Similkameen River on May 28th as that of 47-year old Simon Martin Wilson of Alberta.

Wilson's body was discovered by fishermen about 10km South of Princeton.

The badly decomposed body was recovered with aid from Princeton

Ground Search and Rescue - coincidentally using swift water rescue gear received by the group only the day before.

At the time of the discovery the BC Coroners Service distributed a photo of a t-shirt and described it as one of two unique clothing items found on the body. The second was a sock with a sewn in label from the

Bashaw Alberta Medical Centre with the name Doug Wilson on it.

Autopsy results and police investigation revealed no indication of foul play in the death.

Preliminary findings indicate the death occurred as the result of drowning.

The Coroner's investigation continues.

District appoints new Superintendent

The Board of Trustees of School District No. 58 (Nicola-Similkameen) is pleased to announce that Byron Robbie has been appointed as Superintendent of Schools for the District effective August 1, 2005.

Robbie served four years in the positions of Assistant Superintendent and Acting Superintendent for School District No. 27 (Cariboo-Chilcotin).

During that time, Robbie was the educational leader in the district, actively involved in Aboriginal education programs, developed initiatives and training programs, and facilitated positive personnel and working relationships with employee groups.

Previously, Robbie spent four years as a Principal at Williams Lake Secondary School. During that time, he was involved in providing leadership in the construc-

tion of a new 20 million dollar facility, managing the transition of the school from a junior secondary configuration to a grade 8-12 school, and leading the school community through various extensive change processes.

Most recently, Robbie was an Associate Faculty member of Royal Roads University where he taught in the Peace and Conflict division.

He is near completion of the doctoral program in Education Leadership at Simon Fraser University. Robbie's dissertation for his doctoral program is 'Beyond Inclusion: Transforming the Educational Governance Relationship Between First Nations and School Districts in British Columbia'.

Robbie believes that "consensus builds commitments from partner groups in the education system." He believes that schools have to contin-

ue to move forward to improve and that staying static is a step backwards.

Robbie succeeds Superintendent of Schools Dr. Robert Peacock who has accepted the position of Superintendent of Schools for School District No. 22 (Vernon).

The Board wishes to thank all the stakeholder groups and others for their important role in the process in selecting Robbie as the Superintendent of Schools.

In particular, gratitude is expressed to the Nicola Similkameen Principals' and Vice Principals' Association, CUPE Local 847, First Nations Education Council, Nicola Valley and Princeton Teachers' Union, as well as management, staff, and members of the public who participated in this project.

The district is excited about continuing to move forward under Mr. Robbie's leadership.

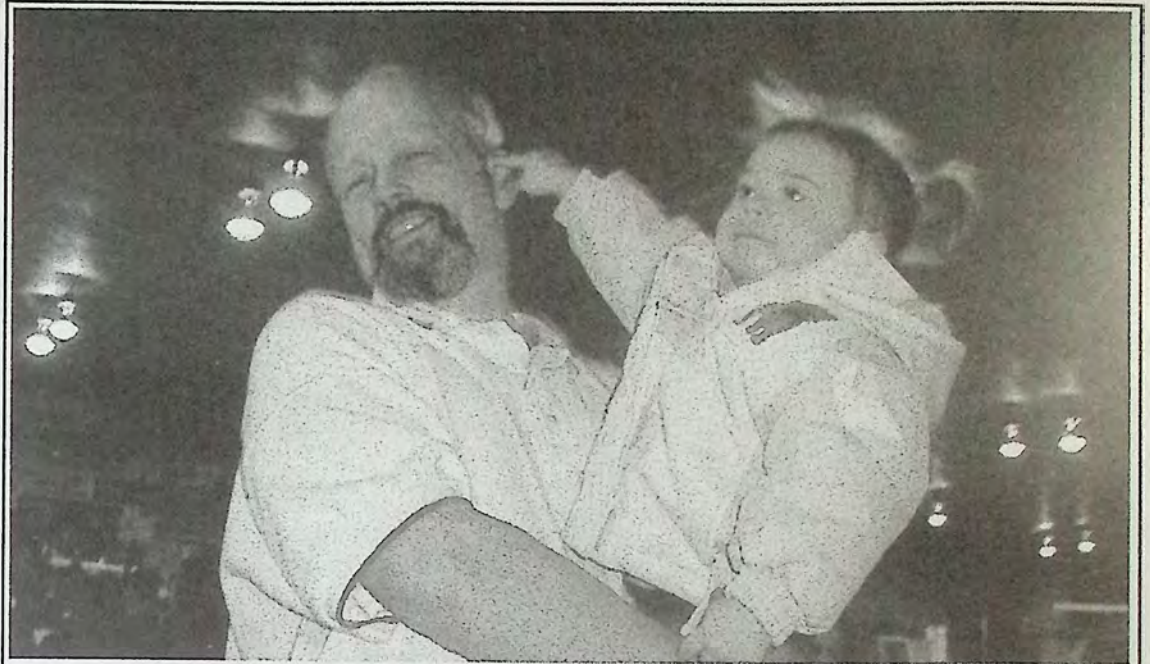
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Ron Young of Princeton Outdoor Supply created the "Brooklyn Jade" chromomid fly as a fundraiser for the little girl it was named after (seen in photo with her grandfather Willi Miks). Ron and Loretta Young announced last week the flies were sold out. "We are pleased to have been able to entrust her grandpa "Opa" Willi Miks with a cheque for \$135.00 to be added to Brooklyn's trust account. Thank you everyone!"

Town receives huge GST rebate

.....continued from Front Page builds on this commitment to municipalities by providing \$5 billion in gas funds over the next five years, and committing to renewing and extending programs such as the Canadian Strategic Infrastructure Fund, the Municipal Rural Infrastructure Fund, and the Border Infrastructure Fund as they expire."

Legislation to increase the rebate for municipalities from 57.14% to

100% of the GST was implemented effective February 1, 2004. For the calendar year 2004, a total of \$1.2 billion in GST rebates was paid to municipalities. This amount includes rebate claims approved for prior years, since municipalities have up to four years to submit a claim for a rebate. Municipalities that are eligible to claim the 100 per cent GST include:

- incorporated municipal bodies,

such as cities, towns, villages, and metropolitan areas;

- entities determined by the Minister of National Revenue to be a municipality, such as transit commissions and public libraries; and
- entities designated by the Minister of National Revenue, in respect of their delivery of municipal services such as some non-profit social housing corporations or cooperatives.

Students tell Board about school

What is Princeton Secondary all about? Ask the students.

Several students appeared before the Board of School Trustees on June 1 to talk about successes during the current school year.

Morgan Desabrais and Kassi Crimmon told about the success of the peer counselling program, a credit course giving students training on counselling fellow students. Aaron Peterson gave a presentation on the highly successful "Environmental Mind Grind" team, who won the regional contest and went on to win the provincial contest. He and his team won \$1,000 and a pizza party for Princeton Secondary.

Tyler Merenick, a Grade 12 student who has cerebral palsy, praised the efforts of the teachers at Princeton Secondary to help special needs students achieve their best. He had words of praise for other

students, saying they have been "very kind and understanding" of students with disabilities. Tyler graduates this year and will be going to college to learn to be a chef.

Madison Johnston and Julia Halipchuk are members of the Student Council. They presented a long list of successful activities in which the students have been involved.

Patrick LePoidevin, MaryAnne Campbell, Peter Newman and Julia Darel entered student film competitions and had two videos to show the trustees. Although the students did not win top prizes, one wonders what it takes to win, as both videos were good.

Soccer success was the topic for Peter Newman, Pat LePoidevin and Morgan Desabrais. They have good reason to be proud. Their team went from the bottom of the

league a few years ago to winning fourth place in the regional play-offs.

All of the presentations earned a hearty round of applause from the trustees.

District budget moves up slightly

School District #58 (Nicola-Similkameen) has a small increase in budget this year, up approximately \$140,000. The total budget is \$23,437,000. There is enough for a small reserve fund to make changes as necessary during the coming school year.

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Valley First Staff served up hot dogs and pop in the parking lot at Princeton Plaza last Wednesday. It was a fundraiser for Princeton Racing Days.

Racing tradition returns to town

It's party time in Princeton. This small Interior town, located two and a half hours east of Vancouver, is restoring a 40-year tradition called Princeton Racing Days.

In 1964, Princeton was in an economic depression. Several local citizens decided Princeton needed a major celebration to attract visitors. They decided on horse racing, which had been a local sport among native people and Princeton's Vermilion Avenue was a racetrack until 1900.

A number of local residents had raised race horses from pioneer days. A weekend of horse racing was enthusiastically embraced by everyone in the community. Town Council acquired some land on the outskirts of town, where the view alone is worth the admission ticket. Local volunteers donated time, money and equipment to build a race track. Many local people spent spare time picking rocks and raking sand. The first celebration was a huge success, featuring a parade, a Racing Days Queen and her princesses, dances, and a pancake breakfast in the park.

The celebration became an annual event, and expanded to include pari-mutuel betting, a raft race down Tulameen River (now a duck race) and a casino night, as well as the annual Similkameen Sweepstakes on the final race on Sunday. Racing Days became famous throughout the Interior, and attracted many horses from the coast and Washington. The facility grew to include a grandstand, sta-

bles, a big concession building and a refreshment area, Fall Fair buildings, a rodeo arena and an agricultural barn.

Princeton residents thought the races would last forever, but in 2000, the handwriting was on the wall. A shortage of horses was noticed. Instead of a weekend of races, there was just one day of racing. Finally, in 2003, there were no more races. The coveted Similkameen Cup and the Tulameen Cup went on the shelf. What was left was the memory of some great horses and exciting races.

Townpeople looked for something to replace horse racing, but there was nothing to match the excitement of horse racing. A Moto-X track was built in the oval infield, along with a mud bog and demolition derby pit. These did not attract the kind of visitors as the races had brought, and local residents were not as enthusiastic as they had been about horse racing.

Times have changed again. Horse owners missed the annual jaunt to Princeton, as well as the fun of the weekend celebration. Racing Days was never just about horse racing, it was about having a good time.

This year, Post Time is 4:00 p.m., Thursday, June 30 for a one-day meet featuring \$40,000 in purse money. Pari-mutuels will open by 3:30 p.m. The concession and refreshment garden will be open, and a bluegrass band will play after the races. The next day, there will be a parade on Canada Day with

the theme "Proud to be Canadian", followed by the crowning of the Youth Ambassadors. On July 2, the day begins with a pancake breakfast and a duck race on Tulameen River. For golfers, the annual Husband and Wife two-day tournament begins at Princeton Golf Course. On the evening of July 2, the local branch of the Royal Canadian Legion hosts a dance.

Yes, it's party time in Princeton once again!

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keremeos and area news



Construction is progressing well on the Assisted Living Complex in Keremeos. Eileen Oliver-Bauer of Lower Similkameen Community Services Society says the roof went up last week. The project is expected to be complete in October with the first residents to move in by mid-November. "Everything is on time at this time," Oliver-Bauer says.

Art theatre comes to Keremeos

There's a plan in the works for a performing arts facility in Keremeos, a theatre for the Lower Similkameen.

"The successful Music Under The K Festival and an increasing number of performance events in the area have highlighted the need for a theatre in our valley and in response The K Mountain Music Invitation Society has come up with S.P.A.C.E.," says steering committee member, Wilfrid Mennell.

SPACE stands for Similkameen Performing Arts Centre Enterprise which intends to build a theatre for music, dance, theatre, movies, lectures, business events and public meetings.

SPACE is joining with groups like The Cawston Players and The Cawston Improv Associates to complete a 250 seat theatre facility on the grounds of Similkameen Elementary Secondary School in Keremeos.

The theatre would be a first for the area which has no other such facility.

The theatre has the backing of School District #53 which has committed the site and ongoing building maintenance once the theatre opens. Mayor Walter Despot has been offering his advice and encouragement on behalf of the Village of Keremeos.

The K Mountain Music Invitational Society has provided some funds to study the feasibility of all aspects of the theatre project. The SPACE steering committee is presently engaged with architects, designers and theatre consultants.

Experts consulted to date estimate the cost of the theatre at between 1.5 and 1.8 million dollars. The money would come from local fundraising, sponsor-

ships from individuals and businesses, from existing Provincial and Federal government funding programs and from private foundations.

The SPACE steering committee had an information table at the Music Under The K to inform the festival audience about the theatre project from its beginnings and to invite them to participate in the earliest stage of the project by sharing their ideas, giving their time and, if able, making a financial contribution.

Presently, donations will go to planning all details of the theatre project. Tax creditable receipts

Sitar concert to benefit group

Proceeds from this month's Sitar Concert in Cawston will go to support Inter Pares, an international people to people aid organization.

At 8:00 PM on June 15th The Mishras, Master Sitar Musicians along with Marco Zonka on tabla will play at The Cawston Community Hall.

Pandit Shivanth Mishra and his son, Deobrat Mishra have played to Lower Similkameen audiences for the past two years and return this year as part of the American Cascades and Southern B.C. Interior Tour.

will be issued from the K Mountain Music Invitational Society, a Registered Charity.

The next phase will include fundraising for the construction of the facility itself.

Completion date for the theatre is Fall 2009 and between now and then the steering committee has its work cut out.

Anyone interested in participating can contact any of the following members of the steering committee:

Dave Cursons 499-5417, Rae Langille 499-0079, Wilfrid Mennell 499-2638 or Anita Prest 499-7868.

Inter Pares is a Canadian organization dedicated to promoting international social justice. They work to build understanding about the causes and effects of poverty and injustice, and the need for social change.

Inter Pares, means among equals. The organization was founded in Canada and supports communities in such countries as Bangladesh, Thailand, Guatemala, Mexico, and The Philippines.

Tickets are \$12 for the Mishras benefit concert in Cawston and are sold at the door or by calling 499-5417.

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3	9	5:7	6	0	0
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Photo Courtesy
Edie Currie

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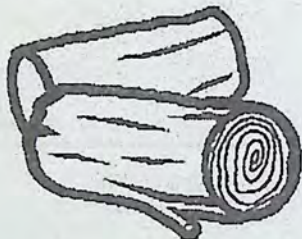
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news leader health page

Fitness achieved for the fun of it!

by George Elliott

It all starts with a single step forward. Many years ago I used to run/jog on a regular basis logging upwards of 500-miles in a season.

I was so 'addicted' to the feeling that I even ran in a number of competitive road races one Summer (early 1980's) and tried to participate in every race I could.

My running speed always put me in the last third of the finishers, but I always finished a race I entered.

When I think back to what all I was doing in my life at that time, and the food I was consuming, I often wonder how I managed to complete those races.

In the years since I've learned a great deal more about the reasons why I ran.

I have read many books and magazines on the subject and I have to admit there are three very strong reasons why I ran.

First it was something I enjoyed. I had been exposed to a number of track and field events when in high school in Kelowna, and although I never tried out for team sports, I found the middle distance running events to my liking.

Second, running was something you could do just about anywhere so there was no need to load up a lot of gear and travel to a gym somewhere to do it. I can start a run right out my front door!

Third, it made me feel good. There is nothing like the adrenaline rush that comes from a good run when all cylinders are kicking at the right time. It also burns off calories faster than any other activity. The drawback is the impact on joints. If you

prefer non-impact weight loss activities, then I suggest you try something other than running.

The past few months my wife, Brenda, and I have been travelling through a maze of information as 'we beat those cravings' and we have learned some interesting things about what kinds of foods our bodies really require to function properly. I look at it as fueling an engine. If you want your engine to perform the best it can, then you need to feed it the proper fuel.

We have found our change in diet quite easy to maintain, but we still do treat ourselves once in a while. Moderation is the key.

We also find eating healthy is a little more expensive at times than what we were doing, but we also believe that anything worth doing does have a price.

We have been sharing with you our discoveries and have received many words of encouragement from readers. We have now reached a place where we must add another important element to the fitness equation.

Diet + Exercise = Fitness and now that the diet part is pretty much habit on our house, we now have to figure out how to fit exercise into our lives.

If you've been following our 'we beat those cravings' columns, you will be aware that Brenda has started a program at Curves and I have started a walking program.

Our original plan was to take part in our exercise activities every other day for at least three weeks. At the end of three weeks we would have created enough of a habit that we could increase or alter the frequency of our fitness activities to best suit our lifestyles.

We have passed the three week mark and the habit hasn't quite

formed, but we are not far from it.

Brenda's trips to Curves have not been as regular as she hasn't been able to find the right time in her day and stick to it - but she will.

My walking program, although I quite enjoy the three or four days I walk per week, is starting to bore me.

I know I need to start running and that will eliminate my boredom. I can say that as I've been in this place many times before. The walks are not giving me the adrenaline rush I enjoy, although the walks do satisfy me in other ways.

The next hurdle for me is to start running/jogging. The safest and smartest way for me to start is to combine my walks with a few minutes of light jogging in the middle of a 30-minute walk.

I'll add a few more minutes each time until all I'm doing is jogging.

You may notice I've never made reference to distance. I don't measure my workouts in distance travelled. I always measure them in time. I also don't use a scale to measure progress. I use a tape measure.

I will keep a journal of my activities and once I'm running on a regular basis I'll also keep track of the temperature, weather conditions, time of day of my run and how I felt during and after my run. These are important details to help track progress.

Hopefully the next column you read from either of us will have great news on the fitness habits we've created just for the fun of it!

Remember, if you are considering any form of physical activity for fitness purposes, be sure to get your doctor's okay because they will need to know what you are doing and will also be able to determine whether or not you are doing the right kind of activity.

living past 100

Fat is worse on men

There is an old saying that women can safely carry more fat than men. It is true, because women carry their fat in a different location on the body.

The problem for men is the pot belly. Most men begin to develop a pot belly in their forties and don't lose it until serious health problems occur. Sometimes, the health problem is fatal.

The pot belly is the result of combining protein with sugar. Often, a pot belly is called a "beer belly" and beer can be the cause of the accumulation of fat at the waist, as beer is loaded with sugar.

Men with pot bellies risk heart attacks. The storage of excess fat in the waistline is an indication of fat accumulation in the upper body, including the heart. Male obesity is dangerous.

Most men ignore a pot belly, believing it just comes with aging. In fact, it is a symptom of an unhealthy pattern of eating that could kill them.

How can we make men see the problem? The first step is to have them take a side view of themselves, or have a photo taken showing how they look from the side. This is very often a major shock. As soon as a man's belly slopes over his waistline, he's in trouble.

Most men will try to get rid of the belly by exercising, but this will not be enough. The answer to the problem is to cut out sugar and starches. This will have to include beer and soft drinks, which are loaded with sugar.

The best exercise for getting rid of a pot belly is a big push - away from the beer and sugar sources. This will cut down the risk of sudden death.



It's official, Summer is around the corner! We caught two members of Princeton's Town Works Crew installing hanging baskets on Bridge Street early last Wednesday morning.

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Princeton Local - Pick-Up, Senior \$ 21.75

Similkameen Mail, Regular \$ 35.75
Similkameen Mail, Senior \$ 31.75
(Princeton, Caston, Keremeos, Hedley, O'alla, Tulameen, Coalmont)

Out-of-Valley, British Columbia
Rural or Box (VO), Regular \$ 40.90
Rural or Box (VO), Senior \$ 35.90
Delivery to Door, Regular \$ 53.80
Delivery to Door, Senior \$ 48.80

Out-of-Valley, Alberta, Rest of Canada
Regular \$ 53.80
Senior \$ 48.80

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Mascot tours take the tunnel

Tours of Hedley Mascot Mine now include a tour of a mine tunnel, and this experience has tourists giving rave reviews.

The tunnel was widened to 2.5 metres for tours and is 200 metres in length.

Tourists wear helmets equipped

with lights to make the tours, and learn how it must have felt to be a miner at Mascot.

Unscheduled tours take place on weekends, but tours during the week must be booked in advance until July 1. There must be at least 20 in a group to take the tour.

Work continues on the former Hedley Elementary School to turn it into a tourist reception centre.

It is scheduled to be open on July 1. The building is now bright red to coincide with the colours of the old Mascot Mine.



Ask Your Live Well Pharmacist



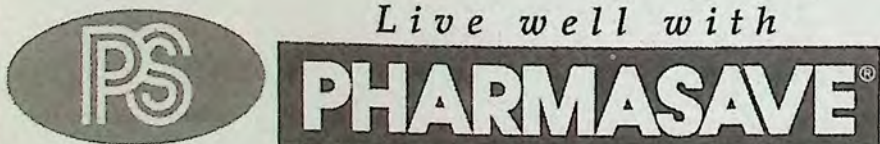
Pharmasave Pharmacist
Wen Wong

"I am really sensitive to insect bites, what could you suggest?"

The treatment is similar to the poison ivy rash. Apply cool compresses or use calamine lotion or dab on After Bite to relieve you of the itchiness. You may want to take a short acting antihistamine if the scratching and itchiness is really bothersome.

If you really swell up after being bitten, you should purchase an EpiPen. This is an injection used by people who really react to insect bites.

Ask your Live Well Pharmacist or doctor to see if an EpiPen is necessary for you.



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Can you identify anyone in this photo? It's a class photo from Coalmont School dated 1929 and it was passed onto the News Leader to share with our readers with hopes of identifying all 18 children pictured.

Foundation changes name and mandate

The Okanagan University College Foundation is becoming the Okanagan College Foundation.

A change to the name and the organization's constitution has been approved by the Board of Directors, and it will become effective July 1.

The constitutional change will allow the organization to serve the new Okanagan College as well as other post-secondary institutions, including UBC Okanagan.

"I'm pleased with the opportunity this presents," says Foundation President Steve Tuck. "While this signals our support for the College, which doesn't have the fundraising track record or infrastructure of UBC, it gives us the ability to support all post-secondary in the region."

The change in constitution means that the Foundation will be able to

administer funds in the names of both institutions - Okanagan College and UBC Okanagan - and provide scholarships and bursaries to students attending the two schools.

"What has made this possible is the co-operative approach and spirit that existed between ourselves, the administration and governing arms of the two institutions," notes Tuck.

"We already have examples of funds that have been established which speak to the co-existence of the two schools." He points to the scholarship established by former OUC President Dr. Katy Bindon, which will benefit students who transfer from a college program to complete a degree at the university, as well as another scholarship established by Tuck and his wife Terry, which also focuses on students moving from one institution to the other.

During the process that has seen OUC move toward becoming the new Okanagan College and UBC Okanagan, the Foundation has been diligent about connecting

with existing donors to see where they want their funds directed, he notes.

"We're seeing a new era of post-secondary education unfolding for this region and we see an opportunity for the Foundation - albeit with a new name - to play an even more significant role than it already has."

"From March 18, 2004 (the day after Premier Gordon Campbell announced the future for post-secondary in the Okanagan), the tone has been supportive and clear," says Tuck.

"Everyone at OUC, Okanagan College, and UBC have been forthright in their commitment to ensuring that the Foundation retains its strength and has a chance to flourish in the task it has set itself."

The Okanagan College Foundation has an endowment of \$6.3 million.

Over the past three years it has distributed almost \$2.4 million to support students and programs at OUC.

In the 2004-2005 fiscal year, the Foundation awarded 1,754 scholarships and bursaries to students.

Young Life of Canada

RockRidge Canyon

2nd Annual Open House

FOR THE COMMUNITY OF PRINCETON AND AREA



11:00 AM - 2:00 PM Saturday, June 25th

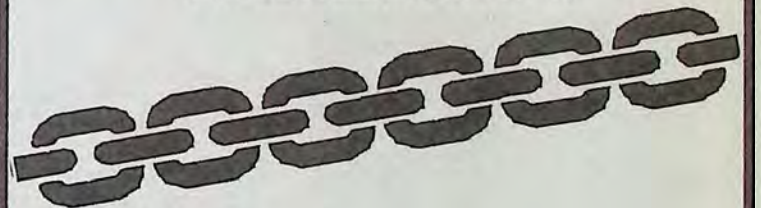
Directions: Turn south on Darcy Mountain Road (Princeton Golf Course) and continue 10km on gravel road (becomes Willies Ranch Road just past pavement)

Guest Speaker - Hal Merwald, Young Life National Director
FREE HOT DOGS AND BEVERAGES

This is your opportunity to tour the facilities at Young Life's RockRidge Canyon prior to our summer camps. Wear sturdy walking shoes.

Similkameen News Leader

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RE MAX country asks you to help the Princeton Crisis Assistance Society
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Open fires prohibited in Kamloops Fire Region

Effective at noon on May 30, 2005, and until further notice, small pile burning, backyard burning and industrial pile burning (Categories 1, 2, and 3) are banned at all elevations throughout the Kamloops Fire Centre. This open fire ban does not include campfires used for personal cooking, warmth or light. This open fire ban is in effect to protect public safety and to limit the risk of person-caused wildfires.

A ban on small pile burning (Category 1) prohibits the use of open fires that burn piled material less than 1 metre high and 1 metre wide, with the exception of campfires. Campfires are still allowed.

A backyard burning ban (Category 2) prohibits the use of open fires that burn waste material in piles less than two metres high and 3 metres wide. This ban also prohibits grass burning over an area less than 0.2 ha in size.

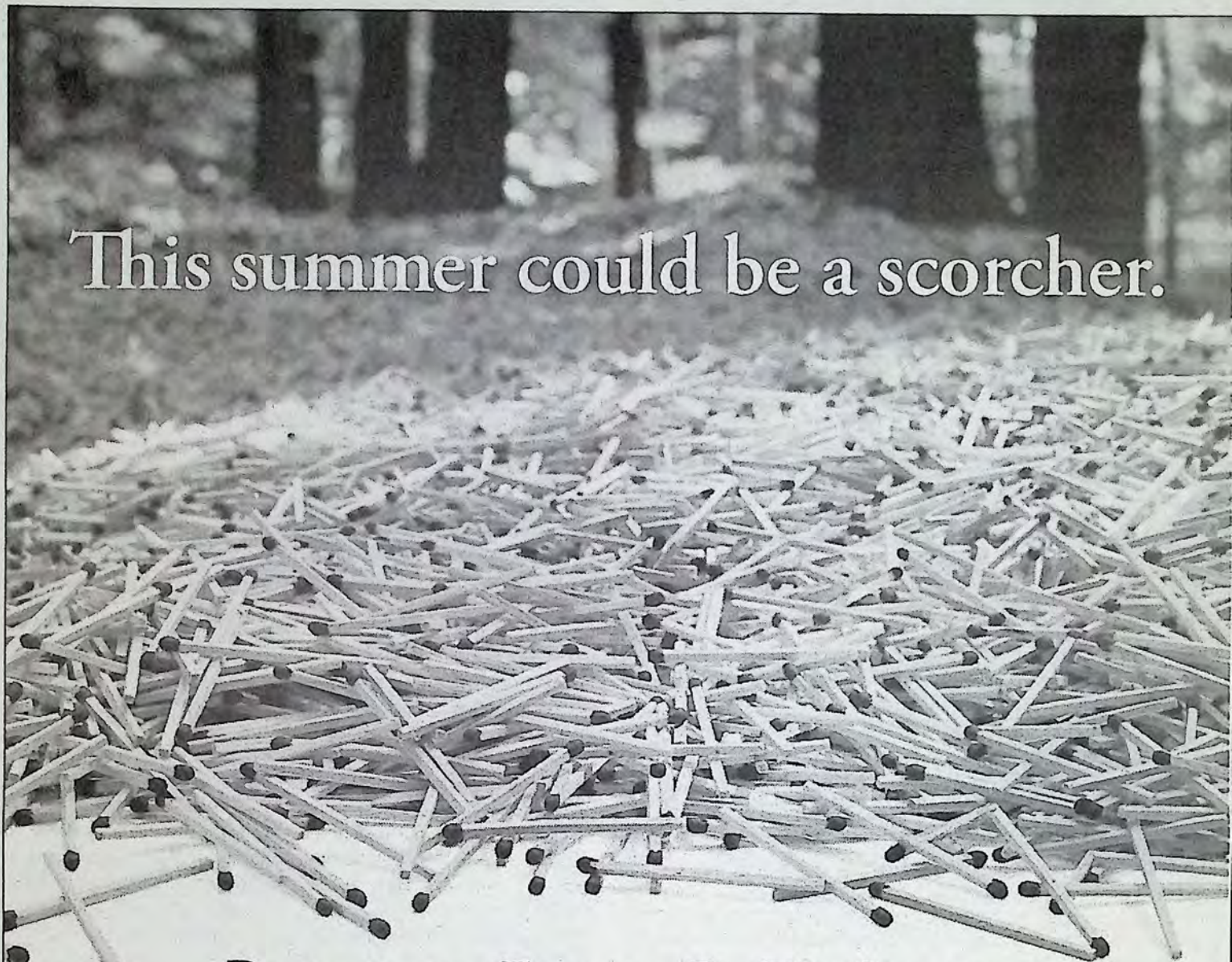
An industrial pile burning ban (Category 3) prohibits the use of open fires that burn material in piles over two metres high and three metres wide. This ban also prohibits burning of windrows and stubble in an area over 0.2 ha in size.

Bans on small pile burning, backyard burning and industrial pile burning apply to all lands outside of municipal boundaries and Regional Districts that have open

fire bylaws. Please check with your local authorities before lighting a fire within municipal boundaries. If you see a wildfire, please report it to 1-800-663-5555 or *5555 on

most cellular networks. For more information on open fire restrictions or for updates on current wildfire activity, visit www.for.gov.bc.ca/protect

<http://www.for.gov.bc.ca/protect>
Contact: Fire Information Officer Dale Bojhra or Shelley Marsh at 250-770-3706, 250-554-5532, 250-488-0543 or 250-318-7456.



This summer could be a scorcher.

Protect our Forests. Be FireSmart.

Our forests are a source of pride for British Columbians. Tourists and residents alike marvel at their grandeur. Working families, forest communities and our parklands rely on our forests. Yet every year, an average of 2,000 forest fires put it all at risk.

People cause about half of all forest fires, endangering lives, damaging real estate, and having a negative impact on tourism. Last year there were fewer fires caused by people. Do your part.

Protect yourselves and our forests. Be FireSmart.

Campfire Safety

- Encircle campfires with rocks to stop fire spreading.
- Don't build campfires less than 3 metres from trees, brush or wood structures.
- Keep a shovel and pail of water near your campfire.

Homeowner Safety

- Keep trees, shrubs, branches and other flammable material at least 10 metres from your home.
- Trees near your home should be no more than 2 metres in height and at least 3 metres apart.
- Remember to clean your gutters and chimney.

General Fire Safety

- When smoking outside, dispose of cigarettes and matches safely.
- Never toss a lit match or a cigarette out of your car.
- Don't burn grass or yard waste on windy days.
- To report a wildfire call 1-800-663-5555 or *5555 from a cellphone.

For more information on how you can prevent forest fires, visit www.gov.bc.ca.



Racing plans continue

Princeton Racing Days is still moving ahead and if the interest reported by horse owners is any indication, this should be a very successful race meet.

Princeton has always been a favourite of Racing Officials, Horse Owners, Trainers and Bettors. Many of these people will be back to participate in this re-birth year. Their reason for enjoying Princeton's race meet is the home town atmosphere. They gather for the party and the show.

Final preparations are being worked on and most committees have enough volunteers, but the organization can always use more. If you would like to volunteer with the starting gate or something else, please call John Bey 295-3970.

The organization reminds local citizens that this is a rebuilding year and hope that with the communities support the one evening race meet on Thursday, June 30th at 4pm will go off without a hitch. If successful this year, Princeton Racing Days will have the opportunity to bring back our largest celebration and begin building it back to its long successful history.

So mark your calendar, book the time off work and start saving for one of the richest purse structures Princeton has ever seen. It's going to be a real show and you will see some of the best horse races that have ever been on this track.

- submitted

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Princeton hosted the Canadian Hereford Association Annual General Meeting last week. Cattlemen spent part of last Friday in meetings and workshops at the Skills Centre.

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FINANCIAL FOCUS

Is Your Portfolio Properly Diversified?

There's a simple secret to investment success; diversify your investments and hold them for the long term. Studies show that the vast majority of investment returns are attributable to your asset mix, rather than the individual investments you choose.

But exactly what do financial experts mean when they say "diversify"? And how do you know whether you're properly diversified?

Diversification means holding a wide range of investments in your portfolio, instead of placing large bets on any one security or type of asset. A diversified portfolio should encompass all the major asset classes; cash and cash equivalent investments, fixed income and equities. Some experts break the mix down even further; cash, income, growth, growth and income, and aggressive investments. Ideally, your portfolio should be further diversified by investing in international securities.

The benefits of diversification are straightforward: You take advantage of a wide range of potential investment opportunities and protect yourself from the risks of putting too many of your eggs in one basket. How and where you diversify will depend on factors such as your financial goals, the time you have to reach them and your tolerance for investment risk. Plus, your diversification strategy should be adjusted as you move through life and your financial situation changes.

The first step on the road to a successful diversification strategy is to take a comprehensive look at your investment portfolio including your Registered Retirement Savings Plan (RRSP) and investments you hold outside your RRSP. At the very least you should be invested in all major asset classes. No single asset type should account for an extremely large percentage of your holdings. For example, if you have an 80% investment in stocks or equity mutual funds, it's time to rebalance.

It's best to work with an investment representative to assess your portfolio and devise an appropriate strategy. A professional can make recommendations based on your individual circumstances. Here are some good starting points, depending on where you are in life:

WHEN YOU'RE YOUNG: This is a good time for a large proportion of equity growth investments. You have longer to take advantage of the higher potential returns these investments offer.

AS YOU GROW OLDER: Moving into your peak earning years, it's still a good time to concentrate on growth. You have more income to invest, and aiming for greater returns can boost wealth. But as you get older shift toward preserving capital through income investments and other conservation assets. You need to protect some of your wealth for retirement income.

WHEN RETIREMENT APPROACHES: This is the time to really concentrate on protecting wealth. The same strategy applies in retirement. But still keep a growth element in your portfolio to help offset inflation.

International investments should be part of your portfolio at all stages of your financial life. Canadian financial markets represent just a small percentage of global opportunities. If you don't invest in international securities or mutual funds you miss out on much of what the world has to offer.

And here's another tip: diversify within each asset class or geographical region. Don't limit your equity holdings to one or two stocks. And don't put all your international investments in one region of the world.

Mutual funds are a good way to add an additional element of diversification, since they provide you with partial ownership of a wide range of securities.

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Board objects to internet plan

Our local Board of School Trustees will send a letter to MP Jim Gouk to stop the federal government from charging schools for internet information.

The government is considering

legislation imposing copyright on information presented on internet.

The letter states, "Copyright laws need to be amended to ensure that materials that have

been made publicly available on the internet by copyright owners with no expectation of payment for their use will be freely and legally available to schools and students."



The BC500 Motorcycle Rally passed through Princeton during the weekend. Early Saturday morning the place to be was Copper Mountain Bar & Grill - the local rally registration site.

our economy

BY MICHAEL MCLAUCHLIN, SIMILKAMEEN VALLEY EDO

The last two columns have been about exciting things happening in our valley's economy. This week I would like to acquaint readers with the role of the Similkameen Valley Planning Society.

The SVPS was inaugurated in February of 2003. The Society is a partnership that includes the Upper and Lower Similkameen Indian Bands, the Town of Princeton, the Village of Keremeos, and Areas B, G and H of the Regional District. The overall mandate of the Society is to provide a forum for all of our valley's communities and residents to work together to achieve common goals.

Working together has some advantages. First, we have more

political clout. Secondly, we can afford to hire a professional to assist with economic development and we can fund projects that will stimulate the economy. Thirdly, we can work together to improve the economy, increase our social and recreational resources, and maintain the high quality of our environment.

It is a competitive world out there for rural communities. Almost every village, town, and city in BC has an economic development department. We compete for visitors, new residents, new businesses, and government grants. Changes in legislation and funding from the province have required that local governments become

more entrepreneurial. If we look at the South Okanagan we see communities investing very large sums of money in economic development and getting results. That is another reason for forming a Similkameen Valley partnership; we need to have a presence at the table with a strong voice when decisions are being made or money is being passed out.

The economy of the Similkameen Valley is diverse, with ranching, forestry, and mining dominating in the Upper Valley and farming and ranching dominating in the Lower Valley. Are we better off working together? I would like to hear what you think. Phone me at 295-7260 or 499-5130.

weekly entertainment guide

TUESDAY, JUNE 7, 2005 THROUGH MONDAY, JUNE 13, 2005



The arrow-leaved Balsamroot is an early visitor each Spring.

Group hosts wildflower expedition

A warm Summer morning, twelve field naturalists and a guest from Langley met at the bus depot at 9:00 AM for a hike to view the Spring wild flowers with Don Burbidge.

Someone said that the terrain looked like the opening shots of the movie "The Sound of Music" except this hills were alive with the blossoms of Springtime!

These hills, though not in Austria, but up Polecutter Road, off Sterling Creek Road East of Princeton.

The dark blue of the Larkspur, the red and orange of the Indian Paint Brushes scattered among the remains of the arrow-leaved Balsamroot. Chocolate lilies were blooming among the leafy remains of the Balsamroot plant.

Although most of the Balsamroot's blooms were over, enough remained to make one realize this hill would be spectacular covered in the yellow blooms this well-known plant produces.

"Plants of Southern Interior British Columbia" notes: "Arrow-leaved Balsamroot provides a showy, early-Spring splash of colour on warm, dry hillsides. All parts of this plant are edible and provided a very important food for Interior native people. The young leaves can be eaten raw or steamed. The Okanogan smoked the leaves like tobacco. The taproots were roasted or steamed, hung to dry and then soaked overnight. Flour is made from the seeds. The common name is a backwards translation of the scientific name and describes the leaf shape and the balsam pitch aroma of the woody taproot."

Other plants in bloom were prolific showing of the low blue, phacelia, the Dwarf Mountain Lupine, the yellow of pasture sage, meadow death camas, and timber milk vetch.

Wooly pusstoos and rosy pussy toes grew abundantly, as did old man whiskers (did you know that these were considered a love potion?) The beautiful delicate shooting stars were also on the decline, but areas in the shade still had an ample showing.

Small wood violets also were abundant at the lower levels of the hill, growing amongst the birch and pine with the vibrant yellow of the dandelions. The view from the top was also quite breathtaking. All in all a real visual feast for the eyes.

We continued up the road and off to a trail on the left, which took us through some lovely treed areas, as it was becoming quite warm, we enjoyed the shade of the trees. We passed an area where some drilling had been done in the past.

We stopped for a companionable lunch and hiked back towards the cars. A worthwhile walk to take in late Spring.

Our next hikes are on June 11th (with the Bottenfields - call 295-3119) and on June 18th (Osprey Lake to Secret Lake with Madelon Schouten) - call 295-7078).

Our May meeting guest speaker was retired Biology teacher Harold Bauerbough, living at Naramata with a very interesting presentation of the aftermath of the huge fire the Summer of 2003.

Harold had documented with weekly slides the return and re-

growth of plant life to a 10-acre sample plot just above Naramata.

Our next meeting will be a Swan Lake Celebration on June 13th at 7:00 PM at Swan Lake.

Birding, discussions and treats.

To get there head up Osprey Lake Road to just past the Princeton Fairgrounds.

A large sign on the left denotes the walk into Swan Lake. Everyone welcome to attend.

- submitted

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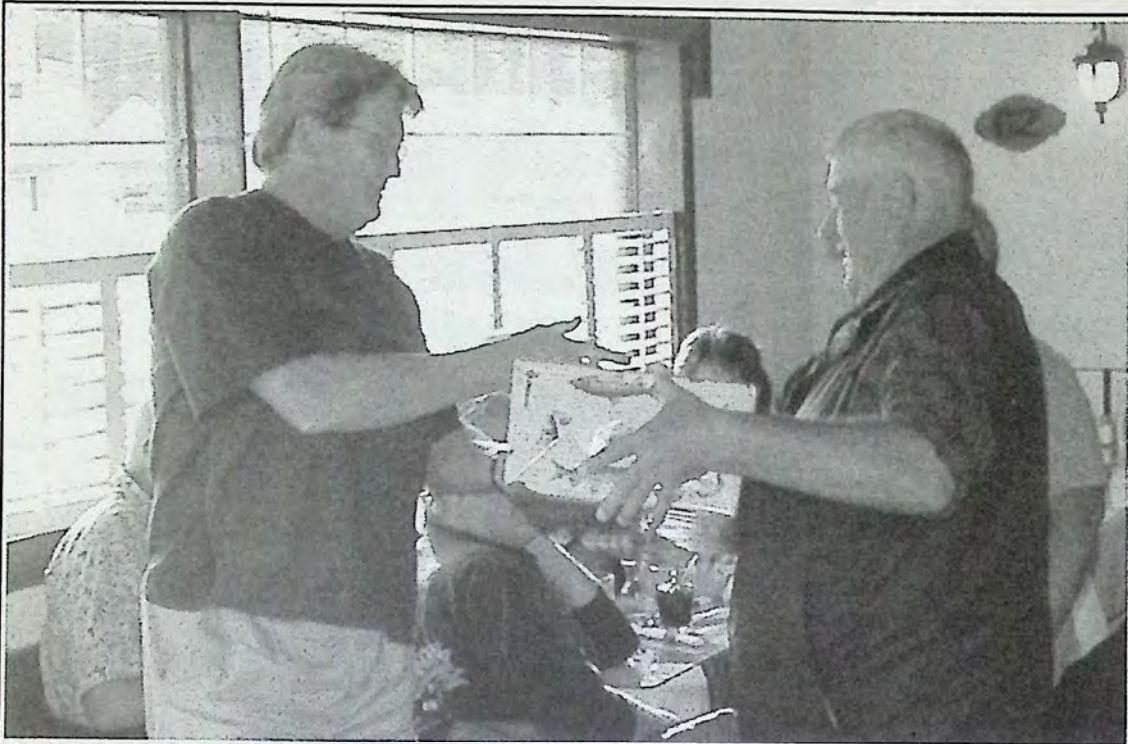
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Santo's Pizza was the site of a retirement party last Thursday night. Brian Ferguson, Road Foreman for Argo Road Maintenance marked the end of nearly 30 years with highways. Above Ferguson, right, is presented with a gift from Al Fraser, Manager for Argo's South Okanagan Region.

Golf Club Tournament schedule

Princeton Golf Club has many activities coming up this season. The next big events are the Ladies Club Championship on June 25th and 26th and the Teachers Scramble on June 25th. The Mixed Open is set for July 2nd and 3rd with the Senior Mens Open on July 8th. The Eleanor Hicks Senior Ladies Open will be

on July 14th. The Mens Open will take place on August 13th and 14th. Regular Club activities include Ladies Day - Tuesdays at 9:00 AM and 3:00 PM with Junior Golf Wednesdays at 3:45 PM. Wednesdays is Senior Mens Club day with an 8:30 AM start. Thursdays are scheduled for

Senior Ladies at 9:00 AM and Men's Night at 12:00 Noon. Fridays are Mixed Golf days with a 5:00 PM start. For more information on Princeton's Golf Club, including course layout and green fees visit their website at www.princeton-golfclub.com or call (250) 295-6123.



Princeton Centennial Pool Staff for the 2005 season. Back row from left, Lifeguard/Swim Instructors Ashley Folk, Zack Brown (Kokanee Swim Club Coach), Fiona Rowe and Lindsay Bartlett (Kokanee Swim Club Coach). Middle Row, from left, Lifeguard/Swim Instructors Ashley Goreas and Samantha Bertucci. Front: Pool Supervisor Carol Mack.

tuesday movies

MORNING

10:00 am CITY (29) ★½ "Crossing the Line" (1989, Drama) John Saxon. A young motorcyclist faces the wrath of family and friends after a fellow rider suffers a near-fatal accident. (E)

11:00 am A&E (9) ★★½ "Superman: The Movie" (1978) Christopher Reeve. Clark Kent uses his superhuman powers to thwart Lex Luthor's nefarious plot to destroy the West Coast. (E)

AFTERNOON

5:00 pm WTBS (3) ★★ "Spider-Man" (2002, Action) (PA) Tobey Maguire. A shy student becomes a crime fighter after a bite from a mutant spider gives him extraordinary powers. (E)

EVENING

6:00 pm CITY (29) ★★ "Snatch" (2000, Drama) Benicio Del Toro. An 84-carat diamond is the elusive prize sought by a cadre of cockney criminals in this crime caper from Guy Ritchie. (E)

8:00 pm KHQ (7) ★★ "Behind the Camera: The Unauthorized Story of Mork & Mindy" (2005, Docudrama) Chris Diamantopoulos. Actors Robin Williams and Pam Dawber star in the popular sitcom "Mork & Mindy" from 1978 to 1982.

9:00 pm FAM (26) ★½ "Wilder Napalm" (1993, Comedy-Drama) Debra Winger. A man who can start fires by thought has a chance at reconciliation with his equally talented but estranged brother.

9:30 pm WTBS (3) ★★½ "Corrina, Corrina" (1994, Comedy-Drama) Whoopi Goldberg. A vivacious black housekeeper brings happiness back into the lives of a Jewish widower and his troubled young daughter. (E)

10:06 pm CITY (29) ★★ "Snatch" (2000, Drama) Benicio Del Toro. An 84-carat diamond is the elusive prize sought by a cadre of cockney criminals in this crime caper from Guy Ritchie. (E)



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wednesday movies

MORNING

10:00 am CITY (29) ★★ "Silence of the North" (1981, Drama) Ellen Burstyn. In 1919, a young woman's marriage to a trapper leads her to a life of hardship in the wilderness of northern Canada. (E)

11:00 am A&E (9) ★★½ "See Arnold Run" (2005, Docudrama) Jürgen Prochnow. Arnold Schwarzenegger's ambition and charisma help fuel his rise from bodybuilder to actor to governor of California. (E)

AFTERNOON

5:00 pm A&E (9) ★★½ "Good Will Hunting" (1997, Drama) Matt Damon. A young janitor with a high intellect goes through a battle of wits with a therapist over his true feelings. (E)

EVENING

6:00 pm CITY (29) ★½ "Life or Something Like It" (2002, Comedy) Angelina Jolie. Premiere.

A shallow newswoman takes another look at her life after a clairvoyant tells her that she has only a few days to live. (E)

9:00 pm WTBS (3) ★★ "Crazy/Beautiful" (2001, Romance) Kirsten Dunst. A straight-A student risks his promising future for a love affair with a politician's self-destructive daughter. (E)

A&E (9) ★★½ "Good Will Hunting" (1997, Drama) Matt Damon. A young janitor with a high intellect goes through a battle of wits with a therapist over his true feelings. (E)

FAM (26) ★★ "F/X" (1986, Suspense) Bryan Brown. A special-effects whiz becomes involved in espionage and murder after government agents hire him to fake a mob hit.

10:06 pm CITY (29) ★½ "Scarred City" (1998, Suspense) Stephen Baldwin. Premiere. A trigger-happy police officer gets in over his head when he joins a brutal vigilante force. (E)

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TUESDAY, JUNE 7, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM	(5:00) Movie: "Multiplicity"	News	(Off Air)	Stretch Dragon	News	News	(5:00) Movie: "Superman: The Movie" (1978)	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Hamtaro	SportsCentre	News	Daily Planet	Paid Prog.	Something	News Calvin, Miller	Maury Paternity tests.	Hillbillies	
7 AM	Dawson's Creek	Life Today	BluesClues	Clifford	Today Kristin Davis; DJ Tony; Robert Klein.	The Early Show	The Movie (1978)	Good Morning America			Stickin George S.	SportsCentre	Canada AM	Last Maneater	Sabrina Charles	Aladdin Kim	News	CityLine	Matlock "The Suspect"	
8 AM	Dawson's Creek	100 Huntley Street Poko	HI-5	Barney	Tony; Robert Klein.	Third Watch			100 Huntley Street		SpongeBob LazyTown	SportsCentre		Monster Garage	Paid Prog.	Lilo Stitch Mermaid		In Fashion Spin City	Rockford Files	
9 AM	Cosby	Save-Ums!	Little Bear	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Mona	Off-Record	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury Paternity tests.	News City	Magnum, P.I.	
10 AM	Cosby	The Price Is Right	Madeline Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	Amer. Justice: Railroad	The View (N)	World Vision	Antique MoneyWs	Rupert	Timeless	The View (N)	Ultimate Explosions	The Larry Elder Show	Higglytown Henrys	Jerry Springer	Movie: "Crossing the Line" (1989)	News	
11 AM	Harvey	CoronaIn	Security	Yoga	Frasler	Young and the Restless	Movie: "Superman: The Movie" (1978)	Paid Prog.	The Insider	News (Live)	Hamtaro	Billiards	Balance	Blue Realm	Montel Williams	King Jason	Jerry Springer	John Saxon.	Rockford Files	
12 PM	Drew	News	After the Hurricane	Sit-Be Fit	M*A*S*H	News	All My Children	News (Live)	Days of our Lives		Jacob	I'd Do Anything	Daily	Mysteries of the Sphinx	Perry Mason	Hercules	Maury Makeovers.	CityLine	Magnum, P.I.	
1 PM	Yes, Dear	Days of our Lives	SportFish Planet	Wonderful Quilting	Days of our Lives	As the World Turns	One Life to Live	As the World Turns	As the World Turns		George S. Care Bears	Poker: 2004	Vicki G.	Mysteries of the Dead	Fam. Feud	Mermaid	Jerry Springer	Relic Hunter	Funnest Home Videos	
2 PM	Home Imp.	The Outer Limits	Gaslight Health	Mr Rogers Dragon	Passions	Guiding Light	Third Watch	General Hospital	Passions	Passions	Mona	Burning Interruption	General Hospital	How-Made	Pat Croce	Dalmatian Mouse	Home Delivery	Ellen DeGeneres Show	Cosby	
3 PM	Seinfeld	Emmerdale	Dora	Postcards	Brown	Dr. Phil	City Confidential	Paid Prog.	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	Extreme "Near Misses"	Starting Over	Fillmore Weekend	MegaMan	News (Live)	Home Imp.	
4 PM	Raymond	Simpsons	George S.	Cyberchas	Judge J.	Oprah Winfrey	Amer. Justice: Railroad	Millionaire	Oprah Winfrey	News	Tn-Titans	I'd Do Anything (N)	Frasler	Daily Planet	Little House	Recess	Xiaolin Yu-Gi-Oh!	Sex & City	Will-Grace	
5 PM	Movie: "Spider-Man" (2002)	Will-Grace	Planet Parent	News-Lehrer	News	News	Dog	News	News (Live)	Train 48	SpongeBob	2005 National Spelling Bee	News	How-Made	Malcolm King of Hill	Proud	Sabrina	Smallville "Facade"	McCloud "The Gang That Stole Manhattan"	
6 PM	Action (PA) Tobey Maguire.	'70s Show	Safe Pass	Patsy Cline: Sweet	Jeopardy!	Seinfeld	Knave's Wild Ride (N)	Entertain	Entertain	One Tree Hill (N)	Mystery Flat!	SportsCentre (Live)	eTalk Daily	American Hot Rod (N)	Will-Grace	Even	Raymond	Benicio Del Toro.	WGN News at Nine	
7 PM	Sex & City	Jeopardy!	Britain	Great Performances	"Behind the Camera: Unauthorized Story"	NCIS "Blackwater"	Crossing Jordan	My Wife Lopez	The Outer Limits	The Outer Limits	ReBoot	Off-Record	Canadian Idol Top 32.	Daily Planet	Trading Spouses	Boy World	Gilmore Girls	News	Becker	
8 PM	Friends	Da Vinci's Inquest	Britain	Law & Order: SVU	48 Hours Mystery	Dog	PrimeTime Live (N)	One Tree Hill (N)	News	Sports	Dragon	Boxing: Julio Diaz vs. Marco Angel Perez	Jim Comedy	American Chopper	House "Paternity"	Movie: "Wilder Napalm" (1993)	One Tree Hill	Jimmy Kimmel Live (N)	Home Delivery	
9 PM	Movie: "Corrina, Corrina" (1994)	The National	Britain	Lens	Law & Order: SVU	48 Hours Mystery	Dog	PrimeTime Live (N)	One Tree Hill (N)	News	Inuyasha	Angel Perez	Law & Order: SVU	American Hot Rod	Malcolm	Boy World	KTLA Prime News	(10:06) Movie: "Snatch" (2000)	Street	
10 PM	Whoopi Goldberg.	News	Reach-Top	Charlie Rose (N)	News	News	Knave's Wild Ride	News	News (Live)	(11:03) Fear Factor	Ready-Not My Family	SportsCentre (Live)	News	How-Made	Becker	(11:06) My So-Called Life	Friends	Will-Grace	Benicio Del Toro.	Eliminate

WEDNESDAY, JUNE 8, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM	(5:00) "Boys on the Side"	News	(Off Air)	Body Elec. Dragon	News	News	(5:00) "See Arnold Run"	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Hamtaro	SportsCentre	News	Daily Planet	Paid Prog.	Something	News Calvin, Miller	Maury (N)	Hillbillies	
7 AM	Dawson's Creek	Life Today	BluesClues	Cliff Pup	Today Summer decorating; Madonna; Gabrielle Union.	The Early Show	Family	Good Morning America			Stickin George S.	SportsCentre	Canada AM	Wild	Sabrina Charles	Aladdin Kim	News	CityLine	Matlock "The Dame"	
8 AM	Dawson's Creek	100 Huntley Street Poko	HI-5	Barney	Tony; Robert Klein.	Third Watch			100 Huntley Street		SpongeBob LazyTown	SportsCentre		American Chopper	Paid Prog.	Lilo Stitch Mermaid		Star! Inside Spin City	Rockford Files	
9 AM	Cosby	Save-Ums!	Little Bear	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Mona	Off-Record	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury (N)	News City	Magnum, P.I.	
10 AM	Cosby	The Price Is Right	Zoboo Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	American Justice	The View (N)	World Vision: Orphans	Diva Dime MoneyWs	Rupert	Timeless	The View (N)	How-Made	The Larry Elder Show	Stanley Henrys	Jerry Springer	Movie: "Silence of the North" (1981, Drama)	News	
11 AM	Harvey	CoronaIn	Parks	Yoga	Frasler	Young and the Restless	Movie: "See Arnold Run" (2005)	Paid Prog.	The Insider	News (Live)	Hamtaro	In Corner	Balance	Shark Attack Rescuers	Montel Williams	King Jason	Jerry Springer	MLB Baseball: Toronto Blue Jays at Chicago Cubs.		
12 PM	Drew	News	No Price Too High	Sit-Be Fit	M*A*S*H	News	All My Children	News (Live)	Days of our Lives		Jacob	Boxing: Julio Diaz vs. Marco Angel Perez	Daily	Islands	Perry Mason	Hercules	Maury	CityLine		
1 PM	Yes, Dear	Days of our Lives	Thimble Planet	Painting Sewing	Days of our Lives	As the World Turns	Family	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears	Poker: 2004	Vicki G.	Monster Garage	Fam. Feud	Mermaid	Jerry Springer	Relic Hunter		
2 PM	Home Imp.	The Outer Limits	Gaslight Health	Mr Rogers Dragon	Passions	Guiding Light	Third Watch	General Hospital	Passions	Passions	Mona	Interruption	General Hospital	Biker Build-Off	Pat Croce	Dalmatian Mouse	Home Delivery	Ellen DeGeneres Show	Inning	
3 PM	Seinfeld	Emmerdale	Dora	Postcards	Brown	Dr. Phil	City Confidential	Paid Prog.	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	How-Made	Starting Over	Fillmore Weekend	MegaMan	News (Live)	Home Imp.	
4 PM	Raymond	Simpsons	George S.	Cyberchas	Judge J.	Oprah Winfrey	American Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	Interruption	Frasler	Daily Planet	Little House	Recess	Xiaolin Yu-Gi-Oh!	Sex & City	Will-Grace	
5 PM	Raymond	News	Creates	BBC World	News	News	Movie: "Good Will Hunting" (1997, Drama)	News	News (Live)	RONA	SpongeBob	2005 National Spelling Bee From Washington, D.C. (N)	News	Motorcycle Mania	Malcolm King of Hill	Proud	Sabrina	Supernanny	McCloud "Sharks!"	
6 PM	Real Gilligan	Will-Grace	Imprint	News-Lehrer	News	News	Hollywood	News	News (Live)	Entertain	Being Ian		News	Motorcycle Mania 2	'70s Show	So Raven	Will-Grace	Movie: "Life or Something Like It" (2002)	WGN News at Nine	
7 PM	Real Gilligan	Fortune	Scottish Fiddle	Andre Rieu: Live In Tuscany	Jeopardy!	Seinfeld	Airline	Entertain	Entertain	Gay Wedding	Mystery Yu-Gi-Oh!	SportsCentre (Live)	eTalk Daily	MythBusters Outtakes.	Will-Grace	Even	Raymond	News	Becker	
8 PM	Sex & City	Antiques Roadshow	The Chieftains: Water	Psychic Detectives (N)	60 Minutes Wednesday	Crossing Jordan	Supernanny	'70s Show	'70s Show	ReBoot	Beasties	Off-Record	Canadian Idol Top 32.	Daily Planet	'70s Show	Boy World	Beauty and the Geek	News	Becker	
9 PM	Movie: "Crazy/Beautiful" (2001)	Canada's War In Colour	From the Well	Yoga for the Rest of Us	Law & Order "Sects"	King	Movie: "Good Will Hunting" (1997, Drama)	Dancing With the Stars	The Inside (N)	The Inside (N)	Mystery 15/Love	Hockey: Legends	Dancing With the Stars	MythBusters Outtakes.	The Inside (N)	Movie: "F/X" (1986) Bryan	Smallville "Devoted"	Jimmy Kimmel Live (N)	Home Delivery	
10 PM	Kirsten Dunst.	The National	Elton John-Opra	AR FYI	Law & Order "Cut"	CSI: NY	CSI: NY	Gay Wedding	News	News	Inuyasha	Planet Hockey	CSI: NY	Motorcycle Mania	Malcolm	Boy World	KTLA Prime News	(10:06) Movie: "Scarred City" (1998)	Street	
11 PM	Movie: "City of Angels"	News	Second Moving On	Charlie Rose (N)	News	News	Airline	News	News (Live)	(11:03) Fear Factor	Ready-Not My Family	SportsCentre (Live)	News	Motorcycle Mania 2	Becker	My So-Called Life	Friends	Will-Grace	Stephen Baldwin.	Eliminate

Regular Meetings

- * Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- * Similkameen Christian Riders meet at the A&W every Wednesday evening at 6 pm for a ride. To join, show up
- * Princeton Writers Group meets every second and fourth Thursday 7pm at Br 30 Sr Citizens Hall 162 Angela Avenue
- * Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- * PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- * Hedley Library open 2-7pm Thursdays
- * Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- * Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- * Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- * Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- * Legion Branch 56 meets 3rd Thursday of month 7:30 p.m. Legion Hall
- * Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- * Living Water Church hosts Ladies Aerobics, Tuesdays/Thursdays, 6:00 - 7:00 PM, \$2 drop-in fee. POSTPONED 'TIL NEW YEAR
- * Living Water Church hosts "Country Gospel Hour" 7:00 PM the last Saturday of each month
- * Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- * Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- * Just For Me Ladies Group meets 1st Monday of the month, 7:00 PM Living Water Church.
- * Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in Hospital Board Room.
- * Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- * Princeton Toastmasters Club meets 2nd and 4th Tuesday of the month, 7:00 PM in the Seniors Drop-In Centre.

Similkameen News Leader Community Calendar

JUNE

- 11 - Annual Country Dinner, Living Water Church
- 12 - Princeton Motor Sports Event, Fairgrounds
- 17 - Camp Tulahead opens for Summer
- 30 - Princeton Racing Days, Fairgrounds

JULY

- 1 - Canada Day Celebrations
- 1, 2, 3 - Young Life AGM, RockRidge Canyon
- 2 - Princeton Paintball Scenario Weekend
- 10 - Trans Canada Trail Challenge
- 12, 13 - Lions Club Carnival, Keremeos
- 16 - Eagle Ultra Marathon, Keremeos
- 30, 31 - Tulameen Family Days

AUGUST

- 1 - Tulameen Family Days
- 13 - Love Princeton Day
- 15-19 - Vacation Bible School
- 27 - Princeton Posse Youth Hockey Camp

SEPTEMBER

- 4, 5 - Gold Wing Riders Ride of Lights, Princeton
- 10 - Childrens Festival - Keremeos
- 10, 11 - Princeton Fall Fair

OCTOBER

Check our 'Events Calendar' at www.thenewsleader.ca for more events and meetings in the Similkameen!

If your Club, Group or Organization has set an important date, it can be listed here Free. Contact us for details!
ads@thenewsleader.ca

thursday movies

MORNING

10:00 am CITY (29) ★½ "Life or Something Like It" (2002, Comedy) Angelina Jolie. A shallow newswoman takes another look at her life after a clairvoyant tells her that she has only a few days to live. (E)

EVENING

- 8:30 pm WTBS (3) ★ "What's the Worst That Could Happen?" (2001, Comedy) Martin Lawrence. A battle of wills erupts between a wealthy businessman and the professional thief he caught in the midst of a robbery. (E)
- 9:00 pm FAM (26) ★★ "Postcards From the Edge" (1990, Comedy-Drama) Meryl Streep. A recovering addict struggles to maintain her sobriety and her sanity while living with her flamboyant mother.
- 10:06 pm CITY (29) ★★ "Greedy" (1994, Comedy) Michael J. Fox. Squabbling relatives unite when a nubile caretaker threatens their chance of inheriting an uncle's immense wealth. (E)
- 10:30 pm WTBS (3) ★★ "Road House" (1989, Drama) (PA) Patrick Swayze. A legendary bouncer, hired to

restore order to a rowdy gin mill, runs into stiff opposition from a local crime boss. (E)

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friday movies

MORNING

10:00 am CITY (29) ★★ "Greedy" (1994, Comedy) Michael J. Fox. Squabbling relatives unite when a nubile caretaker threatens their chance of inheriting an uncle's immense wealth. (E)

AFTERNOON

5:00 pm CITY (29) ★ "Exit Wounds" (2001, Action) (PA) Steven Seagal. Premiere. A maverick officer encounters corrupt cops after he is demoted to duty in one of Detroit's roughest precincts. (In Stereo) (E)

EVENING

- 7:30 pm KHQ (7) ★ "Road to Redemption" (2001, Comedy-Drama) Julie Condra. A dying man agrees to pay off his estranged granddaughter's gambling debt if she takes him to his favorite fishing hole. (In Stereo) (E)
- FAM (26) ★½ "Jack" (1996, Comedy-Drama) Robin Williams. A boy who physically ages at four times the normal rate takes his first steps into a strange and wonderful world.
- 8:00 pm CHBC (4) ★★ "National Lampoon's Vacation" (1983, Comedy) Chevy Chase. A Chicago family sets out for a two-week road trip to California and encounters every conceivable mishap along the way. (E)

KNOW (5) ★★½ "A Rather English Marriage" (1998, Drama) Albert Finney. A retired milkman and a military leader decide to become roommates after they are both widowed at the same time.

VTV (2) "Plain Truth" (2004, Drama) Mariska Hargitay. A cynical lawyer defends an Amish teenager who is accused of murdering an infant. Based on Jodi Picoult's novel. (In Stereo) (E)

FOX (23) ★ "Exit Wounds" (2001, Action) (PA) Steven Seagal. Premiere. A maverick officer encounters corrupt cops after he is demoted to duty in one of Detroit's roughest precincts. (In Stereo) (E)

8:30 pm WTBS (3) ★★ "Rat Race" (2001, Comedy) Rowan Atkinson. A casino owner sends assorted vacationers dashing toward New Mexico to retrieve a bag stuffed with cash. (E)

9:00 pm FAM (26) ★★ "Family Business" (1989, Comedy-Drama) Sean Connery. A businessman is reluctantly drawn into a high-tech heist masterminded by his son and his roguish father.

10:06 pm CITY (29) "Private Lies" (1998, Suspense) Elizabeth Pires. Premiere. A killer dispatches a fashion designer and blackmails his widow and her lover.

**Online Classified Ads:
www.thenewsleader.ca**

Horoscopes

June 8-15, 2005

- Aries** - You're really rushing around this week, finding the facts, being informed. Watch out for the weekend - there could be ego challenges at home, or problems with parents. Watch your ego!
- Taurus** - You want to do nice things for people and say nice things, but there is something stewing in your mind and maybe you say the wrong thing. Don't let anger push you when you're behind the wheel. Caution!
- Gemini** - You are torn between career demands and personal desire this week. Money shortage can occur this weekend - beware! Plans go awry, but children bring joy. Look for luck on Saturday.
- Cancer** - Week ends in controversy affecting your career, parents. You are under the gun and you have plenty to say, but you may not take matters seriously. Beware of saying the wrong thing. Don't stir up trouble.
- Leo** - A whole lot of things are going through your mind now, and you will be ready for action by the weekend. A happy idea will bring rewards. You will see now what you avoided seeing before.
- Virgo** - You are still tempted to spend too much. Review what you own now and make improvements there. Career opportunity comes on Monday. Be ready to move fast. Partner is angry about joint property.
- Libra** - Partner has ego problems this week, or opposes your plans. You may hear of career opportunity - act fast! Travel plans change permanently. Sibling makes a major change, too. Life speeds up.
- Scorpio** - You may have to take unplanned trip this weekend due to employment or health. Young people may surprise you pleasantly. Look for a lucky break this weekend. Taxes, debts, may cause problems.
- Sagittarius** - Taking risks right now could adversely affect your career. Be aggressive about discussing investments, debts, insurance, mortgage. You can benefit by dealing with finances this week.
- Capricorn** - Trouble at home and with partner may arise suddenly this weekend. Property may demand work or need repairs. Discussions with sibling are heated. Career, parent brings benefits. Avoid travel, driving.
- Aquarius** - You feel good this week, job runs smoothly, until after weekend. Watch out for burns, infections, colds. Major change in health takes place. Sibling may cause problems to spoil good mood.
- Pisces** - You may vent your anger on family this week, and you have problems with property. Children may surprise you on the weekend, but your main focus is taking care of what you own, enhance value.

Similkameen News Leader Recipe Corner (Recipe #67)

Green Tomato Pickles

(STOLEN FROM MOM'S COLLECTION)

- 8 cups sliced tomatoes
- 4 cups sliced apples (in peel)
- 4 cups sliced onions
- 3 cups brown sugar
- 2 tbsp mustard seeds
- 1 tbsp cinnamon
- 1 tsp cloves
- 1 tsp black pepper
- 2 cups vinegar

Slice onions and tomatoes and cook over night in salt water. In morning, drain, add all ingredients and cook until tender. Seal in hot jars.

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If you have a favourite recipe you would like to share, contact us for details!
226A Bridge Street, Princeton

THURSDAY, JUNE 9, 2005

TV schedule grid for Thursday, June 9, 2005. Columns include station call letters (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and time slots (6 AM to 11:30 PM). Rows list program titles and times.

FRIDAY, JUNE 10, 2005

TV schedule grid for Friday, June 10, 2005. Columns include station call letters (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and time slots (6 AM to 11:30 PM). Rows list program titles and times.

saturday movies

MORNING

8:20 am WTBS (3) ★★ "Matilda" (1996, Fantasy) Mara Wilson. A girl blessed with telekinetic powers strikes back against her neglectful parents and her school's cruel headmistress. [E]

10:35 am WTBS (3) ★★ "EDtv" (1999, Comedy) Matthew McConaughey. An amiable video-store clerk becomes the willing participant in a 24 hour-a-day television show chronicling his life.

11:00 am WGN (38) ★★ "The Void" (2001, Science Fiction) Adrian Paul. A corporation's new process of generating cheap and unlimited energy may bring about the Earth's destruction. (In Stereo) [E]

AFTERNOON

12:00 pm FAM (26) ★ "Theodore Rex" (1996, Comedy) Whoopi Goldberg. A wisecracking detective is saddled with a talking dinosaur partner to help her solve a high-profile murder case. [E]

1:00 pm CITY (29) ★★ "The 6th

Man" (1997, Comedy) Marlon Wayans. The ghost of a college basketball player helps his younger brother carry their team to victory.

1:20 pm WTBS (3) ★★ "Back to the Future" (1985, Fantasy) Michael J. Fox. A modern-day teenager is transported back to the 1950s, where he encounters the teens who will become his parents. [E]

1:32 pm FAM (26) ★★ "Little Spies" (1986, Adventure) Mickey Rooney. A reclusive World War II veteran helps a group of children put the bite on the kennel owner who kidnapped their dog.

4:00 pm WTBS (3) ★ "Blue Streak" (1999, Comedy) (PA) Martin Lawrence. A recently paroled thief poses as a cop in order to retrieve a gem he hid in an under-construction police station. [E] (DVS)

KTLA (27) ★★ "Gang Related" (1997, Drama) James Belushi. Two corrupt cops' scheme to score quick cash backfires when they mistakenly kill an undercover DEA agent. (In Stereo)

5:00 pm CITY (29) ★★ "The Bone Collector" (1999, Suspense) Denzel Washington. A paralyzed criminologist guides a patrol-woman's hunt for a dangerous serial killer. Based on Jeffery Deaver's novel. [E]

EVENING

6:10 pm WTBS (3) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two misfit security guards must stop arguing with each other long enough to nail a gang of murderous thieves. [E]

7:00 pm CHBC (4) ★★ "Chicken Run" (2000, Comedy) Voices of Mel Gibson. Animated. A plucky hen hatches a scheme to fly the coop before she and her flock are turned into chicken pies. [E]

CITY (12) ★★ "10.5" (2004, Suspense) (Part 1 of 2) Kim Delaney. Premiere. A scientist, the president and the executive director of FEMA try to prevent earthquakes from destroying the West Coast. [E]

8:00 pm KHQ (7) ★★ "The Thomas Crown Affair" (1999, Adventure) Pierce Brosnan. An insurance investigator finds herself falling in love with the suave tycoon she suspects masterminded an art theft.

KXLY (10) ★★ "Tarzan" (1999, Adventure) Voices of Tony Goldwyn. Disney's animated version of Edgar Rice Burroughs' tale of a human orphan who grows up within a clan of apes. (In Stereo) [E] (DVS)

8:20 pm WTBS (3) ★ "Blue Streak" (1999, Comedy) (PA) Martin Lawrence. A recently paroled thief poses as a cop in order to retrieve a gem he hid in an under-construction police station. [E] (DVS)

9:00 pm CHBC (4) ★★ "Road to Perdition" (2002, Drama) Tom Hanks. A mob hit man plans revenge after his employer's jealous son murders the assassin's wife and youngest child.

YTV (18) ★★ "Batman Returns" (1992, Adventure) Michael Keaton. Gotham City's Caped Crusader faces double jeopardy when Catwoman joins forces with the maniacal Penguin.

FAM (26) ★★ "Bugsy" (1991, Drama) Warren Beatty. The Oscar-winning account of Benjamin "Bugsy" Siegel, the gangster who built a gambling oasis in the Las Vegas desert. (N) [E]

CITY (29) ★★ "BASEketball" (1998, Comedy) Trey Parker. Two losers from Milwaukee create a new version of basketball using some

rules from baseball. [E]

10:25 pm WTBS (3) ★★ "Nothing to Lose" (1997, Comedy) (PA) Martin Lawrence. After his wife betrays him, an ad executive becomes a smart-mouthed carjack-er's unlikely partner in crime. [E]

10:30 pm WGN (38) ★★ "Steel" (1997, Fantasy) Shaquille O'Neal. A former weapons developer for the Army dons a suit of armor to battle an ex-colleague who has turned to evil. (In Stereo) [E]

11:00 pm CITY (29) ★★ "The Bone Collector" (1999, Suspense) Denzel Washington. A paralyzed criminologist guides a patrol-woman's hunt for a dangerous serial killer. Based on Jeffery Deaver's novel. [E]

11:14 pm FAM (26) ★★ "Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. A stuffy executive reluctantly shares travel accommodations with a perky salesman in a cross-country comedy of errors.

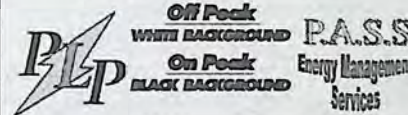
Similkameen News Leader Community Events Cruiser



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LEGEND TO THE TV LISTINGS Normal Months September - June "Power By The Hour" Rates

Use this handy chart and watch the TV Guide for On Peak/Off Peak Normal Months code.



Princeton Light & Power
231 Bridge Street, Princeton
Phone (250) 295-3244
Fax (250) 295-3611

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
2:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
3:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
4:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
5:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
6:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
7:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
8:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
9:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
10:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
11:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
12 NOON	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
1:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
2:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
3:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
4:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
5:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
6:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
7:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
8:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
9:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
10:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

sunday movies

MORNING

7:45 am WTBS (3) ★★ "Back to the Future Part II" (1989, Fantasy) (PA) Michael J. Fox. A teenager and a wacky inventor travel both forward and backward in time to alter a disastrous series of events. [E]

10:00 am CHBC (4) ★★ "Open Heart" (2004, Drama) Megan Follows. A nurse blows the whistle on an influential surgeon who is not as experienced or competent as he claims to be. [E]

10:30 am A&E (9) ★★ "Good Will Hunting" (1997, Drama) Matt Damon. A young janitor with a high intellect goes through a battle of wits with a therapist over his true feelings. [E]

11:00 am CITY (29) ★★ "Monster Island" (2004, Science Fiction) Carmen Electra. Teens must save actress Carmen Electra from a horde of giant beasts in this homage to creature features of the 1950s. [E]

brilliant 14-year-old maintains a double life in junior high school and college in an attempt to fit in. (In Stereo)

1:00 pm WTBS (3) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two misfit security guards must stop arguing with each other long enough to nail a gang of murderous thieves. [E]

KTLA (27) ★★ "Senseless" (1998, Comedy) Marlon Wayans. A college student becomes a human guinea pig when he takes an experimental drug that heightens the senses. (In Stereo)

1:30 pm FAM (26) ★★ "Double Teamed" (2002, Drama) Annie McElwain. Twin sisters Heather and Heidi Burge develop a budding rivalry in high school and make it to the WNBA. [E]

2:00 pm VTV (22) ★★ "Love and Murder" (2000, Drama) Wendy Crewson. A longstanding friendship is put to the test when a renowned artist returns home to open a controversial exhibit. (In Stereo) [E]

3:00 pm WTBS (3) ★★ "Rush Hour" (1998, Action) (PA) Jackie Chan. A Chinese supercop and a

rule-breaking American detective team up to find a Chinese consul's kidnapped daughter. [E]

KTLA (27) ★★ "The 6th Man" (1997, Comedy) Marlon Wayans. The ghost of a college basketball player helps his younger brother carry their team to victory. (In Stereo)

4:00 pm YTV (18) ★★ "Superman II" (1980, Fantasy) Christopher Reeve. A nuclear explosion frees three superhuman villains who were originally imprisoned by Superman's kryptonian father.

5:00 pm WTBS (3) ★★ "I Spy" (2002, Comedy) (PA) Eddie Murphy. Premiere. A federal agent recruits a fast-talking boxer to provide cover on a mission to retrieve a stolen spy plane. [E]

WGN (38) ★★ "Spellbinder" (1988, Horror) Timothy Daly. A young lawyer learns that the woman he loves is actually a witch whose coven plans to sacrifice her to the Antichrist. (In Stereo) [E]

EVENING

6:00 pm CITY (29) ★★ "Shanghai Noon" (2000, Comedy) Jackie Chan. In 1881, an imperial guard from China joins forces with a mel-

low outlaw to rescue a kidnapped princess. [E]

7:00 pm WTBS (3) ★★ "I Spy" (2002, Comedy) (PA) Eddie Murphy. A federal agent recruits a fast-talking boxer to provide cover on a mission to retrieve a stolen spy plane. [E]

CHBC (4) ★★ "Harry Potter and the Philosopher's Stone" (2001, Fantasy) Daniel Radcliffe. Based on the book by J.K. Rowling. A student wizard must prevent a magical artifact from falling into evil hands. [E]

9:00 pm WTBS (3) ★★ "Life" (1999, Comedy) Eddie Murphy. Two wrongly convicted felons maintain an adversarial relationship for more than 50 years in a Mississippi prison. [E] (DVS)

KREM (8) ★★ "Raising Weylon" (2004, Romance-Comedy) Thomas Gibson. A restaurateur and a photographer learn surprising things about themselves while taking care of their godchild. (DVS)

FAM (26) ★★ "The Boyfriend School" (1990, Comedy) Steve Guttenberg. A romance novelist attempts to reshape her nerdy brother into the macho man of every woman's dreams. [E]

10:30 pm FAM (26) ★★ "Lost in Yonkers" (1993, Comedy-Drama) Richard Dreyfuss. Adapted from Neil

Simon's award-winning play about a tyrannical matriarch and her influence over family members.

11:00 pm WTBS (3) ★★ "Back to the Future Part II" (1989, Fantasy) (PA) Michael J. Fox. A teenager and a wacky inventor travel both forward and backward in time to alter a disastrous series of events. [E]

CITY (29) ★★ "BASEketball" (1998, Comedy) Trey Parker. Two losers from Milwaukee create a new version of basketball using some rules from baseball. [E]

Weather?
Updated Hourly...

Road Reports?
Updated Daily...

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CALENDAR OF EVENTS
WEEKLY NEWS & SPORTS

www.thenewsleader.ca

MONDAY, JUNE 13, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 24 rows of TV programming schedules.

monday movies

MORNING

10:00 am CITY (29) ***"Shanghai Noon" (2000, Comedy) Jackie Chan. In 1881, an imperial guard from China joins forces with a mellow outlaw to rescue a kidnapped princess. (E)

ing the Czechoslovakian border. (E) CHBC (4) ***"The Royal Tenenbaums" (2001, Comedy) Gene Hackman. A scheming patriarch pretends to be dying to force a reconciliation with the eccentric offspring he abandoned long ago. (E)

AFTERNOON

5:00 pm WGN (38) **"Steel" (1997, Fantasy) Shaquille O'Neal. A former weapons developer for the Army dons a suit of armor to battle an ex-colleague who has turned to evil. (In Stereo) (E)

9:00 pm KXLY (10) **"Men in Black II" (2002, Science Fiction) Tommy Lee Jones. Agent Jay brings Kay out of retirement to prevent the Light of Zarthra from falling into a sultry alien's evil clutches. (In Stereo) (E)

EVENING

6:00 pm CITY (29) **"Men in Black II" (2002, Science Fiction) Tommy Lee Jones. Agent Jay brings Kay out of retirement to prevent the Light of Zarthra from falling into a sultry alien's evil clutches. (In Stereo) (E)

10:06 pm CITY (29) ***"Carrie" (1976, Horror) Sissy Spacek. A teen becomes the butt of a cruel prom-night prank and retaliates against her classmates with a supernatural fury. (E)

THE NEWS LEADER WORD SEARCH

Word search grid containing letters for finding words related to flowers.

LET'S TALK ABOUT "FLOWERS"

- List of flower names: ASTER, DAISY, IRIS, POPPY, DELPHINIUM, NASTURIUM, SUNFLOWER, PANSY, VIOLA, VIOLET, LILY, COLUMBINE, ZINNIA, BEGONIA, CACTUS, ROSE, SYRINGA, AMARANTH, BLUEBELL, MARIGOLD, HYACINTH, ALYSSUM, DAFFODIL, TULIP

Let's Play Princeton Trivia! Question: Weyerhaeuser Canada bought the Princeton Sawmill in the 1970's. What other companies owned and operated the facility? Last Week: Princeton's first LADIES Basketball Team was formed in 1913. www.princetonmuseum.com Brought to you courtesy of: PRINCETON MUSEUM

ads@thenewsleader.ca

Similkameen News Leader, 226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



card of thanks

card of thanks

THANK YOU!

I would like to send a special thank you to Margaret and Bob Johnston for their guidance throughout Sam's illness. I would also like to thank my friends and relatives who visited, sent flowers, cards, food, and phoned. Thank You Lou and Betty McCrae, Auntie Marge, Vermilion Forks Staff, Lyndy and Larry Catlin, Carol and Gil Bertrand, Lori Weisbach and the Boundary Mining Association.

- Pat Mullin

lost

Male, neutered Siamese cat with blue eyes on Saturday, May 7th in A&W parking lot. "Squirt" is people shy. If you have located this cat please call (250) 442-3489 Collect.

Female black lab with blue collar. 'Jenny' went missing 23km Osprey Lake Road. (250) 295-0569.

wanted

BUY - SELL - TRADE

Stamps, Coins, Gold, Silver
Raw Gold and Platinum
Beads, Trinkets.

(250) 295-6650

Jun 07-Oct 04

for sale

11 1/2 camper. Fridge, stove, furnace, toilet, 4 jacks. Nice shape. \$1,200 OBO. Please leave message at (250) 295-0031.

Jun 07-21

Super camper for sale. You could live in this one! 4-way fridge, 4-burner gas stove with oven. Toilet and shower. Needs 3/4 or 1-ton truck. \$3,500. (250) 295-6259.

Jun 07-21

for rent

3-bedroom townhouse with full basement. Fridge, stove, washer, dryer, dishwasher. Close to school and hospital. \$650/month. Damage deposit/references required. Available July 1st. (250) 295-0557.

Jun 07-21

notice

WANTED TO BUY
PRE-OWNED RIFLES.
FOR MORE
INFORMATION CALL RON
AT PRINCETON
OUTDOOR SUPPLY
295-0450 OR 295-0319

help wanted

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- Networking
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LOCAL CALL 310-JOBS (5627)

for sale

1984 Bronco II STD. Red, runs. \$750 OBO. (250) 295-7442.

May 24-Jun 07

9 1/2 foot camper, \$1,000 OBO. Automatic boat launcher, \$500. (250) 295-0201.

May 24-Jun 07

Honda EM6500S generator, new motor. Perfect for a cabin. \$2,000. (250) 295-8124.

May 24-Jun 07

WOOD PELLET SALES & DELIVERY

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Princeton Rentals
(250) 295-6545

for rent

Beautiful 3-bedroom home, RV garage, 5-acres, clean and well cared for. \$800.00/month, must have references. Call Laura or Gerard (250) 391-7254 after 6:00 PM.

May 31-Jun 14

Charming suite for rent June 1st. Quiet neighbourhood, private entrance. N/S, N/D. \$400/month all inclusive. Female preferred. (250) 295-6708.

May 24 - Jun 07

services

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1-888-647-3377

Jul 06-tfn

notices

DAIRY QUEEN

Hiring for full & part-time positions. Front of the house, back of the house. Experience not necessary. Drop off resume in Person at the Princeton Dairy Queen.

Jan 25-tfn

ALL NATURAL
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BARBEQUE PIGS

PORK BY THE SIDE OR POUND
ORDER SOON FOR BABY BEEF

MELODY HOPE
(250) 295-3739

May 10 - tfn

help wanted

RELIEF MANAGERS

required for large motel chain. Approx. 40 hours/week. Ideal for outgoing retired couple who enjoy dealing with the public.

Apply to Human Resources, PO Box 421, Princeton, BC V0X 1W0.

May 31-Jun 31

KAL TIRE

is looking for energetic young people to join our team. Valid Drivers Licence required.

Send resumes to PO Box 1660, Princeton, BC V0X 1W0.

May 31-Jun 31

notices

Can't see the forest for the trees? I can give you valuable information to make it all very clear. Call me anytime for details! (250) 295-6640.

May 24-tfn

Free fill, you pick up. 295-6905.

announcements

announcements

John and Nellie Dunsmore are pleased to announce the arrival of their new grandson, Aidan Ross Dunsmore, born on May 6, 2005.

A baby brother for Megan. Proud parents are Robert and Tracy Dunsmore from Merritt.

yard sale

yard sale

Dawn Johnson cleaned out her bookshelves --- really good books \$1.00 each. Other stuff --- sleeping bags, golf clubs, kitchen stuff, flight bag, bookshelves --- nothing more than \$2.00 and some stuff is free!

Saturday, June 11th
371 Tulameen Avenue, Princeton

Moving In Sale!!!

8:00 AM - 4:00 PM
Saturday, June 11th

215 Fenchurch Avenue
(Second Bench)
Goodies for everyone! Priced to sell!

help wanted

help wanted

I'm interested in speaking with anyone who witnessed the glowing yellow UFO that appeared near Hedley on September 12, 1976. I'm currently researching UFO sightings in the Hedley area for a two-page leaflet I plan to publish and sell sometime in the future. Information also requested on how to access my files from my computer (Commodore 64-A). If you can offer assistance of any kind to these matters, please call me at (250) 295-1960 Monday to Friday between 8:00 AM and 1:15 PM, and Saturdays from 10:30 AM to 3:45 PM or Sundays between 9:45 AM and 11:00 PM.

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



for rent

FOR RENT

• UPPER DUPLEX, 2 BDRM, LARGE LIVINGROOM, \$500/MO INCLUSIVE DRIVE BY 1088-7 MILE RD. TO VIEW.

Drive by then call Neil at 295-6977 Mar 23-tfn

for rent

VERY CLEAN

One Bedroom Apartments.
- 2-minute walk to downtown Princeton.
- Some suites overlook Tulameen River!
- Start at only \$325/month.

Contact new resident manager (250) 295-4805

Mar 08-tfn

WATKINS PRODUCTS

For all your Watkins needs, call Yvette at 295-3735 or drop by the Backroads Bike Shop.

RENT THIS SPACE

\$5.00+ GST per Week
(250) 295-4149

information

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for rent

Silver Crest Housing

For Seniors 55 & Older
Bachelor Suites, \$225/mo
1-bedroom, \$300/mo

Contact: Alice Cook
(250) 295-6136

Or Helen Gallagher
(250) 295-3825

Jan 18-tfn (b)

for sale

2,000 SQUARE FOOT
4-bedroom, 2-bathroom

HOUSE

On 3rd Bench with 2 fireplaces and ample parking.

New Roof, HE gas furnace, boiler, indoor paint. S/F/DW in-built vacuum.

\$138,900

(250) 295-3615

May 17-Jun 21

for rent



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Serving Princeton and Area since 1992
240 Bridge Street, Princeton

FOR RENT

\$550/month - Home located downtown and close to everything. Fenced yard!

FOR DETAILS CALL:

RE/MAX country - (250) 295-3222

9:00 AM - 4:00 PM Monday to Friday

help wanted

help wanted

ANNUAL GENERAL MEETING Princeton Child Care Services Society

4:30 PM

Monday, June 20, 2005

56 Kenley Avenue

For information call 295-3126

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MAR 15-JUN 28

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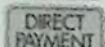
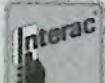
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(Princeton, Cawston, Keremeos, Hedley, Orlia, Tulameen, Coalmont)

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Rural or Box (VO), Regular \$ 40.90
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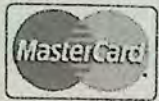
Princeton & District Community Services is accepting applications for a part-time Home Support Worker. Preferred applicants will have:

- one year experience in the Health Care Field, Long Term Care Aid Certificate, Home Support Worker Certificate or equivalent certificate.
- must have a valid drivers license, vehicle, and appropriate insurance.
- flexibility to work various hours and days of the week.

Application forms are available at the Community Services office located at 154 Halliford Avenue, Princeton, BC. Following a successful interview and prior to a job offer, applicants must submit a Criminal Record Check and a medical form.

Please submit applications in person at 154 Halliford Avenue, or to Box 1960, Princeton, BC, V0X 1W0.

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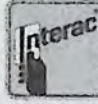
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

Puppies & Kittens
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To Adopt
 6-8 weeks old
**South Okanagan
 Similkameen SPCA**
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 Mar 01-tfn

notices

**Town of Princeton
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 For impounded pets,
 or to adopt pets
 please see the
**Community Bulletin
 Board at the corner
 of Bridge Street
 and Kenley Avenue.**

notices

**MONDAY NIGHT BINGO
 IN PRINCETON
 SENIOR CITIZENS BR. #30**
 162 Angela Avenue
 4:30 PM Sales Start
 5:30 PM 1st 47 Bonanza #'s
 SPECIALS, REGULAR GAMES, ODD &
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White 4-Door Hatchback,
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 Has grey interior.
 Some rust spots.
 120,000 Km.
 Excellent Gas Mileage!

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 Elks Hall Keremeos

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\$25. GUARANTEED MINIMUM
 PAYOUT ON REGULAR GAMES
 (\$50. DOUBLE - UP CARD)
 PROGRESSIVE JACKPOT
 MINIMUM \$1,000! PROGRESSIVE
 POT OF GOLD MINIMUM \$500!
 PROGRESSIVE LOONIE POT
 MINIMUM \$100.
 DOORS OPEN AT 9:00 AM
 1ST NUMBER CALLED AT 11:30 AM
 FOLLOWED BY EARLY BIRDS,
 REGULAR GAMES,
 SPECIALS & CONCESSION

SEE YOU IN HEDLEY!

ALCOHOLICS ANONYMOUS

former Health Centre Building

SUNDAY OPEN MEETINGS - 8 PM
 (295-7931 / 295-7229)
 WEDNESDAY CLOSED - 8 PM
 (295-7931 / 295-7229)
 SATURDAY OPEN - 7:30 PM
 (295-3571)
 TULAMEEN LIBRARY
 FRIDAY OPEN - 8 PM (295-7005)
 ALANON - HEALTH CENTRE
 MONDAY 12 NOON
 ARBOR HOUSE
 WEDNESDAY 7:30 PM
 (295-7005 / 295-3784)

Narcotics Anonymous

OPEN MEETINGS
 Thursdays 7:30 PM
 160 Old Hedley Road
 Baptist Church Basement
 (USE BACK DOOR)

Info: (250) 295-0542

lost

Opal ring in downtown Princeton.
 Reward offered. (250) 295-6056.

Examine your relationship with God at
 the place of Worship of your choice.

Examine your relationship with God at
 the place of Worship of your choice.

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 350-9969. It's a lot cheaper than
 you think to advertise. What
 have you got to lose?

lost

Sterling Silver ID Bracelet.
 "Grandma" on front, "Love
 Miranda" on back. Missing some-
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notices

notices



PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS



BC TIMBER SALES TIMBER SALE LICENCE A74819

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence
 TSL A77819 is being offered for sale by BC Timber Sales, Kamloops
 Business Area.

Closing Date: June 23, 2005 at 2:00 PM

Geographic Location: Tom Cole Mountain

Field Unit: Cascades Field Team

Estimated Volume: 12,242 cubic metres, more or less

Term: 1 year

Logging method: This timber sale licence has been designed for harvest using
 conventional ground based systems. The use of other systems may be subject
 to the Forest Practices Code of British Columbia Act and its regulations.

Upset stumpage rate: The upset stumpage rate was determined by the market
 pricing system and is applicable only to coniferous green sawlog grades.
 Upset Stumpage Rate / cubic metre for competitive volumes:

Timber Mark	Product	Volume	Rate
74819	Sawlog	12,242	\$24.44

Species percent:

Timber Mark	Species	%
A74819	Lodgepole Pine	88%
A74819	Spruce	7%
A74819	Balsam	3%
A74819	Douglas fir	2%

This timber sale licence is fully developed.

Tenders will only be accepted from individuals or corporations registered as a
 BC Timber Sales Enterprise in Category Any.

This licence is subject to, among other things, new maximum term limits and
 extension fee and surrender provisions.

Applicants are advised to carefully consider the impact of these changes when
 formulating their bids. Further information on these changes may be found in
 Advisory Bulletin 08/03/04.

Applications will be accepted by the Timber Sales Manager, Kamloops
 Business Unit, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5.

There is additional material that the applicant must consider in their application.
 This material which includes application forms and other information about the
 TSL can be obtained from the above BC Timber Sales Business Area Office
 or via the internet at: <http://www5.for.gov.bc.ca/notices/init.do>.

The Kamloops Business Area will no longer be relieving Licensees of their
 obligation to dispose of logging debris. This obligation will now rest solely
 with the licensee. Please ensure you check the applicable legislation for
 your legal obligation.

When was the last time you really considered time travel? I think
 about it daily. I'm also thinking about starting a local club dedicated
 to the development and promotion of time travel in the Similkameen
 Valley. To find out more, set your Time Machine to November 21,
 2034 and ask for Zippy when you land.

for rent

for rent



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Property Owners! Do you have a house, apartment or
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editor@thenewsleader.ca

Similkameen News Leader, 226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0

my turn

Who's really at fault?

The recent destruction of facilities at Deadman Lake Forestry Recreation Site by high school graduates cannot be ignored.

As it was not a school-sanctioned event, the high school is relieved of any direct responsibility. So we ask, who is really to blame?

Here are the facts: outhouse facilities were burned in a huge fire; several large trees were cut down; bottles were smashed against rocks and garbage was tossed all over the site.

Deadman Lake Forestry Recreation Site was the location of a Grad Party which - by the sounds of it - got way out of hand.

Call it a party if you like, but when such an activity involves the kind of damage sustained then you are talking vandalism - senseless vandalism.

We wonder how many of the (mostly underage) partyers would be brave enough to own up to the fact that they were involved.

We also wonder how this 'party' will affect community support for next year's Dry Grad.

Destroying property seems to be the 'in thing' these days. If you can't break it or burn it, scribble graffiti all over it.

It's as if some of these young people are trying to send the rest of us a message. It's just too bad the only message we get out of it is how senseless it is vandalize other people's property.

We strongly urge those responsible for the damage at Deadman Lake to come forward and admit it was wrong and offer to do something to make up for it.

If you want us to respect you, admitting responsibility would earn some. Offering to help build a new outhouse would earn some more. Inviting some of us out to Deadman Lake Recreation Site to see your new outhouse and any other repairs made would earn you more respect.

Hiding the truth and hoping it'll go away will only make us wonder what kind of young people live here.

We know there are a lot of 'good kids' in our community, as well as in the Grad Class.

All that we ask is that you look deep inside yourselves and do the right thing.

Vandalizing a public place enjoyed by many - young and old - is NOT the right thing.

We look forward to hearing some positive news coming out of this unbelievably stupid act of vandalism.

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.

Similkameen News Leader

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George Elliott
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Dawn Johnson



your turn

Veterinarian updates situation

To the Editor;

Re: Update on Proheart 6

The British Columbia Veterinary Medical Association (BCVMA) would like to provide your readers with an update to the injectable heartworm medication (Moxidectin), Proheart 6, manufactured by Fort Dodge Animal Health; a division of Wyeth Canada.

Proheart 6 was approved for sale in Canada in February 2002 as a prescription drug for use in dogs six months of age or older for the prevention of canine heartworm for a period of six months after administration. It is also approved for the treatment of parasitic hookworm infection in dogs. The product was also marketed in the United States, and in some European and Asian countries.

In September 2004, the United States Food and Drug Administration (USFDA) cited safety concerns to the manufacturer, who agreed to immediately cease production and recall the drug from the US market. In Canada, the Veterinary Drug Directorate (VDD), a division of Health Canada, is responsible for ensuring that veterinary drugs sold in Canada are safe and effective.

The VDD, in contrast to the USFDA, decided that a recall of Proheart 6 was not warranted and thus Proheart 6 was not recalled. The medication has been, and remains, approved by the VDD for the treatment of heartworm disease in Canada.

Once a veterinary drug is marketed in Canada, the Canadian Food and Drug Regulations require the

manufacturer inform Health Canada of suspected "serious adverse drug reactions" within fifteen (15) days.

A "serious adverse drug reaction" is defined as "a noxious or unintended response to a drug that occurs at any dose and that requires in-patient hospitalization or prolongation of existing hospitalization, causes congenital malformations, results in persistent or significant disability or incapacity, is life-threatening or results in death."

Signs of adverse drug reactions, usually noticed by veterinarians and animal owners/caregivers, may be reported to the drug manufacturer or directly to the VDD. It is generally recognized that only a small percentage of adverse reactions are actually reported, and under-reporting is a significant consideration in any analysis of post-market safety data.

The VDD advised veterinarians across Canada in December 2004 that it will continue to evaluate the safety data of Proheart 6. Based on Canadian and foreign data, including publicly available information from the United States and Australia, specific safety concerns were identified with the use of Proheart 6.

These concerns may be found in the "Questions and Answers" sec-

tion of the VDD website at: www.whc-sc.gc.ca/vetdrugs/index_e.html.

The frequency and severity of these adverse drug reactions and the absence of identifiable risk factors raised serious questions about the risk-benefit profile of Proheart 6. Accordingly, the VDD sent a letter to the manufacturer in April 2005 to provide evidence to establish safety under the conditions of use for which it is recommended by May 2, 2005.

The manufacturer has committed to providing the requested information. If this evidence is, upon review, determined to be insufficient to demonstrate the safety of this drug, the manufacturer will be required to stop selling Proheart 6.

Please be advised that the BCVMA receives notification of drug recalls or advisories from the VDD, the Canadian Food Inspection Agency (CFIA), and other regulatory bodies, and this information is provided as expeditiously as possible to our membership. If the VDD determines that a recall of Proheart 6 is required the BCVMA will notify its membership immediately.

I hope this information has been of assistance.

Yours truly, John Brocklebank,
DVM, Deputy Registrar, BCVMA

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NEWS - SPORTS - WEATHER - ROADS

Current Comment:

A statement is not a vision



Dawn Johnson
editor@thenewsleader.ca

People in groups are obsessed with "vision" statements these days. Organizations appoint a committee to develop a "mission" statement and/or a vision statement. I believe this is a real waste of time for most people.

If a group has formed, they know why they formed in the first place, and that purpose is both their "mission" and their "vision". I suspect vision statements have been generated by people who make a living at being consultants and facilitators for organizations.

What really annoys me about most vision statements is that they lack vision. This lack of vision can be found in all kinds of organizations which have lofty vision statements.

I belong to a couple of groups that have NO vision statements, and no mission statements. What they have is a statement of the purpose of their existence which involves what they have to do to continue to exist. Their work is cut out for them by the purpose of their organization.

Other groups sweat over some vision statement that falls short of being an action plan, and to be honest, I find a lack of action to be really boring. To my way of thinking, a vision statement should be the same thing as setting a goal with the vision of how to achieve it.

In a way, making a vision statement is something like reporting, and perhaps I grow impatient due to my 23 years as a reporter. I am focused on action - who, what, where, when and how. To my way of thinking, these are the questions to be answered in a vision statement.

For example, the boss of this newspaper wrote an editorial promoting the development of a Presidents Club to coordinate efforts on one or two major projects each year.

That answers the "who" and the "what". The "where" is Princeton. The group would have to develop another "what" as in "what are we going to do" and that is where vision comes in. When they decide the project, the next step is automatically "how" - the action plan.

The deadline has been set already

- this year. There is nothing left but the action, and it is the club and the people they represent who will do the work.

That's my idea of how vision works. It starts with an idea for action and ends with the action. What's so difficult about that?

Letter To The Editor

Group says 'thank you'

Dear Editor;

On behalf of the Heart and Stroke Foundation of BC & Yukon, I would like to call your attention to a very special time of year.

June is Stroke Month, and a time of great importance for many stroke survivors and their families or caregivers, as well as those who have lost a loved-one to stroke.

The year 2005 marks the 50th Anniversary of the Heart and Stroke Foundation of BC & Yukon. Although great strides have been made in stroke research, statistics show that about 300,000 Canadians are living with the effects of stroke.

Stroke is the leading cause of disability in Canada, and each year about 16,000 Canadians die from stroke. People who have direct experience with stroke know how deeply it affects their personal lives.

Those who survive it struggle against enormous odds to regain their quality of life.

The Foundation's message for Stroke Month is one of awareness. By recognizing the warning signs of stroke, you can act quickly and gain precious time-and every second saved counts when working against the damaging effects of stroke.

Throughout Stroke Month we will be active in communities around BC and the Yukon, working tirelessly towards our vision-generations free of heart disease and stroke.

For more information or to find out how you can contribute to Heart and Stroke Foundation activities, please call us toll-free at: 1-866-432-7833 or visit www.heartandstroke.bc.ca.

Sincerely,
Gail Moody, Area Manager-
Okanagan/Kootenay Region

Have something to say? We'd like to hear it!

SEND YOUR LETTERS TO THE EDITOR TO:

Similkameen News Leader
P O Box 956, Princeton, B. C., V0X 1W0
or e-mail them to: editor@thenewsleader.ca



Heart Food

by Dave Machin



"But God has revealed them unto us by his Spirit; for the Spirit searches all things, yes, the deep things of God" (I Corinthians 2:10) God is not full of surprises. He's not an unpredictable being who likes to keep you guessing. Countless people, however, have the idea He is. "You just never know what God is going to do" they say. They base that idea on I Corinthians 2:9 which says, "eye has not seen, nor ear heard, neither have entered into the heart of man, the things which God has prepared for them that love him." They interpret that scripture to mean that God is keeping secrets from his people. But thank God, He isn't! In fact, verse 10 says He's given us His Spirit to reveal those secrets to us! He wants us to know everything that's on His heart. If you're in the dark about God's will for you, you don't have to stay that way. He wants you to know about His plans and provisions for your life. He'll show them to you if you'll let Him. So, don't depend on guesswork. Determine today that you're going to start receiving that revelation from the Almighty Creator. As you read the Word, pray in the spirit and ask Him to reveal to you the reality of the scriptures. Ask Him to shed His light on them and show you exactly how they apply to you. REMEMBER: God isn't in the business of keeping secrets from you. He's in the business of revealing them. Take time to listen to Him and you'll never have to settle for a life of uncertainty again, for God is good, His word is good and good all the time.

Pastor Dave Machin,
SUNDAY SERVICES 10:30 A.M.
Phone 295-0599 9:00 AM - 3:00 PM Monday-Friday
221 A Bridge Street, Princeton, B.C.

Similkameen News Leader

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Ashley Goreas, Miss Rotary, reminded Rotary Club members during last week's luncheon meeting of the upcoming Ambassador Talent Night and Apron Auction. The event takes place this week.

Letter To The Editor

Princeton Grads blamed for damage

To the Editor;
 Our company has a contract with the Ministry of Forests to keep several Forestry Recreation sites in the Princeton area clean and in good repair.
 We were at Deadman Lake Forestry Recreation Site on Wednesday May 25th to clean it up after the long weekend. We know that after long weekends there is always a little more clean up to do. However; nothing could have prepared us for the mess left at Deadman Lake.
 A "grad" party had gone on there, at least that's the word from other people who had been unfortunate enough to be camping in the same area. Word also has it that the "grads" were from Princeton. The

parents must be so proud, but obviously never taught these young people any respect for our great outdoors.
 They burned the outhouse on a huge fire that they built, then of course with no outhouse they had to spread human waste on the ground.
 They cut down several large trees just for the sake of cutting them down, its a wonder someone wasn't killed.
 Smashed bottles against rocks, burned what appeared to be lawn chairs and office type chairs in their huge fire. Left a truck load of garbage strewn around the site.
 But parents.....good news....some of the kids practice safe sex....we could tell that by the condoms

strewn about the place.
 This letter mentions only some of the damage caused. These young people will grow up some day and want to take their families to a nice lake to go camping....maybe there won't be any left, they will be buried under garbage and human waste.
 How proud the parents must be to have raised such fine upstanding young people. More tax dollars out of their pockets to replace outhouses, tables and to pay me to pick up their garbage.
 So parents if your child went camping at Deadman Lake on the long weekend....ask them how it went.
 - Patricia Furness
 Furness Forestry Contracting

RCMP close another grow-op

On May 30th, Princeton RCMP members executed a search warrant under the Controlled Drugs and Substances Act in the 2400 Block of Hwy #40 (Princeton Summerland Road).
 Seized was marijuana plants, over 20 lbs of marijuana, as well as paraphernalia consistent with a marijuana grow operation.
 The incident is still under investigation, as charges are pending for Production of Marijuana, and Production for the Purpose of Trafficking.

This investigation came about as a result of the Princeton RCMP following up on information provided by members of the community. Princeton RCMP would like to thank members of the public who came forward and provided information in regards to this matter.
 If you have any information you feel may be of use to local police as they continue their crackdown on drugs in the Princeton area, do not hesitate to call.
 The number to the Princeton Detachment is (250) 295-6911.

John Allison Fun Day Carnival
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 Bonnie Jeston
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 PSS Principal Bill Lawrence
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 George Elliott
 Similkameen News Leader



All proceeds will go to John Allison School

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Vermilion Court visits tropics

On May 26th with a Palm Tree and bright flowers on our windows, colourful birds fluttering from the ceiling, Vermilion Court



Muriel and Mary Agnes enjoy a tropical day at Vermilion Court.

was ready for a day at the tropics. Pineapple garland, grass skirts and many other tropical items decorated our activity room. Everyone was arriving looking very colourful. Some wearing long flowery dresses, some in Hawaiian shirts and still others in short summery pants and bright tops. Our activity room was so colourful it looked like an English country garden.

Martha and Edna entertained us by dancing and singing Pearly Shells. Martha then showed everyone the hand gestures to the song and we all followed along with her. This sure was much more fun than our regular exercises. Martha had been to Hawaii many times and told us some of the history of the Hawaiian people. Thank you Martha for your participation.

Eileen, our cook, made us Pineapple Chicken over rice for lunch and Aida blended up some tropical smoothies for dessert. We sucked these cool treats up through straws with little umbrellas on them.

Thank you Aida, all the volunteers and participants for another successful theme day. We had a great time in the tropics.

- submitted

Superintendents laud Comeau

Gordon Comeau, Chair of Nicola-Similkameen Board of School Trustees, has received an award of recognition from the School Superintendents Association of B.C.

Dr. Robert Peacock, local Superintendent of Schools, made the presentation at the public meeting on June 1. Comeau appeared surprised and speechless at the award as other school trustees applauded.

Comeau, who has been Board Chair for 20 years, was recognized for his tireless work as an advocate for children and public education. In the commentary announcing his award, the following statement sums up the reason: "Gordon's impact on the education community will last well beyond his depar-

ture from his official roles."

Comeau has served on the board of directors of the BC School Trustees Association since 1996, and as President for four years. He is now President of the Canadian School Boards Association.

During his career, he has lobbied for more money, improving academic standards for First Nations students, and what is best for all students. He has advised on government policies, and has won praise for his leadership in forging stronger relationships with partner groups.

His rapport with diverse stakeholders at all levels of the system has helped build consensus for a shared agenda on student achievement.

Comeau has taken an active role in

the community in addition to his interest in public education. He is currently President of Princeton Golf Club, but has been a Cub Scout leader, President of Princeton and District Community Services, and President of Princeton Minor Ball.

District student goes to Israel

Keri Williams, winner of a number of science awards for her Science Fair projects in the past, has a new award that will take her to Israel this year. Williams, a student at Merritt Secondary School, began winning with her first project on biosolids. She went on from regionals to provincials to national Science Fair finals. Although she did not win a medal this year, she won a scholarship.

Williams will go to the summer science program at the world famous Weizman Institute in Israel. The scholarship covers airfare and registration costs.

In addition, Williams has won the Manning Foundation Innovation Achievement Award valued at \$4,500 and another scholarship to university in Calgary for four years. For Williams, her science projects have given her a great reward.

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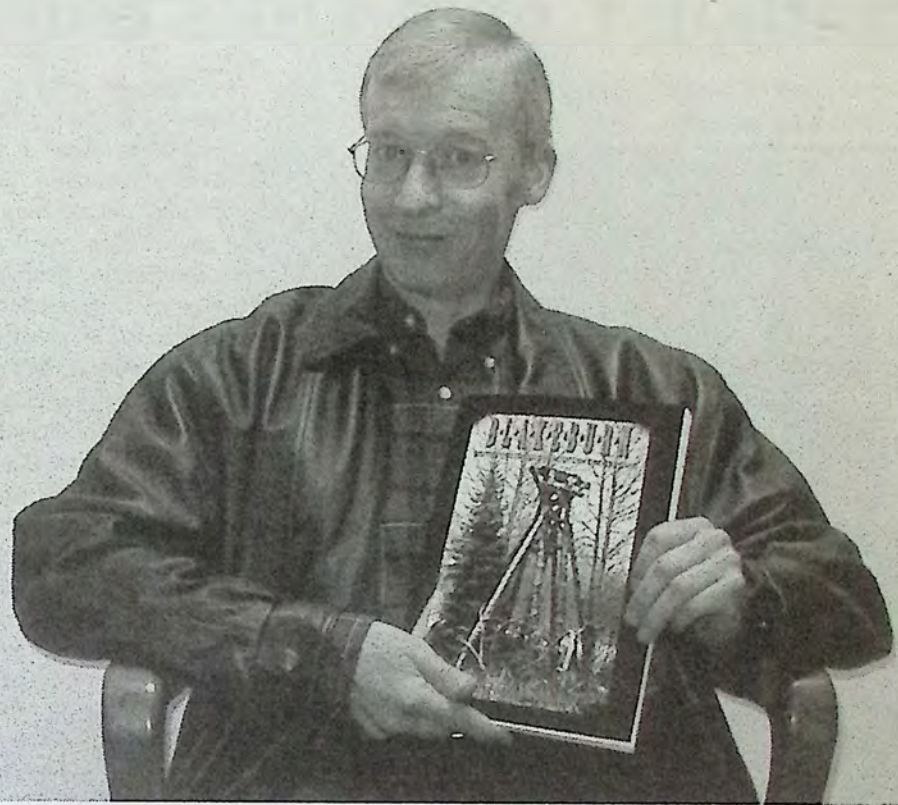
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Chilliwick author Terry Malanchuk stopped by the News Leader office last week with a copy of his recently published book "Blakeburn - British Columbia's Forgotten Ghost Town."

Author promotes new Blakeburn book

For Chilliwick grocery store employee Terry Malanchuk, May 25th is a special day.

It was on May 25, 2003 when he started his work on what became "Blakeburn - British Columbia's Forgotten Ghost Town" a 169-page large format book.

Two years to the day - May 25, 2005 - the book was published.

Malanchuk, who has spent hours hiking and exploring the remains of

the once booming coal mining town, turned his interest in the often ignored historic community into a major documentation on the life and times of Blakeburn.

"B. C.'s largest remaining unspoiled historical site is no longer forgotten," Malanchuk says of his publication.

"Covering 12-square miles atop Lodestone Mountain, over 350 structures still exist. Finally

Blakeburn has been revealed for the historical jewel that it is."

One of the most interesting parts of Malanchuk's book is an extremely detailed map - created with the use of GPS technology - describing points of interest and locations of note.

His book also includes photos of significant structures and sites mixed with historic photos from Princeton's Museum archives.

Malanchuk says the book is only the first of many phases which will eventually incorporate guided walking tours in Blakeburn.

One amazing discovery is that many artifacts still exist in and around Blakeburn. Malanchuk says one of his goals is see his book aid in preserving the future of the ghost town.

"Blakeburn - British Columbia's Forgotten Ghost Town" is available in Princeton at Image Emporium on Bridge Street, Pharmasave and Princeton Museum for \$39.95 + GST per copy.

For more information on the book, or to order online visit Malanchuk's website at www.blakeburn-forgottentown.ca.

Local Red Cross seeks help

Local Red Cross Medical Equipment Loans Chairperson, Audrey Salter is appealing to Princeton residents to help the Red Cross loans cupboard.

"We have been asked to leave our current facility by the end of June, and we simply can't afford to rent a building without community support," says Salter.

The Red Cross loan cupboard provides free short term rental of mobility aids such as crutches, canes, walkers, commodes and wheelchairs. The service is run entirely by volunteers.

Last year the Loans cupboard assisted 166 people with short terms loans of medical equipment.

Salter adds, "We may have found a great location down town that provides easy access for seniors but we

need help to cover the rent."

"If we are unable to find a suitable location it would mean Princeton residents would have to drive to Penticton to pick up their mobility aids, and that's just not okay," says Salter.

"We are asking our community to help us keep this invaluable service in Princeton."

"Our goal is to raise \$3600 to cover our rental cost for the year."

If you can help out please contact Audrey Salter or drop by the Red Cross Loan cupboard at 298 Bridge Street, Audrey can be reached by phone at 295-0267 or send your donation to Box 901, Princeton, B.C. VOX 1W0. An official tax receipt will be provided.

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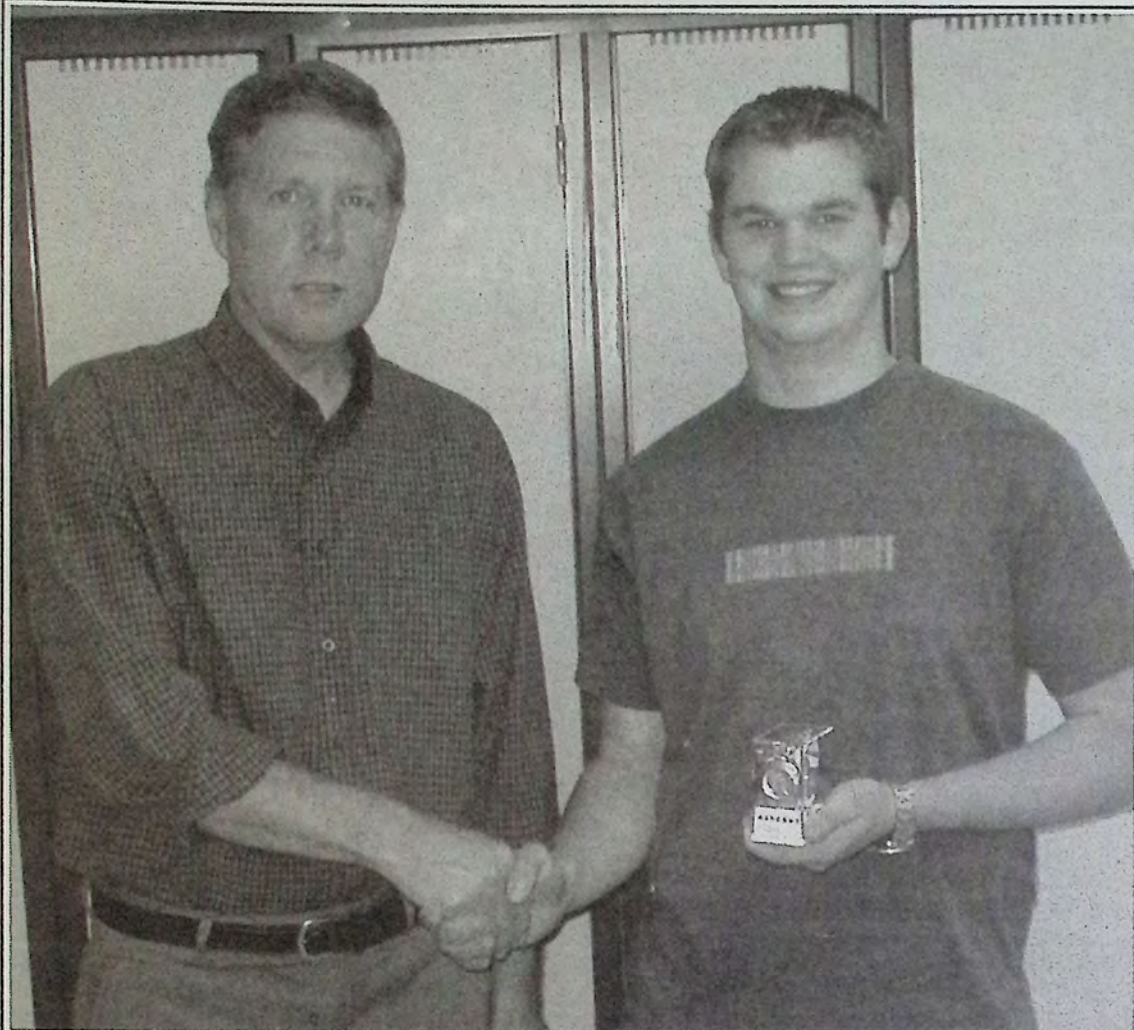
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Jerrid Lay was chosen the final Student of the Month for the current school year. Lay was nominated for his 'countless volunteer hours both as an athlete and as a coach...without his dedication and commitment we (PSS) would not have teams for students to play on.' PSS Principal Bill Lawrence presented Lay with a watch from the school's PAC last Thursday.

VFE and JAE plan fundraisers

The Princeton Summer Daycamp at Vermillion Forks did not receive its yearly grant this year.

Over the past 5 years or more the Summer Daycamp at Vermillion Forks has been home to 20 children each day, which amounts to 700 kids attending camp each summer. This free drop in daycamp employs two local Grade 12 or University students to run the camp who offer a fun, safe summer program for kids in Kindergarten to Grade 5.

The JAE and VFE Parent

Advisory Committee's want to see this camp happen again this year. If you would like to sponsor a child to go to camp or would like to donate to the 'Loose Change Drive' being held at both schools please contact Nadine at 295-7222 or stop in at a school near you.

The JAE Parent Advisory Committee is sponsoring a Family Carnival on Sunday, June 12 from 11 am to 2 pm.

This fun street carnival will have a dunk tank, children carnival

games, Helium Balloons, Face Painting, Carnival treats and a bake sale.

Grab your kids or your neighbors kids and stop in for a hot dog and fun. All money raised will go towards the kids at JAE.

Fall Fair looks ahead

Princeton Fall Fair is still three months away, but members are making lists and contacting people in preparation. No details are available at this point, but a budget is set and some matters have been decided. The Fall Fair helped the Rodeo Club by running the rodeo concession, and earned enough profit to pay half the cost of a big tent shared with the Rodeo Club. The tent will be used for bingo at the fair.

Fall Fair is running the concession for Racing Days race meet to be held June 30. Volunteers will have the concession open before the races, which begin at 4:00 p.m. The concession will remain open until 10:00 p.m. to provide food for those who stay to hear the bluegrass band featured for entertainment after the races.

Local businesses continue to donate prizes for the fair. Heart to Heart Flowers has donate \$50, and #1 Video and Fitness Centre have

donated two gift certificates for one month of fitness and five free video certificates. Their generosity is greatly appreciated.

Admission costs will be reduced this year for students and seniors. People age 65 and older, and students age 13 to 18 (in school) will pay \$7.00 a day. Children age 12 and under always have free admission to the fair.

Ross Chaston is in charge of vendors this year. Many people have booked space already. If you or your organization wish to book a display space, call Ross at 295-7060.

Similkameen Christian Riders will once again serve breakfast at the fair, Princeton Lions will provide popcorn and candy floss, and the Hospital Auxiliary will have a big table again.

The next meeting of the Fall Fair Association is on Tuesday, June 28. The public is always welcome to attend.

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306 Bridge Street
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SPECIALS THIS WEEK

Petunias - \$1.19 (4-Pack)
Marigolds - \$1.19 (4-Pack)

OPEN 9:30 AM - 8:30 PM

KALOTIRE

True Service.



New Manager
Ray Poole

Kal Tire would like to introduce RAY POOLE to the community. Ray, who has 30 years experience in the tire business, has assumed the role of manager at our Princeton location. Ray has spent 10 years in Merritt, 4 years in Vernon, and the last six years managing our Thunder Bay location. Ray's decision to move to Princeton is based on his being a westerner at heart and he longed to return to the interior of British Columbia where he would like to make his home. His wife Therisa will be joining him in July, and both are looking forward to the country lifestyle that Princeton offers and becoming part of a great community. Ray brings with him an extensive knowledge of the tire industry. With logging, road building and transportation experience, he will be happy to help solve any issues you or your company may have involving your tire needs. At Kal Tire we believe the customer is our greatest asset. Our aims reflect this, and our number one aim reads: "Our aim is to provide customers with a level of quality and value of both service and products, that exceed their expectations and exceed that available from the competition." Ray believes in our aims, and is looking forward to exceeding your expectations, so please come on down and meet Ray and his staff. The coffee is hot and the conversation is stimulating. Please join Kal Tire in making Ray and his family welcome to our community!

307 Culbertson Way, Princeton
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MLS#29905 \$195,000
 Private, peaceful and perfect! Retirement home or growing family.



MLS#28272 \$199,000
 Immaculate 5-bedroom home in San Ang Estates.



MLS#29407 \$170,000
 Immaculate! New kitchen, hardwood floors, hot tub room.



MLS#30280 \$18,200
 Many updates! New laminate floors, 2-bedrooms, central air.



DAN PIPPIN
 295-8584
 info@danpippin.com



MLS#25963 \$385,000
 153 acre paradise, hay fields, water rights, 2 small cabins.



MLS#29600 \$54,950
 10 acres on Allison Creek. Close to Allison Lake.



MLS#26463 \$67,000
 Inviting 5 acres on Hayes Creek 22km from town. Good building sites.



MLS#30679 \$112,500
 68.42 acres on Allison Creek. 25 in hayland. Allison Lake nearby.



BRENDA CRAWFORD
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 brendasells@cablerocket.com



MLS#30217 \$159,000
 Riverfront commercial acreage. Excellent high traffic area.



MLS#29235 \$299,000
 7.66 acres backs onto Hayes Creek. 3-bedroom home.



MLS#30214 \$179,900
 One level new home in adult-oriented subdivision.



MLS#27332 \$320,000
 Missezula Lake! Fabulous custom built home. Incredible landscaping.

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