

Similkameen News Leader

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News Leader**
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Fair plans attractions

Games for children, a climbing wall, a donut vendor – what do they have in common?

They will be at the Fall Fair this year, along with the chuckwagon races, exhibits and a band. The plans for the fair are shaping up quickly.

Fall Fair members met on June 28 to discuss the latest developments in plans for September 9, 10 and 11, the annual Fall Fair.

The Rodeo Club asked for a time slot for team roping, in memory of Jim Lind. The request was granted, and roping will take place on the Saturday, between chuckwagon races.

The Child Safe Program, in which parents bring children for identification information, will be conducted by a member of the RCMP at the fair.

Fair members were delighted to learn that Katimavik will be back again next year.

Patty Harrower is managing the main stage, and is lining up local talent to perform on stage.

A work party is planned for July 24 to begin renovations to building #1 and do some other preparations for the fair. The work party begins at 9:00 a.m. with a break for the customary potluck lunch.

The next Fall Fair meeting will be held July 26 at the fairgrounds at 7:00 p.m.

Racing tradition returns



Destiny Earle gives the 'thumbs up' because she knows it's "Cool To Be Canadian" - the theme of Friday night's Rotary Club Parade. There were a total of 53 entries, including the PLP float Earle rode on.

Weekend filled with activities

Canada Day Weekend was a lot like it used to be in Princeton with the return of live horse racing at Sunflower Downs.

A total of 55 horses filled seven races. Close to 2,000 people attended the race meet on a Thursday!

Centotaph Park was filled all day Canada Day with people enjoying free hot dogs and cake.

The Rotary Parade that evening saw a total of 53 entries snake their way down Vermilion Avenue and Bridge Street - both main streets filled with spectators.

Princeton's Ambassadors were chosen following the Parade in what was considered a 'well attended' event. Kassi Crimmon was chosen Ambassador with Colby Whelpton and J-lee White Vice Ambassadors.

Saturday morning saw the busiest Lions Club Pancake Breakfast in history at Rotary Park and all 999 ducks were sold in the Duck Race by early that morning.

Other weekend activities included an Art Show at the Cultural Centre - hosted by Vermilion Artists, an Art Show at Leftovers Studio to raise funds for the Run For The Cure Cancer Walk/Run next month in Vancouver, a Legion-sponsored Dance Saturday night, two High School Reunions, the annual Blakeburn Reunion, a book signing at Princeton Museum by Blakeburn book author Terry Malanchuk and the Mixed Open Golf Tournament all weekend at Princeton Golf Club.

Canada Day Weekend was the way it used to be in Princeton - busy!

Riverside Centre - A vision for the future

Should Riverside School become a community wellness centre?

Area H Director Gerri Logan, along with Recreation Director Lyle Thomas and Gordon Comeau, hosted a public meeting June 28 to discover whether they should proceed with the concept. Those attending the meeting saw plans for the building and took a tour to familiarize themselves with the space available.

Logan described Thomas as the "heart and soul" of a vision to turn the school into a place the community can use to foster community spirit. She noted the 40 people attending the meeting, and pointed out there could be 300 at such a

meeting in Tulameen, where there is a better sense of community.

Thomas said Princeton needs a centre to counteract what he describes as a "feeling of emptiness". He said Riverside could become a place to put together the fragmented services for families, such as a daycare and nursery school, along with utilization by community groups. This would be Phase 1.

A performance centre, with a big stage and up to date sound and lighting systems, is part of the plan, for Phase 2. Thomas pointed out that youth in the Princeton area are talented, and a performance centre would nurture those talents, as well

as provide opportunities for concerts, conferences and wedding receptions. A possible Phase 3 would include a swimming pool complex.

School Board Chair Gordon Comeau explained the Board would support such a use of Riverside School and would lease it to Regional District for \$1.00 a year, a deal offered to Town Council last year, but Council was not interested.

Comeau emphasized he did not expect a need for the school as a school unless approximately 500 new families moved to Princeton. The two elementary schools andcontinued on Page 2

Gouk will not seek fifth term

Jim Gouk, MP for British Columbia Southern Interior announced last week that he will not seek a fifth term as the riding's Member of Parliament.

"It was not an easy decision for me, but I have decided that after four terms representing the constituents of this region, I need more time to spend with my family, including my new grandson," Gouk said. "It had actually been my plan to make this announcement early last spring, but the potential of an imminent election arising from a non-confidence vote caused me to hold off so as to not leave our riding seeking a candidate after a snap election call."

"It has been a distinct honour to serve the people of our riding for so long. In one respect, I am hesitant to

retire when the ultimate goal is in sight, but upon reflection I believe it is time to address other priorities in my life," continued Gouk. "Although I was well accustomed to working long hours before I was elected, these past twelve years have been the most time-demanding of my life."

"I would like to take this opportunity to thank all those who have aided and supported me throughout my four terms in office: my staff; the executive of my board and all party members; many constituents who have contributed with their input; and most especially my wife Ann who has worked on every aspect of this job, travelled with me, been my sounding board, and filled in wherever needed," said Gouk.

"Of course, I will continue to rep-

resent constituents to the best of my ability throughout the rest of this term of office. I expect the likely date for the next election to be around March of next year," concluded Gouk.

With the announcement by MP Jim Gouk that he will not seek a fifth term, the Southern Interior Conservative Association is actively seeking nominations for the Party's candidate in the next Federal Election, which could happen as early as this fall.

Persons interested in seeking the nomination should contact their local party director, or Alan Wait the Electoral District President at 250-442-8341 for further information.

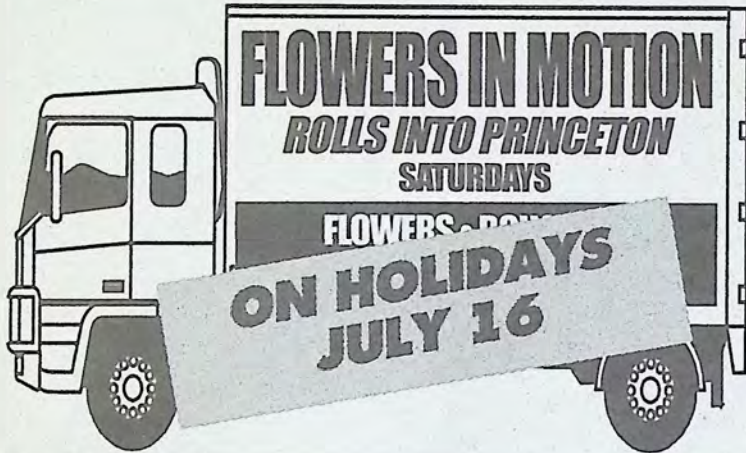
The nominations will close at 5:00 pm Saturday September 3, with voting meetings starting September 17.

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PRINCETON PLAZA PARKING LOT



Princeton Lions Club President Penny Lott, right, presents a cheque worth \$1,500 to Princeton RCMP Cst. Joe Houben. The money will go towards the purchase of enforcement equipment. The presentation was made during Saturday's Lions Club Pancake Breakfast at Rotary Park.

CENTURY 21® Princeton Realty Expands Professional Team To Include Carol Bertrand



Neil McHaffie owner/broker of CENTURY 21 Princeton Realty is pleased to announce that Carol Bertrand has joined his firm as a licensed assistant to Gil Bertrand.

Carol Bertrand brings extensive experience in this post and is a welcome addition to the dedicated and professional real estate team at CENTURY 21 Princeton Realty.

"We're delighted to have Carol Bertrand join our firm. It's an exciting time to be with CENTURY 21 Princeton Realty. The CENTURY 21 system is a real estate organization with superior training programs,

the most up-to-date technology in the industry and strong marketing support. We're confident those resources combined with Carol's talent will serve our customers well," said McHaffie.

"We're always looking to recruit star players for the home team at CENTURY 21 Princeton Realty. For professional sales associates looking for superior marketing support and the advantages of being associated with the #1 real estate system in the world, the CENTURY 21 organization is the place to be," said McHaffie.

CENTURY 21 is the largest real estate organization in the world with more than 6,300 offices through which nearly 2,000 properties are bought and sold every day. Market research has shown that nine out of 10 Canadians recognize the CENTURY 21 name.

More on Riverside Centre

.....continued from Front Page
Princeton Secondary are operating at 77 percent of capacity, and enrollment is still decreasing. He gave enrollment figures for B.C. which showed there are 60,000 students graduating this year, but there are only 41,000 students province-wide registered for kindergarten.

Thomas explained the financial side of the picture, showing how occupants paying rent in other areas would pay rent at Riverside, and how events held there could contribute to the revenues generated to support the cost of operating the centre.

The School Board would pay rent for The Bridge, which would continue to be located at Riverside. Director Logan stated there is no intention to have taxpayers foot the cost of operation.

Classroom space would be made available to groups who might need it, and a meeting place for the community would be available.

Dawn Johnson, President of the Community Arts Council,

described the need to have a performance and exhibits area large enough to promote arts and culture in the community, and to raise money from these events to support the cost of the Arts Council mandate.

Several groups are involved in the Arts Council, including field naturalists, community band, artists, writers, a concert society, the museum and the garden club. Each of these groups needs a large space to put on events. Johnson said the members of the Arts Council fully support the concept of Riverside Centre, and asked others to give it their support.

Several people spoke in favour of having the Riverside Centre.

Director Logan told those present that she would hold a public hearing if there appeared to be support from the meeting. She called for a vote, and received unanimous support. The next step is a Regional District official public hearing. The date will be announced in the near future.

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On June 29th at 10:07 AM, Princeton RCMP responded to assist with a reported vehicle fire at the Eastgate Service Station in Manning Park. Investigation revealed that a vehicle fueling with propane had ignited and eventually became totally engulfed by the fire while still parked at the fuel pumps. Thankfully, no one was injured and the fire was contained due to the quick response actions of the Eastgate Fire Department and staff at the service station. The ignition source of the fire is still undetermined but is suspected to have come from the electrical supply from within the vehicle.

Residents offer support

It all started last week when a few local residents heard about an incident and wanted to make things right.

It turned into a standing room only, evening-long celebration of what people in Princeton usually do when something bad happens to one of their own - they jump on board and show their support.

The actual incident that started everything occurred on June 13th when three males (two from Princeton, one from Merritt) climbed on top of the building that houses the Mikado Japanese Restaurant on Vermilion Avenue.

The police report indicates the trio say there were on the roof to smoke some dope.

Restaurant owner Stephen Kim heard the ruckus and confronted them. Two of the young men jumped off the roof and Kim was able to take hold of one of them (a 16-year old) and held him until police arrived.

He tried to escape and police say it was at this time when Kim was struck by the youth.

Police say there was no attempt to enter the restaurant and nothing was taken, but still, patrons of the restaurant wanted to show their appreciation to Kim and his wife, Gina and let them know this is not normal behaviour in Princeton.

Brad Hope, along with his wife June, started a phone campaign and invited around 30 guests to dine at the restaurant last Tuesday evening as a thank you to the Kim's for being part of the community.

"It's our way of showing support because we know people in Princeton do care about each other," Hope told the News Leader.

"It's really a nice place to eat and they are new people to the community. We want to help show support for the family as it's hard for new people in this community and what they went through is a traumatic experience."

Princeton Mayor Keith Olsen was in attendance.

"I'm totally pleased to see the community pull together for one of the local businessmen who had a problem not of his own doing," he

told the News Leader.

"I see this as typical Princeton. People come out to show support of people who have had a problem."

Charges of assault were laid and the youth will make his first appearance in Princeton Provincial Court on August 11th.

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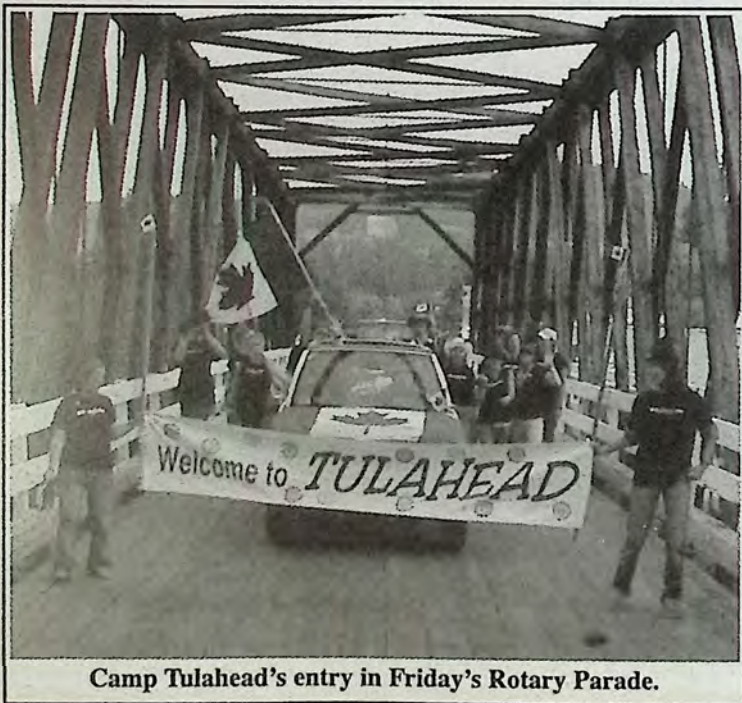
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Camp Tulahead's entry in Friday's Rotary Parade.

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keremeos and area news



We thank Moe 'The Eagle' for sharing this photo with us. Runners approach the 7,600 foot Crater Mountain Summit on a training run last week for the upcoming Crater Mountain Runs. The events are sponsored by Valu Plus Foods, Similkameen Country, Lower Similkameen Indian Band, Gorman Brothers, Grizzly Water, Okanagan GPS, Hammer Nutrition and Trail Runner Magazine. For more information on the event and upcoming runs check Moe's website at www.eagleruns.com. Photo: Ann Barnes (Coquitlam Ultra-Runner/Triathlete).

Similkameen Country changes

According to Similkameen Country President Ron Murdoch, the time is right to make some serious changes with the organization.

Similkameen Country has hired a steady Office Manager and Tourist Coordinator.

Colleen Christiansen will put in 32 hours per week to begin with in the role, which Murdoch admits is

temporary at this point.

"We're going to try it for six months and hopefully everything will work out and hopefully carry on. That's the direction we have to go."

With a steady increase of members and a solid base between 110 and 115 in total, the group can afford the addition of a paid staff member.

"Now that we've built our membership up, this is the time to go in this direction."

Similkameen Country has also hired 18-year old Courtney Verschuren to work in the Tourist InfoCentre thanks to the Weyerhaeuser "Jobs For Youth" Summer Employment Program.

Verschuren attends UBC and is working on her Art Degree, majoring in Canadian History. Her mother, Joan McMurray, sells real estate in Keremeos for Royal LePage.

The Tourist InfoCentre will be open 10:00 AM to 4:00 PM seven days a week until September.

From September 2nd to October 15 Similkameen Country will man it's InfoCentre with volunteers from 10:00 AM to 4:00 PM six days a week.

To volunteer your time with any of the Similkameen Country activities this Summer, contact the office at (250) 499-5225.

**Cawston Players
 welcomes young actors**

Theatre Games and Story-making for seven to eleven year olds will happen with The Cawston Players this August under the tall trees at The Cawston Community Hall.

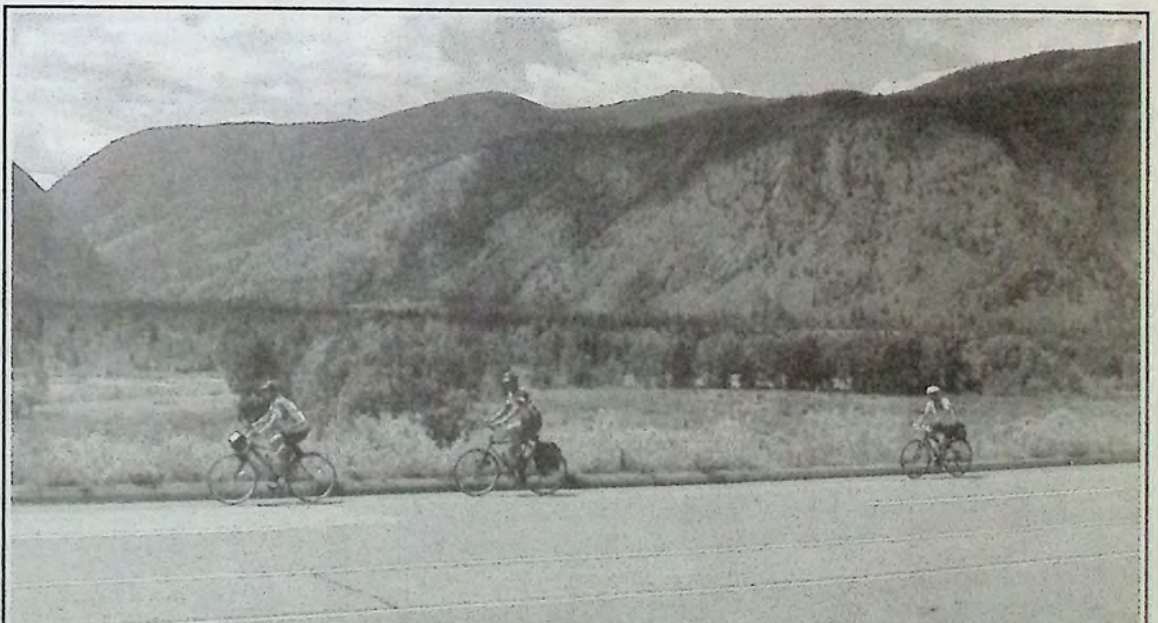
Each Tuesday and Thursday morning from August 9th through to August 25th young actors can gather to practice movement, mime, speech, cos-

tume, mask, make-up and story-making.

There will be a nominal fee for materials.

Adult and teen volunteers are welcome to sign up to assist with all or some of the six morning workshops.

For details and to register contact Dave Cursons of The Cawston Players at 499-5417.



Members of the Christian Reformed Church 'Sea To Sea' Bike Tour passed through Keremeos Thursday.



The Christian Reformed Church is 100 years old in Canada and to celebrate a total of 160 cyclists are riding across Canada. "It's a unique way to show that we love God, our country and our neighbour," says information available on the Sea To Sea Bike Tour. The tour stopped in Princeton for an overnight stay at Riverside School on Wednesday. The 'tent city' raised a lot of attention to the event and by the next day there were back on the road. They will average 118km per day over a ten week period. For more information visit their website at www.seatosea.org.

Surfers keep hitting our website

The News Leader's website is becoming a popular place to visit for users of the internet.

During the month of June 2005 there were a total of 28,368 hits with 7,236 pages viewed.

A total of 1,775 visits were made to the site with 894 of them unique to the site.

That's an increase of just more than ten percent from May 2005.

A total of 84 different countries were represented in the stats with the top ten visits from United States, Canada, Mexico, Japan, Taiwan, Spain, Australia, European Union, South Korea and Belarus.

The most viewed pages for the month were Classifieds, News, Court News and Letters to the Editor.

The most viewed Classified category was Real Estate.

The website was designed and is hosted by Bryan Smith of Keremeos.net.

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**Capsule
Comments**



by your Pharmasave Pharmacist Wen Wong

Don't forget your lips when you are applying protection against the sun's harmful rays. There are many types of sun blocks especially formulated for the lips. Use one with an SPF factor of at least 15.

When you are taking a medication, do it while standing or sitting up. Never take a pill while lying down. It could stick in your esophagus and cause heartburn. Drink a full glass of water each time you take a pill to ensure it gets right into your stomach.

If you find that a liquid medication tastes awful, try keeping it in the fridge and you won't notice the bad taste as much.

In 2004, 19,100 Canadians (10,400 men and 8,800 women) were diagnosed with colorectal cancer. Of that number, 8,300 people will die from that disease. This is serious business. Symptoms include a change in your bowel habits, narrower stools, rectal bleeding, cramps, bloating, a feeling that your bowel doesn't empty completely, weight-loss, tiredness, shortness of breath, a dull pain or pressure that may spread to your back. See your doctor. Early diagnosis can save lives.

There are many health problems that occur primarily in summer. These include heat rashes, sunburns, allergies, poison ivy and swimmer's ear. Whatever the problem, our pharmacists are good sources of advice.

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news leader health page**Ease depression with acupuncture**

Depression can be quite debilitating. Prolonged feelings of sadness, discouragement, and hopelessness, greatly affect the quality of life.

All of us at one time or another have experienced some form of depression. It is a healthy response to overwhelming events in our lives. When we are balanced, physically and mentally, we can easily bounce back from a depressed state, and continue on with our normal lives. But when these feelings become persistent and occur without precipitating factors, depression may set in.

Today, more than 28-million Americans are taking antidepressant and anti-anxiety drugs. In 1998 doctors wrote more than 130-million prescriptions for antidepressants. According to the Physician Desk Reference, the top antidepressant drugs address only the signs and symptoms of the disease and can cause a myriad of side effects; insomnia, anxiety, listlessness, fatigue, body rash, tremors, facial tics, diarrhea, loss of appetite, and sexual dysfunction. Depression alone is stressful enough on your body and drugs can add a greater amount of stress.

How can acupuncture help? Acupuncture and Chinese medicine incorporate thousands of years of experience in treating depression. Not only can they help alleviate the signs and symptoms accompanying depression, it can address the root cause(s) and underlying imbalances.

Acupuncturists understand that there is a powerful interplay between body and emotions, the two are inseparable. When we experience emotional upset, our internal environment also becomes disrupted, leading to physical symptoms of depression, and when our internal environment has changed, our emotions can be greatly affected.

According to acupuncture theories, depression can be the result of an imbalance or blockage in one or more of the body's organ systems and meridian pathways. When Qi becomes blocked or the quantity of Qi is insufficient and unable to properly nourish the organs. This can lead to illness, disease and emotion-

al upset.

Many things can cause Qi to become blocked:

- physical trauma
- emotional trauma
- inherited weakness of Qi
- poor diet
- chemical, physical and emotional stress.

What will an acupuncturist do? An acupuncturist will take a complete health history in order to find out where and why Qi has become

stuck. They will then develop a treatment plan, tailored to your specific symptoms and signs. The goals of such a plan will be to eliminate visible symptoms, while addressing the root cause(s) and underlying imbalances.

Acupuncture and Chinese medicine provide safe, natural, drug-free and effective ways to address depression. The focus is upon achieving a balance of body and mind.

Summer Day Camp information

Thanks to the support of the Princeton Community the yearly Summer Day Camp is taking place at Vermillion Forks Elementary beginning this week. Come out and join Justin and Kaylie for some summer fun. Each day from 9:30am to 2:30 pm drop in for a day of drama, sports, games crafts and so much more. Each Wednesday meet in Memorial Park for a day of outdoor activities and swimming in the afternoon.

A big Thank you to the children of JAE for raising nearly \$900 towards the day camp, RDOS for giving a grant of \$2000, Subway for their local charity event which raised \$500 and the Princeton Fire Dept and Corsi Family for the Car Wash fundraiser of \$210.00. Donations are still being accepted at Subway

throughout the summer and all dollars raised will go into the JAE PAC Summer Day Camp Trust Account at Valley First.

Keri Petschl is back hosting the Summer Recreation Program in Tulameen. Stop in each morning for daycamp activities and early afternoon pre-teen programs with Keri and Kyle.

Weyerhaeuser is sponsoring evening youth activities in the community. Join Kyle each evening for sports in the park or movie nights at the hall. Stop in at the Tulameen Community Club to pick up a flyer and speak with Keri. The Tulameen Community Club invites the kids, pre-teens and youth to participate in this exciting summer line up of activity.

living past 100**Enjoy healthy food now**

'Tis the season to enjoy the fruits of the land!

The healthful benefits of fresh fruit and vegetables cannot be overly emphasized. At this time of year, enjoy them to their fullest, while they are at the peak of goodness.

Salads are a favourite way of enjoying fresh fruits and vegetables. Try making three or four different salads, enough for a couple of days, and use the salads as your meal base.

Shop for locally grown vegetables, or enjoy them right out of your own garden, if possible. The fresher they are, the more benefits you will get from them. There is nothing like having fresh baby beets, carrots, lettuce, green onions, and all of the good stuff the season provides. You can enjoy these well into September.

Fresh fruit is seasonal in Canada, and there is no time like summer to reap the benefits of what our area produces. Every fruit offers some kind of health benefits, and all of them together can build up your immune system and keep you healthy.

Your grocery dollar is better spent on fresh fruits and vegetables at this time of year. If you can afford to freeze and can fruits and vegetables, you will actually save money in the long run, and reap the benefits of better health.

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WorkZone Princeton hosted an open house last Tuesday. Standing, from left, Jenny Bouwer (Assistant Manager), Pam Latimer, Misty Douglas and Bob Coombs (Employment Counselor). Kneeling in front, from left, Tracy Souch (HRSDC), Gerri Logan, Roni Norman and Maria MacKenzie.

grey matters
SENIOR CITIZENS BRANCH 30

There has been nothing but good reports from those Senior Branch 30 members who took advantage of the thirteen day, four province bus trip starting last May 25th.

Ray Jarvis and his sister Joan were the perfect hosts looking after drinks and other goodies while they were on the move. Bingo and other games were also part of the entertainment.

A total of eighteen local seniors boarded the bus at Princeton. Some of the overnight stops were at Grand Forks, Lethbridge, Regina, Winnipeg, Flin Flon, Prince Albert, Edmonton, Radium Hot Springs and finally Kamloops. The trip basically followed the southern route going east and the northern coming home.

Beryl Olsen's recollections include seeing a herd of Buffalo, not far from Medicine Hat, that are being bred by a rancher.

In Regina the group stayed at the same hotel where the Queen had been accommodated on her recent visit. "Boy, was that something!" said Beryl. "Of course the Queen had left the day before, otherwise I doubt whether we could have stayed there."

On the same evening the group was transported by limousine to a casino. Anita Huff was totally

impressed when they took their seats in the fancy jalopy. "The limousine was gorgeous," commented Anita. "It had a TV, bar, and beautiful decor." (Fit for a Queen?).

In Winnipeg the travellers stayed in the Fort Gary Hotel, another luxurious resting place. At this location the group was treated to a trip on the Red River in a paddle wheeler and were served a scrumptious dinner.

From Winnipeg they moved on to Flin Flon where they had a tour of the gigantic mine operation. The whole town has been built on lava rock in what is known as the Canadian Shield.

It was here that the group had a beautiful luncheon at a lodge overlooking a scenic lake. Ray Jarvis informed me that the original name of Flin Flon was Flinabatty Flonatin, but it was shortened. Probably a wise choice, wouldn't you say.

In Prince Albert everyone received twenty two dollars in cash plus food vouchers to use at the casino.

In Edmonton they stayed at another great hotel surrounded by sky scrapers, and naturally, there was a visit to the West Edmonton Mall where everyone got tired out from shopping, but they still were

game to enjoy a five course Chinese dinner later in the evening.

Radium Hot Springs was visited, but unfortunately their location was too far away for them to take advantage of a good swim in the mineral waters.

Their last stop was Kamloops where they stayed at the Executive Inn. So, it was rave reviews, and everyone is hoping to stay healthy for another tour in 2006.

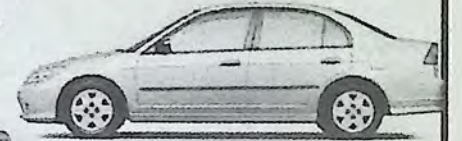
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Nathan Howe and Cyrielle Bon with their Grade 12 Principal's List Awards. Both received a variety of other awards as part of the annual PSS Awards Night last Tuesday. Over 250 awards, medals or certificates were presented in the two hour long presentation.

PSS issues annual awards

Princeton Secondary School hosted their annual Awards Night last Tuesday at PSS Gym.

The winners include:

Citizenship

"Action in the Community" - Nicole Thomas, Jana McKenzie, Lewis Smith, Rene Kovacs and Ashley Silvius.

"Strength From Within" (for work as a senior mentor) - Morgan Desabrais, Kassi Crimmon, Ashley Goreas, Colby Whelpton, Samantha Bertucci, Nathan Howe, Maryann Campbell, Denis Ogrinc and Patrick Lepoidevin.

"Working in the School Store" - Daralynn Ballard and Cassandra Morin.

Student Council

(for contribution to school community and service on Student Council) - Denis Ogrinc, Colby Whelpton, Rene Clevin, Julia Halipchuk, DJ Wilson, Tia Tolmie, Madison Johnson, Natalie Ihlen, Diane Wentland, Tom Smythe, Laila Massoudi, Scott Schwartz, Miranda Grigg, Kyle Markin, Christian Szekely, Shelby Carlson and Natalie Derochers.

Outstanding Support and Commitment to Athletics - Jerrid Lay and Ashley Folk.

Volunteering and Helping in the Shops - John Laska, Morgan Desabrais and Keith Vinthers.

Leadership in Drama and Art - Kaylie Gibb.

Citizenship Award - Special Ed - Joline Verbakel, Tessa Oerlemans

and DJ Wilson.

To the Betterment of Our School - Nathan Howe, Julia Halipchuk, Tia Tolmie and Madison Johnson.

Asset Builder Award - Kiel Parks
Iron Man Award - Kandice Simpson.

Special Citizenship Award - Cyrielle Bon (Rotary Exchange Student from France).

PE Awards - Top Achievement Grade 8 Boys - Clink Cook, Dylan Bielby and Robert Cathro.

Grade 8 Girls - Kaylie Whincup, Carley Brewer, Jenny Laska, Elizabeth Szekely and Brittani Clifton.

Grade 9 Boys - Cory Berkers, Marcel Lamoureux, Blaine Leuke, Russ Tjernstrom, Steven Schwartz and Clint Freeman.

Grade 9 Girls - Claire Bibby and Kaylie Thomas.

High Achievement in Grade 10 PE - Ian Stout and Sheldon Bothe.

Grade 10 Boys Award of Excellence - Brad Haigh and Denis Ogrinc.

Grade 10 Girls Award of Excellence - Miranda Grigg.

Grade 11 Boys - Justin Scott Walker.

Grade 11 Girls - Cyrielle Bon.

Outstanding Achievement in Junior Business Education - Amy Burke and Aaron Peterson.

Yearbook Journalism - Nathan Howe.

Computer Animation - Chris Szekely and Maryanne Campbell.

Senior Business Education - Renee

Willis and Kassi Crimmon.

Environmental Mind Grind - Rachel Vinthers, Aaron Peterson and Tom Smythe.

Skills Canada (1st Place in TV and Video Production at Regionals) - Peter Newman and Patrick Lepoidevin.

(2nd Place in TV and Video Production at Regionals) - Maryann Campbell and Julia Darel.

Technology Education - Kristopher Lind Memorial - Brad Haigh and Brian Shewchuck.

Haker Memorial - Rene Clevin.

Textiles 11 - Outstanding Achievement - Diane Wentland.

Art/Drama Awards :

Drama - Top Senior Student - Kaylie Gibb and Chantelle White.

Drama - Top Junior Student - Claire Bibby.

Art 8 - Outstanding Achievement - Clint Cook, Rachel Jung, Elizabeth Szekely and Dawn Campbell.

Art 9 - Outstanding Achievement - Claire Bibby.

Art 10 - Outstanding Achievement - Julia Darel.

Art 10 - Honourable Mention - Maryann Campbell.

Art 12 - Outstanding Achievement - Rene Kovacs.

Fine Arts - Top Achievement - Rene Kovacs.

Ceramics 9 - Outstanding Achievement - Kelsey MacDonald.

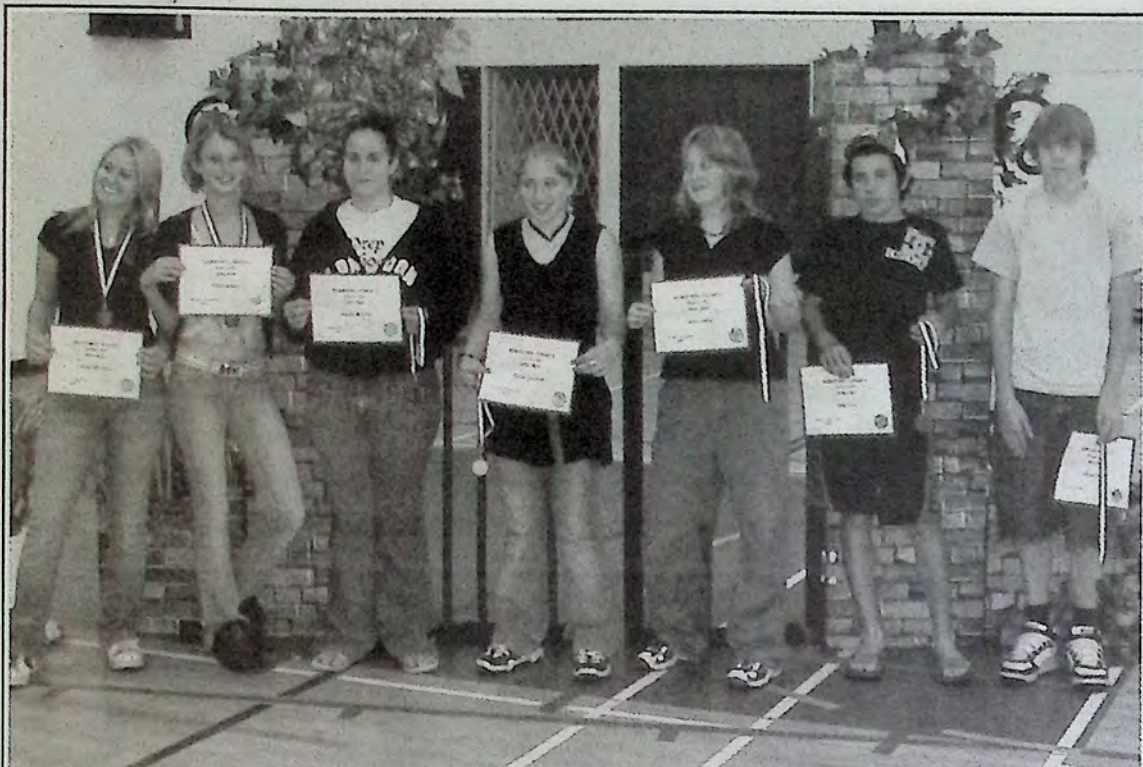
Ceramics 10 - Outstanding Achievement - Steve Kovacs.

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Princeton Secondary School Grade 8 Gold List Winners.

Ceramics 11 - Outstanding Achievement - Cyrielle Bon.

Ceramics 12 - Outstanding Achievement - Rene Cleven.

Vermilion Artists Award - Rene Kovacs and Julia Darel.

Band

Rhythm Master - Kaylie Gibb

Most Improved - Miranda Grigg

Versatile Musician - Miranda Grigg

Master Musician - Katelyn Simpson

Determined Musician - Charmaine Aiken.

Scholastic Achievement Awards

Math 9 - Madison Johnson and Blaine Leuke.

Math 10 - Steve Kovacs and Jenn Pattison.

Math 10 Essentials - Amanda Jean Hobson and Colton Wilson.

Overall Top Achievement - Amanda Wentland

Math 11 Essentials - Justine Pelly

Earth Science 11 - Chris Harry and Jake Greening.

Grade 8 French - Rachel Vinthers and Elizabeth Szekely.

Grade 9 French - Claire Bibby and Courtenay Webb.

Grade 10 French - Steve Kovacs.

Grade 11 French - Peter Newman.

Social Studies 8 - Elizabeth Szekely and Rachel Vinthers.

Social Studies 9 - Claire Bibby and Brian Shewchuk.

Social Studies 10 - Kyle Markin and Steve Kovacs.

Social Studies 11 - Peter Newman and Lewis Smith.

History 12 - Kimberley McInroy and Patrick Lepoidevin.

English 8 - Highest Achievement - Elizabeth Szekely and Rachel Vinthers.

English 9 - Excellence in 2004/05 - Kandace Klassen, Julia Halipchuk, Claire Bibby and Chantelle White.

English 10 - Excellence in 2004/05 - Ian Stout and Miranda Grigg.

English 11 - Outstanding Achievement - Bianca Maritz, Lewis Smith, Cullen Smart and Peter Newman.

English 12 - Excellence in 2004/05 - Nathan Howe.

Communications 12 - Excellence in 2004/05 - Rene Kovacs, John Laska and Cyrielle Bon.

Special Education

Good Effort in the Face of Illness - Stephanie Boyce.

Dedication to Schoolwork - Tessa Oerlemans, Tyler Merenick, Amanda Jean Hobson and Sarah Hurd.

Gold List - Grade 8 :

Carley Brewer, Rachel Vinthers, Clint Cook, Brittani Clifton, Jenny Laska, Alana Garton, Katelyn McInroy, Thomas Smyth and Kaylie Whincup.

Gold List - Grade 9 :

Madison Johnson, Kaila Musgrove, Russ Tjernstrom, Brian Shewchuk, Tia Tolmie, Cody Leonard, Kelsey MacDonald and Courtenay Webb.

Gold List - Grade 10 :

Denis Ogrinc, Steve Kovacs, Kyle Markin, Dylan Bertucci, Miranda Grigg, Josh Brooks and Maryann Campbell.

Gold List - Grade 11 :

Renee Willis, Jana McKenzie, Shelby Carlson, Shaine Martini, Natalie Desrochers, Nicole

Thomas, Jerrid Lay, Amanda Jean Hobson and Tanner Gunn.

Gold List - Grade 12 :

Jake Greening, Rene Cleven, Kerri Ihlen, Kimberley McInroy and Diane Wentland.

Principal's List - Grade 8 :

Elizabeth Szekely and Rachel Jung.

Principal's List - Grade 9 :

Julia Halipchuk, Claire Bibby, Chantelle White, Blaine Leuke and Kandace Klassen.

Principal's List - Grade 10 :

Ian Stout

Principal's List - Grade 11 :

Peter Newman, Bianca Maritz, Lewis Smith and Cullen Smart.

Principal's List - Grade 12 :

Nathan Howe and Cyrielle Bon.

Top Academic Awards

Grade 8 - Elizabeth Szekely

Grade 9 - Claire Bibby

Grade 10 - Ian Stout

Grade 11 - Peter Newman and Bianca Maritz.

Grade 12 - Nathan Howe.

Top All-Round Awards

Grade 8 - Rachel Jung, Brittani Clifton and Rachel Vinthers.

Grade 9 - Claire Bibby and Julia Halipchuk.

Grade 10 - Denis Ogrinc

Grade 11 - Bianca Maritz and Peter Newman.

Grade 12 - Bernice Wardle Award - Nathan Howe.

Canning? Think Fall Fair

Home canning season is on us and the Fall Fair Association reminds you to set aside something to exhibit at the fair. Jams, jellies, pickles, preserves, relishes and ketchup are all candidates for prizes at the fair.

Gardeners should be thinking of the fair, too. Flowers, fruit and vegetables can be entered as exhibits, and the

more the better. Prize money remains the same this year, but there are "added" prizes for top exhibitors in several categories.

While you are thinking about the fair, remind your children about the Junior Fair. Their projects, art work and baking, canning, and garden produce are all eligible for prizes at the fair.

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Teacher Dave Smith hands out certificates to Grade 6 Honour Roll students.

Vermilion Forks awards students

The first annual Awards Day at Vermilion Forks Elementary School was held last Wednesday morning.

The award winners include:

Student Council : Lindsay Mervyn, Mitch Lamoureux, Helen Bibby, Marlee Rice, Danielle Hassell, Karis Bergsma, Rachel Halipchuk, Katelin Marshall, Keaton Ashley, Ariel Edington-Taylor, Taylor Esselink, Amy Brewer, Nathan Garton, Shelby Wallin, Angela Marshall, Kirsten Haayer, Drayden Larsen, Colby Williams and Alyssa Larsen.

Service : Megan Burke, Danielle Hassell, Alyssa Larsen, Marlee Rice, Keaton Phillips, Kael Glowacki-Sutter, Ariel Edington-Taylor, Calli Martin, Courtney Folk, Desiree Cosman, Natasha Adams, Collin Haller, Keaton Ashley, Ian McKenzie, Milan Bertucci, Zabrina Goodman, Courtney Hassell, Dillon Mervyn, Makenzie Ceccon, Kaylin Burstall, Kelly Webb, Felicia Northway, Michelle Freeman, Taylor Robillard, Colton Callihoo, Michael White, Clayton Obee, Austin Larson, Emily Allison, Adam Ali, Clayton Jung, Austin Thibert and Justin Gill.

Art : Helen Bibby, Cori White, Kelsi Walton, Rachel Hoiland, Alyssa Larsen, Brittany Folk, Cayden Johnson, Marlee Rice,

Ashley Cathro, Jessica Dennis, Jordyn Senger, Jessy Coers, Taylor Kostiuk, Kourtney McInroy, Hannah Crawford, Kelsey Crawford, Rachel Halipchuk, Katelin Marshall, Calli Martin, Justin Powell, Alida Kleyn, Katelyn Powers, Mia Crawford, Amanda Jackson, Brayden Giesbrecht, Colby Williams, Kenzie McDonald, Dana Lee, Melissa Dennis and Dallas Earle.

Band : Kelsey Crawford, Kaylin Burstall, Nathan Garton, Skylar Daponte, Courtney Folk, Anton-Harvey Evans, Kira Miller, Amanda Koebel, Mitchell Lamoureux, Shelby Wallin, Felicia Northway, Mia Crawford, Ariel Edington-Taylor, Hannah Crawford, Ellen Williams, Jordyn Senger, Michael Dunn, Zachary Thompson, Alecia Dore, Tyler Johnson, Bobby Gibb and Jessica Dennis.

Athletic : Neko Bertucci, Makenzie Johnson, Jared Fenrick, Nora Freeman, Kael Glowacki-Sutter, Marlee Rice, Rachel Halipchuk, Collin Haller, Taylor Esselink, Keaton Ashley, Zabrina Goodman, Justin Powell, Courtney Hassell, Taylor Robillard, Jesse Murray, Ally Myers, Angela Marshall, Franco Pontaletta, Colby Williams and Drayden Larsen.

Honour Roll - Grade 4 : Brenden Petersen, Ally Myers, Nathan

Howarth, Keisha Miller, Emily Allison, Desiree Dunbar, Kirsten Haayer, Angela Marshall, Drayden Larsen, Colby Williams, Austin Thibert, Clayton Jung and Wyatt Crimmon.

Honour Roll - Grade 5 : Jessie Badger, Courtney Hassell, Katrina Morton, Graham Bibby, Tyler Johnson, Justin Powell, Amy Brewer, Alida Kleyn, Katelyn Powers, Jordan Palumbo, Hannah Crawford, Mia Crawford, Kelsey Crawford, Nathan Garton, Amanda Jackson, Brady Johnson, Katie Lamoureux, Dylan Leuke, Felicia Northway, Taylor Robillard, Zachary Thompson and Shelby Wallin.

Honour Roll - Grade 6 : Skylar Daponte, Rachel Halipchuk, Taylor Kostiuk, Katelin Marshall, Kourtney McInroy, Jared Lesperance, Blake Christianson, McKenzie Guardiero, Jessy Coers, Dillon Jensen, Jessica Dennis, Calli Martin, Courtney Folk, Justin Milligan, Meagan Haayer and Jordyn Senger.

Honour Roll - Grade 7 : Cayden Johnson, Emily Langstroth, Kelcy Banks, Nora Freeman, Alyssa Larsen, Alexa Musgrove, Karis Bergsma, Danielle Hassell, Makenzie Johnson, Colton Williams, Cori White, Vian Maritz, Mitchell Lamoureux, Daniel Howarth, Julia Crimmon and Helen Bibby.

Achievement : Frankie Reichert and Ian McKenzie.

Academic Excellence : Helen Bibby, Dan Howarth, Makenzie Johnson, Alyssa Larsen, Rachel Halipchuk, Skylar Daponte, Taylor Kostiuk, Meagan Haayer, Jordyn Senger, Alida Kleyn, Jordan Palumbo, Angela Marshall, Kirsten Haayer and Drayden Larsen.

T-Bird Spirit : Helen Bibby, Kael Glowacki-Sutter, Felicia Northway, Courtney Hassell, Colby Williams and Michael White.

Citizenship : Helen Bibby and Alyssa Larsen.



Vermilion Forks Service Award Recipients.

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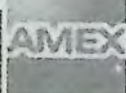
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weekly entertainment guide

TUESDAY, JULY 5, 2005 THROUGH MONDAY, JULY 11, 2005



The excitement of live horse racing at Sunflower Downs attracted a huge crowd. The action was great with seven solid races on the card. Payouts at the betting windows were also well worth a \$2.00 wager!

The return of Racing worth the bet

The 37th running of Princeton Racing Days saw a total of seven races Thursday night at Sunflower Downs.

A crowd of close to two-thousand filled the Princeton Fairgrounds and were treated to some fantastic races.

The first race, 5 1/2 furlongs, saw Mount Baker take the win with Fort Langley second and Regio third.

The Exactor paid \$163.00, the Quinella \$31.50 and Triactor returned \$70.20.

The second race (5 1/2 furlongs) saw She's Shameless finish first with Blaze On Ice and Feu Kan Promise second and third. The winner, bred by local Brian Kozak,

paid \$11.40 to Win, \$3.40 Place and \$3.00 Show. The Quinella was worth \$112.70.

Race #3 (5 1/2 furlongs) ended with Daisy Daisy (bred by local Brian Anderson) finish first, Dollarwatchcrosing second and Random Passage third. The payout across the board for the winner was \$10.80, \$4.50 and \$6.00.

Race #4 was the Sunflower Derby, a 5 1/2 furlong contest where Digger Of Diamonds took first followed by Slew's Alibi and Southern Macho.

The Luke Gibson Memorial, Race #5, was a 7 furlong race.

Hunting For Action finished first with A Step Beyond second and Yesterdays Jade third. Payouts

included a Triactor worth \$228.80.

Race #6 was the Bob Beale Memorial Tulameen Cup and was about 7 furlongs in length.

Just For Deb crossed the finish line ahead of Wild Caribe and Prineville. The Quinella paid \$38.40, the Exactor was worth \$38.30 and Triactor was \$107.80.

The feature race, the Similkameen Cup with a \$10,000 added purse was a spectacular race. Farewell Cowboys virtually led the 1 1/6 mile race from the starting gate with River Run second and Golden Niblet third.

The winner paid out \$9.20, \$4.30 and \$2.40 across the board with the Quinella at \$20.60, Exactor \$31.50 and Triactor worth \$86.20.



There weren't many races where the leader crossed the finish line unchallenged. Hunting For Action nears the end of the fifth race with a sizable lead at the end of seven furlongs.

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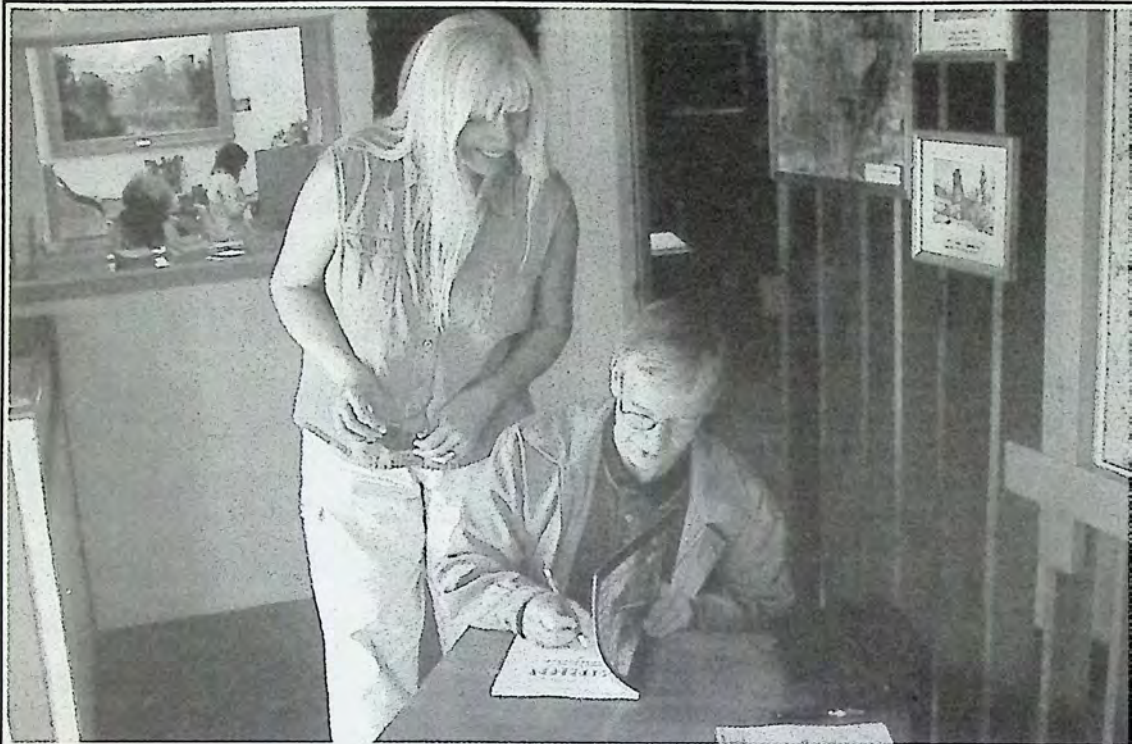
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Author Terry Malanchuk signs a copy of his book "Blakeburn - British Columbia's Forgotten Ghost Town" for the News Leader's Brenda Engel. Princeton Museum hosted the book signing last Saturday.



Miss Princeton Rotary Club Ashley Goreas.



Miss Royal Canadian Legion Rebecca Donohoe.



Visiting Royalty included Miss Tonasket.



Merritt's Ambassadors were also here.

tuesday movies

MORNING

10:00 am CITY 29 ★★ ★★ "The Sting" (1973, Comedy-Drama) Paul Newman. Seven Oscars went to this story about two Depression-era con artists who devise an elaborate revenge scheme.

11:30 am A&E 9 ★★ ★★ "The Truce" (1997, Drama) John Turturro. Based on Primo Levi's account of his arduous journey home to Italy following his liberation from Auschwitz. [G]

AFTERNOON

5:00 pm WGN 38 ★★ "Letters From a Killer" (1998, Drama) Patrick Swayze. A former convict is framed for the murders of women who wrote to him while he was in prison. (In Stereo)

EVENING

6:00 pm CITY 29 ★★½ "Simone" (2002, Comedy-Drama) Al Pacino. Premiere. A filmmaker secretly creates a computer-generated actress, who soon becomes a big star and takes on a life of her own. [G]

9:00 pm WTBS 3 ★★½ "Air

America" (1990, Adventure) Mel Gibson. During the Vietnam War, a co-pilot has a sobering effect on his partner, a CIA-sanctioned drug smuggler. [G]

FAM 26 ★★ "Mixed Nuts" (1994, Comedy) Steve Martin. The stressed-out staff of a telephone crisis center is overwhelmed by an influx of Christmas-season craziness. (In Stereo)

10:06 pm CITY 29 ★★½ "Simone" (2002, Comedy-Drama) Al Pacino. A filmmaker secretly creates a computer-generated actress, who soon becomes a big star and takes on a life of her own. [G]

11:00 pm WTBS 3 ★★ ★★ "Operation Dumbo Drop" (1995, Comedy) (PA) Danny Glover. An Army captain vows to deliver a replacement pachyderm to Vietnamese villagers after their prized elephant is killed. [G]



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wednesday 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. [G]

11:00 am A&E 9 ★★½ "Do You Know the Muffin Man?" (1989, Drama) John Shea. A police officer investigates when his son and other youngsters claim they have been molested by a daycare teacher. [G]

AFTERNOON

5:00 pm WGN 38 ★★½ "In the Shadows" (2001, Suspense) James Caan. An assassin falls for the daughter of a stuntman he's been hired to kill. (In Stereo) [G]

EVENING

6:00 pm CITY 29 ★½ "10 Things I Hate About You" (1999, Comedy) Heath Ledger. Two teens try to pique an aloof classmate's interest in boys in this updated version of "The

Taming of the Shrew." [G]

9:00 pm WTBS 3 ★★ "Dangerous Minds" (1995, Drama) Michelle Pfeiffer. A dedicated English teacher at an inner-city school works to challenge and inspire her class of underachievers. [G]

FAM 26 ★★ ★★ "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. (In Stereo) [G]

10:06 pm CITY 29 ★★½ "Hard Target" (1993, Drama) Jean-Claude Van Damme. The line between the hunted and the hunter becomes blurred when one man fights a group that hunts other men for sport. [G]

11:00 pm WTBS 3 ★★ "The Crush" (1993, Suspense) Cary Elwes. A seductive teenager becomes dangerously obsessed with the writer who moved into her parents' guest house. [G]

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TUESDAY, JULY 5, 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	"Opertn Dumbo"	News	(Off Air)	Stretch	News	News	Movie: "The Truce" (1997)	(5:00) News	News (Live)	(5:00) News (Live)	Monsters	SportsCentre	News	Daily Planet	Wealth	Something	News Calvin, Miller	Maury	Hillbillies
7 AM	Dawson's Creek	Life Today	BluesClues	Clifford	Today Toys for the water; Stacy M. DeBroff	Early Show	John Turturro	Good Morning America			Stickin George S.	SportsCentre	Canada AM	Blue Realm Manta rays	Sabrina	Aladdin	News	CityLine	Matlock "The Class"
8 AM	Dawson's Creek "Late"	Huntley Street (N) Poko	Dora	Barney			Third Watch			100 Huntley Street (N)	Jacob Boy	SportsCentre	Monster Garage	Wealth	Lilo Stitch			In Fashion	Rockford Files
9 AM	Cosby	Save-Ums!	Magic Bus	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street (N)	World Vision	Mona	Off-Record	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury	News	Magnum, P.I.
10 AM	Home Imp.	The Price Is Right	Madeline	Reading	Ellen DeGeneres Show	The Price Is Right	Amer. Justice	The View	World Vision	Antique	Rupert	Bowling: Men's 10-Pin	The View	Attack Helicop.	The Larry Elder Show	Higglytown	Jerry Springer (N)	Movie: "The Sting" (1973) Paul Newman, Robert Redford.	News
11 AM	Yes, Dear	Coronatn	CG Kids	Yoga	Frasier	Young and the Restless	Airline UK	Paid Prog.	The Insider	News (Live)	D'Myna	Triathlon: ITU	Balance-TV	To Extinction	Montel Williams	King	Jerry Springer	Rockford Files	
12 PM	Drew	News	Ministers	Charlie Rose	Wealth	Paid Prog.	Movie: "The Truce" (1997, Drama)	All My Children	News (Live)	Days of our Lives	SpongeBob	Golf: TELUS Skins Game. (Live)	Daily	Greatest Escape Artists	Perry Mason	Fillmore	Maury	Magnum, P.I.	
1 PM	Drew	Days of our Lives	SportFish Planet	Wonderful Quilting	Days of our Lives	As the World Turns	John Turturro	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears		Vicki G.	Fear Fighters	Fam. Feud	Recess	Jerry Springer	CityLine	Funniest Home Videos
2 PM	Home Imp.	The Outer Limits	Gaslight	Mr Rogers	Passions	Guiding Light	Third Watch	General Hospital	Passions	Passions	Mona	Off-Record	General Hospital	How-Made	Pat Croce	Proud	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM	Seinfeld	Emmerdale	Timothy	Postcards	Brown	Dr. Phil	City Confidential	Paid Prog.	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	Building	Starting Over	Fillmore	Pokémon	News (Live)	Home Imp.
4 PM	Raymond	Simpsons	Dora the Explorer	Cyberchas	Judge J.	Oprah Winfrey	Amer. Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	MLB Baseball: Oakland Athletics at Toronto Blue Jays. (Live)	Frasier	Daily Planet	Little House	Recess	Xiaolin	Sex & City	Will-Grace
5 PM	Friends	News	George S.	BBC World	News	News	Cold Case Files	News	News	News	Oddparent	Athletics at Toronto Blue Jays. (Live)	News	How-Made	Malcolm	Proud	Sabrina	Smallville	Movie: "Letters From a Killer" (1998), Kim Myers
6 PM	Sex & City	Will-Grace	Planet	News-Lehrer	News	News	Dog	News	News	TBA	SpongeBob		News	American Chopper	Simpsons	Darcy	Friends	Movie: "Simone" (2002) Al Pacino.	WGN
7 PM	Real Gilligan	Fortune	Safe Pass	The New Heroes (N)	Jeopardy!	Seinfeld	Knivel's Wild Ride	Entertain	Entertain	I Want to Be a Hilton	Drake	Golf: TELUS Skins Game.	eTalk Daily	American Hot Rod	Will-Grace	Even	Raymond	Pacino.	News at Nine
8 PM	Real Gilligan	Hatching, Matching	Organ	The New Heroes (N)	Average Joe	ET: Celebrity Weddings	Crossing Jordan	My Wife Lopez	Average Joe	House "Cursed"	ReBoot	Game.	Canadian Idol Top 32.	Daily Planet	Trading Spouses	Boy World	Gilmore Girls	News	Becker
9 PM	Movie: "Air America" (1990) Mel Gibson.	Da Vinci's Inquest	Kaldor	Globe Trekker	I Want to Be a Hilton	Fire Me... Please (N)	Cold Case Files	Jim	House "Cursed"	House "Cursed"	Mystery	Score	Comedy	American Chopper	House "Cursed"	Movie: "Mixed Nuts" (1994)	One Tree Hill	Jimmy Kimmel Live (N)	Home Delivery
10 PM	Gibson.	The National	Adven.-English	P.O.V. "Street Fight" (N)	Law & Order: SVU	48 Hours Mystery	Dog	Empire (N)	I Want to Be a Hilton	News	Inuyasha	Gundam	Empire (N)	American Hot Rod	News	Boy World	KTLA Prime News	(10:06) Movie: "Simone" (2002) Al Pacino.	Justice
11 PM	"Opertn Dumbo"	News	Reach-Top	Rose	News	News	Knivel's Wild Ride	News	News	(11:03) Fear Factor	Yvon	SportsCentre (Live)	News	How-Made	Becker	My So-Called Life	Will-Grace	Elimidate	

WEDNESDAY, JULY 6, 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) "Crazy/Beautiful"	News	(Off Air)	Body Elec.	News	News	"Do You Know"	(5:00) News	News (Live)	(5:00) News (Live)	Monsters	SportsCentre	News	Daily Planet	Wealth	Something	News Calvin, Miller	Maury	Hillbillies
7 AM	Dawson's Creek	Life Today	BluesClues	Cliff Pup	Today Suzanne Somers	The Early Show	Investigative Reports	Good Morning America			Stickin George S.	SportsCentre	Canada AM	In the Wild	Sabrina	Aladdin	News	CityLine	Matlock "The Singer"
8 AM	Dawson's Creek	Huntley Street (N) Poko	Dora	Barney			Third Watch			100 Huntley Street (N)	Jacob Boy	SportsCentre	American Chopper	Wealth	Lilo Stitch			Star Inside	Rockford Files "Guilt"
9 AM	Cosby	Save-Ums!	Magic Bus	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street (N)	World Vision	Mona	Off-Record	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury	News	Magnum, P.I.
10 AM	Cosby	The Price Is Right	Madeline	Reading	Ellen DeGeneres Show	The Price Is Right	Amer. Justice	The View	World Vision: Orphans	Diva Dime	Rupert	Bowling: Men's 10 Pin.	The View	How-Made	The Larry Elder Show	Stanley	Jerry Springer (N)	Movie: "Greedy" (1994)	News
11 AM	Friends	Coronatn	CG Kids	Yoga	Frasier	Young and the Restless	Movie: "Do You Know the Muffin Man?" (1989)	Paid Prog.	The Insider	News (Live)	D'Myna	Boxing	Balance-TV	Sahara-Palin	Montel Williams	King	Jerry Springer	Michael J. Fox	Rockford Files
12 PM	Drew	News	Blue Realm Manta rays. Sew Fun	Charlie Rose (N)	Paid Prog.	News	All My Children	News (Live)	Days of our Lives	SpongeBob	Golf: TELUS Skins Game. (Live)	Daily	Top Secret Beaches	Perry Mason	Fillmore	Maury	CityLine	Magnum, P.I.	
1 PM	Yes, Dear	Days of our Lives	Thimbles	Simply	Days of our Lives	As the World Turns	Investigative Reports	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears	Poker: 2004	Vicki G.	Monster Garage	Fam. Feud	Recess	Jerry Springer	Relic Hunter	Funniest Home Videos
2 PM	Home Imp.	The Outer Limits	Gaslight	Mr Rogers	Passions	Guiding Light	Third Watch	General Hospital	Passions	Passions	Mona	Burning	General Hospital	Biker Build-Off	Pat Croce	Proud	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM	Seinfeld	Emmerdale	Timothy	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	Pokémon	News (Live)	Home Imp.
4 PM	Raymond	Simpsons	Dora the Explorer	Cyber	Judge J.	Oprah Winfrey	Amer. Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	MLB Baseball: Oakland Athletics at Toronto Blue Jays. (Live)	Frasier	Daily Planet	Little House	Recess	Xiaolin	Sex & City	Will-Grace
5 PM	Raymond	News	George S.	BBC World	News	News	Dog	News	News	News	Oddparent	Athletics at Toronto Blue Jays. (Live)	News	American Chopper	Malcolm	Proud	Sabrina	Supernanny	Movie: "In the Shadows" (2001) James Caan.
6 PM	Seinfeld	Will-Grace	Imprint	News-Lehrer	News	News	Cleavage	News	News	TBA	SpongeBob		News	American Chopper	Simpsons	Darcy	Friends	Movie: "10 Things I Hate About You" (1999)	WGN
7 PM	Sex & City	Fortune	Wildness	AR FYI	Jeopardy!	Seinfeld	Entertain	Entertain	Gay Wedding	70s Show	ReBoot	SportsCentre (Live)	eTalk Daily	MythBusters	Will-Grace	Even	Raymond	News	Becker
8 PM	Friends	Antiques Roadshow	The Shape of Life	American Masters "Satchmo"	Law & Order	The Cut (N)	Crossing Jordan	Supernanny	The Inside (N) (PA)	70s Show	Beasties	Boxing	Canadian Idol Results.	Daily Planet	The Inside (N) (PA)	Boy World	Beauty and the Geek	RAW	Becker
9 PM	Movie: "Dangerous Minds" (1995, Drama)	the fifth estate	Space Horizons	Sughara: Conspiracy of Kindness	Law & Order	King	Dog	Dancing With the Stars	The Inside (N)	The Inside (N)	Mystery	15/Love	Dancing With the Stars	MythBusters	The Inside (N)	Movie: "The Thomas Crown Affair" (1999)	Smallville "Krypto"	Jimmy Kimmel Live (N)	Home Delivery
10 PM	Movie: "The Crush"	News	Second Moving On	Charlie Rose (N)	News	News	News	News	News	(11:03) Fear Factor	Yvon	SportsCentre (Live)	News	American Chopper	Becker	My So-Called Life	Will-Grace	Elimidate	

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 Sunday of month 1:00 p.m. Legion Hall
- * Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- * 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.
- * 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

JULY

- 8 - Senior Mens Open, Princeton Golf Club
- 10 - Trans Canada Trail Challenge
- 12, 13 - Lions Club Carnival, Keremeos
- 23 - Crater Mountain Ultra-Marathon, Keremeos
- 30, 31 - Tulameen Family Days

AUGUST

- 1 - Tulameen Family Days
- 7 - Kars Under the K, Memorial Park, Keremeos
- 13 - Hedley Family Fun Day, Hedley
- 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
- 17 - Similkameen Sizzle, Keremeos
- 18 - George & Brenda's 1st Wedding Anniversary
- 24, 25 - Keremeos Elks High School Rodeo, Keremeos

OCTOBER

- 22 - Taste of Our Valley, Keremeos
- 31 - Halloween Spook House, Princeton Fairgrounds

NOVEMBER

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 "10 Things I Hate About You" (1999, Comedy) Heath Ledger. Two teens try to pique an aloof classmate's interest in boys in this updated version of "The Taming of the Shrew." [E]

AFTERNOON

5:00 pm CITY 29 ★★½ "Home Team" (1999, Comedy-Drama) Steve Guttenberg. A former soccer player gives a team comprised of underprivileged children the winning edge. [E] (DVS)

EVENING

7:30 pm WTBS 3 ★★½ "Zoolander" (2001, Comedy) Ben Stiller. A disgraced male model becomes the unwitting fall guy in an evil designer's plot to assassinate a world leader. [E]

8:00 pm KXLY 10 ★★½ "Reign of Fire" (2002, Fantasy) Christian Bale. Premiere. A ragtag band of humans hatch a plan to finally wipe out the fierce dragons that have decimated mankind for many years. (In Stereo)

9:00 pm FAM 26 ★★½ "Wide Awake" (1998, Drama) Joseph

Cross. A grieving boy asks difficult questions about death and the meaning of life after his beloved grandfather dies. (In Stereo) [E]

9:35 pm WTBS 3 ★★ "What About Bob?" (1991, Comedy) Bill Murray. A pompous psychiatrist's vacation is disrupted by the arrival of his new patient, a lovable but aggravating neurotic. [E]

10:06 pm CITY 29 ★★ "Overnight Delivery" (1996, Comedy) Paul Rudd. A college student must prevent an impending disaster when he erroneously sends a poison-pen letter to his girlfriend. [E]

11:35 pm WTBS 3 ★★½ "Zoolander" (2001, Comedy) Ben Stiller. A disgraced male model becomes the unwitting fall guy in an evil designer's plot to assassinate a world leader. [E]

11:55 pm CITY 29 ★★½ "The Boxer" (1997, Drama) Daniel Day-Lewis. A Catholic pugilist returns to the ring following a 14-year incarceration for his involvement in IRA activities. [E]

friday movies

MORNING

10:00 am CITY 29 ★★½ "Home Team" (1999, Comedy-Drama) Steve Guttenberg. A former soccer player gives a team comprised of underprivileged children the winning edge. [E]

AFTERNOON

5:00 pm CITY 29 ★★ "Joy Ride" (2001, Suspense) Steve Zahn. Premiere. A practical joke has a dangerous result for two brothers who incite a deadly form of road rage in a psychotic trucker. [E]

WGN 33 ★★ "Hidden Agenda" (2001, Action) Dolph Lundgren. After losing a client, a man who makes others disappear probes a fatal breach in his network.

EVENING

6:00 pm WTBS 3 ★★½ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A golden-haired sorority queen vows to win back her ex-boyfriend by gaining admission to Harvard Law School. [E]

7:30 pm FAM 26 ★★ "Miracle in Lane 2" (2000, Drama) Frankie Muniz. A youngster in a wheelchair is determined to prove himself by entering the Soap Box Derby. (In Stereo) [E]

8:00 pm KNOW 5 ★★ "The Dresser" (1983, Drama) Albert Finney. A valet flatters the aging,

senile actor-manager of a wartime English touring company into giving another performance.

FOX 25 ★★ "Joy Ride" (2001, Suspense) Steve Zahn. Premiere. A practical joke has a dangerous result for two brothers who incite a deadly form of road rage in a psychotic trucker. (In Stereo) [E]

9:00 pm WTBS 3 ★★ "The Craft" (1996, Horror) Robin Tunney. A teenager grows alarmed when her and her new friends' involvement with witchcraft gets dangerously out of hand. [E]

FAM 26 ★★ "Only You" (1992, Comedy) Andrew McCarthy. A hapless romantic's search for Ms. Right boils down to a choice between two totally opposite women. (In Stereo) [E]

10:06 pm CITY 29 "Voyeur 9: Sexual Benefits" (2002, Adult) Holly Sampson. Premiere. A man helps move his lover's best friend.

10:32 pm FAM 26 ★½ "Walk Like a Man" (1987, Comedy) Howie Mandel. A man raised by wolves returns to civilization, where greedy relatives are pawing at his inheritance.

11:00 pm KSPS 6 ★★½ "Richard III" (1996, Drama) Ian McKellen. An ambitious noble murders his way to England's throne in this adaptation of Shakespeare's play, set in the 1300s.

Similkameen News Leader Recipe Corner (Recipe #71)

White Turkey Chili

- 1 lb. ground turkey
- 1 tbsp. vegetable oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 tsp. chili powder
- 1 tsp. dried oregano
- 1/4 tsp. cayenne pepper
- 1/2 each green and red pepper, chopped
- 3/4 cup turkey or chicken broth
- 1 can white kidney beans (drained, rinsed)
- 1/2 cup shredded mozzarella cheese
- 1/2 cup low-fat sour cream
- 2 tbsp. fresh parsley, chopped

Heat oil in a large non-stick fry pan or saucepan. Add turkey, onion and garlic. Cook, stirring constantly until turkey is no longer pink. Add dry seasonings and mix well. Add green and red pepper and broth. Bring to a boil. Reduce heat and simmer for 10-15 minutes. Add salt and pepper to taste. Add beans, cheese, sour cream and parsley. Heat through, stirring to combine. Serve immediately.

Used by permission of Manitoba Turkey Producers. For more great turkey recipes check <http://www.turkey.mb.ca>

If you have a favourite recipe you would like to share, contact us for details!

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Horoscopes

July 6-13, 2005

Aries - You can have a lot of fun this week, but your energy is focused around home. You have a lot of creative energy but it is not organized. Be ready for the unexpected - visitors, news, events.

Taurus - You are still busy doing things around home. Family life, your property, and your health are in tune this week. Take advantage of these good times. Job is disrupted by unexpected events. Plans go awry.

Gemini - Career matters take surprising turn this week. Focus is on having a good time, lots of visits, young people and pets provide entertainment. Enjoy it now - you're tied down in the future.

Cancer - Fun at home and with family is the highlight of this week, or you may decide to redecorate your house, with some help from family. Unplanned trip could be fun, or it could be too hectic to enjoy. Attitude!

Leo - Your mind is really active now in a positive way, but your thoughts may be a little disjointed. You want to have fun, go places, do things. Do it now, but watch your health. Take time to rest.

Virgo - Your creative ideas and solid planning could become money earned or saved. Partner, friend, may surprise you with good news this week. Debts, investments, occupy your shared concerns. Be calm.

Libra - You make plans this week for fun. You may arrange a surprise, or have an unexpected job offer. Benefits flow to you from opportunities, so be alert to what comes your way. Times change.

Scorpio - Creativity in career offers you added income or better opportunities, benefits. Unexpected news brings chance for fun, children bring enjoyment. Creativity is at its peak. Weekend brings change.

Sagittarius - Action and more action comes your way this week! You will be able to enjoy the time, but watch your spending. You may be asked to teach others - do so with goodwill and charm.

Capricorn - You hear good news regarding taxes, shared resources, investments. Career takes a positive turn, opportunities arise. Your energy is focused on home, property. Combine home with fun, visitors.

Aquarius - Partner, friend, brings unexpected chance to have fun this week. Perhaps you will have a chance to take a trip you did not plan. You still need to be cautious while driving - slow and easy!

Pisces - You may want to invest in making your home appear more attractive. You have a small window of opportunity for two weeks. Action centers around money. Shared resources bring you benefits.

THURSDAY, JULY 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) "Dangerous Minds"	News	(Off Air)	Stretch Dragon	News	News	Biography	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Boy	SportsCentre	News	Daily Planet	Wealth	Something	News Calvin, Miller	Maury	Hillbillies
7 AM	Dawson's Creek	Life Today	BluesClues	Clifford	Today	The Early Show	Blo.: Gilbert	Good Morning America			Stickin George S.	SportsCentre	Canada AM	Gods and Demons (N)	Libertys	Aladdin	News	CityLine	Matlock "The Mark"
8 AM	Dawson's Creek	100 Huntley Street (N)	Dora	Barney	Home ownership; Tucker Shaw; Cajun cooking.		Third Watch			100 Huntley Street (N)	Jacob Boy	SportsCentre		MythBusters	Wealth	Lilo Stich		Close-Up Spin City	Rockford Files
9 AM	Cosby	Save-Ums!	Magic Bus	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street (N)	World Vision	Mona	Off-Record	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury	News	Magnum, P.I.
10 AM	Cosby	The Price Is Right	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	American Justice	The View	World Vision	Room	Rupert	Field	The View	How-Made	The Larry Elder Show	Higglytown	Jerry Springer (N)	Movie: "10 Things I Hate About You" (1999)	News
11 AM	Harvey	Coronatn	CG Kids	Yoga	Frasler	Young and the Restless	Biography	Paid Prog.	The Insider	News (Live)	D'Myna	TELUS Skins Game.	Balance-TV	Triumph of Life	Montel Williams	King	Jerry Springer		Rockford Files
12 PM	Drew	News	Reach-Top	Charlie Rose	Paid Prog.	News	Biography	All My Children	News (Live)	Days of our Lives	SpongeBob		Daily	Weapons of the Gods	Perry Mason	Fillmore	Maury	CityLine	Magnum, P.I.
1 PM	Yes, Dear	Days of our Lives	Gardener Planet	Painting Needle Art	Days of our Lives	As the World Turns	Blo.: Gilbert	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears	PGA Golf: John Deere Classic --	Vicki G.	American Chopper	Fam. Feud	Recess	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	First Round.	General Hospital	American Chopper	Pat Croce	Proud	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM	Seinfeld	Emmerdale	Timothy	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	Pokémon	News (Live)	Home Imp.
4 PM	Raymond	Simpsons	Caitlin	Dora the Explorer	Arthur (EI)	Brown	American Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	Burning	Frasler	Daily Planet	Little House	Recess	Xiaolin	Sex & City	Will-Grace
5 PM	Baseball: Chicago Cubs at Atlanta Braves.	News	George S.	BBC World	News	News	Cold Case Files	News	News	News	Oddparent	Pregame	News	Frontiers of	Malcolm	Proud	Sabrina	Movie: "Home Team" (1999)	Baseball: Chicago Cubs at Atlanta Braves.
6 PM	(Live)	Will-Grace	Edge	News-Lehrer	News	News		News	News (Live)	Summit	SpongeBob	Football: Calgary Stampeder's at Winnipeg Blue Bombers. (Live)	News	Extreme Engineering	Simpsons	Darcy	Friends	Will-Grace	Steve Guttenberg.
7 PM	Movie: "Zoolander" (2001) Ben Stiller.	Fortune	Blitter Harvest	History Detectives (N)	Jeopardy!	Seinfeld	The First 48	Entertain	Entertain	Without a Trace	Endurance	Trading	eTalk Daily	Death on the Baltic	Will-Grace	Even	Raymond	Hey Joel	
8 PM	Stargate SG-1	Ministers	Jonathan Britain	Joey	Big Brother 6	Crossing Jordan	Movie: "Reign of Fire" (2002)	Joey	Big Brother	ReBoot	Beasties	SportsCentre (Live)	Veronica Mars	Daily Planet	'70s Show	Boy World	Blue Coll	News	Becker
9 PM	Movie: "What About Bob?" (1991) Bill Murray.	Largo Winch (DVS)	Behind Enemy Lines	Battlefield	Will-Grace	CSI: Crime Scn	Cold Case Files	Christian Bale.	Will-Grace	Will-Grace	Academy	Track and Field	CSI: Crime Scn	Extreme Engineering	The O.C.	Movie: "Wide Awake" (1998)	Beauty and the Geek	Jimmy Kimmel Live (N)	Home Delivery
10 PM	The National	Lost Treasures	Soundstag e (N)	(9:59) ER "Just As I Am"	Without a Trace		PrimeTime Live	Without a Trace	News	Inuyasha	Gundam	Poker	(9:59) ER "Just As I Am"	Death on the Baltic	Malcolm	Boy World	Prime News	Movie: "Overnight Delivery" (1996) Paul Rudd.	Street
11 PM	News	Perspectiv es	Charlie Rose (N)	News	News	The First 48	News	News	News (Live)	(11:03) Fear Factor "Twins"	Yvon	SportsCentre (Live)	News	Frontiers of	Becker	My So-Called Life	Will-Grace	Elimidate	

FRIDAY, JULY 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	Saved-Bell	News	(Off Air)	Body Elec. Dragon	News	News	Murder, She Wrote	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Boy	SportsCentre	News	Daily Planet	Wealth	Something	News Calvin, Miller	Maury	Hillbillies
7 AM	Dawson's Creek	Life Today	BluesClues	Clifford	Today Tony Shalhoub; Sugar Ray.	The Early Show	Murder, She Wrote	Good Morning America			Stickin George S.	SportsCentre	Canada AM	Nature	Libertys	Aladdin	News	CityLine	Matlock "The Juror"
8 AM	Dawson's Creek	100 Huntley Street (N)	Dora	Barney			Third Watch "Falling"	Missy Elliott.		100 Huntley Street (N)	Jacob Boy	SportsCentre		American Hot Rod	Wealth	Lilo Stich		At Movies	Rockford Files
9 AM	Cosby	Save-Ums!	Magic Bus	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street (N)	World Vision	Mona	Off-Record	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury	News	Magnum, P.I.
10 AM	Cosby	The Price Is Right	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	Amer. Justice	The View (N)	World Vision	Homes	Rupert	Motoring	The View (N)	How-Made	The Larry Elder Show	Stanley	Jerry Springer (N)	Movie: "Home Team" (1999)	News
11 AM	Harvey	Coronatn	CG Kids	Yoga	Frasler	Young and the Restless	Murder, She Wrote	Paid Prog.	The Insider	News (Live)	D'Myna	TELUS Skins Game.	Balance-TV	Super Ships "Top Ten"	Montel Williams	King	Jerry Springer	Rockford Files	
12 PM	Drew	News	Edge	Charlie Rose	Wealth	News	Murder, She Wrote	All My Children	News (Live)	Days of our Lives	SpongeBob		Daily	Frontiers of	Perry Mason	Fillmore	Maury	CityLine	Magnum, P.I.
1 PM	Yes, Dear	Days of our Lives	Safe Pass Planet	Painting Beads Bbl	Days of our Lives	As the World Turns	Murder, She Wrote	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears	PGA Golf: John Deere Classic --	Vicki G.	Extreme Engineering	Fam. Feud	Recess	Jerry Springer	Relic Hunter	Funnest Home Videos
2 PM	Home Imp.	The Outer Limits	Gaslight Health	Mr Rogers Dragon	Passions	Guiding Light	Third Watch "Falling"	General Hospital	Passions	Passions	Mona	Third Round.	General Hospital	Death on the Baltic	Pat Croce	Proud	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM	Seinfeld	Diva Dime	Timothy	Postcards	Brown	Dr. Phil	City Confidential	Paid Prog.	Young and the Restless	Young and the Restless	Jacob	Off-Record	Dr. Phil	Super Ships	Starting Over	Fillmore	Pokémon	News (Live)	Home Imp.
4 PM	Raymond	Simpsons	Caitlin	Dora the Explorer	Arthur (EI)	Brown	Amer. Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	CFL	Frasler	Daily Planet	Little House	Recess	Xiaolin	Sex & City	Will-Grace
5 PM	Friends	News	George S.	BBC World	News	News	Biography: Don Knotts	News	News	News	Oddparent		News	Fear Fighters (N)	Malcolm	Proud	Sabrina	Movie: "Joy Ride" (2001)	Movie: "Hidden Agenda" (2001)
6 PM	Movie: "Legally Blonde" (2001) Comedy	Will-Grace	Safe Pass	News-Lehrer	News	News	Biography: John Ritter	News	News (Live)	Homes	Yu-Gi-Oh!		News	Canadian Geographic	Simpsons	Zoey 101	Friends	Steve Zahn.	Dolph Lundgren.
7 PM	Fortune	Blue Realm	Wash Wk	Jeopardy!	Seinfeld	Friends	Biography: Jones	Entertain	Entertain	Andromeda	Gundam	CFL	eTalk Daily	Prestige: Death Coast	Will-Grace	School	Raymond	Star Trek: Enterprise	WGN News at Nine
8 PM	Friends	Air Farce	Movie: "The Dresser" (1983)	NOW (N)	Dateline NBC	60 Minutes II	American Justice	8 Rules Hope	Gilmore Girls	Gilmore Girls	One Piece Dragonball	Renegades at B.C. Lions.	Beauty and the Geek	Daily Planet	Movie: "Joy Ride" (2001)	"Miracle in Lane 2" (2000)	What I Like	News	Becker
9 PM	Movie: "The Craft" (1996) (PA)	Just for Laughs	Janis Ian: Live at Club Cafe	JAG (DVS)	JAG (DVS)	Biography: Don Knotts	Hope	The Outer Limits	Girl Racers (N)	Justice	Gundam	(Subject to Blackout) (Live)	Punk'd (N)	Sex Files	Steve Zahn.	Movie: "Only You" (1992)	Reba	Jimmy Kimmel Live (N)	Home Delivery
10 PM	Robin Tunney.	The National	Sherlock Holmes	Vicar-Dbly	Trial by Jury	NUMB3RS	Biography: John Ritter	20/20	20/20	News	Inuyasha	Billiards: Border	Robson	MythBusters	Malcolm	Movie: "Walk Like a Man" (1987)	Prime News	Sexual Benefits	Street
11 PM	Family Guy	News	Canada-History	Movie: "Richard III"	News	News	Biography: Jones	News	News (Live)	(11:03) Fear Factor	ReBoot	SportsCentre (Live)	News	American Chopper	Becker	Just Shoot	Will-Grace	Elimidate	

saturday movies

MORNING

7:10 am WTBS (3) ★★ "It Takes Two" (1995, Comedy) Kirstie Alley. A girl finds a way to halt her father's impending marriage when she meets an orphan who is her exact double. (E)

8:00 am A&E (9) ★★ "Ike: Countdown to D-Day" (2004, Historical Drama) Tom Selleck. Gen. Dwight D. Eisenhower faces monumental decisions in the 90 days leading up to the Allied invasion of Normandy. (E)

9:25 am WTBS (3) ★★ "Fried Green Tomatoes" (1991, Comedy-Drama) Kathy Bates. A nursing-home resident regales a visitor with tales of the close friendship between two women in 1930s Alabama. (E)

10:00 am A&E (9) ★★ "Windtalkers" (2002, Action) Nicolas Cage. During World War II, a traumatized Marine is assigned to protect a Navajo code talker. (E)

11:00 am WGN (38) ★★ "American Gigolo" (1980, Drama) Richard Gere. A male prostitute's only hope of vindication in a murder case rests

with his client, a politician's wife.

AFTERNOON

12:00 pm FAM (26) ★★ "Pixel Perfect" (2004, Comedy) Ricky Ullman. A technical wizard creates a hologram that becomes a singer for his friend's struggling band. (In Stereo)

12:30 pm WTBS (3) ★★ "Pleasantville" (1998, Comedy) Tobey Maguire. A shy suburban teen and his sister are transported into the black-and-white world of a 1950s TV sitcom. (E)

1:00 pm CITY (29) ★★ "Can't Hardly Wait" (1998, Comedy) Jennifer Love Hewitt. A young writer plans to proclaim his love for a girl at a wild party following their high-school graduation. (E)

1:30 pm FAM (26) ★★ "Fly Away Home" (1996, Drama) Jeff Daniels. A Canadian sculptor's young daughter must lead the geese she raised from birth on a migratory flight to North Carolina. (In Stereo)

3:00 pm WTBS (3) ★★ "Save the Last Dance" (2001, Drama) Julia

Stiles. A former ballet student gets a dose of hip-hop culture after she enrolls in an urban Chicago high school. (E)

4:00 pm YTV (18) ★★ "Balto" (1995, Adventure) Voices of Kevin Bacon. Animated. A canine outcast helps guide a sled of medical supplies to desperately ill children in an Alaskan village.

KTLC (27) ★★ "Stigmata" (1999, Horror) Patricia Arquette. A priest is called in to investigate when a young woman begins having strange visions and suffers Christlike wounds. (In Stereo)

5:00 pm WTBS (3) ★★ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A golden-haired sorority queen vows to win back her ex-boyfriend by gaining admission to Harvard Law School. (E)

EVENING

6:00 pm CITY (29) ★★ "Lethal Weapon 4" (1998, Action) Mel Gibson. Detectives Riggs and Murtaugh take on a crime gang that is smuggling Chinese families into the United States. (E)

7:00 pm WTBS (3) ★★ "Save the Last Dance" (2001, Drama) Julia Stiles. A former ballet student gets a dose of hip-hop culture after she enrolls in an urban Chicago high

school. (E)

8:00 pm KXLY (10) ★★ "The Emperor's New Groove" (2000, Comedy) Voices of David Spade. Animated. The tables are turned on a selfish monarch when a bitter adviser transforms him into a llama. (In Stereo) (DVS)

8:30 pm WGN (38) "Dark Descent" (2002, Suspense) Dean Cain. An investigator puts his own life in danger as he probes a fatal incident at an underwater mining facility. (In Stereo) (E)

9:00 pm WTBS (3) ★★ "Fools Rush In" (1997, Comedy) Matthew Perry. A fateful one-night stand leads to a rocky marriage between a WASPish New Yorker and a lively Latina. (E)

CHBC (4) ★★ "The Arrow" (1997, Adventure) (Part 1 of 2) Dan Aykroyd. In 1950s Canada, a design team faces unprecedented challenges in their quest to develop a radical new jet fighter. (E)

YTV (18) ★★ "The Karate Kid, Part Two" (1986, Drama) Ralph Macchio. Old rivalries and new adversaries await Daniel and Miyagi as they travel to Okinawa to visit Miyagi's ailing father.

FAM (26) ★★ "Beverly Hills Cop II" (1987, Comedy) Eddie Murphy. Axel Foley returns to California when his friend is critically wounded while investigating a series of robberies. (In

Stereo) (E)

CITY (29) ★★ "Fallini Satyricon" (1969, Drama) Martin Potter. A bizarre, surrealistic vision of the decadence and debauchery that suffused Rome during Nero's reign.

10:47 pm FAM (26) ★★ "Micki & Maude" (1984, Comedy) Dudley Moore. A married TV personality falls in love with a concert musician and decides that two wives are better than one.

11:00 pm WTBS (3) ★★ "Excess Baggage" (1997, Adventure) Alicia Silverstone. A teen's fake kidnapping scheme backfires when a thief steals her car while she is locked in the trunk. (E)

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Time-of-use Schedule for TOU * SUMMER MONTHS
JULY - AUGUST

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

sunday movies

MORNING

6:30 am WTBS (3) ★★ "The Bachelor" (1999, Comedy) Chris O'Donnell. A young man will inherit a fortune from his late grandfather if he gets married by his fast-approaching 30th birthday. (E) (DVS)

7:00 am A&E (9) ★★ "Windtalkers" (2002, Action) Nicolas Cage. During World War II, a traumatized Marine is assigned to protect a Navajo code talker. (E)

8:30 am WTBS (3) ★★ "Simply Irresistible" (1999, Romance) Sarah Michelle Gellar. A fairy godfather gives a chef the ability to spice up her culinary creations with the magic of emotions. (E)

10:00 am A&E (9) ★★ "Ruby" (1992, Drama) Danny Aiello. Based on theories surrounding Texas nightclub owner Jack Ruby's decision to murder Lee Harvey Oswald. (E)

10:30 am WTBS (3) ★★ "Fools Rush In" (1997, Comedy) Matthew Perry. A fateful one-night stand leads to a rocky marriage between a WASPish New Yorker and a lively Latina. (E)

11:00 am CITY (29) ★★ "Gone Fishin'" (1997, Comedy) Joe Pesci. Mishaps abound when two working-class bud-

dies win a contest that takes them to the Everglades on a free fishing trip. (E)

AFTERNOON

12:00 pm FAM (26) ★★ "Fluke" (1995, Adventure) Matthew Modine. A man is reincarnated as a dog after a fatal car accident and sets out to find his former family.

12:30 pm WTBS (3) ★★ "Blast From the Past" (1999, Comedy) Brendan Fraser. A young man experiences culture shock as he navigates 1998 suburbia after spending his whole life in a bomb shelter. (E) (DVS)

1:00 pm CITY (12) "Silent Cradle" (1997) Lorraine Bracco. Premiere. A pregnant journalist finds herself mistakenly involved in an infant supply scheme. (E)

KTLC (27) ★★ "Cadillac Man" (1990, Comedy) Robin Williams. A car salesman's womanizing ways get the better of him when an armed husband lays siege to his dealership. (In Stereo)

1:30 pm FAM (26) "Magic in the Mirror" (1996, Fantasy) Jamie Renee Smith. A little girl discovers a magical world inside her grandmoth-

er's mirror where her imaginary friends come alive. (In Stereo)

2:00 pm VTV (22) "Diamond Girl" (1998, Drama) Joely Collins. An unexpected romance is the result when a lawyer recruits a dowdy paralegal to help him save his family's winery. (In Stereo) (E)

2:30 pm WTBS (3) ★★ "Overboard" (1987, Comedy) Goldie Hawn. An Oregon carpenter takes advantage of an amnesiac millionaire by convincing her that she is really his wife. (E)

CHBC (4) ★★ "Willy Wonka and the Chocolate Factory" (1971, Fantasy) Gene Wilder. A world-famous confectioner offers a lifetime supply of candy to the five winners of a treasure hunt. (E)

3:00 pm KTLA (27) ★★ "Gone Fishin'" (1997, Comedy) Joe Pesci. Mishaps abound when two working-class buddies win a contest that takes them to the Everglades on a free fishing trip. (In Stereo)

4:00 pm YTV (18) ★★ "Beethoven's 2nd" (1993, Comedy) Charles Grodin. The lovable St. Bernard's new mate is taken away from her family of cuddly puppies by her nasty mistress.

5:00 pm WTBS (3) ★★ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A golden-haired sorori-

ty queen vows to win back her ex-boyfriend by gaining admission to Harvard Law School. (E)

WGN (38) ★★ "Grand Canyon" (1991, Drama) Danny Glover. Racial tensions and societal differences complicate a white lawyer's friendship with a black tow-truck driver. (In Stereo) (E)

EVENING

6:00 pm YTV (18) ★★ "Willy Wonka and the Chocolate Factory" (1971, Fantasy) Gene Wilder. A world-famous confectioner offers a lifetime supply of candy to the five winners of a treasure hunt.

CITY (29) "Open House" (2003, Drama) Christine Lahti. Based on a book by Elizabeth Berg. A woman takes boarders into her home to make ends meet after her husband leaves her. (In Stereo) (E)

7:00 pm WTBS (3) ★★ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A golden-haired sorority queen vows to win back her ex-boyfriend by gaining admission to Harvard Law School. (E)

8:00 pm CHBC (4) ★★ "Frida" (2002, Drama) Salma Hayek. Frida Kahlo channels the pain of horrible injuries and the passion of a stormy marriage to Diego Rivera into her art.

KTLC (27) ★★ "Summer Catch" (2001, Comedy-Drama) Freddie Prinze Jr. A baseball player's blue-collar roots may keep him from scoring with an upper-class beauty vacationing in Cape Cod. (In Stereo) (E)

9:00 pm WTBS (3) ★★ "Blast From the Past" (1999, Comedy) Brendan Fraser. A young man experiences culture shock as he navigates 1998 suburbia after spending his whole life in a bomb shelter. (E) (DVS)

KREM (8) "Open House" (2003, Drama) Christine Lahti. Based on a book by Elizabeth Berg. A woman takes boarders into her home to make ends meet after her husband leaves her. (In Stereo) (E)

FAM (26) ★★ "Everyone Says I Love You" (1996, Musical) Alan Alda. New Yorkers deal with life and love in director Woody Allen's salute to the classic Hollywood musical.

10:55 pm FAM (26) ★★ "City of Joy" (1992, Drama) Patrick Swayze. A disenchanting Houston surgeon finds enlightenment and understanding on the impoverished streets of Calcutta, India. (In Stereo)

11:00 pm WTBS (3) ★★ "Simply Irresistible" (1999, Romance) Sarah Michelle Gellar. A fairy godfather gives a chef the ability to spice up her culinary creations with the magic of emotions. (E)

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SATURDAY, JULY 9, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows of programming information.

SUNDAY, JULY 10, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows of programming information.

MONDAY, JULY 11, 2005

Television schedule grid with columns for station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and rows for time slots (6 AM to 11:30 PM). Each cell contains program titles and station identifiers.

monday movies

MORNING

10:00 am CITY (29) ★★"Gone Fishin'" (1997, Comedy) Joe Pesci. Mishaps abound when two working-class buddies win a contest that takes them to the Everglades on a free fishing trip. (D)

11:30 am A&E (9) ★★"The Truce" (1997, Drama) John Turturro. Based on Primo Levi's account of his arduous journey home to Italy following his liberation from Auschwitz. (D)

EVENING

6:00 pm CITY (29) ★★"Meet the Parents" (2000, Comedy) Robert De Niro. A male nurse's attempts to impress his girlfriend's parents meet with a series of unforeseen disasters. (In Stereo) (D) (DVS)

8:00 pm WTBS (3) ★★"Fast Times at Ridgemont High" (1982, Comedy) Sean Penn. Students in a Southern California town divide their time between high school and the neighborhood shopping mall. (D)

CHBC (4) ★★"Jaws" (1975, Horror) Roy Scheider. Steven Spielberg's box-office blockbuster

about a great white shark hunting human prey off the coast of New England. (D)

9:00 pm KXLY (10) ★★"Meet the Parents" (2000, Comedy) Robert De Niro. A male nurse's attempts to impress his girlfriend's parents meet with a series of unforeseen disasters. (In Stereo) (D) (DVS)

FAM (26) ★★"Jury Duty" (1995, Comedy) Pauly Shore. An aimless loafer creates disorder in the court when he is assigned as a juror on a high-profile murder trial. (In Stereo)

10:00 pm WTBS (3) ★★"Stripes" (1981, Comedy) Bill Murray. A perennial loser and his pal join the Army, creating an international incident by crossing the Czechoslovakian border. (D)

10:06 pm CITY (29) ★★"Meet the Parents" (2000, Comedy) Robert De Niro. A male nurse's attempts to impress his girlfriend's parents meet with a series of unforeseen disasters. (In Stereo) (D) (DVS)

THE NEWS LEADER WORD SEARCH

Word search grid containing a 15x15 grid of letters for a word search puzzle.

LET'S TALK ABOUT "INSTRUMENTS"

- List of musical instruments: TROMBONE, HARMONICA, PIANO, VIOLIN, DRUMS, ZITHER, CLARINET, SITAR, TRUMPET, GUITAR, BUGLE, PICCOLO, FLUTE, BONGO, HARP, ORGAN, BAGPIPE, ALPENHORN, MARIACHI, MARIMBA, CASTANET, CYMBAL, TAMBOURINE, SYNTHESIZER

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obituary

ANGUS ROBERT 'BOB' MESTON

1919 - 2005



MESTON, ANGUS ROBERT, passed away peacefully on Tuesday, June 21, 2005 at Ridgewood Lodge in Princeton, at the age of 85 years. Bob will be lovingly missed by his wife Doris of nearly 61 years, of Princeton, 1 son, Barry and wife Laurie Ann of Maple Ridge, 1 daughter, Carol Ann and husband Greg Lewis of Sechelt, 8 grandchildren, 6 great grandchildren and 1 brother, George and wife Alice of Princeton, and several nieces and nephews and numerous friends. He was predeceased by parents Ray and Agatha and brothers; Fredrick and Layrin. A Celebration of Bob's life will be held at 2:00 PM Saturday, July 16, 2005, at the

Royal Canadian Legion Hall in Princeton. Bob spent 1 year in the Canadian Army during WWII but was honourably discharged due to his health. He lived in the Cawston-Keremeos area from 1947 to 1960. During the period of 1960-1969, he lived in Sicamous and worked as Road Foreman for the Dept. of Highways. He resided in Westbank during 1969-70, continuing in the same work capacity. In late 1970 the Mestons moved back to Princeton where Bob worked at John Ewart Hardware. He also did carpentry work and worked on various ranches in the area. Bob loved horses and riding. He enjoyed to help out at Round Up time and went riding every chance he could. He also loved creek fishing and woodwork. He built children's furniture, spoon and gun cabinets and made thousands of wood-burning signs over many years. Memorial donations in Bob's memory may be made to Princeton General Hospital and Ridgewood Lodge Foundation.

Arrangements are entrusted to the care of
HANSONS' PRINCETON FUNERAL CENTRE, 295-6102.

obituary

lost

Male, neutered chocolate point 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. Reward offered for return.

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

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Jun 07-Oct 04

card of thanks

Thank You...on behalf of the PSS 'Strength From Within' organizing committee, we would like to thank the following for their generous support of the health education day held for Vermilion Forks Grade 7 students:

For your donations: Tobacco Reduction Program, Subway (April Riley), Town of Princeton (Lyle Thomas), Tulahead Camp (Carol Skinner), Dairy Queen.

Community Professionals for their expertise and time: Susan Murray, Sandee Blair, Jane Johnson, Duane Drobot, Brent Bowden, Jen Bowden, Heather Musgrove, Georgina Tarswell.

And our Senior Mentors for a job well done.

It was a great day!

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Jun 28-Jul 12

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Jun 28-Jul 12

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Sep 14-tfn

card of thanks

Thank You...on behalf of the Brown family we would like to thank everyone for your thoughts and acts of kindness. We truly do live in a great town filled with dynamic people. Larry would have been proud.

Carolyn, Robert, Devin, Shataia, Collen and Dorth

card of thanks

Thank You...Ridgewood and hospital staff. You have shown so much support through this difficult time. You truly are a wonderful group of people. It's too bad that we seem to shine our finest at life's most difficult times. Keep up the good work and never lose heart.

With my deepest appreciation...Carolyn & Family

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Or Helen Gallagher (250) 295-3825

Jan 18-tfn (b)

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1982 Dodge Aires. Auto, 4-door, 4 cylinder, white with red interior. Sacrifice \$300.00. (250) 295-0507. Jul 05

48" Projection TV. Large bird cage (17" x 17" x 37"). (250) 295-7434. Jul 05-19

found

Audiovox Bell camera cell phone. Found June 11th at Pike Mountain. (250) 295-6218.

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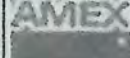
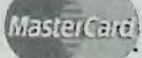
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PROVINCE OF BRITISH COLUMBIA
MINISTRY OF FORESTS



INVITATION TO TENDER BC Timber Sales - Cascades Field Unit Quilchena Bridge Installation

Sealed tenders for the installation of one Ministry-supplied forestry-style single span 15m bridge will be received by BC Timber Sales, Kamloops Business Area, 1265 Dalhousie Drive, Kamloops, BC, V2C 5Z5.

No information meeting or formal field viewing is scheduled but contractors are expected to visit the site to familiarize themselves with the conditions. Rock and gravel sources are identified with signs.

Work to be completed by August 31, 2005. Deadline for receipt of tenders is 11:00 AM Thursday, July 21, 2005. Tenders will be opened in public at that time. Faxcom tenders will not be accepted. Tenders must be completed and submitted in accordance with the Conditions of Tender specified in the tender package and sealed in an envelope marked "Tender for Quilchena Bridge Installation."

TERM: This is a single-term contract with no option to renew.

SITE: The contract is for installation only of one bridge on an existing road within the Cascades Forest District.

SERVICES: The contractor will be responsible for the loading, transportation and unloading of the bridge. Girders, deck sections, running planks, steel and concrete blocks located in the Ministry's storage yard at Lower Nicola. Contractor responsible for selecting, loading and transporting the gravel, rock and fill required (possible sources have been identified).

Enquires regarding this project should be made to Brian Moore at (250) 378-8448 or by e-mail to Brian.Moore@gems5.gov.bc.ca.

Tenders are available by visiting the BC Bid internet site <http://www.bcbid.gov.bc.ca>

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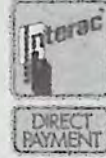
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help wanted

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 If you have the skills required to succeed in this position, forward your resume to fax (604) 681-5910, attention Larry Belik or e-mail millwright@complianceenergy.com. View www.complianceenergy.com for further information on the Basin Coal Mine.

Tell Us What You Think!
vote@vermilionforks.ca
Tell Us What You Think!

card of thanks

card of thanks

The Tulameen Sports Club would like to thank all the many volunteers who helped with the Coalmont to Princeton road race on June 12th, at aid stations, registration, timing, first aid, food preparation and with set up and clean up. Events like this aren't possible without the tremendous help of volunteers like you. A big thank you to our sponsors: Peach City Runners, Canadian Tire, An Ounce of Prevention, Princeton Redi-Mix, Weyerhaeuser and the Town of Princeton. Also to Princeton Highway Rescue and Sue Coyne and the 4H Club for the awesome jobs they did. I hope we haven't missed anyone, but if we did, please know we appreciate your effort.
 Thanks again,
 Tulameen Sports Club

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 (USE BACK DOOR)
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lost

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

I lost it. Have you found it? I don't really need it, but I doubt you need it either. You can give it back or just keep it. It's up to you to do the right thing. Don't call me, because you know where to find me.

Inventors! Got a average idea that may become a flop the day it's produced and hits the market? I want to talk to you. I'm looking for failed ideas to highlight in my upcoming book, "It Didn't Work After All." My intention is to focus on the people behind the ideas. Call me at (250) 295-1960.

lost

Sterling Silver ID Bracelet.
 "Grandma" on front, "Love Miranda" on back. Missing somewhere in Princeton. (250) 295-3061.

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

my turn

The town bylaw lottery

Spin the wheel! Take your chances! Guess which bylaw may or may not be enforced this week.

We've got even money odds on "Signage" with 100-1 odds currently on "Paint" with 50-1 odds on "Noise" and 25-1 odds on "Garbage."

We've often wondered how Town Council decides on what bylaws should be enforced and which ones should be ignored. We were under the impression years ago that all bylaws were dealt with on equal ground, but after a few years we learned that the only bylaws that get noticed are the ones that Town Council gets the most complaints about.

There are even times when that rule of thumb is not always accurate.

We're waiting to see which bylaws get enforced this week. We've already been told about a businessman who was told that his sign on Highway 3 (on private property) was not meeting some sort of standard.

We wonder how big this 'Book of Standards' is and whether or not it can be located. We suspect it says a lot of things about a lot of technicalities that seem to get ignored in a community where you pick and choose the "Bylaw of the Week."

Don't get us wrong, we wouldn't want the job of enforcing any of them...but we do have to ask, what's the point in having a bunch of bylaws if they aren't enforced or aren't enforced on a regular basis?

We can think of at least six bylaws that are being broken (or ignored) near our home in a residential part of town.

One of our dogs is probably responsible for at least two other bylaws we have chosen to ignore at our home.

When it's not raining on a regular basis, we like to break one or two bylaws dealing with water and yard maintenance. Of course, we aren't doing it on purpose...we just haven't been caught, which means they aren't being enforced which means we can do it until something else happens.

See what can happen without regular enforcement of what we consider really small bylaw issues? What about the neighbour with the loud stereo? Or the stray dogs on your street?

Don't even get us going on bylaws related to downtown businesses.

We wish Town Council good luck in solving the problem and expect to see bicycles on the sidewalks for months to come.

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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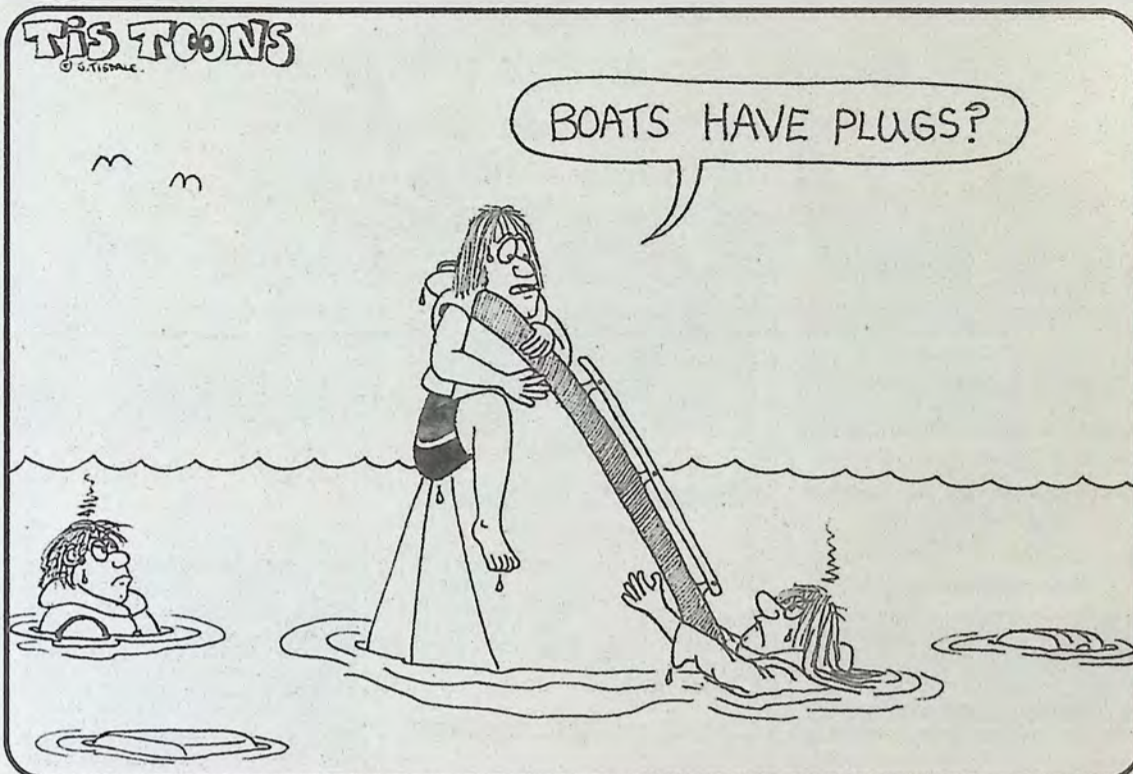
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your turn

Name change gains support

Dear Editor,

I refer to the article "My Turn - Let's Claim It Back!" June 14th edition of the News Leader.

As a mere outsider (but regular visitor) to this area, may I first of all congratulate everyone on the pristine appearance of the town. I've never seen Princeton, formerly Vermilion Forks, looking so good, which brings me to the main reason for my letter.

As was pointed out in the June 14th article, why not take the approach of 2010 as an opportunity to revert to the historical, original name of this great little town? Whenever I mention Princeton back in the UK, people assume I mean Princeton in the US (you know, the one with the university). Do we really want to get confused with them when this region has so much unique history in its own right?

My father (Thomas Jackson's) pithy comment on the subject is "Why should we put up with a constant reminder of a very dead, very distant Prince, who never set foot here - or are we waiting another 150 years for another Prince to NOT set foot here? That'll be way too late for me and I'd like an address I can

be proud of before I die." (Thomas P. Jackson is 93 1/2 - is it too much to make an old man happy?)

Furthermore, I'm sure it's common knowledge that there are around seventeen Princetons in North America, but there would only be ONE place named after the unique vermilion earth/rock and the

Letter To The Editor

HP reviews election fallout

Dear Editor,

The final election result in Vancouver-Burrard probably will have little bearing on the BC Provincial Legislature. The increase/decrease of one seat on the right or left will likely have no impact on anything other than the respective combatant's egos.

What does matter is the political process that left this riding's true representative in doubt. How is it possible that in Canada we let seventy-one votes go uncounted because of an election official's failure to sign the sealed ballot envelopes? (shades of the US presidential election of 2000). These seventy-one votes have the very real possibility of changing the eleven-vote winning margin.

Has it come to this? Mayencourt

meeting place of the beautiful Tulameen and Similkameen Rivers.

So come on sensible townspeople - it would be one small step for Princeton but a giant leap forward for proud, gloriously named Vermilion Forks!

- Valerie Tarlo (visitor)

- Thomas Jackson (resident)

wins because of Elections BC's error. Can he, in good conscience take a seat in the legislature? In his media-reported response he simply discounts his opponent as a sore loser, and shows no apparent concern for the seventy-one disfranchised voters. Another George Dubya Bush?

The most important point in this debate is not who wins or loses. In a country that is steadily losing voters because of the belief that "it doesn't matter who wins, nothing changes," count seventy-one more voters down the 'voter apathy' tube.

Please let your MLA, regardless of political stripe, know how you feel about this. For your MLA's toll-free number, phone Enquiry BC at 1-800-663-7867.

Sincerely, HP Toews

Should Princeton go back to being Vermilion Forks?

vote@vermilionforks.ca

Tell Us What You Think.

YES

NO

Current Comment:

Where are our politicians trained?



Dawn Johnson editor@thenewsleader.ca

Every few months, my Australian cousin phones me. Usually, we talk about our families, who's doing what, that sort of thing. Last week, we went into some other topics referring to his government.

My cousin is a locomotive driver. His government sold the railroad to an American company.

"Now I'm working for the Yanks," he says.

He's not happy with it, as they work 12 hour shifts, and he feels they have cut a lot of safety measures in addition to the potential dangers of falling asleep at the wheel. He is not a drinker and does not use drugs, but he knows that is not true for other drivers.

The most recent development is the company's desire to eliminate certain spur lines.

"They want people to use trucks and buses," he tells me.

"What?" I ask. "In these days, of escalating fuel costs and environmental concerns about air pollution?"

Everybody knows a train can move a lot more freight and passengers with less air pollution.

Telling me more about how bad things are getting, he tells of an incident involving his wife two years ago, when she was injured on the job. She works for the postal service, and had to move something too heavy. She has been fighting with Australia's version of Workers Compensation ever since it occurred. They keep telling her there is nothing wrong with her shoulder. She is now working part-time, even though she is in pain. The stress of the fight for compensation has eaten away at her health and she is now on anti-depressants and sleeps most of the time she is home.

My cousin tells me it is probably too late now to do anything about his wife's shoulder, and he adds the government is shutting down every health care service it can, and closing hospital beds right and left.

To top it off, he adds, "We've got the GST here now. The Prime Minister told us during the election campaign he wouldn't bring it in, but it was no time at all after he got in that he brought in the GST."

I know this sounds awfully familiar. It would sound familiar to the British, too, although they were the

first in line to go through this process.

I explained to my cousin how we seem to be going through all the same things, right down to selling a railroad.

After talking to him, I started to wonder why the politicians in Australia, England and Canada seem to be cut from the same bolt of cloth.

If a thing happens once, it is an incident. If the same thing happens again, it is a coincidence. If it hap-

pens three times, it's a trend. What I see here is a trend.

So, what's going on? Why are all these things happening in other countries? Could it be that today's politicians are so devoid of ideas that they mimic each other, or is it a conspiracy?

Is there some kind of international training ground to teach them how to do all these things?

Is there a secret seminar for politicians on how to shaft the people who elected them?

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

www.thenewsleader.ca www.keremeos.net

Heart Food

by Dave Machin



"He who dwells in the secret place of the Most High shall remain stable and fixed under the shadow of the Almighty [Whose power no foe can withstand]" (Psalm 91:1). Once you know from God's Word that divine protection belongs to you, there are some conditions you must keep to activate that protection in your life. The Word of God makes these conditions very clear. You can find the first one at the beginning of Psalm 91, He who abides in the secret place of the Most High shall remain fixed under the shadow of the Almighty. If you are to enjoy God's protection, you're going to have to abide in Him. To abide means to dwell in. It is a word that implies not a temporary situation but a permanent dwelling place - the place where you make your home. It doesn't indicate a coming in and going out but a continual dwelling under God's shadow. What does it take to become an abider? Putting God's Word in your heart, for one thing. In John 15:7, Jesus said, "If you live in Me - abide vitally united to Me - and My words remain in you and continue to live in your hearts, ask whatever you will and it shall be done for you." The truth that is alive in your heart is the truth that you act on every day. It doesn't come from simply reading a scripture once, shouting hallelujah, and going on. It comes from knowing the Word so well that it comes to your thinking instantly in a crisis situation. Truth comes alive in you when you think about it, meditate on it, and apply it to your life, so at the moment of danger, the Word of God is your first thought. Abiding under the shadow of the Almighty is the result of spending so much time in the Word of God and in His presence that His truth governs your actions without even a conscious thought. If you want to be an abider, you can't afford to simply get into the Word for a while and then quit. You need to be consistent. Stay in the Word day after day after day. Take the ninety-first Psalm into yourself daily until it becomes engrafted in your heart. Remember this: it's the Word you act on today that will get you delivered. It's not what you heard last year. It isn't even what you know. It's what you do. Keep yourself full of God's Word and you will do it. If that sounds like a tall order to you, let me promise you something. For every minute you invest in the Word of God you'll get back a hundredfold in health, faith, and deliverance. You'll never regret a second of it. 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.

Similkameen News Leader

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Brenda Engel OFFICE ADMINISTRATOR

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George Elliott PUBLISHER

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PSS Grad Kaylie Gibb handed out Canadian Flags in Cenotaph Park during Princeton's Canada Day Celebration. There was cake and children's games in addition to hot dogs for everyone who attended.

Letter To The Editor

'Almost Senior' supports splash park

The Editor:

As an almost senior citizen (age 64) I want to say loud and clear that Don Coyle, Georgina Tarswell and Eric Jacobson do not speak for me or my husband - and I sincerely hope, not for the majority of seniors.

I refer to their objections to the splash pool in Rotary Park, aired in last week's Similkameen News Leader - talk about age discrimination!

When I read the front page story in the News Leader of June 1, announcing the opening of a splash pool in Rotary Park I said to myself "wow" how wonderful "something new and fun for our youngsters" healthy exercise in a relatively safe environment - and even more remarkably - brought about substantially by the efforts of a group of John Allison Elementary School

students and their teacher. Together they have carried the ball for this project since June 2004. They will, at last, see it become a reality in August 2005.

What a wonderful lesson in Civics this has been for these children. They have learned that they make a difference and that, when properly approached, city hall does listen. They can be justly proud of their part in this group achievement. Congratulations to all of you!

Congratulations also to town council for coming up with the necessary funds. I really don't care if you passed the project "in camera", as long as you passed it! And - if it really comes down to a choice between weed control and additional maintenance for Rotary Park, as Eric Jacobson appears to fear, in my book the kids and the

park win every time.

Public squares are ornaments. Parks are not! Public parks should be active places, designed for the enjoyment of ALL, young and old alike. For me, what sound can be more cheerful than children at play - what better use for a park - especially a park sponsored by the Rotary Club, champions of the young?

I do not frequent Rotary Park but I drive by it often. It is a generous area along the river just east of the Brown Bridge. It is difficult to see how the loss of 56 x 33 foot patch of grass would "spoil" the park.

I rarely see anyone of any age in this park, hence I also question the "too many unsupervised children playing in the park" - and since when do children playing in their neighborhood park have to be supervised, unless they are very young and in need of parental care?

I also want to note that many of the tourists seeking a respite in the park actually have children. Children who would probably love time in a splash park after a long, hot ride!

Further, while Princeton does indeed seem to have a relatively high population of seniors, Princeton, and with it Lime Street, is not an age restricted community. Young folk with little ankle biters are free to live among us - in fact, I welcome them because it is they who bring life and vitality to the community.

Unless we live in an age restricted complex, we seniors can expect the same respect and consideration due every member of the community, no less, but no more.

It can not be claimed that the splash pool was a surprise sprung on an unsuspecting citizenry. It has been well publicized and it has been a year in the making!

Mayor and council - please stick to your guns and keep your promise to the kids.

Respectfully, Karin Green



Princeton Recreation Director Lyle Thomas had the toughest job on Canada Day - he manned the barbeque!



Princeton's 2005/06 Ambassadors made their first official appearance at Saturday's Lions Club Pancake Breakfast at Rotary Park on Lime Street. Ambassador Kassi Crimmon, centre, is flanked by Vice Ambassadors J-lee White and Colby Whelpton.



The annual Lions Pancake Breakfast Saturday morning was enjoyed by a record breaking crowd.



Vermilion Artists hosted an Art Show in the Cultural Centre last weekend.

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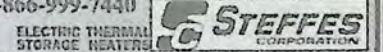
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Tammy Simon, left, was the winner of Curves Six Week Challenge. Over 60 ladies participated in the event. Simon lost a total of six pounds and 9 1/4 inches. She was presented with her prizes last Tuesday morning by Curves Instructor Nicki Forde.

This is Paramedic Appreciation Week!

After a forest fire ravaged the community of Barriere in 2003, residents faced the painful task of picking through what was left of their homes. Pieces of furniture. Children's toys. Photographs. Mementoes. And all of it laden with not just emotion, but ash.

"Our paramedics saw this and wanted to help," says Bob Gallaher, Regional Director for the BC Ambulance Service in the Interior. "We contacted the hospital in Kamloops and secured a case of respirators people could wear to protect them from the ash, and our crews went out and distributed them in Barriere. Obviously, we couldn't make up for what people had lost, but we were determined to

do what we could to help."

In fact, a number of BCAS paramedics were among those whose homes were threatened by the Barriere fire. They set aside their own interests, as professionals do, and stayed on the front lines as long as they needed to.

Another paramedic lost his home in the larger forest fire that devastated part of Kelowna. He, too, stayed on the job through it all.

"He got confirmation that his house was destroyed, but his family was safe. He said there was nothing he could do about the house, so he wanted to keep working, keep pitching in, and keep on making a difference where he could."

He wasn't the only one. Gallaher says paramedics in general were tireless during the fires. "We had to send them away at times so they could take care of themselves, eat, sleep and so on. But no one wanted to take a break; they just wanted to be there to help."

These stories no doubt resonate with anyone who works providing emergency services. Still, it's unimaginable for many of us, and Gallaher says paramedics are a different breed.

"You have to understand what motivates these people in the first place," he explains. "It's all about patient care and community service. That's what makes them tick."

The drive to serve is so great that many paramedics continue on the job, working part time, even after retiring from 20 or 30 years of service. Some take up the job as retirees. "One of our newest members joined BCAS after retiring from the RCMP in Nakusp," says Gallaher. "Like so many of our people, he just couldn't imagine being out of the direct line of community service."

Many of the 870 BCAS paramedics in the Interior work part time, alongside their other jobs and roles in their communities. "They're teachers, small business owners, people who work in credit unions, you name it," says Gallaher. "Basically, they're the neighbour who may someday save your life."

Recognizing their contributions, the province acknowledges July 1 - 7 as Paramedic Appreciation Week in British Columbia. It's your opportunity to say "Thank you" to some of BC's unsung heroes.

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Princeton 2004/05 Youth Ambassadors Natalie Ihlen, Renee Cleven and Amy Liberatore in their last Rotary Parade.



Rotary Exchange student Cyrielle Bon, wearing a jacket she made in class at PSS, cuts into the birthday cake presented to her during last Wednesday night's International Night activities.

Cyrielle entertains Rotary Club

A year living in Canada has produced many firsts for Rotary Exchange student Cyrielle Bon.

She saw her first hockey game, witnessed highland dancing, rode a motorcycle, celebrated Thanksgiving, went Trick or Treating, cross-country skiing, skidooring, snowshoeing, rode a ferry, saw a rodeo and camped in a trailer.

Bon's final official presentation to her host Rotary Club in Princeton was last Wednesday's "International Night."

She shared a two part program with members and guests. The first part revolved around an educational tour of her home country France.

Coming from a country that measures roughly 950 kilometres

by 1,000 kilometres Bon says, "It's very easy to go anywhere."

She explained the significance of the flag of France with blue and red - the colours of the capital Paris and white the colour of the King. The red also represents blood and historically marks the country's liberation following the revolution of 1789.

Bon then centred her attention on her home town of Augouleme. Her home is in a region of France known for its goat milk.

Construction materials consist of stone and she attended High School Guez De Balzac. The school was named after a person who had provided large financial support to the facility, which was built by Napoleon Bonaparte in the 1500's.

Classes ran from 8:00 AM to 6:00 PM daily with a lunch break. Students (over 1,000 of them!) have ten subjects per school year including two languages. Bon studied English, German and Russian.

The second part of her presentation was about her year in Canada and was entertaining.

Her first major point was about her schooling at PSS.

"As this year does not count for me I took classes I could not take in France. I took fun classes instead of academic classes."

Thanksgiving and Halloween are not celebrated in France, so Bon took full advantage of both traditions.

"I was the biggest kid on the street on Halloween."

She had an interest in cross country running and gave it a try. She eventually joined the team. At the end of the year Bon was presented with the Runner of the Year Award.

"Christmas was a very special thing for me because in France it's not a very big thing. Nothing fancy."

She also bonded with many people in the area.

"I think this year the most important people to me were my friends and host families."

Graduation was also a first. "Grad is something very special to me because in France we don't have it. The whole concept of a Prom was new to me also."

After her presentation, Rotary Club members brought out a birthday cake decorated with both the flags of France and Canada.

Bon had turned 18 the day before.

She will be leaving Canada to return to her home in mid-July.



Bon proudly displays one of her creations from sewing class at PSS.

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A Guide To Charitable Giving

Canadians are generous. Every year we give billions of dollars to charity through everything from door-to-door solicitations to huge bequests from the wealthy.

According to charity support organization Imagine Canada, donations to charities by Canadians amounted to close to \$5 billion in 2000, the year of the group's last major survey. Our generosity was more recently highlighted by the response to the Asian tsunami disaster late last year.

Yet funding for many charities continues to fall short. An increasing number of organizations, plus growing demand for their services, is overtaxing charities. If you'd like to help eliminate these shortfalls, consider increasing your charitable giving.

It doesn't take much of a plan to give to a charity when there's a knock at the door. But anything beyond that requires sound strategy. It's a good idea to establish a charity plan that outlines how much you want to give each year and to which charities. This will help you tailor your giving to your budget and prompt you to contemplate which organizations you want to be involved with.

Choosing charities is a highly personal decision. It's best to pick those that support causes you believe in; this will make giving more worthwhile and keep you committed to making future pledges. The Internet is a valuable resource for information on charities and charitable giving. Use a search engine to find lists of possible candidates and details on individual charities.

If you're choosing a charity for a large donation or bequest, it's important to conduct a detailed investigation. At the very least you or your lawyer should check on the charity's financial standing, and get details on how your gift is likely to be used.

Charitable giving can have repercussions on your finances above and beyond the money you donate. How, and how much, you give can affect your tax situation. You'll get a tax break for your benevolence, but you have to make the right moves to maximize this benefit.

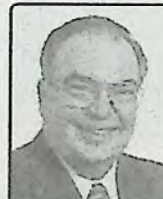
A cash donation to a registered charity will generate a tax credit. The first \$200 you donate every year is eligible for a 16% federal tax credit, and the remainder provides a 29% credit (for up to 75% of your net income). A provincial credit increases these amounts. You can combine two or more years of donations and claim them on one tax return, making it easy to get the higher credit.

However, there may be better ways to make donations tax effective-particularly when donating large amounts. For example, you can get a better tax deal by giving securities that have appreciated in value, instead of cash. The fair market value of the securities qualifies for the charity tax credit, and when you donate to a public charity you reduce capital gains taxes on investment profits by half-25% is taxable, instead of 50%. You can also donate securities whose market value has declined, which will trigger a capital loss for income tax purposes.

Among the most common planned charitable contributions in Canada are those made upon a donor's death, through a will. There are many ways to structure this kind of gift, with varying tax consequences to your estate. Through your will you can give cash, securities, physical property, and even the proceeds of an insurance policy. You can also donate Registered Retirement Savings Plan (RRSP) holdings. Assets can be donated directly or through trusts, endowment funds or other vehicles.

Because of the tax implications, anyone considering large donations while alive or through an estate should consult a financial professional about how to best structure a giving strategy.

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