

# Similkameen News Leader

YOUR INDEPENDENT SOURCE FOR VALLEY NEWS & INFORMATION

Volume 8 Issue 30 ISSN 1712-090X

Tuesday, July 26, 2005

75¢ each

Canadian Publications Mail Agreement No. (1299263)

Published Weekly in Princeton, B. C. by Bengel Publishing Inc.

includes GST

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News Leader**  
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**RCMP  
close  
another  
grow-op**

Princeton RCMP executed a search warrant in the 2400 Block of Princeton-Summerland Road in Princeton at about 4:00 PM on July 20th.

The four occupants of the home were arrested and are facing charges of production of a controlled substance, possession for the purpose of trafficking and weapon offences.

RCMP seized over 1,000 marijuana plants in various stages of growth; in addition, growing equipment and drug paraphernalia.

It took police several hours to dismantle the sophisticated grow operation.

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## Council denies licence



Singer/Busker Patty Harrower performed in front of the News Leader office last Friday afternoon.

## Invitation to panhandling feared

Patty Harrower, a local musician, appealed to Town Council on July 18 to allow her to have a licence to play music for money on Princeton's downtown streets.

Harrower, a physically handicapped person, told Council she wanted to create a job for herself.

Mayor Keith Olsen told Harrower Council would not object to busking in the downtown area as part of a larger festival, or if Harrower were to do it as part of a store promotion, but Council had concerns that an open policy on busking would be seen by others as an opportunity for panhandling.

Harrower said her proposal included provisions for a licence and licensing would control the situation.

Councillor Kathy Clement said she believes the town is too small to allow busking, as it would put pressure on local people, who may see Harrower three or more times a week.

Council voted to deny Harrower a licence to play her guitar and sing on downtown Princeton streets.

The News Leader attempted to contact Town Hall for clarification on the issue but our call was not returned.

Harrower has since been invited to perform weekly in front of the News Leader office to highlight her musical talents.

Her first appearance was last Friday.

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## Zeisman promises second office

Derek Zeisman, candidate for the Conservative Party nomination in BC Southern Interior, committed last week to opening a constituency office in the western half of the riding, if elected the area's MP in the next federal election.

"Since 1993, our current MP has operated a constituency office from the Castlegar area, in the eastern Kootenay portion of the riding," said Zeisman.

"A decade later, this arrangement is simply no longer adequate."

Zeisman pointed out that the Southern Okanagan area became a part of the riding in 1997, while the Similkameen area joined in 2003.

"Despite these major changes in BC Southern Interior's boundaries, the riding's only constituency office has remained in Castlegar," he said.

Although modern innovations like the fax machine, e-mail and the Internet have made it much easier for constituents to communicate directly with their MP in recent years, Zeisman said the lack of a

constituency office in the western half of the riding has left many citizens, particularly the elderly, severely under-represented.

"That is a problem I'm committed to fixing, if I'm successful in winning the Conservative nomination and the ensuing federal election," said Zeisman.

"With one-third of the riding's citizens, it is time the Okanagan-Similkameen region is accorded its full due," he added.

"Our local MP must have a more visible presence there."

Although MPs' riding budgets are always tight, Zeisman said he is confident a second office can be opened in the west without compromising any of the other important spending initiatives normally undertaken by parliamentarians.

"I've sat down and costed this out, and I'm certain it can be done well, without substantially impacting other areas of the budget," he said.

"Besides, this initiative is important enough to warrant certain sacri-

fices. Residents of the Okanagan-Similkameen deserve to receive full, in-person assistance from their MP and his staff, all within a reasonable driving distance."

If he succeeds in becoming MP for BC Southern Interior, Zeisman said it remains to be seen where the riding's western office will ultimately be located.

"That depends on a number of factors, including availability of space, rental prices, and travel times. However, at first glance, it strikes me that an Osoyoos office would probably provide maximum convenience for the greatest number of residents in the western half of the riding."

Zeisman said he welcomes citizens, input on this and other issues. They can contact him toll free at 1-888-500-ZEIS (9347), or by e-mail at [zeisman4mp@yahoo.ca](mailto:zeisman4mp@yahoo.ca).

The current MP, Jim Gouk, has stated in the past that in his view, a second office would not be cost effective.

## Racing Days wins high praise

Mayor Keith Olsen and Councillor Kathy Clement had nothing but praise for the return of horse racing to Princeton.

At the July 18 Town Council meeting, Councillor Clement said, "Princeton has missed this event."

Both she and Mayor Olsen mentioned special thanks to John Bey, President of Racing Days Association, for the work he did.

Mayor Olsen said, "I want to thank John Bey and the rest of the organization. They've done a bang-up job."

Mayor Olsen said he was very pleased to see the big crowd attending the races.

Estimates at Sunflower Downs put attendance figures at just over two thousand - impressive numbers considering the event took place on a

Thursday evening!

Scheduling will not be as difficult in the next couple of years based on how the Canada Day Holiday sits in the week in 2006 and 2007.

The annual Racing Days event would not have been possible without the support of many volunteers working before, during and after the event.

They did a great job!

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Helen Bibby, centre, with her third consecutive Youth Writing Award. She was presented with the plaque last Wednesday night by Writers Club President Monty Raine and Sam Costa of Princeton Light & Power - sponsors of the contest.

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## Youth writing contest winners

Princeton Writers Club hosted their annual Youth Writing Contest Awards presentation last Wednesday night at the PLP office.

Princeton Light & Power has sponsored the event for the past couple of years.

"PLP was good enough to sponsor the prizes for the Youth Writing Contest because they find it as a good thing to do," explained Writers Club President Monty Raine.

Sam Costa, representing PLP, added that the company believes it is important to encourage local youth in any way they can.

There were a total of 18 entries in three different age categories with the majority of stories coming from the 11 to 14 age group.

Raine made a number of encouraging statements to the gathering of young writers and parents.

"The younger you start the more apt you are to continue to write when you get older," he said.

"You can keep writing all your life."

The selection of winners was also a difficult task.

"We enjoyed reading the stories. They were highly competitive and there was a good variety."

First Place in the 11-14 age category went to Helen Bibby, who had won the award the past two years. Her prize included having her name engraved on a plaque, a smaller 'keeper' trophy and \$45.

Bibby's story, 'A Winner,' was described by Raine as winning for a number of reasons.

"She not only had a plot line but she had a theme, a message in her story."

Second place, worth \$30, went to Jessica Dennis and her story 'The Winter Door.'

In the 8 to 10 year age category, First Place went to Magdalene Fritz and her story 'Lightening.' Shelby Wallin's 'Mysterious Murder' was Second with 'It Was A Dark And Rainy Halloween' by Emily Allison winning Third.

Three other consolation prizes went to Kirsten Haayer, Alli Meyers and Nathan Garton.

Prize Winners who have not received their winnings can pick them up at the front desk of the Princeton Light & Power office on Bridge Street.

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Princeton's Youth Ambassadors took their official oath of office at the July 18 Town Council meeting. Mayor Keith Olsen conducted the swearing in ceremony, and commented afterward, "I am sure you will do Princeton proud." Left to right: Vice-Ambassador J-Lee White, First Ambassador Kassi Crimmon and Vice-Ambassador Colby Whelpton.

## Police charge impaired thief

Zero Tolerance for Impaired Drivers, especially when they are caught driving a stolen vehicle!

On Monday, July 18th, Princeton RCMP received a complaint of an impaired driver in the Allison Flats area. Witnesses were able to obtain the trucks licence plate number and provide police with a description of the occupant.

Police followed up with the local

Registered Owner and discovered that the truck had been parked behind the Princeton Hotel and had recently been stolen.

Police located the stolen pickup on Lime Street a couple of hours later. The lone occupant was arrested and facing charges of: Theft Under \$5000.00, Theft Over \$5000.00, Impaired Driving, Fail to Provide a Breath Sample and

obstructing police in the execution of their duties.

Rodney Troy Brignall, was arrested and is currently in custody. Brignall's next court appearance is July 21, 2005 in Penticton.

It is believed this person had an accomplice and police will be seeking charges on this person as well. The matter is still under investigation.

## Hedley business earns mention

When a Vancouver stylist travelled through British Columbia in a mini van over a four day period, her travels brought her to the Similkameen.

Heather Cameron, who is a columnist for Canadian Home & Country Cottage Style Magazine, took a short trip into the heart of her home province and her discoveries ended up in print and benefiting a Hedley business.

The Spring 2005 issue of the magazine has a small section on Cameron's trip.

It states that she took a short break in Keremeos and made her last stop in Hedley at the Incurable Collector.

Brad and Lana Bain, who own and operate the antique and collectable shop from their home on Highway 3, had no idea what this little mention would produce.

So far this season numerous people have stopped by the Incurable

Collector, with magazine in hand, and asked the Bains to autograph the page with the article on it.

"We're so proud of little Hedley being mentioned," Lana told the News Leader unable to hold back her excitement.

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### Eddie the Dalmatian says:



**"Woof! Woof! Grrr! Woof!"**

**TRANSLATION:** "When it's hot outside, just leave me at home. I'll wait for you there in the comfort of our home. I don't like being in a hot car!"

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## THANK YOU!

On behalf of the Regional District of Okanagan Similkameen and the residents of Princeton and area I would like to extend my sincere thanks to Lynn Holland for her strong sense of community. The CIBC Grant of \$5,000 is gratefully accepted and much appreciated. Thanks so much, Lynn!

Regards  
Gerri Logan, Director Area "H"

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## keremeos and area news



Similkameen Equestrian Centre's brand new covered riding arena is quite a sight on Ashnola Road.

## Open house features new arena

What would you do if you had the only 62 foot by 120 foot reinforced fabric covered riding arena in the region?

In the case of Mike and Jane Andersen of Similkameen Equestrian Centre in Keremeos, they hosted a two day open house.

The facility boasts an outdoor arena, the covered indoor arena, riding round pens, working round pens and sheltered horse pens.

Probably the most impressive sight on the site is the 30-foot high covered riding arena built with the Legend Cover-All Building System.

The system, which is available in clear span widths from 18 to 82 feet and any length, are designed to provide bright natural light, controlled ventilation and a quiet atmosphere.

"The benefits to this system are many," says Cover-All Sales Manager Michael Kemper.

"It's cooler to ride in in Summer and warmer in Winter. There's better footing as the surface is protected from the elements."

Building owner and horse trainer Mike Andersen agrees.

"Wet grass spells disaster."

The arched building took a total of three weeks to put up, from start to finish. That includes everything from cementing the pressure-treated lumber to raising and connecting the galvanized steel ribs and rolling out and placing the patented DuraWeave cover.

"It has a 20-year life and the old skin gets recycled," Kemper says about the cover.

As for cost, the riding arena at Similkameen Equestrian Centre cost about \$9.00 per square foot, including installation.

The double weave fabric will not run when ripped and is easy to repair. All seams are heat sealed.

Adding on to an existing struc-

ture is also quite easy.

"One of the most important things is to decide on the width then whatever financially for length."

For example, the Andersen's arena measures 62 feet wide. It is 120 feet in length. If at one point they want to add on to the arena, they can add on at either end in ten foot increments.

But what does the covered riding arena do for Andersen?

For starters, it means he can now train horses 365 days a year if he wants and weather is no longer an issue.

Andersen has been training horses full-time for the past three years and puts the new building quickly into perspective.

"For Keremeos, after the Co-Op it's the next biggest thing. It's a handsome structure."

Aside from the cosmetics, Andersen sees the functionality of the building fitting right into his business plan.

He currently works about 25 horses a year and offers horsemanship training as part of his services. The covered arena allows Andersen to start to work a horse any time during the year rather than sticking to a seasonal schedule.

"I can be riding a horse in four hours but most backyard horse people need two to three months to have a horse that has good habits built into it."

Andersen does have a way with animals. His whole approach is based on common sense.

"If people have good habits, they will end up with a horse with good habits. It's no accident."

The Cover-All Legend Series Building sitting on his property is no accident, either.

It's an opportunity.



New covered arena owner Mike Andersen and Cover-All Buildings Sales Manager Michael Kemper cool off inside the facility.



# PS MEET OUR PHARMACY STAFF PS



**Ashlee**

Ashlee is our youngest certified Pharmacy Technician, having recently passed her exam. Ashlee has been with Pharmasave since March 2001. She was born and raised in this community and has been living here 21 years. Ashlee was the recipient of the Pharmasave Princeton Pharmacy Scholarship, starting here on a 120-hour volunteer work experience, which soon led to a part-time job during school, and eventually to full-time employment. She assists Yvonne in blister-packing, helps Helen with deliveries and is responsible for inventory and ordering.

Donna is our part-time pharmacy relief cashier. Donna has been with Pharmasave two years (since March 2003). Donna has been living in this community 31 years. She originally started out as a front store cashier but now Donna helps out the pharmacy department when Helen is out delivering, and helps cover lunch breaks. Donna is fully trained on the rules and regulations governing pharmacy, third party insurance coverage and billing plans. She uses this knowledge to help explain this to customers at the till. Donna also helps out with many technical functions required in filling prescriptions.



**Donna**

Helen is our personable and friendly cashier/delivery driver. She has been with Pharmasave five years (since June 2000). She has been living in this community 23 years. An extremely valuable asset to Pharmasave and the community, she can be seen driving around town delivering prescriptions to those who have signed up on our weekly blister-pack program. Our customers really appreciate her because she will also help pick out and deliver customers front store shopping requests. In addition to her twice weekly deliveries, in emergencies, Helen delivers urgently needed prescriptions and medication changes Monday to Friday as part of the blister-pack program.



**Helen**

Laura has been with Pharmasave 3 years (since August 2002). Laura has been living in this community 5 years. Laura originally wanted to go back to school and become a nurse, but after she got hired here, she found she really enjoyed being a Pharmacy Technician and stayed. Laura is now a certified Pharmacy Technician, and certified medical stocking fitter. A valuable asset to Pharmasave, Laura is our main typist and helps out with inventory and ordering, third party insurance claim resolutions, and prescription filling.



**Laura**

Sandy is a valuable asset to the Pharmasave team, and has been with Pharmasave over 8 years (since October 1996). She has been living in this community 31 years. As well as being a certified Pharmacy Technician, she is also a trained Home Health Care Consultant (HHC). She is a certified medical stocking fitter and trained in wound care. Sandy is last of the oldest technicians hired during the pre-Pharmasave days and has been here the longest. Sandy has taken many training courses over the years, and uses her vast knowledge to help train new technicians, students and even new pharmacists.



**Sandy**

Yvonne is our blister-pack expert, and an extremely valuable asset to the Pharmasave team. She has been with Pharmasave over 3 years (since April 2002). She has been living in this community 12 years. As well as being a certified Pharmacy Technician, she is also a certified medical stocking fitter. She is consulted for all inquiries regarding setting up compliance packaging for the community and blister cards and med changes for Ridgewood Lodge Nursing Home. Yvonne has helped many forgetful patients remember when and how often to take their medications.



**Yvonne**

Wen has been with Pharmasave over 9 years (since September 1995) and is the Pharmacy Manager/Owner. Wen was born and raised here in this community, moved away for schooling, worked at London Drugs 7 years, Shoppers Drug Mart 2 years, then returned home. Wen is a certified Asthma Educator, Heart Health Coach, certified medical stocking fitter, Home Health Care Consultant, Chartered Herbalist, and Nutritional Products Advisor. Wen provides ECP (morning after pill) consultations, diabetic meter training and wound care.



**Wen**

Deanna will be in Grade 10 this year and is working at Pharmasave this summer as a pharmacy student. She is planning to become a pharmacist.

Gwyneth will be in Grade 12 this year and chose Pharmasave to complete her 120 hour work experience. She is planning to become a pharmacist.



**Deanna**

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**Gwyneth**

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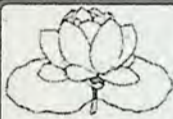
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## capsule Comments

by your Pharmasave Pharmacist Wen Wong



Tanning is the skin's response to an injury. During these summer months, treat your skin with respect. Use sunscreens, broad-brimmed hats, long-sleeved clothing and avoid the peak injury times of day (11:00 AM to 3:00 PM). Like lung cancer, skin cancer is a preventable form of cancer.

Saliva tests will become more common in the near future as a way of predicting health problems. There are saliva tests for HIV, hormones and illegal drugs already in use. Soon there will be a saliva test that will predict whether a child will be predisposed to getting cavities in his teeth. The hope is that down the road, saliva tests will be used in the home as a way of monitoring disease.

Human fingernails grow about 1/8 inch (3 mm) each month. This growth accelerates during pregnancy and in warm weather and nail growth seems to be related to the length of the finger. So the middle finger nail grows most quickly.

Do you brush your tongue when you brush your teeth? It's a good idea. Dental hygienists recommend this as a way of keeping bacteria count down in your mouth and might even help a breath problem. Do it twice daily.

For our pharmacists, learning is a life-long job. We are always attending courses to keep our knowledge up to date so we can help you, our customers, better. We hope to see you in our pharmacy soon.

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## news leader health page

# Acupuncture and your skin

To many people's surprise, acupuncture and Chinese medicine can provide a safe, effective, natural, and painless approach to reduce signs of aging.

Acupuncture face-lifts focus on improving muscle tone of the face and neck, while treating underlying imbalances that contribute to the aging process.

### Why do muscles and skin sag?

Wrinkles begin internally from a weakness and imbalance of Qi. Qi circulates within a series of pathways called Meridians which travel throughout the entire body, including the face.

These meridians provide nourishment and energy to all organ sys-

tems, muscles, and skin.

### Wrinkles don't just appear overnight.

As we get older, Qi has more difficulty flowing upward to 'lift' the face.

This leads to inadequate muscle tone, and over time, wrinkles and sagging skin. This imbalance can occur in a variety of ways: from poor diet, digestion, or circulation, or from emotional and environmental stress.

Acupuncture can give you a 'natural' face-lift by strengthening and stimulating the circulation of Qi within your meridian pathways, especially those on your face. It can also help to improve skin and mus-

cle tone while enhancing and increasing the elasticity of the skin.

You will look energetic, calm, vibrant and healthy.

Before you consider using drugs or surgery to improve your appearance, consider this safe, effective, natural and painless alternative.

Your Acupuncture treatments may be combined with herbal supplements, exercise, and acupressure. Together, these therapies can improve your overall beauty, health and well being.

Acupuncture and Chinese medicine provides a safe, natural, drug-free and effective facelift. The focus is upon achieving a balance of Qi and supporting body systems.

# Be "Sun Safe" this Summer

As a child I always had a red, sunburned nose in the summer. This year, 75,000 Canadians will be diagnosed with skin cancer - a disease that is easily preventable!

It was once thought that having a tan was healthy, but most people now know it is a sign of skin damage caused by the sun. When exposed to ultraviolet (UV) rays the skin tries to protect itself and tries to block the rays by producing a brownish coloured pigment called melanin and what we call a tan. Actually a tan does not really provide much protection from the sun and is equal to a sun protection factor (SPF) of about 2.

There is no such thing as a safe tan. One bad, blistering sunburn DOUBLES your risk of skin cancer. The risk is increased by severe childhood sunburns, intermittent intense sun exposure, and a family history of melanoma or large moles. Tanning causes permanent skin damage and you can end up with early wrinkling, red or brown patches, broken blood vessels, dryness, and sagging and thickening of the skin.

Practicing sun safety at a young age is the most effective method of preventing the occurrence of skin cancer later in life.

Parents, here are some steps for protecting your children from the sun.

- Limit sun exposure between 10 a.m. and 4 p.m. and especially around midday.
- Have your child wear a wide-brimmed hat to shade the skin.
- Try to keep your child in the shade as much as possible.
- Use a sunscreen that is SPF 15 or higher.
- Protect children even on cloudy days as the sun's rays can penetrate light cloud cover.
- Create a sun safe environment with an awning or umbrella.
- Teach your kids the Shadow Test. It is important to stay in the shade when the sun is directly overhead and the rays are strongest.

If a child's shadow is shorter than they are, it is time to come inside or seek shade. When their shadow is longer than they are, it is safer to play outside.

- Babies under one year of age should be kept out of direct sunlight as much as possible and their skin should be covered with loose fitting clothes and a hat.

Use an SPF 15 - or higher - sunscreen on any exposed skin.

We can all enjoy the sun by remembering the five Ss.

Seek shade during the peak hours of 10 a.m. to 4 p.m. Don't forget that sunlight can reflect off nearby surfaces like sand, water, and concrete.

Slip on a shirt that is light

coloured and loose fitting.

Slap on a hat that is tightly woven and covers your neck, ears and forehead.

Slop on sunscreen with a minimum SPF of 15 and reapply every two hours.

Slide on sunglasses that wrap around your face and have UV protection.

One in seven children will get skin cancer.

Protecting your kids now will help to reduce their chances of getting this common disease in later years.

- Jill Rhynard, BScN, MPH, Coordinator of Health Promotion Interior Health, Okanagan Health Service Area

## living past 100

# Cutting carbs really works

There are low-carb diets gaining increasing popularity every day. This is because reducing carbohydrate intake reduces stored fat.

Almost anything you eat above what your body requires for maintenance and daily activity will be stored as fat. This works something like a biological savings account: we eat too much, the body saves it for leaner times.

In our present society, we do not tend to have leaner times. We tend to eat more than we need, day after day, and the result is that one out of every three Canadians is overweight, and one out of five is grossly obese. Worse yet, increasing numbers of children are becoming obese. This trend could be reversed if we ate fewer carbohydrates.

Many people look at "fewer carbohydrates" and draw a blank. What do you do to avoid carbohydrates?

First, avoid foods containing flour. This includes bread, cake, cookies, buns, donuts, crackers, and nearly all snack foods such as tortilla chips. "Good grief! What will I eat then?"

You can eat the wiener, but not the bun. You could eat fruit, yogurt, and lots of salads. You could eat meat, fish and cheese.

Summertime is the best time to go on a low-carb diet. Salad products and fruit are fresh and cheap. Try a meal of the hamburger patty without the bun, some baked beans, and a salad. This is nutrition without many carbohydrates (beans have carbs, but require more energy to digest).

Sugar is another deadly carbohydrate to watch for. We all love our sweets, but take it from complex sources, like fruit, rather than from candy, ice cream or bakery delights.

Don't forget: cutting carbs will make you lose weight, but only if you keep moving around. Being a couch potato will only lead to more fat.

Are you obese? Try this test: stand erect, shoulders back, spine straight, feet together. Now lower your chin to your chest. You should be able to see the tips of your toes. If you can't, and you have to start bending your spine to see your toes, you need to lose weight.





This bridge crew was captured working hard last week on the inside panels of the historic Red Bridge in Keremeos. Photo: Bryan Smith, www.keremeos.net.

## What's a National Park worth?

A national park has been proposed for the South Okanagan and Similkameen. This park would be between Cawston and Osoyoos. Town Council recently received information as to the economic impact of such a park.

According to the estimation, the

budget for the park would be \$2 million per year for operations and maintenance.

In B.C., for every dollar spent by Parks Canada, there is a 9.3 times direct and spin-off expenditure by visitors, so the South Okanagan park would be expected to add

nearly \$20 million to the economy annually.

The population of the South Okanagan area has grown steadily as it is attractive to retired people who can afford to move to that location.

This puts pressure on the environment, but adds to the use of a protected area such as a national park. The presence of a national park would tend to make people more conscious of protecting their environment.

Studies in the USA and Canada indicate increasing numbers of tourists visiting national parks, historic sites and wildlife refuges, and the number is expected to climb. The conclusion of proponents of the park is that it would yield economic benefits for the South Okanagan and Similkameen.

to the airport for use as a reception building, equipped with a telephone and washroom.

The Airport Committee now has just three members, and Councillor Jarvis wants this number expanded to include wider representation from the community.

"I feel it's time to improve and upgrade our facilities," Councillor Jarvis stated, "This is the future of Princeton."

## Jarvis wants more airport

Councillor Ray Jarvis told Town Council at the July 19 meeting that he wants to see more and better at Princeton Airport.

He told Council Avgas is a must and can be serviced by a cardlock system.

He has been told more people would fly into Princeton if there was fuel available.

Councillor Jarvis wants to see the portable behind the arena relocated

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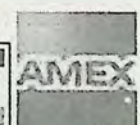
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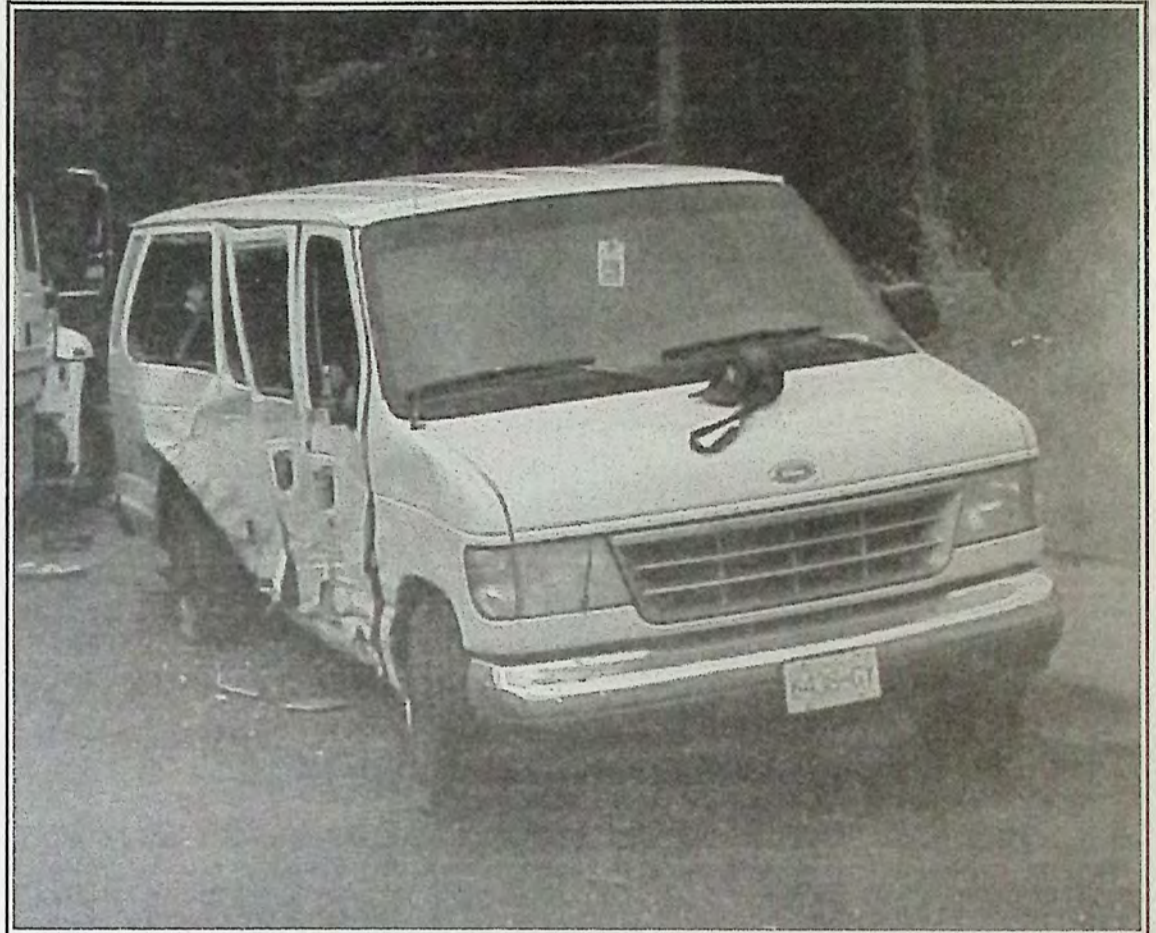
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This was the scene early in the morning of July 16th at Whipsaw Bridge.

## RCMP reports busy weekend

On the evening of Friday, July 15th, Princeton RCMP and Forestry Fire Protection attended a vehicle fire at Mine Hill pullout. A vehicle was engulfed in flames and consumed by the fire. The cause of the fire is unknown, two occupants of the vehicle were transported to a local hotel for the overnight stay. This matter is still under investigation.

Also on Friday, July 15th, Princeton RCMP responded to three motor vehicle accidents during the day, two west of Princeton and one east of Hedley where a semi truck trailer flipped and lost its load of pressboard. Keremeos RCMP is handling that investigation.

Friday evening, July 15th, Princeton RCMP and BC Ambulance service responded to another motor vehicle collision near Similkameen Falls. There were injuries in this incident, and police are still investigation this matter.

On Saturday July 16th Princeton RCMP responded to three separate motor vehicle accidents on Hwy #3 west of Princeton.

At approximately 10:00 AM an eastbound van entered the curve at Whipsaw and the driver was unable to maintain his lane, skidding across into an oncoming vehicle, which was a flatbed tow truck that was hauling two vehicles.

The van cut across the front of the westbound tow truck, where both

vehicles collided. The van had extensive damage to the passenger side, the tow truck had damage to the front passenger side. Both vehicles were not driveable and all four vehicles had to be towed. The 48-year old male from Surrey was issued a violation ticket.

At approximately 11:00 AM, Princeton RCMP and BC Ambulance Service attended to a single vehicle collision east of Sunday Summit. The driver of this vehicle pulled over to let another vehicle pass her, the vehicle caught the soft shoulder portion which pulled the vehicle into the ditch, where it hit head on into the embankment, spun around and hit the embankment again.

The 47-year old female from Maple Ridge was transported by ambulance to the hospital where she was examined and released a short time later, she suffered whiplash as a result of the collision.

At approximately 12:45 PM, Princeton RCMP received a complaint from a passing motorist of another accident that was just before Sunday Summit. At this accident scene, a female driver was driving west and stated that she was being tailgated, while watching her rear view mirror, she drove off the road and sideswiped a concrete barrier, which the vehicle bounced off and across the highway into the oncoming lane, and into the opposite side concrete barrier.

The 86-year old female passenger

received minor injuries as a result, and the ambulance transported her to Princeton General Hospital, where she was released a short time later.

All three collisions were due to driver inattentiveness and speed related. All drivers were at fault for their resulting accident.

While the RCMP member was out at the last accident scene, a complaint from Manning Park Lodge was dispatched. Two hotel guests who checked out of their room left drug paraphernalia behind, as well as discarded property believed to be stolen (the property had no value).

A description of the truck with a partial plate number was obtained and provided to the police. While a road check was set up to try to intercept the vehicle, it was not located. This vehicle, a red Ford extended cab pickup, with BC license 7661CD, was later found to be involved in several attempted Break and Enters in the Oliver-Osoyoos area.

The vehicle was determined to be stolen two days earlier. One of the culprits used his own name when registering at the lodge, as well, he made several phone calls from the room. RCMP are following up on this information, an arrest and charges are imminent.

In total, Thursday, Friday and Saturday, police responded to 9 motor vehicle collision related incidents.

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This was the other vehicle involved in the Whipsaw accident July 16th. Photos: Princeton RCMP.

## Club transforms school yard

With the closing of the Tulameen Elementary School came also the abandonment of maintenance to the school playground.

This concerned some of the citizens of Tulameen because when something looks abandoned, teenagers in particular think that it

is okay to treat it poorly.

As always, the Tulameen Community Club decided to take on the playground as a project. Thanks to some generous funding from the Princeton Lions Club, accompanied by funding from the Community Club, Wayne and Anne Passey took on this task.

With the loan of a portable generator from Bob Hughes, volunteer painters Klaus Kotzian and Colleen Hughes and many hours of scraping, weed pulling, and lots of maintenance to the equipment, Tulameen now has a playground that they can be proud of!  
- submitted

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Grade 10 Student Tara Plecas is working at Princeton Museum this Summer thanks to the generosity of Weyerhaeuser. Weyerhaeuser's "Jobs For Youth" Grant program has put many young people to work throughout the entire Similkameen Valley. The program has benefitted many organizations.

## Stus says be kind to pets

It was 32 Celsius on Thursday afternoon, bright hot sunny summer day, my day off, and a chance to do some errands around town. At the end of my list I stopped into the Fields Store on Bridge Street and parked beside a 4-door blue car, nothing unusual, however, there was a German shepherd dog in the backseat. Given the temperature outside and the fact that it is hotter inside vehicles I was already annoyed and disappointed in who ever decided to do this to their dog, you certainly wouldn't do it to a child, and basically, that's what most dogs are, they have the intelligence of children, although the rare ones you would swear are smarter than some humans.

I was advised by the two female employees from Fields that the dog had been in the car for the last 45 minutes, while the windows were down approximately 2 inches on all four windows, and there was water inside, the dog was panting and slobbering, you could tell it was hot. With the help of the staff from Fields, we got the car door opened and aired out the car, as well as rolled down the windows about half way. I waited around until the owner arrived, which was now over an hour. She came back carrying shopping bags.

Our discussion revolved around leaving her beloved pet inside the car for that long without even checking on it, while she did do a few things right, i.e., park in the shade, have water in the vehicle and rolled down the windows (not far enough), there was also the fact that she failed to check on her dog within that hour. My point was made when I suggested she put on a jacket or sweater, long pants, and sit inside the car for the same length of time, my point hit home even

further when I mentioned the fact that she may be charged with cruelty to animals for this situation. The woman, who was not from Princeton, but from Kamloops, assured me that she was an animal lover and a supporter of the SPCA. While I don't disbelieve her, it is instances such as these that people's pets are put at risk from heatstroke or other heat related problems when they are left unattended inside a vehicle for long periods of time on hot summer days. Truthfully, it is better to leave your pet at home where they adjust to the outside temperature, and have access to shade and water.

While I won't be pursuing charges against this person for this incident, this article is being written with the hopes that all who read it learn from it. Because, it only takes an incident like this and a person being sidetracked, losing track of

time, and the dog in the car suffers, a reminder that there is no excuse and that there is a charge in the Criminal Code to cover such actions.

I would also like to thank the two Fields employees who informed me of the problem and helped me get this car open to air it out. It is with community involvement that we are all effective in making it a better place.

And on the subject of leaving dogs in cars on hot summer days, the same could be said for letting dogs ride in the bed of a pickup truck in winter, if you have any objections to this, by all means put on a jacket, have a friend drive on the highway at minus 20 Celsius or colder, and find out how much colder it is.

Be kind to your pets, or face the consequences.

- Cst Myrl Stus, RCMP Princeton Detachment



Curses, Batman! I've lost my way! This little bat decided to hang out at the News Leader office Friday. While curious onlookers enjoyed the show, the bat eventually decided to retreat to the Batcave.



# weekly entertainment guide

TUESDAY, JULY 26, 2005 THROUGH MONDAY, AUGUST 1, 2005



Centennial Pool Employee of the Week is Lindsay Bartels. Pool Manager Carol Mack says Bartels is from Quesnel "and has a contagious smile and an abundance of enthusiasm." She has been a Life Guard/Instructor at Centennial Pool for two years and is also the Assistant Swim Coach for Kokanee Summer Swim Club. Bartels is currently enrolled at Fraser Valley South College working towards a degree in Criminology. Upcoming events at the Pool include 'Hip Hop Night' from 7:00 to 9:00 PM on August 3rd. Bronze Cross, NLS and Red Cross Swim Lessons are ongoing. For info call 295-6535.

## Heuser Memorial Camp set for August

The 6th annual Aaron Heuser Memorial Basketball Camp is set for August 9th to 11th with Jesse McLean returning to Princeton to instruct the three day clinic.

The clinic is again free to all participants thanks to the money raised 6 years ago.

To ensure a great camp, further sponsorship came from local business and support groups from the community. Bob Wicks, Stevens and Stevens, Billy's Restaurant, Pharmasave, the Green Party of BC and the Royal Canadian Legion all made donations to this year's camp to help offset some of the costs.

"I am looking forward to returning to my hometown to run this camp. It of course has special meaning for me as Aaron was a very good friend of mine and I helped with the Memorial fund after he passed away."

McLean currently teaches at an alternate school in Drumheller, Alberta, where he also coaches the local high school senior boys basketball team, runs a spring basketball league, coaches a travelling club basketball team and runs summer basketball camps.

"I spend a lot of my free time coaching basketball in Drumheller. The sport was not very popular and the local teams were not very successful when I got there and along with some other enthusiastic coaches we are trying to change that."

"This will be my seventh camp and the third camp I run this sum-

mer. As our basketball group, Badlands Basketball, has grown we have added a lot to our coaching and our camps that I hope to bring to Princeton. I hope the kids will learn a lot and enjoy their time with us."

Adrea McLean, last season's PSS Senior Girls basketball coach and Jesse's sister will help coach the upcoming camp.

"Adrea is very enthusiastic about coaching basketball and she is always trying to learn new ways to improve her coaching and I am glad she will be involved."

To register for this free camp, students must contact Alisdair Reid at Princeton Summer Recreation 295-7222 to get their name on the list. The camp is limited to the first 24 registrations so hurry and call.



The News Leader's Brenda Engel took time to get to know Belle, the mule at Similkameen Equestrian Centre in Keremeos.

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**Eddie the Dalmatian says:**



**'Woof! Woof! Grrr! Woof!'**

**TRANSLATION: 'When it's hot outside, just leave me at home. I'll wait for you there in the comfort of our home. I don't like being in a hot car!'**

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The Princeton Red Cross Medical Equipment Loan Service has a new home. The service opened in its new location a week ago. Audrey Salter, above, it pleased to be able to continue to provide the service locally. The new location is off the alley behind LenDale Furniture in Apt. 103. Basically walk off the alley and into the driveway to the first door to your right. Signs will be posted. Salter provides the loan service between 10:00 AM and 12 Noon Mondays, Wednesdays and Fridays. She can be reached at home (only in case of emergencies) at 295-0267.

## The winning Youth Writing Contest story

'A Winner' by Helen Bibby

My hand reached out for yet another rock. I pulled myself up, my muscles urged me to stop but I kept on going. How far up was I? I kicked off a rock from the edge. 1 Mississippi, 2 Mississippi.....5 seconds later I heard the definite sound of rocks hitting one another, How far up was I? I kept on climbing.

"I can't believe I'm doing this!" I told myself. I paused for a moment, hearing a noise no mountain climber likes to hear. It started out quiet but the noise grew.

I panicked, blinking back tears. Rock slide. I looked on either side of me, which way was better? I chose left, leaping onto another boulder and closed my eyes, and my mouth.

The rocks beneath me trembled ever so slightly. I wedged my hand into a crevasse. The ground beneath me gave way. My lungs heaved, begging for air. Their demanding became more persistent, I was clinging on for dear life when I heard nothing but the birds. I opened my mouth, gasping for

air. I looked at my situation. It wasn't too good. I was more or less on a vertical cliff.

I was thinking things over when a moist figure slithered past my hand. I screamed pulling my hand back from the snake, only realizing that I was bound to fall any second. My hand desperately searched for something to grab onto. Anything would do at this point.

I started to totter. I grabbed onto a branch. The tree was dead, leaning off a cliff. It swayed in the wind and was not even suitable for an eagle to make a nest on it.

I didn't know how old it was, when it died, or how much weight it could hold, but all I knew was that it saved my life.

My left hand grabbed the edge of the cliff. I pulled myself up to an amazing view. The warm wind muffled the pain from my bleeding hands.

I smiled, until I turned around to face yet another obstacle. I hadn't reached the top. In fact I wasn't even close to it. I looked down at the view below.

Wasn't I still a winner? Do you have to reach the top to be a winner?

My instincts told me yes, my body told me no. I went with my instincts. I always wanted to be number one. It never occurred to me that maybe I was. I started climbing again.

Pulling my body up over and over again, until I reached the summit. I looked down at a flag that said, "Sarah Woling has been here first, April 21, 2000."

I bit my bottom lip. How could this be? This was a challenge I would never beat. Someone had already 'won' it.

I rested on the cliff, my hand wanted to pull out her flag so I could put mine in. I stopped. I thought to myself, "I am a winner," and started climbing down.

I made a promise to myself as I rested my feet on the ground, I would return to every mountain I had ever climbed, and pull out my flags that rested there, bragging about how good I was.

So every one after me would feel how I did, a winner.

## tuesday movies

### MORNING

10:00 am CITY (29) ★★½ "Twist" (1992, Documentary) Filmmaker Ron Mann traces the development of the dance craze that revolutionized pop culture during the 1950s. (G)

### EVENING

6:00 pm CITY (29) ★★ "Jawbreaker" (1999, Comedy) Rose McGowan. Premiere. A popular teen and her pals go to extreme lengths to cover up their role in the accidental death of one of their clique. (G)

8:05 pm WTBS (3) ★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A boy's real dad is the only one who believes his claim that he saw his stepfather commit a murder. (G)

9:00 pm 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) (G)

9:50 pm WTBS (3) ★★ "Before and After" (1996, Drama) (PA) Meryl Streep. Two parents find their peaceful lives forever changed

when their teenage son is suspected of murdering his girlfriend. (G)  
10:06 pm CITY (29) ★★ "Jawbreaker" (1999, Comedy) Rose McGowan. A popular teen and her pals go to extreme lengths to cover up their role in the accidental death of one of their clique. (G)  
11:50 pm WTBS (3) ★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A boy's real dad is the only one who believes his claim that he saw his stepfather commit a murder. (G)

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## wednesday movies

### MORNING

10:00 am CITY (29) ★★½ "The Best Little Whorehouse in Texas" (1982, Musical) Burt Reynolds. The madam of a notorious bordello calls on her friend, the local sheriff, to save her business from a TV muckraker. (G)

### AFTERNOON

5:00 pm WGN (38) ★ "Murphy's Law" (1986, Drama) Charles Bronson. Framed for his ex-wife's murder, a fugitive cop must overcome being handcuffed to a woman as he seeks the real killer. (In Stereo) (G)

### EVENING

6:00 pm CITY (29) ★★ "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. (G)  
8:05 pm WTBS (3) ★½ "The Haunting" (1999, Horror) (PA) Liam Neeson. Jan de Bont's effects-laden

remake of the 1963 classic about research subjects who spend a weekend in a haunted house. (G)  
9:00 pm FAM (26) ★★½ "The Naked Gun: From the Files of Police Squad!" (1988) Leslie Nielsen. Lt. Frank Drebin ("Police Squad!") attempts to thwart a drug kingpin's plot to assassinate the Queen of England. (G)

10:05 pm WTBS (3) ★★½ "The Gift" (2000, Suspense) (PA) Cate Blanchett. Sam Raimi directed this atmospheric chiller about a psychic who is drawn into a murder case in the rural South. (G)

10:06 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.

Should Princeton go back to being Vermilion Forks?

[www.vermilionforks.ca](http://www.vermilionforks.ca)

Tell Us What You Think.

YES

NO

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TUESDAY, JULY 26, 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	Movie: "Son-in-Law"	News (E)	(Off Air)	Stretch Dragon	News (E)	News	Design Design	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monsters Boy (E)	SportsCentre (E)	News (E)	Daily Planet (E)	Paid Prog.	Something Hoze	News Calvin, Miller.	Maury Paternity results	Hillbillies
7 AM	Dawson's Creek (E)	Life Today	BluesClues	Clifford	Today Diane Lane; make-up; Dr. Walter Willett. (E)	The Early Show (E)	Sell House Sell House	Good Morning America (E)			Stickin George S.	SportsCentre (E)		Kalahari	Sabrina Charles	Aladdin Kim	News (E)	CityLine (E)	Matlock "The Idol" (E)
8 AM	Dawson's Creek (E)	Huntley Street (E)	Dora	Barney			Investigative Reports		100 Huntley Street (E)		Jacob Boy (E)	SportsCentre (E)		Monster Garage (E)	Paid Prog.	Lilo Stitch Mermaid		In Fashion Spin City	Rockford Files
9 AM	Cosby (E)	Save-Ums!	Magic Bus	Sesame Street (E)		Discover	City Confidential (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Mona Monster	Off-Record Fishing	Regis and Kelly	Daily Planet (E)	Dharma Paid Prog.	Pooh JoJo	Maury Paternity results.	News (E)	Magnum, P.I. (E)
10 AM	Cosby	The Price Is Right (E)	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right (E)	American Justice	The View (N) (E)	World Vision	Antique MoneyWs	Rupert Monsters	Fishing	The View (N) (E)	Ultimate Niagara Falls	The Larry Elder Show	Higglytown Henrys	Jerry Springer (N) (E)	Movie: "Twist" (1992) (E)	News (E)
11 AM	Harvey	Judge J.	CG Kids	Yoga	Frasier	Young and the Restless	Third Watch (E)	Paid Prog.	The Insider	News (Live) (E)	D'Myna Fly Rhino	Motorcycle Racing	Balance-TV	Kalahari	Montel Williams (E)	King (E)	Jerry Springer (E)	MovieTV	Rockford Files
12 PM	Drew	News (Live) (E)	Ministers Imprint	Charlie Rose (E)	Paid Prog.	News	Design	All My Children (E)	News (Live) (E)	Days of our Lives (E)	SpongeBob LazyTown	2005 ESPY Awards	Daily Bold & B.	Heliko (E)	Perry Mason	Fillmore Weekend	Maury (E)	CityLine (E)	Magnum, P.I. (E)
1 PM	Yes, Dear	Days of our Lives (E)	SportFish Planet	Wonderful Quilting	Days of our Lives (E)	As the World Turns	Sell House Sell House	One Life to Live (E)	As the World Turns	As the World Turns	George S. Care Bears		Vicki G.	Fear Fighters (E)	Fam. Feud	Recess Kim	Jerry Springer (E)	Relic Hunter (E)	Funnest Home Videos
2 PM	Home Imp.	The Outer Limits (N)	Gaslight Health	Mr Rogers Dragon	Passions (E)	Guiding Light (E)	Investigative Reports	General Hospital (E)	Passions (E)	Passions (E)	Mona Fly Rhino	Burning interruption	General Hospital (E)	How-Made	Pat Croce	Proud Lizzie	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM	Seinfeld	Emmerdale	Timothy	Postcards	Brown	Dr. Phil	City Confidential (E)	Paid Prog.	Young and the Restless	Young and the Restless	Jacob Mischiefs	Off-Record Sports	Dr. Phil	Building	Starting Over (E)	Fillmore Weekend	Pokémon Jackie	News (Live) (E)	Home Imp.
4 PM	Raymond	Simpsons	Cyberchas	Judge J.	Oprah Winfrey (E)	American Justice	Millionaire	Oprah Winfrey (E)	News (E)	Tn-Titans	MLB Baseball: Los	Frasier	Daily Planet (E)	Little House	Recess Barbarian	Xiaolin Xiaolin	Sex & City	Will-Grace	
5 PM	Friends	News (E)	George S.	BBC World	News (E)	News	Cold Case Files (E)	News (E)	News (E)	News (E)	Oddparent	Angels of Anaheim at	News (E)	How-Made	Malcolm Proud	Sabrina Lizzie	Friends Fresh Pr.	Smallville "Unsale"	MLB Baseball: San Francisco Giants at Chicago Cubs. (Live) (E)
6 PM	Sex & City	Will-Grace	Planet	News-Lehrer	News (E)	News	Dog	News (E)	News (Live) (E)	Past Lives	SpongeBob Being Ian	Toronto Blue Jays. (E)	News (E)	American Chopper (E)	Simpsons	Darcy So Raven	Friends Will-Grace	Movie: "Jawbreaker" (1999)	Francisco Giants at Chicago Cubs. (Live) (E)
7 PM	Friends	Fortune	Safe Pass	Nova (N) (DVS)	Jeopardy!	Seinfeld	Inked (E)	Entertain	Entertain	I Want to Be a Hilton	Drake Romeo!	SportsCentre (Live) (E)	eTalk Daily Hollywood (E)	American Hot Rod (E)	Will-Grace	Even Radio Free	Raymond Raymond	Rose McGowan.	WGN News
8 PM	Movie: "Domestic Disturbance" (2001) (E)	Coronatn	Goodall	Globe Trekker (E)	Average Joe	NCIS "Vanished" (E)	Angel	My Wife Lopez	Average Joe	House "Poison" (E)	ReBoot Beasties	Off-Record	Canadian Idol Top nine.	Daily Planet (E)	Trading Spouses	Boy World Brotherly	Gilmore Girls (E)	News (E)	Becker
9 PM	Disturbance (2001) (E)	Da Vinci's Inquest (E)	Kaldor Imprint	Wide Angle (N) (E)	I Want to Be a Hilton	Big Brother 6 (N) (E)	Cold Case Files (E)	Jim Rodney	House "Poison" (E)	Big Brother 6 (N) (E)	Mystery Funpak	Boxing: Tuesday Night Fights. (Taped)	Jim Comedy	American Chopper (E)	House "Poison" (E)	Movie: "Only You" (1992) (E)	Gilmore Girls (E)	Jimmy Kimmel Live (N)	Home Delivery
10 PM	Movie: "Before and After" (1996)	The National	Adven.-English	P.O.V. (N) (E)	Law & Order: SVU	Rock Star: INXS (N)	Dog	Empire (N) (E)	I Want to Be a Hilton	News (E)	Inuyasha Gundam	Fights.	Law & Order: SVU	American Hot Rod (E)	News	Boy World	KTLA Prime News (E)	(10:06) Movie: "Jawbreaker" (1999)	Justice Street
11 PM	Meryl Streep.	News (E)	Reach-Top	Charlie Rose (N) (E)	News (E)	News	Inked (E)	News (E)	News (Live) (E)	(11:03) Fear Factor (E)	Yvon My Family (E)	SportsCentre (Live) (E)	News (E)	How-Made	Becker	My So-Called Life	Will-Grace	Rose McGowan.	Elimidate

WEDNESDAY, JULY 27, 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) "Jumpin' Jack Flash"	News (E)	(Off Air)	Body Elec. Dragon	News (E)	News	Circus Freaks	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monsters Boy (E)	SportsCentre (E)	News (E)	Daily Planet (E)	Paid Prog.	Something Hoze	News Calvin, Miller.	Maury (N) (E)	Hillbillies
7 AM	Dawson's Creek (E)	Life Today	BluesClues	Cliff Pup	Today The Wiggles; Today's Kitchen. (E)	The Early Show (E)	Angel	Good Morning America (E)			Stickin George S.	SportsCentre (E)		Young-Wild	Sabrina Charles	Aladdin Kim	News (E)	CityLine (E)	Matlock "P.I." (E)
8 AM	Dawson's Creek (E)	Huntley Street (E)	Dora	Barney			Inked (E)		100 Huntley Street (E)		Jacob Boy (E)	SportsCentre (E)		American Chopper (E)	Paid Prog.	Lilo Stitch Mermaid		Star! Inside Spin City	Rockford Files
9 AM	Cosby (E)	Save-Ums!	Magic Bus	Sesame Street (E)		Discover	City Confidential (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Mona Monster	Off-Record Bowling	Regis and Kelly	Daily Planet (E)	Dharma Paid Prog.	Pooh JoJo	Maury (N) (E)	News (E)	Magnum, P.I. (E)
10 AM	Cosby	The Price Is Right (E)	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision	Diva Dime MoneyWs	Rupert Monsters	X Games	The View (N) (E)	How-Made	The Larry Elder Show	Stanley Henrys	Jerry Springer (N) (E)	Movie: "The Best Little"	News (E)
11 AM	Harvey	Judge J.	CG Kids	Yoga	Frasier	Young and the Restless	Third Watch "Ohio" (E)	Paid Prog.	The Insider	News (Live) (E)	D'Myna Fly Rhino	NHRA Drag Racing: Final Elimination	Balance-TV	Untamed Asia (E)	Montel Williams (E)	King (E)	Jerry Springer (E)	Whorehouse in Texas"	MLB Baseball: San Francisco Giants at Chicago Cubs. (Live) (E)
12 PM	Drew	News (Live) (E)	Realm "Tentacles" Sew Fun	Charlie Rose (N) (E)	Paid Prog.	News	Circus Freaks	All My Children (E)	News (Live) (E)	Days of our Lives (E)	SpongeBob LazyTown	Nationals --	Daily Bold & B.	Perry Mason	Fillmore Weekend	Maury (E)	CityLine (E)	Francisco Giants at Chicago Cubs. (Live) (E)	
1 PM	Yes, Dear	Days of our Lives (E)	Thimbles Planet	Simply Sewing	Days of our Lives (E)	As the World Turns	Angel	One Life to Live (E)	As the World Turns	As the World Turns	George S. Care Bears	Motoring	Vicki G.	Monster Garage (E)	Fam. Feud	Recess Kim	Jerry Springer (E)	Relic Hunter (E)	
2 PM	Home Imp.	The Outer Limits (N)	Gaslight Health	Mr Rogers Dragon	Passions (E)	Guiding Light (E)	Inked (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona Fly Rhino	Golf interruption	General Hospital (E)	Biker Build-Off (E)	Pat Croce	Proud Lizzie	Home Delivery	Ellen DeGeneres Show	Inning Cosby
3 PM	Seinfeld	Emmerdale	Timothy	Postcards	Brown	Dr. Phil	City Confidential (E)	Paid Prog.	Young and the Restless	Young and the Restless	Jacob Beasts	Off-Record Sports	Dr. Phil	How-Made	Starting Over (E)	Fillmore Weekend	Pokémon Jackie	News (Live) (E)	Home Imp.
4 PM	Raymond	Simpsons	Cyberchas	Judge J.	Oprah Winfrey (E)	American Justice	Millionaire	Oprah Winfrey (E)	News (E)	Tn-Titans	MLB Baseball: Los	Frasier	Daily Planet (E)	Little House	Recess Barbarian	Xiaolin Xiaolin	Sex & City	Will-Grace	
5 PM	Raymond	News (Live) (E)	George S.	BBC World	News (E)	News	Dog	News (E)	News (E)	News (E)	Oddparent	Angels of Anaheim at	News (E)	Last Mysterles of the Titanic	Malcolm Proud	Sabrina Lizzie	Friends Fresh Pr.	Supernanny (E)	Movie: "Murphy's Law" (1986)
6 PM	Seinfeld	Will-Grace	Imprint	News-Lehrer	News (E)	News	Inked (N)	News (E)	News (Live) (E)	2nd Chnce	SpongeBob Being Ian	Toronto Blue Jays. (E)	News (E)	Simpsons	Darcy So Raven	Friends Will-Grace	Movie: "Fools Rush In" (1997)	WGN News at Nine	
7 PM	Sex & City	Fortune	Wildness	AR FYI	Jeopardy!	Seinfeld	Angel	Entertain	Entertain	Queer Eye-Guy	Mystery Zixx	SportsCentre (Live) (E)	eTalk Daily Can Idol	MythBusters (E)	Will-Grace	Even Radio Free	Raymond Raymond	Matthew Perry.	
8 PM	Movie: "The Haunting" (1999) (PA)	Coronatn	The Shape of Life	American Masters "Goldwyn" (E)	Average Joe	The Cut (N) (E)	Crossing Jordan (E)	Supernanny (E)	Average Joe	70s Show	ReBoot Beasties	Off-Record	Brat Camp (N) (E)	MythBusters (E)	The Inside "Aidan" (N)	"The Naked Gun: Polico Squad"	Smallville "Lucy" (E)	Jimmy Kimmel Live (N)	Home Delivery
9 PM	Antiques Roadshow	Space Horizons (E)		Law & Order (E)	Rock: INXS King	Dog	Brat Camp (E)	The Inside "Aidan" (N)	The Inside "Aidan" (N)	Mystery 15/Love	Boxing (E)	Brat Camp (N) (E)	Law & Order (E)	Last Mysterles of the Titanic	News	Boy World	KTLA Prime News (E)	(10:06) Movie: "The Boxer" (1997)	Justice Street
10 PM	Movie: "The Gift" (2000) (PA)	The National	Ministers Kaldor	Yul Brynner	Law & Order (E)	CSI: NY "Outside Man" (E)	Inked (E)	Lost "Solitary" (E)	Queer Eye-Guy	News (E)	Inuyasha Gundam	Fights.	Law & Order (E)	Last Mysterles of the Titanic	Becker	My So-Called Life	Will-Grace	Rose McGowan.	Elimidate
11 PM	Cate Blanchett.	News (E)	Second Moving On (E)	Charlie Rose (N) (E)	News (E)	News	Angel	News (E)	News (Live) (E)	(11:03) Fear Factor (E)	Yvon My Family (E)	SportsCentre (Live) (E)	News (E)	How-Made	Just Shoot	My So-Called Life	Will-Grace	Rose McGowan.	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**

27 - Weyerhaeuser Free Swim, Centennial Pool  
 30 - Hedley Kids Fun Day, Woodlie Park, Hedley  
 30, 31 - Tulameen Family Days

**AUGUST**

1 - Tulameen Family Days  
 7 - Kars Under the K, Memorial Park, Keremeos  
 10 - Weyerhaeuser Free Swim, Centennial Pool  
 13 - Hedley Family Fun Day, Hedley  
 13 - Love Princeton Day  
 14 - Weyerhaeuser Free Swim, Centennial Pool  
 15-19 - Vacation Bible School  
 26 - Weyerhaeuser Free Swim, Centennial Pool  
 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](http://www.thenewsleader.ca)

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

**thursday movies**

**MORNING**

10:00 am CITY (29) ★★ "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)

**AFTERNOON**

5:00 pm WGN (38) ★★ "The Specialist" (1994, Drama) Sylvester Stallone. A woman enlists the aid of an explosives expert to take revenge on the Miami gangsters who murdered her parents. (In Stereo) (E)

**EVENING**

6:00 pm WTBS (3) ★★ "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The "International Man of Mystery" and a comely American agent attempt to retrieve Austin's stolen mojo from Dr. Evil. (E) (DVS)  
 CITY (29) ★★ "Cannibal Girls" (1973, Comedy) Eugene Levy. An evil minister uses hypnosis to turn his feminine parishioners into man-hungry beasts. (E) (DVS)  
 8:10 pm WTBS (3) ★★ "King Ralph" (1991, Comedy) John Goodman. The future of Britain's monarchy is in a Las Vegas lounge

lizard's hands when an accident wipes out the royal family. (E)  
 9:00 pm FAM (26) ★★ "City of Joy" (1992, Drama) Patrick Swayze. A disenchanted Houston surgeon finds enlightenment and understanding on the impoverished streets of Calcutta, India. (In Stereo)  
 10:06 pm CITY (29) "Julie and the Cadillacs" (1999, Comedy-Drama) Tina Russell. Members of a 1960s pop group find rough roads ahead when they are lured to London with promises of a lucrative contract.  
 10:10 pm WTBS (3) ★★ "On Deadly Ground" (1994, Adventure) (PA) Steven Seagal. An ex-CIA agent declares war on an Alaskan oil company when substandard equipment threatens lives and the environment. (E)

**Weather?**  
 Updated Hourly...  
**Road Reports?**  
 Updated Daily...  
[www.thenewsleader.ca](http://www.thenewsleader.ca)

**friday movies**

**MORNING**

10:00 am CITY (29) ★★ "Wild America" (1997, Adventure) Jonathan Taylor Thomas. In 1967, young Marty Stouffer and his brothers embark on a road trip to capture endangered species on film. (E)

**AFTERNOON**

5:00 pm WGN (38) ★★ "The Specialist" (1994, Drama) Sylvester Stallone. A woman enlists the aid of an explosives expert to take revenge on the Miami gangsters who murdered her parents. (In Stereo) (E)

**EVENING**

6:00 pm WTBS (3) ★★ "The Wedding Planner" (2001, Comedy) Jennifer Lopez. A wedding planner is shocked to learn that the man with whom she shared a romantic date is her biggest client's fiance. (E)  
 CITY (29) ★★ "Get Carter" (2000, Action) Sylvester Stallone. A mob enforcer puts the squeeze on Seattle scum when he suspects his brother's death was really a case of murder.  
 7:30 pm FAM (26) ★★ "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full potential and become a championship dance team. (In Stereo) (E)  
 8:10 pm WTBS (3) ★★ "The Wedding Planner" (2001, Comedy)

Jennifer Lopez. A wedding planner is shocked to learn that the man with whom she shared a romantic date is her biggest client's fiance. (E)  
 9:00 pm FAM (26) ★★ "Moonstruck" (1987, Comedy) Cher. Three Oscars want to this tale of a widowed Brooklyn book-keeper who falls in love with her fiance's brother. (In Stereo)  
 10:06 pm CITY (29) "Smooth Operator" (1995, Adult) Megan Hughes. A businesswoman tries to balance her insatiable drive for success with her equally demanding sexual appetite.  
 10:30 pm FAM (26) ★★ "Dirty Rotten Scoundrels" (1988, Comedy) Steve Martin. Two con artists zero in on a wealthy woman in a contest to determine who will lay claim to the French Riviera. (In Stereo)  
 11:12 pm KSPS (6) ★★ "The Thomas Crown Affair" (1968, Adventure) Steve McQueen. An insurance investigator becomes romantically involved with the millionaire she suspects organized a bank robbery.

**Similkameen News Leader Recipe Corner (Recipe #74)**

**Corn Meal Mix**

- 4 1/2 cups flour
- 2 1/2 cups corn meal
- 1 1/2 cups non-fat dry milk
- 1/4 cup baking powder
- 1 tbsp. salt
- 1 1/2 cups lard or other shortening

Sift dry ingredients together three times. Cut in lard until very well blended. Place in a tightly covered jar or canister. Keep in a cool place. Use within 30 days. Makes about 10 cups.

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

**226A Bridge Street, Princeton**

**Horoscopes**

July 27-August 3, 2005

**Aries** - You are probably feeling a bit lazy and just want to have fun, but you have money worries that don't match what you want to do. Best bet this week: accept restrictions, work around them.  
**Taurus** - Life around home may be challenging this week, due to work or family obligations. You want to have fun and spend time doing enjoyable activities. Your energy level climbs. Make your own fun!  
**Gemini** - Travel is not favoured this weekend. Time at home will bring a lot more pleasure and ease some of your worries. Be careful not to be your own worst enemy by putting your foot in mouth.  
**Cancer** - Lack of money or other resources may have you gnashing your teeth right now, but watch for opportunity through information you receive. Unexpected visitors affect career this weekend. Go slow!  
**Leo** - The weekend brings to a head all of the challenges facing you in this new phase you have entered. Demands on your time and energy may make you nerve-wracked or angry. Be calm, think!  
**Virgo** - You may have a strong urge to travel now and feel thwarted by restrictions. You look good, feel good, but you are changing and you need to think seriously about what you want. Get a physical check-up.  
**Libra** - A lot of activity focuses on shared resources. These could be shared with a spouse or partner, or be investments, mortgages, or other. Take time to do a real assessment and plan for the future.  
**Scorpio** - Partner, spouse, puts pressure on you this week at the emotional level through demands, and these will pile on top of career demands. Look for fun with groups of people you associate with.  
**Sagittarius** - You could have a lot of fun this weekend, even though travel may be a pain. You could be in for a surprise of some kind, perhaps a surprise gift. Job demands a lot of energy this week.  
**Capricorn** - You enjoy activity with young people this weekend, but try not to overdo the fun. It could turn into a burden. A visitor could bring you gifts, or come as a surprise. Career matters go well, speed up.  
**Aquarius** - Partner, spouse or close friend becomes a burden now, and it may mean conflict in the family. A fight could leave you on your own this weekend. Look for fun through sharing enjoyment.  
**Pisces** - You are brimming over with ideas for fun this weekend, and your spouse, partner, shares your ideas. Stay focused on work during week, as you tend to daydream, and could make serious errors.

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**Valley First**  
 INSURANCE SERVICES

8:30 AM - 5:00 PM  
 Monday - Friday  
 9:00 AM - 3:00 PM  
 Saturday

**114 Tipton Avenue  
 Princeton  
 (250) 295-6200**



THURSDAY, JULY 28, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Movie: "King Ralph"	News	(Off Air)	Stretch Dragon	News	News	Biography: Hulk Hogan	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Boy	SportsCentre	News	Daily Planet	Paid Prog.	Something	News Calvin, Miller	Maury Transsexuals (N)	Hillbillies
7 AM	Dawson's Creek	Life Today	BluesClues	Clifford	Today Roy Black; travel advice; summer foods.	The Early Show	Biography: Andre	Good Morning America			Stickin George S.	SportsCentre	Canada AM	Serpent	Libertys	Aladdin	News	CityLine	Matlock "The Accused"
8 AM	Dawson's Creek	Huntley Street	Dora	Barney			Investigative Reports			100 Huntley Street	Jacob Boy	Golf: Weetabix Women's		MythBusters	Paid Prog.	Lilo Stitch		Close-Up	Rockford Files
9 AM	Cosby	Save-Ums!	Magie Bus	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Mona	British Open	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury Transsexuals (N)	News	Magnum, P.I.
10 AM	MLB Baseball: Washington Nationals at Atlanta Braves.	The Price Is Right	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	American Justice	The View (N)	World Vision	Room MoneyWs	Rupert	Golf: U.S. Senior Open -- First Round. (Live)	The View (N)	How-Made	The Larry Elder Show	Higglytown Henrys	Jerry Springer (N)	Movie: "Fools Rush In" (1997)	News
11 AM	National Geographic (Live)	Judge J.	CG Kids	Yoga	Frasier	Young and the Restless	Third Watch	Paid Prog.	The Insider	News (Live)	D'Myna	First Round. (Live)	Balance-TV	Triumph of Life	Montel Williams	King	Jerry Springer Wedding.	Rockford Files	
12 PM		News (Live)	Reach-Top Animals	Charlie Rose	Paid Prog.	News	Biography: Hulk Hogan	All My Children	News (Live)	Days of our Lives	SpongeBob	LazyTown	Daily	Beyond Human	Perry Mason	Fillmore Weekend	Maury Opposites.	CityLine	Magnum, P.I.
1 PM	Yes, Dear	Days of our Lives	Journal Planet	Painting Needle Art	Days of our Lives	As the World Turns	Biography: Andre	One Life to Live	As the World Turns	As the World Turns	George S.	PGA Golf: Buick Open -- First Round. (Live)	Vicki G.	Last Mysteries of the Titanic	Fam. Feud	Recess	Jerry Springer	Relic Hunter	Funniest Home Videos
2 PM	Home Imp.	The Outer Limits (N)	Gaslight	Mr Rogers	Passions	Guiding Light	Investigative Reports	General Hospital	Passions	Passions	Mona	Fly Rhino	General Hospital		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	Cyberchas	Judge J.	Oprah Winfrey	American Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	CFL	Frasier	Daily Planet	Little House	Recess	Xiaolin	Sex & City	Will-Grace
5 PM	Friends	News (Live)	George S.	BBC World	News	News	Cold Case Files	News	News	News	Oddparent	Argonauts at Montreal Alouettes. (Live)	News	Frontiers of	Malcolm King of Hill	Proud	Sabrina	Hey Joel	Movie: "The Specialist" (1994)
6 PM	Austin Powers: The Spy Who Shagged Me	Will-Grace	Edge	News-Lehrer	News	News	News	News	News	Summit	SpongeBob	Being Ian	News	Extreme Engineering	Simpsons	Darcy	Friends	Movie: "Cannibal Girls" (1973)	Sylvester Stallone.
7 PM	Who Shagged Me	Fortune	Beef Inc.	History Detectives (N)	Jeopardy!	Seinfeld	The First 48	Entertain	Entertain	Without a Trace	Endurance	SportsCentre (Live)	eTalk Daily	Death in the Pacific	Will-Grace	Even	Raymond	(1973) Eugene Levy.	WGN News at Nine
8 PM	Movie: "King Ralph"	Stargate SG-1 (N)	Ministers	Jonathan Creek	Joey	Big Brother 6	Crossing Jordan	Extreme Makeover	Will-Grace	Will-Grace	ReBoot	Off-Record	Veronica Mars (N)	Daily Planet	'70s Show	Boy World	Smallville "Onyx"	News	Becker
9 PM	(1991) John Goodman.	Largo Winch (N)	Rescue From Sumatra	Battlefield	The Law Firm (N)	CSI: Crime Scn	Cold Case Files	Hooking Up (N)	Will-Grace	Will-Grace	Mystery	Mixed Martial Arts: Freedom Fight 2	CSI: Crime Scn	Extreme Engineering	The O.C.	Movie: "City of Joy" (1992, Drama)	Everwood	Jimmy Kimmel Live	Home Delivery
10 PM	(10:10) Movie: "On Deadly Ground"	The National	Lost Treasures	Soundstage "Heart" (N)	(9:59) ER "Fear"	Without a Trace	young hitchhiker.	Primetime	Without a Trace	News	Inuyasha	Gundam	(9:59) ER "Fear"	Death in the Pacific	Malcolm	Boy World	KTLA Prime News	(10:06) Movie: "Julie and the Cadillacs" (1999)	Justice Street
11 PM	PM (1994) (PA)	News	Perspectives	Charlie Rose (N)	News	News	The First 48	News	News	(11:03) Fear Factor	Yvon	SportsCentre (Live)	News	Frontiers of	Becker	My So-Called Life	Will-Grace	Elimidate	

FRIDAY, JULY 29, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (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	Paid Prog.	Something	News Calvin, Miller	Maury (N)	Hillbillies
7 AM	Dawson's Creek	Life Today	BluesClues	Clifford	Today Destiny's Child.	The Early Show	Murder, She Wrote	Good Morning America			Stickin George S.	SportsCentre	Canada AM	Nature	Libertys	Aladdin	News	CityLine	Matlock "The Accused"
8 AM	Dawson's Creek	Huntley Street	Dora	Barney			Investigative Reports			100 Huntley Street	Jacob Boy	Golf: Weetabix Women's		American Hot Rod	Paid Prog.	Lilo Stitch		At Movies	Rockford Files
9 AM	Cosby	Save-Ums!	Magie Bus	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Mona	British Open	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury (N)	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 (N)	World Vision	Homes MoneyWs	Rupert	Golf: U.S. Senior Open -- Second Round. (Live)	The View (N)	How-Made	The Larry Elder Show	Stanley Henrys	Jerry Springer (N)	Movie: "Wild America" (1997), Devon Sawa	News
11 AM	Yes, Dear	Judge J.	CG Kids	Yoga	Frasier	Young and the Restless	Third Watch	Paid Prog.	The Insider	News (Live)	D'Myna	Second Round. (Live)	Balance-TV	Super Ships	Montel Williams	King	Jerry Springer	MLB Baseball: Arizona	
12 PM	Drew	News (Live)	Edge	Charlie Rose	Paid Prog.	News	Murder, She Wrote	All My Children	News (Live)	Days of our Lives	SpongeBob	LazyTown	Daily	Frontiers of	Perry Mason	Fillmore Weekend	Maury	CityLine	Diamondbacks at Chicago Cubs. (Live)
1 PM	Drew	Days of our Lives	Safe Pass	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.	PGA Golf: Buick Open -- Second Round. (Live)	Vicki G.	Extreme Engineering	Fam. Feud	Recess	Jerry Springer	Relic Hunter	Inning
2 PM	Home Imp.	The Outer Limits (N)	Gaslight	Mr Rogers	Passions	Guiding Light	Investigative Reports	General Hospital	Passions	Passions	Mona	Fly Rhino	General Hospital	Death in the Pacific	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	Dora the Explorer	Cyberchas	Judge J.	Oprah Winfrey	American Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	MLB	Frasier	Daily Planet	Little House	Recess	Xiaolin	Sex & City	Will-Grace
5 PM	Friends	News (Live)	George S.	BBC World	News	News	Biography: Bee Gees	News	News	News	Oddparent	Rangers at Toronto Blue Jays. (Live)	News	Fear Fighters "Police"	Malcolm King of Hill	Proud	Sabrina	Star Trek: Enterprise	Movie: "The Specialist" (1994)
6 PM	Movie: "The Wedding Planner" (2001)	Will-Grace	Safe Pass	News-Lehrer	News	News	Biography "Will Smith"	News	News	Homes	Yu-Gi-Oh!	Beyblade	News	Bears	Simpsons	Zoey 101	Friends	Movie: "Get Carter" (2000)	Sylvester Stallone.
7 PM		Fortune	Oceans: Quest	Wash Wk	Jeopardy!	Seinfeld	Biography (N)	Entertain	Entertain	The Outer Limits	Gundam	CFL	eTalk Daily	Blueprint for Disaster	Will-Grace	School	Raymond	(2000) Sylvester Stallone.	WGN News at Nine
8 PM	(8:10) Movie: "The Wedding Planner" (2001)	Air Farce	Falling for a Dancer (Part 1 of 2)	NOW (N)	Dateline NBC "Saving Carrick" (N)	60 Minutes II	American Justice	8 Rules	Arrested	Gilmore Girls	One Piece	Dragonball	Beauty and the Geek	Daily Planet	Arrested	Movie: "Gotta Kick It Up" (2002)	What I Like	News	Becker
9 PM	Wedding Planner (2001)	Just for Laughs	Richard Rodgers Some	Enchanted	Crossing Jordan	NUMB3RS "Vector"	Biography "Will Smith"	Hope	Arrested	Girl Racers (N)	Justice	Gundam	Punk'd (N)	Sex Files	Arrested	Movie: "Moonstruck" (1987)	Reba	Jimmy Kimmel Live (N)	Home Delivery
10 PM	Store	The National	Sherlock Holmes	Vicar-Dibly	News	News	Biography	News	News	(11:03) Fear Factor	ReBoot	SportsCentre (Live)	News	American Chopper	Becker	Movie: "Dirty Rotten Scoundrels"	Will-Grace	Doug Jeffrey	Elimidate
11 PM	Family Guy	News	Canada-History	"Thomas Crown"	News	News	Biography	News	News	(11:03) Fear Factor	Beasties	SportsCentre (Live)	News	Just Shoot	Becker	Will-Grace	Elimidate		



# saturday movies

### MORNING

7:05 am WTBS (3) ★★☆☆"Rain Man" (1988, Drama) Dustin Hoffman. A greedy hustler bonds with the brother he never knew, an autistic savant who inherited most of their father's estate. (E)

8:00 am A&E (9) ★★☆☆"The Brooke Ellison Story" (2004, Docudrama) Mary Elizabeth Mastrantonio. A youth vows to lead as normal a life as possible after she is hit by a car and left paralyzed from the neck down. (E)

10:20 am WTBS (3) ★★☆☆"Jerry Maguire" (1996, Comedy-Drama) Tom Cruise. An ousted sports agent attempts to rebuild his career with the help of a loyal accountant and an egotistical athlete. (E)

### AFTERNOON

12:00 pm FAM (26) ★★☆☆"Right on Track" (2003, Drama) Beverley Mitchell, Erica Enders and her sister Courtney become forces to be reckoned with in the male-dominated world of drag racing. (E)

1:00 pm CITY (29) ★★☆☆"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)

1:25 pm WTBS (3) ★★☆☆"Three Wishes" (1995, Drama) Patrick Swayze. In 1955, a mysterious vagrant helps transform a young misfit into the star of a Little League Baseball team. (E)

1:30 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. (E)

4:00 pm KTLA (27) ★★☆☆"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)

4:30 pm WGN (38) ★★☆☆"Extreme Measures" (1996, Suspense) Hugh Grant. An ER doctor puts his own life in jeopardy when he refuses to stop investigating a homeless man's strange death. (In Stereo) (E)

5:00 pm CITY (29) ★★☆☆"Sleepy Hollow" (1999, Horror) Johnny

Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. Directed by Tim Burton. (E)

### EVENING

7:00 pm WTBS (3) ★★☆☆"Jerry Maguire" (1996, Comedy-Drama) Tom Cruise. An ousted sports agent attempts to rebuild his career with the help of a loyal accountant and an egotistical athlete. (E)

8:00 pm KXLY (10) ★★☆☆"K-PAX" (2001, Drama) Kevin Spacey. Premiere. A therapist investigates the possibility that his new patient's claim of extraterrestrial origin may be true. (In Stereo) (E)

8:30 pm WGN (38) ★★☆☆"Extreme Measures" (1996, Suspense) Hugh Grant. An ER doctor puts his own life in jeopardy when he refuses to stop investigating a homeless man's strange death. (In Stereo) (E)

9:00 pm CHBC (4) ★★☆☆"A Bear Named Winnie" (2004, Drama) Michael Fassbender. A soldier develops a strong bond with a cub before he is sent to fight in World War I. (E)

YTV (18) ★★☆☆"Stand by Me" (1986, Comedy-Drama) Wil Wheaton. Four friends share what could be their last adventure together as they search for a missing boy's body. (In Stereo) (E)

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)

CITY (29) ★★☆☆"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. (E)

10:00 pm WTBS (3) ★★☆☆"Tommy Boy" (1995, Comedy) Chris Farley. A hefty underachiever becomes a traveling salesman to save his father's auto-parts company from financial ruin. (E)

10:49 pm 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. (E)

11:00 pm CITY (29) ★★☆☆"Sleepy Hollow" (1999, Horror) Johnny Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. Directed by Tim Burton. (E)

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

Hour	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
12:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

# sunday movies

### MORNING

6:00 am WTBS (3) ★☆☆☆"What's the Worst That Could Happen?" (2001, Comedy) Martin Lawrence. A battle of wills erupts between a wealthy businessman and the professional thief he caught in the midst of a robbery. (E)

7:30 am A&E (9) ★★☆☆"Manhunter" (1986, Suspense) William L. Petersen. A former FBI agent known for his unusual investigative style is brought out of retirement to track down a killer. (E)

8:00 am WTBS (3) ★★☆☆"Tommy Boy" (1995, Comedy) Chris Farley. A hefty underachiever becomes a traveling salesman to save his father's auto-parts company from financial ruin. (E)

10:00 am CHBC (4) ★★☆☆"The Piano Man's Daughter" (2000, Drama) Christian Campbell. A charismatic musician tickles both the ivories and women's hearts as a piano player with a 1930s swing band. (E)

11:00 am CITY (29) ★☆☆☆"Shark Attack" (1999, Action) Casper Van Dien. A marine biologist uncovers an old rival's hand behind a rash of unusual

shark attacks in African waters. (E)

### AFTERNOON

12:00 pm FAM (26) ★☆☆☆"A Ring of Endless Light" (2002, Drama) Mischa Barton. Based on the novel by Madeleine L'Engle. A teenager who can communicate with dolphins has an extraordinary summer. (In Stereo) (E)

1:00 pm WTBS (3) ★★☆☆"The Mask" (1994, Fantasy) (PA) Jim Carrey. A mild-mannered loser is transformed into a being of charisma, color and confidence when he dons a strange mask. (E)

KTLA (27) ★★☆☆"Sex & Mrs. X" (2000, Drama) Linda Hamilton. A conservative journalist learns the art of seduction after interviewing an upscale matchmaker. (In Stereo)

1:30 pm FAM (26) ★★☆☆"Father and Scout" (1994, Comedy-Drama) Bob Saget. A man gets a chance to demonstrate his total lack of athleticism when he joins his son on a weekend camping trip. (E)

2:00 pm VTV (22) ★☆☆☆"Broken Lullaby" (1994, Mystery) Mel Harris. A woman's search for her aunt's ancestry brings her face to face with

an art expert who may represent love or danger. (In Stereo) (E)

3:00 pm WTBS (3) ★★☆☆"Dumb & Dumber" (1994, Comedy) Jim Carrey. Two intellectually challenged buddies follow a woman to Colorado to return the ransom-filled briefcase she left behind. (E)

KTLA (27) ★★☆☆"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. (E)

4:00 pm YTV (18) ★★☆☆"Beethoven's 5th" (2003, Comedy) John Larroquette. Gold fever strikes after Beethoven digs up part of a long-lost fortune from the 1920s.

5:00 pm WTBS (3) ★★☆☆"The Truman Show" (1998, Comedy-Drama) Jim Carrey. The resident of an all-too perfect seaside community gradually discovers that he is the subject of a 24-hour TV show. (E)

WGN (38) ★★☆☆"Stigmata" (1999, Horror) Patricia Arquette. A priest is called in to investigate when a young woman begins having strange visions and suffers Christlike wounds.

### EVENING

6:00 pm CITY (29) ★☆☆☆"I Am Sam" (2001, Drama) Sean Penn. Premiere. A mentally challenged

father must fight to win back custody of his beloved daughter. (In Stereo) (E) (DVS)

8:00 pm WTBS (3) ★★☆☆"The Truman Show" (1998, Comedy-Drama) Jim Carrey. The resident of an all-too perfect seaside community gradually discovers that he is the subject of a 24-hour TV show. (E)

CHBC (4) ★★☆☆"Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) (Part 1 of 2) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (E)

KTLA (27) ★★☆☆"Ride" (1998, Comedy) Malik Yoba. An aspiring filmmaker has some wild experiences while transporting some rappers to Florida for a music video. (In Stereo) (E)

9:00 pm KREM (8) ★☆☆☆"I Am Sam" (2001, Drama) Sean Penn. Premiere. A mentally challenged father must fight to win back custody of his beloved daughter. (In Stereo) (E) (DVS)

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

10:00 pm WTBS (3) ★★☆☆"The Mask" (1994, Fantasy) (PA) Jim

Carrey. A mild-mannered loser is transformed into a being of charisma, color and confidence when he dons a strange mask. (E)

10:15 pm CHBC (4) ★★☆☆"Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) (Part 2 of 2) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (E)

11:28 pm FAM (26) ★★☆☆"Wind" (1992, Adventure) Matthew Modine. A fictional account of the United States' first-ever loss of the coveted America's Cup sailing championship. (In Stereo) (E)

11:30 pm CITY (29) ★☆☆☆"Kissing a Fool" (1998, Comedy) David Schwimmer. Nervousness about his upcoming marriage leads a womanizing bachelor to propose a fidelity test for his unwary fiancée.

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MONDAY, AUGUST 1, 2005

Table with 20 columns (channels: WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows (time slots: 6 AM, 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2 PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM, 8 PM, 9 PM, 10 PM, 11 PM). Each cell contains program titles and channel numbers.

monday movies

MORNING

6:30 am A&E (9) ★★½ "Good Will Hunting" (1997, Drama) Matt Damon. A young janitor with a high intellect goes through a battle of wits with a therapist over his true feelings. (E)
10:00 am CITY (29) ★ "Shark Attack" (1999, Action) Casper Van Dien. A marine biologist uncovers an old rival's hand behind a rash of unusual shark attacks in African waters. (E)

AFTERNOON

12:30 pm A&E (9) ★★½ "Good Will Hunting" (1997, Drama) Matt Damon. A young janitor with a high intellect goes through a battle of wits with a therapist over his true feelings. (E)

EVENING

6:00 pm CITY (29) ★½ "Hard Rain" (1998, Suspense) Morgan Freeman. Bank robbers battle a corrupt sheriff for \$3 million in a Midwestern town ravaged by a breaking dam. (E)
8:00 pm CHBC (4) ★★ "Signs" (2002, Science Fiction) Mel Gibson. A former clergyman and his family discover that the strange crop circles in his cornfield have an alien origin. (E)
KXLY (10) ★★ "The Sixth Sense" (1999, Horror) Bruce Willis. A child psychologist attempts to help a bright but troubled youngster who is haunted by visions of dead people. (In Stereo)

9:00 pm WTBS (3) ★★½ "The Jerk" (1979, Comedy) Steve Martin. The incredibly stupid white stepson of black sharecroppers makes a fortune with a bizarre invention. (E)
FAM (26) ★½ "MVP2: Most Vertical Primate" (2002, Comedy) Richard Karn. Dreams of skateboarding stardom come true for a homeless boy and the fugitive chimpanzee he befriends. (In Stereo) (E)
10:06 pm CITY (29) ★½ "Hard Rain" (1998, Suspense) Morgan Freeman. Bank robbers battle a corrupt sheriff for \$3 million in a Midwestern town ravaged by a breaking dam. (E)
11:00 pm WTBS (3) ★★ "Amos & Andrew" (1993, Comedy) Nicolas Cage. A famous black writer is pinned down by gunfire after neighbors mistake him for a burglar in his newly purchased home. (E)

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Word search grid with 15 rows and 25 columns of letters.

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Let's Play Princeton Trivia!

Question:

What happened on February 15, 1952?

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The Gordon Brothers established a trap line in the early 1900's. The line, which roughly followed the Hope-Princeton, was 98 miles in length.

www.princetonmuseum.com

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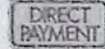
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### notice

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Jul 06-tfn

### notices

## DAIRY QUEEN

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Jan 25-tfn

### obituary

### obituary

### lost

## STEVE KOVACS



Steve Kovacs passed away suddenly on Wednesday, July 13, 2005 in Princeton at the age of 41 years. Steve will be very lovingly missed by his wife Joanne of 21 years, two sons; Steve Jr. (age 16) and Michael (age 14), sister Mary McGowan of Kamloops and husband Robert, and their children; son, Justin and daughter, Nisa, brother Andy Kovacs of Princeton and wife Donna, and their two daughters; Christina and Rene, sister Liz Weber of Calgary and husband Frank, and their son Dorian, also his family in Hungary and many friends. He was predeceased by his mother, Mary Kovacs and his father, Andrew Kovacs. Steve was born in Wells, BC and had traveled to various mining communities in BC until 1972, when his family settled in Princeton. He graduated from Princeton Secondary School in 1981. Steve left home to join the Canadian Forces in 1982. During his time in the Forces, Steve had gone to Cyprus for peace keeping duties with the Princess Patricia Canadian Light Infantry. He was honourably discharged in 1985. Steve graduated from Fanshawe College in London, Ontario, in the Respiratory Therapy field in 1995. He did his residency in the Windsor General Hospital and London's Childrens Hospital. Steve then returned to Princeton in 1995, where he worked in the automotive industry. Steve was a member of the Model Aeronautics Association of Canada (MAAC), since 1994. His passion led him to organizing jet and scale airplane rallies in Princeton. Steve volunteered in schools to teach building rockets and planes. He was a devoted father to his two sons and was always there for them. He was very patient, kind, and enjoyed spoiling them as much as possible. Steve will forever live in our hearts as the intelligent, gentle, kindhearted, wonderful man he was, and always cherished as the loyal husband, father, brother, friend and uncle. We all miss him and love him terribly. A Funeral Service was held at the United Church Hall in Princeton at 11:00 AM, on Thursday, July 21, 2005, with interment in the Princeton Cemetery.

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

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.

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Tomato vendor in Keremeos.  
Cecil Cropley (250) 499-5506.  
Jul 19-Aug 02

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**(250) 295-6650**  
Jun 07-Oct 04

### card of thanks

Knights of Columbus of St. Peters Catholic Church thank all who donated to our successful Salmon Fest.

Overwaitea, Mac's Auto Parts, Valley First Credit Union, Home Hardware, Stedman's V&S, Pharmasave, Loonie Bin, The Source By Circuit City, Liquor Store, BackRoads Bike Shop, Cold Beer & Wine Store, Husky, Belaire Restaurant, Chaps Restaurant, Billy's Family Restaurant, Santo's Pizza, Kevin Acres, Basilian Fathers, Petersen Bluff Ranch, Ben Mazzarella, Jeff Goudreau, Mike Wienicke, Ray Jarvis and all the ladies of the Parish who donated condiments and assisted in serving to make our Salmon Fest a super success.

### services

**Ray's Prop Repair - Winfield**  
New and reconditioned props.  
Repair drop-off: Princeton Hydraulics & Machine Shop.  
Friday to Friday turnaround.  
**(250) 766-2482**  
June 28-July 26

### for sale

1985 Plymouth Caravelle. Auto., 4-door, new tires on front, well-maintained. Lady driven. \$1,200 OBO. (250) 492-7315. Jul 19-Aug 02

1996 Grand Am. 115,000km. New brakes. Open to offers. (250) 295-0560. Jul 19-Aug 09

1966 VW Beetle 1200. Original upholstery. Rebuilt 1600cc engine. New battery. Oil changed. Engine cleaned. Sunroof. Stereo & speakers. Good tires. Needs cosmetics and lots of TLC. An ideal restoration vehicle. \$3,000 OBO. Call (250) 295-6052. Jul 26-Aug 09

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Jul 19-tfn

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Fridge, washer, dryer. Call (250) 295-3258 or 295-3992. Jul 12-26

### real estate

Tulameen House For Sale. 160 George Street. 2 story, 8 year old custom designed home, 3-bedroom, 2-bath on large lot, vaulted pine ceiling, hardwood floors, tile, kitchen has oak cabinets, attached garage, 2 sheds and underground sprinkling system. Moments from river and Otter Lake. \$259,000. Phone Rod Dixon to view at (250) 295-3357. Jul 12-26

### card of thanks

### card of thanks

## Thank You...THANK YOU...Thank You!

To all my wonderful friends, thank you, for all the beautiful flowers, plants, cards, gifts, phone calls and meals on wheels you delivered. The visits, the prayers and "get well" cherries.

Having such kind and caring friends has been a blessing, and helped keep my spirits up during my recovery. You are each truly one of a kind and I will never forget your thoughtfulness.

Special thanks to all the ladies of the Hospital Auxiliary, and good friends Mary Bird, Kathy Musaloff and Faye Clarke. Again, thank you!

Maureen Turner



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WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

notices

for rent

[www.thenewsleader.ca](http://www.thenewsleader.ca)

**DID YOU KNOW THAT ONE CAT AND IT'S OFFSPRING CAN PRODUCE APPROXIMATELY 420,000 KITTENS IN 7 YEARS?**

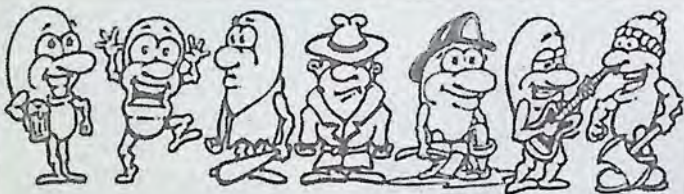
**SHOCKED? SO WAS I BECAUSE MANY OF THESE CATS AND KITTENS DON'T FIND HOMES AND BECOME A NUISANCE IN OUR COMMUNITY.**

I think a start to solving this problem is to fix our cats. So I'm offering to help people with a donation of \$50 for a female and \$25 for a male cat...if you get your pet fixed. Contact Dawn at Princeton Bakery (295-6670) before your vet appointment so we can make arrangements.

[www.thenewsleader.ca](http://www.thenewsleader.ca)

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

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

for rent

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One Bedroom Apartments.  
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 - Start at only \$325/month.

Contact new resident manager (250) 295-4805

Mar 08-tfn

for sale

for sale

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

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For Seniors 55 & Older Bachelor Suites, \$225/mo  
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Contact: Alice Cook  
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 (250) 295-3825

Jan 18-tfn (b)

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Natural character chart - \$25.

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12-Volt self boat loader \$500 OBO...9 1/2 foot Camper in good shape. \$800 OBO. (250) 295-0201. Jul 12-26

Electric lawn mower and catcher, \$80.00...Antique rocking chair - 90 years old. Upright Phantom vacuum cleaner, \$80.00...all in prime condition. (250) 295-6875 after 6:00 PM.. Jul 12-26

services

Online classifieds for only \$1.00 + GST per month. Contact us for all the details! (250) 295-4149.

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help wanted

help wanted

Princeton & District Community Services is accepting applications for the position of Maintenance Supervisor.

The successful applicant will possess superior skills in a variety of areas: property management; mechanical repairs; grounds and building maintenance; safety procedures; communications (written and verbal). We are looking for a self-motivated, reliable and personable individual interested in working with a progressive, service based organization. This is currently a full-time position. Application forms are available at the Community Services office, 154 Halliford Street, Princeton, BC.

Please submit completed applications, resume and a covering letter to the above address or to Box 1960, Princeton, BC V0X 1W0. Closing date for applications is August 19, 2005.

Princeton & District Community Services is anticipating an opening for a RN Supervisor in their Home Support Program.

The preferred applicant will be a practicing RN with a comprehensive background in the geriatric and mental health fields; possess strong supervisory skills; be computer literate; be highly motivated and self-directed; a strong team member and an empathetic caregiver. Consideration may be extended to include persons with alternate certification and related experience in the health care sector. This is currently a .75 FTE position but could be adjusted up or down to meet the needs of the applicant. The current position requires both nursing and administrative skills. Community Services is a multi-service agency, providing services to the elderly, persons with disabilities and the disadvantaged within the Princeton area. Application forms are available at 154 Halliford Avenue, Princeton.

Interested persons should submit their application, resume and a covering letter to the attention of Lynn Pelly, Box 1960, Princeton, BC V0X 1W0. Closing date for application is July 29, 2005.



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WEEKLY DEADLINE IS 12 NOON FRIDAYS



## notices

### Town of Princeton NOTICE

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

## notices

### Puppies & Kittens Available For You To Adopt

6-8 weeks old  
South Okanagan  
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Mar 01-tfn

## notices

### MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. #30

162 Angela Avenue  
4:30 PM Sales Start  
5:30 PM 1st 47 Bonanza #'s  
SPECIALS, REGULAR GAMES, ODD &  
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LOONIE POT, 'LUCKY 7' WON EVERY  
MONDAY (MIN. \$50.00 GUARANTEED)  
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## BINGO

HEDLEY  
OAPO #64

Thursdays  
5:30 PM

Play Safe - Gamble Responsibly  
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SHOULD PRINCETON  
CHANGE BACK TO  
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TIME FOR THE 2010  
GAMES — THE 150TH  
ANNIVERSARY OF THE  
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### ALCOHOLICS ANONYMOUS former Health Centre Building

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

### Narcotics Anonymous

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(USE BACK DOOR)

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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.

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it's produced and hits the mar-  
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light in my upcoming book, "It  
Didn't Work After All." My  
intention is to focus on the peo-  
ple behind the ideas. Call me at  
(250) 295-1960.

## notices

## notices



PROVINCE OF BRITISH COLUMBIA  
MINISTRY OF FORESTS



### BC TIMBER SALES TIMBER SALE LICENCE A728881

Please take note that Timber Sale A72881 at Elusive will not be opening on  
July 29, 2005. The new opening date is now August 18, 2005 at 2:00 PM.

Please watch for a new Site Plan and Site Plan Map to be added under  
"Official Notices" on the website. The expected date for the Site Plan and map  
is August 4, 2005.

Sorry for any inconvenience this may have caused.



PROVINCE OF BRITISH COLUMBIA  
MINISTRY OF FORESTS



### Forest Development Plan Amendment BC TIMBER SALES

Notice is hereby given that BC Timber Sales (BCTS) intends to submit an amendment to its  
currently approved 2001-2006 Forest Development Plan (FDP) for the Merritt TSA. The  
purpose of this amendment is to add a cut block for the major salvage of Mountain Pine  
Beetle infested trees and surrounding susceptible timber.

This amendment is necessary for a cut block and associated roads not previously identified  
on the 2001-2006 Forest Development Plan.

The amendment details are as follows:

Amendment #	Geographic Area	# of Blocks	Area (ha)	Volume (m <sup>3</sup> )	Length of New Road (km)
40	Copper Creek	1	43.5	7,500	1.8

The proposed cut block and roads are laid out as per timber harvesting guidelines under the  
Forest Practices Code of British Columbia Act.

Public viewing of this amendment is available during normal working hours from 8:30 AM  
to 4:30 PM at the BC Timber Sales office, Kamloops Business Area, 1265 Dalhousie Drive,  
Kamloops, BC, V2C 5Z5 until September 26, 2005.

Comments may be made in writing to Bert Middelburg, at the above address, faxed to (250)  
828-4627 or e-mailed to [BeMiddel@Victoria1.gov.bc.ca](mailto:BeMiddel@Victoria1.gov.bc.ca). In order to be considered in the  
final submission, written comments must be received prior to September 26, 2005.

[www.thenewsleader.ca](http://www.thenewsleader.ca)  
[www.vermilionforks.ca](http://www.vermilionforks.ca)

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# editor@thenewsleader.ca

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

## my turn

### Council missed the point

Town Council turned down a request from a local citizen for a 'busking licence' at the July 18th Town Council meeting.

Busking, by definition, is the practice of performing in public places to receive donations of money.

Some Okanagan Valley communities have actually embraced the concept of busking and have created 'zones' in their community where buskers can gather and do their thing.

In fact, the busking program in one of these communities led to the creation of a festival built around busking and it's many forms.

It was a very popular event.

When you think about it the person looking for the licence did not have to go to Council in the first place. She should have just started 'busking' in downtown Princeton and waited until Council pulled out an imaginary bylaw and tried to enforce it.

But she chose to be honest in her approach and asked Council for permission to try to improve her life.

Town Council seems to have confused busking with begging...which is very different. She wasn't asking for a hand out, she was asking for a hand.

Council has also missed the point that if someone wants to busk in order to improve their quality of life, then there must be something missing in the community.

We're not saying Council should fall over themselves to help each and every person honestly looking for genuine help, but maybe they should have looked at the busking licence request as a signal to spring into action and examine existing services and try to determine what is really wrong here.

We would expect Council to respond to that by saying it's not in their mandate, or not part of their civic duty.

Turning their back on a resident trying to help themselves can't be part of their mandate either but they succeeded in doing that with little effort.

We even attempted to contact Town Hall with a request for further information concerning any bylaws related to busking in the Town of Princeton.

We did not receive a response.

As a result, we have chosen to invite buskers to perform in front of our office (226A Bridge Street) each and every Friday.

The Mayor stated at the July 18th Town Council meeting that he had no problem with busking in the downtown core if it was connected to a store promotion of some kind.

Well, we're just promoting our business.

#### 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

ISSN 1712-090X

Your Independent Source for Valley News & Information

Published weekly by Bengel Publishing Inc.

226A Bridge Street, P.O. Box 956,

Princeton, B.C., V0X 1W0

Phone (250) 295-4149 • Fax (250) 295-4103

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## TIS TOONS



## your turn

### International Friendship Day

Dear friends:

July 20th, 1959 was the day in which the man arrived at the moon for the first time. It was a very important fact that joined in emotion all towns in the world. Due to the fact that dream came true all July 20th the international day for friendship is commemorated around the world. Friend is a word that only has six letters but it represent much more, a wonderful feeling so great and important as "FRIENDSHIP".

Thanks to the Rotary magic, I could spend the months of April and May of the present year in the north extreme of the American continent (Washington State and British Columbia). As a result, I was so lucky to know a lot of friends that I will never forget.

In this special occasion, I would like to express my gratitude for your friendship during the program GSE. I do not really have any words to thank all the people who did an excellent job in order to give us an incredible group studies exchange travel. Our trip through the District 5960 was without any doubt one of the most important experiences in my life. The human warmest that you have offered us during those 30 days of magic cannot be explained.

As all you know, I do not speak English very well, but what you gave me in each moment that we shared together did not need any words. Thanks for opening your hearts and for bringing me your friendship. All of you are in my heart and my hands will always be opened towards you and your towns.

I would like to thank you again, since I consider the opportunity you have offered to me, is a clear sign of friendship among countries. While millions of people die by hunger or illnesses and many others are only worried about creating weapons to dominate those who have differences, the ROTARIANS are worried about generating one of the most important links on the way of the towns development, "THE FRIENDSHIP".

Rotarian friends, We know that Rotary does not need to arrive at the moon to comply its challenge

of achieving the WORLD PEACE based on the friendship; Rotary only needs people as you and take for granted that the objective will be reached!

I send you a strong hug from my loved Argentina.

- Esteban Dario Vera  
(Editor's Note: Vera and four other Argentinians were in Princeton May 3rd. They made a presentation at the Princeton Rotary Club luncheon with details on their tour as well as their homeland. Vera is an environmental safety engineer in Buenos Aires).



The group study exchange group from Argentina included, standing from left, Pilar Thill, Erika Bauger, Esteban Vera, and Ignacio Ardaiz. Team Leader "Penky" Maliandi is in front.



Current Comment:

Godzilla reminds me of a nun



Dawn Johnson editor@thenewsleader.ca

Not long ago, I watched the American remake of "Godzilla", a Japanese classic. The first time I saw Godzilla, the Japanese version, I laughed myself silly and never missed a Godzilla that came my way after that.

The American remake reminded me of a nun named Rosalie Berthell. It may seem preposterous that Godzilla would bring a nun to my mind, but the American remake is based on the effects of nuclear fallout on iguana eggs in Micronesia. Dr. Berthell wrote about nuclear fallout in Micronesia.

Micronesia is a small chain of islands in the South Pacific. From the 1950's up to the 1970's, France "tested" nuclear weapons on an island in Micronesia, to the point where one island actually sank into the sea. The nuclear fallout did not produce a Godzilla, but had devastating consequences to the people of Micronesia.

Dr. Berthell wrote about the plight of Micronesia in her book "No Immediate Danger". She contended that the explosion of nuclear devices increases background radiation all over the world, and this background radiation would have consequences for people all over the world, and for wildlife.

I first read this book before Chernobyl. After Chernobyl, the consequences of nuclear fallout from a fire in a nuclear power station suddenly changed people's minds about the safety of these utilities. The other factor was a demonstrable increase in background radiation over a huge area in Europe.

Dr. Berthell stated that the customary response to concerns about nuclear fallout is the authorities assuring everyone there is "no immediate danger".

She was writing about the longterm effects, but I noted authorities in the Ukraine, Sweden and Germany started immediate preparations for testing for cancer of the thyroid within the first year after the Chernobyl disaster.

Dr. Berthell predicted that the increase in background radiation would be matched, in the future, by a reduction in the ability of humans (and other creatures) to resist viruses and cancer. I believe

her prediction was right. For example, one in every three Japanese dies of cancer. If we compare this to the number of people with cancer world-wide, if it were any other disease, we would call this a pandemic, a world-wide epidemic. Instead, we act as if each new case occurs in isolation, because one case is lung cancer, another is breast cancer, and another is skin cancer. We blame these on lifestyle, making the victim guilty, but how many of us link cancer to nuclear fallout forty or fifty years ago?

In the American version of Godzilla, the hero is a biologist who went to the Ukraine to study the effects of fallout from Chernobyl. He was concerned with the effects of radiation on DNA. In actual fact, the health authorities were far more concerned about cancer, and that should tell us Dr. Berthell knew what she was talking about.

Perhaps cancer is the real "Godzilla" we should be concerned about.

Until Chernobyl, the anti-nuclear protesters were classed among the left-wing radical nut cases who would protest anything. After Chernobyl, the anti-nuke faction grew substantially and were taken seriously, but because of concerns about meltdowns, not cancer.

Whenever I think about Chernobyl, it reminds me not of Godzilla, but of the book of the Bible called "Revelations", which deals with predictions about the anti-Christ. It mentions an evil named "wormwood". In Ukrainian, Chernobyl means "wormwood".

So the movie "Godzilla" is more than a monster movie, it is a morality play, but the real threat is not a super-duper lizard, it is the monster we can't see until it invades us and grows. Of course, we are in no "immediate" danger.

Heart Food by Dave Machin

The Gospel means Good News, you can change; your sins can be forgiven; your guilt can be dissolved. God loves you! He wants to be the difference in your life.

The Bible says that, "All have sinned, and come short of the glory of God" (Rom. 3:23, KJV). It also says, "The wages of sin is death..." (Rom. 6:23).

You might say, what does that mean? It means that all unconfessed sin will be judged and penalized, but that is not the end of the story. The second part of Romans 6:23 (KJV) says, "...but the gift of God is eternal life through Jesus Christ our Lord."

What does that mean? It means that between the wrath and judgment of God upon your sin, Jesus Christ the Son of God stepped in and absorbed your judgment and your penalty for you. God says if you recognize and respect Him and His worth as the Son of God, judgment will be withheld, and you will receive a pardon-forgiveness of all your mistakes.

What do you have to do? If you believe in your heart that Jesus is the Son of God and that God raised Him from the dead on the third day, and confess that with your mouth, then you will be saved. (Rom. 10:9-10).

What does it mean to be "Saved?" "Saved" simply means Removed from danger. It simply means if you respect and recognize the worth of Jesus Christ, God will take you out of the danger zone and receive you as a child of the Most High God. What is His gift that you are to receive? His Son:

For God so loved the world, that he gave his only begotten son, that whosoever believeth in Him should not perish, but have everlasting life. (John 3:16)

How do you accept His son? Accept His mercy. How do you reject your sins? Confess them and turn away from them. If you confess my sins, "...He is faithful and just to forgive me my sins and to cleanse me from all unrighteousness". (1 John 1:9)

Salvation Prayer God Your Word says who ever confesses Your Son Jesus Christ as Lord and believes in his, or her heart that You raised Him from the dead, will be saved.

I believe that Jesus is Your Son, Father, and I acknowledge that He gave His blood at Calvary to pay for my sin, sickness, poverty and spiritual death. I renounce every work of darkness, and I receive You now, Lord Jesus, as my personal Lord and Saviour.

According to Your Word, Lord, I am now a new creation because I am "in Christ." My past is dead and gone, and I have a new life in You. Thank You, Lord Jesus, for exchanging the unrighteousness in my life for your righteousness. I am now the righteousness of God in You, Lord Jesus! God is good, His Word is good and good all the time!

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

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We're going out on the Road

The Regional District of Okanagan-Similkameen is taking the Rural Board Meetings out into the communities.

Board members want to provide you the ability to see how the decisions are being made. They believe that by bringing the meeting out into the community there is a greater opportunity for you to become aware of what is occurring in your neighbourhood.

The first occasion for you to experience a Rural Land Use Matters Board meeting out on the road is on **Thursday, August 4, 2005 at 1:00 PM.**

Come and join the Directors and staff at the *Meet and Greet* scheduled for 12:00 noon at the **Best Western Sunrise Inn's Meeting Room located at 5506 Main Street, in Osoyoos** and then remain and experience how the Regional District Rural Board works together to ensure quality of life for our communities.

**Watch for when the RDOS will be in your Community!**



Pharmasave Princeton hosted a Customer Appreciation Day last Thursday. Lynn, Steve and Lindsay, along with the rest of the staff, gave customers free coffee and goodies in thanks for their continued support. There were also prize draws in addition to 10% savings on purchases.

**Letter To The Editor**

**Reader shoots down Vermilion Forks**

Dear Editor;

I was so surprised to read that there is actual consideration for a possible name change from Princeton to Vermilion Forks.

In her Letter to the Editor Karin Green has advised that this town has been known as PRINCETON for over 107 years!

What would possess people to

even consider a name change after this town has been known as "Princeton" for over a Century? I'm a part-time Resident in Princeton where my husband and I own a home.

I like the simple name of the town. It's easy to say and spell. Vermilion Forks? Good luck in getting people outside the town to

spell 'Vermilion' right.

After all, the majority of people would spell it Vermillion Forks.

I also believe that it would be an unnecessary hard ship for business's to replace all their business cards, signs, letterhead and so on. Just let it be. It's a great name for a wonderful town.

- Sincerely, Charisma Snyder

**Letter To The Editor**

**Toews examines the US and terrorism**

Dear Editor;

Like most Canadians, I do not subscribe to the theory that America is hated because that country is "free". We know that terrorism doesn't just happen; that here are underlying reasons for 9/11 and the London bombings that have nothing to do with envy or jealousy.

For those of us who know the causes of terrorism and also for those who are not so sure but are curious, there is a book entitled "Confessions of an Economic Hit-Man" by John Perkins. Several reviews of this book can be found on the internet simply by entering his name or book title. Allow me to quote a few lines from one of the reviews.

"At the bidding of our govern-

ment and the huge corporatocracy that is our government-like our counterparts in the Mafia, Economic Hitmen provide favours. These take the form of loans to develop infrastructure, electrical generation stations, highways, ports, airports and industrial parks. A condition of such loans is that engineering and construction firms from our country must build all these projects.

In essence, none of this money ever leaves the US; it is simply transferred from banks in Washington to engineering offices in New York, Houston or San Francisco.

Despite the fact that the money is returned almost immediately to these corporate creditors, the recipient country is required to pay it all

back, principal plus interest. If a Hitman is completely successful, the loan is so large that the recipient is forced to default on the loan. When this happens, like the Mafia, we demand our pound of flesh. This often includes one or more of the following: Control of their United Nations vote, the installation of military bases, or access to precious resources such as oil or the Panama Canal. Of course, the debtor still owes the money and another country is added to our global empire."

So you already knew all this. Well, John Perkins has much more to say that will likely give you a whole new outlook on terrorism and why the G8 countries are being targeted.

- HP Toews, Princeton

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Amanda Bentley, who has family in the Princeton area, will be performing locally next week.

## Singer comes to Princeton

Fresh off a date at New York's legendary CBGB's, Toronto's Amanda Bentley is heading West to showcase her talents to her home province. With dates starting in Vancouver and taking her across British Columbia and Alberta, Amanda is preparing to take on new audiences and to get reacquainted with existing fans.

Bentley, who's sister, Trish Coyne, lives in Princeton, will be performing locally as part of this tour.

Amanda will be touring through

Princeton on August 4th and playing at Cowboy Coffee.

The singer has been garnering the attention of songwriters, singers and labels around the Toronto area, based purely on her songwriting abilities and her gorgeous vocal stylings.

As a Vancouver native, Amanda has played around the coastal region, releasing her debut album in 2004 and performing multiple times on Vancouver's premier radio station, CFOX. Deciding to make a career of it, Amanda made the

leap to the big city of Toronto in early 2005 and has been impressing Toronto's apathetic music community ever since.

With her debut Toronto performance as the opener for Smashing Pumpkin's drummer Jimmy Chamberlain, Amanda has gained a loyal fan base and impressed many of Toronto's music industry professionals.

Full details of Amanda Bentley's Western Canada tour are available on her website: <http://www.amandabentley.com>.

## Seat belt campaign clicks into gear

Princeton RCMP investigate over 250 motor vehicle accidents a year. This year in particular the Hope-Princeton Highway has claimed a number of motorists. Most accidents can be attributed to speed and most fatalities can be attributed to not wearing a seat belt.

Approximately 45 to 50% of the 437 individuals that are killed each year in this province are not wearing seat belts. Of those individuals 60% would have survived if they were wearing a seat belt, 20% is questionable and the last 20% would have died because of the severity of the crash.

Wearing seat belts is the easiest way to keep yourself alive in a col-

lision. The South, East and North District has the highest fatality rates and it is no coincidence that they also have the lowest seat belt wearing rates.

Starting immediately, Princeton RCMP will be conducting seat belt enforcement in and around the Princeton area. There will be no warnings if someone is observed and stopped for not wearing their seat belts.

Drivers are to be reminded that

they are responsible and will be receiving the violation ticket for all persons under the age of 16 that are found not wearing seat belts.

The fine structure is as follows: Failure To Wear Seat belt - Section 220(4) Motor Vehicle Act: \$138.00.

Permit Passenger Without Seat belt - Section 220(6) Motor Vehicle Act: \$138.00.

If you're not clicking in, what's holding you back?

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### Eddie the Dalmatian says:



**"Woof! Woof! Grrr! Woof!"**

**TRANSLATION:** "When it's hot outside, just leave me at home. I'll wait for you there in the comfort of our home. I don't like being in a hot car!"

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**PRINCETON PLAZA PARKING LOT**

**THANK YOU!**

On behalf of the Regional District of Okanagan Similkameen and the residents of Princeton and area I would like to extend my sincere thanks to Lynn Holland for her strong sense of community. The CIBC Grant of \$5,000 is gratefully accepted and much appreciated. Thanks so much, Lynn!

Regards  
Gerri Logan, Director Area "H"

**THANK YOU!**



Princeton Overwaitea Store Manager Mike Talarico, right, presents Shannon Martindale with her prize of a life-sized Yoda. The draw was made at the end of June.

**Health Canada issues pool safety tips**

Health Canada reminds Canadians about the hazards associated with swimming pools.

Each year, many children drown or are injured in both swimming and wading pool-related incidents.

These incidents are often linked to a lapse in supervision that results in a child falling into the pool. Entrapment hazards which are also present in a pool, such as ladders and filtration systems, may also lead to injuries or death.

Health Canada offers the following safety guidelines to pool users to help prevent pool drownings:

General Safety Recommendations

- ALWAYS have an adult watching children in and around the pool. Do not leave a child unattended as drowning can occur silently in seconds.
- Keep young children, and children who cannot swim, within arm's reach.
- Children under the age of three, as well as children who cannot swim, should wear a life jacket or an approved personal flotation device whenever they are in or around the pool. Remember, these safety products do not substitute for adult supervision.
- Make sure lifesaving equipment and a first aid kit are nearby.
- Keep emergency phone numbers listed at the closest phone to the

- pool.
- Take a course on pool safety, first aid and lifesaving skills such as CPR.
- Always check the pool first if a child is missing.
- Drain all wading pools after use.
- Always swim with a buddy.
- Send children to swimming and water safety lessons, but ALWAYS continue to supervise when they are swimming.

Fencing and Safety Barriers

- Contact your local municipality to ensure that you meet all relevant bylaws before installing and filling a pool.
- Build a fence surrounding all pools, including inflatable pools, with a self-closing and self-latching gate.
- Make sure other accesses to the pool, such as patio doors, are locked.
- Use a solid safety pool cover or a pool alarm as added protection.
- Do not use solar pool covers to prevent children from falling into pools.

A child who falls onto a solar pool cover may become entangled in it and drown.

- Remove or lock steps or ladders leading to above-ground pools when the pool is no longer in use.

Pool Accessories

- Review and follow all instructions

for pool accessories, such as: ladders, filters and drains. These accessories pose entrapment and entanglement hazards, which may result in a person becoming trapped underwater.

Do not allow children to play in or around these objects.

- Do not leave toys and pool accessories in the pool when it is no longer in use, as they tend to attract young children.

- Store pool chemicals out of the reach and sight of children.

Important Tips for Inflatable Pools

- Read all instructions before installing, filling and using the pool.
- Carry out regular pool maintenance to ensure that all components are working properly and safely.
- Consider only pools that have filter intake pipes with drain covers. Never use the pool if the drain cover is broken or missing.
- Have a qualified pool professional inspect the drain cover on your pool to prevent body and hair entrapment.
- Contact your local municipality to ensure that you meet all relevant bylaws before installing and filling a pool.
- In many municipalities, inflatable pools are covered by the same bylaws as in-ground and above-ground pools.

**Help Us Fill The Need!**

**Mens Clothing - All Seasons**

Each Month RE/MAX country will ask for your help in aiding Princeton Crisis Assistance Society with a particular need. If you can help, please drop your items off at our office on Bridge Street.







Karen Giesbrecht and Dianne Rainer proudly display a Healthy Harvest Box.

## Program promotes healthy eating

A total of 67 boxes of fruit and vegetables were distributed last week to kick off the Healthy Harvest Box Program.

The program, promoted as an excited new produce box service highlighting local fresh produce, will continue to provide area residents with produce on a monthly basis.

A recent BC Nutrition Survey revealed that the majority of British Columbians are not eating the recommended five servings of vegetables and fruit per day.

The service is designed to make eating more fruits and vegetables easy, fun and affordable for everyone. The service costs \$12.00 per box and can be paid at Leftovers Studio, 123 Vermilion Avenue.

Members of Senior Citizens Branch #30 have the option of paying for their monthly Healthy Harvest Box at the Seniors Drop-In Centre.

The \$12.00 cost is minimal when you consider each box will contain between \$18.00 and \$25.00 worth of produce. A savings of up to 50% on in-season items.

An average Summer Box will contain 1.5 lbs. of peaches, 1 lb. of cherries, one melon, 1.5 lbs. of grapes, a cucumber, four cobs of corn, a couple of green peppers, a red pepper, 2.5 lbs. of tomatoes, a head of lettuce, 1.5 lbs. of green beans and four pounds of new potatoes.

An average Winter Box will contain 2.5 lbs. of apples, 2 lbs. of oranges, 2 lbs. of pears, 2 lbs. of bananas, 2.5 lbs. of carrots, 2.5 lbs. of onions, four pounds of potatoes, two pounds of beets, a head of lettuce, two green peppers and a head of broccoli.

The Healthy Harvest Box is a program created by the South Okanagan & Similkameen Food

Coalition and Penticton & District Community Resources Society and has received funding from Princeton District Teachers Union, Town of Princeton, the Community Foundation of the South Okanagan, the Vancouver Foundation, Interior Health and Communities For Kids.

The produce in the box changes each month depending on what is in season and available locally.

Each box will also contain a Healthy Harvest Newsletter which contains useful tips, health notes and recipes.

Subscriptions to the Healthy Harvest Box are paid in advance and are due the second Tuesday of

each month for that month's box. For example, for the August 17th box, payments are due on August 9th.

The Healthy Harvest Box program also requires volunteers to help on box distribution day (the boxes are distributed from the Princeton Cultural Centre). All volunteers receive a \$5.00 coupon towards the purchase of their next Healthy Harvest Box.

For more information on how to get involved contact Jane Johnson at (250) 295-4407 or Beatrice Bibby at (250) 295-4448 or call toll free to 1-877-492-5814 and ask for extension 311. Or you can e-mail healthyharvest@vip.net.

## 50th class reunion update

Organizers have set aside July 29th to August 2nd as the dates for the 50th Reunion for classmates of 1943 to 1955.

Not only is it for Grads, it's also for others who were our classmates during these years.

We are at River's Edge RV Park for our base 'camp.' (Beryl was one of our Grads!)

Saturday, July 30th will be the

## RCMP recover injured owl

Princeton RCMP report recovering an injured owl from a motorist who was driving through Princeton Sunday night, July 17th.

The antenna of the vehicle speared the owl's left wing.

The South Okanagan Owl Rehabilitation Centre was contact-

ed and arrangements were made to pick the owl up the following morning.

"It's a great horned owl, doesn't appear to be that old. We're hoping for a recovery and that it can be set free one day," says Princeton RCMP Cst. Myrl Stus.

We invite others from Princeton High School during that period to come to the River's Edge RV Park and say hello and have a visit.

For more information call Geonell Gurr at (250) 765-7872 or e-mail geonellgurr@hotmail.com. - submitted

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## Town of Princeton

### NOTICE TO TAXPAYERS

Due date for 2005 Property Taxes is August 2, 2005 before 4:30 PM. Payments are to be received at the Town of Princeton Office at 169 Bridge Street, Princeton, BC prior to 4:30 PM August 2, 2005.

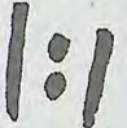
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## INVESTMENT INSIGHTS

By John Vaccaro Investment Advisor with CIBC Wood Gundy and Greg Stewart Associate Investment Advisor with CIBC Wood Gundy  
Expertise that's one to one.



### Understanding Risk Investing - Part 1

Risk is one of those four-letter words that most investors try to avoid, particularly when it comes to their portfolios. Because although risk does not necessarily mean that you're going to lose all your money, it's this image that often springs to mind when the subject is first broached.

Having said that, it's impossible to completely eliminate risk since all investments carry some degree of it. The key to being a successful investor is to determine the level of risk that you are prepared to tolerate, and then invest accordingly. But before doing this, you need to understand risk and the various forms in which it can appear.

Broadly speaking, risk is the possibility that the expected return on your investment may not be fully realized. This includes the possibility that you may lose some principal. However, there are five categories of risk you need to consider when assessing an investment:

**Inflation Risk:** The danger that rising prices will reduce the purchasing power and real rate of return on your investment over time.

**Interest Rate Risk:** The possibility that a rise in interest rates may dictate a drop in the value of your investments.

For an explanation of the remaining three categories of risk, Market Risk and Specific Risk see 'Understanding Risk Investing - Part 2' in the next Investment Insights.

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