

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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News Leader**
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Forest fire season heats up

Fire activity has steadily increased since the August long weekend, with the majority of the Kamloops Fire Centre currently in high fire danger.

The Kamloops Fire Centre has responded to 22 wildfires in the past week, 21 of which have been person-caused. Every person-caused wildfire is preventable.

With the weather expected to remain hot and dry for the next 10 days, the BC Forest Service would like to remind the public to exercise caution. When enjoying forested areas, please be careful with campfires by making sure the fire is always attended and properly extinguished before leaving. Fire wardens will be conducting patrols.

The only fires allowed in the Kamloops Fire Centre at this time are campfires for warmth and food preparation. Backyard burning and industrial pile burning have been banned since May 30th.

The Forest Service appreciates the public's assistance in reporting and detecting wildfires.

To report a wildfire, call 1-800-663-5555 or *5555 on most cellular networks. For more information on bans and restrictions, visit our website at: www.for.gov.bc.ca/protect.

Motorists pay at pumps

PETRO-CANADA

Self 99.9

Diesel

Fuel prices in Princeton stabilized at 99.9¢ per litre on Friday after less than a day at 101.9¢ per litre.

*First
increase
in
months*

Amazingly, the cost of fuel in the Similkameen Valley did not climb just before the BC Day Holiday long weekend.

The jump actually took place early last Thursday in Princeton and saw Regular fuel jump from 97.9¢ per litre to 99.9¢ at Husky and up to 101.9¢ per litre at PetroCan and Chevron.

Less than 24-hours later, PetroCan and Chevron lowered their prices to match Husky's 99.9¢ per litre and was still at that price at press time.

Gas prices were still a pretty good deal throughout the Okanagan Similkameen during the August long weekend with Regular costing 96.9¢ per litre in Summerland and Keremeos, 97.9¢ in Princeton, Penticton and Winfield, 98.9¢ in Vernon and 99.9¢ in Peachland, Westbank and Kelowna.

The cheapest place to fill up over the holiday was Armstrong which has Regular priced at 95.4¢ per litre.

One local gas station manager told the News Leader there was no explanation for the sudden increase three days after the long weekend.

For comparison, in August 2004 gas cost 85.5¢ per litre in Princeton and bounced around for weeks between that mark and 89.9¢.

December saw a spike to 95.9¢ and a drop to 88.9¢. A further drop occurred in January 2005 to 86.9¢ with an increase in March to 91.9¢. The 97.9¢ price went into effect in April 2005.

Weyerhaeuser puts youth to work

Four students are now hard at work in their first summer job, thanks to \$6,500.00 in grants provided by Weyerhaeuser's Jobs for Youth Program.

This unique donations program pairs students with non-profit organizations in areas where Weyerhaeuser operates across Canada.

This year's recipients in Princeton include the Princeton & District Museum and Archives Society, Princeton & District Chamber of Commerce, Princeton & District Community Services Society and the Tulameen Community Club.

"Having the Weyerhaeuser Jobs for Youth grant has enabled us to operate more efficiently. The museum can be open longer hours and we can also work on our databases and archives. Our student is showing

visitors around, entering information onto the database, and maintaining some displays. She is brilliant and we've found a real gem," said Nick Mills, President of Princeton & District Museum and Archives Society.

Student Tara Plecas will be in Grade 10 at Princeton Secondary School in the fall.

"The Jobs for Youth program provides grants to non-profits so they can hire summer students, providing young people with valuable work experience and the non-profit sector with needed extra help," said Sarah Goodman, Weyerhaeuser's vice president of Government and Public Affairs. "This program is an important way for Weyerhaeuser to give back to the communities where we operate. We hope the students will walk away at the end of summer

with some new skills and a sense of how critical the non-profit sector is to creating the type of communities we all want to live in."

Grants of up to \$2,500.00 were awarded to 167 non-profit organizations, including health and child care centres, First Nations initiatives, environmental efforts, arts and sports groups, and animal welfare programs.

Students are gaining work experience in a wide range of positions, such as tour guides, summer camp leaders, website designers, conservation crews, watershed technicians, curatorial officers, peer mentors and animal care workers.

Since the program was launched, nationally in 2002, more than \$1 million has been granted to 539 organizations, creating 720 jobs for youth.

Bowling centre opens August 31st

What was once known as Princeton Lanes and most recently identified as Princeton Bowling Centre will reopen August 31st as Riverside Bowling Centre.

Princeton residents Maria and Bud Sadegur took over the business and have spent a considerable amount of time and money upgrading the facility and giving it a facelift.

An official opening ceremony is set for 12:00 Noon on August 31st with a ribbon cutting at the centre's main entrance at 404 Lapworth Street.

Mayor Keith Olsen, Junior Ladies Provincial Bowling Champion

Jennifer Walton and the Sadegur's will cut the ribbon.

An Open House will follow from 11:00 AM to 1:00 PM where tours of the renovated facility will be conducted.

A luncheon of hot dogs and pop will be served in the parking lot and there will be some frames of free bowling provided.

Registration for various Fall leagues will also take place as part of the Open House.

The 2004 Provincial Junior Ladies Banner will be raised during the celebration.

For more information on the newly

renovated Riverside Bowling Centre, contact either Bud or Maria Sadegur at (250) 295-6570 or fax (250) 295-6580.

If you would rather send an e-mail the bowling centre's address is rbc@nethop.net.

The facility has a long and rich history in the community over many years and has not only provided Fall and Winter activities for local residents, it has also produced a number of Champion bowlers and bowling teams.

We look forward to seeing the tradition continue under the direction of the new owners.

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Living Water Foursquare Church Pastor Mike Stoltz was the guest speaker at last Tuesday's Rotary Club luncheon meeting. He was there to promote "Love Princeton Day" set for August 13th.

Lifestyle beckons home buyers

The South Okanagan Real Estate Board (SOREB) reports that MLS sales increased by 18% to 254 units sold in July 2005 compared to 215 sold during the same period in 2004. Last month's sales totalled 283.

The strong market activity continues with many out-of-town buyers seeking the increasingly popular Okanagan lifestyle, showing great interest in the many new, exciting projects being offered for sale at this time, be it retirement, family or first-time buyers.

In sales units, Naramata leads the way with a 200% increase, 3 units sold compared to 1 last July. Next, Summerland units sold are up substantially by 53%, at 40 sales this month compared to 26 last July. Kaleden/Okanagan Falls sales units are down - 10%, 17 sales compared to 19 last July.

Penticton units sold total 84, which is up slightly 2% from 82 last July. Oliver sales units at month-end are up 16%, 28 sales compared to last July's 24. Osoyoos sales units are up 22%, 38 sales compared to 31 sales last year. In the Similkameen, Keremeos sales are static at 8 units this July compared to 8 last year. Princeton shows a remarkable increase of 52% in units sold this month, 35 compared to 23 in July 2004.

The Board Listing's total inventory decreased by -11%, for a total of 1,441 active listings, compared to 1,622 last July. Actual Listings taken in July 2005 are also down - 10%, 417 listings compared to 468 in July 2004.

Total Sales Volume for the entire Board is up substantially by 51% at month-end, \$58,877,244 compared

to July 2004 at \$37,695,450. Year-to-date volume is also up 41%, totalling \$392,022,318 this year compared to \$276,688,903 last year at this time.

The South Okanagan Real Estate Board is comprised of 249 member REALTORS and 29 real estate offices in the southern interior of BC.

For the most comprehensive source of all real estate listings, home buying and selling information, visit our national websites at: www.mls.ca and www.icx.ca under "Thompson/Okanagan". Our public website is available at: www.soreb.org.

All SOREB listings are published in our realtySEARCH magazine available at all real estate offices and various locations in South Okanagan/Similkameen communities.

Youth Park receives support

The Lower Similkameen Youth Park Committee will receive a grant of \$3,000 from the Penticton Auto Dealers Association.

The Association has been raising money for projects that help children for 21 years.

Bob Brown, President of the Association commented that, "Normally we give to organizations that help children and families in need or are disadvantaged. We gave to the youth park because it will provide something for young people across a wide area."

The grant application was prepared by Similkameen Valley Planning Association EDO Michael McLaughlin.

"We are on a roll. We received \$15,000 a few weeks ago from the Sun FM Miracle Fund and now this. We can thank the hard work of the youth park volunteer committee and Deb O'Mara from the South Okanagan Community Foundation for our successes."

McLaughlin went on to say that applications for the remaining \$37,000 that is needed have been

sent. "I am pretty confident that we will raise what is needed."

The total budget for the youth park is \$152,500.

The Village of Keremeos is providing the land for the park and about \$40,000 in labour and machine costs.

Local contractors are providing \$10,000 in labour and machine costs.

The project is supported by a wide range of community organizations and by the Upper and Lower Similkameen Indian Bands.

www.thenewsleader.ca



John and Lorraine Babiak, along with their staff, remind you that DQ Miracle Treat Day is this Thursday. Proceeds from the sales of Blizzards that day will go to the Children's Miracle Network.

Rural reality means wildfires

The natural beauty of our forests and grasslands has attracted thousands of people to establish homes in wildland areas. But living here means living with wildfire.

Wildfire plays a natural role in our forests and grasslands. Fire recycles nutrients by clearing out accumulated dead vegetation, thins tree stands, cracks seed casings allowing for regeneration, and creates diversified wildlife habitat.

Fire specialists agree that it is not if a wildfire will occur, but when. If you live in or near a forested region of our province, sooner or later you may have to contend with the spread of a wildfire. The best protection against loss or damage due to wildfire is prevention and preparation.

The FireSmart manual, originally created by the Alberta government, has been made available to British Columbians through a partnership between the BC Forest Service, the Office of the Fire Commissioner

and the Provincial Emergency Program.

The FireSmart manual is available to the public for educational purposes so that homeowners can work to reduce the risks associated with living in interface areas of our province. These manuals are available through local fire halls, the Office of the Fire Commissioner, any office of the Protection Branch of the BC Forest Service or on the Protection website at www.for.gov.bc.ca/protect.

When living in an interface area, being prepared for wildfire means not only understanding and implementing FireSmart practices, but knowing what you will do if your home is threatened. Plan ahead to reduce anxiety if an evacuation situation occurs.

The Provincial Emergency Program website provides tips for British Columbians to prepare for the possibility of evacuations due to a wildfire. Visit

http://www.pep.bc.ca/hazard_preparedness/fire_safety.html for more.

To report a wildfire, call 1-800-663-5555 or *5555 on cellular networks.

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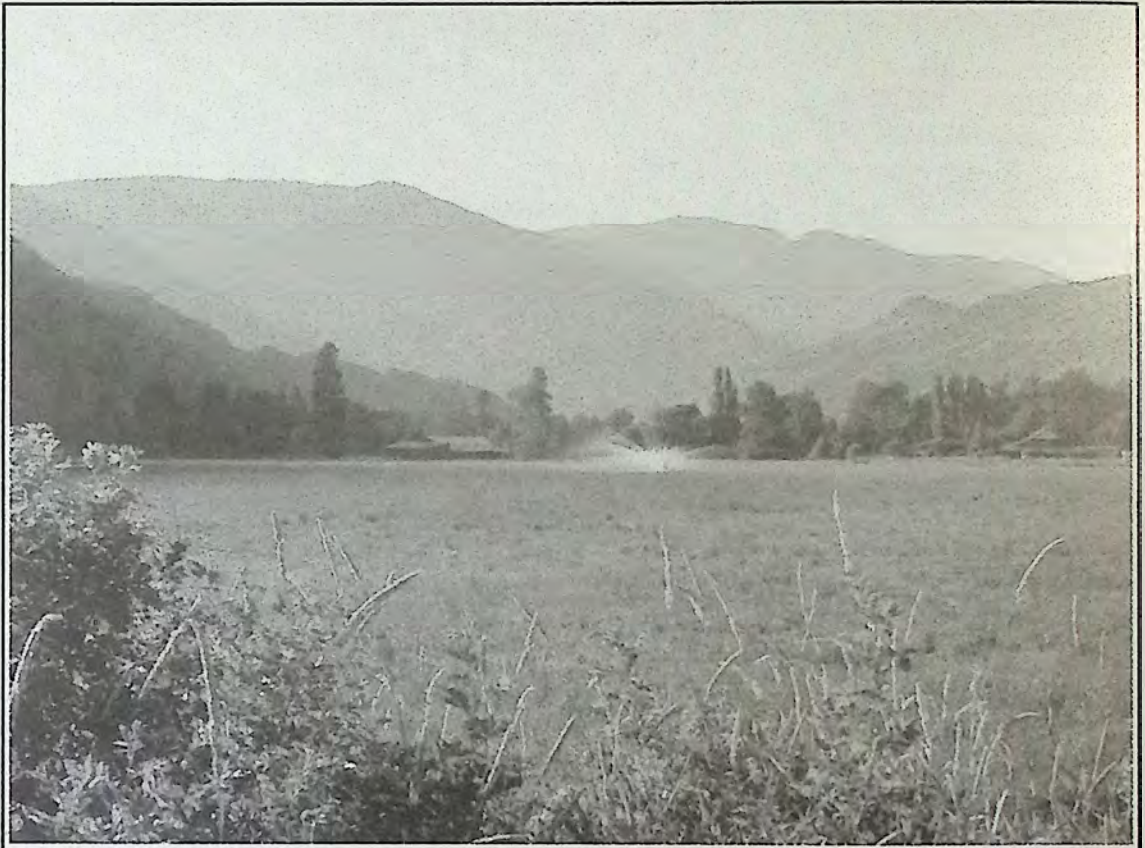
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Summer in Cawston. Photo: Bryan Smith, www.keremeos.net.

Lower Valley on Slime Alert

The Lower Similkameen Education Center is getting prepared to be deluged by slime starting Monday, August 8th, with the flood of engineering and science expected to last to August 12th.

Three University of British Columbia undergraduate students will be visiting from GEERING Up! UBC Engineering and Science for Kids, bringing with them disappearing ink, burglar alarms, Lego Mindstorms robotics, and pooters, among other projects.

The camp week is part of GEERING Up's Aboriginal Outreach initiative, and part of the program's commitment to reach out to groups traditionally underrepresented in the sciences.

"Our goal is to get kids excited about engineering and science, so that they consider it as one of their options for their future," says Lana Rupp, Co-Director of GEERING Up! and organizer of the initiative.

At camp, participants ranging in age from grade one to high school, from the Upper and Lower Similkameen Bands will experience science, engineering and technology in a hands-on and interactive camp. The camp emphasizes learning by doing.

Rupp, who grew up in Keremeos, is extremely thrilled to bring this program home. "It is my hope that students here will be drawn in to learning, particularly in the sciences, by first discovering the fun and then making the educational connections."

So what is a pooter? The contraption is essentially an airtight jar with two hoses coming out of the lid. One of the hose ends inside the jar is covered with fine wire mesh. To make the pooter work, you suck on the outside end of the mesh

hose, creating a vacuum inside the jar. This allows you to suck up bugs for closer examination.

Part of what makes this camp possible is the generous support from BC Hydro, Terasen Gas, McGill and Associates Engineering, and the Actua National Aboriginal Outreach Program. GEERING Up! UBC Engineering and Science for Kids is a non-profit, student-run organization dedicated to promoting science, engineering and technology to the children and youth of British Columbia through fun, innovative and hands-on experiments and projects.

Affiliated with the Faculty of Applied Science at UBC, GEERING Up! strives to reach all children and youth, regardless of

Labour market faces new demands

The South Similkameen farm labour market is looking at new demands for help this week, according to WorkZone. There has been a slight reduction in demand during the past two weeks, but as the season changes, demand is increasing.

Apple pickers will be needed very soon as early apples enter the market, and apple season continues well into September.

Fruit stands will be calling for

Fruit stands are in full swing

Keremeos and Cawston fruit stands are really busy these days. Tourists stop in for fresh fruit and field tomatoes and cucumbers, and every fruit stand has its share of those people picking up fruit in bulk for preserving. Prices are quite reasonable for home preserving this year.

Freestone peaches are on the market, along with regular peaches,

gender, ethnicity, culture or socio-economic status, with special outreach for those groups underrepresented in the sciences. GEERING Up! provides valuable work experience to its employees, and enriches the University and community.

GEERING Up! is also a proud member of Actua. Actua provides training, resources and support to a national network of local organizations offering science and technology education programs.

Actua Members reach over 225,000 youth per year. Actua's support of this initiative is provided through Actua's National Aboriginal Outreach Program. For more information, please visit Actua on the web at www.actua.ca.

more help to harvest field crops, such as tomatoes, peppers, melons and squash. The need for ground crop pickers is likely to stay steady for the next month.

Among tree fruits, early pears are likely to be ready for pickers this week, followed by prune plums.

Pickers are paid by the hour or by the bin. Anyone seeking work as a picker should contact WorkZone at 499-5300 or should register at the WorkZone office.

golden plums, early apples, apricots, blueberries, and the last of the cherries. Pears are coming in now, and prune plums will be next. Field ripened peppers, tomatoes and cucumbers are ready, along with pickling cukes.

Field ripened muskmelons are available now at most fruit stands, along with zucchini and summer squash.



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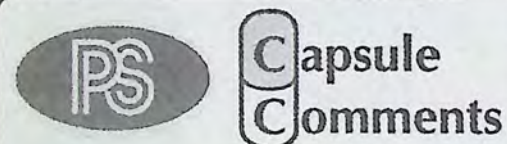
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There seems to be a direct relationship between a man's waist size and his chance of getting diabetes. If your waist size is more than 40 inches, consider doing something to reduce it. Nobody wants diabetes and this is another lifestyle choice that could prevent disease.

Have you ever gotten up suddenly and felt dizzy? You probably experienced *orthostatic hypotension* when blood pressure drops quickly due to a change in physical positioning. It can be prevented by getting up slowly, sit for a minute or two then get up. Other ways to help: eat smaller, more frequent meals, drink eight glasses of water per day and don't overexert in the morning.

If you have a sleep disorder (untreated sleep apnea, insomnia) and drive a car, you might be at as great a risk as if you drink alcohol and drive. Sleep disorders can affect your concentration and judgement and make driving safely a problem. Don't take sleep disorders for granted. Seek professional help.

Narcotics like morphine are an important part of the doctor's drug therapy to keep pain in control. This source of these drugs, opium, was first cultivated in Lower Mesopotamia in 3400 BC. Back then it was called the "joy plant."

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news leader health page

Responsible gambling in BC

Take a chance. What are the odds of that happening? Life's a craps-shoot. I'll bet you. You've hit the jackpot. He's a high roller. These expressions are a part of our everyday language and culture. Gambling has become a part of our lives. Everywhere you go there are opportunities to gamble - there are sports pools at work, raffle tickets to support charities, every corner store sells lottery tickets, gambling is available on the internet (both legally and illegally), you can play Keno at the mall, play Bingo at Safeway, or go to bingo halls and casinos. Now some of our communities have, or are about to get, a Community Gaming Center with anywhere from 25 to 100 slot machines. More and more people are choosing gambling as an entertainment option. And governments, both provincial and local, are turning to gaming more and more as a source of revenue.

Let's explore for a moment, where the revenue from gaming goes. In 2003/2004 the government of British Columbia contributed \$720 million from gaming revenue back into communities throughout B.C. Core government programs such as health care, education, and social services received \$531 million of this. Local governments where casinos are located received \$45 million, and another \$132 million went to charitable and community organizations such as fire departments, sports clubs, music societies, search and rescue and senior's groups to mention but a few. The gaming industry employs 8,500 people in this province and has a payroll of \$357 million. Municipalities who host Casinos or Community Gaming Centers receive 10% of the net income generated from slot machines. At this time, more than 2,500 community and charitable organizations benefit from bingo proceeds each year. From this perspective it is not hard to see how municipal and provincial governments have come to increasingly value the revenue from gaming as a source of income.

As a society, our views around gambling have gone through a significant shift over the last century, not unlike our views on alcohol. There was a time when gambling was viewed as a sin and morally wrong, not to mention illegal. During the 50's we entered what might be seen as the Las Vegas, era of gambling. Here gambling was associated with the rich and powerful and those with loose morals who were associated in some way with organized crime. During this era, gambling changed from sin to vice. However, in recent times, gambling has changed yet again and is now generally accepted as an entertainment option open to adults who can make informed decisions about

how to spend both their time and their money.

Just as we have shifted our attitudes around drinking alcohol from a time of prohibition to drinking socially and drinking responsibly, our views and acceptance levels around gambling for entertainment have evolved. The conversation has shifted from gambling as a manifestation of the devil and something you should never under any circumstances engage in, to an entertainment option for the evening or even an extended holiday. So what can someone who chooses gambling as an entertainment option do to gamble responsibly? What programs or policies do the provincial government and the industry or the British Columbia Lottery Corporation (BCLC) already have in place that promote responsible play? And what services are available to the small percentage of the population that is experiencing a problem with gambling?

This series of articles on responsible gambling starts from the assumption that gambling is here to stay. Over the next few weeks I would like to explore what the person who chooses gambling as an entertainment option can do to gamble responsibly, and to highlight the variety of programs and policies

already in place from BCLC and the government that promote responsible play. I will also let you know where you can go if you have questions or concerns about your own gambling or the gambling of others.

In the next part of the series, I am going to begin with responsible gambling from a player perspective. In the meantime, if you have any questions or concerns please e-mail me at pgnortheast@yahoo.com and I will do my best to answer your questions. You can also check out the provincial website at www.bcreponsiblegambling.ca for more responsible and problem gambling related information.

If you would like to speak with a Trained Problem Gambling Counsellor, sponsored and funded by the Problem Gambling Program, Ministry of Public Safety and Solicitor General call either the Problem Gambling Help line at 1-888-795-6111 or your local Problem Gambling Clinical Counsellor at 1-250-860-8578. Personalized power point presentations are available as well to schools, businesses, organizations or service clubs.

- Jan Zacharias, M.Ed.

Clinical Counsellor/Prevention Worker, Problem Gambling Program

living past 100

Waist and wheat tell sad story

Studies related to obesity have interlocked with studies related to the onset of Type II diabetes.

Recent studies show that an enlarged waistline is a predictor of diabetes. The study shows that people's overall obesity is not as troublesome as an expanding waistline. There is a direct relationship between inability to lose weight around the waist and the onset of diabetes.

One of the key factors in not being able to lose weight at the waist and the onset of diabetes is wheat gluten. A surprisingly high number of people cannot lose weight at the waistline due to consuming wheat products, and new studies link this to an inability to properly digest wheat gluten.

To put the problem another way, it is not that such people eat too many calories in the wheat products, it is that such people cannot properly digest the wheat products and store the indigestible part of the wheat as waistline fat.

For most of these people, it is a mild form of celiac disease, but it has a strong relationship to diabetes. Diabetes is a dangerous disease barely controlled by insulin and diet.

The new studies point to an immediate need to not only lose weight, but to cut out wheat products in order to reduce fat stored at the waistline.

Cutting wheat products from your diet requires major changes in what you eat. You can substitute barley and rice for wheat. For example, you can have rice cereal instead of bran flakes, and you can have rice noodles instead of standard pasta. Barley flour can be made into bread and crackers but it is a whole new way of cooking as well as a new way of eating, and the unfortunate truth is that there are very few breads on shop shelves that do not have wheat gluten in them.

www.vermilionforks.ca
www.keremeos.net
www.hedleybc.com
www.thenewsleader.ca

Churches invite you to "Love Princeton Day"

How much do you love Princeton? The Christian Churches of Princeton hope you love it enough to celebrate "Love

Princeton Day" on Saturday, August 13th.

This is the fourth year in which all of Princeton's six churches (Living

Water Foursquare Church, St. Peter's Catholic Church, Baptist Church of Princeton, Princeton Pentecostal Tabernacle, St. Paul's-

St. Cuthbert United Anglican Church and Similkameen Christian Center) have joined forces for the celebration.

wishing to either have their vehicle washed or hungry for a hot dog and a pop.

If you choose to view Love Princeton Day as a series of acts of kindness towards residents, then you pretty much understand the true meaning of the celebration.

Love Princeton Day also aids in kicking off registrations for Vacation Bible School, which will run this year at the Baptist Church.

Participation is open to children from Kindergarten to Grade 6 and will run from 9:30 AM to 12:30 PM Monday, August 15th to Friday, August 19th.

The theme of this year's VBS session is "Serengeti Trek" and is expected to be a thrilling experience for all who attend.

Activities will take place from 10:00 AM to 2:00 PM in the parking lot at Princeton Plaza on Saturday, August 13th and will include a free car wash, free hot dogs and pop, face painting and live entertainment provided by a contemporary Christian rock band (The Station Youth Band) from Prineville, Oregon.

Love Princeton Day presents the Christian churches in the community with a tangible way to express their love to the Town of Princeton and it's people.

There are no donations accepted and the event is open to anyone



Love Princeton Day is coming! From left, Pastor Mike Stoltz (Living Water Foursquare Church), Pastor Dan Brama (Baptist Church of Princeton) and Rev. Gordon Walker (St. Peter's Catholic Church) gathered last week on behalf of Princeton Ministerial Association to promote the upcoming event.

Just The Fax, Ma'am!

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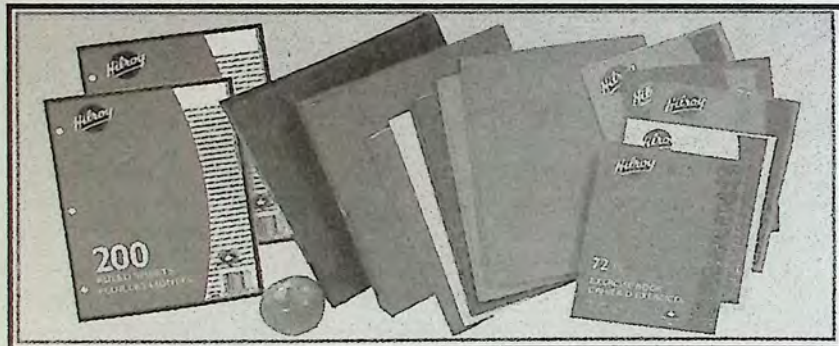


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Princeton Volunteer Fire Department conducted a 2-hour exercise last Wednesday at Rainbow Lake.

RCMP final report on Tulameen Days

Another Tulameen Days has come to an end. Police estimate that over 5,000 people attended this event over the weekend. The Tulameen Community Rec Club should be

commended for another successful family function which certainly drew some colourful and interesting characters.

The RCMP were kept busy for the entire weekend and will take members several weeks to catch up on the paperwork. In three days the police opened and investigated almost 100 files. This does not include the multitude of complaints and investigations that police had to contend with in regards to drinking in public, noisy parties and arguments.

It is unfortunate that this weekend resulted in one fatality. On Friday, July 29th, the South Okanagan Traffic Services and the Princeton RCMP responded to a motor vehicle accident near the Similkameen Falls involving a motorcyclist. The operator of the motorcycle died as a result of injuries sustained in the accident.

On Saturday July 30th, police responded to a forest fire on the Tulameen River just outside town. It had been determined that at some point a highly intoxicated individual threw a container of gasoline on an open bonfire which ignited the surrounding trees. Police and Fire responded immediately much to the disappointment of the drunken gallery of misfits that were determined to impede the efforts of these emergency personnel.

Police and fire fighters were pelted with rocks and debris from the unruly crowd while trying to distinguish the flames and protect the campers. Eventually the fire was

contained.

During the weekend the police seized a large quantity of drugs including marijuana, cocaine, hash, mushrooms and ecstasy. Seven individuals from Lower Mainland are facing charges of Possession for the Purpose of Trafficking with court appearances on October 13th, 2005.

Four local people have been arrested for assault with a weapon stemming from an incident at the Chevron gas station where one person was shot with a pellet gun. This group was apprehended in Tulameen where several pellet guns were seized.

The following is a breakdown of stats for the weekend:

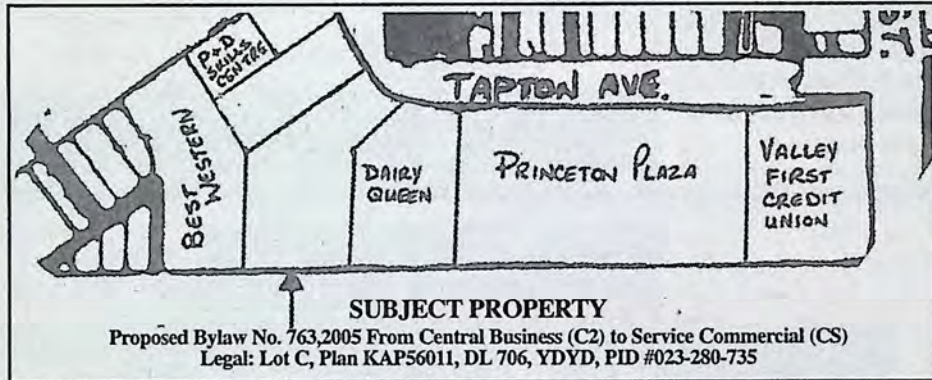
-Open Liquor investigations	400
-Liquor charges	17
-Seatbelt infractions	15
-24 hour suspensions	15
-Impaired charges	7
-Prohibited drivers	5
-Possession of drugs	15
-Trafficking	4
-Assaults	10
-Speeding tickets issued	87
-Motor vehicle accidents	4

Police would like to thank the members of the BC Ambulance services, Tulameen Fire Department and the local towing company (ABBA) for their assistance and professional service they provided over the weekend. These agencies were a tremendous asset to us and their hard work did not go unnoticed.

Town of Princeton

NOTICE OF PUBLIC HEARING

Zoning Amendment Bylaw No. 763, 2005



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.

Comie Froese, CAO
Town of Princeton



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* MLS statistics 1990-2004

Regional District wages war on weeds

Non-native, exotic, alien, invasive and non-indigenous - no matter what you call them, getting rid

of 'weeds' is much more important than you think!

Invasive plants have transformed

our region. In some areas infestation have doubled their population in as little as five years. Left

unchecked this exponential growth has the potential to dramatically weaken the economic and environmental health of our communities and may result in a level of destruction comparable to familiar natural disasters such as floods and wild-fire.

Taking action against invasive plants may seem like an insurmountable challenge, but we have to start making a difference where we can and the Regional District of Okanagan-Similkameen is committed to this challenge. With the implementation of the 2005 Noxious Weed Education Program, the Regional District hopes to battle back. The program has been contracted to Lisa Scott, a local biologist who has been involved in invasive plant management for the past eight years. This year, Scott will be responsible for developing and implementing a region-wide education and awareness program using a social marketing approach.

"Successful invasive plant management begins with preventing new infestations, and the best way to achieve this goal is through awareness. Landowners, especially those new to the region, need to clearly understand the connection

between soil disturbance and invasion of noxious weeds. Simply re-seeding an area at the proper time of year can go a long way for effective weed prevention," states Scott.

The regional campaign will also target outdoor enthusiasts such as hikers, bicyclists and those using motorized vehicles. Scott explains, "Many popular recreational activities can assist invasive plant spread. Preventing new infestations can be as simple as staying on trails or removing weed seeds of plant fragments from your vehicle or bicycle before entering a weed-free site."

Scott will be available throughout the year at local festivals and events, exhibiting a weed display booth stocked with an assortment of weed literature. She is also available for group presentations and as an advisory contact to Okanagan-Similkameen residents with any question and concerns they may have regarding invasive plants.

For more information about the Noxious Weed Education Program please contact the Regional District at 250-492-0237 or toll free at 1-877-610-3737. Information is also available on our website at: http://www.rdos.bc.ca/d_Is_wee d.htm.



Amanda Bentley performed in Princeton last Thursday night. She presented a mini concert in the Princeton Plaza parking lot. Bentley, who is currently living in Toronto, has family in Princeton.

www.thenewsleader.ca

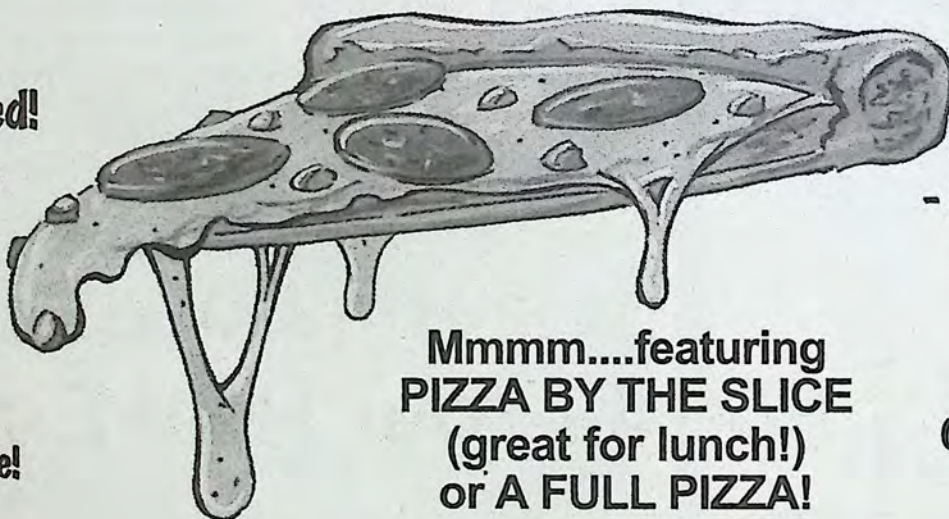
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Princeton Posse

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SEASON TICKETS ON SALE AUGUST 16th

You must purchase your tickets no later than August 31st to retain last year's seat selection.

TICKET PRICES

Reds: \$175.⁰⁰ Blues: \$150.⁰⁰

Seniors/Students receive \$25.⁰⁰ off!

Tickets available at Posse Office at the Arena
 August 16 & 24 - 6:00 PM - 7:30 PM
 August 30 & 31 - 2:00 PM - 4:00 PM

Desert Connections

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 Fax: (250) 495-0477

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 ads@desertconnections.ca

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Princeton's Patrick Lepoidevin and Cullen Smart provided 'warm-up' entertainment last Thursday night prior to Amanda Bentley's performance at the Princeton Plaza parking lot.

50th Grad reunion roundup

The 50th reunion for the class of 1943 - 1955 was held last weekend, July 29 to August 2 in Princeton, they met at the River's Edge RV Park, which became the main gathering place. Renewing friendships, laughter, and sharing memories became the highlight of the four days.

This class is so proud of themselves -- they donated a lovely park bench to the residents of Ridgewood Lodge and a cash donation to the Princeton Hospital Thrift Shop with the belief that they are the first grad class from Princeton High School to present a gift in their honor to Princeton and it's people. Let's hear from other grad classes if we need correcting!

Friday, July 29, classmates began arriving and the dinner that evening was a new experience for most of us as we had an 18 pound turkey deep-fried before our eyes. Also corn on the cob, many salads and desserts.

Saturday, many visited and toured the Princeton area, golfed, and reminisced.

The evening was completed with a wonderful buffet dinner at the banquet room of the Copper Mountain Bar and Grill. As Calvin Desrosiers was the valedictorian in 1955, it was only fitting that he welcome everyone with an intriguing speech on 'Privilege'.

This word 'Privilege' pertaining to our lives growing up in Princeton and our lives after our schooling and throughout our years up to date of this reunion.

Sunday, Jeanette and Dan Sulentich welcomed everyone by hosting an Italian theme dinner at their home in the garden under the shade of the trees.

As most were leaving to travel to their homes on Monday, the remaining few spent the afternoon along the banks of the Similkameen River, and the dinner that evening was pot-luck and left-

overs feasting!

The classmates who attended with their spouses, friends and families were: Tip Anderson, Bev (Ardel) Cecon, Wayne Carlson, Elaine (Cook) Dirom, Calvin Desrosiers, Shirley (Gordon) Glass, Bob Grant, David Grant, Geonell Gurr, Rita (Haffey) Laan, Patrick Haffey, Lois (Henderson) Hooper, George Merrall, Sylvia (Metzler) Savage, Dave Muir, June (Nilsen) Green, Len Price, Alice (Ruhl) Glassford, Don Stuart, Dan and Jeanette (Lindsay) Sulentich, Beryl (Thomas) Mullin, Harold and Mae (Stewart) Wells, Elmer Wilkinson, Willie Wilkinson, Norm and Myrna (Minard) Wood.

There were a few who could not attend: Don Bosnich, Marion (Seaman) Williamson, Anita (Dodds) Strotmann, and Ken MacKenzie.

A few guest came to visit: Len Harker, Lois Haffey, and Linda Tchykne and her friend Carol.

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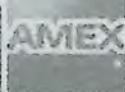
(ALL PRICES INCLUDE GST)

Princeton Local - Pick-Up, Regular	\$ 26.75
Princeton Local - Pick-Up, Senior	\$ 21.75
Similkameen Mail, Regular	\$ 35.75
Similkameen Mail, Senior	\$ 31.75
<small>(Princeton, Carleton Place, Keremeos, Hazelton, Osoyoos, Tulaameen, Coalmont)</small>	
Out-of-Valley, British Columbia	
Rural or Box (VO), Regular	\$ 40.90
Rural or Box (VO), Senior	\$ 35.90
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Delivery to Door, Senior	\$ 48.80
Out-of-Valley, Alberta, Rest of Canada	
Regular	\$ 53.80
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Grads pose with the bench donated to Ridgewood Lodge.

weekly entertainment guide

TUESDAY, AUGUST 9, 2005 THROUGH MONDAY, AUGUST 15, 2005



Princeton's Centennial Pool is the place to cool off during Summer!

Posse faces off with season tickets

Princeton's KIJHL hockey team, the Posse, starts the 2005-06 hockey season this week with the announcement of season ticket sales.

Posse General Manager Blair Noel made the announcement last Thursday.

"Season tickets will be available starting August 16th and to retain last year's seat selection tickets must be purchased by August 31st."

Ticket prices are set at \$175.00 for seats in the Red sections, and \$150.00 for seats in all Blue sections of Princeton Arena.

Students and Seniors receive a \$25.00 discount off the price of their tickets.

Season tickets are currently only available at the Posse office, located in the Arena.

Noel says the office hours are as follows: Tuesday, August 16th from 6:00 - 7:30 PM, Wednesday, August 24th from 6:00 - 7:30 PM, Tuesday, August 30th from 2:00 - 4:00 PM and Wednesday, August 31st from 2:00 - 4:00 PM.

For more information, call the Posse office at (250) 295-6544 and leave a message or fax the office at (250) 295-7633.

The 2005-06 Princeton Posse hockey schedule has been finalized. The season will start with four exhibition games from September 2nd to 6th with regular season games starting September 17th.

Princeton Posse 2005-2006 Season Schedule

SEP 2 - 7:30 PM - @ Sicamous (ex)
SEP 3 - 7:30 PM - Sicamous (ex)
SEP 5 - 7:30 PM - @ Osoyoos (ex)
SEP 6 - 7:30 PM - Osoyoos (ex)
SEP 17 - 7:30 PM - @ Osoyoos
SEP 23 - 7:30 PM - Summerland
SEP 24 - 7:30 PM - Osoyoos
SEP 25 - 2:00 PM - @ Grand Forks
SEP 30 - 7:30 PM - @ Summerland

OCT 1 - 7:30 PM - Creston
OCT 2 - 2:00 PM - @ Revelstoke
OCT 7 - 7:30 PM - @ Castlegar
OCT 8 - 7:30 PM - @ Spokane
OCT 12 - 7:30 PM - @ Sicamous
OCT 14 - 7:30 PM - @ Revelstoke
OCT 15 - 7:30 PM - Osoyoos
OCT 21 - 7:30 PM - @ Sicamous
OCT 22 - 7:30 PM - Femle
OCT 29 - 7:30 PM - @ Revelstoke

NOV 2 - 7:30 PM - Revelstoke
NOV 3 - 7:30 PM - @ Nelson
NOV 11 - 7:30 PM - Sicamous
NOV 12 - 7:30 PM - Osoyoos
NOV 13 - 2:00 PM - @ Summerland
NOV 18 - 7:30 PM - @ Summerland
NOV 19 - 7:30 PM - Osoyoos
NOV 20 - 2:00 PM - Revelstoke
NOV 25 - 7:30 PM - Summerland
NOV 26 - 7:30 PM - @ Revelstoke
NOV 27 - 2:00 PM - Sicamous

DEC 2 - 7:30 PM - @ Sicamous
DEC 3 - 7:30 PM - Columbia Valley
DEC 9 - 7:30 PM - Revelstoke
DEC 10 - 7:30 PM - Golden
DEC 16 - 7:30 PM - @ Osoyoos
DEC 18 - 2:00 PM - @ Summerland
DEC 21 - 7:30 PM - Sicamous

JAN 4 - 7:30 PM - Summerland
JAN 6 - 7:30 PM - Sicamous
JAN 7 - 7:30 PM - Kimberley
JAN 13 - 7:30 PM - @ Summerland
JAN 14 - 7:30 PM - @ Beaver Valley
JAN 20 - 7:30 PM - Osoyoos
JAN 21 - ALL-STAR GAME
JAN 27 - 7:30 PM - @ Revelstoke
JAN 29 - 2:00 PM - @ Osoyoos

FEB 3 - 7:30 PM - Revelstoke
FEB 4 - 7:30 PM - @ Osoyoos
FEB 10 - 7:30 PM - Summerland
FEB 11 - 7:30 PM - Sicamous
FEB 15 - 7:30 PM - Summerland
FEB 17 - 7:30 PM - Revelstoke
FEB 18 - 7:30 PM - @ Osoyoos
FEB 24 - 7:30 PM - @ Sicamous
FEB 25 - 7:30 PM - Sicamous



Swim Instructor/Lifeguard Zack Brown keeps things going during "Hip Hop Night" last Wednesday at Centennial Pool.

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Eddie the Dalmatian says:



"Woof! Woof! Grrr! Woof!"

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

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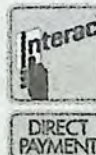
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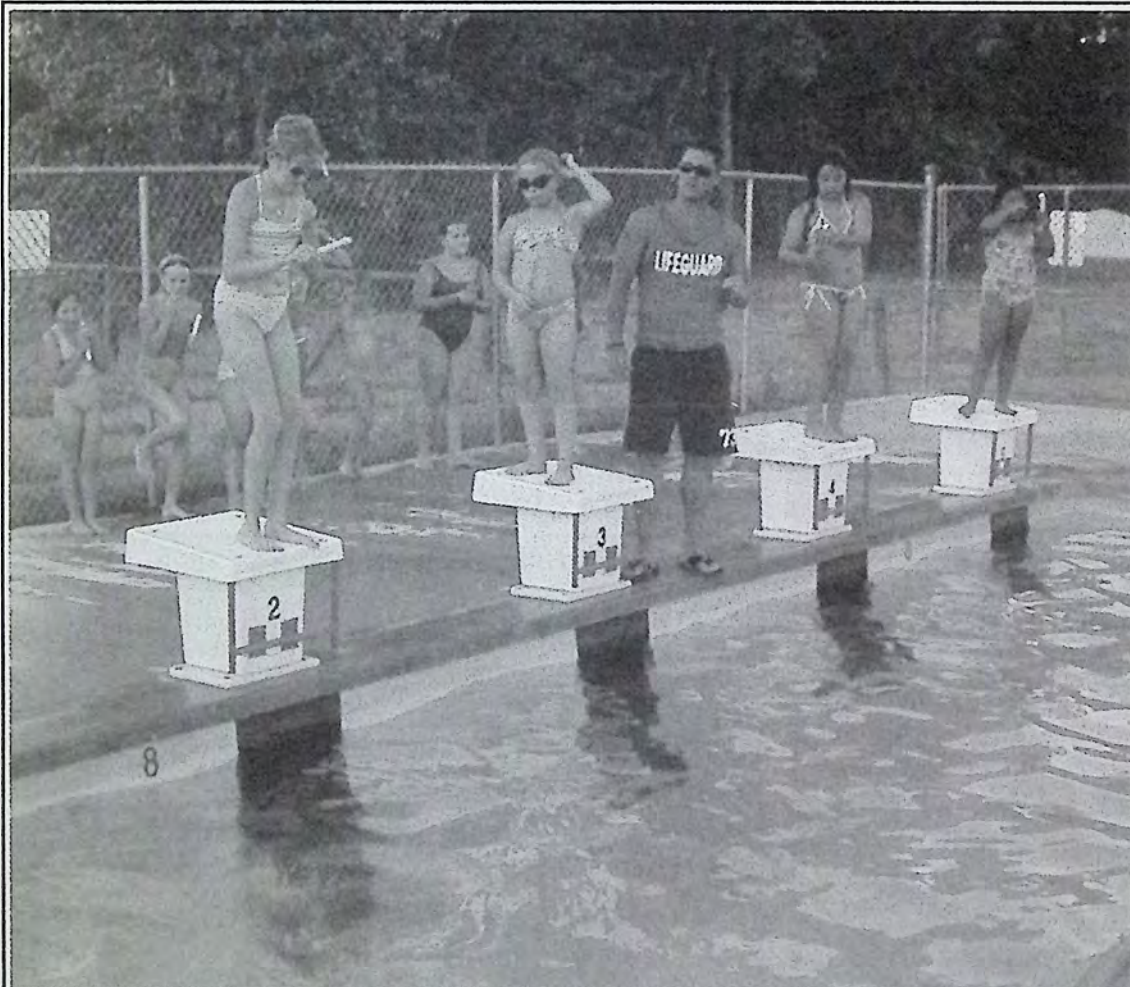


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Four swimmers wait for instructions as part of 'Hip Hop Night' last Wednesday at Centennial Pool.



One of the games at 'Hip Hop Night' last Wednesday at Centennial Pool was a contest to see who could keep a burning candle lit after jumping into the pool. More than one participant proved it was possible.

tuesday movies

MORNING

10:00 am CITY 29 ★★½ "K-9" (1989, Comedy-Drama) James Belushi. An unorthodox narcotics agent who lost one partner too many is forced to team up with a no-nonsense police dog. [E]

AFTERNOON

5:00 pm WGN 38 "Gideon Oliver: Sleep Well, Professor Oliver" (1989, Adventure) Louis Gossett Jr. A brilliant anthropology professor with a flair for crime-solving enters the world of satanism to track down a madman.

EVENING

6:00 pm CITY 29 ★★ "Monty Python's The Meaning of Life" (1983, Comedy) John Cleese. The members of Monty Python present an irreverent series of episodes spoofing everything from reproduction to gluttony. [E]

9:00 pm WTBS 3 ★½ "Major League II" (1994, Comedy) (PA) Charlie Sheen. The Cleveland Indians gear up for another chance at the pennant in this sequel to the

1989 hit. [E]
FAM 26 ★★ "In Love and War" (1996, Drama) Sandra Bullock. The biographical account of author Ernest Hemingway's pivotal romance with a Red Cross nurse in World War I Italy. (In Stereo) [E]

10:06 pm CITY 29 ★★½ "Party Girl" (1995, Comedy) Parker Posey. An irrepressible young woman attempts to juggle her busy social calendar with the responsibilities of adulthood.
11:00 pm WTBS 3 ★★ "Above the Rim" (1994, Drama) Duane Martin. A talented high-school basketball player is caught between a drug dealer, his coach and a tormented security guard.

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wednesday movies

MORNING

10:00 am CITY 29 ★★ "Dead Men Don't Wear Plaid" (1982, Comedy) Steve Martin. A 1940s-style gumshoe stumbles across the most interesting people while investigating the death of a rich cheesemaker. [E]

AFTERNOON

5:00 pm WGN 38 ★★ "Gideon Oliver: Tongs" (1989, Adventure) Louis Gossett Jr. Gideon lands in the middle of a Chinatown gang war when he rushes to the aid of a brilliant anthropology student.

EVENING

6:00 pm CITY 29 ★★ "The Big Hit" (1998, Action) Mark Wahlberg. A professional hit man and his crew find themselves in hot water when they kidnap their boss's goddaughter. [E]

9:00 pm WTBS 3 ★★½ "Forces of Nature" (1999, Romance) Sandra Bullock. A groom-to-be has second thoughts about his upcoming nup-

tials during a detour-laden journey with a free-spirited woman. [E]
FAM 26 ★★ "Indian Summer" (1993, Comedy-Drama) Alan Arkin. Friendships and romances pick up where they left off when friends reunite at their summer camp after 20 years. (In Stereo) [E]

10:06 pm CITY 29 "The Killing Breed" (1997, Drama) Ken Olandt. A rodeo rider plans revenge on the greedy rancher who murdered his father.

11:00 pm WTBS 3 ★½ "Three to Tango" (1999, Comedy) Matthew Perry. A wealthy man hires an architect who he wrongly believes is gay to keep tabs on his pretty mistress. [E]

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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

- 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 - Terry Fox Run, 1pm, Memorial Park
- 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) ★½ "Meteorites!" (1998, Science Fiction) Tom Wopat. An explosives expert puts his knowledge to the test as panicked townspeople seek refuge from deadly space rocks. [E]

AFTERNOON

5:00 pm WGN (38) ★★ "Gideon Oliver: By the Rivers of Babylon" (1989, Adventure) Louis Gossett Jr. Professor Oliver, a strong-willed woman and an innocent boy are caught up in a murderous web of Caribbean intrigue.

EVENING

6:00 pm CITY (29) "Tunnel" (2000, Action) Daniel Baldwin. The air slowly runs out as a former agent and a thief search an abandoned mine for stolen diamonds. [E] (DVS)

7:30 pm WTBS (3) ★★ "Maverick" (1994, Western) (PA) Mel Gibson. A wisecracking cardsharp, a conniving lady and a lawman head for a high-stakes poker game. Based on the TV series. [E]

9:00 pm FAM (26) ★★ "Heaven Can Wait" (1978, Fantasy) Warren Beatty. A pro football player is given

the body of a wealthy industrialist after an inept angel prematurely claims his life. [E]

10:06 pm CITY (29) ★★ "Blues Brothers 2000" (1998, Comedy) Dan Aykroyd. Ex-con Elwood Blues outraces the Russian mafia, the police and the FBI while trying to organize a new band.

10:10 pm WTBS (3) ★★½ "Air America" (1990, Adventure) Mel Gibson. During the Vietnam War, a copilot has a sobering effect on his partner, a CIA-sanctioned drug smuggler. [E]

Weather?
Updated Hourly...
Road Reports?
Updated Daily...
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friday movies

MORNING

10:00 am CITY (29) ★★ "All Quiet on the Western Front" (1930, Drama) Lew Ayres. A German youth eagerly enters World War I, but his enthusiasm wanes as he gets a first-hand view of the horror. [E]

AFTERNOON

5:00 pm 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]

CITY (29) ★★ "The Fifth Element" (1997, Science Fiction) Bruce Willis. Luc Besson directed this tale about a futuristic cab driver whose latest passenger may save Earth from impending doom. [E]

WGN (38) ★★ "Gideon Oliver: The Last Plane From Coramaya" (1989, Adventure) Louis Gossett Jr. Gideon's life is in danger when his investigation of a ring of art thieves leads him to a Latin American dictatorship.

EVENING

7:30 pm FAM (26) ★★½ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her. (In Stereo) [E]

8:00 pm WTBS (3) ★★ "O Brother, Where Art Thou?" (2000, Comedy-

Drama) (PA) George Clooney. The Coen brothers wrote and directed this tale of three escaped convicts and their unusual odyssey in the Deep South. [E]

KNOW (5) "Scoop" (1987, Comedy-Drama) Denholm Elliott. A mild-mannered journalist is sent to cover a war that's not really happening.

9:00 pm 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]

9:10 pm FAM (26) ★★½ "Hero" (1992, Comedy-Drama) Dustin Hoffman. A homeless Vietnam veteran poses as the Samaritan who saved passengers from the wreckage of a downed airliner.

10:06 pm CITY (29) "Sinful Temptations" (2001, Adult) Mia. A potentially fatal web of lies is spun as a wife tries to become a fashion model against her husband's orders.

10:44 pm FAM (26) ★★ "Rudy" (1993, Drama) Sean Astin. A working-class Illinois teen overcomes physical and educational hurdles to fulfill his dream of attending Notre Dame.

11:30 pm KSPS (6) ★★ "Two for the Road" (1967, Drama) Audrey Hepburn. A bickering couple stop to reminisce about their 12 years of marriage and tries to recapture their happiness.

Similkameen News Leader Recipe Corner (Recipe #76)

Turkey Burger Parmigiana

- 1 lb. ground turkey
- 1 garlic clove, finely minced
- 1 tbsp. dried Italian seasoning, crumbled
- 1 tbsp. fresh parsley, chopped
- 1 egg
- 1/4 cup bread crumbs
- 1/2 cup pasta sauce
- 2 oz. mozzarella, low fat, thinly sliced

Pre heat barbeque (medium-high heat) or oven to 425F. Mix first six ingredients in a large bowl with 1/4 cup of the pasta sauce. Season with pepper. Divide and shape into four 3/4 inch thick patties. Place on an oiled grill. Grill 4-6 minutes on each side until no longer pink in the centre (meat thermometer registers 170F in the thickest part of the burger). Spread 1 tbsp. of pasta sauce on each burger and top with cheese. Continue cooking until cheese melts (approx. 1 minute). Serve on italian buns. Makes 4 servings.

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

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

August 10-17, 2005

Aries - You could enjoy redecorating your home this month, or perhaps you might want to learn how to do it. Your thoughts turn to doing work making your environment beautiful. Spend wisely.
Taurus - You want to keep on enjoying good times, but you are tied to home and family most of this month. You do need to put a lot of work into improving your property. Your energy remains strong all month.
Gemini - You receive surprising news this week, news that will change how you see your partner or good friend. However, do not act on this until you get more information. Keep a cool head.
Cancer - You are so busy going places and doing things you may have forgotten that you need to rest. Your financial situation will change permanently this week in some way, or you may lose something you value.
Leo - Your money situation remains good, but is changing. Your career is very busy. A surprise comes this weekend from somebody connected with your career. You change toward a young person.
Virgo - Your partner may surprise you this week with a sudden outburst of aggressive behaviour. Watch your words, but stand your ground. The only thing at stake here is ego. The situation needs study, honesty.
Libra - Another person may want to talk to you about shared resources, and may want to fight about it. Watch yourself, you stand to lose something. Make no financial deals with partner.
Scorpio - Partner may surprise you with an outburst this weekend, related to property, possessions. You have been lazy about planning but you must do it now. Career demands continue to heavy. Things change.
Sagittarius - Pay close attention this week to what is going on. You need to learn something and it will change how you do things. Be alert for opportunity to discover valuable knowledge. News shocks.
Capricorn - Taxes, debts, obligations and investments are matters of concern for you this week. Career runs smoothly, but obligations must be met before you can relax. Be cautious, stick around home, quietly.
Aquarius - People come to you now and make life interesting. Family member may surprise you with news. Do not take it at face value. Double check. Plans change in regard to friend, partner.
Pisces - Drive very carefully this week, all week. Accidents or car trouble are possible. News you receive may make you want to say angry words. Bite your tongue and make sure of the truth before you speak.

THURSDAY, AUGUST 11, 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	Movie: "The Crush"	News Body	(Off Air)	Stretch Dragon	News	News	Bio.: Mansfield	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Boy	SportsCentre	News Canada AM	Daily Planet	Paid Prog.	Something Hoze	News Calvin, Miller	Maury	Hillbillies	
7 AM :30	Dawson's Creek "Pilot"	Life Today	BluesClues	Clifford	Today	The Early Show	Bio.: Stratton	Good Morning America			Stickin George S.	SportsCentre		Amazon: Super River	Libertys	Aladdin	News	CityLine	Matlock "The Don"	
8 AM :30	Dawson's Creek	Huntley Street (N) Poko	Dora	Barney			Investigative Reports		100 Huntley Street (N)		Jacob Boy	ATP Tennis: US Open		MythBusters	Paid Prog.	Lilo Stitch		Close Up	Rockford Files	
9 AM :30	Becker	Save-Ums!	Magic Bus	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street (N)	World Vision	Mona Monster	Series -- Rogers Masters	Regis and Kelly	Daily Planet	Dharma	Pooh	Maury	News City	Magnum, P.I.	
10 AM :30	Cosby	The Price Is Right	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	American Justice	The View	World Vision	Room MoneyWs	Rupert	Golf: PGA Champions hip -- First Round. From Baltusrol	The View	How-Made	The Larry Elder Show	Higglytown Henrys	Jerry Springer	Movie: "Meteorites" (1998)	News	
11 AM :30	Harvey	Judge J.	CG Kids	Yoga	Frasier	Young and the Restless	Family	Paid Prog.	The Insider	News (Live)	D'Myna	Round. From Baltusrol	Balance-TV	Triumph of Life	Montel Williams	King Lilo Stitch	Jerry Springer	Tom Wopat	Rockford Files	
12 PM :30	Drew	News (Live)	Reach-Top	Charlie Rose	Paid Prog.	News	Bio.: Mansfield	All My Children	News (Live)	Days of our Lives	SpongeBob	Golf Club in Springfield, N.J. (Live)	Daily Bold & B.	Life Beyond Earth	Perry Mason	Fillmore Weekend	Maury	CityLine	Magnum, P.I.	
1 PM :30	Yes, Dear	Days of our Lives	Journal Planet	Visions of Scotland	Days of our Lives	As the World Turns	Bio.: Stratton	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears		Vicki G.	Pompeii: The Last Day	Fam. Feud	Recess	Jerry Springer	Relic Hunter	Funnest Home Videos	
2 PM :30	Home Imp.	The Outer Limits (N)	Gaslight Health	Dragon	Passions	Guiding Light	Investigative Reports	General Hospital	Passions	Passions	Mona Fly Rhino		General Hospital		Pat Croce	Proud	Home Delivery	Ellen DeGeneres Show	Cosby	
3 PM :30	Seinfeld	Emmerdale	Timothy	Postcards	Brown	Dr. Phil	City Confidential	Paid Prog.	Young and the Restless	Young and the Restless	Jacob Mischief		Dr. Phil	How-Made	Starting Over	Fillmore Weekend	Pokémon	News	Home Imp.	
4 PM :30	Raymond	Simpsons	Dora the Explorer	Cyberchas	Judge J.	Oprah Winfrey	American Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	Sports	Frasier	Daily Planet	Little House	Recess	Xiaolin	Sex & City	Will-Grace	
5 PM :30	Baseball: San Francisco Giants at Atlanta Braves. (Live)	News (Live)	George S. Arthur	BBC World Business	News	News	Cold Case Files (N)	News	News	News	Oddparent	Football: Saskatchewan Roughriders at Ottawa Renegades (Live)	Friends	Frontiers of	Malcolm King of Hill	Proud	Sabrina	Hey Joel	"Gideon Oliver: By the Rivers of Babylon" (1989)	
6 PM :30	Will-Grace	Edge	News-Lehrer	News	News	News	News	News	News	Summit	SpongeBob		News	Extreme Engineering	Simpsons	Darcy	Friends	Movie: "Tunnel" (2000)	WGN News at Nine	
7 PM :30	Movie: "Maverick" (1994) (PA)	Track and Field: IAAF World Championships	No Price Too High	Patsy Cline: Sweet	The Law Firm (N)	CSI: Crime Scn	Cold Case Files	Hooking Up (N)	Primetype	Without a Trace	Inuyasha	Gundam	Yvon My Family	SportsCentre (Live)	News	Frontiers of	Becker	My So-Called Life	Will-Grace	
8 PM :30	Gibson, Jodie Foster	The National	Lost Treasures	David Bowie	(9:59) ER "Back in the World"	Without a Trace														
9 PM :30	Movie: "Air America" (1990) Mel Gibson	News	Perspectives	Charlie Rose (N)	News	News	The First 48	News	News	(11:03) Fear Factor										

FRIDAY, AUGUST 12, 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	News Body	(Off Air)	Body Elec. Dragon	News	News	Third Watch	(5:00) News	News (Live)	(5:00) News (Live)	Monsters Boy	SportsCentre	News Canada AM	Daily Planet	Paid Prog.	Something Hoze	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Dawson's Creek "Kiss"	Life Today	BluesClues	Clifford	Today The Beach Boys; finding a pet-sitter; Today's Style	The Early Show	Third Watch "10-13"	Good Morning America			Stickin George S.	SportsCentre		Nature	Libertys	Aladdin	News	CityLine	Matlock "The Don"
8 AM :30	Dawson's Creek	Huntley Street (N) Poko	Dora	Barney	Teletubbies		Third Watch		100 Huntley Street (N)		Jacob Boy	ATP Tennis: Rogers Masters Quarterfinals		American Hot Rod	Paid Prog.	Lilo Stitch		At Movies	Rockford Files
9 AM :30	Becker	Save-Ums!	Magic Bus	Sesame Street (EI)		Discover	City Confidential	Regis and Kelly	100 Huntley Street (N)	World Vision	Mona Monster		Regis and Kelly	Daily Planet	Dharma	Pooh	Maury	News City	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right	Amer. Justice	The View (N)	World Vision	Homes MoneyWs	Rupert	Golf: PGA Champions hip -- Second Round. From Baltusrol Golf Club in Springfield, N.J. (Live)	The View (N)	How-Made	The Larry Elder Show	Stanley Henrys	Jerry Springer	Movie: "All Quiet on the Western Front" (1930, Drama)	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	Round. From Baltusrol	Balance	Super Ships	Montel Williams	King Lilo Stitch	Jerry Springer	Western Front (1930, Drama)	MLB Baseball: St. Louis Cardinals at Chicago Cubs. (Live)
12 PM :30	Drew	News (Live)	Edge	Charlie Rose	Paid Prog.	News	Third Watch	All My Children	News (Live)	Days of our Lives	SpongeBob	Golf Club in Springfield, N.J. (Live)	Daily Bold & B.	Frontiers of	Perry Mason	Fillmore Weekend	Maury	CityLine	Will-Grace
1 PM :30	Yes, Dear	Days of our Lives	Home Planet	Garden RX	Days of our Lives	As the World Turns	Third Watch "10-13"	One Life to Live	As the World Turns	As the World Turns	George S. Care Bears		Vicki G.	Extreme Engineering	Fam. Feud	Recess	Jerry Springer	CityLine	Inning
2 PM :30	Home Imp.	The Outer Limits (N)	Gaslight Health	Dragon	Passions	Guiding Light	Third Watch	General Hospital	Passions	Passions	Mona Fly Rhino		General Hospital	B-29	Pat Croce	Proud	Home Delivery	Ellen DeGeneres Show	Cosby
3 PM :30	Seinfeld	Diva Dime	Timothy	Postcards	Brown	Dr. Phil	City Confidential	Paid Prog.	Young and the Restless	Young and the Restless	Jacob Beasts		Dr. Phil	Super Ships	Starting Over	Fillmore Weekend	Pokémon	News	Home Imp.
4 PM :30	Raymond	Simpsons	Dora the Explorer	Cyberchas	Judge J.	Oprah Winfrey	Amer. Justice	Millionaire	Oprah Winfrey	News	Tn-Titans	CFL Football: Montreal Alouettes at Toronto Argonauts. (Live)	Friends	Daily Planet	70s Show	Recess	Xiaolin	Sex & City	Will-Grace
5 PM :30	Baseball: Arizona Diamondbacks at Atlanta Braves. (Live)	News (Live)	George S. Arthur	BBC World Business	News	News	Movie: "Clear and Present Danger" (1994, Drama)	News	News	News	Oddparent	Alouettes at Toronto Argonauts. (Live)	News	Fear Fighters (N)	NFL Preseason Football: Seattle Seahawks at New Orleans Saints. (Live)	Proud	NFL Preseason Football: Chicago Bears at St. Louis Rams. (Live)	Movie: "The Fifth Element" (1997)	WGN News at Nine
6 PM :30	Will-Grace	Home	News-Lehrer	News	News	News	Danger (1994, Drama)	News	News	Homes	Yu-Gi-Oh!		News	Ghost Fleet: Sen Toku	Seattle Seahawks at New Orleans Saints. (Live)	Phil	Rams. (Live)	Willis, Gary Oldman	WGN News at Nine
7 PM :30	Raymond	Jeopardy!	Ultimate Response	Broadway's Lost Treasures	Jeopardy!	Sinfeld	Friends	Harrison Ford	The Insider	Entertain 2nd Chnce	Gundam Cybertron	CFL Football: B.C. Lions at Calgary Stampeders. (Subject to Blackout)	eTalk Daily Hollywood	Blueprint for Disaster	Orleans Saints. (Live)	Movie: "Cadet Kelly" (2002)	What I Like	News	Becker
8 PM :30	Movie: "O Brother, Where Art Thou?" (2000) (PA)	Track and Field: IAAF World Championships	Movie: "Scoop" (1987)	On Eagle's Wings	Dateline NBC	Veronica Mars	Amer. Justice	8 Rules	Arrested	Gilmore Girls	One Piece	Dragonball	Newlywed Degrassi	Daily Planet	Arrested	Movie: "Hero Kelly" (1992), Geena Davis	Reba	Jimmy Kimmel Live (N)	Home Delivery
9 PM :30	Store	The National	Sherlock Holmes	Crossing Jordan	NUMB3RS	NUMB3RS	Movie: "Clear and Present Danger" (1994, Drama)	20/20	20/20	News	Inuyasha	ATP Tennis: Rogers Masters Quarterfinals	Osbourne's	MythBusters	Arrested	Becker	Sean Astin	Will-Grace	Elimidate
10 PM :30	Family Guy	News	Canada-History	NW Profil	News	News	Harrison Ford	News	News	(11:03) Fear Factor	ReBoot		News	American Chopper	Just Shoot				
11 PM :30	Futurama	Sportspage	"2forRoad"	Tonight	Late Show	Late Show		Nightline	News (Live)		Beasts		News						

saturday movies

MORNING

8:00 am A&E (9) ★★½ "Good Will Hunting" (1997, Drama) Matt Damon. A young janitor with a high intellect goes through a battle of wits with a therapist over his true feelings. [E]

8:10 am WTBS (3) ★★½ "Three Men and a Little Lady" (1990, Comedy) Tom Selleck. Three bachelors stand to lose the 5-year-old they helped raise when the child's unmarried mother heads to England. [E]

10:15 am WTBS (3) ★★½ "Parenthood" (1989, Comedy-Drama) Steve Martin. Ron Howard directed this look at the joys and headaches that come with the responsibility of raising children. [E]

11:00 am WGN (38) "Pros & Cons" (2000, Comedy) Larry Miller. Two cellmates who were convicted for crimes they didn't commit mastermind a jailbreak.

AFTERNOON

12:00 pm FAM (26) ★½ "MVP2: Most Vertical Primate" (2002, Comedy)

Richard Karn. Dreams of skateboarding stardom come true for a homeless boy and the fugitive chimpanzee he befriends. (In Stereo) [E]

1:00 pm WTBS (3) ★★½ "Life" (1999, Comedy) Eddie Murphy. Two wrongly convicted felons maintain an adversarial relationship for more than 50 years in a Mississippi prison. [E] (DVS)

1:30 pm FAM (26) ★½ "A Ring of Endless Light" (2002, Drama) Mischa Barton. Based on the novel by Madeleine L'Engle. A teenager who can communicate with dolphins has an extraordinary summer. (In Stereo) [E]

3:00 pm WTBS (3) ★★½ "O Brother, Where Art Thou?" (2000, Comedy-Drama) (PA) George Clooney. The Coen brothers wrote and directed this tale of three escaped convicts and their unusual odyssey in the Deep South. [E]

4:00 pm YTV (18) ★★ "Hey Arnold! The Movie" (2002, Comedy) Voices of Spencer Klein. Animated. Arnold and his friends take action when their neighborhood is slated for demolition. (In Stereo) [E]

5:00 pm WTBS (3) ★★½ "The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A former mob assassin with a price on his own head moves in next door to a timid Montreal dentist. [E] (DVS)

CITY (29) ★★½ "Any Given Sunday" (1999, Drama) Al Pacino. A veteran football coach struggles to hold his team together in the face of personal and professional crises. (In Stereo) [E]

EVENING

7:10 pm WTBS (3) ★★½ "Life" (1999, Comedy) Eddie Murphy. Two wrongly convicted felons maintain an adversarial relationship for more than 50 years in a Mississippi prison. [E] (DVS)

8:00 pm KXLY (10) ★★½ "Any Given Sunday" (1999, Drama) Al Pacino. A veteran football coach struggles to hold his team together in the face of personal and professional crises. (In Stereo) [E]

BCTV (11) ★½ "Dancing on the Moon" (1998, Drama) Natalie Vansier. Premiere. A toy dog helps a youngster cope with growing pains during a fateful summer on the family farm. [E]

8:30 pm WGN (38) ★½ "House Party IV" (2000, Comedy) Marques Houston. A teen throws a huge party

in his uncle's mansion in the hope of scoring a record deal.

9:00 pm YTV (18) ★★½ "The Dark Crystal" (1982, Fantasy) Voices of Stephen Garlick. Two elfin beings search for the missing shard to an all-powerful crystal that can save their world from evil. (In Stereo) [E]

FAM (26) ★★½ "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) [E]

CITY (29) ★½ "Fear and Loathing in Las Vegas" (1998, Comedy-Drama) Johnny Depp. Premiere. Based on Hunter S. Thompson's 1971 novel about his hallucinatory experiences during a road trip to Las Vegas.

9:15 pm WTBS (3) ★★½ "The Cable Guy" (1996, Comedy) Jim Carrey. An architect pays a heavy price when he begins a friendship with an unhinged employee of a cable television company. [E]

10:47 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]

11:15 pm WTBS (3) ★★½ "The Running Man" (1987, Science

Fiction) (PA) Arnold Schwarzenegger. An unjustly accused prisoner in 2019 is stalked by executioner-style athletes on the nation's No. 1 game show. [E]

11:30 pm CITY (29) ★★ "National Lampoon's Favorite Deadly Sins" (1995, Comedy) Joe Mantegna. The faults of mankind are examined in three short segments titled "Greed," "Anger" and "Lust."

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JULY - AUGUST

Power by the Hour Rates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
12:00 PM	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 "The Cable Guy" (1996, Comedy) Jim Carrey. An architect pays a heavy price when he begins a friendship with an unhinged employee of a cable television company. [E]

7:30 am A&E (9) ★★½ "Escape From Alcatraz" (1979, Adventure) Clint Eastwood. Based on the true story of a hardened convict who engineered an elaborate plan to bust out of the famed prison in 1962. [E]

8:00 am WTBS (3) ★★½ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. [E]

10:00 am WGN (38) ★★½ "Wide Awake" (1998, Drama) Joseph Cross. A grieving boy asks difficult questions about death and the meaning of life after his beloved grandfather dies. (In Stereo) [E]

AFTERNOON

12:00 pm FAM (26) ★ "Clifford" (1994,

Comedy) Martin Short. An evil-minded 10-year-old exacts revenge when his uncle refuses to take him to an amusement park.

WGN (38) "Alice Through the Looking Glass" (1999, Fantasy) Kate Beckinsale. Based on Lewis Carroll's classic novel about a girl's adventures in a magical place called Wonderland. (In Stereo) [E]

1:00 pm WTBS (3) ★★½ "The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A former mob assassin with a price on his own head moves in next door to a timid Montreal dentist. [E] (DVS)

KTLA (27) "The Haunting of Lisa" (1996, Suspense) Cheryl Ladd. A 9-year-old girl is placed in jeopardy after her disturbing psychic visions point to the identity of a murderer. (In Stereo)

1:30 pm FAM (26) ★★ "Miracle In Lane 2" (2000, Drama) Frankie Muniz. A youngster in a wheelchair is determined to prove himself by entering the Soap Box Derby. (In Stereo) [E]

2:30 pm CHBC (4) ★½ "Air Bud: Golden Receiver" (1998, Comedy) Kevin Zegers. Josh must deal with a

new man in his widowed mother's life while playing on a junior high football team. [E]

3:00 pm WTBS (3) ★★½ "Rush Hour" (1998, Action) (PA) Jackie Chan. A Chinese supercop and a rule-breaking American detective team up to find a Chinese consul's kidnapped daughter. [E]

VTV (22) "The Wandering Soul Murders" (2001, Mystery) Wendy Crewson. A teddy bear tattoo provides the only clue for amateur sleuth Joanne Kilbourn in two seemingly unrelated deaths. (In Stereo) [E]

KTLA (27) "Visions of Terror" (1994, Suspense) Barbara Eden. Psychic psychotherapist Jesse Newman believes that a cop killer may still be at large, despite a suspect's capture. (In Stereo)

4:00 pm YTV (18) ★★ "Baby's Day Out" (1994, Comedy) Joe Mantegna. Worried parents, the police and a trio of bumbling kidnapers race to catch an infant crawling his way across Chicago. (In Stereo) [E]

5:00 pm WTBS (3) ★★ "Rush Hour 2" (2001, Action) (PA) Jackie Chan. A vacationing L.A. cop and his Asian partner search for clues in the bombing of the U.S. embassy in Hong Kong. [E]

WGN (38) ★★½ "Wide Awake"

(1998, Drama) Joseph Cross. A grieving boy asks difficult questions about death and the meaning of life after his beloved grandfather dies. (In Stereo) [E]

EVENING

6:00 pm CITY (29) ★★½ "Grosse Pointe Blank" (1997, Comedy) John Cusack. An assassin is reunited with the prom date he stood up years ago when he returns home for his high-school reunion. [E]

8:00 pm WTBS (3) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. [E]

KTLA (27) ★★½ "The Brothers" (2001, Comedy-Drama) Morris Chestnut. Four friends re-examine their attitudes on love and dating when one of their number announces his plans to marry. (In Stereo) [E]

9:00 pm KREM (8) "Living With the Dead" (2002, Suspense) (Part 1 of 2) Ted Danson. A medium and a detective join forces to uncover the identities of seven boys who have apparently been murdered. (DVS)

FAM (26) ★★½ "8 Seconds" (1994, Drama) Luke Perry. Based on the life

and tragic death of Lane Frost, an Oklahoma native who became a rodeo world champion bull rider. (In Stereo) [E]


10:00 pm WTBS (3) ★★ "Dumb & Dumber" (1994, Comedy) Jim Carrey. Two intellectually challenged buddies follow a woman to Colorado to return the ransom-filled briefcase she left behind. [E]

11:00 pm CITY (29) ★½ "Fear and Loathing in Las Vegas" (1998, Comedy-Drama) Johnny Depp. Based on Hunter S. Thompson's 1971 novel about his hallucinatory experiences during a road trip to Las Vegas.

11:01 pm FAM (26) ★★½ "The Distinguished Gentleman" (1992, Comedy) Eddie Murphy. A con man with the same name as a deceased congressman uses political confusion to pave his way to Washington.

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SATURDAY, AUGUST 13, 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	Stories	News (E)	(Off Air)	Globe Trekker (E)	(5:00) Today (E)	Saturday Early Show	Ask This	Good Morning America	Fire Station	Diva Dime	Monsters	SportsCentre (E)	OWLTV Kingdom	Ultimates (E)	Paid Prog.	Dalgunder	Paid Prog.	Indo	Paid Prog.
7 AM :30	Funny Wedding	Pet Guys	BluesClues	MotorWeek	News	LazyTown	Flip This House (E)	Good Morning Northwest	News (Live) (E)	News (Live) (E)	Cybertron	Fishing	Katie-Orbie	Ghost Fleet: Sen Toku	Mew Mew	Rangers	Batman	Eye on Asia	Paid Prog.
8 AM :30	(8:10) Movie: "Three Men and a Little Lady" (1990)	MyBoat TV	George S.	Router		Backyard	Movie: "Good Will Hunting" (1997)	Saturday Even			Yu-Gi-Oh!	Golf: PGA Champions hip -- Third Round. (Live)	Good Morning Canada (E)	Blueprint for Disaster	Sonic X	Lizzie	Xiaolin	Polish Studio (E)	Bud Billiken Parade
9 AM :30		Direct Buy	Bus	Hometime		Dora	Discover	Even			Beblade		Forensic Factor (E)	Turtles	So Raven	Pokémon	Arts	The annual parade in Chicago. (Live)	
10 AM :30	(10:15) Movie: "Parenthood" (1989)	ATP Tennis: U.S. Open Series -- Rogers Masters Semifinal.	Madeline	Ask This	Tutenstein	Northwest Team Golf	Angel	Lillo Stitch	Antique	To Be Announced	Tn-Titans	Golf: PGA Champions hip -- Third Round. From Baltusrol Golf Club in Springfield, N.J. (Live)	Wild	Mayday: Flying	Animal All	School	Libertys	Starville	Movie: "Pros & Cons" (2000) Larry Miller.
11 AM :30		MacPhee	Food	NASCAR Racing: Busch Series -- Zippo 200. (Live) (E)		Golf: PGA Champions hip -- Third Round. From Baltusrol Golf Club in Springfield, N.J. (Live)	Angel	Proud	Taste	Entert'nt	Pokémon	From Baltusrol Golf Club in Springfield, N.J. (Live)	King of Q	Ultimates (E)	Paid Prog.	"MVP2: Most Vertical"	Libertys	Chum Chart (E)	
12 PM :30	Mary Steenburgen. (E)	Canada Summer Games From Regina. (Taped) (E)	Animals	Alone in the Wilderness (E) (DVS)		Beach Volleyball: AVP	Caesars	Horse Racing: Arlington Million	Drop In (N)	Malcolm	Top 10	Golf Club in Springfield, N.J. (Live)	Timeless	American Chopper (E)	MLB Baseball: Angels at Mariners or Mets at Dodgers	Primato* (E)	Soul Train Omarion.	Smallville "Calling" (E)	Mutant X (E)
1 PM :30	Movie: "Life" (1999)	MyBoat TV	Little Bear	Fortune		The Mystery of I-45	Investigative Reports	Inside Stuff	Entertainment Tonight	70s Show	Transform		Exhibit A	How-Made	Smart Guy	Andromeda (E)	News (E)	Home Imp.	
2 PM :30	Eddie Murphy. (E) (DVS)	ATP Tennis: U.S. Open Series -- Rogers Masters Semifinal.	Arthur (E)	Celtic Woman (E)	Trading	The West Wing (E)	City Confidential (E)	Paid Prog.	Simpsons	Simpsons	Movie: "Hey Arnold! The Movie" (2002) (E)	Sports	Sue Thomas: F.B. Eye	Building	Angel	So Raven	Will-Grace	MovieTV	MLB Baseball: Chicago White Sox at Boston Red Sox. (Live) (E)
3 PM :30	Movie: "O Brother, Where Art Thou?" (2000) (PA)	ATP Tennis: U.S. Open Series -- Rogers Masters Semifinal.	Arthur (E)	Celtic Woman (E)	Trading	The West Wing (E)	City Confidential (E)	Paid Prog.	Simpsons	Simpsons	Movie: "Hey Arnold! The Movie" (2002) (E)	Sports	Sue Thomas: F.B. Eye	Building	Angel	So Raven	Will-Grace	MovieTV	MLB Baseball: Chicago White Sox at Boston Red Sox. (Live) (E)
4 PM :30	Movie: "The Whole Nine Yards" (2000) (PA)	CFL Football: Hamilton	renegade	Andre Rieu: The Flying Dutchman (E)	News	News	Cold Case Files (E)	News (E)	News (E)	Step In It	Mystery		Wife Swap (E)	MythBusters (E)	Paid Prog.	Dragon	NFL	Movie: "Any Given Sunday" (1999)	Drama Al Pacino, Cameron Diaz. (E)
5 PM :30	Movie: "The Whole Nine Yards" (2000) (PA)	CFL Football: Hamilton	renegade	Andre Rieu: The Flying Dutchman (E)	News	News	Cold Case Files (E)	News (E)	News (E)	Step In It	Mystery		Wife Swap (E)	MythBusters (E)	Paid Prog.	Dragon	NFL	Movie: "Any Given Sunday" (1999)	Drama Al Pacino, Cameron Diaz. (E)
6 PM :30	Movie: "Life" (1999)	Tiger-Cats at Winnipeg Blue Bombers. (Live) (E)	Heartbeat (E)	Bruce Springsteen and the E Street Band	Women's Gymnastics (N) (E)	Big Brother 6 (N) (E)	American Justice	Movie: "Any Given Sunday" (1999)	Movie: "Dancing on the Moon" (1998) Premiere.	Office Temps (E)	Entert'nt MoneyWs	SportsCentre (Live) (E)	W-FIVE (E)	Biker Build-Off (E)	Will-Grace	Radio Free	70s Show	Heartbeat	WGN News at Nine
7 PM :30	Eddie Murphy. (E) (DVS)	Bombers. (Live) (E)	Heartbeat (E)	Bruce Springsteen and the E Street Band	Women's Gymnastics (N) (E)	Big Brother 6 (N) (E)	American Justice	Movie: "Any Given Sunday" (1999)	Movie: "Dancing on the Moon" (1998) Premiere.	Office Temps (E)	Entert'nt MoneyWs	SportsCentre (Live) (E)	W-FIVE (E)	Biker Build-Off (E)	Will-Grace	Radio Free	70s Show	Heartbeat	WGN News at Nine
8 PM :30	Movie: "Life" (1999)	Tiger-Cats at Winnipeg Blue Bombers. (Live) (E)	Heartbeat (E)	Bruce Springsteen and the E Street Band	Women's Gymnastics (N) (E)	Big Brother 6 (N) (E)	American Justice	Movie: "Any Given Sunday" (1999)	Movie: "Dancing on the Moon" (1998) Premiere.	Office Temps (E)	Entert'nt MoneyWs	SportsCentre (Live) (E)	W-FIVE (E)	Biker Build-Off (E)	Will-Grace	Radio Free	70s Show	Heartbeat	WGN News at Nine
9 PM :30	Movie: "The Cable Guy" (1996) Jim Carrey. (E)	Track and Field: IAAF World Championships. (Live) (E)	Touch of Frost "Line of Fire" (Part 1 of 2) (E)	Harry Chaplin	Trial by Jury	48 Hours Mystery (E)	Cold Case Files (E)	News (E)	News (E)	Driving TV	Sat. Night		Comedy	American Chopper (E)	Ult Poker Chal.	Harrison Ford. (E)	KTLA Prime News (E)	Premiere.	Street
10 PM :30	Movie: "The Running Man" (1987) (E)	News	Rosemary and Thyme	Austin City Limits (E)	News (E)	News	Sat. Night						Comedy	American Chopper (E)	Ult Poker Chal.	Harrison Ford. (E)	KTLA Prime News (E)	Premiere.	Street
11 PM :30	Movie: "The Running Man" (1987) (E)	News	Rosemary and Thyme	Austin City Limits (E)	News (E)	News	Sat. Night						Comedy	American Chopper (E)	Ult Poker Chal.	Harrison Ford. (E)	KTLA Prime News (E)	Premiere.	Street

SUNDAY, AUGUST 14, 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	Movie: "The Cable Guy" (1996) Jim Carrey. (E)	News (E)	(Off Air)	Noddy	Today (E)	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Adventure	Monsters	SportsCentre (E)	Acorn	B-29 (E)	Hour of Power (E)	Dalgunder	Pacesetter	Mix TV	NightMan
7 AM :30		Body	Cliff Pup			Discover			MoneyWs	Canada	Monster	Reporters	Kids	Dive to the Bermuda Triangle	Libertys	Rangers	Facts	Eye on Asia	Mutant X (E)
8 AM :30	Movie: "Ace Ventura: Pet Detective" (1994) (E)	Van Impe	George S.	Maya	Meet the Press (E)	CBS News Sunday Morning	Movie: "Escape From Alcatraz" (1979) Clint Eastwood. (E)	This Week With George	News (Live) (E)	TribalTrail	Beasts	Golf: PGA Champions hip -- Final Round. (Live)	Eagle	How-Made	Paid Prog.	So Raven	Pastor	Eye-Asia	The X-Files (E)
9 AM :30		Is Written	Bus	Dragonfly					News (Live) (E)	World Vsn	Neutron	From Baltusrol Golf Club in Springfield, N.J. (Live)	Eagle	Animals	Paid Prog.	Zoey 101	Changing	Johnny Lombardi (In Italian)	Andromeda (E)
10 AM :30	MLB Baseball: Arizona Diamondbacks at Atlanta Braves. (Live) (E)	Direct Buy	Madeline	European	Countdown	Discover	Knevel's Wild Ride (N)	Old House	Driving TV	Knockout	SpongeBob	At the Turn	World Vsn	Ultimate Ten	Dharma	Boy World	Paid Prog.	Smallville "Duplicity"	Movie: "Wide Awake" (1998) Joseph Cross. (E)
11 AM :30		On Road	Art Attack	Moneytrk	NASCAR Racing: Nextel Cup Series -- Sirius Satellite Radio at the Glen.	Golf: PGA Champions hip -- Final Round. From Baltusrol Golf Club in Springfield, N.J. (Live)	Knevel's Wild Ride (N)	Paid Prog.	Hour of Power (E)	Driving TV	Grown Up	Golf: PGA Champions hip -- Final Round. From Baltusrol Golf Club in Springfield, N.J. (Live)	World Vsn	Dive to the Bermuda Triangle	Dharma	School	Paid Prog.	Smallville "Duplicity"	Movie: "Wide Awake" (1998) Joseph Cross. (E)
12 PM :30		ATP Tennis: U.S. Open Series -- Rogers Masters Final. (E)	Router	Foreign	NW Profl	Sirius Satellite Radio at the Glen.	Sell House	IndyCar Racing: AMBER Alert Portal (Live) (E)	News (Live) (E)	Fire Station	Being Ian	From Baltusrol Golf Club in Springfield, N.J. (Live)	Question Period (E)	Just Shoot	Movie: "Clifford" (1994)	Comedy	Movie: "The Haunting of Lisa" (1996, Suspense)	World Poker Tour (E)	Cosby
1 PM :30	Movie: "The Whole Nine Yards" (2000) (PA)	Red Green	Canada-History	To Be Announced	Beach Volleyball: AVP		Design	Alert Portal (Live) (E)	Canada	Just Shoot	Stuff		W-FIVE (E)	How'd They Do That?	Buffy Vampire	Movie: "Miracle in Lane 2" (2000)	World Poker Tour (E)	Cosby	
2 PM :30		Gold Trails	Parks	To Be Announced			Sell House	Alert Portal (Live) (E)	RONA	Just Shoot	Mischief		Daily Planet (E)	How-Made	She Sple's "Iceman"	Smart Guy	Movie: "Visions of Terror" (1994) Barbara Eden.	StarTV	Home Imp.
3 PM :30	Movie: "Rush Hour" (1998) (PA) Jackie Chan.	Golden Receiver" (1998) (E)	Little Bear		Paid Prog.		Flip This House (E)	Sleeping Beauty on Ice	Just Shoot	Simpsons	Yvon		Movie: "The Wandering Soul Murders" (2001)	Daily Planet (E)	Columbia	So Raven	Proud	StarTV	Home Imp.
4 PM :30		Okanagan	Babar	To Be Announced			Crossing Jordan (E)	Health	Simpsons	Global			Champ Car World Series Racing	Veronica Mars (E)	Zapped Part 1. (N)	Andromeda (E)	Dragon	What I Like	Movie: "Wide Awake" (1998) Joseph Cross. (E)
5 PM :30	Movie: "Rush Hour 2" (2001) (PA) Jackie Chan.	Makeover: Home	Heartbeat	To Be Announced			Family	Ebert	News (Live) (E)	Makeover: Home	Drake		Veronica Mars (E)	Zapped Part 2. (N)	Paid Prog.	Naturally	One Tree Hill (E)	Movie: "Grosse Pointe Blank" (1997) (E)	WGN News
6 PM :30		Home	Heartbeat	To Be Announced			Family	Ebert	News (Live) (E)	Makeover: Home	Drake		Veronica Mars (E)	Zapped Part 2. (N)	Paid Prog.	Naturally	One Tree Hill (E)	Movie: "Grosse Pointe Blank" (1997) (E)	WGN News
7 PM :30	Store	Doctor Who (E)	The Body Changers				Women's Gymnastics	60 Minutes (E)	Intervention "Sara"	Makeover: Home	Mystery	SportsCentre (Live) (E)	Desperate Housewives	MythBusters (E)	Malcolm	Radio Free	Charmed (E)	News (E)	Maximum Exposure
8 PM :30	Movie: "Ace Ventura: Pet Detective" (1994) (E)	Track and Field: IAAF World Championships. (Live) (E)	Bleak House	To Be Announced	Law Order: CI	Cold Case "Red Glare"	CSI: Miami (E)	Makeover: Home	Simpsons	Simpsons	Smallville "Extinction"	Motoring	Law Order: CI	Daily Planet (E)	Simpsons	Knock First	Movie: "The Brothers" (2001) Morris Chestnut.	World Poker Tour (E)	The Twilight Zone (E)
9 PM :30		Champions hips.	Rosemary and Thyme		Law Order: CI	Movie: "Living With the Dead" (2002) (DVS)	The First 48 (E)	My Kind of Town (N)	Family Guy	Family Guy	Zixx	Kickboxin 9	My Kind of Town (N)	Zapped Part 1. (E)	Family Guy	Movie: "8 Seconds" (1994) (E)	KTLA Prime News (E)	Night Party	Unexplained Mysteries
10 PM :30	Movie: "Dumb & Dumber" (1994) Jim Carrey.	CBC News: Sun.	Lava Hunters: Shaping	Coupling	Crossing Jordan (E)	Family	Desperate Housewives	Crossing Jordan (E)	Crossing Jordan (E)	15/Love	Radio	Poker: 2004	Robson	Zapped Part 2. (E)	Unexplained Mysteries	At Movies	"Distinguish ed"	Raymond	"Fear and Loathing"
11 PM :30		Reflection	SportFish	Train	Sports	Backroads	Intervention "Sara"	Van Impe	Just Shoot	Wize Trade	Ready-Not	SportsCentre (Live) (E)	News (E)	MythBusters (E)	Maximum Exposure	"Distinguish ed"	Raymond	"Fear and Loathing"	Celebrity Justice

MONDAY, AUGUST 15, 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	(5:00) "Cop and a Half" (PA)	News (E) Okanagan	(Off Air)	Body Elec. Dragon	News (E)	News	(5:00) Movie: "Clear and Present Danger" (1994)	(5:00) News (Live) (E)	News (Live) (E)	(5:00) News (Live) (E)	Monsters Boy (E)	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Paid Prog. Paid Prog.	Something Hoze	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies	
7 AM :30	Dawson's Creek (E)	Life Today 100	BluesClues HI-5	Clifford Arthur (E)	Today (E)	The Early Show (E)	Investigative Reports	Good Morning America (E)			Stickin George S.	SportsCentre (E)		Fear Fighters (E)	Sabrina Charles	Aladdin Kim	News (E)	CityLine (E)	Matlock (E)	
8 AM :30	Dawson's Creek (E)	Huntley Street (E) Poko	Dora Arthur (E)	Barney Teletubbs						100 Huntley Street (E)	Jacob Boy (E)	SportsCentre (E)		How-Made (E)	Paid Prog. Paid Prog.	Lilo Stitch Mermaid		StarTV Spin City	Rockford Files	
9 AM :30	Becker Becker	Save-Ums! Doodlebop	Magic Bus George S.	Sesame Street (E)							Mona Monster	Record Fishing	Regis and Kelly	Daily Planet (E)	Dharma Paid Prog.	Pooh JoJo's Clr	Maury (E)	News (E) City	Magnum, P.I. (E)	
10 AM :30	Cosby Cosby	The Price Is Right (E)	Madeline Little Bear	Reading Lions	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (E)	World Vision (E)	Taste MoneyWs	Rupert Monsters	WTA Tennis: US Open Series -- Rogers Cup -- Day 1. From Toronto. (Live)	The View (E)	How-Made (E)	The Larry Elder Show	Stanley Henrys	Jerry Springer (E)	Movie: "The Best Little Whorehouse in Texas"	News (E)	
11 AM :30	Harvey Home Imp.	Judge J. Body	CG Kids Canada-History	Yoga Sit-Be Fit	Frasier M*A*S*H	Young and the Restless	Sell House Movie: "Good Will Hunting" (1997, Drama)	Paid Prog. All My Children (E)	Paid Prog. MoneyWs	The Insider (Live) (E)	D'Myna Fly Rhino	Rogers Cup -- Day 1. From Toronto. (Live)	Balance	Frontiers of	Montel Williams (E)	King (E) Lilo Stitch	Blind Date	Maury (E)	CityLine (E)	Magnum, P.I. "Kapu"
12 PM :30	Drew Drew	News (Live) (E)	Second	Charlie Rose (N) (E)	Paid Prog. Bold & B.	As the World Turns	One Life to Live (E)	As the World Turns	As the World Turns	As the World Turns	George S. Care Bears		Daily Bold & B.	Real M.A.S.H.: Combat	Perry Mason	Fillmore Weekend	Maury (E)	CityLine (E)	Magnum, P.I. "Kapu"	
1 PM :30	Yes, Dear Yes, Dear	Days of our Lives (E)	Moving On Planet	Fine Art Scrapbook	Days of our Lives (E)	As the World Turns	Investigative Reports	General Hospital (E)	Passions (E)	Passions (E)	Mona Fly Rhino	ATP Tennis	Vicki G. Super Shlps (E)	Fam. Feud	Fam. Feud	Recess Kim	Jerry Springer (E)	Relic Hunter (E)	Funniest 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	ATP Tennis	Vicki G. Super Shlps (E)	Fam. Feud	Fam. Feud	Recess Kim	Jerry Springer (E)	Relic Hunter (E)	Funniest Home Videos	
3 PM :30	Seinfeld Seinfeld	Emmerdale Caitlin	Timothy Dora the Explorer	Postcards Arthur (E)	Brown Brown	Dr. Phil	City Confidential (E)	Young and the Restless	Young and the Restless	Young and the Restless	Jacob Beasts	Sports	Dr. Phil Super Shlps "Top Ten"	Starting Over (E)	Weekend	Fillmore Jackie	Pokémon	News (E)	Home Imp. Will-Grace	
4 PM :30	Raymond Raymond	Simpsons Malcolm	Zoboo Zoom (E)	Cyberchas Judge J.	Judge J. Winfrey (E)	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire	Oprah Winfrey (E)	News (E)	Tn-Titans Mystery	WTA Tennis: US Open Series -- Rogers Cup	Frasier Friends	Daily Planet (E)	Little House	Recess Barbarian	Xiaolin Xiaolin	Sex & City	Will-Grace	
5 PM :30	Friends Friends	News (Live) (E)	George S. Arthur (E)	BBC World Business	News (E) NBC News	News (E) CBS News	The Dark Side of Parole	ABC News	Global	Global	Robot	WWE Raw (Live) (E)	News (E) Monster Garage (E)	MythBusters (E)	Malcolm King of Hill	Proud Lizzie	Sabrina Fresh Pr.	Stargate SG-1 (E)	Movie: "Grand Canyon" (1991)	
6 PM :30	Friends Friends	Will-Grace "70s Show"	Entrada Moving On	News-Lehrer Raymond	News (E) Hollywood	Gotti	Gotti	News (E)	News (Live) (E)	A Hunter Entertain	SpongeBob Being Ian	WWE Raw (Live) (E)	News (E) eTalk Daily	Monster Garage (E)	Simpsons "70s Show"	Darcy So Raven	Friends Will-Grace	Movie: "A Hard Day's Night" (1964) The Beatles.	WGN News at Nine	
7 PM :30	Family Guy Family Guy	Fortune Jeopardy!	Dotto Tech Reach-Top	Served My Hero	Jeopardy! Fortune	Seinfeld Friends	Airline (E) The Insider	Entertain Collectors	Entertain Collectors	One Tree Hill (E)	15/Love Fries That?		News (E) Holly	Biker Build-Off (E)	Will-Grace "70s Show"	Even Radlo Free	Raymond Raymond	WGN News at Nine		
8 PM :30	Store Store	Movie: "Old School" (2003)	Edge Animals	Antiques Roadshow	Fear Factor "Twins"	King Raymond	Crossing Jordan (E)	Movie: "Remember the Titans" (2000)	Fear Factor "Twins"	Fear Factor "Twins"	ReBoot Beasties	SportsCentre (Live) (E)	Corner Gas Instant	Daily Planet (E)	Renovate My Family (N)	Boy World Brotherly	7th Heaven (E)	News (E) Speakers	Becker Becker	
9 PM :30	Movie: "Eraser" (1996)	Luke Wilson (E)	Perspectives	History Detectives (N)	Las Vegas (E)	Two Men Rock: INXS	The Dark Side of Parole	(2000) Denzel Washington	Las Vegas (E)	Las Vegas (E)	Mystery Oracle	WWE Raw (E)	Medium (E)	Monster Garage (E)	Renovate My Family (N)	Movie: "Benny & Joon" (1993)	Summerland (E)	Jimmy Kimmel Live	Home Delivery	
10 PM :30	Arnold Schwarzenegger	The National (E)	Perspectives (E)	An Ice Cream Show	Medium (E)	CSI: Miami "Addiction"	Gotti	Will Patton	One Tree Hill (N) (E)	News (E) Sports (E)	Inuyasha Gundam		CSI: Miami "Addiction"	Biker Build-Off (E)	News (E) Malcolm	Boy World	Prime News (E)	Movie: "Hard Target" (1993), Lance Henriksen	Justice Street	
11 PM :30	Movie: "Money Train"	News (E) Sports Pg.	Imprint renegade	Charlie Rose (N) (E)	News (E) Tonight	News (E) Late Show	Airline (E) Nightline	News (E)	News (Live) (E)	(11:03) Fear Factor (E)	Yvon My Family	SportsCentre (Live) (E)	News (E)	MythBusters (E)	Becker Just Shoot	My So-Called Life	Will-Grace	WGN News at Nine	Elmldate	

monday movies

MORNING

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

11:30 am A&E (9) ★★½ "Good Will Hunting" (1997, Drama) Matt Damon. A young janitor with a high intellect goes through a battle of wits with a therapist over his true feelings. (E)

AFTERNOON

5:00 pm WGN (38) ★★½ "Grand Canyon" (1991, Drama) Danny Glover. Racial tensions and societal differences complicate a white lawyer's friendship with a black tow-truck driver. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★★½ "A Hard Day's Night" (1964, Musical) The Beatles. Premiere. The Beatles make their film debut in this frenetic fictionalized account of 36 hours in their lives. (E)

8:00 pm CHBC (4) ★★ "Old School" (2003, Comedy) Luke Wilson. Three grown men relive their wild college days by starting a fraternity near the grounds of their alma mater. (E)

9:00 pm WTBS (3) ★★½ "Eraser" (1996, Adventure) Arnold Schwarzenegger. An agent for the Witness Protection Program uncovers a mole in his own department while guarding a young woman. (E)

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

11:15 pm WTBS (3) ★½ "Money Train" (1995, Suspense) (PA) Wesley Snipes. A new partner and a scheme to rob a subway train put a strain on the relationship between foster brother transit cops. (E) (DVS)

THE NEWS LEADER WORD SEARCH

W W I Y E E I D T R E M U T S O C X E K
 O M N A I D E M O C M N H S I W M G O D
 B N S Y K S T Y L I S T C K P R D L R S
 N D V K I C N H V E S Q T G H O B V R R
 X M I M I C H X D H A T X M O T J F Q E
 I T H G I R W Y A L P F K L T C S D A V
 F X O U C O M P O S E R P M O A C P G R
 V F L O Q D I R E C T O R U G G U R H A
 A A D C E R A M A C I S T S R R L O C C
 P U G R W U W H R G L F E I A N P M H A
 R T Z D B O O E O F E D E C P A T O I F
 O C M D T I M R T L K P S I H I O T T C
 T E U R Y B T B A O X C R A E C R E H R
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 D H X A T E O O C S J D X Q W E Q M K G
 N C X G L N T R E T U W H P R M S C E I
 O R Q B T Z I T D J T K P M Q S H E C S
 C A S D I K I A O E F B F C C O I X E E
 Q R E G A N A M P P R J R J G C U P X D

LET'S TALK ABOUT "ARTISTS"

- | | | | |
|-----------|--------------|-------------|-----------|
| COMPOSER | DIRECTOR | CERAMACIST | SCULPTOR |
| CONDUCTOR | PLAYWRIGHT | DESIGNER | DECORATOR |
| MUSICIAN | ACTOR | STYLIST | FLORIST |
| RECORDER | PAINTER | COSTUMER | MIMIC |
| MANAGER | PHOTOGRAPHER | COSMETICIAN | COMEDIAN |
| PROMOTER | POTTER | CARVER | ARCHITECT |

Let's Play Princeton Trivia!

Question:

April 1956 saw expansion of what business?

Last Week:

The Class of '81 was the final graduation class from the old Princeton Secondary School. There were 55 graduates and the theme was "Friends Are Forever."

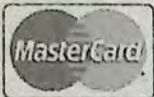
www.princetonmuseum.com

Brought to you courtesy of: PRINCETON MUSEUM

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



card of thanks

card of thanks

Thanks to the quick response of Earl Driver and the care he and Heather Stout gave me until the ambulance arrived.

The efficient care from the ambulance boys.

Dr. Geerts, all the hospital staff and nurses for their professional care, kitchen staff for good service and nutritional meals, also Dorothy for the cups of tea and little extras.

The Community Services for setting up 'in home' care so quickly.

All my friends and family for flowers, cards, visits and phone calls, Gayleen Elliot (The Bug) for being there for me.

Grace Lawrence

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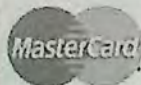
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Rural or Box (VO), Senior \$ 35.90
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May 4-Aug 31

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Jun 07-Oct 04

garage sale

Saturday, August 13
9:00 AM - 3:00 PM

402 Billiter Avenue
(3rd Bench)

Men...looking for that 'extra something?' Call for details of new medication. (250) 295-3387. Sep 14-tfn

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

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Aug 02-23

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May 4-Aug 31

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We may not have a closet full of trophies and awards, but we do know what we're doing. Try us, you'll see!

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Jul 06-tfn

notices

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Jan 25-tfn

ALL NATURAL NO ANIMAL BY-PRODUCTS
100% ALL VEGETABLE
GRAINED

PORK BY THE SIDE OR POUND
ORDER SOON FOR BABY BEEF

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Jul 19-tfn

for sale

WOOD PELLET SALES & DELIVERY

Call
Princeton Rentals
(250) 295-6545

Tomatoes for sale. 4km E of Keremeos, Highway 3. Cecil Cropley (250) 499-5506. Aug 09-30

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

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

1986 Chevy Nova. Red. 216,000km, auto., spare rims, rust in rear wheel wells. Great first car or beater. \$800.00 OBO. (250) 295-7558. Aug 02-16

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FOR RENT

• UPPER DUPLEX, 2 BDRM,
 LARGE LIVINGROOM,
 \$500/MO INCLUSIVE DRIVE
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 VIEW.

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

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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.

Contact new resident manager
 (250) 295-4805

Mar 08-tfn

for sale

for sale

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 Backroads Bike Shop.

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 226A Bridge Street

help wanted

help wanted

MEMBER SERVICE REPRESENTATIVE

Valley First Credit Union, a leading and progressive financial institution serving the Southern and Central Interior of British Columbia, is currently accepting applications for a casual part-time Member Service Representative for the Princeton area. Candidates must exhibit exceptional interpersonal and communication skills and have a flair for building business relationships. Key skills and responsibilities include a pro-active sales and service approach. Preference may be given to those with financial services experience. Valley First Credit Union offers an excellent compensation and benefits package with the opportunity to advance within one of the fastest growing financial services organizations in the BC Interior. Please submit your resume including salary expectations in confidence to:

Human Resources Department
VALLEY FIRST CREDIT UNION
 3rd Floor, 184 Main Street
 Penticton, B. C., V2A 8G7
 Fax (250) 490-3661
 e-mail: humanres@valleyfirst.com

Applications will be accepted until Wednesday, August 17, 2005

We thank all applicants for their interest in Valley First Financial Group; however, only short listed candidates will be contacted.

Valley First Credit Union, voted finalist as the South Okanagan's Best Financial Institution by the readers of *Okanagan Life* magazine.

smart words - by jim smart

THE WORDS OF MY MOUTH - Inspired By: Debbie Reed

Oh, Lord. Let the words of my mouth and the meditation of my heart be acceptable in your sight. Let my every word be of Christ likeness. Sharing your divine blessings with others; in the awesome power of your unfailing, never ending love.

Oh, Lord. Let the words of my mouth be holy and spiritually pure. May my speech be holy and of you dear Righteous Father God. And all that you have done, making my heart and mind more godly, in the sacred name of Jesus Christ; your begotten Son.

Oh, Lord. Take control; let the words of my mouth and the meditation of my heart be acceptable in your sight. May I be spiritually sound like the Lord Jesus Christ; in heart and mind.

The words of my mouth. May they be holy and Christ like May my speech be a witness of our Savior Jesus Christ. Glorifying your most holy name. In spiritual delight.

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!

help wanted

help wanted

INDIVIDUALLY PREPARED HOROSCOPE

Natural character chart - \$25.
 Basic chart plus predictive - \$50.
 Phone 295-6063 Completely confidential

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.

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
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Contact: Alice Cook
 (250) 295-6136

Or Helen Gallagher
 (250) 295-3825
 Jan 18-tfn (b)

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WEEKLY DEADLINE IS 12 NOON FRIDAYS

notices

**Town of Princeton
NOTICE**

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

BINGO
 HEDLEY
 OAPO #64

 Thursdays
 5:30 PM

Play Safe - Gamble Responsibly
 Lic. # 855423

ALCOHOLICS ANONYMOUS
 former Health Centre Building

SUNDAY OPEN MEETINGS - 8 PM
 (295-7931 / 295-7229)
 WEDNESDAY CLOSED - 8 PM
 (295-7931 / 295-7229)
 SATURDAY OPEN - 7:30 PM
 (295-3571)

TULAMEEN LIBRARY
 FRIDAY OPEN - 8 PM (295-7005)

ALANON - HEALTH CENTRE
 MONDAY 12 NOON
 ARBOR HOUSE
 WEDNESDAY 7:30 PM
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**INDIVIDUALLY
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 chart - \$25.

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 with God. Free! At the place
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 every Sunday morning.

notices

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 Mar 01-tfn

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 TIME FOR THE 2010
 GAMES --- THE 150TH
 ANNIVERSARY OF THE
 NAME PRINCETON? WE
 WANT TO KNOW WHAT
 YOUR THOUGHTS ARE
 ON THIS SUBJECT.
 VISIT OUR WEBSITE AT
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Narcotics Anonymous

OPEN MEETINGS
 Thursdays 7:30 PM

160 OLD HEDLEY ROAD
Baptist Church Basement
 (USE BACK DOOR)

Info: (250) 295-0542

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

www.thenewsleader.ca
www.vermilionforks.ca
www.keremeos.net

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)
 BC Gaming License #860290
 "PLAY SMART GAMBLE RESPONSIBLY"

**KEREMEOS ELK'S
 & ROYAL PURPLE**

Every Friday
 Doors Open 5:30 PM
 Elks Hall Keremeos

SMOKE FREE BINGO



**SUNDAY
 AFTERNOON BINGO**
 In Hedley at the Chuchuwayha Hall

\$25. GUARANTEED MINIMUM
 PAYOUT ON REGULAR GAMES
 (\$50. DOUBLE - UP CARD)
 PROGRESSIVE JACKPOT
 MINIMUM \$1,000! PROGRESSIVE
 POT OF GOLD MINIMUM \$500!
 PROGRESSIVE LOONIE POT
 MINIMUM \$100.

DOORS OPEN AT 9:00 AM
 1ST NUMBER CALLED AT 11:30 AM
 FOLLOWED BY EARLY BIRDS,
 REGULAR GAMES,
 SPECIALS & CONCESSION

SEE YOU IN HEDLEY!

notices

 PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS 

INVITATION TO TENDER
BC Timber Sales - Cascades Field Unit
Paradise Forest Service Road
(Goldbridge, BC)

Sealed tenders for the following BC Timber Sales Road Maintenance and
 Deactivation contract ENTKA06TEF041, will be received by the BCTS
 Manager, Kamloops Business Area office, 1265 Dalhousie Drive, Kamloops,
 BC V2C 5Z5.

Deadline for receipt of tenders is 2:30 PM, local time, August 25, 2005.

The site is located at approx. 50 km north of Goldbridge, BC starting at
 124km on the Paradise FSR.

A Mandatory Field Viewing will be meeting on site at 10:00 AM on August
 18, 2005. You must attend this mandatory viewing at the above time and date
 to qualify to bid. Contractor is to provide his/her own transportation for the
 viewing.

NO INQUIRIES WILL BE ENTERTAINED PRIOR TO THE MANDATO-
 RY VIEWING.



Eligibility Requirements
 (1) Minimum Technical Experience - A contractor who, as Prime Contractor,
 has successfully completed similar projects for the Ministry of Forests,
 Federal Government or for a major Forest Licensee since January 2000.
 (2) On-site Technical Requirements - A Contractor Representative who ful-
 fills these minimum technical requirements must supervise the field opera-
 tions.

Client reference may be required to confirm the successful completion of
 prior projects. There is NO Option to Renew.

Tender Packages Available from the BC Bid website only at
<http://www.bcbid.gov.bc.ca/open.dll/welcome>. All enquires are to be made by
 e-mail or fax only to Ken Conway-Brown at Fax (250) 378-8481 or e-mail
 Ken.Conway-Brown@gems7.gov.bc.ca

Tenders must be submitted on the form supplied which, with particulars, may
 be obtained from the BC Bid website. The lowest or any tender will not nec-
 essarily be accepted. Faxcom bids will not be accepted.

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 PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS 

INVITATION TO TENDER
BC Timber Sales - Cascades Field Unit
Paradise Forest Service Road
Mud Mud Lakes Forest Service Road
(Goldbridge, BC)

Sealed tenders for the following BC Timber Sales Road Deactivation contract
 ENTKA06TEF042, will be received by the BCTS Manager, Kamloops
 Business Area office, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5.

Deadline for receipt of tenders is 3:00 PM, local time, August 25, 2005.

The site is located at approx. 50 km north of Goldbridge, BC, Mud-Mud
 Lakes FSR at the 121.8 km Spur.

A Mandatory Field Viewing will be meeting on site at 12:30 PM on August
 18, 2005. You must attend this mandatory viewing at the above time and date
 to qualify to bid. Contractor is to provide his/her own transportation for the
 viewing.

NO INQUIRIES WILL BE ENTERTAINED PRIOR TO THE MANDATO-
 RY VIEWING.

Eligibility Requirements
 (1) Minimum Technical Experience - A contractor who, as Prime Contractor,
 has successfully completed similar projects for the Ministry of Forests,
 Federal Government or for a major Forest Licensee since January 2000.
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Tender Packages Available from the BC Bid website only at
<http://www.bcbid.gov.bc.ca/open.dll/welcome>. All enquires are to be made by
 e-mail or fax only to Ken Conway-Brown at Fax (250) 378-8481 or e-mail
 Ken.Conway-Brown@gems7.gov.bc.ca

Tenders must be submitted on the form supplied which, with particulars, may
 be obtained from the BC Bid website. The lowest or any tender will not nec-
 essarily be accepted. Faxcom bids will not be accepted.

editor@thenewsleader.ca

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

my turn

Another no-brainer

While we totally support the need for a 'splash park' in Princeton for area youth, we are not so sure Rotary Park is the ideal place for such a facility.

First of all, we should probably explain what a splash park is as there appears to be some confusion as to what the facility includes.

Typically a splash park is a large pad of cement with holes in it with fountains of water shooting out from it. Some fancier configurations include large water cannons and guns built into the ground where water games can be played. Some splash parks have playground equipment that follow a nautical theme and stimulate children's imaginations.

A splash park is NOT a swimming pool or an aquatic centre of any kind.

If you can now imagine what a splash park is, is Rotary Park the best location?

We don't think so.

Using logic (scary concept, we know) it just makes sense to us the place the splash park near the Centennial Pool in Memorial Park.

We were thinking it would be a good idea to utilize already existing facilities to accommodate the splash park, which would then enhance the already existing facility (the pool).

There's a good sized piece of real estate in Memorial Park behind the tennis courts and Centennial Pool that doesn't seem to get much use other than to hide the odd fly ball, relieve the odd dog walker and confuse most marmots.

That's where we feel the splash park should be located and nowhere else.

Let's face it, the ball diamonds and pool at Memorial Park are the closest we have to a recreation complex, so shouldn't a splash park be included in the plan?

If you agree with us, let Town Hall know how you feel.

I VOTE IN FAVOUR OF MOVING THE SPLASH PARK TO MEMORIAL PARK NEAR CENTENNIAL POOL.
Signed _____

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

ISSN 1712-090X

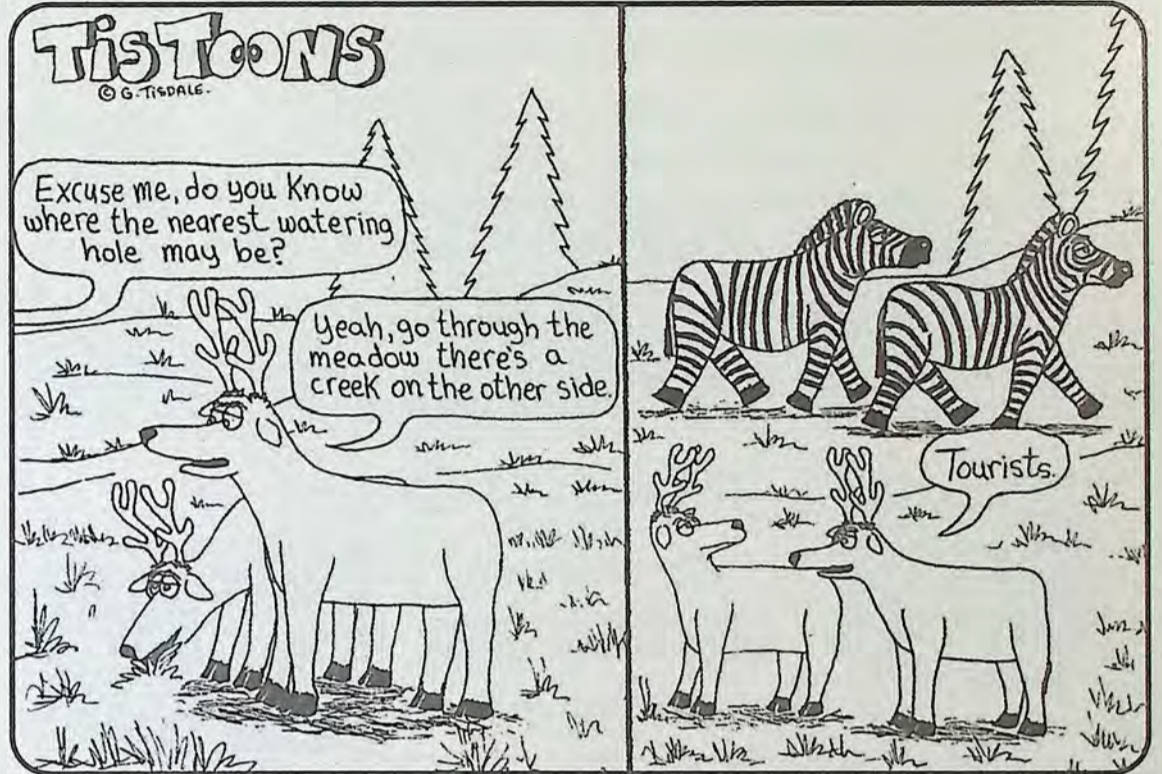
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Dawn Johnson



your turn

Group wants LPN contact

To the Editor:

Licensed Practical Nurses in BC are at a critical stage in their evolutionary role within Health Care and must collaborate to ensure that the proper path is taken. If you are an LPN, please contact us. If you know an LPN, please cut this letter out and give it to them for their consideration.

LPN's, you are well aware that we do not bargain our contracts with other nurses of the Province. As part of 3 regulated groups of professionals who are legally allowed to call themselves nurses, we believe that it is logical to discuss various professional issues exclusively with other nurses.

This does not mean changing unions, a common misperception. There is a difference between the union to which we belong, and the bargaining association that our union represents us at.

Currently, the Health Authorities Act stipulates that only RN's and RPN's may be allowed to bargain at the Nurses Bargaining Association table.

Both these groups belong to different unions yet collaborate to ensure common nursing issues are addressed. What is needed is an

amendment to this legislation allowing LPN's to sit at this bargaining table also.

In March of this year, a grassroots movement started with a group of LPN's in Kelowna, with the intention of educating every possible LPN in the province to our mission. It has taken a dire shortage of nurses for us to be allowed to practice the skills we have been trained with.

With our clinical evolution must come professional evolution.

There are many more details to

this issue than we can possibly have printed in a simple letter to the editor. But what we are confident of is that the greater majority of LPN's in this province are desirous of change in some way.

Please consider our request to acquire more information so that you may decide for yourself how our situation should be handled. Together, we can make a difference.

- Nicole Fishley, Secretary - LPN Directions Planning Group, Kelowna

Letter To The Editor

Alex praises Mascot

Dear Editor,

My wife and I recently had the pleasure of visiting the Mascot Gold Mine in Hedley. We would like to congratulate the Upper Similkameen Band on a first class tourist facility.

For anyone travelling to Vancouver through Hedley, I would like to say that a visit to the Mine is really worthwhile. The tour bus climbs 1,000 metres above the valley floor and offers a spectacular view of the

Similkameen Valley.

For those who are interested in the tour which takes approximately 4 1/2 hours I would suggest that you make reservations ahead of time.

This can be done by calling 1-888-799-8733.

We would like to say a special thanks to our guides Chuck and Marcie, as well as the driver, Mason, for sharing their knowledge of the mine and area.

- Alex Atamanenko, Castlegar

Should Princeton go back to being Vermilion Forks?
www.vermilionforks.ca

Tell Us What You Think.

YES

NO

Current Comment:

Is there something wrong with this picture?



Dawn Johnson
editor@thenewsleader.ca

Can you imagine Clint Eastwood making a movie and having to go to the Pentagon to have the script approved?

It has happened. The U.S. military is now involved in what Hollywood does.

Can you imagine CNN being infiltrated by military personnel trying to learn how to manipulate the news?

It has happened. A whole new field of endeavour has opened up for people who know about creating a virtual reality, and I am not talking about video games. I am talking about people who want to create the news!

When we watch the news, we expect it to be the truth, or as close to the truth as our media can make it. Within the ranks of journalists and broadcasters, and under the law, it is understood that the news must be the truth. That concept may be on its way out if the American military establishment has its way.

The latest twist on fighting a war is to create computer-generated news that will confuse not only the enemy, but us. The idea could be to change public policy to give the administration support for its plans, or it could be to persuade the enemy country that their leaders have changed their minds.

Try to imagine this scenario: the U.S. wants to invade Iran. A computer-generated news clip shows the leader of Iran invading Turkey or Pakistan or some other ally of the U.S. The Americans MUST go to war on behalf of the invaded ally. In the real world, there is no aggressive action taken by Iran, and Iranians are surprised by the newsclip and the subsequent uproar as the U.S. plans its counterstrike. Iran has no choice but to prepare for war even while protesting its innocence.

Let's say the counterstrike is launched, and Iranians take a pounding. Then, after a week or two of U.S. military action, we see a newsclip of Iran's leader ordering his military to put down their weapons. He tells them Iran has surrendered. This, too, is computer-generated.

Yes, this is the kind of warfare the Pentagon is working on, and that is part of a deal with Hollywood

that makes Clint Eastwood subject to censorship by the Pentagon.

This is such a matter of concern that a group has formed in the U.S. to oppose the use of computers and the media in this way.

I wonder if the reason they can't find Osama bin Laden is because he and his messages have been computer-generated? Remember how that video clip of bin Laden arrived just in time to influence the American public to elect Bush again? Was it the real thing? The Pentagon says it was.

The Pentagon hired psychiatrist M. Scott Peck to study how soldiers in Viet Nam could have massacred the villagers of My Lai. As Peck's reports were never made public, and his funding was terminated, Peck decided to write a book about his findings.

The book is called "People of the Lie" and in it he lists the three characteristics of evil people. These are: lying, laziness and scapegoating.

When you use a computer to create a newsclip to meet a military objective, isn't that a lie? Would people go to war for the sake of a lie?

Yes, they would. Remember the

Weapons of Mass Destruction that led to the invasion of Iraq. That was a lie that launched a war. People have died because of that lie.

There will be lots of opportunities for those who know how to create virtual reality. There will be jobs for the people who generate false news clips, and there will be jobs for those who are able to detect when a news clip was generated on a computer. It is a new field of enterprise.

Unfortunately, most of us do not have the skills nor the equipment to find out for ourselves whether what we see in the news is real or just reel. We have been told to believe what we see, but should we?

You have been warned. Be a skeptic. The next time you see bin Laden on a news clip, ask yourself this: is he real or reel? Pay attention to who says he's real. If it is the Pentagon, feel free to doubt. After all, the entire U.S. military and CIA, nor anybody else, cannot seem to find Osama bin Laden on anything but videotape or internet, even after four years of searching. Is there something wrong with this picture?

www.thenewsleader.ca

Heart Food
by Dave Machin

Did you know that it takes four praises, for every insult to restore self esteem. Most people remember compliments for a few minutes, whereas insults hang around for years. Many people get down on themselves and accept failure and defeat because of the negative things they've been told. Eventually they open the door to unhappiness in their lives. It is not what happens in life that determines so much as the way we react to what happens. We are in control of our own happiness as we choose what thoughts we think. No one else puts thoughts in your mind but you. To be happy you need to concentrate on happy thoughts. How often do we ignore those compliments that are paid to us - yet we dwell on unkind words for weeks, even longer, afterwards. If you allow a bad experience or nasty remark to occupy your mind, you will suffer the consequence - your joy will be taken from you. When you do this you will become a garbage collector carrying around trash. People live life as if some day they'll arrive at "happiness" like one arrives at a bus stop. They think that someday everything will fall into place, or they will take a deep breath and say, "Here I am at last . . . happy and joyful." These people's(not you) life story is about, "I'll be happy when . . . I'll be happy when the kids are grown up and gone." "I'll be happy when I have that new car." "I'll be happy when I have money in the bank." You are only lying to yourself. None of those things will truly make you happy. Happiness and joy only come from one place - the source of joy. Psalm 16:11 says "You will show me the path of life, in Your presence is fullness of joy, at your right hand there are pleasures for evermore." I will give you the secret for joy and happiness - stay or get in the presence of god through prayer and fellowship with Him. You probably think that is just a big joke - however it becomes your choice - Be a garbage collector or stay in the presence of the Lord and dwell on good thoughts particularly what He thinks about you - no matter what you are going through for He is good, His word is good and good all the time.

Pastor Dave Machin,
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221 A Bridge Street, Princeton, B.C.

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Pioneer celebrates birthday with fresh water concerns

Ridgewood Lodge resident Ed Cook celebrated his 93rd birthday on Sunday.

For a member of a pioneer family, Cook - who was born August 7, 1912 in Granite Creek - has many

stories to tell and continues to be concerned about various local issues.

Cook, who recalls delivering groceries into Blakeburn as a boy for his father (owner of the F. P. Cook

Store), had a more pressing matter on his mind when the News Leader visited him last Friday.

In fact, Cook had dropped into the News Leader office the previous week when downtown on one of

his many social trips with friends and suggested we come see him at Ridgewood Lodge. There was something on his mind.

Before he moved into his new residence, Cook had an apartment downtown and stopped by the News Leader office weekly to pick up his paper.

"If he wasn't in by 8 o'clock Tuesday morning, I knew something was wrong," says News Leader owner/publisher George Elliott.

"So when he said last week he had something to share with me, I knew I had to find the time to see him."

Cook pulled out a sheet of paper with notes he had made labeled 'Rivers and Creeks to be dammed' with a total of six locations listed.

"We've got to do something about our water situation," he said.

Armed with an article from a recent Calgary Herald that centered around the stockpiling of fresh water, Cook was able to back up his argument.

"These are the locations I think should be dammed," he said.

The list included Tulameen River (above Schubert's Pool), Bear Creek (also above Shubert's Pool), Granite Creek, Whipsaw Creek, Copper Creek and Similkameen River (above Similkameen Falls).

Why stockpile fresh water? According to the article from the Calgary Herald, farmers in Southern Alberta want more dams built to keep water from flowing into the United States.

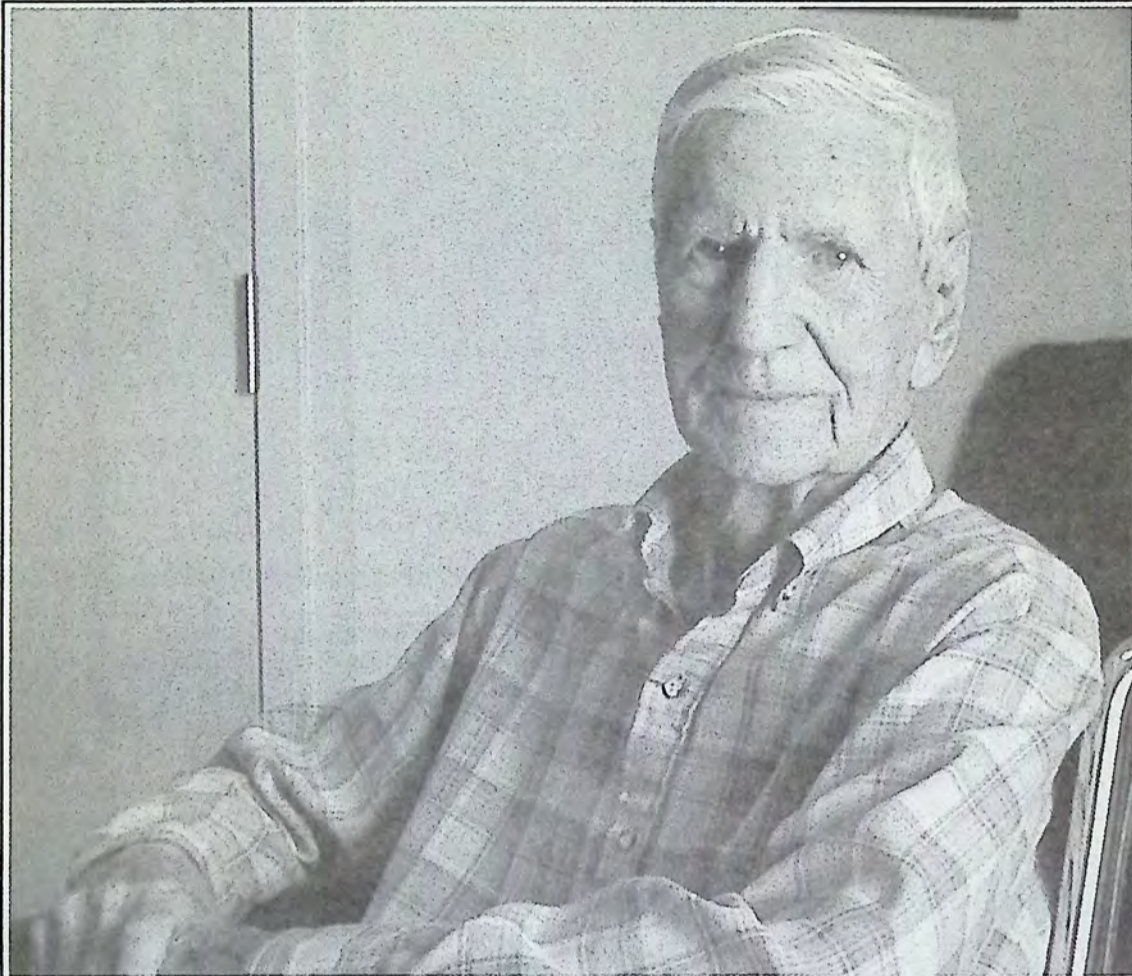
Cook agrees.

He also believes the stockpiling of fresh water will aid in weathering drought, and provide some relief during forest fire season.

We had to admit there was some logic to the proposal. Cook identified the damming of the Okanagan River Channel as a beneficial move years ago in controlling the water flow and addressing water shortage problems further downstream.

But does a 93-year old man living in an extended care facility really need to worry about such things?

Probably not, but we're glad he does.



Ed Cook turned 93 on Sunday. He was a regular at our office before moving to Ridgewood Lodge.

www.vermilionforks.ca

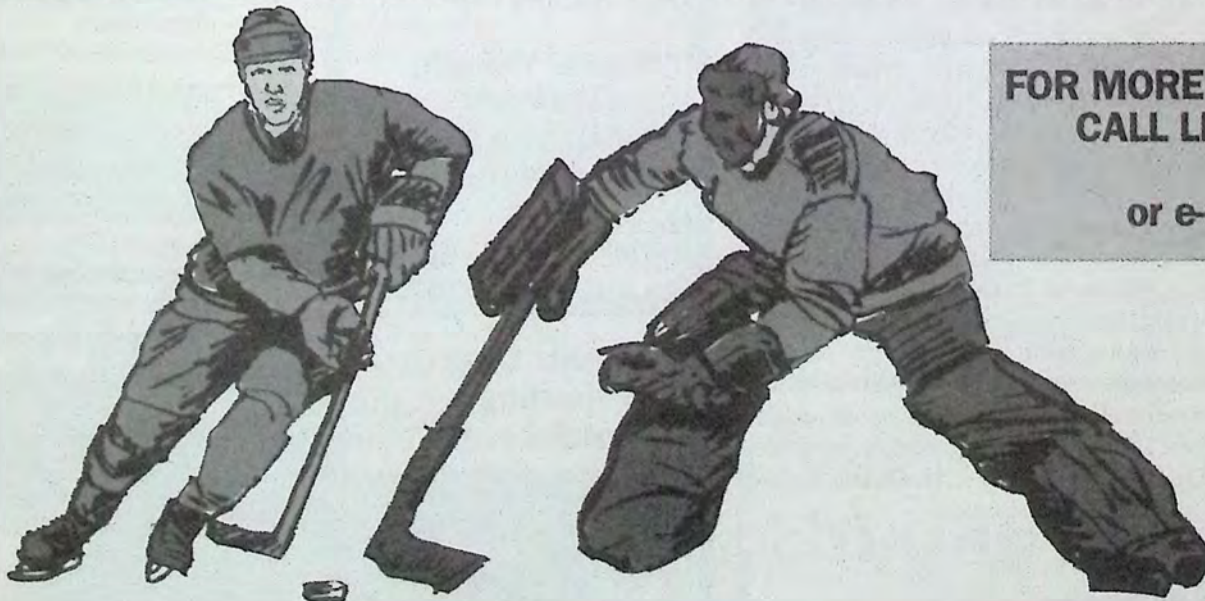
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This deer was having a late morning snack last Friday at a tree next to the Princeton Ambulance station.

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Website totals 24,567 hits

The News Leader website (www.thenewsleader.ca) had a total of 24,567 hits last month, down slightly from June.

From those hits a total of 6,186 pages were viewed. Other figures show 1,604 visits, with 779 unique to the site for the month. A total of 76 countries were represented.

The top five pages viewed were

Classifieds, News, Courts, Sports and Letters To The Editor.

Year to date stats (to August 6th) indicate a total of 186,171 total hits with 42,389 pages viewed and a total of 9,142 visits.

The News Leader website was designed by Bryan Smith of www.keremeos.net and is updated weekly.

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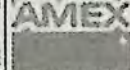
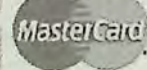
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Magnum the Manx says:



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A van parked on Bridge Street late Friday afternoon contained these two pups in a cage. Pet owners are reminded to not leave their animals in a vehicle for any length of time during the current heat wave.

District announces new school year

School District 58 (Nicola Similkameen) has announced the 2005/06 School Year will begin with schools opening on Tuesday, September 6th with modified hours from 10:00 AM to 12:00 Noon.

Busses will pick up students one hour later than normal in the morning and will return students beginning at 12 Noon.

The first regular full day of school will be Wednesday, September 7th.

Busses will run according to their regular schedule.

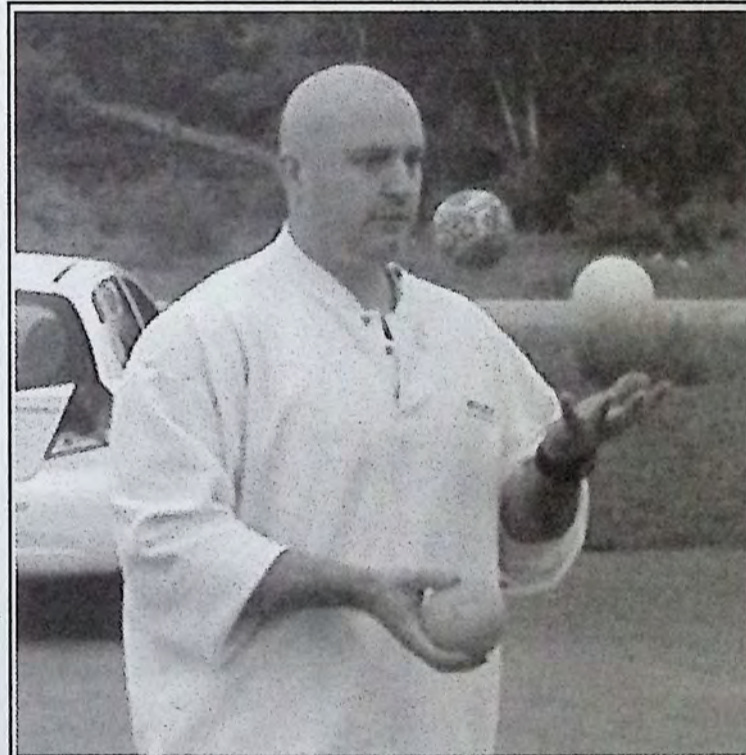
For students who are new to the District, the schools will be open for pre-registrations from Monday August 29th to Friday, September 2nd from 9:00 AM to 3:00 PM daily with a one hour closure for lunch.

For Kindergarten, students must be 5 years of age on or before December 31, 2005. Upon registration, parents will need to bring their child's birth certificate and immunization records.

Kindergarten starting dates will be arranged through the school.

Registration date for The Bridge Centre for Lifelong Learning has been set for Tuesday, September 6th with classes to begin the same day.

To find out more about The Bridge, call (250) 295-3180.



Every now and then we take a photo we just can't use right away. This shot of Princeton RCMP Sgt. Kurt Lozinski displaying a hidden talent was taken June 12th at the John Allison School Carnival at Princeton Plaza parking lot.

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Alistair Reid has just about completed 4 1/2 years of schooling at UBC. He is majoring in English and is taking Film Studies with plans to attend film school. Pool Manager Carol Mack picked Reid as the 'Employee of the Week' for a couple of reasons. "He's a PSS Grad and has done an awesome job as Summer Recreation Director for the Town of Princeton." This is Reid's second summer in the position.

Zandee responds to Zeisman

Robert Zandee, Candidate for the Conservative Party of Canada Nomination in British Columbia Southern Interior responded last week to the latest press release from challenger Derek Zeisman. In the release, Mr. Zeisman calls for a new debate process which would duplicate the eight nomination meetings already in place, and would impose a tremendous burden on the volunteer organizers in the riding.

"The latest press release from Mr. Zeisman is an insult to the volunteers of the Party. The established process, that Mr. Zeisman knew about going into this campaign, was that the nomination committee would be setting up candidate functions after nominations were closed on September 3, 2005 and I look forward to attending these functions."

"The unpaid volunteers of the nominating committee have done an excellent job and put in too many hours to deserve this kind of treatment. Having been a volunteer in this riding and involved with organizing party functions for nearly 15 years, I find it insulting that a candidate would stoop to this level of grandstanding and disregard for rules which he agreed to." "Having attended several nomination meetings in the past, there is more than ample time to have

members ask questions of the candidates. At the last set of meetings, an open microphone was provided and there were many questions from the audience with an appropriate time limit."

"Such a request to duplicate the efforts of the committee are bureaucratic in nature, and also demonstrate a lack of respect for rules which were agreed to by all candidates. As a Party, we have to put our resources into winning the seat, and stopping Liberal corruption, not depleting the coffers of the organization a few months before

Club says thank you

The Otter Valley Fish and Game Club has issued a thank you notice to all who helped the group raise funds during Tulameen Days.

The OVF&GC hosted a Bake Sale with contributions provided by Jeanie Williams, Kim Herzig, Barb Gould, Bernadette Kelleher, Gail Lindley, Marlene Robinson, Grace Rice, Gloria Ashley, Anne Jones, Donna Rossom, Trudy Parolin, Sam Clark, Judy Robinson, Zen Merrell, Jean Borud, Janice Smith, Cam

an election."

Zandee is committed to speaking to every member of the party between now and the voting dates in September. He believes that this direct, accessible contact is not only what members of the party want, but that which they deserve. He concluded, "I have and will continue to stand up for the grassroots of not only the party but for all members of the constituency."

For further information please visit our website at www.zandeeformp.com or call (250) 498-7439.

Powelly, Janet Scotland and Myrt Gilligan.

Winners of the annual Raffle were: 1st - Otto Coers (\$100.00 Gas Certificate), 2nd - Ken Rines (Bateman Print), 3rd - L. Juli (Ice Auger), 4th - Myra Brewer (Ram's Head Plaque) and 5th - Chuck Whitlock (Corelle Set).

Club President Ron White says the contributions made by volunteers to the club and it's many fundraising activities enable the group to host numerous events during the year.

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

Understanding Risk Investing - Part 2

In 'Understanding Risk Investing - Part 1' Inflation Risk and Interest Risk were discussed.

Here are the remaining three categories:

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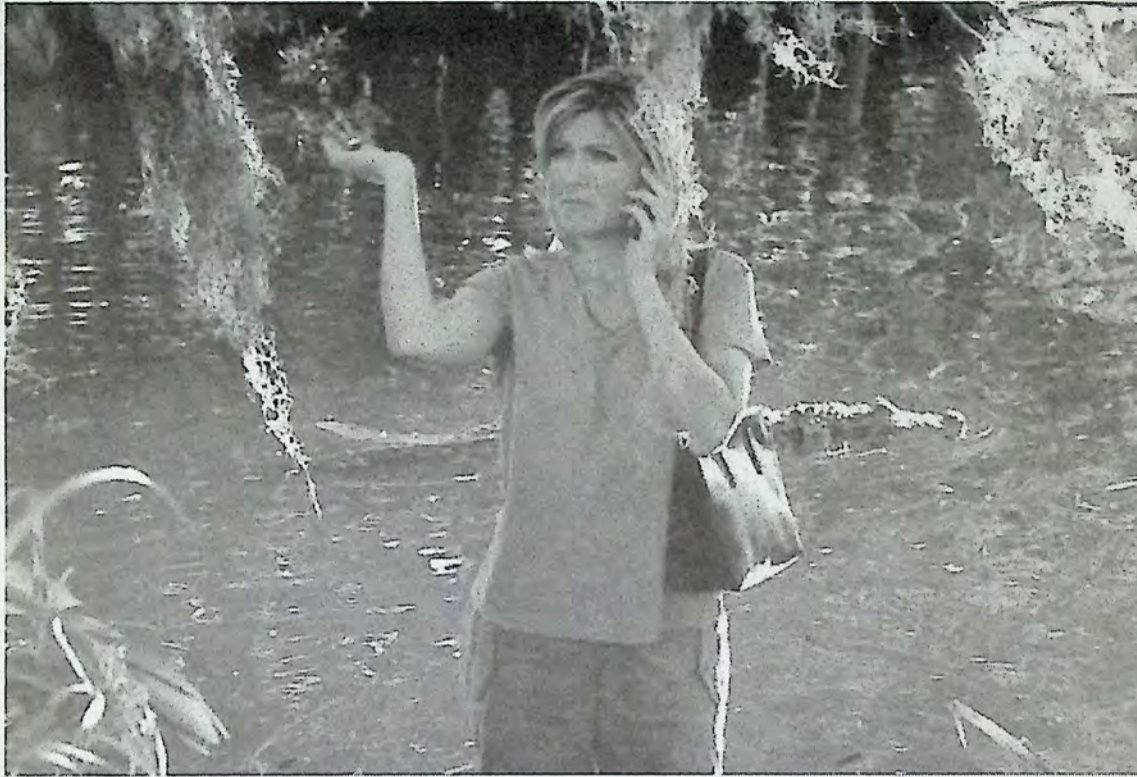
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