

Similkameen News Leader

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News Leader**
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Red Bridge reopens

A \$700,000 restoration and upgrade of the historic Ashnola Bridge, known locally as the Red Bridge, is complete, Transportation Minister Kevin Falcon announced last Friday.

"The Red Bridge is a vital link for tourism, local farmers and orchardists, and an important part of the history of the lower Similkameen Valley," said Falcon. "These upgrades cap two years of co-operative work between the community and the Province, preparing one of the last covered bridges in North America for its next century of service."

The Regional District of Okanagan-Similkameen provided cladding to preserve the historic character of the bridge. Ruskin Contracting Ltd. of Prince George was awarded the competitive contract to upgrade the bridge. During the upgrade, existing timber cladding and framing was removed and replaced with new steel framing and cladding.

The Ashnola Bridge was constructed in 1911. The bridge first served Keremeos and the Ashnola Valley as a railway bridge and more recently as a highway bridge. It is the last remaining covered bridge in the lower Similkameen Valley, one of the last covered bridges in North America and an enduring symbol of the turn of the century Gold Rush in the area.

Annual fun draws crowd



Slow pitch softball in Tulameen took on a new look as the penitentiary team joined the ranks this year with their neat dance routine between innings.

*Folks flock
to mountain
for long
weekend*

Tulameen Family Fun Days enjoyed a hot weekend that saw crowds from the city invade the mountain village. This annual event brought the customary tent settlement on the sandbar in the river, and hot visitors plunked their lawn chairs in the water to enjoy a cool respite.

The Tulameen Days parade was not as long as some years, but made up for it by being one of the slowest parades in history. Led by two horses, the entourage crept down one street and up the other, past Tulameen Trading Post for the finish line.

There was no triathlon this year, but the ball games went ahead as usual, and the fun for kids. Most of the visitors gratefully took to the water as the sun beat down and temperatures climbed to the thirties.

The entire event is for family fun. Horseshoes, a big lunch, vendors along the street, popcorn and candy floss, and something new – a blow-gun firing mini marshmallows – added to the entertainment.

Everybody had a good time, and the weekend was a success. It is sponsored by Tulameen Community Club. Proceeds fund community events throughout the year. The club should be commended for the efforts member make to ensure the famous Tulameen community spirit lives on.

On Monday, the weekend exodus began as campers folded their tents and packed for the journey back to their ordinary lives in the city.

Atamenenko takes NDP nod

New Democrats came from all corners of the large Southern Interior Riding last week to nominate Alex Atamenenko to be their candidate in the next federal election.

Atamenenko narrowly missed upsetting incumbent MP Jim Gouk in the 2004 federal election and he told the crowd that he was keen to hit the road and start knocking on doors once again.

"The New Democrats are on the move in the Southern Interior," said Atamenenko.

"In the last year and half we have seen a huge increase in NDP support in the 2004 Federal, we saw three MLAs elected in the four provincial constituencies that are part of the federal riding this Spring, and in the

Okanagan, we didn't win, but we had a strong showing. Add to that the great job being done by Jack Layton and the NDP caucus to make minority Parliament work and we can definitely see the momentum building."

Gina Petrakos, Southern Interior Riding President and Lyle Kristianson, former NDP MP both spoke to the meeting and congratulated Alex for his determination to bring progressive representation back to the riding.

Kristianson observed: "With the size of the riding now I'm glad to see someone with Alex's energy taking on the task again, it's quite a challenge."

Atamenenko outlined the positive impact of the NDP caucus in the last

session of Parliament and noted: "This is not the first minority Parliament that an NDP caucus has made positive change happen. We can look back at many examples like Old Age Pensions and Medicare that came about as a result of NDP MPs using the balance of power to put forward important changes for the people of Canada. This time the NDP better balanced budget will get affordable housing built, tuition cut, our environment and communities helped and workers protected."

Atamenenko continued, "if nineteen MPs can make that kind of difference, just think what ninety could do."

Alex Atamenenko is retired and lives in Castlegar with his wife Ann.

Wardens find abandoned fires

During the weekend of July 23rd and 24th, fire wardens conducted ground patrols in the Kamloops Fire Zone and found eight abandoned campfires.

Patrols in other zones this year have yielded similar results. More than 50 abandoned campfires have been discovered throughout the Kamloops Fire Centre since April.

With the weather expected to remain hot and dry for the next ten days, the BC Forest Service is asking for the public's assistance in reducing the number of person-caused fires.

The fire danger has reached moderate to high with some areas in

extreme in the Kamloops Fire Centre.

Given the current conditions, an unattended campfire has the potential to escape and grow to an unmanageable size quickly.

Valuable resources may be diverted from other wildfires when firefighters must attend and extinguish abandoned campfires.

It is your responsibility to make sure your campfire is completely out before leaving the site. Never leave your campfire unattended.

As of May 30th, campfires for warmth and food preparation are the only fires allowed in the Kamloops Fire Centre.

The BC Forest Service wishes to thank the public for continuing to report wildfires. Almost half of all fires in BC are reported by the public.

Record drought and high temperatures resulted in catastrophic wildfires in BC's interior in the summer of 2003.

A total of 260,000 hectares (that's approximately 640,000 acres) burned across the province with most of that in the southern interior.

Previously, about 30,000 hectares (about 75,000 acres) burned province wide in an average year.

If you see smoke or flames, call 1-800-663-5555 or cellular *5555.

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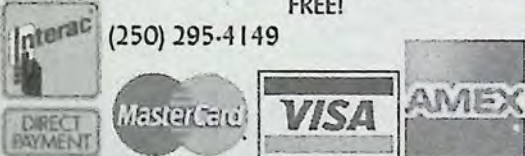
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Visit Meagan Thomas and Michelle Derkson at the Princeton Visitor Info Centre. Derkson, left, was hired through a Weyerhaeuser Jobs for Youth Program and Thomas was hired through a Federal HRSC Grant. These programs support non-profit organizations by creating summer jobs for youth in our Community. The HRSC Program supports youth in high school and college with summer jobs and the Weyerhaeuser Program creates jobs for youth seeking first time employment in Weyerhaeuser's operating communities. Meagan was hired under the Weyerhaeuser Program last year and this year Michelle has the opportunity to take the VIC Travel Counsellor training through the program. These two young ladies have gained a lot of confidence and have learned a lot about BC. They enjoy meeting our visiting guests from all over the world.

Fair members go into high gear

Members of Princeton District Agricultural Fall Fair spent July 24 in a work party to redecorate and renovate building #1 in readiness for the Fall Fair to be held September 10 & 11. Two days later, everybody met for the regular planning session which marks the summer Fall Fair meetings. This year, President Jody Woodford reminded members to stick to budget as there is no extra money to spend.

Belly Dancers

Patty Harrower is lining up performers for entertainment on the main stage. She will welcome the Community Band, Kristy McIvor, Princeton Highland Dancers and the Cawston Belly Dancers who performed at Similkameen Sizzle.

A band will be hired for the refreshment area and will play from 6 - 11:00 p.m. Saturday. Andrew Nordquist will be the DJ between sets and during the day.

Games, fun

There will be games for the children and youth who attend the fair. An entertainment package includes inflatable games, and there will be a climbing wall once again. Demolition Derby

Gerri Swanson will organize the demolition derbies at the fair. There will be one Saturday and the finals on Sunday, both at 4:30 p.m. Those wishing to enter a vehicles should contact Ms. Swanson as soon as possible at 295-3535 or 295-3863. She has the rules and the entry forms.

Help wanted

Volunteers are needed to help with the fair. Anyone who can spare some time to man the gate for a couple of hours or help out in the concession or refreshment area, or sell meal tickets, should contact Maryanne Woodford at 295-7639 anytime. Leave your name, phone number and what you would like to do to help. Volunteers pay no admission to the fair.

Registration

This year, Junior Fair exhibitors can register from 5 to 8 p.m. on the

Thursday before the fair, and from 3 to 5 p.m. the Friday before the fair.

Adults may register non-perishable items from 2 to 8 p.m. on Thursday, September 8, and from noon to 5 p.m. on Friday, September 9. NO exhibits will be accepted after 5 p.m. the day before the fair.

Exhibitors MUST complete their own forms before presenting their exhibits to registrars. Registrations will take place in building #1. There is no change in entry fees.

Auction

Many exhibitors donate fruit, flowers, vegetables or other items for the Fall Fair auction. It will be held at 3:30 p.m. Sunday, September 11, after the exhibits buildings close. The buildings close at 3:00 p.m. to give exhibitors time to remove their exhibits.

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Princeton Castle Resort hosted contestants and crew last week of the annual Cover Girl Contest for an ethnic television channel from Burnaby. Eight of the contestants, above, range in age from 16 to 18 years. The Princeton Castle Resort has provided the contest with access to their facility for a variety of photo shoots over the past four years.

Holy rabies warning, Batman!

A photo that appeared in last week's News Leader of a bat hanging outside our office prompted a response from Princeton Public Health Nurse Beatrice Bibby.

We thank her for sharing the information below:

The BC Centre for Disease Control, an agency of the Provincial Health Services Authority, is reminding British Columbians that summer brings with it an increased risk of contact between humans and bats.

As these animals are the primary carrier of rabies in BC, the Centre is advising people to avoid contact with bats and to seek immediate medical attention if they think they have been exposed.

Over 200 people a year in BC are treated for suspected exposure to the rabies virus. There have been two infections of human rabies in BC since 1985.

"There is no cure for rabies and without immediate medical attention it is almost always fatal," says Dr. Eleni Galanis, Physician Epidemiologist at the BC Centre for Disease Control.

"If you have handled or touched a bat or wake up and find a bat in your bedroom, you should assume that you have been exposed to the rabies virus. A bat bite or scratch is usually not visible and is considered dangerous."

Immediate medical attention can prevent the rabies infection from developing through a series of vaccine shots and antibody.

People who are bitten by other types of animals outside of BC such as skunks, foxes, raccoons and wild dogs should also be aware that these animals could potentially be carriers of the rabies virus. If you are bitten, see your doctor right away.

The best approach is prevention:

- Do not touch live or dead bats
 - Keep bats out of houses (e. g. place screens on windows, seal openings, etc.)
 - Seek professional bat control advice if your work or home is inhabited by bats
 - Avoid locations or activities where bats are likely to be encountered (e. g. caves)
 - If you have a pet dog, cat or ferret, make sure that it is vaccinated regularly against rabies
 - If you are at high risk of exposure to bats or potentially rabid animals (e. g. if you are a traveler to another country, veterinarian, cave explorer, etc.) get immunized against rabies beforehand
- If you come across a live bat in an enclosed area:

- Wear protective clothing (e. g. hat, gloves, long sleeved shirt and pants)
 - Close the doors to other rooms, turn off the lights and open outside windows and doors; flying bats usually leave on their own
 - If you need to restrict the bat's movement, use a blanket, net, broom, towel or hand net to do so
- People who have been bitten or scratched by a bat should immedi-

ately do the following:

- Thoroughly wash the bite or scratch with soap and water, using lots of water to flush the site
 - seek medical attention right away
- For more information, contact your local Health Unit or see the BC HealthFiles at:
<http://www.bchealthguide.org/healthfiles/>

www.thenewsleader.ca
www.vermilionforks.ca

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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Norm Daley, 26, of Kelowna, crosses the finish line at the end of the Crater Mountain 'Only Half the Trouble' 13.1 mile Half Marathon. Photo: Bryan Smith, www.keremeos.net.

New tipping fees in Keremeos

Starting on August 1st, residents of the Lower Similkameen will pay new tipping fees at the Keremeos Waste Management Facility. Formerly known as the Keremeos Sanitary Landfill, the Keremeos Waste Management Facility serves residents and businesses in the Lower Similkameen, including Olalla, Cawston, Hedley and the Village of Keremeos. Currently the facility is open on Sundays from 10:00 AM to 4:00 PM.

Changes to the tipping fees result from the Keremeos facility having ended its operational lifespan as a landfill. Residential garbage received at the Keremeos Waste Management Facility is no longer compacted and buried, but shipped to the Campbell Mountain Sanitary Landfill for disposal. Other materials are taken to the Okanagan Falls Demolition, Land Clearing and Construction Waste Facility for recycling. The only materials processed on site are clean fill, yard and wood waste and some recyclable materials.

In addition, residential curbside waste collection service, which accepts most household garbage, has been in place for over a year. The curbside program provides a viable and cost-effective alternative to disposing of refuse at the Keremeos Waste Management Facility.

To match the costs of operations and transportation, tipping fees have gone up for some items, while for other items the tipping fees have been reduced or removed. The largest increases apply to waste that can be accepted into the residential curbside waste collection program. Residents will pay a minimum of \$16.00 for any refuse that could be accepted into the curbside program brought in a car, van or station wagon. Larger vehicle types and vehicles with trailers will have higher tipping fees depending on the size of the vehicle or trailer.

Don Hamilton, Regional District

Solid Waste Management Superintendent believes the fees reflect fairly the increased costs of operating the Waste Management Facility in Keremeos.

"Shipping tons of waste to Penticton and disposing of it there costs an incredible amount of money," states Hamilton. "The curbside system serves the vast majority of residents in the Keremeos service area and this type of waste is better and more cheaply handled by that system."

Waste not picked up by the residential system including furniture, electronic equipment and construction waste will be charged a minimum of \$8.00.

For most vehicle types there has only been a 25¢ to 75¢ increase in fees for dropping of these types of materials. White Goods including stoves, washers and other appliances can be dropped off free of charge while fridges that contain Ozone Depleting Substances will be charged \$10.00.

Agricultural plastics will only be

charged at 25 percent of the applicable rate.

Cardboard, yard waste, wood waste, lead acid batteries, noxious weeds, infested vegetation, concrete, masonry, asphalt shingles, scrap metal, clean fill and agricultural tree stumps will all be accepted free of charge.

Please be aware that any vehicle depositing waste containing over 1 percent recyclable material will be charged double the applicable fee. Recyclable materials can either be placed in the residential curbside program or brought to the recycling centre at the Keremeos Waste Management Facility. For more information on recycling in the South Similkameen please contact the Regional District using the information provided below or visit www.rdos.bc.ca.

For more information on the changes to the tipping fees at the Keremeos Waste Management Facility contact the Regional District at (250) 490-4129 or by e-mail at info@rdos.bc.ca.

Actors workshop coming

There are now six youngsters between the ages of 7 and 9 enrolled for The Cawston Players Childrens Theatre in the Summer program to be held under the tall trees next to the Cawston Hall this August 9 to 25.

The sessions are led by Dave Cursons of Cawston.

Cursons took training as an elementary school educator in the early eighties and worked as a youth probation officer and family court counsellor until his retirement in 2003.

His involvement in community theatre extends over thirty-five years.

Parents are welcome to sit in with the sessions and help supervise and assist the participants with stagecraft materials. Members of The Cawston Players are expected to drop in on the workshops from time to time.

"The Cawston Players have enjoyed some success over the past three years and now is a good time to develop some of the younger folks in the work of imagination, self expression and some of the skills that make theatre so much fun for players and their audiences," says Cursons.

Each of the six sessions will involve warm-ups, imagination and run around games. Each morning involves a special stagecraft activity such as prop-making, costumes, hats, masks or make-up. Some of the favorite activities will be followed through over all six sessions.

There will be a materials fee of fifteen dollars per participant for all of the six morning sessions that run from 9:30 to 11:30 Tuesdays and Thursdays August 9th to 25th.

For more information contact Dave Cursons at (250) 499-5417.

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OUR FEAR FACTOR PROGRAM HAS ENDED BUT WE'D LIKE TO THANK ALL THE PARTICIPANTS AND ESPECIALLY OUR WINNERS.

THE LAST TWO WINNERS WERE:

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Highest Team Score:

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**One Night Stay Princeton Castle Resort With Taxi Service To and From Pub:
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PS Capsule Comments

by your Pharmasave Pharmacist Wen Wong



Diphtheria, a serious bacterial disease of the respiratory tract and once a major killer of children, was first named in 1826. The name is from the Greek word meaning parchment, describing the yellow-grey appearance of the throat. Diphtheria is seldom seen today due to effective immunization programs.

Finland is one of the largest per capita users of coffee in the world. Finns drink 5.3 cups per day for every man, woman and child. In Canada, that number is 1.8 cups per day.

We've had medications to treat anxiety and agitation for many years. But the very first one discovered for that purpose was bromide, discovered in 1860. It's not used today due to better and safer drugs for that purpose.

Glucosamine is often used by people with osteoarthritis to help control pain. The dose is usually 500mg three times daily and it can help and side effects are minimal. However, if you don't experience any improvement after 8-10 weeks, you should consider stopping it.

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news leader health page

Understanding Hepatitis C

by Dr. Michael B. Wald

What is the prognosis for someone diagnosed with HCV?

Approximately one in 10 people with the HCV virus will die prematurely as a direct result of complications from the disease. In fact, 10,000 to 12,000 people die each year of HCV in the US alone, a rate four times higher than the number of people dying of AIDS annually.

Hepatitis C is a very elusive disease because it is so commonly asymptomatic or not presenting with obvious symptoms.

Most HCV infected individuals do not experience, or are unaware of any symptoms. In fact, fewer than 30% of people infected experience symptoms and when they do manifest they are very subtle and may go completely unnoticed.

Most often Hepatitis C has a latency period (defined as a period of time the disease goes unnoticed) of

10-30 years and symptoms or signs may not appear until cirrhosis (severe liver degeneration) has progressed. It is predicted that in the US the current mortality (risk of death) figures may triple in the next 10 years, rivaling those of HIV.

It is estimated that fewer than 15% of people who contract HCV spontaneously defeat and clear the virus from their bodies.

In the other 85% of people the infection persists as a chronic infection and is characterized by progressive liver disease. Approximately 70% develop liver cirrhosis (extensive scarring and damage to liver tissue) over a 10-20 year period after having been infected.

Liver failure due to HCV accounts for over 50% of all people who receive liver transplants in the US each year. Between 4-10% of those infected will develop hepatocellular carcinoma, a type of liver cancer.

The overall mortality rate for HCV is estimated to be as high as 10% higher than for any other form of viral Hepatitis.

HCV sometimes presents itself as a series of erratic exacerbations (worsening) and remissions (symptoms disappear).

Acute flare-ups can be mildly to extremely debilitating, requiring several days to several months of rest and recuperation. The progression of the illness and degree of complication depends on a variety of factors.

Genetics, diet, nutrition, medical management, early diagnosis, environmental exposure to liver toxins, stress, sleep, alcohol and drug use, exercise, mental attitude and other factors all affect the development of the disease. Each of these important influences will be explored in more detail throughout this text...to be continued.

Some great baby feeding tips

Starting to feed your baby solids is an important time for both parents and child.

Knowing when to start, what foods to start with and the difficulties you may face is half the battle.

How to know your baby is ready for solid food:

- Your baby's tongue doesn't push food out.
- Can hold his or her head up.
- Can sit with help.
- Shows interest in foods you are eating.
- Nurses more than eight times a day or drinks more than 32 ounces of formula.

How to get started:

- It is recommended breastfeeding continue for two years and beyond with the gradual addition of food.
 - Introduce solids when your baby is six months old. Iron fortified cereals and mashed vegetables are good starter foods.
 - Solids are first introduced to give your baby practice with new textures, tastes, and how to eat, not for nutrition - the infant will still be getting all the nutrition that they need from the breast or bottle.
 - Introduce a new food every three to four of days.
 - Do not add salt or sugar to foods.
 - At six months, you can start offering water.
 - NEVER put juice in a bottle. Putting your baby down to bed or for naps with a bottle containing juice increases risk for developing tooth decay.
 - After your baby has tried a few foods, try meat. Begin to introduce meats, which are a good source of iron.
 - Introduce whole milk at one year of age.
- To making the transition easier:

Here are some tips to make an easy transition from breast or bottle to solids.

- Pick a time when both you and your baby are in a good mood and he/she is not too tired or too hungry.

- Hold your baby on your lap or have the baby sit up in a high chair.

- Don't worry if your baby is spitting up or not swallowing the food you offer him/her. New tastes and textures may make the infant gag - don't worry this behaviour is normal.

- Even if your child does not like the food continue to offer it as tastes change frequently.

- Parents should not force their baby to eat something. The more relaxed the eating environment the more likely the child will be to try new foods.

It is important to realize that every time your baby eats something new they are discovering the taste and texture of the new food.

Increasing textures, flavours and colours in your baby's diet will increase acceptance of those foods as they get older.

For further questions contact your Public Health Unit or Dietitian toll free at (1-800-667-3438).

By Lisa Whatley, Dietetic Intern

living past 100

A is for apricots

Beta-carotene is a word we often hear when it comes to promoting good health. Beta-carotene protects against cancer and fosters good health. It is Vitamin A, essential for health of mucous membranes. These membranes is where colds and flu begin, and are involved in good digestion, along with numerous other functions.

Vitamin A comes from the plants known as carotenoids. This word comes from carrots, famous for their high levels of carotenoids, which give carrots their orange colour. Any food with red, orange and yellow colouring will be high in carotenoids, but carotenoids are found in green foods, too, such as broccoli. There are more than 600 different kinds of carotenoids.

At this time of year, one of the greatest sources of carotenoids are apricots. They taste great, and all of us should eat as many as we can before they are gone for another year. Apricots protect against infections, blindness and heart disease, along with preventing cancer.

Researchers studied women who ate a lot of red, orange and yellow foods, and learned these women were far less likely to develop cataracts. Further research shows apricots are excellent sources of fibre and fight high cholesterol. If you eat three apricots a day, you have your full daily quota of carotenoids.

In the Tashkent, south of Russia, people commonly live past 100 years, and in good health. They say it is their apricot trees that keep them healthy. Apricots are a mainstay in their diet. They eat them in yogurt, dry them, stew them, use them to make syrup and, of course, eat them fresh when the apricots are ripe. (Apricots are in season for approximately a month. Eat all you can while they are around and preserve them for winter.)

OFI finalizes business plan

The Similkameen Valley is one step closer to having an Organic Farming Institute, as the new business plan has been finalized.

The business plan highlights the initiation of three online organic farming courses, to be offered regionally, nationally and eventually internationally. The business plan also outlines a 'hands on,' practical education program on organic farms in the South Okanagan Similkameen, allowing the farmers of this area to influence other regions and countries with sustainable and organic practices.

"The key behind sustainable communities is finding local solutions to local challenges," said the Honourable Stephen Owen, Minister of Western Economic Diversification and Minister of State (Sport).

"Establishing an Organic Farming Institute will create jobs and business opportunities for the people of the Similkameen Valley."

"The Organic Institute is looking forward to implementing as many facets of the business plan as soon as possible," says Graham Gore, Chair of the Organic Farming Institute's Steering Committee. "Similkameen growers have been innovators in the advancement of organic principles, and this institute will create further opportunities for local, regional, national and international organic farmers to

both expand their knowledge and others to make a transition to organic farming."

Other aspects found in the business plan include course development, a curriculum outline, financial forecasts, and a plan to partner with western Canadian educational institutions.

Western Economic Diversification Canada provided \$22,500 to the Similkameen Valley Planning

Association to complete the business plan.

Western Economic Diversification Canada is the federal department mandated to support economic diversification in communities across Western Canada through activities that promote and assist Sustainable Communities, Innovation and Entrepreneurship.

Federal funding for this project was provided for in Budget 2005.

Arts committee prepares survey

The Arts Now committee met on July 27 to finalize the cultural survey to discover what local people think about arts and culture in the Princeton area.

The survey will be done by an individual under contract to the committee.

From the information gleaned from the survey, the committee will

determine the kind of project suitable for the Legacy Now program funded by the 2010 provincial government initiative.

Funding has been received from the provincial government for this preliminary work.

The next meeting of the committee will take place at Town Hall on August 10 at 7:00 p.m.

Weyerhaeuser gives Fair grant

Princeton Agricultural Fall Fair members received good news at the July 26 meeting: a \$3,000 gift from Weyerhaeuser!

Early in the year, Fall Fair President Jody Woodford completed an application to the Weyerhaeuser community grants division asking for a grant for educational displays and toward a building for 4-H activities.

Weyerhaeuser came through with the grant.

The 4-H building is a longterm project.

An application has been made to the Gaming Commission for funding for construction of the building.

Although there is not enough money now to start construction, the Fall Fair hopes to be able to build it next year.

www.thenewsleader.ca
www.keremeos.net

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South Okanagan and Similkameen



Shimelis McCarty
Penticton Secondary
School
Penticton



Brianne Hradec
Princess Margaret
Secondary School
Penticton



Melissa Hopkins
Southern Okanagan
Secondary School
Oliver



David Dunham
Similkameen Elementary
Secondary School
Keremeos



Kimberley McInroy
Princeton Senior
Secondary School
Princeton

Central Okanagan



Kala Kwasnek
Kelowna
Secondary School
Kelowna



Mason Vandell
Kelowna
Secondary School
Kelowna



Joseph Ferguson
Kelowna
Immaculata Regional H.S.
Kelowna

North Okanagan and Kamloops



Stephanie Cail
Vernon
Secondary School
Vernon



Evan Macaulay
Charles Bloom
Secondary School
Lumby



Megan Gagnon
Pleasant Valley Senior
Secondary School
Armstrong



Kevin Starke
Pleasant Valley Senior
Secondary School
Armstrong



Adam Gruber
Westside
Secondary School
Kamloops

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New highway sign identifies Similkameen

For years residents of the Similkameen Valley have been concerned that our valley is virtually unknown. This week, one step

in increasing recognition of our valley was made. Three signs were erected at entrances to the valley. One is just south of the old mine

site, another just below Yellow Lake, and another near the top of Richter Pass. The signs were paid for by the

Ministry of Transportation in a deal that resulted from the removal of "Similkameen" from a highway sign near Peachland. The

Similkameen Valley Planning Society negotiated with the Ministry and got funding for the signs. They were designed by EDO Michael McLaughlin and a local graphics firm. The signs were built in Keremeos by Signz.ca. SVPS Chair, Walter Despot, selected the locations. Argo Road Maintenance Inc. erected the signs.

Mr. McLaughlin says that "the signs were designed to look clean and fresh. That is the image we hear people saying they want us to create for the valley. The signs are uncluttered and show Similkameen in large letters and the river underneath. We want people to know they are in the Similkameen Valley and what a beautiful place it is. We were very careful about the locations. We wanted the signs to be located at spectacular viewpoints. When people see the word Similkameen we want them to associate it with a breath-taking view."

The signs are part of strategy to increase awareness of the Similkameen Valley. In September a valley-wide tourism advisory committee will begin meeting and mapping out ways to promote the valley.

SVPS Directors are aware that valley residents have varying opinions about tourism development and so input from residents will be gathered and listened to.



Princeton Mayor Keith Olsen and Upper Similkameen Indian Band Manager Philippe Batini admire the new highway sign West of town.

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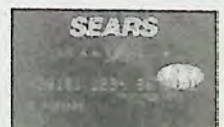
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The Mickey Mouse Club, Tulameen Chapter, turned out for for the parade in Tulameen to celebrate Mickey's 50th birthday.

Tulameen event results

Baseball Results

The First Place winners were the Grimy Gulch with The Grogs a very close second. The two teams were tied for first and the Grogs made a very sportsmanlike decision to give a run to a player who was slightly injured in a close call. Third place was Home Grown. Added to the Hall of Fame this year is Shori Higo. The Most Sportsmanlike Team

was the Hamburgers.

Otter Valley Fish and Game Club

Raffle
1st Otto Coers (\$100 Gas from Chevron)
2nd Ken Rines (Bateman Print)
3rd L. Juli (Ice Auger)
4th Myra Brewer (Ram Plaque)
5th Chuck (Corelle Bake and Serve)

In the Candy Jar Contest, the jar contained 124 pieces and was won by Frankie Reichert

Cake Decorating Contest
Under 8, Olivia Sherherd and Maddison Mosdale (age 6)
Ages 8-11 Kayleigh Mapson
Over 11 Richelle Mysynuk

Horseshoes
Men's
1st Brian & Jordan
2nd I'm With Red
3rd Jason & Paul

Mixed

1st Chuck & Debbie
2nd Rob & Terry
3rd Lorne & Lori
There was no Women's Horseshoes

Duck Race

1st Vera Brandon
2nd Brow Family
3rd Emily Clark

Fishing Derby

For the second year in a row there were no Kokanee caught
Trout

1st Zachary Cartwright .591 KG
2nd Aaron Pelzer .460 KG
3rd Aaron Pelzer .425 KG

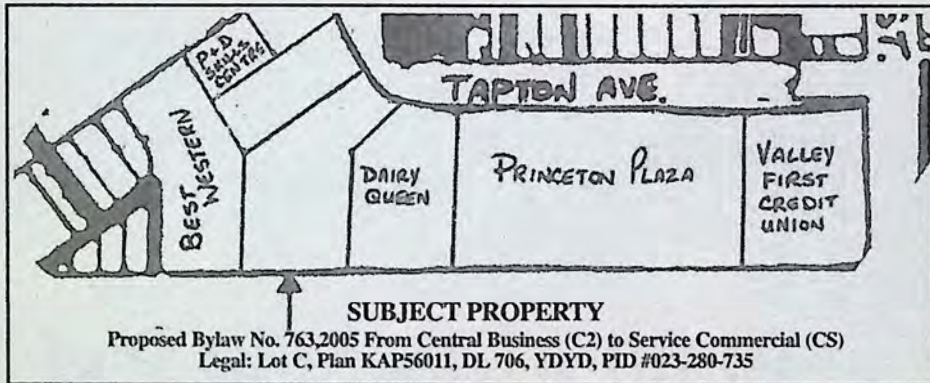
Coarse Fish

1st Kyle Anderson 1.51 KG
2nd Kyle Anderson .721 KG
3rd Zachery Cartwright .645 KG
Most fish caught was little Curtis Frick who caught 18 fish in total.
- submitted by Anne Passey

Town of Princeton

NOTICE OF PUBLIC HEARING

Zoning Amendment Bylaw No. 763, 2005



SUBJECT PROPERTY
Proposed Bylaw No. 763,2005 From Central Business (C2) to Service Commercial (CS)
Legal: Lot C, Plan KAP56011, DL 706, YDYG, PID #023-280-735

Pursuant to the provisions of Section 890 of the Local Government Act, notice is hereby given, that a Public Hearing will be held in the Council Chambers of the Town Hall on Monday, August 15, 2005 at 7:00 PM, to consider amending the Town of Princeton Zoning Bylaw No. 646.

The proposed Amendment is as follows:

- a) "That Lot C, Plan KAP56011, District Lot 706, Yale Division of Yale Land District, PID #023-280-735 be changed from Central Business (C2) to Service Commercial (CS)."

At the Hearing all persons who deem their interest in the proposed Bylaw, shall be given an opportunity to be heard on matters contained within the Bylaw. Council will accept submissions and discussions up to and including the Public Hearing. No submissions accepted after Public Hearing.

A copy of the subject Bylaw No. 763, 2005 is available for examination during normal business hours 8:30 AM to 4:30 PM, Monday to Friday inclusive in the Town Office, 169 Bridge Street, Princeton, BC.

Given under my hand this 20th day of July, 2005.

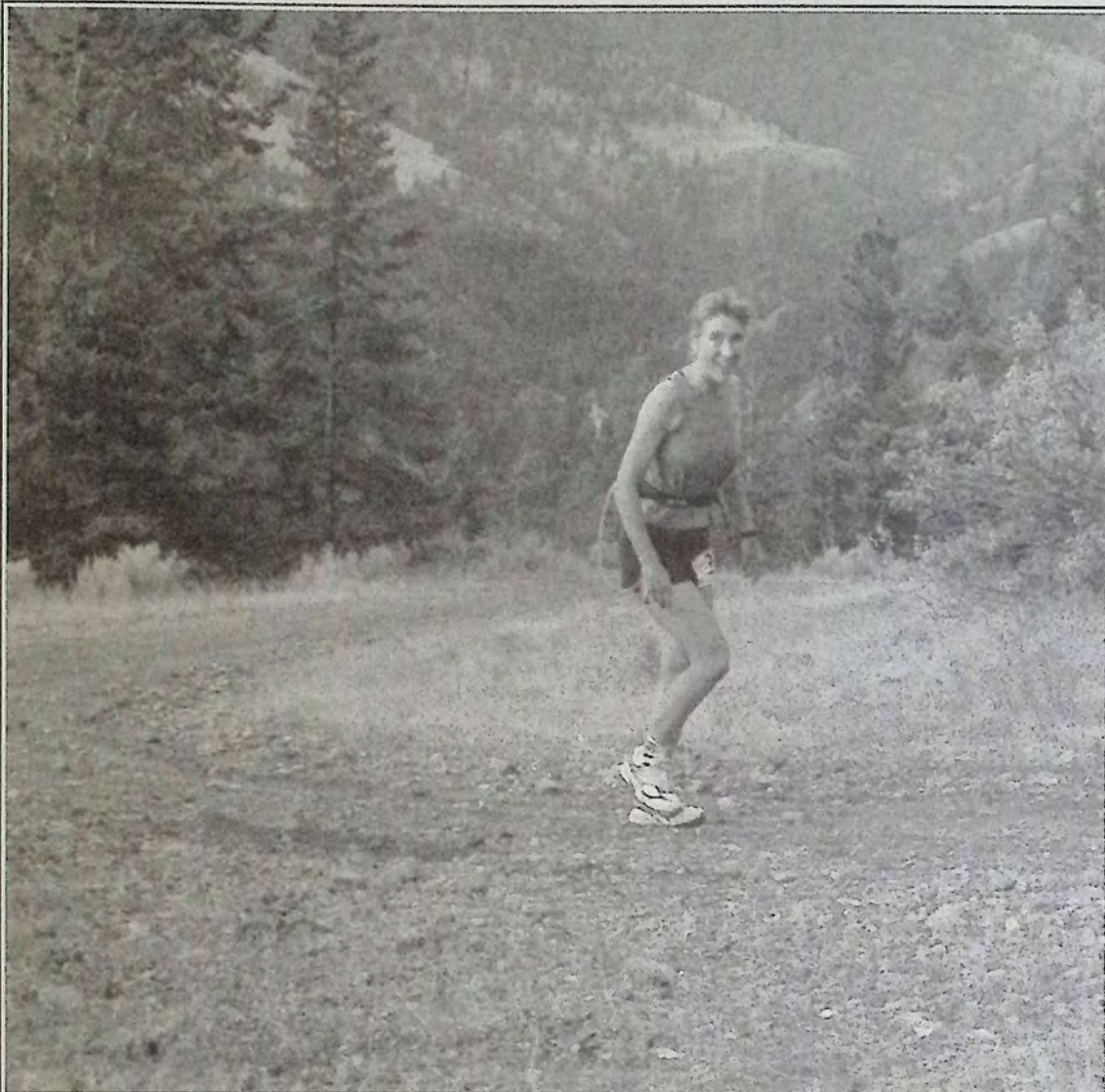
Cornie Froese, CAO
Town of Princeton



Reichert's Sales & Service let the little guys lead the Reichert parade entry. The little transport truck and kiddie Ski-doo were followed by ATVs.

weekly entertainment guide

TUESDAY, AUGUST 2, 2005 THROUGH MONDAY, AUGUST 8, 2005



Donna Mazurkewich, 46, of Penticton tackled the Crater Mountain Double Trouble (52.4 mile) Ultra Marathon on July 23rd. She put in a great effort, but was only able to complete 26 miles of the race. Photo: Bryan Smith, www.keremeos.net.

Crater Mountain presents tough event

Probably the most challenging ultra-marathon in the region took place July 23rd in the form of the Crater Mountain Runs.

Created by Moe 'the Eagle' Beaulieu of Keremeos, the Crater Runs consisted of three elements.

The Double Trouble 52.4 Mile Run, the Single Trouble 26.2 Mile Marathon and the Only Half the Trouble Half Marathon.

A total of nine people entered the Double Trouble with Tom Jackson of Moses Lake, Washington taking First Place with a time of 11 hours, 20 minutes and 29 seconds.

Second Place went to Geoff MacDonald of Calgary, Alberta with a time of 11:58:44.

Pamela Harrison of Calgary was the first woman to finish and took Third Place with a time of 12:14:38.

Other finishers included "Utah Bill" Matis (South Fork, Utah) in Fourth Place (13:00:14). Kelly Cole (Mission, BC) Fifth Place (13:21:47). Sandra Thompson (Langley, BC) Sixth Place (13:24:28). Brenda Bryant (Lethbridge, Alberta) Seventh Place (14:36:24).

Benoit Guerrard of Calgary completed 40 miles of the event and Penticton's Donna Mazurkewich finished a total of 26 miles of the event.

In the Single Trouble Marathon there were a total of five entries.

John Edwards of Ladysmith, BC finished in First Place with a time of 4 hours 35 minutes and 12 seconds.

Second Place went to Chris Corfield of Penticton (4:45:02), Lorraine Lees of Kelowna was the woman's winner and tied for Third Place overall with Andrew Daley

of Kelowna (5:14:32). Desmond Stevens of Richmond, BC finished in Fifth Place with 5:54:24.

In the Half Marathon, all three participants completed the event.

Norm Daley of Kelowna was First with 1:50:50.

Heather Henri of Keremeos Second (1:55:32) and Blandine Baritaud of Revelstoke Third (2:18:58).

Golf - a time for the ages

by Clint Clifton

Recently in the BC Amateurs Golf Tournament BC Senior Champ 67-year old Bill MacDonald was paired with 13-14 year old BC Champ Eugene Wong. That same scenario was played out at the Princeton Golf Club on the July 23-24 weekend as the Club hosted their annual Club Championship.

72-year old Monty Raine came within two strokes of shooting his age as he took the first round lead with a 74. While Junior Champion Jake Greening was one stroke back with an opening round 75.

Only two other golfers managed to break 80 that day. Keremeos Senior golfer Dave Hoffman put together one of his best rounds of his life shooting a 78 and defending Champion Clint Clifton one stroke back with a 79.

Sunday the stage was set as the four golfers breaking 80 would be paired up. After the front was completed it was obvious it was going to be a two man show.

Clifton and Hoffman never found their groove and soon fell out of reach while other golfers made minor changes (like Ryan O'Neal's 2-under par 70) more would catch the battle between Raine and Greening.

After 15 holes the two were deadlocked but by the time the smoke had cleared youth prevailed and Jake Greening became the 2005 Club Champion with back to back 75s while Raine put up a gallant effort with rounds of 74 and 80.

Congratulations, Jake! Greening will be one of many local golfers competing in the Princeton Open on August 13th and 14th.

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Eddie the Dalmatian says:



"Woof! Woof! Grrr! Woof!"

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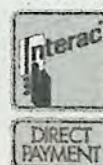
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Crater Mountain Half Marathon Winner Norm Daley poses with his father Andrew. Norm, from Kelowna, finished the 13.1 mile course in 1:50:50. Andrew completed the Single Trouble Marathon tied for Third Place. Photo: Bryan Smith, www.keremeos.net.

Organizers plan 'thank you' barbeque

A Wind-Up Appreciation Barbeque is being planned in Keremeos.

The barbeque is for volunteers who helped during the Keremeos Kruncher, the Crater Mountain Runs or the upcoming Logan's Run (at Apex Mountain).

The barbeque will begin at 1:00

PM on Sunday, September 11th in Memorial Park, Keremeos.

Race Director Moe 'the Eagle' Beaulieu says there will be draws for prizes with the menu including hamburgers, hot dogs, veggie dogs, pop and organic apple juice.

Moe says the events are not possible without support from volun-

teers and various sponsors including Keremeos Valu Plus Foods, Similkameen Country, Lower Similkameen Indian Band (Ashnola Campgrounds), Gorman Brothers Lumber, Grizzly Water, Okanagan GPS, Hammer Nutrition, Peach City Runners and Trail Runner Magazine.



Crater Mountain Runs Race Director Moe 'the Eagle' Beaulieu, left, presents Lorraine Lees of Kelowna with her First Place Ladies Marathon Single Trouble Plaque. She completed the 26.2 miles in 5:14:32. Photo: Bryan Smith, www.keremeos.net.

tuesday movies

MORNING

10:00 am CITY 29 ★★ ★ "Send Me No Flowers" (1964, Comedy) Rock Hudson. A hypochondriac who wrongly believes he's dying vows to find a new husband for his unsuspecting wife. [G]

Dickens novel. [G]
11:35 pm WTBS 3 ★★ ★ "Random Hearts" (1999, Drama) Harrison Ford. A cop and a congresswoman become lovers themselves after discovering that their deceased spouses were having an affair. [G] (DVS)

EVENING

6:00 pm CITY 29 ★★ ★ "Top Gun" (1986, Drama) Tom Cruise. A maverick Navy pilot is forced to grow up during the course of a specialized training program in California. [G]

9:00 pm FAM 29 ★★ ★ "Witness" (1985, Drama) Harrison Ford. A tough cop takes refuge in Amish country when corrupt officers come after the young murder witness in his charge. (In Stereo) [G]

9:05 pm WTBS 3 ★★ ★ "Kate & Leopold" (2001, Romance) Meg Ryan. A 19th-century nobleman who fell through a time portal charms his way into the heart of a 21st-century cynic. [G]

10:06 pm CITY 29 ★★ "Great Expectations" (1998, Drama) Ethan Hawke. A poor artist falls in love with a wealthy young woman in this modern retelling of the Charles

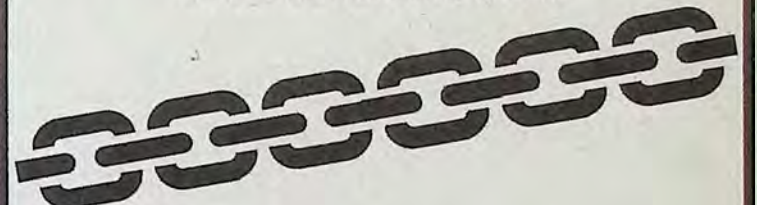
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wednesday movies

MORNING

10:00 am CITY 29 ★★ ★ "Top Gun" (1986, Drama) Tom Cruise. A maverick Navy pilot is forced to grow up during the course of a specialized training program in California. [G]

obstacles while trying to stage a neighborhood bash at their parents' vacant home. [G]
10:06 pm CITY 29 ★★ "Snake Eyes" (1998, Suspense) Nicolas Cage. A homicide detective investigates the assassination of the U.S. Secretary of Defense at a boxing match. [G]
11:50 pm WTBS 3 ★★ "Down to Earth" (2001, Comedy) Chris Rock. A black comic who met an untimely death is sent back to Earth and given the body of an older white tycoon. [G]

EVENING

6:00 pm CITY 29 ★★ "Snake Eyes" (1998, Suspense) Nicolas Cage. A homicide detective investigates the assassination of the U.S. Secretary of Defense at a boxing match. [G]

8:05 pm WTBS 3 ★★ "Down to Earth" (2001, Comedy) Chris Rock. A black comic who met an untimely death is sent back to Earth and given the body of an older white tycoon. [G]

9:00 pm FAM 29 ★★ "Celeste in the City" (2004, Romance-Comedy) Majandra Delfino. A gay cousin and a new friend help a shy fact-checker at a New York paper find the moxie and style to improve her lot. (In Stereo)

9:50 pm WTBS 3 ★★ ★ "House Party" (1990, Comedy) Christopher Reid. Two rap artists face countless

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6 AM :30	Movie: "Free Willy"	News	(Off Air)	Stretch Dragon	News	News	Design	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Boy	SportsCentre	News	Daily Planet	Paid Prog.	Something	News Calvin, Miller.	Maury Caught on tape.	Hillbillies
7 AM :30	Dawson's Creek	Life Today	BluesClues	Clifford	Today Forever	The Early Show	Sell House	Good Morning America			Stickin George S.	SportsCentre	Canada AM	The Kalahari	Sabrina Charles	Aladdin Kim	News	CityLine	Matlock "The Heist"
8 AM :30	Dawson's Creek	Huntley Street	Dora	Barney	Barrett Seaman; Kathy		Investigative Reports		100 Huntley Street	Jacob Boy	SportsCentre		Monster Garage	Paid Prog.	Lilo Stitch	Mermald		In Fashion Spin City	Rockford Files
9 AM :30	Becker	Save-Ums!	Magic Bus	Sesame Street (EI)	Hiroshima, Japan.	Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Mona Monster	Record Fishing	Regis and Kelly	Daily Planet	Dharma Paid Prog.	Pooh JoJo	Maury Caught on tape.	News City	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Madelaine Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	American Justice	The View (N)	World Vision	Antique MoneyWs	Rupert Monsters	Gymnastics	The View (N)	Ultimates	The Larry Elder Show	Higglytown Henrys	Jerry Springer	Movie: "Send Me No Flowers" (1984)	News
11 AM :30	Harvey	Judge J.	CG Kids	Yoga	Frasier	Young and the Restless	Third Watch	Paid Prog.	The Insider	News (Live)	D'Myna	Motoring	Balance-TV	To Extinction	Montel Williams	King Lilo Stitch	Jerry Springer		Rockford Files
12 PM :30	Drew	News (Live)	Ministers	Charlie Rose	Paid Prog.	News	Design	All My Children	News (Live)	Days of our Lives	SpongeBob LazyTown	Boxing: James Lubwama vs. Rodney Toney	Daily	Emperor of the Steppes	Perry Mason	Fillmore Weekend	Maury	CityLine	Magnum, P.I. "A.A.P.I."
1 PM :30	Yes, Dear	Days of our Lives	SportFish Planet	Wonderful Quilting	Days of our Lives	As the World Turns	Sell House	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears		Vicki G.	Fear Fighters "Police"	Fam. Feud	Recess Kim	Jerry Springer	Relic Hunter	Funnest Home Videos
2 PM :30	Home Imp.	The Outer Limits (N)	Gaslight	Mr Rogers	Passions	Guiding Light	Investigative Reports	General Hospital	Passions	Passions	Mona Fly Rhino	Burning Interruption	General Hospital	How-Made	Pat Croce	Proud Lizzie	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM :30	Seinfeld	Emmerdale	Timothy	Postcards	Brown	Dr. Phil	City Confidential	Paid Prog.	Young and the Restless	Young and the Restless	Jacob Mischief	Record Sports	Dr. Phil	Just a Game (N)	Starting Over	Fillmore Weekend	Pokémon	News	Home Imp. Will-Grace
4 PM :30	Raymond	Simpsons	Dora the Explorer	Cyberchas	Judge J.	Oprah Winfrey	American Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	2003 Poker	Frasier	Daily Planet	Little House	Recess Barbarian	Xiaolin	Sex & City	Will-Grace
5 PM :30	Friends	News (Live)	George S. Arthur	BBC World Business	News	News	Cold Case Files	News	News	News	Oddparent	MLB Baseball: Toronto Blue Jays at Chicago White Sox. (Live)	News	How-Made	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	Smallville "Pariah"	America's Funniest Home Videos
6 PM :30	Sex & City	Will-Grace	Planet	News-Lehrer	News	News	Dog	News	News	Past Lives	SpongeBob Being Ian	Blue Jays at Chicago White Sox. (Live)	eTalk Daily	American Chopper	Simpsons	Darcy	Friends	Movie: "Top Gun" (1986) Tom Cruise.	WGN News at Nine
7 PM :30	Friends	Fortune	Parks	Nova (DVS)	Jeopardy!	Seinfeld	Family Forensics (N)	Entertain	Entertain	I Want to Be a Hilton	Drake		Hollywood	American Hot Rod	Will-Grace	Even	Raymond		
8 PM :30	Friends	Comedy Fest.	Choir	Globe Trekker	Meet Mister Mom (N)	NCIS	Inked	My Wife Rodney	Meet Mister Mom (N)	House "Heavy"	ReBoot	SportsCentre (Live)	Canadian Idol (N)	Daily Planet	Trading Spouses	Boy World	Gilmore Girls	(8:15) News	Becker
9 PM :30	Movie: "Kate & Leopold"	Da Vinci's Inquest	Kaldor	Wide Angle	I Want to Be a Hilton	Big Brother 6 (N)	Cold Case Files	CMA Music Festival: Country's Party	House "Heavy"	Big Brother 6 (N)	Mystery Funpak	Boxing: Marcos Ramirez vs. Priest Tiger Smalls	Jim Comedy	American Chopper	House "Heavy"	Movie: "Witness" (1985)	Gilmore Girls	Jimmy Kimmel Live (N)	Home Delivery
10 PM :30	(2001, Romance) Meg Ryan.	The National	Adven.-English	P.O.V. "In the Realms of the Unreal"	Law & Order: SVU	Rock Star: INXS (N)	Dog		I Want to Be a Hilton	News	Inuyasha	Priest Tiger Smalls	Law & Order: SVU	American Hot Rod	News	Malcolm	KTLA Prime News	(10:06) Movie: "Great Expectations" (1998, Drama)	Justice Street
11 PM :30	"Random"	Sports Pg.	Dotto Tech	Rose	Tonight	Late Show	Family Forensics	News	News	(11:03) Fear Factor	Yvon	SportsCentre (Live)	News	How-Made	Becker	My So-Called Life	Will-Grace		Ellimdate

WEDNESDAY, AUGUST 3, 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 :30	"Free Willy 2: Home"	News	(Off Air)	Body Elec. Dragon	News	News	Inside Polygamy	(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 :30	Dawson's Creek	Life Today	BluesClues	Cliff Pup	Today Forever	The Early Show		Good Morning America			Stickin George S.	SportsCentre	Canada AM	Young-Wild	Sabrina Charles	Aladdin Kim	News	CityLine	Matlock
8 AM :30	Dawson's Creek	Huntley Street	Dora	Barney	Barrett Seaman; Kathy		Investigative Reports		100 Huntley Street	Jacob Boy	SportsCentre		American Chopper	Paid Prog.	Lilo Stitch	Mermald		Star! Inside Spin City	Rockford Files
9 AM :30	Becker	Save-Ums!	Magic Bus	Sesame Street (EI)	Griffin	Discover	City Confidential	Regis and Kelly	100 Huntley Street	World Vision	Mona Monster	Record NHRA Drag Racing: Fram Autolite Nationals	Regis and Kelly	Daily Planet	Dharma Paid Prog.	Pooh JoJo	Maury (N)	News City	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Madelaine Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	Cold Case Files	The View (N)	World Vision	Diva Dime MoneyWs	Rupert Monsters	Drag Racing: Fram Autolite Nationals	The View (N)	How-Made	The Larry Elder Show	Stanley Henrys	Jerry Springer	Movie: "Top Gun" (1986) Tom Cruise.	News
11 AM :30	Harvey	Judge J.	CG Kids	Yoga	Frasier	Young and the Restless	Third Watch	Paid Prog.	The Insider	News (Live)	D'Myna	Motoring	Balance-TV	Untamed Asia	Montel Williams	King Lilo Stitch	Jerry Springer		Rockford Files
12 PM :30	Drew	News (Live)	Mania rays. Sew Fun	Charlie Rose (N)	Paid Prog.	News	Inside Polygamy	All My Children	News (Live)	Days of our Lives	SpongeBob LazyTown	Boxing: Marcos Ramirez vs. Priest Tiger Smalls	Daily	In Search of Eden	Perry Mason	Fillmore Weekend	Maury	(12:15) CityLine	Magnum, P.I.
1 PM :30	Yes, Dear	Days of our Lives	Thimble Planet	Simply Sewing	Days of our Lives	As the World Turns	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears		Priest Tiger Smalls	Vicki G.	Monster Garage	Fam. Feud	Recess Kim	Jerry Springer	Relic Hunter	Funnest Home Videos
2 PM :30	Home Imp.	The Outer Limits (N)	Gaslight	Mr Rogers	Passions	Guiding Light	Investigative Reports	General Hospital	Passions	Passions	Mona Fly Rhino	Burning Interruption	General Hospital	Biker Build-Off	Pat Croce	Proud Lizzie	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM :30	Seinfeld	Emmerdale	Timothy	Postcards	Brown	Dr. Phil	City Confidential	Paid Prog.	Young and the Restless	Young and the Restless	Jacob Beasts	Record Sports	Dr. Phil	How-Made	Starting Over	Fillmore Weekend	Pokémon	News	Home Imp. Will-Grace
4 PM :30	Raymond	Simpsons	Dora the Explorer	Cyberchas	Judge J.	Oprah Winfrey	Cold Case Files	Millionaire	Oprah Winfrey	News	Tn-Titans	Billiards: Mosconi Cup.	Frasier	Daily Planet	Little House	Recess Barbarian	Xiaolin	Sex & City	Will-Grace
5 PM :30	Raymond	News (Live)	George S. Arthur	BBC World Business	News	News	Dog	News	News	News	Oddparent	MLB Baseball: Toronto Blue Jays at Chicago White Sox. (Live)	News	Secret History of Bikers	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	Lindsay Lohan	America's Funniest Home Videos
6 PM :30	Seinfeld	Will-Grace	Imprint	News-Lehrer	News	News	Inked	News	News	2nd Chnce	SpongeBob Being Ian	Blue Jays at Chicago White Sox. (Live)	eTalk Play	MythBusters	Will-Grace	Even	Raymond	Movie: "Snake Eyes" (1998) Nicolas Cage.	WGN News at Nine
7 PM :30	Sex & City	Fortune	Wildness	AR FYI	Jeopardy!	Seinfeld	Angel	Entertain	Entertain	Queer Eye-Guy	Mystery Zixx		Can. Idol	70s Show	Radio Free	Raymond			
8 PM :30	Movie: "Down to Earth"	Antiques Roadshow	The Shape of Life	American Masters: Good Rockin' Tonight	Outrageous Moments	The Cut (N)	Crossing Jordan	Brat Camp	Gilmore Girls	70s Show	ReBoot	SportsCentre (Live)	You Can Dance	Daily Planet	You Can Dance	Boy World	One Tree Hill	Jimmy Kimmel Live (N)	Becker
9 PM :30	(2001) Chris Rock.	the fifth estate	Saturn's Eyes	Rock 'n' Roll Forever	Trial by Jury	Rock: INXS King	Dog	Brat Camp	The Inside "Aidan" (N)	The Inside "Aidan" (N)	Mystery 15/Love	Gridiron Stars	Brat Camp (N)	MythBusters	The Inside "Aidan" (N)	Movie: "Celeste in the City" (2004)	Smallville "Run"	Jimmy Kimmel Live (N)	Home Delivery
10 PM :30	Movie: "House Party" (1990)	The National	Ministers	Rock 'n' Roll Forever	Law & Order "Gunplay"	CSI: NY	Inked	Lost	Queer Eye-Guy	News	Inuyasha	In Corner	Law & Order "Gunplay"	Secret History of Bikers	News	Malcolm	KTLA Prime News	Movie: "Snake Eyes" (1998) Nicolas Cage.	Justice Street
11 PM :30	Christopher Reid.	Sportspage	Moving On	Charlie Rose (N)	News	News	Angel	News	News	(11:03) Fear Factor	Yvon	SportsCentre (Live)	News	How-Made	Becker	My So-Called Life	Will-Grace		Ellimdate

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**

AUGUST

- 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

- 11 - Remembrance Day

DECEMBER

- 3 - Christmas Arts & Crafts Fair, Keremeos
- 25 - Christmas

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

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

thursday movies

MORNING

10:00 am CITY (29) ★★ "The Cowboy Way" (1994, Comedy-Drama) Woody Harrelson. Two modern-day cowboys tangle with smugglers in New York while trying to round up a missing buddy. (E)

a Mike Tyson bout.
 10:06 pm CITY (29) ★★ "The Pest" (1997, Comedy) John Leguizamo. A cash debt to the mob puts a gleefully obnoxious con artist in the crosshairs of a German big-game hunter's gun.

EVENING

6:00 pm CITY (29) "Without Malice" (2000, Suspense) Jennifer Beals. A surgeon and his fiancée's brother are involved in the shooting of a park ranger during a weekend hunting trip. (E) (DVS)

7:00 pm WTBS (3) ★★ "Tin Cup" (1996, Comedy-Drama) Kevin Costner. An attractive psychologist and a smarmy rival inspire an undisciplined golfer to swing for the professional ranks. (E)

9:00 pm FAM (26) ★★ "The Gun in Betty Lou's Handbag" (1992, Drama) Penelope Ann Miller. A mousy librarian's decision to spice up her life with a found murder weapon puts a sadistic killer on her trail. (In Stereo) (E)

9:40 pm WTBS (3) ★★ "Play It to the Bone" (1999, Comedy) Antonio Banderas. Two boxers and best friends are offered \$50,000 apiece to fight each other as the undercard of

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friday movies

MORNING

10:00 am CITY (29) ★★ "Free Willy 3: The Rescue" (1997, Adventure) Jason James Richter. Willy and his human friends square off against whale poachers in the waters of the Pacific Northwest. (E)

(1996) Monique Parent. A public defender encounters corruption and danger as he searches for his innocent client's identical twin sister. (E)
 10:30 pm FAM (26) ★★ "Baby Boom" (1987, Comedy) Diane Keaton. A high-powered executive's lifestyle is severely cramped when she takes on the care of a distantly related baby girl.

AFTERNOON

5:00 pm CITY (29) ★★ "American Outlaws" (2001, Western) Colin Farrell. Brothers Jesse and Frank James form a gang when greedy railway interests conspire to take control of the family farm. (In Stereo) (E)

EVENING

7:30 pm FAM (26) ★★ "Beautiful Girl" (2003, Comedy) Marissa Jaret Winokur. Despite discouragement from her mother, a woman enters a beauty pageant in the hope of winning a free honeymoon. (In Stereo) (E)

9:00 pm FAM (26) ★★ "Just a Walk in the Park" (2002, Romance) George Eads. A professional dog walker lets a woman think he's a wealthy businessman in the hope that it might lead to romance.

10:00 pm KSPS (6) ★★ "Cleopatra" (1963, Drama) Elizabeth Taylor. The Egyptian queen embarks on a tragic love affair with Marc Antony in Joseph L. Mankiewicz's historical drama.
 10:06 pm CITY (29) "Love Me Twice"

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Horoscopes

August 3-10, 2005

Aries - You are really into going places where you can have fun. Try to avoid drugs and booze at this time - not thinking clearly could be dangerous, especially around water. Love makes deep changes.
Taurus - Activity around home remains strong, and you want to enjoy it, but it takes effort, and you feel lazy. Your energy level starts to climb at the end of the week. For now, do what you must, but easy does it.
Gemini - Double check information you receive this week as it could be incorrect. You are involved in a lot of errands and activities close to home. Make sure no wires are crossed. Be alert to lies.
Cancer - Do not overestimate what you and your partner can spend. Talk about your finances, check bank balance and commitments, and make a budget. Intense planning now will save problems later.
Leo - You may feel old and tired even if you are young. Demands on your energy increase, career takes intense dedication now. You may feel frustrated and drained at the same time. Money comes easily.
Virgo - There is a secret worry or slow anger building in you at this time. Try to curb your negative thinking or you will create a situation you did not expect. Use caution regarding finances and spending.
Libra - Planning seems to be impossible right now and stagnation makes you angry. You are full of great ideas, but cannot act on them yet. You and partner can work together on a big project.
Scorpio - Good times with friends help ease the burden of demands made by your career. Partner may feel frustrated, or just seem full of ego. Watch for stress levels. Double check information for inaccuracy.
Sagittarius - Information coming from a distance can influence you and set the tone for the future, but make sure you have the correct information. Career matters run smoothly, focus on presentation.
Capricorn - You may feel frustrated by burdens at home, but this will clear up rapidly. Double check information you receive regarding investments, debts, taxes. There is a possibility of misinformation.
Aquarius - Stick to the truth this week. It may be difficult, because you are in a daydreaming mood, and may see the world your own way when reality is something else. Make no major decisions now.
Pisces - An excellent relationship with a partner, spouse, dear friend or lover highlights this week and the rest of the month. Good things come to you. Enjoy! On the job, critique information, check for errors.

**Similkameen News Leader
Recipe Corner (Recipe #75)**

Orange Sweet Potato Casserole

- 2 (17 oz.) cans sweet potatoes
- 1/3 cup brown sugar
- 1/4 cup margarine, melted
- 2 tsp. salt
- 1 tsp. mace
- 1/4 tsp. cinnamon
- 3 medium oranges, sectioned

Beat together until well blended the sweet potatoes, sugar, margarine, and spices. Fold orange sections into potato mixture. Pile into buttered casserole. Sprinkle with topping.

TOPPING

- 1/4 cup chopped pecans
- 2 tbsp. melted margarine
- 1 tbsp. brown sugar

Combine ingredients and sprinkle over top of sweet potato mixture. Additional orange sections may be placed on top of casserole, if desired. Cover and bake for 1-hour in 375 degree oven.

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

226A Bridge Street, Princeton

THURSDAY, AUGUST 4, 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 :30	"Josie-Pussycats"	News (E) Body	(Off Air)	Stretch Dragon	News (E)	News	Bio.: Munsters	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monsters Boy (E)	SportsCenter (E)	News (E) Canada AM (E)	Daily Planet (E)	Paid Prog. Paid Prog.	Something Hoze	News Calvin, Miller.	Maury Paternity tests.	Hillbillies Hillbillies
7 AM :30	Dawson's Creek (E)	Life Today 100 Huntley Street (E) Poko	BluesClues Hi-5	Clifford Arthur (E)	Today The cast of "Rent" performs; Steven Squyres; travel advice. (E)	The Early Show (E)	Biography "M*A*S*H"	Good Morning America (E)			Stickin George S.	SportsCenter (E)		Chobe: Lifeblood-Sands MythBusters (E)	Libertys Charles	Aladdin Kim	News (E)	CityLine (E)	Matlock (E)
8 AM :30	Dawson's Creek (E)	Save-Ums! Doodlebop	Magic Bus George S.	Sesame Street (E)		Discover Discover	Investigative Reports	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Mona Monster	SportsCenter (E)	Regis and Kelly	Daily Planet (E)	Dharma Paid Prog.	Pooh JoJo	Maury Paternity tests.	News (E) City	Magnum, P.I. "Paniolo"
9 AM :30	Becker	Save-Ums! Doodlebop	Magic Bus George S.	Sesame Street (E)		Discover Discover	Investigative Reports	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Mona Monster	SportsCenter (E)	Regis and Kelly	Daily Planet (E)	Dharma Paid Prog.	Pooh JoJo	Maury Paternity tests.	News (E) City	Magnum, P.I. "Paniolo"
10 AM :30	Cosby	The Price Is Right (E)	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right (E)	American Justice (E)	The View Divorce. (N)	World Vision (E)	Room MoneyWs	Rupert Monsters	ESPN's Bowling Night	The View Divorce. (N)	How-Made How-Made	The Larry Elder Show	Higglytown Henrys	Jerry Springer (E)	Movie: "The Cowboy Way" (1994) (E)	MLB Baseball: Chicago Cubs at Philadelphia Phillies. (Live) (E)
11 AM :30	Harvey Home Imp.	Judge J. Coronatn	CG Kids Gene Hntr	Yoga Sit-Be Fit	Frasler M*A*S*H	Young and the Restless	Thrd Watch (E)	Paid Prog. Paid Prog.	The Insider MoneyWs	News (Live) (E)	D'Myna Fly Rhino	I'd Do Anything	Balance-TV Balance	Triumph of Life (E)	Montel Williams (E)	King (E) Lilo Stitch	Jerry Springer	Way* (1994) (E)	Rockford Files
12 PM :30	Drew Drew	News (Live) (E)	Reach-Top Animals	Charlie Rose (E)	Body-Jake Paid Prog.	News Bold & B.	Bio.: Munsters	All My Children (E)	News (Live) (E)	Days of our Lives (E)	SpongeBob LazyTown	TSN Profile Golf	Daily Bold & B.	Beyond Human	Perry Mason	Fillmore Weekend	Maury (E)	CityLine (E)	
1 PM :30	Yes, Dear Yes, Dear	Days of our Lives (E)	Journal Planet	Painting Needle Art	Days of our Lives (E)	As the World Turns	Biography "M*A*S*H"	One Life to Live (E)	As the World Turns	As the World Turns	George S. Care Bears	PGA Golf: The International	Vicki G. Vicki G.	Secret History of Bikers	Fam. Feud Fam. Feud	Recess Kim	Jerry Springer (E)	Relic Hunter (E)	Funnest Home Videos
2 PM :30	Home Imp. Friends	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	1 - First Round. (Live)	General Hospital (E)	Harley-Davidson	Pat Croce Pat Croce	Proud Lizzie	Home Delivery	Ellen DeGeneres Show	Cosby Cosby
3 PM :30	Seinfeld Seinfeld	Emmerdale Caitlin	Timothy Dora the Explorer	Postcards Arthur (E)	Brown Brown	Dr. Phil	City Confidential (E)	Paid Prog. Home Imp.	Young and the Restless	Young and the Restless	Jacob Mischief	Record Sports	Dr. Phil	How-Made How-Made	Starting Over (E)	Fillmore! Weekend	Pokémon Jackie	News (E)	Home Imp. Will-Grace
4 PM :30	MLB Baseball: Atlanta	Simpsons Malcolm	George S. Paddington	BBC World Zoom (E)	News (E) Judge J.	News Oprah Winfrey (E)	American Justice (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) News (E)	Tn-Titans Mystery	Pregame CFL	Frasler Friends	Daily Planet (E)	Little House	Recess Barbarian	XiaoLin XiaoLin	Sex & City Friends	Will-Grace Home Imp.
5 PM :30	Braves at Cincinnati Reds. (Live) (E)	News (Live) (E)	George S. Arthur (E)	BBC World Business	News (E) NBC News	News CBS News	Cold Case Files (E)	News (E) ABC News	News (E) Global	News (E) Global	Oddparent Powerpuff	Football: Saskatchewan Roughriders at Montreal Alouettes. (Live)	News (E)	Frontiers of	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	Hey Joel At Movies	Funnest Home Videos
6 PM :30	Movie: "Tin Cup" (1996)	Fortune Jeopardy!	Organic Prophecies (N)	History Detectives (N)	Jeopardy! Fortune	Seinfeld Friends	The First 48 (E)	Entertain The Insider	Entertain Design	Without a Trace (E)	Endurance Trading	SportsCenter (Live)	eTalk Daily	Gold Rush	Will-Grace 70s Show	Even Raymond	Raymond Raymond	Movie: "Without Malice" (2000) Jennifer Beals.	WGN News at Nine
7 PM :30	Kevin Costner, René Russo. (E)	Stargate SG-1 (N)	Ministers Trouble	Jonathan Creek	Joey (E) Will-Grace	Big Brother 6 (E)	Crossing Jordan (E)	Extreme Makeover (E)	Joey (E) Will-Grace	Big Brother 6 (E)	ReBoot Beasties	The Law Firm (N)	Daily Planet (E)	70s Show 70s Show	Boy World Brotherly	Smallville (E)	News (E) SexTV (E)	Becker Becker	
8 PM :30	Movie: "Play It to the Bone" (1999)	The National	Lost Treasures	Soundstage "Heart" (N)	(9:59) ER "Here and There"	Without a Trace (E)	Cold Case Files (E)	Hooking Up (N) (E)	70s Show 70s Show	Will-Grace Will-Grace	Mystery Academy	X Games From Los Angeles. (Taped)	CSI: Crime Scn	Extreme Engineering	The O.C. "The O.Sea"	"The Gun in Betty Lou's Handbag"	Everwood "The Reflex"	Jimmy Kimmel Live (10:06)	Justice
9 PM :30	Antonio Banderas.	News (E) Sportspage	Perspectives (E)	Charlie Rose (N) (E)	News (E) Tonight	News Late Show	The First 48 (E)	News (E) Nightline	News (Live) (E)	(11:03) Fear Factor (E)	Yvon My Family	SportsCenter (Live)	News (E)	Frontiers of	Becker Just Shoot	My So-Called Life	Will-Grace	John Leguizamo.	Elimidate

FRIDAY, AUGUST 5, 2005

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Saved-Bell Saved-Bell	News (E) Body	(Off Air)	Body Elec. Dragon	News (E)	News	Murder, She Wrote (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monsters Boy (E)	SportsCenter (E)	News (E) Canada AM (E)	Daily Planet (E)	Paid Prog. Paid Prog.	Something Hoze	News Calvin, Miller.	Maury (N) (E)	Hillbillies Hillbillies
7 AM :30	Dawson's Creek (E)	Life Today 100 Huntley Street (E) Poko	BluesClues Hi-5	Clifford Arthur (E)	Today Faith Hill; Amy Borkowsky; Singapore Chili Crab.	The Early Show (E)	Murder, She Wrote (E)	Good Morning America (E)			Stickin George S.	SportsCenter (E)		Nature Nature	Libertys Charles	Aladdin Kim	News (E)	CityLine (E)	Matlock "The Judge"
8 AM :30	Dawson's Creek (E)	Save-Ums! Doodlebop	Magic Bus George S.	Sesame Street (E)		Discover Discover	Investigative Reports	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Mona Monster	SportsCenter (E)	Regis and Kelly	Daily Planet (E)	Dharma Paid Prog.	Pooh JoJo	Maury (N) (E)	News (E) City	Magnum, P.I. (E)
9 AM :30	Becker	Save-Ums! Doodlebop	Magic Bus George S.	Sesame Street (E)		Discover Discover	Investigative Reports	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Mona Monster	SportsCenter (E)	Regis and Kelly	Daily Planet (E)	Dharma Paid Prog.	Pooh JoJo	Maury (N) (E)	News (E) City	Magnum, P.I. (E)
10 AM :30	Cosby	The Price Is Right (E)	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right (E)	American Justice (E)	The View (N) (E)	World Vision (E)	Homes MoneyWs	Rupert Monsters	Sports' Hottest Couples	The View (N) (E)	How-Made How-Made	The Larry Elder Show	Stanley Henrys	Jerry Springer (E)	Movie: "Free Willy 3: The Rescue" (1997) (E)	News (E)
11 AM :30	Harvey Home Imp.	Judge J. Coronatn	CG Kids Dotto Tech	Yoga Sit-Be Fit	Frasler M*A*S*H	Young and the Restless	Thrd Watch (E)	Paid Prog. Paid Prog.	The Insider MoneyWs	News (Live) (E)	D'Myna Fly Rhino	I'd Do Anything	Balance Balance	Super Ships (E)	Montel Williams (E)	King (E) Lilo Stitch	Jerry Springer (E)	Rockford Files	
12 PM :30	Drew Drew	News (Live) (E)	Edge Parks	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	Murder, She Wrote (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	SpongeBob LazyTown	Poker: 2004	Daily Bold & B.	Frontiers of	Perry Mason	Fillmore Weekend	Maury (E)	CityLine (E)	Magnum, P.I. (E)
1 PM :30	Yes, Dear Yes, Dear	Days of our Lives (E)	Home Planet	Painting Beads Bbl	Days of our Lives (E)	As the World Turns	Murder, She Wrote (E)	One Life to Live (E)	As the World Turns	As the World Turns	George S. Care Bears	PGA Golf: The International	Vicki G. Vicki G.	Extreme Engineering	Fam. Feud Fam. Feud	Recess Kim	Jerry Springer (E)	Relic Hunter (E)	Funnest Home Videos
2 PM :30	Home Imp. Friends	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	1 - Second Round.	General Hospital (E)	Gold Rush	Pat Croce Pat Croce	Proud Lizzie	Home Delivery	Ellen DeGeneres Show	Cosby Cosby
3 PM :30	Seinfeld Seinfeld	Divas Dime Caitlin	Timothy Dora the Explorer	Postcards Arthur (E)	Brown Brown	Dr. Phil	City Confidential (E)	Paid Prog. Home Imp.	Young and the Restless	Young and the Restless	Jacob Beasts	Record Sports	Dr. Phil	Super Ships (E)	Starting Over Fears.	Fillmore Weekend	Pokémon Jackie	News (E)	Home Imp. Will-Grace
4 PM :30	Raymond Raymond	Simpsons Malcolm	George S. Zoboo	BBC World Zoom (E)	News (E) Judge J.	News Oprah Winfrey (E)	American Justice (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) News (E)	Tn-Titans Mystery	Boxing: Bernard Hopkins vs. Jermaln Taylor. (E)	Frasler Friends	Daily Planet (E)	Little House	Recess Barbarian	XiaoLin XiaoLin	Sex & City Friends	MLB Baseball: Chicago Cubs at New York Mets. (Live) (E)
5 PM :30	MLB Baseball: Atlanta	News (Live) (E)	George S. Arthur (E)	BBC World Business	News (E) NBC News	News CBS News	Biography "David Hasselhoff" (N) (E)	News (E) ABC News	News (E) Global	News (E) Global	Oddparent SpongeBob	Jermaln Taylor. (E)	News (E)	Fear Fighters (N) (E)	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	Movie: "American Outlaws" (2001) Colin Farrell.	WGN News at Nine
6 PM :30	Braves at St. Louis Cardinals. (Live) (E)	Will-Grace 70s Show	Home Animals	News-Lehrer Raymond	News (E) Hollywood	News Hollywood	Biography "David Hasselhoff" (N) (E)	News (E) News (Live) (E)	Homes Entertain	Yu-Gi-Oh! Entertain	Cheerlead Pregame	News (E)	Blueprint for Disaster	Will-Grace 70s Show	School Movie: "Beautiful Girl" (2003) (E)	Raymond Raymond	Star Trek: Enterprise	WGN News at Nine	
7 PM :30	Friends Friends	Air Farce 22 Minutes	Falling for a Dancer (Part 2 of 2)	NOW (N) Europe	Dateline NBC (E)	Veronica Mars (E)	American Justice (E)	8 Rules Hope	Arrested Arrested	Gilmore Girls (E)	One Piece Dragonball	CFL Football: Edmonton Eskimos at B.C. Lions. (Subject to Blackout) (Live)	Newlywed Degress!	Daily Planet (E)	Arrested Arrested	What I Like Blue Coll	News (E) Night Party	Becker Becker	
8 PM :30	Store Store	Drum! (N) (E)	American-Straight	JAG (E) (DVS)	Biography "David Hasselhoff" (E)	Hope Arrested	Office Temps (N) (E)	Hope Arrested	Office Temps (N) (E)	Justice Gundam	Blackout (Live)	Punk'd (N)	Sex Files Sex Files	Arrested Arrested	Movie: "Just a Walk in the Park"	Reba (E) Living-Fran	Jimmy Kimmel Live (N)	Home Delivery	
9 PM :30	Family Guy Futurama	The National	Sherlock Holmes	Movie: "Cleopatra" (1963)	Crossing Jordan (E)	NUMB3RS (E)	Biography "David Hasselhoff" (E)	20/20 (E)	20/20 (E)	News (E)	Inuyasha Hack/Sign	X Games (Taped)	Osbourne's Osbourne's	MythBusters (E)	News Malcolm	Movie: "Baby Boom" (1987)	KTLA Prime News (E)	Movie: "Love Me Twice" (1996)	Justice
10 PM :30	Oblongs Baby Blues	News (E) Sportspage	Canada-History	Elizabeth Taylor.	News (E) Tonight	News Late Show	Bio.: Manson	News (E) Nightline	News (Live) (E)	(11:03) Fear Factor (E)	ReBoot Beasties	SportsCenter (Live)	News (E)	American Chopper	Becker Just Shoot	Will-Grace	Monique Parent.	Street Elimidate	

saturday movies

MORNING

8:00 am WTBS (3) ★★"Man of the House" (1995, Comedy) (PA) Chevy Chase. An attorney's well-meaning attempts to establish a rapport with his girlfriend's young son are met with resistance. (E)

10:00 am A&E (9) ★★½"The Shining" (1980, Horror) Jack Nicholson. A caretaker, his wife and their psychotic son fall prey to supernatural forces during a winter at a snowbound hotel. (E)

10:20 am WTBS (3) ★★"Blast From the Past" (1999, Comedy) Brendan Fraser. A young man experiences culture shock as he navigates 1998 suburbia after spending his whole life in a bomb shelter. (E)

11:00 am WGN (38) ★★½"Jumpin' Jack Flash" (1986, Comedy) Whoopi Goldberg. A computer operator's life is turned upside down when a trapped British spy sends messages through her terminal.

AFTERNOON

12:00 pm FAM (26) ★★"Miracle in

Lane 2" (2000, Drama) Frankie Muniz. A youngster in a wheelchair is determined to prove himself by entering the Soap Box Derby. (In Stereo) (E)

12:40 pm WTBS (3) ★★½"Hot Shots!" (1991, Comedy) Charlie Sheen. In this spoof of military movies, the son of a disgraced pilot prepares for a secret mission.

1:30 pm FAM (26) ★★½"Monkey Trouble" (1994, Adventure) Thora Birch. A 9-year-old girl adopts a capuchin monkey whose previous owner taught it thievery, among other tricks.

2:30 pm WTBS (3) ★★½"Batman" (1989, Adventure) (PA) Michael Keaton. Tim Burton's adaptation of the Caped Crusader and his vendetta against the Joker, a disfigured criminal mastermind. (E)

4:00 pm YTV (18) ★★½"Batman & Mr. Freeze: SubZero" (1998, Adventure) Voices of Kevin Conroy. Batman and Robin must race to save Batgirl when she is kidnapped by Mr. Freeze. (In Stereo) (E)

KTLA (27) ★★½"12 Monkeys" (1995, Science Fiction) Bruce Willis.

A prison inmate from the future is sent back in time to stop a deadly virus from decimating the world's population. (In Stereo) (E)

5:00 pm WTBS (3) ★★"Lara Croft: Tomb Raider" (2001, Adventure) (PA) Angelina Jolie. The virtual heroine seeks an ancient artifact that can control time in this adaptation of the popular computer game. (E)

CITY (29) ★★"Conspiracy Theory" (1997, Suspense) Mel Gibson. A paranoid cabbie enlists the aid of a murdered judge's daughter after his rantings draw gunfire from the CIA. (E)

WGN (38) ★★½"Carmen Brown" (2001, Musical) Beyoncé Knowles. A modernized reworking of Bizet's classic opera, now in a contemporary urban setting. (In Stereo) (E)

EVENING

6:00 pm CITY (12) ★★"The Book of Eve" (2002, Romance) Claire Bloom. Premiere. A Romanian immigrant uses good food, good humor and good conversation to break down the walls around a recluse's heart. (E)

7:00 pm BCTV (11) ★★"The Book of Eve" (2002, Romance) Claire Bloom. Premiere. A Romanian immigrant uses good food, good humor and good conversation to break

down the walls around a recluse's heart. (E) (DVS)

7:10 pm WTBS (3) ★★½"Passenger 57" (1992, Drama) (PA) Wesley Snipes. An airline security expert takes action when skyjackers seize control of the jet he is traveling on. (E)

8:00 pm KXLY (10) ★★½"Bandits" (2001, Comedy-Drama) Bruce Willis. Premiere. A bored housewife seeks excitement and romance on the road with an escaped bank robber and his quirky partner-in-crime. (In Stereo) (E) (DVS)

8:30 pm WGN (38) ★★"Letters From a Killer" (1998, Drama) Patrick Swayze. A former convict is framed for the murders of women who wrote to him while he was in prison. (In Stereo)

9:00 pm WTBS (3) ★★"Lara Croft: Tomb Raider" (2001, Adventure) (PA) Angelina Jolie. The virtual heroine seeks an ancient artifact that can control time in this adaptation of the popular computer game. (E)

CHBC (4) ★★"The Cradle Will Fall" (1983, Suspense) Lauren Hutton. Strange happenings at a hospital lead an assistant district attorney into a web of homicidal intrigue. (E)

YTV (18) ★★"The Beverly Hillbillies" (1993, Comedy) Jim Varney. A cash-craving woman

hopes to tie Jed Clampett with the bonds of matrimony in this big-screen version of the TV series. (In Stereo) (E)

FAM (26) ★★½"Flashdance" (1983, Drama) Jennifer Beals. A young woman who works as a welder by day and an exotic dancer by night aspires to join the Pittsburgh Ballet. (E)

CITY (29) ★★½"Carrie" (1976, Horror) Sissy Spacek. A teen becomes the butt of a cruel prom-night prank and retaliates against her classmates with a supernatural fury. (E)

10:47 pm FAM (26) ★★"Mad Love" (1995, Drama) Chris O'Donnell. Fiery passion consumes a responsible high-school senior and a free-spirited classmate. (E)

11:00 pm WTBS (3) ★★½"The Fifth Element" (1997, Science Fiction) (PA) Bruce Willis. Luc Besson directed this tale about a futuristic cab driver whose latest passenger may save Earth from impending doom. (E)

CITY (29) ★★½"Dracula" (1979, Horror) Frank Langella. The Transylvanian vampire sets his lovesick sights on an English physician's unlucky daughter. (E)

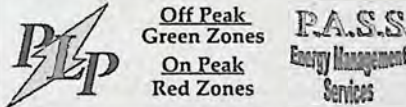
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Time-of-use Schedule for TOU * SUMMER MONTHS JULY - AUGUST

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

sunday movies

MORNING

6:00 am WTBS (3) ★★½"Addams Family Values" (1993, Comedy) (PA) Anjelica Huston. With Wednesday and Pugsley off to summer camp, a greedy nanny plots to marry and murder wealthy Uncle Fester.

8:00 am WTBS (3) ★★½"Zoolander" (2001, Comedy) Ben Stiller. A disgraced male model becomes the unwitting fall guy in an evil designer's plot to assassinate a world leader.

9:00 am A&E (9) ★★"The Four Feathers" (2002, Adventure) Heath Ledger. A former soldier returns to Africa to redeem his honor after his friends and fiancée brand him a coward. (E)

10:00 am CHBC (4) ★★"The Circle Game" (1994, Drama) Marnie McPhail. Premiere. A struggling musician battles her mother to obtain custody of the 12-year-old girl she was forced to give away. (E)

WGN (38) ★★½"Futureworld" (1976, Science Fiction) Peter Fonda. Reporters investigate an amusement park where patrons pay to live their

wildest dreams among a population of robots.

AFTERNOON

12:00 pm FAM (26) ★★"Air Bud Spikes Back" (2003, Adventure) Katija Pevic. A teenager and her athletic dog help get a struggling volleyball team into championship shape. (In Stereo) (E)

1:00 pm KTLA (27) ★★"A Dog of Flanders" (1999, Drama) Jack Warden. In 19th-century Belgium, a poverty-stricken boy nurses an abused dog back to health and dreams of becoming an artist. (In Stereo)

1:30 pm FAM (26) ★★"Full-Court Miracle" (2003, Docudrama) Alex D. Linz. The young captain of a Hebrew academy's basketball team convinces an NBA hopeful to coach his winless players. (In Stereo)

2:00 pm VTV (22) "Hard to Forget" (1998, Suspense) Chad Everett. A private detective enlists the aid of a murdered woman's twin sister to find a vicious killer. (In Stereo) (E)

3:00 pm KTLA (27) ★★½"Wide Awake" (1998, Drama) Joseph

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

4:00 pm YTV (18) ★★½"The Adventures of Rocky and Bullwinkle" (2000, Comedy) René Russo. Jay Ward's beloved moose and squirrel come out of retirement to save the world from another plot by Boris and Natasha. (In Stereo) (E)

VTV (22) "The Royal Scandal" (2001, Mystery) Matt Frewer. Sherlock Holmes and his trusty sidekick Watson sniff out a plot involving espionage and blackmail. (In Stereo) (E)

5:00 pm WGN (38) ★★½"Jumpin' Jack Flash" (1986, Comedy) Whoopi Goldberg. A computer operator's life is turned upside down when a trapped British spy sends messages through her terminal.

EVENING

6:00 pm CITY (29) ★★"Big Trouble" (2002, Comedy) Tim Allen. Premiere. A suitcase containing a nuclear device changes hands rapidly upon its arrival in Florida. Based on Dave Barry's novel. (E)

8:00 pm WTBS (3) ★★½"Zoolander" (2001, Comedy) Ben Stiller. A disgraced male model becomes the unwitting fall guy in an

evil designer's plot to assassinate a world leader.

KTLA (27) ★★½"Sugar & Spice" (2001, Comedy) Marley Shelton. Members of a cheerleading squad decide to rob a bank to raise some quick cash for a pregnant cohort. (In Stereo) (E)

9:00 pm KREM (8) ★★"Deep Impact" (1998, Drama) Robert Duvall. Troubled people attempt to mend their lives as they brace themselves for a comet that threatens Earth. (DVS)

FAM (26) "Love Rules!" (2004, Romance-Comedy) Joseph Lawrence. Meddling friends and family make a couple miserable by trying to turn their simple nuptials into an extravagant affair. (In Stereo)

10:00 pm WTBS (3) ★★½"Addams Family Values" (1993, Comedy) (PA) Anjelica Huston. With Wednesday and Pugsley off to summer camp, a greedy nanny plots to marry and murder wealthy Uncle Fester.

10:46 pm FAM (26) ★★"Mr. Jones" (1993, Drama) Richard Gere. A doctor crosses the ethical line when she falls under the spell of a charming but mentally unbalanced patient. (In Stereo)

11:00 pm CITY (29) ★★"Satyricon" (1969, Drama) Martin Potter. A bizarre, surrealist

vision of the decadence and debauchery that suffused Rome during Nero's reign.

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SATURDAY, AUGUST 6, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 24 rows (6 AM to 11 PM) listing TV programs and their corresponding channels.

SUNDAY, AUGUST 7, 2005

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX, FAM, KTLA, CITY, WGN) and 24 rows (6 AM to 11 PM) listing TV programs and their corresponding channels.

MONDAY, AUGUST 8, 2005

Television schedule grid with columns for channels (WTBS, CHBC, KNOW, KSPS, KHQ, KRÉM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and rows for time slots (6 AM to 11 PM).

monday movies

MORNING

10:00 am CITY (29) ★★ "In the Living Years" (1994, Drama) Corin Nemec. A father's distance from his growing son influences their relationship in later years. (E)
11:00 am A&E (9) ★★★ "Clear and Present Danger" (1994, Drama) Harrison Ford. CIA agent Ryan comes up against a duplicitous American government during his quest to nab a Colombian drug lord. (E)

convicted felons maintain an adversarial relationship for more than 50 years in a Mississippi prison. (E)
11:00 pm WTBS (3) ★½ "U-Turn" (1997, Mystery) Sean Penn. Oliver Stone directed this tale of a stranded hood in Arizona who becomes involved with a woman he was hired to kill. (E)

EVENING

6:00 pm CITY (29) ★★½ "Life" (1999, Comedy) Eddie Murphy. Premiere. Two wrongly convicted felons maintain an adversarial relationship for more than 50 years in a Mississippi prison. (E)
9:00 pm WTBS (3) ★★ "High School High" (1996, Comedy) Jon Lovitz. An idealistic teacher leaves a comfortable position at a private school to turn inner-city hoodlums into scholars. (E)
FAM (26) ★★½ "Moonstruck" (1987, Comedy) Cher. Three Oscars went to this tale of a widowed Brooklyn bookkeeper who falls in love with her fiancé's brother. (In Stereo)
10:06 pm CITY (29) ★★½ "Life" (1999, Comedy) Eddie Murphy. Two wrongly

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Question:

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in memoriam

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Feel no sorrow in a smile, that they're not here to share,
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They'd hope that you would carry on, the way you always do,
So talk about the good times, and the ways you showed you cared,
The days you spent together, all the happiness you shared.

Let memories surround you, a word someone may say,
Will suddenly recapture, a time, an hour, a day,
That brings them back so clearly, as though they were still here,
And fills you with all the feelings, that they are always near,
For if you keep those moments, you will never be apart,
And they will live forever, locked safe within your heart.

Sadly Missed by Therese, Tasha & Justin

in memoriam

lost

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

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Jan 07-Oct 04

card of thanks

We feel very blessed to live where we do and we realize how extremely caring and thoughtful our friends are. We would thank the paramedics, nurses, and Dr. Reid for all their compassion and care shown towards Mitchell and all of us the night of the accident. To Michelle Williams who took over at our house and helped Mitch tremendously thank you!

To everyone else who helped us that night know your actions meant so much to us and helped us get through the evening. To everyone who phoned, sent cards and gifts to Mitchell thank you! That meant a lot and helped him get through days in the hospital.

To the Cook crew and others for getting Mitch the PSP, this has made a big difference when he is limited to what he can do. Thanks to those that were able to visit Mitch in Penticton and Vancouver it was great to see familiar faces.

Thanks to Ron and Marie Anne for keeping Marcel and Katie so we could both be at the hospital with Mitch. Thanks to Jordie and Debbie, Sam and Rob for letting us use your cars. Thanks Cathy for looking after the day-care and everyone for being so understanding. We hope we have not forgotten anyone as so many people have been so wonderful to all of us we feel so lucky!

Mitchell, Michael, Pam, Marcel and Katie.

We would like to extend a warm thank you to Pastor Mike Stoltz, LivingWater FourSquare Church as well as Marcy Sandness and her Prayer Circle for the wonderful things they are capable of.

George & Brenda

YARD SALE

Saturday, August 6th
9:00 AM - 4:00 PM
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Ikea items, welder, prof. electrical cabinet, oxyacetylene tanks,
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Rain Date: Saturday, August 13th

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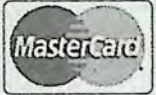
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

notices

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.

SINCE JUNE 30th WE HAVE HELPED LOCAL PET OWNERS 'FIX' 3 FEMALE AND 2 MALE CATS WITH 2 MORE WAITING. THANK YOU, PRINCETON FOR SUPPORTING THIS IMPORTANT PROGRAM!

The Conservative Party's BC Southern Interior riding association is looking for a candidate to replace retiring MP Jim Gouk. Nominations are now open for potential candidates and will be closing on September 3, 2005. Candidates need not be current members of the Conservative Party, but must hold conservative views and meet specific criteria as to ability, trustworthiness and electability to become a Member of Parliament. All persons selected will compete in an open meeting election before Southern Interior Party Members in September. Interested persons or those wishing to propose potential candidates are invited to contact search committee member Reg Gabriel at (250) 498-6183.

services

services

Stewart Murkin, MSW RSW
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Individual - Couple - Family Sessions
 Appointments in Princeton or Penticton

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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.

for rent

Silver Crest Housing

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

Contact: Alice Cook
 (250) 295-6136

Or Helen Gallagher
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 Jan 18-tfn (b)

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Natural character chart - \$25.

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card of thanks

card of thanks

On behalf of our entire family we would like to thank everyone who has sent gifts, cards, money, prayers and support to us. During this difficult time we can take comfort in knowing that so many people care about Logan and our family. There is something special about growing up in a small town and especially the people of Princeton. It seems every time their is an extenuating circumstance this community pulls together and does whatever they can to show support.

We feel very blessed to be from Princeton. Again, we want to thank everyone who is sending love to Logan, our soon to be little miracle.

With Love,

Jenny, Jared, Logan & Broden Lay
 AND
 Bill & Cathy Montgomery

help wanted

help wanted

Person required to undertake a contract worth \$500 to conduct a local arts and culture survey of 100 people.

Must be a self-starter, independent worker, capable of meeting deadlines. Survey must be completed on or before September 16. Payment upon completion.

Resumés must be left at the News Leader no later than 4 p.m. August 10.

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VERY CLEAN

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

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Mar 08-tfn

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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 Similkameen SPCA
 (250) 493-0136
 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 & EVEN, PROGRESSIVE SNOWBALL & LOONIE POT, LUCKY 7 WON EVERY MONDAY (MIN. \$50.00 GUARANTEED)
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BINGO

HEDLEY
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Thursdays
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SUNDAY AFTERNOON BINGO

In Hedley at the Chuchwayha Hall

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Narcotics Anonymous

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 Thursdays 7:30 PM

160 Old Hedley Road
 Baptist Church Basement
 (USE BACK DOOR)

Info: (250) 295-0542

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 former Health Centre Building

SUNDAY OPEN MEETINGS - 8 PM (295-7931 / 295-7229)
 WEDNESDAY CLOSED - 8 PM (295-7931 / 295-7229)
 SATURDAY OPEN - 7:30 PM (295-3571)
 TULAMEEN LIBRARY
 FRIDAY OPEN - 8 PM (295-7005)
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 MONDAY 12 NOON
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GOD POWER

Finally, be strong in the Lord and in His mighty power. Eph. 6:10

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editor@thenewsleader.ca

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my turn

The problem with volunteers

This is an easy one.

The problem with volunteers is that there aren't enough of them - which we sometimes don't understand.

Whatever happened to doing unto others, or random acts of kindness or giving a little back?

We have spent countless years involved in no less than two volunteers organizations at a time. We are in our 40's and we know we aren't the exception to the rule.

We attend meetings and look around the room to find the majority of the other volunteers we work with are MANY years older than us and often we are the youngest members there.

Why is that?

We suspect it dates back to the day when someone stated "Your time is worth money, never give it away." It was at about that time the volunteer movement took a serious blow.

We are very fortunate to live in the Similkameen Valley for a number of reasons. One is that there are a number of volunteer organizations from Keremeos to Princeton that plan and organize all kinds of activities for just about every interest imaginable.

Yet they all suffer from the same lack of volunteers.

When the average age for any group in the valley hovers around 55, there's a serious problem. Are young people not interested because there's a bunch of 'old farts' running things in these groups or have they just never been asked to participate?

We don't buy the argument that some young people do not view volunteering as a valuable asset. Especially for those just about to enter the job market, volunteering can aid to everything from possible employment contacts to items to fill out a resume to potential references.

Those were some of the reasons we first started volunteering while still in high school. Surely these reasons are still valid today.

We've already seen evidence in the valley of events having to be cancelled or postponed due to a lack of volunteer support. What will happen to the fabric of our communities when volunteer organizations start to fold due to a lack of interest?

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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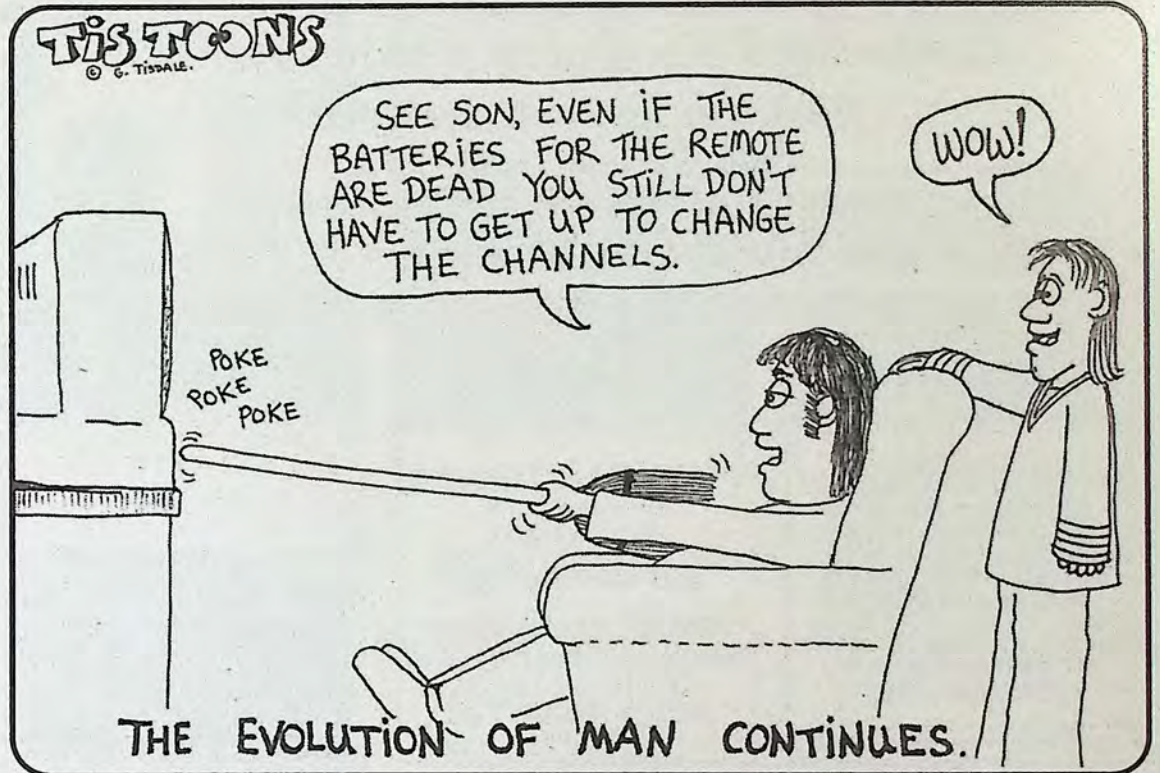
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George Elliott
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Dawn Johnson



your turn

Candidate receives praise

Dear Editor:

As a candidate for the Conservative Party nomination in BC Southern Interior, I'd like to congratulate Alex Atamanenko on his recent acclamation as NDP candidate in the next federal election.

Although the Conservatives are still some time away from choosing their own candidate, I do not think it out of place for me to send along my best wishes to Alex. He has a reputation as an intelligent and thoughtful man; I think we need more people in politics with his level-headed disposition.

Alex and I even agree on some of the major issues facing our nation, such as the need for a strong and independent Canada, the need to provide secure and accessible health care to young and old alike, and the need to promote technological access and innovation in our rural communities -- communities that have been badly neglected by the Chretien-Martin governments, as I think Alex would agree.

It is good to see that the Conservatives and NDP occupy a certain amount of common ground politically. If anything, it is a reminder that no party enjoys a monopoly on common sense and good intentions.

Having said that, Alex and I obviously disagree on many other vitally important issues facing the Canadian people.

Alex remains stubbornly opposed to the idea that free trade has brought any good to Canada, despite 15 years of clear evidence that points to an explosion of

Canadian exports, and a wealth of new jobs, since Canada made the decision to become a full player in the world economic community.

Alex is an ardent supporter of the United Nations, without acknowledging the urgent need for major UN reforms to root out corruption, reduce rash bureaucracy, and prevent wholesale genocide in places where the UN is woefully unprepared to fulfill its peace-keeping mandate.

And he praises the NDP's recent backroom budget deal with the Liberals, which made for great political theatre, but contains so little content, so few details, and so many loopholes as to be virtu-

ally worthless.

Clearly, what separates our two parties ideologically is far greater than what unites us under a common cause. Nevertheless, Alex is a worthy opponent.

Should I emerge successful in my bid for the Conservative nomination, I will look forward to an election campaign filled with interesting ideas and thoughtful debate -- a campaign in which exaggeration and half-truths are kept to a bare minimum by all candidates, regardless of party affiliation. I think the citizens of BC Southern Interior deserve nothing less.

- Sincerely, Derek Zeisman, Trail

Letter To The Editor

Toews explores real estate

Dear Editor;

Judging by the current real estate market, the asking price for my house and property has nearly doubled this spring.

Upon learning this, my first reaction was to perform a few cartwheels, then invite all the neighbours to a huge party that would include real estate agents; the object being that we can engage knowledgeable salespeople to help us double our money.

As I lay in bed last evening my euphoria got a severe jolt.

Why?

Because sanity prevailed after I did a little mathematical reasoning. If I sell at a hugely inflated price, the property that I replace it with is subject to the same market forces and also sells at the same inflated price.

Eureka! The only one who gains is the agent who is doubling his commission.

In this "unprecedented real estate boom," any homeowners anxious to take advantage of the market should give their heads a shake.

Before you, dear reader, throw a tantrum over my perceived negativity, let me tell you that this is not a rant against all real estate people.

I've known some who were genuinely a credit to their trade. But if you look around you, you may see that there is no shortage of sales-agents.

It seems that there is an overabundance of people wishing to increase the cost of our real estate without its value.

- Sincerely, HP Toews

Current Comment:

The Muslim world needs this message



Dawn Johnson editor@thenewsleader.ca

After the bombings in London, and the ongoing strife in Iraq, Muslim religious leaders are joining forces to condemn terrorism as against the teachings of the Q'ran, the Muslim equivalent of the Bible. In short, these leaders have taken a united stand against the teachings of bin Laden and the Al Qaeda. This is a step in the right direction, in my opinion.

The Al Qaeda militants have masqueraded as religious purists for a long time. Being condemned by recognized Muslim leaders puts the lie to their so-called "holy war" and denounces their activities as unholy terrorism.

I believe the worst example of what these terrorists have done is not the bombings in London, but their willingness to kill children. How can any war be holy when the target is a child?

Terrorists have used the excuse for claiming innocent victims by saying there are no people innocent of the activities of their politicians, but how can children be anything but innocent? They do not make the decisions that shape their society. On the contrary, in every country in the world, children are most often the victims of government policy, because they have no vote, no voice in what befalls the nation.

To see Al Qaeda attack a group of children receiving goodies from American soldiers is meant to say to parents, "Teach your children to stay away from the infidels or they will die."

At the same time, the message sent by Al Qaeda is that they make war on children. Is this the action of brave men with a mission, or is it an act of cowardice? My guess is that the parents of the dead children, and parents everywhere in Iraq, will harden their hearts against the terrorists.

Of course, I do not understand what the terrorists in Iraq hope to accomplish. They now have a government the people elected, a government struggling to put things to rights, and most of the people being killed by terrorists are Iraqis trying to make their nation safe and prosperous. I have to wonder whose nose is so badly out of joint that they have to kill off their fellow Iraqis. To what end

are the attacks? Do they want a return to dictatorship?

There are a lot of things about terrorism that bother me, besides the killings. When I hear that some group claims responsibility for an attack, I want to know why they attacked. What is the goal? To what do they object so strongly that they will kill in sneak attacks?

One of my suspicions is that such groups, including bin Laden and his followers, have developed a

lifestyle in which they can justify an extreme anti-social pattern of behaviour. In other words, they like the excitement of intrigue, danger and thrill of being an outlaw. The "cause" for which they are fighting becomes the perverted justification to engage in behaviour they enjoy.

Thank the goodness of their religious leaders for having the courage to present a united front against the terrorists.

Heart Food by Dave Machin

I've found out that there's no such thing as luck - good or bad. In fact, I've taken the term completely out of my vocabulary. It's not luck that determines how things turn out in our lives - it's choices. When we make really good ones, things go well for us. When we make bad ones, things go wrong. No doubt, some folks would dispute that. You hear about times when they did everything right. Times when they gathered all the information, listened to the experts and made a wise choice that, due to circumstances beyond their control, got them in trouble. But the truth is, no matter how "right" you think you were at the time, a decision that brings trouble is a poor decision. You see, as members of the race of man, you and I are not independent entities. We are spirit and we are created in God's class or image, but we are not sovereign. We are not God. Each one of us has a spiritual Lord. If we choose Jesus, He is our Lord. Those who don't choose Jesus have the devil as their lord by default, whether they acknowledge it or not. Since we are not independent entities, we cannot have independent thoughts. We will either be thinking Satan's thoughts or God's thoughts. The straight thoughts of God are truth and the twisted thoughts of the devil are lies, and there is nothing in between. But, let me warn you; Just because you've made Jesus your Lord doesn't mean you'll automatically think God's thoughts. You only begin thinking God's thoughts when you begin to fill your mind and heart with the word of God and make yourself subject to His anointing. Romans 12:2 calls that process "the renewing of your mind." It also says that process will transform you. Why does it have such a dramatic effect? Because when you change your mind, you change your choices - and that changes everything. You can save yourself so much heartache and headache it isn't even funny, just by spending some quality time in God's presence and in His word. If you will let Him, He will help you with every choice you make. YES! every choice! Such a thought would surprise most people. They have an idea that they'll bring God in on the major problems in their lives but handle the other things fine without Him. But the truth of the matter is you can't. 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.

Have something to say? We'd like to hear it! SEND YOUR LETTERS TO THE EDITOR TO: Similkameen News Leader P O Box 956, Princeton, B. C., V0X 1W0 or e-mail them to: editor@thenewsleader.ca

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

LIVING WATER FOURSQUARE CHURCH 38 Kenley Avenue Join Us for a time of Contemporary Worship Sundays at 10:30 AM (FOLLOWED BY COFFEE) MIKE STOLTZ 295-7733 www.livingwater4sqchurch.com

St. Paul's United Church Office Hours Tue / Thu 9:30AM - 12 NOON WORSHIP SERVICE 10:30 AM Phone: 295-7714 Also serving the Anglican Community

Is your Church hosting a special event? Call us to find out how to have it in this space! (250) 295-4149

Similkameen Christian Center GOD IS GOOD Service: Sundays 10:30AM CHILDRENS CHURCH - (AGES 5-11) Office Hours: Monday-Friday 9AM - 1PM Pastors Dave & Tena Machin 221 A BRIDGE STREET, PHONE: 295-0599

Please visit our friends:
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Two old favourites graced the Tulameen Family Fun Days parade as they have done for years: Billy's Girls from Granite Creek. The shady ladies are, left to right, Jackie Atkinson and Joanne Esselink.

Coquihalla closed due to fire

The Coquihalla Highway north of the Merritt interchange was closed July 30 due to a 50 hectare forest fire two kilometres from town.

A larger fire, 100 hectares, was burning in difficult steep terrain six kilometres south of Spences

Bridge.

The highway north of Merritt was opened by Saturday evening, but heavy smoke settled in the valley and over Merritt.

A total of 75 firefighters, four helicopters, four pieces of heavy

equipment and four water trucks continued to work on the fire site into Sunday.

Overnight, the fire near Spences Bridge grew to 1,000 hectares due to strong winds.

The fire was burning in a remote location and there was no danger to structures.

Local forests are rated HIGH DANGER and the public is reminded to exercise caution and if fires are seen, should call the Forest Fire Hot Line at 1-800-663-5555, or *5555 if using a cellular phone.

Cyclist dies on weekend

A motorcyclist died 50 km. west of Princeton on Highway 3 on Friday, July 29, shortly after noon.

The westbound motorcyclist lost control near Similkameen Falls and struck the side of an eastbound

1996 Honda Civic.

A 25 year old Abbotsford man, Keith Michael Oliver, was pronounced dead at the scene. RCMP say speed was a factor contributing to the fatality.

RCMP report break-in downtown

Sometime between Saturday evening, July 23rd and Monday afternoon, July 25th, the MAZE building on Bridge Street was broken into.

Unknown culprit(s) stole a number of pieces of jewellery, consisting of BakeLite items, jewellery -

rings by D. Sommerfeld, amber and silver pieces, earrings, a unique native wooden mask, a unique statue ornament, a set of hand painted metal figures from Dungeons and Dragons, a pair of used leather ankle boots, and miscellaneous other items that can be identified.

The items stolen are unique and in most cases one of a kind.

Anyone caught with the items may be facing charges of possession of stolen property so buyer beware. If someone is trying to sell you something and it seems too good to be true, it probably is.

Wilful blindness is not an excuse when it comes to purchasing stolen property. If someone is offering to sell you something that just does not seem right to you, you are encouraged to contact the police immediately.

Anyone with information is encouraged to call crime stoppers at CRIME STOPPERS 1-800-222-8477, or the Princeton RCMP at (250) 295-6911.

Yogi the Collie Cross says:



"Woof! Bark! Grrr! Woof!"*

***TRANSLATION: 'I really don't mind being left in the yard all day. As long as you make sure I have water and shade and I'll be happy'**

THIS BE KIND TO YOUR PET REMINDER FROM Similkameen News Leader

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.





Alex and Vi Engel (seated, centre) hosted a mini family reunion over the BC Day Long Weekend at their home in Armstrong. Attendees included, standing from left, Wes and Denise Hargreaves of Alberta (their daughter Amy is seated on grass in front), George and Brenda Elliott of Princeton and Blair and Wendy Engel of Williams Lake (their son Nigel is seated on grass).

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Rodeo Club brings roping to the Fair

The Fall Fair is a little bit different each year. This year, Princeton Rodeo Club is hosting the Jim Lind Memorial Team Roping Contest at the fair.

Team roping will take place between chuckwagon races and chariot races, all of which take place before the demolition derby.

Team roping will start at 8:00 a.m. and the first chuckwagon race is at 11:00 a.m.

Ernie Willis is the contact person for team roping.

Anyone wishing to sponsor a wagon in the chuckwagon races should contact John Bey at 295-3970.

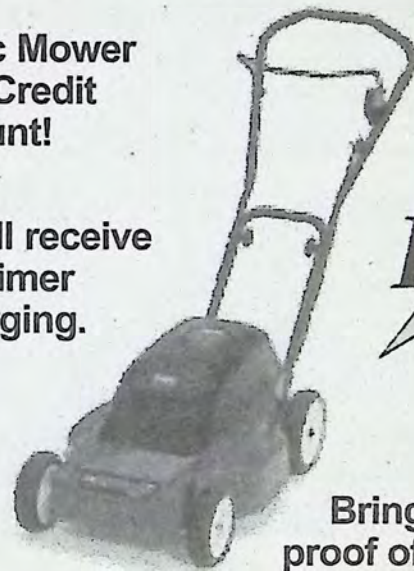
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Minister of Transportation Kevin Falcon, right, screws in the final screw completing the Red Bridge Project in Keremeos last Friday morning. Falcon is joined by, front left, RDOS Area G (Keremeos Rural/Hedley) Director Roger Mayer, and Anna and Don Bartlett of the Red Bridge Heritage Committee.

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Wildsight focuses on CBM wastewater

Wildsight, a leading force for conservation in Canada's Columbia and Southern Rocky Mountains, last week decried EnCana Corporation's announcement that it will resume discharging contaminated coalbed methane wastewater into the Elk River watershed of southeastern British Columbia.

EnCana will take advantage of B.C.'s new "Code Of Practice For The Discharge Of Produced Water From Coalbed Gas Operations" which came into effect July 1. The new CBM water code replaces the previous requirement for a permit to discharge such pollution into the environment. The code requires no permit and is administered by the companies themselves.

Such discharges are prohibited in

Alberta, EnCana's home province, which enjoys a considerable lead over B.C. in experience with CBM extraction and regulation. The B.C. code permits the surface discharge of up to 1,850 cubic metres of contaminated water each day for each well. Typically, commercially viable CBM gas fields comprise thousands of wells.

All rivers in the province are open to CBM wastewater discharge, including the wild headwaters of Rocky Mountain rivers such as the Elk and Flathead. Ironically, British Columbia this year designated the Elk River and its tributaries as a 'classified' fishery, because of the exceptional economic value of the river system's native trout.

"The province is not ensuring that trout and other irreplaceable wildlife assets are adequately protected," said Wildsight Energy and Mining Program Manager Casey Brennan.

The CBM water code effectively makes surface discharge the most economically attractive method of disposal. Re-injection of wastewater requires drilling costly wells into deep geological formations that must be sealed to prevent the polluted water from emerging elsewhere.

It is the most environmentally responsible alternative to dumping contaminated CBM water directly into the environment. The B.C. code even allows contaminated

CBM water to drain directly into dry streambeds or open pits, removing the draft codes requirement for disposal into a flowing stream.

This change benefits EnCana whose Elkford receiving stream does disappear in summer.

At the event announcing resumption of EnCana's Elkford project, the company's Group Lead for CBM, Bruce Hancock, stated that EnCana participated directly in the revision of the draft water code.

Hancock said EnCana will not have to change any of its treatment or discharge practices to comply with the code.

"The CBM water code contradicts British Columbia's oft-stated claim that its oil and gas regime includes the best-possible environmental protections," Brennan said. "EnCana is being allowed to do what it cannot do in its home province, where the company would be required to re-inject such contaminated water."

EnCana will restart its five-year-old project in partnership with Stormcat Energy Corporation, a Canadian-registered gas company with substantial operations in the Powder River Basin of Wyoming. There, coalbed methane extraction has ruined ranchland vegetation, contaminated water wells, and transformed Great Plains wildlife habitat into dense industrial zones of wellheads, compressor stations, and pipelines.

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We couldn't pass this one up! Brad Bradfield of On Shore Boards stopped briefly in Princeton last week following racing competitions in Vernon with his OSB Racing Team. The crew used Bradfield's 1971 VW 'Sticker Van' for transportation. The vehicle is well known throughout the province.

Naturalists enjoy recent field trip

The field trip began at the cemetery a few kilometres up the Copper Mountain Road.

It was a pleasure to see the cemetery so well maintained!

Mountain Bluebirds were in abundance - second nesters from the boxes on the perimeter fence. The boxes have bands of inner tubes holding the doors shut to befuddle the ravens that have

learned to take out the nails that hold the doors shut.

This brilliant idea was invented by Irene Logan, who calls them seatbelts!

It was a very easy, steady uphill climb behind Amber Ski Hill, where we stopped for a very pleasant rest.

On our way, a coyote was watching our progress - probably protect-

ing young ones.

A rare sighting of a Lewis Woodpecker made us wonder if it was the same one that nested in East Princeton last season.

Meadowlarks, Red-tailed Hawks, an abundance of butterflies and perfect weather made this a most enjoyable outing.

- submitted by Joan Kelly, Vermilion Forks Field Naturalists



Youngsters were a big part of Tulameen Family Fun Days parade on Saturday morning, and they braved a long, slow, hot walk to arrive in front of the Trading Post.

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Power of attorney is your best defence. Power of attorney is a legal document that allows a person or institution you choose to manage your affairs when you can't. (In Quebec, this is known as a "mandate.")

Power of attorney for property allows someone to manage your financial affairs. This can include anything from banking and expenses to looking after investments. You can appoint your spouse, a family member, a trusted friend, financial advisor, legal representative or a financial institution such as a trust company. You can assign general power for all your financial affairs, or restricted power of attorney giving responsibility for a narrow range of your finances - for example, investments only.

Power of attorney for personal care gives someone the right to make medical decisions on your behalf. (Depending on where in Canada you live, this may also be known as a "health care directive" or "living will.")

When you're incapacitated by illness or injury you won't be able to direct your own care - particularly when near death. This could result in treatment you don't want, such as being kept on life support with no possibility of recovery. A power of attorney for personal care will make your wishes known and assign somebody the legal right to ensure they are carried out. For example, you can specify the degree of medical intervention you will allow, steps to be taken to relieve pain and suffering, or your choice of a nursing home. This type of power of attorney also relieves family members of the pressure of making decisions on medical treatment and prolongation of your life.

It's not difficult to set up power of attorney. Your lawyer can prepare the necessary documents for you. But before you take that step, think about the instructions to be included and to whom powers of attorney will be assigned.

For finances, make sure the person you appoint has the capability, time and desire to manage your financial affairs. If those affairs are complex, a financial institution may be the best choice.

For personal care, consider your spouse or other close family member. This should be someone who knows you and your wishes well. Discuss your instructions and desires with your potential representative. It's also a good idea to speak to your doctor about what you should include in your power of attorney for personal care.

You should also specify under which circumstances power of attorney will take effect. For example you can specify that one or more doctors must declare that you are no longer able to physically or mentally manage your financial or personal affairs.

If you don't have powers of attorney for property and personal affairs, speak to your lawyer and investment representative right away. Don't wait until it's too late.

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