

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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**Tulameen
Community
Club issues
statement**

Every August, on the BC Day long weekend, thousands of party goers descend on the river bank in Tulameen.

The impact to this ecologically fragile environment is horrendous. They leave behind tons of garbage and human waste, the fish environment is impacted by vehicles driving on the sand bars and even into the river.

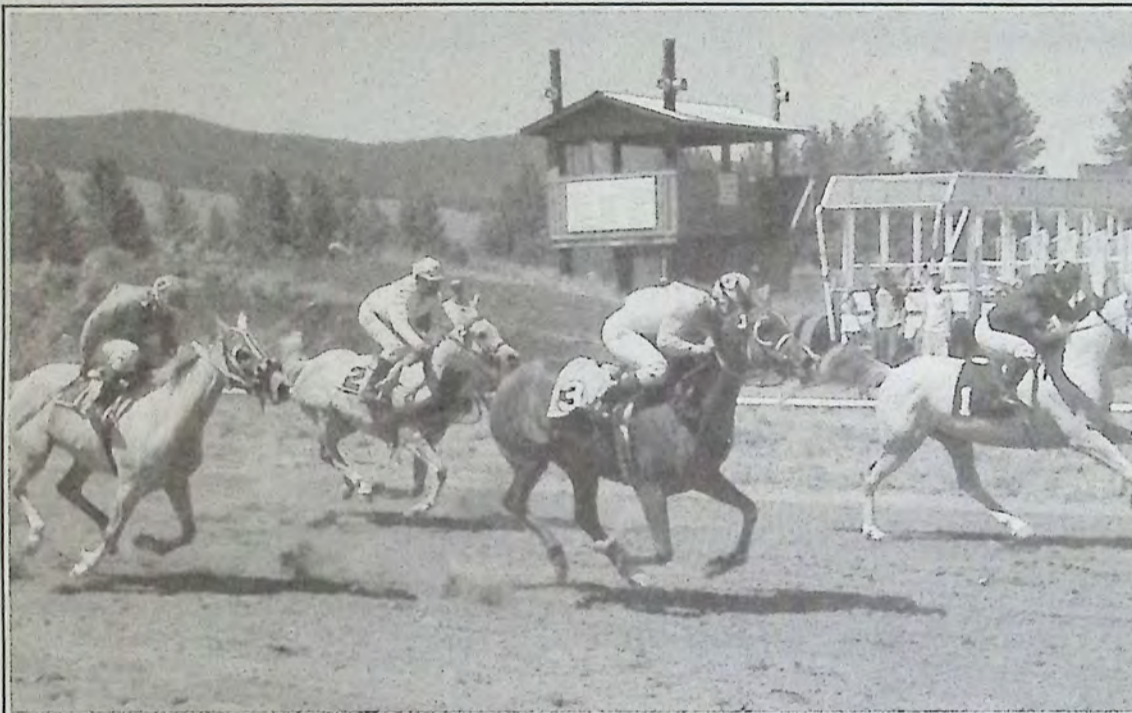
The threat of forest fire is always present as these people believe that they need campfires several meters high.

This year in an attempt to help relieve this situation, the Tulameen Community Club, the RCMP and several branches of the provincial government have come together to try to reduce the impact to this environmentally fragile area. Proposed solutions are:

- 1) A gate to be installed on the dike to prevent vehicular access;
- 2) A security company to be hired to man this gate and patrol the area throughout the weekend;
- 3) Increased RCMP presence;
- 4) A group of volunteers from the Community to augment the RCMP and security company;
- 5) Campfire restrictions or outright ban.

For further information, contact info@tulameencommunityclub.com.

Best weekend ever!



The first race field a few yards before the finish line during horse races Friday, June 30th at Sunflower Downs race track. The winner was #1 Rising Son RC and a rider foul moved #7 Tiki In The Sky up to second place and bumped #3 RCF Aura-Leigh down to third place.

Sunflower Downs race results

The major event Racing Days weekend has always been built around its live horse racing at Sunflower Downs. This year's event, held on Friday, June 30th, was no exception.

A total of nine races were held, with full fields and few scratches. The racing was fast and competitive.

The first race (The Volunteers Race) saw Rising Son RC finish in first place (paying out \$5.30 to win, \$2.80 to place and \$2.30 to show) with a rider foul moving Tiki In the Sky (paying \$4.20 to place and \$4.50 to show) up to second and bumping RCF Aura-Leigh down to third (paying \$2.20).

The triactor for the race was worth \$16.60, with the quinella at \$6.00 and exactor \$43.70.

In the second race (in memory of Gordon Webster) it was Brother Sky first (\$5.40 win, \$2.90 place, \$3.00 show) with Dancin Spa Poole second (\$4.20 place, \$2.80 show) and Horton's Storm third (\$3.30 show).

Time for the 5 1/2 furlong race was 1:07.97 with the triactor paying \$54.90, quinella \$12.90 and exactor \$22.90.

The third race saw two rider fouls disallowed, but due to a steward's

inquiry one horse was disqualified for interference. The final results saw Marine Mike finish first (\$10.60 win, \$5.60 place, \$3.10 show), Little Big Heart second (\$2.80 place, \$2.60 show) and Freedee third (\$3.30 show).

The triactor paid \$184.70 with a \$13.10 quinella and \$52.20 exactor.

Time of the 5 1/2 furlong race was 1:09.27.

The fourth race saw Major Knight finish first (\$8.80 win, \$4.60 place, \$4.00 show), Fort Langley second (\$3.50 place, \$4.50 show) and Random Passage third (\$4.60 show).

The time for the 5 1/2 furlong race was 1:07.75 and the triactor paid \$197.00 with the quinella worth \$13.40 and exactor worth \$30.60.

The fifth race (Sunflower Derby - The Currie Cup) saw a rider foul disallowed putting Long On Pride in first (\$9.20 win, \$4.40 place, \$3.00 show) with Height Of Summer second (\$3.00 place, \$2.80 show) and My Hearts Desire third (\$2.80 show).

Time of the 5 1/2 furlong race was 1:06.94 with the triactor paying \$76.40, quinella paying \$12.80 and exactor worth \$21.90.

In the sixth race the biggest payouts were in combination betting. The triactor paid \$709.70 with a quinella worth \$4.50 and the exactor paying \$176.10.

Dutrap finished in first (\$20.60 win, \$11.50 place, \$6.00 show)

with Seattle Cop second (\$6.00 place, \$5.70 show) and Golden Retablo third (\$5.70).

The seventh race (Bob Beale Tulameen Cup Memorial), which featured the only local connection with a horse bred by Edith Currie (Bunny's Return) in the field, also had high payouts.

Riot's Rebel finished first (\$35.10 win, \$8.30 place, \$3.10 show) with Unique Honor second (\$4.60 place, \$2.90 show) and Western Writer third (\$2.70 show).

The triactor paid \$319.80 with the quinella at \$114.30 and exactor \$88.00. Time of the 7 furlong race was 1:25.03.

Race 8 (Luke Gibson Memorial) saw Zinzee finish first (\$5.60 win, \$2.80 place and \$2.10 show) with Country Kat second (\$2.90 place, \$2.80 show) and Al's Rose third (\$2.40 show).

The triactor paid \$47.70, quinella \$4.70 and exactor \$15.10.

The ninth and final race, the Similkameen Cup, saw Proud Son finish first (\$5.70 win, \$2.50 place, \$3.50 show) with Eager Lee second (\$2.60 place, \$2.70 show) and Dawns Ben third (\$3.50).

Time for the 1 1/6 mile race was 1:46.70 with the triactor paying out \$95.20, quinella \$6.60 and exactor \$6.80.

*Good
weather
and good
times fill
holiday*

Racing Days/Canada Day weekend will be remembered as one of the better ones.

Not only were merchants reporting record sales days, but the weather stayed hot and sunny all through the weekend which helped all the outdoor activities.

From the Mens/Ladies Fastball Tournament and Mixed Golf Tournament, both weekend long events, to the horse races at Sunflower Downs Friday afternoon to the free outdoor concert and street dance Saturday afternoon - plus all the other activities during the weekend - it appeared as if something was going on at any given minute of the day.

Three Grad Reunions were hosted in Princeton (Class of '96, '86 and '76), Vermilion Artists hosted an Art Show, Lions Club hosted their annual Pancake Breakfast and Duck Race, Rotary hosted the Racing Days Parade, there was also Canada Cake served throughout the day Saturday and there was free swimming at Centennial Pool.

Princeton Rotary Club had a total of 35 entries in their parade with 1st Place going to Princeton 4H, Princeton Castle took 2nd Place with the Red Hat Society earning 3rd Place.

Princeton Lions Club sold 899 ducks in their annual Duck Race.

Sarah Soby of Princeton won \$500, Brady Johnson of Princeton won \$200, Cory Dennison of Surrey won \$100 and the Last Duck Prize of \$50 went to Joan Martin of Vancouver.

There were also six Mystery Duck Prizes of \$25 each. They went to Anne Jones (Coalmont), Jack Tosseng (Tulameen), Richelle Mysynuk (Tulameen), Ina Hartman (Princeton), Josie Fensom (Princeton) and Dave Deroche (Princeton).

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This was the scene on Highway 3 near Sunday Summit following a spill on June 27th.

Semi dumps load at Sunday Summit

On Tuesday, June 27th, BC Ambulance, Princeton RCMP, Highways, and Penticton Towing attended a single vehicle collision - Semi Tractor-trailer unit with a load of crushed cars - West on Highway #3 - west of Sunday Summit.

The driver appeared to have entered the curve too fast, shifting the loose load over - breaking the cables and emptying the load. The semi truck-trailers were momentar-

ily on their sides, but righted themselves after the load was off.

The 20-year old driver from Abbotsford was treated at the scene for minor injuries, the passenger escaped without any injuries.

Traffic was reduced to one lane while Penticton Towing removed the load, semi tractor and trailers from the roadway.

The Semi truck driver was issued a violation ticket under the Motor

Vehicle Act.

This is also a Reminder for motorists to SLOW DOWN entering curves on the highway and heed any advisory signs. Slow down when encountering flaggers and road crews.

At this particular accident scene one motorist was issued a ticket for driving up to the flagger too fast and nearly clipping him as she drove past him.

Goldcliff sends more good news**The birth of gold discoveries**

Two hundred million years ago, what is today the Hedley Gold Basin, Panorama Ridge and Nickel Plate Mountain was shallow, tide-washed shoreland in a sea at the edge of a continent.

The original rocks laid down on these shores were impure limestone and limy sediments. There were no mountains. And there was no gold.

Several million years later, the astounding transformation began in the Hedley Gold Basin.

Basic magma, the molten rock that boils and flows within the earth, began to rise through deep-seated fault zones in the earth's crust. As it surged upwards and cooled, this magma formed into stocks and a swarm of sills-thin, sheet-like bodies of the igneous rock quartz diorite.

The quartz diorite rock penetrated the older sedimentary rocks. Shortly after the sills were emplaced, more hot magmatic fluid, penetrated the surrounding sediments. This magmatic fluid, which was rich in gold, silica and iron, drastically altered the mineralogy of the sedimentary rocks to form skarn.

Finally, near the end of this active period of magmatic fluid emplacement, gold orebodies were formed. Nickel Plate and Panorama Ridge

mountains had become mountains riddled with gold.

In 1898, the Nickel Plate mine was discovered. Nickel Plate underground production began in 1904, and by 1955 the Nickel Plate underground mine had produced 1.5 million ounces of gold. The Mascot Gold open-pit mine began production in 1987, and by 1996 had produced 1.0 million ounces of gold. The gold production from the combined operations at Nickel Plate mountain totalled 2.5 million ounces of gold.

The Birth of a new gold discovery

In 2000, Goldcliff discovered Panorama Ridge. The Panorama Ridge property is located about 4 kilometers east of the Nickel Plate-Mascot Gold mine. The discovery was made on new logging roads that followed the ridge. New outcrops revealed skarn with gold values ranging from 0.50 to 2.0 grams per tonne gold.

One high-grade sample ran 18.00 grams per tonne gold. These gold values compared to the Nickel Plate-Mascot mine and prompted immediate staking of the mineralized areas.

From 2000 to 2002, Goldcliff compiled data in the area, along with conducting property surveys. From 2001 on, Goldcliff conducted geological, geochemical and

geophysical surveys in order to establish trenching and drilling targets.

In 2003, Goldcliff was ready to drill. On drill hole three (DDH23003), the York-Viking Gold Zone was discovered. On hole nine, the Tower Gold Zone was discovered. On hole twelve, the Nordic Gold Zone was discovered, and on hole seventeen, the Spar Gold Zone was discovered.

From 2004 to 2005, Goldcliff continued trenching and drilling on the York-Viking Gold Zone and the Nordic Gold Zone. The trenching and drilling results on both zones have been very encouraging and indicate the potential for significant widespread concentrations of gold mineralization beneath Panorama Ridge.

In 2006, Goldcliff plans to extend its exploration efforts to all four zones, thus expanding the property's potential for large scale gold mineralization.

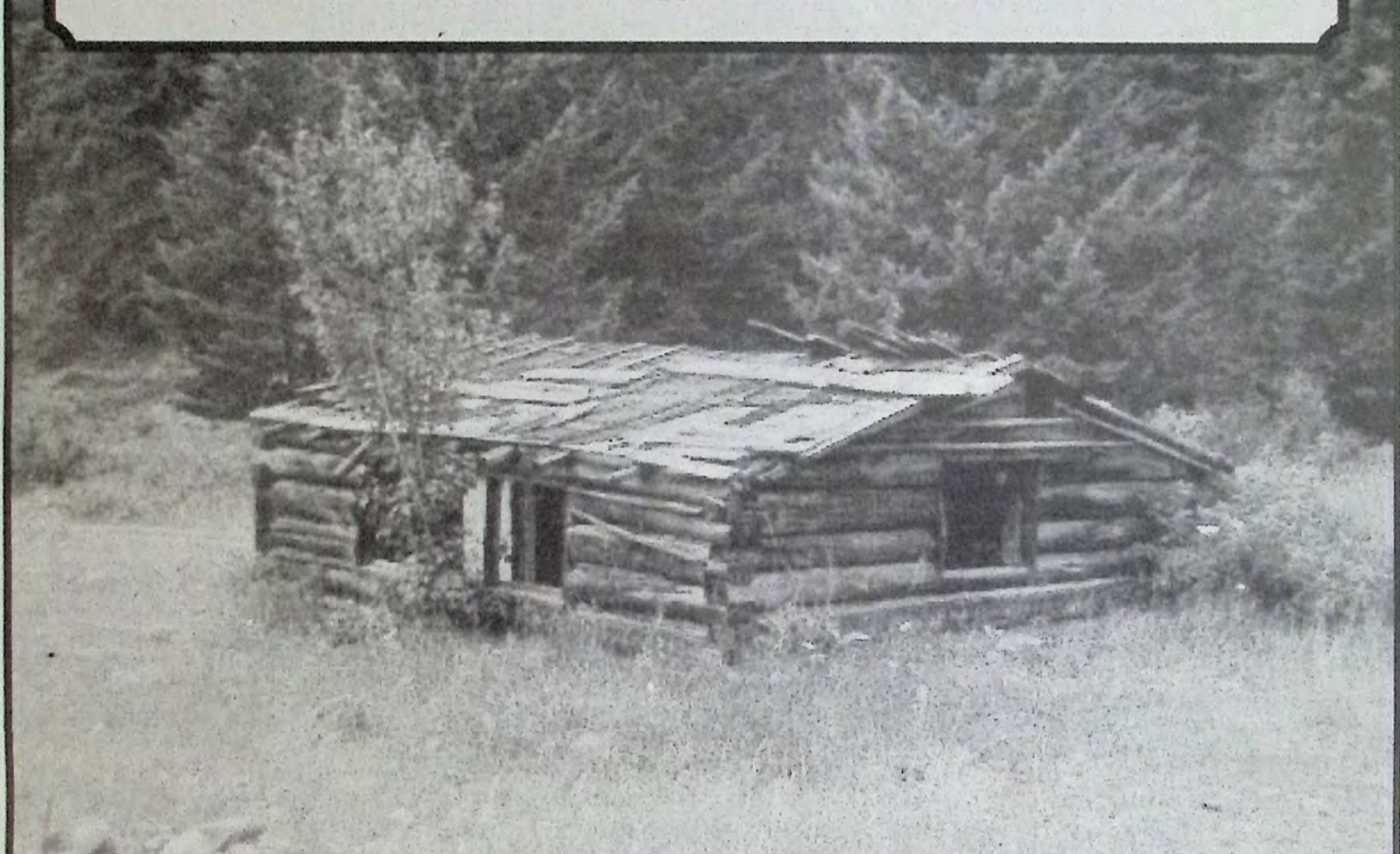
The Hedley Gold Basin is a sedimentary geologic basin. The gold deposits are classified as a stratabounded, gold-bearing, skarn deposit.

Nickel Plate is a world-class gold deposit, and is currently the largest and best-known deposit in the free world.

Panorama Ridge has the potential to be just as successful.

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keremeos and area news



The Eagle Run(s) longer events included a very early morning start. This photo, taken two years ago, shows runners leaving the start line with light sticks for safety. Photo: Bryan Smith, www.keremeos.net.

Eagle Lite Run marks end of era

by Moe 'The Eagle' Beaulieu

The Eagle Lite...All the fun but only half the calories!!

The Eagle Lite Ultramarathon runs took place on Saturday and Sunday, June 24th and 25th in and around Keremeos. They included a 25km, 50 km and 50 mile and a 100 mile run. This would have been the easiest eagle so far...if nature had cooperated with slightly cooler weather.

Well what is easy about running 100 miles you ask? No Cathedral Park was included this year with the huge climbs. It all took place on the Ashnola Road from Memorial Park all the way up the road to Wall Creek for the 100 miler. The 100 mile runners came back to the Pow Wow Grounds and back out to 7 miles from the end...and back again to downtown Keremeos.

Weather on Saturday was 32C...92F? Sunday late afternoon, around 4:00 PM it was 39 in the shade...110+F? A runnable course this year but just very hot!!! Really a death march for the 100 milers on both days!!! Two on IV's at the finish...and one heat exhaustion...but she recovered to finish.

As seen below women seemed to fare better on the day than the men on average. First 100 miler was Barb Owen from BC in 24:01:48, who missed the 24 hour buckle by just over a minute. But soft touch Moe gave her the buckle. She was the only one under or just at 24 hours. A few folks were in the field who are capable of running a 100 miles in 19 hours but they succumbed to the heat.

Runners came from California, Iowa, Chicago, Washington State, Alberta and BC, with one lady from Saudi Arabia. In the 50 km run (31.1 miles) first overall was a Keremesean Andrea Reichl in 5:48:45 followed by another Keremeos woman Heather Henri in 5:58:53.

Later the next day we got the last two 100 mile finishers under the 33 hour cut off by having them run the last few miles with ice under their caps and holding it in their hands, an old trick for keeping the core temperature down.

Of the 36 starters at all distances 27 finished, pretty amazing in the heat like that. Only 68 year old Bob Gehm of Nanaimo did not complain nor suffer in the heat. 39 signed up, but 36 started.

There were many good comments about the brand new start/finish in Memorial Park this year and how they loved the great volunteers. Many thanks to Keremeos SAR, Valu Plus Foods, Similkameen Country, Peach City Runners, Trail Runner Magazine, Gorman Brothers and the Lower Similkameen Indian Band.

Unfortunately this will be the very last Eagle, or any ultramarathon run put on by Moe the Eagle and Eagle Endurance Sports. The Keremeos Kruncher 50 km run had 3 seasons now and it will end as well.

Moe cites lack of available volunteers, though this year was better, and the financial cost to Moe personally is just too great for him to shoulder by himself. Thanks to one and all who did help us.

Happy trails!

RACE RESULTS

25km...

1. Steve Briggeman
- Sarah MacLeod (F) Both 2:11:46
2. Luc Beaulieu 2:26:21
- No relation to the Rd, and better looking
3. Debbie Moores (F) 2:45:17
4. Loubacane, Tim 3:16:29
5. Brown, Anna (F)
- Elkins, Jonathan 3:36:29

50km...

1. Reichl, Andrea 5:48:45
2. Henri, Heather 5:58:52
3. Glowacki, Jessica 6:11:23
4. Levant, Robin 6:58:55
5. Birkelan, Wendy 7:04:47
6. Pals, Lou (the only man) 7:38:08

50 mile...

1. Rankin, Randy 8:54:49
2. Lees, Lorriane (F) 10:00:35
3. Alexander, Lorie (F) 10:25:41
4. Rowland, Dean 12:21:44
5. Brettl, Steve 12:44:18
6. Marchand, Joe 13:23:25
7. Gehm, Bob 13:23:33
8. Baritaub, Blandine (F) 16:23:04

9. Currie, John DNF

10. Daley, Andrew DNF

100 milers...

1. Owen, Barb (F) 24:01:48
2. Gessner, June (F) 25:56:58
3. Schulz, Rainer 26:02:47
4. T. Phan Van (F) 27:17:36
5. Galloway, Joseph 32:28:29
6. Dhaliwal, Kam (F) 32:47:10
7. Vilella, Peter DNF
8. Nevet, David DNF
9. Nevet-Ducherer, Jennifer (F) DNF
10. Hyson, Chad DNF
11. Roufousse, Roger DNF
12. Burrows, Nancy (F) DNF
13. Burrows, Joel DNF
14. Doyle, Paul DNF
15. Spelt, Sara (F) Did not start

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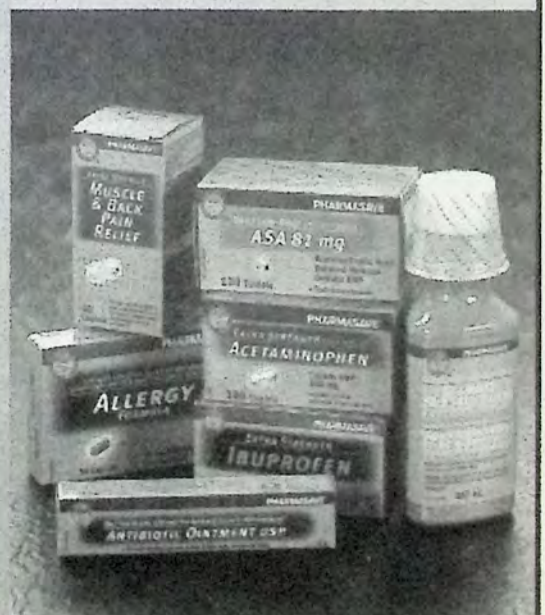
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news leader health page

Living with hyperhidrosis

(NC)-For almost twenty years, Shane Huey had no choice but to wear layers of dark clothing - a t-shirt under a long-sleeve shirt under a knit sweater - it was the only way he could mask the large sweat stains that formed under his arms every day.

Huey, who suffers from a medical condition called hyperhidrosis or excessive sweating, started therapy almost two years ago. "I feel like I got my life back," he says. "The treatment for me has been life-altering. I feel free. I want to hold my arms up and say 'Look at me!'"

While excessive sweat can make a person uncomfortable, it is the social effects that many with the condition feel the most.

"I'm in the hospitality industry where I'm constantly in the public eye; I'm in the business of making people feel at ease," the 37-year-old remarks. "You can't even begin to imagine how paranoid and uncomfortable I felt about myself. I really felt like a lesser person around others."

(NC)-At first glance, Joe Roy looks like a happy, healthy man. However, nothing could be further from the truth. Joe, like countless other Canadians, is suffering in painful silence with neuropathic pain - a chronic, debilitating condition.

In 1989, while at his job on a construction site, Joe was hit in the head by a pipe and lost a small chunk of his skull. Physicians reconstructed the small, missing section of his skull using bone from his cheek. As a result of this surgery, Joe has experienced indescribable pain that radiates throughout his neck, shoulders and back. Also, his right cheek is 'super sensitive' to even the lightest of touches or sensations - nothing seems to ease the pain. On a scale of one to 10 (one being the least painful and 10 being the worst pain imaginable), Joe says his pain never falls below an eight and that it is certainly more than a 10 on many occasions.

Over the years, Joe visited a number of physicians in search of answers and relief, but no one was able to diagnose the cause of the pain or to help ease it until recently. Joe was referred to Dr. Roman Jovey of the Mavis Medical Clinic in Mississauga, Ontario. Dr. Jovey specializes in diagnosing and treating all types of pain. Following a battery of tests, they discovered that, like many people with 'indescribable' pain, Joe had neuropathic or nerve pain.

The pain has not only taken a toll on his quality of life at home, but Joe is no longer able to work. "Most days I can't raise my arms above chest level to maneuver the gears of the equipment I used to use, so it's

impossible for me to work," says Joe. "I never know what each day will be like when I wake up, but what I do know is that the pain is always there - it's just a matter of how severe it will be."

Now, the self-proclaimed "social butterfly", says that his confidence shows in everything he does, and friends, family and co-workers have all commented on the "remarkable change" in his personality. Huey, who has a moderate to severe case of hyperhidrosis, explains his day-to-day routine before the treatment: "I sweat so much, that I would go through a stick of antiperspirant a week. I had to do loads of laundry all the time because of the endless sweat stained shirts I kept changing out of. So, after a consultation with my dermatologist, he suggested botulinum toxin type A injections as a solution to alleviate the sweating, and I've never looked back! And, the cost was worth it."

Almost one million Canadians suffer from hyperhidrosis, in areas such as the face, underarms, palms of the hand and soles of the feet. Hyperhidrosis is the result of a malfunction in the sympathetic nervous system, which regulates body temperature.

Huey says that he feels like one of the lucky ones. "I was fortunate enough to hear a public service announcement about hyperhidrosis; I identified with the condition and called the number right away for more information. For all these years, I didn't know that what I was going through had a name and that doctors could help me."

Indeed, only a third of hyperhidrosis sufferers actually talk to a health care professional about their condition. People rarely seek a doctor's help because they are unaware that they have a treatable medical disorder.

As for the long summer days and hazy nights, Huey can't wait to dress for the occasion. "No more layers of dark clothing!" he quips. "This summer, I'll be wearing t-shirts, tanks and shorts, just like everybody else."

If you are suffering from hyperhidrosis or know someone who may have this medical condition, visit www.sweatmanagement.ca for more information.

- News Canada

Neuropathic pain: Exposing the "invisible" truth

some new treatments that are proving effective for many of our patients with neuropathic pain."

Currently, Joe is undergoing a combination of therapies to ease his pain and help him to resume somewhat of a normal lifestyle. However, he readily admits that he is never 100 per cent pain free. "It's always there" he says. And like many neuropathic pain sufferers, he would try anything to experience a completely pain-free day. If you think you, or someone you know suffers from neuropathic pain please talk to your doctor. There are treatment options to help.

impossible for me to work," says Joe. "I never know what each day will be like when I wake up, but what I do know is that the pain is always there - it's just a matter of how severe it will be."

"Neuropathic pain is difficult for patients to describe and often challenging for physicians to diagnose. Therefore, the condition is often left undiagnosed for long periods of time and poorly treated and patients suffer needlessly," says Dr. Jovey. "It's important to raise awareness of this condition and work towards advancing the standard of care for all patients suffering from neuropathic pain. Fortunately, we do have

There are treatment options to help.

- News Canada

living past 100

Chinese make cancer breakthrough

Medical researchers in China have identified the virus that causes leukemia, and they have found out how it works when it invades. There is more to their discoveries than just identifying the virus. They provide clues as to how we can best protect ourselves against cancer.

Researchers discovered the cancer virus may be due to exposure to an ordinary virus, such as the flu. They have found links between everyday viruses and the onset of leukemia. Other cancers may be linked to other viral infections.

You can protect yourself from viral infections. All viral infections begin with symptoms such as headaches, chills, fever. All start the same, but result in a different disease. At the onset of any flu-like symptoms, be sure to take the big virus fighter - ASA (commonly called 'aspirin').

On a daily basis, take Vitamin C and selenium. Don't take them both at the same time - Vitamin C interferes with selenium.

Other research is beginning to show that people who take small doses of aspirin on a daily basis appear to be healthier, over all, than those who do not, but there is no correlation between daily doses of ASA and cancer prevention.

The research being done in China is very encouraging, but not likely to lead to a cure for cancers. The answer to most viral infections is prevention, such as with flu shots, and vaccine for polio, measles and mumps.

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by your Pharmasave Pharmacist Wen Wong

When applying sunscreen, don't forget your lips. One of the common sites for skin cancer is the lower lip. There are many sun-block lipsticks and lip balms, coloured or clear that will do the job.

If you have gout, that painful arthritic condition that affects many older men, avoid taking any products containing A. S. A. (eg. Aspirin). A. S. A. contains a salicylate, which reduces the kidney's ability to excrete uric acid. It's a build-up of uric acid in the body that causes those painful gout symptoms. However, those low dose A. S. A. products prescribed for heart attack patients are OK to take.

It's finally happening. The British parliament voted 384 to 184 to ban smoking in all indoor public places including pubs. Scotland and Northern Ireland have also agreed to follow this policy and Wales isn't far behind. The ban is coming into full effect during the next 8-10 months.

Infants that go to bed with a pacifier or soother will reduce the risk of Sudden Infant Death Syndrome (SIDS) by over 60%. People used to worry about soothers causing crooked teeth but this really isn't an issue. If you are breastfeeding, wait until the baby is a month old before using the soother.

Our pharmacists have good, reliable sources of health information. If you are wondering if something sounds too good to be true, it probably is. Come in and talk to us. We will be happy to check it out for you.

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TRAVEL

Vancouver, Coast & Mountains Recalls a History Long Past

A visit to a First Nations longhouse, a stroll through a fort, a journey on a vin-

tage train, and even shopping at a turn-of-the-century general store are all expe-

riences in the southwestern corner of BC that whisper of time long past and of opportunities that still lie ahead.

Some 9,000 years ago, the north bank of the Fraser River was home to one of the coast's earliest communities. Remnants of the village, near Mission, have been reincarnated into Xá:ytem Longhouse Interpretive Centre. A National Historic Site, the centre is open to visitors and for special First Nations programs such as Coast Salish weaving workshops. There is a cedar longhouse, two pit houses, a First Nations gift shop as well as what is believed to be the province's oldest house. This is a sacred site to the Sto:lo and a special treat for visitors.

Not far away, the fur trade fort at Fort Langley National Historic Site proves a popular destination for families. Visitors can witness townsfolk in period clothing, watch a blacksmith wield his hammer and learn about the early days of trading along the Fraser. Exploration awaits within the lovely village of Fort Langley, with its wealth of antique shops and historic facades.

A flashback to yesteryear can be found at Kilby Historic Site; it is the lone reminder of the once thriving community of Harrison Mills. This year is the 100th celebration of Kilby General Store, now a museum, jam-packed with its early-day merchandise. There is even a

post office and hotel, which allow the kids to take a peek at life a century ago. And for visitors looking to stay awhile, Kilby Park Campground is nearby.

Train buffs will revel at the 60 vintage railway cars and locomotives at the West Coast Railway Heritage Park. Located just past Squamish, a tour shows off the famed Royal Hudson #2860 steam locomotive. The little ones may clamour for a

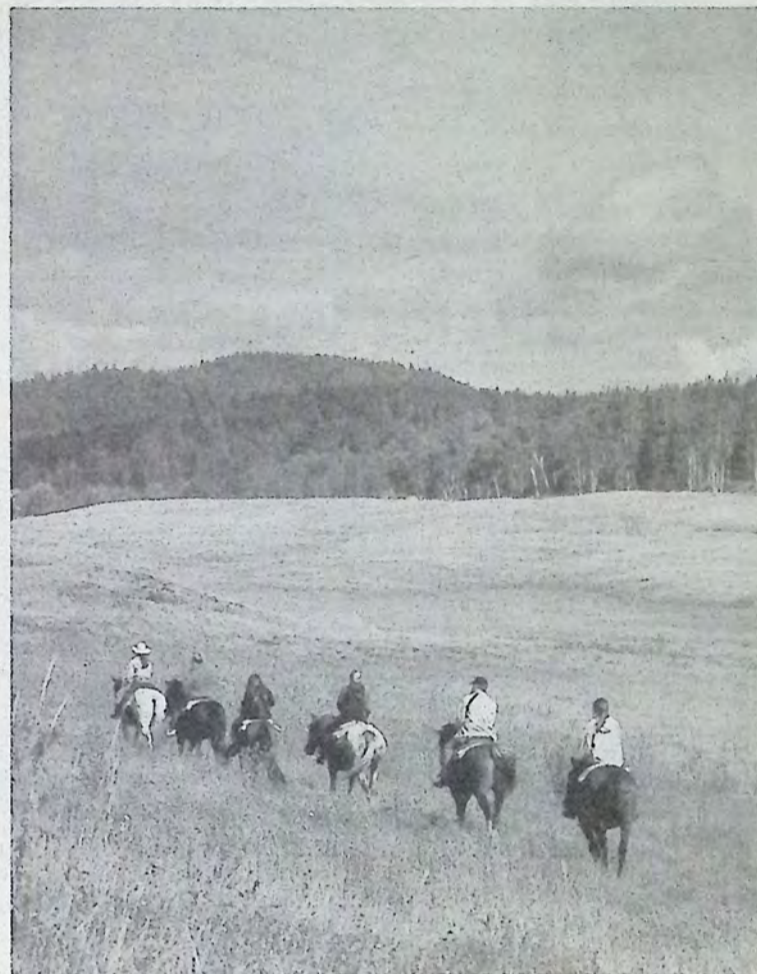
ride on the miniature railway, while a host of railcars that have been lovingly restored offer more opportunity to ogle.

To learn more about history in the Vancouver, Coast & Mountains Region and to get everything you need to plan your vacation where to go, what to see and do, where to stay, plus printable maps to show you how to get there visit HelloBC.com/vcm/historicsites.



Guest Ranch

Tourism BC/Tom Ryan



Horseback riding at a guest ranch

Tourism BC/Tom Ryan

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For more information on special travel opportunities within B.C. and to order your free BC Escapes® Guides, call 1-800 HELLO BC or visit HelloBC.com



Calling City Slickers to the Cariboo Chilcotin Coast

When Billy Crystal got on a horse in the movie *City Slickers* it spawned a yearning in urbanites to ride the range, sleep under a starry sky and holler yeehaw while rounding up cattle. For a wild west fix, which may be as gentle as listening to a cowboy poet or as wild as branding cattle, head to the Cariboo Chilcotin Coast where cowboy culture is alive and well.

City dwellers should start mild. One can dosey-do to a square dancing beat, or visit the BC Cowboy Hall of Fame in Williams Lake. Its tales of tough cowboys on the early-day ranches will inspire travellers to stay on for the four-day Williams Lake Stampede in July. Once visitors are roped into watching bronco busting, small town rodeos beckon throughout the region. There's quite an assortment to choose from including some smaller, amateur rodeos where spectators get an up-close view.

To live the life of a cowpoke, one can check out the eclectic possibilities. A family-friendly ranch where mom and dad do their thing while the younger set participate in special activities and pro-

grams designed just for them might prove just the ticket. At some, newly-minted cowboys can sit astride a horse in the morning and pamper themselves at a spa in the afternoon.

Adventurers can sleep amid country elegance, in a teepee under a star shimmering sky, in a bunkhouse or in a rustic cabin overlooking a stream. Cowboy fare includes it all from gourmet offerings to a country chow down around the campfire. The range offers gentle, forested trails and opportunities to let loose on sprawling ranchland. Guests can learn to look after their own horse, take lessons in lassoing and even have their jeans branded.

Talk about cowboy memories. Travellers will acquire them in Canada's version of the wild west.

To learn more about guest ranches in the Cariboo Chilcotin Coast Region and to get everything you need to plan your vacation where to go, what to see and do, where to stay, plus printable maps to show you how to get there visit HelloBC.com/ccc/ranches.

FESTIVALS & EVENTS

Anahim Lake Stampede, Anahim Lake	July 8 - 9
Billy Barker Days, Quesnel	July 13 - 16
Discovery Coast Music Festival, Bella Coola	July 14 - 15
Lillooet Gold Rush Days, Lillooet	July 22 - 24
16th Annual Interlakes BCRA Rodeo, Roe Lake	August 5 - 6
South Cariboo Garlic Festival, 100 Mile House	August 12 - 13
10th Annual Canadian National Gold Panning Championships Barkerville	August 19
Cariboo Harvest Fair, Williams Lake	September 9 - 10

For more information about Festivals & Events in the Cariboo Chilcotin Coast Region, please visit HelloBC.com/kr/events.

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THANK YOU!

Otto and the Staff at A&W, April and the Staff at Subway, Karina at Pizza Party, Dawn at Princeton Bakery for the great lunches from the Students, Parents, Staff and PAC at John Allison Elementary School.

Also a big THANK YOU to Overwaitea for the lunch on Sports Day and everyone who helped the John Allison PAC with various Projects and fundraising throughout the past school year! We really appreciate your continued support!

JOHN ALLISON ELEMENTARY SCHOOL P A C

THANK YOU!

Otto and the Staff at A&W, April and the Staff at Subway, Karina at Pizza Party and Dawn at Princeton Bakery.

THANK YOU for the great Lunches.

From the Students, Parents, Staff and PAC of Vermilion Forks Elementary School.

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What's a parade without a collection of elected officials?



Princeton Rotary Club sold out of Similkameen Cup Sweepstakes tickets at the June 30th running of the Similkameen Cup at Sunflower Downs. Lucky tickets were drawn by Princeton Ambassador Kassi Crimmon, centre. She was aided by Rotarians Harold Walsh, left, and Lawrence Stoochnoff.



Princeton Castle Resort earned second place in the Rotary Racing Days parade on July 1st.



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 1440 Old Hedley Road \$259,900	<p>Princeton Total Sq Ft: 2,160 MLS# 35713</p> <p>3-bdrm home on 6.6 acres fronting the beautiful Similkameen River, just 14 kms east on the Old Hedley Road. A 48x50 shop with 16-ft ceiling. Basement is unfinished and open to your plans.</p>	 Highway 3 West \$189,900	<p>Princeton Lot Area (acres): 2.71 MLS# 32042</p> <p>CONTINGENT, SEE L. S. View lot beside excellent pub. Maximum exposure on Highway 3 West. Zoning allows campground, RV Park, motel/hotel, among others. Great hold or develop. Allows residence.</p>	 463 Tulameen River \$1,138,300	<p>Princeton Total Sq Ft: 1,063 MLS# 35621</p> <p>Fantastic acreage in Tulameen. Consists of approx 7 acres of riverfront, lower 12 acre bench with cabin and 60 acres of beautiful, treed view acres. Possible subdivision potential. This is a great investment holding property.</p>
 512 Taylor \$218,800	<p>Princeton Total Sq Ft: 1,308 MLS# 35706</p> <p>Amazing mountain views from this half acre only minutes from town. Moduline is very unique with added family room with 284 sq sundeck, 19x24 carport, 1,444 sq workshop with 200 amp.</p>	 120 Jellicoe Road \$738,300	<p>Princeton Total Sq Ft: 3,042 MLS# 29749</p> <p>Country estate with show home, super barn, great workshop, 3 car garage, greenhouse, shelter sheds, corrals, 2 great wells, u/g sprinklers, all on 38+ acres. For a full package contact L. S. This is a must C.</p>	 2870 Coalmont Road \$429,900	<p>Tulameen Total Sq Ft: 2,302 MLS# 35504</p> <p>Fabulous layout with stunning views of Otter Lake this home is immaculate with dream kitchen, ceramic tile, hardwood, Juliette deck inside overlooks floor to ceiling vaulted windows. 24x30 shop with loft to be finished.</p>
 314 Seventh Avenue \$171,900	<p>Princeton Total Sq Ft: 1,237 MLS# 35632</p> <p>Immaculate A frame completely renovated with fabulous decor. Features like windows, siding, ceramic tile, laminate flooring, wonderful kitchen, knock out ensuite and completely fenced, landscaped lot.</p>	 2780 Coalmont Road \$320,000	<p>Tulameen Total Sq Ft: 477 MLS# 35695</p> <p>Fantastic privacy and view of Otter Lake, rustic cabin is simply charming with features like rosewood cabinets, jacuzzi tub, wood plank floors, sundeck, updated plumbing and wiring, new septic, great building sites.</p>	 181 Luard Avenue \$138,300	<p>Princeton Lot Area (acres): 0.75 MLS# 30842</p> <p>River front lot, .75 of an acre. Zoned RM multi-family. Just across the brown bridge right next to apartment block. Only so much river front left and this is the last one in Princeton.</p>
 DL935 RDOS Princeton \$888,300	<p>Princeton Lot Area (acres): 320 MLS# 35669</p> <p>CONTINGENT. Superior acreage with Hayes Creek running through the middle of the property. Great building sites, hay, meadows, well treed with timber value. Fronts onto Highway 40, Princeton-Summerland Road.</p>	 583 Similkameen Ave \$99,900	<p>Princeton Total Sq Ft: 960 MLS# 33667</p> <p>Roomy and comfortable 3-bdrm home just minutes from downtown. Large livingroom and kitchen with part basement for storage. Newer laminate. Lot is level, fully fenced, single car garage and carport.</p>	 1378 Whipsaw Creek \$625,000	<p>Princeton Total Sq Ft: 3,508 MLS# 28757</p> <p>Beautiful property 12 minutes from town. Totally surrounded by Crown Land, mainly level and gently rolling terrain, good water supply. Set up as guest ranch with 9 unit guest house, large 2-storey family home.</p>

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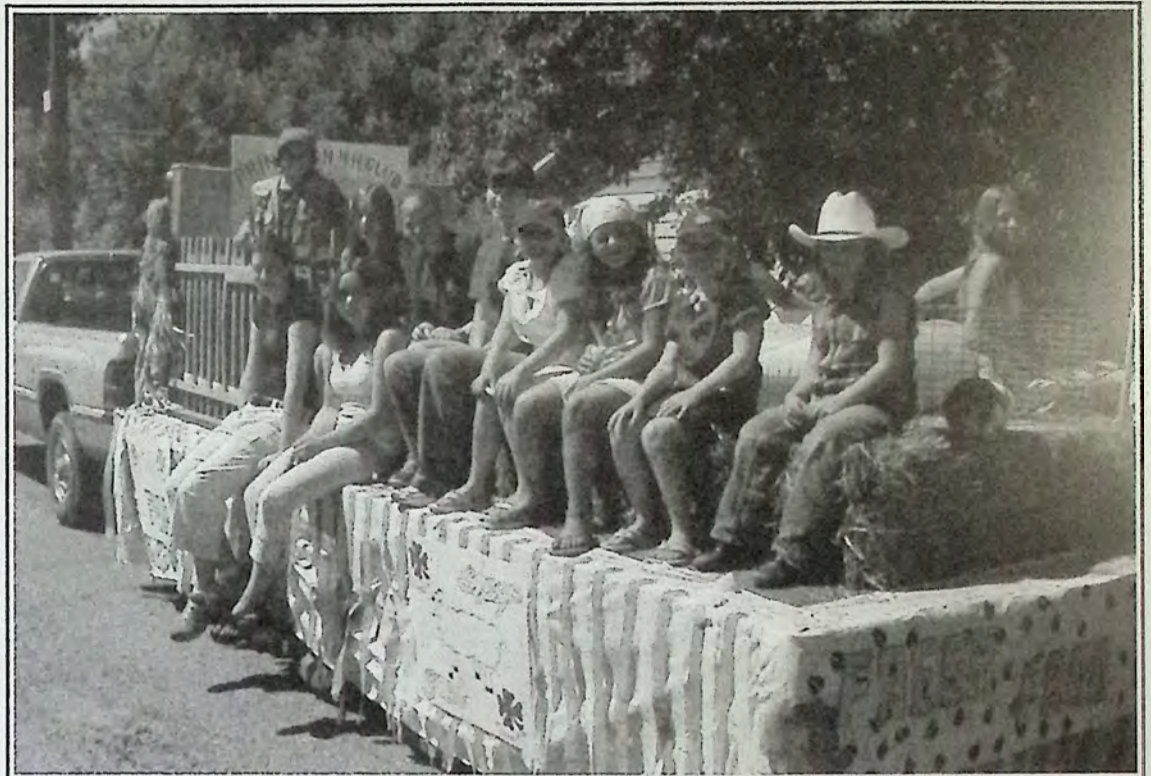

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Princeton 4H Club took first place with this float during the Rotary Club Parade on July 1st.



Similkameen Scarlett Belles (Red Hat Society) took third place in the Rotary Club Parade.



Racing Days Weekend attracted three grad reunions. The Class of '96 entered this float in the Rotary Parade to pay homage to the Gold Nugget Pub - lost in the Princeton Hotel fire.

weekly entertainment guide

TUESDAY, JULY 4, 2006 THROUGH MONDAY, JULY 10, 2006



Princeton Merchants Mens Fastball team hosted a Fastball Tournament as part of Racing Days weekend. This photo shows pitcher Ryan Corsi firing one over the plate during their last double header of the season against GFX of Penticton on June 25th at Memorial Park.

Ministry issues burning ban

Effective at 12:00 noon on June 30th and until further notice, backyard and industrial burning (Category 2) is banned at all elevations throughout the Kamloops Fire Centre (this includes the Princeton area).

This open fire ban is in effect to protect public safety and to limit the risk of person-caused wildfires.

The backyard and industrial burning ban (Category 2) prohibits the

use of open fires that burn material in piles not exceeding two meters high and three meters wide. This ban also prohibits burning of stubble and grass in an area less than 0.2 ha in size.

Bans on all backyard and industrial pile burning apply to all lands outside of municipal boundaries and regional districts that have open fire bylaws.

Please check with your local

authorities before lighting a fire within municipal boundaries. Campfires (Category 1) are not restricted at this time.

If you see a wildfire, please report it to 1-800-663-5555 or *5555 on most cellular networks.

For more information on open fire restrictions or for updates on current wildfire activity, visit this web-site: www.for.gov.bc.ca/protect.

- submitted



Dave McMow and Eric Jacobson perform during the free concert July 1st at Princeton Museum.

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- Aaron Heuser Basketball Camp

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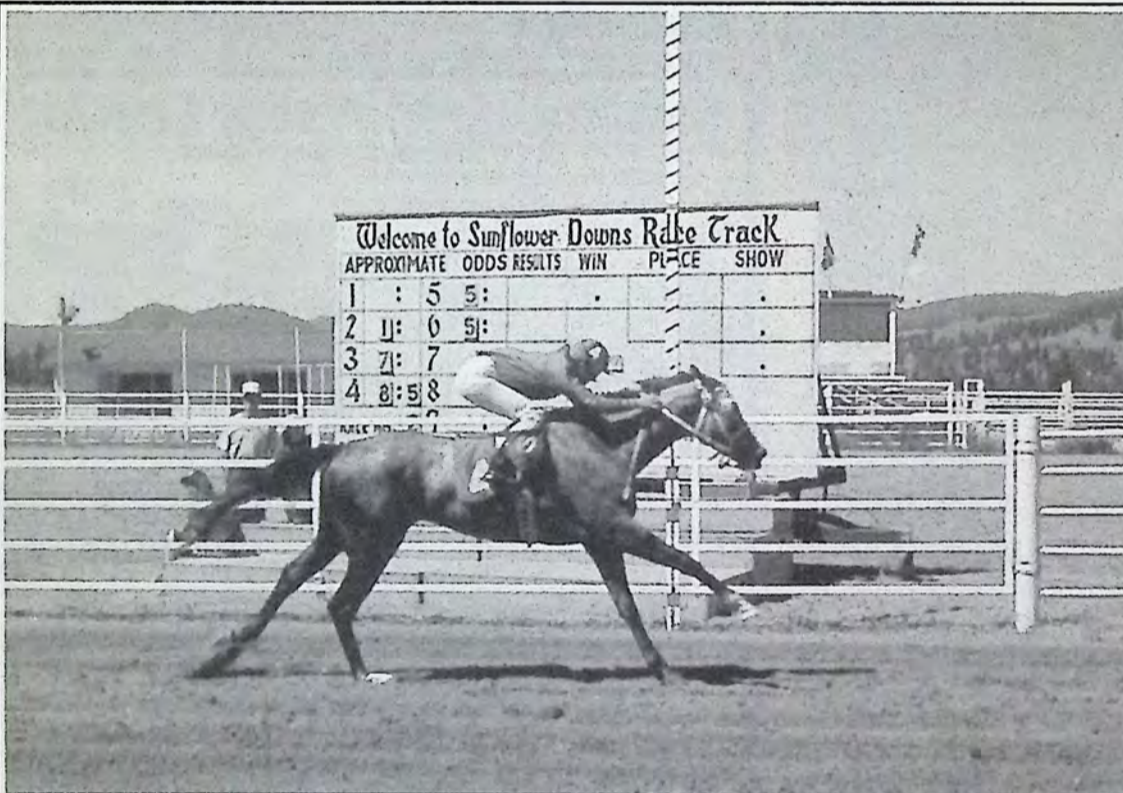
Weyerhaeuser FREE Community Swims
July 5 (7-8:30 PM) / July 9 2-4:00 PM
Cool off this week at the pool!



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Princeton Lions Club Pancake Breakfast on July 1st was well attended, as is always the case each year. This photo was taken shortly after the event started and shows a number of early risers were eager to start their day with a breakfast expertly made by the local service club.



Brother Sky crosses the finish line to win Race #2 during the horse races at Sunflower Downs Friday, June 30th. The time for the 5 1/2 furlong race was 1:07.97.



Former jockey and 'Sport Of Kings' host Tom Wolski was in Princeton for Racing Days celebrations.

tuesday movies

MORNING

7:00 am WTBS (3) ★★ "Captain Ron" (1992, Comedy) Kurt Russell. A Chicago businessman unwittingly hires a boozing lecher to pilot his boat across the Caribbean. (D)

9:00 am WTBS (3) ★★½ "The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A hit man in the Witness Protection Program and his next-door neighbor team up to find out who is trying to kill them. (D) (DVS)

10:00 am CITY (29) ★★ "Swept From the Sea" (1997, Drama) Vincent Pérez. A stranded Russian sailor and the outcast woman who gave him aid share a doomed love affair in 19th-century England.

11:00 am WTBS (3) ★★½ "O Brother, Where Art Thou?" (2000, Comedy-Drama) (PA) George Clooney. A mysterious lawman tracks three escaped convicts searching for buried treasure in 1930s Mississippi. (D)

AFTERNOON

5:00 pm WGN (38) ★ "Soul Survivors" (2001, Suspense)

Melissa Sagemiller. A college student looks for help from her friends after having visions of her dead boyfriend. (In Stereo) (D)

EVENING

6:00 pm CITY (29) ★★½ "Bowfinger" (1999, Comedy) Steve Martin. A broke producer hires a nerd who looks like a famous actor and other misfits to star in his latest movie. (D)

8:00 pm WTBS (3) ★★½ "O Brother, Where Art Thou?" (2000, Comedy-Drama) (PA) George Clooney. A mysterious lawman tracks three escaped convicts searching for buried treasure in 1930s Mississippi. (D)

10:00 pm WTBS (3) ★★½ "The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A hit man in the Witness Protection Program and his next-door neighbor team up to find out who is trying to kill them. (D) (DVS)

10:35 pm CITY (29) ★½ "Desperate Measures" (1997, Suspense) Michael Keaton. A San Francisco detective needs a vicious killer to donate some bone marrow for his dying son.

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wednesday movies

MORNING

7:00 am WTBS (3) ★★½ "Terminal Velocity" (1994, Adventure) (PA) Charlie Sheen. A sky diver is pulled into a deadly game of espionage when he attempts to clear his name in the death of a student. (D)

10:00 am CITY (29) ★★ "Snowbound: The Jim and Jennifer Stolpa Story" (1994, Drama) Neil Patrick Harris. Based on the true story of the family who became trapped in a Nevada blizzard en route to a funeral in Idaho. (D)

EVENING

6:00 pm CITY (29) ★★½ "Mystery Men" (1999, Fantasy) Hank Azaria. Premiere. Aspiring superheroes band together to defeat a villain

when real superhero Captain Amazing disappears. (D)

9:30 pm WTBS (3) ★★½ "Passenger 57" (1992, Drama) (PA) Wesley Snipes. An airline security expert takes action when skyjackers seize control of the jet he is traveling on. (D)

10:35 pm CITY (29) ★★ "Snowbound: The Jim and Jennifer Stolpa Story" (1994, Drama) Neil Patrick Harris. Based on the true story of the family who became trapped in a Nevada blizzard en route to a funeral in Idaho. (D)

11:15 pm WTBS (3) ★★½ "Lock Up" (1989, Drama) (PA) Sylvester Stallone. A blue-collar worker wrongly imprisoned in a New Jersey penitentiary struggles to survive against a sadistic warden. (D)

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TUESDAY, JULY 4, 2006

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6 AM :30	Dawson's Creek	News	(Off Air)	Body Elec.	News	News	The First 48	(5:00) News	News (Live)	(5:00) News (Live)	Monster	Tennis: Wimbledon	News	Da Vinci	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Captain Ron" (1992) Kurt Russell	Life Today	BluesClues	Clifford	Today Tony Orlando; "haute" dog extravaganza; candy; drinks.	The Early Show	The First 48	Good Morning America			Boy	Tennis: Wimbledon - Women's Quarterfinals (Live)	Canada AM	Building the Biggest	Sabrina's	K. Possible	KTLA Morning Show	CityLine	Rockford Files
8 AM :30	Movie: "The Whole Nine Yards" (2000) (PA)	100 Huntley Street	Dora	Arthur (EI)	Dragon		The First 48			100 Huntley Street	Being Ian		Regis and Kelly	Monster	Da Vinci	Fam. Feud	Pooh	Maury	News City
9 AM :30	Movie: "The Whole Nine Yards" (2000) (PA)	Gold Trails	Noddy	Sesame Street (EI)		Discover	The First 48 "Torched"	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears		Regis and Kelly	Da Vinci	Fam. Feud	Pooh	Maury	News City	Magnum, P.I.
10 AM :30	Movie: "The Whole Nine Yards" (2000) (PA)	The Price Is Right	Arthur	Barney	Tennis: Wimbledon - Women's Quarterfinals (Same-day Tape)	The Price Is Right	The First 48	The View	World Vision	Room	Rupert	Tennis: Wimbledon - Women's Quarterfinals (Live)	The View	How-Made	Starting Over	JoJo	Jerry Springer	Movie: "Swept From the Sea" (1997)	News
11 AM :30	Movie: "O Brother, Where Art Thou?" (2000) (PA)	Thane	Ministers	Mr Rogers	Quartermasters (Same-day Tape)	Young and the Restless	The First 48	Paid Prog.	The Insider	News (Live)	George S.	Quarterfinals (Live)	eTalk	Moments in Time	Montel Williams	Stanley	Blind Date	Sea (1997)	MLB Baseball: Chicago Cubs at Houston Astros (Live)
12 PM :30	Movie: "O Brother, Where Art Thou?" (2000) (PA)	News (Live)	Odysseys	Charlie Rose		News	The First 48	All My Children (N)	News (Live)	Days of our Lives (N)	SpongeBob		Daily	Ancient Egypt	Perry Mason	Recess	Maury	CityLine	
1 PM :30	Yes, Dear	Stargate SG-1 "Frozen"	Notes	Watercolor	Days of our Lives (N)	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears		Vicki G.	Survivorm	Matlock	Lloyd	Jerry Springer	In Fashion	
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Guiding Light (N)	The First 48	General Hospital (N)	Passions (N)	Passions (N)	Mona	World Cup Soccer: Semifinal -	General Hospital (N)	How-Made	Love Lucy	Lilo Stich	Eye Eye	Ellen	Moesha
3 PM :30	Seinfeld	Fear Factor	Bear	Arthur (EI)	Judge	Dr. Phil	The First 48 "Torched"	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Teams	Dr. Phil	Greatest Ever...	Montel Williams	Weekend	What I Like	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	The First 48	Millionaire	Oprah Winfrey	News	Tn-Titans	Sports	The Tyra Banks Show	Daily Planet (N)	Little House	Barbarian	8 Rules	Friends	Funnest Home Videos
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	The First 48	News	News	News (Live)	OddParent	MLB Baseball: Toronto Blue Jays at Texas Rangers (Live)	News	How-Made	Malcolm	K. Possible	Fresh Pr.	Sex & City	Movie: "Soul Survivors" (2001)
6 PM :30	Sex & City	Stargate SG-1	CG Kids	News-Lehrer	News	News	Dog	News	News	ET Canada	Being Ian	Blue Jays at Texas Rangers (Live)	News	American Chopper	'70s Show	So Little	My Wife	Movie: "Bowfinger" (1999)	WGN News at Nine
7 PM :30	Seinfeld	Past Lives	Gardens	A Capitol Fourth (Same-day Tape)	Jeopardy!	Friends	Look, Up in the Sky! Story of Superman	Entertain	Entertain	Falcon Beach (N)	Drake	SportsCenter (Live)	Canadian Idol	Daily Planet	House "Deception"	8 Rules	Gilmore Girls	News	Sex & City
8 PM :30	Movie: "O Brother, Where Art Thou?" (2000) (PA)	To Be Announced	Artists	Mastpiece	Lewis	Moments	A Hero's Welcome (N)	Jim	Fear Factor	Fear Factor	SpongeBob	Being Ian	Canadian Idol	Daily Planet	House "Deception"	8 Rules	Gilmore Girls	News	Star! Daily
9 PM :30	Movie: "O Brother, Where Art Thou?" (2000) (PA)	NCIS "See No Evil"	Ministers	Fought For Hitler	Macy's 4th of July	NCIS "See No Evil"	The First 48	Accrd Jim	House	House "Deception"	15/Love	World Cup Soccer: Semifinal -	Criminal Minds	American Chopper	House	Radio Free	Pepper Dennis (N)	Jimmy Kimmel Live	Funnest Home Videos
10 PM :30	Movie: "The Whole Nine Yards" (2000) (PA)	Andromeda	Notes	War of the Century	Law & Order: SVU	Boston Pops Fireworks	Dog	Celebration	Falcon Beach	News (Live)	Bob	Teams	Law & Order: SVU	American Hot Rod	News	Popular	KTLA Prime News	Sex & City	Da Vinci's Inquest
11 PM :30	Movie: "The Whole Nine Yards" (2000) (PA)	News	Kaldor	Charlie Rose (N)	News	News	Look, Up in the Sky	News	News	Entertain	Madison	SportsCenter (Live)	News	How-Made	Sex & City	8 Rules	Friends	Measures	Elimidate

WEDNESDAY, JULY 5, 2006

	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	Dawson's Creek	News	(Off Air)	Body Elec.	News	News	Look, Up in the Sky! Story of Superman	(5:00) News	News (Live)	(5:00) News (Live)	Monster	Tennis: Wimbledon	News	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Terminal Velocity" (1994) Charlie Sheen	Life Today	BluesClues	Clifford	Today Little black dresses; Janet Evanovich; relationship advice.	The Early Show	Good Morning America				Boy	Tennis: Wimbledon - Men's Quarterfinals (Live)	Canada AM	My Predators	Sabrina's	K. Possible	KTLA Morning Show	CityLine	Rockford Files
8 AM :30	Movie: "Terminal Velocity" (1994) Charlie Sheen	100 Huntley Street	Dora	Arthur (EI)	Dragon		City Confidential			100 Huntley Street	Being Ian		Regis and Kelly	Monster	Da Vinci	Fam. Feud	Pooh	Maury	News City
9 AM :30	Movie: "Terminal Velocity" (1994) Charlie Sheen	Gold Trails	Magic Bus	Sesame Street (EI)		Discover	American Justice	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears		Regis and Kelly	Da Vinci	Fam. Feud	Pooh	Maury	News City	Magnum, P.I.
10 AM :30	Movie: "Terminal Velocity" (1994) Charlie Sheen	The Price Is Right	Arthur	Barney	Tennis: Wimbledon - Men's Quarterfinals (Same-day Tape)	The Price Is Right	Cold Case Files	The View	World Vision	Room	Rupert	Motoring	The View	China's Wall of Doom	Starting Over	JoJo	Jerry Springer	Movie: "Snowbound: Jim and Jennifer Stolpa"	News
11 AM :30	Movie: "Terminal Velocity" (1994) Charlie Sheen	Judge	Westland	Mr Rogers	Quartermasters (Same-day Tape)	Young and the Restless	Biography: Reeve	Paid Prog.	The Insider	News (Live)	George S.	Pregame	eTalk	First Canadians	Montel Williams	Stanley	Blind Date	Stolpa	Magnum, P.I.
12 PM :30	Movie: "Terminal Velocity" (1994) Charlie Sheen	News (Live)	Reach-Top	Charlie Rose (N)		News	Look, Up in the Sky! Story of Superman	All My Children (N)	News (Live)	Days of our Lives (N)	SpongeBob	World Cup Soccer: Semifinal -	Daily	Bold & B.	Perry Mason	Recess	Maury	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear	Mutant X	Home Biz	Simply	Days of our Lives (N)	As the World Turns (N)	Superman	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears	Teams	Vicki G.	Dirty Jobs	Matlock	Lloyd	Jerry Springer	Relic Hunter	Cosby
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Guiding Light (N)	City Confidential	General Hospital (N)	Passions (N)	Passions (N)	Mona	World Cup Soccer: Semifinal -	General Hospital (N)	Monster Garage	Love Lucy	Lilo Stich	Eye Eye	Ellen	Moesha
3 PM :30	Seinfeld	Fear Factor	Bear	Arthur (EI)	Judge	Dr. Phil	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Teams	Dr. Phil	How-Made	Montel Williams	Weekend	What I Like	News	Home Imp.
4 PM :30	Raymond	In a Common Cause	Dora	Cyberchas	Judge J.	Oprah Winfrey	Cold Case Files	Millionaire	Oprah Winfrey	News	Tn-Titans	Sports	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Friends	Funnest Home Videos
5 PM :30	Raymond	News (Live)	George S.	BBC World	News	News	Dog	News	News	News (Live)	OddParent	MLB Baseball: Toronto Blue Jays at Texas Rangers (Live)	News	Blackbear d "Part 1"	Malcolm	K. Possible	Fresh Pr.	Canada-Model	Becker
6 PM :30	Payne	Stargate SG-1	Mechanics	News-Lehrer	News	News	Inked (N)	News	News	Calgary Stampede (N)	Being Ian	Blue Jays at Texas Rangers (Live)	News	Blackbear d "Part 2"	'70s Show	So Little	My Wife	Movie: "Mystery Men" (1999)	Home Imp.
7 PM :30	Sex & City	Mysterles	Undersea	Niagara Falls (N)	Jeopardy!	Friends	Angel	Entertain	Entertain	ET Canada	Adrenalin	Blue Jays at Texas Rangers (Live)	eTalk	MythBusters	Simpsons	So Raven	Raymond	Hank Azaria. Premiere.	WGN News at Nine
8 PM :30	Friends	Teachers	Planet Earth	Sammy Davis Jr.	Rock Star: Supernova (N)	Rock Star: Supernova (N)	Angel	George	Rock Star: Supernova (N)	Rock Star: Supernova (N)	SpongeBob	SportsCenter (Live)	Daily Planet	So You Think You Can Dance Top 14 (N)	So You Think You Can Dance	8 Rules	Blue Coll	News	Sex & City
9 PM :30	Movie: "Passenger 57" (1992) (PA)	Reba	Subdivide and Conquer	American Masters (Part 2 of 2)	America's Got Talent	CSI: Miami	Dog	Lost "Collision"	Jane Show	Jane Show	15/Love	World Cup Soccer: Semifinal -	Can. Idol	MythBusters	Radio Free	One Tree Hill	Jimmy Kimmel Live	Funnest Home Videos	
10 PM :30	Movie: "Passenger 57" (1992) (PA)	Stargate SG-1	Ministers		Law & Order	"Nothing to Lose"	Inked	Lost "What Kate Did"	Without a Trace	News (Live)	Bob	Teams	America's Got Talent	Blackbear d "Part 1"	News	Popular "Fag"	KTLA Prime News	Sex & City	Da Vinci's Inquest
11 PM :30	Movie: "Lock Up" (PA)	News	Scattering	Charlie Rose (N)	News	News	Angel	News	News	Entertain	Madison	SportsCenter (Live)	News	Blackbear d "Part 2"	Sex & City	8 Rules	Friends	Measures	Elimidate

Similkameen News Leader

Community Calendar

JULY

- 9 - Senior Mens Tournament, Princeton Golf Club
- 15 - Elenor Hicks Senior Ladies, Princeton Golf Club

AUGUST

- 5, 6 - Tulameen Family Fun Days
- 5 - 50th Anniversary of Incorporation, Keremeos
- 6 - Kars Under the K - Keremeos
- 12, 13 - Mens Open - Princeton Golf Club

SEPTEMBER

- 2, 3, 4 - Slo-Pitch Tournament, Hedley
- 4 - Labour Day
- 9, 10 - Princeton Fall Fair, Princeton Fairgrounds
- 16 - Similkameen Sizzle, Keremeos
- 17 - Terry Fox Run, Keremeos/Hedley/Princeton
- 18 - George & Brenda's Anniversary

OCTOBER

- 9 - Thanksgiving Day
- 14 - Logan's Run, Apex
- 21 - 11th annual Taste of Our Valley, Victory Hall, Keremeos

NOVEMBER

- 11 - Remembrance Day

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

Regular Meetings

- * Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- * Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- * Princeton Writers Group meets every second and fourth Thursday 7pm at Riverside Wellness Centre
- * 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.
- * Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- * Princeton Area BEA meets the 2nd Wednesday of the month, 7:00 PM, Skills Centre.
- * Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- * U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- * U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church

thursday movies

MORNING

- 7:00 am WTBS (3) ★★½ "Heart Condition" (1990, Suspense) Bob Hoskins. A racist policeman receives the transplanted heart, and soul, of a black lawyer he doesn't like. [E]
- 10:00 am CITY (29) ★★½ "Mystery Men" (1999, Fantasy) Hank Azaria. Aspiring superheroes band together to defeat a villain when real superhero Captain Amazing disappears. [E]
- 11:30 am A&E (9) ★★½ "The River Wild" (1994, Suspense) Meryl Streep. Murderous thieves force a former river guide to pilot them through a perilous stretch of water known as the Gauntlet. [E]

EVENING

- 7:30 pm WTBS (3) ★★ "Dickie Roberts: Former Child Star" (2003, Comedy) David Spade. Hoping to make a comeback, a man

stays with a suburban family to prepare for the lead role in a Rob Reiner film. [E]
 FAM (26) "Zenon: Girl of the 21st Century" (1999, Science Fiction) Kirsten Storms. A mischievous youngster who has spent her whole life in space has a lot of adjusting to do on Earth.
 9:40 pm WTBS (3) ★★½ "Orange County" (2002, Comedy) Colin Hanks. A high schooler tries to fix a mistake after his guidance counselor sends the wrong papers to Stanford University. [E]
 10:35 pm CITY (29) ★★½ "200 Cigarettes" (1999, Comedy) Ben Affleck. Hopelessly self-absorbed New Yorkers set out for fun and frolic on New Year's Eve, 1981. [E]
 11:25 pm WTBS (3) ★★½ "Heart Condition" (1990, Suspense) Bob Hoskins. A racist policeman receives the transplanted heart, and soul, of a black lawyer he doesn't like. [E]

friday movies

MORNING

- 7:00 am WTBS (3) ★★ "Dickie Roberts: Former Child Star" (2003, Comedy) David Spade. Hoping to make a comeback, a man stays with a suburban family to prepare for the lead role in a Rob Reiner film. [E]
- 10:00 am CITY (29) ★★½ "Cloak and Dagger" (1984, Adventure) Henry Thomas. An imaginary superspy helps a boy foil enemy agents plotting to smuggle top secrets. [E]

AFTERNOON

- 5:00 pm WGN (38) ★★ "Hero and the Terror" (1988, Suspense) Chuck Norris. A Los Angeles police officer launches an obsessive search for a serial killer preying on local women. (In Stereo)

EVENING

- 6:00 pm WTBS (3) ★★½ "Stuck on You" (2003, Comedy) Matt Damon. Premiere. Conjoined twins go to Hollywood and land a role on a television show starring Cher.
- CITY (29) "Cable Beach" (2004, Mystery) Chris Kramer. Buried secrets threaten to rise as a fisheries officer investigates a kayaker's murder in a Canadian coastal village. [E] (DVS)
- 7:30 pm FAM (26) ★★½ "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old

baseball prodigy tries to juggle the playoffs and a cooking contest in the same day.
 8:00 pm KNOW (5) "A Respectable Trade" (1998, Drama) (Part 1 of 2) Warren Clarke. A slave merchant deals with his deeply ambivalent wife, who is attracted to one of his captives.
 VTV (22) ★★ "Murder in the Hamptons" (2005, Docudrama) Poppy Montgomery. Amid a bitter split from his wife, multimillionaire Ted Ammon is found dead at his East Hampton estate. [E]
 8:10 pm WTBS (3) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two misfit security guards must stop arguing with each other long enough to nail a gang of murderous thieves. [E]
 9:00 pm FAM (26) ★★ "Wild Grizzly" (1999, Adventure) Daniel Baldwin. Premiere. A teenager from a wilderness community tries desperately to prevent local ranchers from destroying a bear.
 10:06 pm CITY (29) "Love Games" (2001, Adult) Flower. The model wife of a computer tycoon becomes a murder suspect when she completes a dare. [E]
 10:41 pm FAM (26) ★★ "Mr. Jones" (1993, Drama) Richard Gere. A doctor crosses the ethical line when she falls under the spell of a charming but mentally unbalanced patient.

Horoscopes

July 5 - 12, 2006

- Aries** - You have a lot of discussion re home and family, and a lot of talk with siblings and neighbours. Make sure you speak only the truth, especially with family members.
- Taurus** - You have a lot of activity around your home, and short trips for errands. Money situation is favourable, but don't overspend. Somebody on the job may not be telling the whole story.
- Gemini** - You feel great this week and next, but watch out for overdoing good times! You may feel ill from too much booze or sugar. Partner looks for change in relationship.
- Cancer** - Money picture changes now. You feel tension over joint property or shared resources. Speak gently. You could put foot in mouth too easily this week. Listen, look for deception.
- Leo** - Take some time to be alone and figure out what's going on in the back of your mind. Maybe it's time to set new goals, make some longterm plans. Don't deceive partner.
- Virgo** - There's a whole lot going on in your mind and you're not telling others. The problem is: you're frustrated with a situation. Career runs smoothly, but watch for surprise from partner, spouse, affecting work. Look for lessons life is teaching now.
- Libra** - You talk about permanent change in plans, or a sibling talks about change. Travel is in the picture, or possibly an educational opportunity. You need career skills training.
- Scorpio** - Focus is on money and career this week, but you may be thinking of travel. Sorry! No travel now! Career is too demanding. Youngster, lover, brings you a surprise. Enjoy.
- Sagittarius** - Partner is a source of joy this week. Home life is good. You may have to learn new skills this week, and you may to travel. Drive carefully. You feel spiritual change.
- Capricorn** - Focus is on partner, friends, spouse. Sibling may surprise you. Job goes smoothly, health is good. Look carefully at shared resources, make sure there are no errors or deceptions.
- Aquarius** - Partner, spouse may give you a bad time this week. Youngster will bring good news about finances. You receive information about job and/or health matters. Listen.
- Pisces** - All goes well with family, but you may have to deal with health issues related to inflammation, cuts, burns. Health may have impact on job. Youngsters make weekend pleasant.

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Similkameen News Leader

Recipe Corner (Recipe #122)

Chicken In Mustard Sauce

- 1 tablespoon Olive Lea Spread
- 4 single chicken breast fillets, skin removed
- 4-5 spring onions, trimmed and halved
- 2/3 cup mayonnaise
- 1 teaspoon chicken stock
- 1 teaspoon grated lemon rind
- 1 - 1 1/2 tablespoons wholegrain or dijon mustard
- Freshly ground black pepper to taste

Method

Heat Olive Lea Spread in a frying pan, add chicken breasts and saute for 3 - 4 minutes on each side until golden brown and cooked. Add spring onions during last 2 minutes of cooking time, stir occasionally. Remove pan from heat, place chicken onto serving plates and keep warm. Into the pan place mayonnaise, chicken stock, lemon rind and mustard to taste. Stir to combine, season with black pepper and spoon over top of cooked chicken breasts. Serve with salad or steamed mixed vegetables. Serves 4.

- News Canada

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

226A Bridge Street, Princeton

Don't Feed The Deer!

THIS REMINDER COMES FROM THE TOWN OF PRINCETON

THURSDAY, JULY 6, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM :30	Dawson's Creek (E)	News (E) Body	(Off Air)	Body Elec. Boohbah	News (E)	News	Movie: "The River Wild"	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	(5:00) Tennis: Wimbledon - Women's Semifinals (Live)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies	
7 AM :30	Movie: "Heart Condition" (1990) Bob Hoskins.	Life Today 100 Huntley Street (E)	BluesClues Dora	Clifford Arthur (E)	Today Matt Dillon; Emmy nominations; makeovers.	The Early Show (E)	(1994) Meryl Streep. City Confidential (E)	Good Morning America (E)			Boy (E) Jacob			Nigel Marvin	Libertys Charles	K. Possible Recess	KTLA Morning Show	CityLine (E)	Rockford Files	
8 AM :30	Saved-Bell Saved-Bell	Gold Trails Pioneers	Magic Bus Rolie Polie	Sesame Street (E)		Discover Discover	Amer. Justice: Medicine	Regis and Kelly	100 Huntley Street (E)	World Vision (N)	Care Bears Monster	Tennis: Wimbledon - Women's Semifinals (Live)	Regis and Kelly	Westminster Kennel Club Dog Show: "Closing Night" (N)	Fam. Feud Fam. Feud	Pooh PB&J Otter	Maury (E)	News (E) City	Magnum, P.I. (E)	
9 AM :30	Cosby Cosby	The Price Is Right (E)	Arthur (E) Jakera	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision (E)	Room Diva Dime	Rupert Monsters		The View (N) (E)	Starling Over (E)	JoJo's Circus Mermald	Jerry Springer (N) (E)	Movie: "Mystery Men" (1999, Fantasy) Hank	News (E)	News (E)	
10 AM :30	Harvey Steve H.	Judge Judge J.	Canada-History	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Sell House Movie: "The River Wild" (1994, Suspense) Meryl Streep. (E)	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	George S. Fly Rhino		eTalk (E) Balance-TV	Montel Williams (N)	Stanley King (E)	Blind Date Blind Date		Magnum, P.I. (E)	Magnum, P.I. (E)	
11 AM :30	Drew Drew	News (Live) (E)	For King and Empire	Charlie Rose (E)	Tennis: Wimbledon - Women's Semifinals. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England.	News Bold & B.	As the World Turns (N)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears George S.	PGA Golf: Cialis Western Open - First Round.	Vicki G. Vicki G.	Blackbear d "Part 1"	Love Lucy Love Lucy	Lloyd Whiskers	Jerry Springer (E)	Close-Up	Cosby	
12 PM :30	Yes, Dear Yes, Dear	Doc (E) (DVS)	Scattering Planet	Painting Needle Art		As the World Turns (N)	City Confidential (E)	General Hospital (N)	To Be Announced	Passions (E)	Mona Boy		General Hospital (N)	Ultimate Thrill Rides	Love Lucy Love Lucy	Lilo Stitch Proud	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha	
1 PM :30	Home Imp. Home Imp.	Body Myster Ink	Gaslight Dotto Tech	Reading Lions		Guiding Light (N) (E)	City Confidential (E)	General Hospital (N)	Passions (E)	Passions (E)	Mona Boy		General Hospital (N)	Ultimate Thrill Rides	Love Lucy Love Lucy	Lilo Stitch Proud	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha	
2 PM :30	Seinfeld Seinfeld	Fear Factor (E)	Bear BluesClues	Arthur (E) Fetch! With		Dr. Phil (E)	Amer. Justice: Medicine	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Battle		Off-Record Sports	How-Made How-Made	Montel Williams (E)	Weekend Lloyd	What I Like What I Like	News (E)	Home Imp. Home Imp.	
3 PM :30	Raymond MLB Baseball: Cincinnati Reds at Atlanta Braves. (Subject to Blackout)	Pretty Ladies Little Bear	Dora Cyberchase	Dragonfly		Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Tn-Titans SpongeBob		Pregame CFL Football: Hamilton Tiger-Cats at Montreal Alouettes. (Live)	The Tyra Banks Show	Little House Proud	Barbarian Proud	8 Rules 8 Rules	Friends Hollywood	Funnest Home Videos	
4 PM :30	News (Live) (E)	George S. Arthur (E)	BBC World Business	News (E) NBC News	News (E) CBS News	The First 48 (E)	News (E) ABC News	News (E) Global	News (E) Global	News (Live) (E)	OddParent SpongeBob		Football: Hamilton Tiger-Cats at Montreal Alouettes. (Live)	News (E)	Deadliest Catch (E)	70s Show 70s Show	So Little Darcy	My Wife Friends	Supernatural "Asylum"	Shocking Behavior
5 PM :30	Stargate SG-1	Beaker Edge	News-Lehrer	News (E) Raymond	News (E) Hollywood	The First 48 (N) (E)	News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Mystery			News (E)	Deadliest Catch (E)	70s Show 70s Show	So Little Darcy	My Wife Friends	Supernatural "Asylum"	Shocking Behavior	
6 PM :30	Distance	Profiles of Nature (E)	The Greatest Good	Jeopardy! Fortune	Friends King	Dallas SWAT (E)	Entertain The Insider	Entertain ET Canada	Windfall (N) (E)	Ghost Oracle			eTalk (E)	Mayday (E)	Simpsons	So Raven	Raymond	Smallville "Lockdown"	WGN News at Nine	
7 PM :30	Movie: "Dickie Roberts: Former Child Star" (E)	Big Brother 7: All-Stars	The First World War	New Tricks (E)	Name Earl The Office	Big Brother 7: All-Stars	Cold Case Files (E)	Master of Champions	Name Earl The Office	Big Brother 7: All-Stars	SpongeBob Being Ian		SportsCentre (Live) (E)	CSI: Miami	Daily Planet (E)	70s Show 70s Show	"Zenon: Girl of the 21st Century"	Smallville "Lockdown"	News (E) Star! Daily	Sex & City Becker
8 PM :30	Movie: "Orange County" (2002) Colin Hanks.	Mutant X "The Assault"	Oh Baby! "To Walk"	Soundstage "Garbage"	Windfall (N) (E)	CSI: Crime Scn	The First 48 (E)	Grey's Anatomy (E)	Windfall (N) (E)	News (Live) (E)	Bob Nancy D.		Golf: U.S. Senior Open - First Round.	CSI: Crime Scn	Mayday (E)	News Gerald	Popular "Coup" (E)	KTLA Prime News (E)	Sex & City Movie: "200 Cigarettes" (1999) (E)	Da Vinci's Inquest (E)
9 PM :30	News (E) "HeartCnd"	News (E) Body	Perspectives (E)	Charlie Rose (N) (E)	News (E) Wimbledon	News (E) Late Show	Dallas SWAT (E)	News (E) Nightline	News (Live) (E)	Entertain ET Canada	Madison Hollywood		SportsCentre (Live) (E)	News (E)	Building the Biggest	Sex & City Will-Grace	8 Rules Radio Free	Sex & City Friends	Ellimdate Paid Prog.	

FRIDAY, JULY 7, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek (E)	News (E) Body	(Off Air)	Body Elec. Teletubbs	News (E)	News	Thrd Watch (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona	(5:00) Tennis: Wimbledon - Men's Semifinals (Live)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies
7 AM :30	Movie: "Dickie Roberts: Former Child Star" (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Clifford Arthur (E)	Today Pink; etiquette; ice cream; family summer camps.	The Early Show (E)	Thrd Watch (E)	Good Morning America (E)			Boy (E) Jacob			Beastly Countdown	Libertys Charles	K. Possible Recess	KTLA Morning Show	CityLine (E)	Rockford Files
8 AM :30	Saved-Bell Saved-Bell	Gold Trails Pioneers	Magic Bus Rolie Polie	Sesame Street (E)		Discover Discover	American Justice	Regis and Kelly	100 Huntley Street (E)	World Vision (N)	Care Bears Monster	Tennis: Wimbledon - Men's Semifinals (Live)	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Pooh PB&J Otter	Maury (E)	News (E) City	Magnum, P.I. (E)
9 AM :30	Cosby Cosby	The Price Is Right (E)	Arthur (E) Babar	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	Amer. Justice	The View (N) (E)	World Vision (E)	House Diva Dime	Rupert Monsters		The View (N) (E)	Survivorman (E)	Starting Over (E)	JoJo Mickey	Jerry Springer (N) (E)	Movie: "Cloak and Dagger" (1984) (E)	News (E)
10 AM :30	Harvey Steve H.	Judge Judge J.	Sew Fun Thimbles	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Thrd Watch (E)	Paid Prog. Paid Prog.	The Insider House	News (Live) (E)	George S. Fly Rhino		eTalk (E) Balance	Monster House (E)	Montel Williams (N)	Stanley King (E)	Blind Date Blind Date		Magnum, P.I. (E)
11 AM :30	Drew Drew	News (Live) (E)	Dotto Tech SportFish	Charlie Rose (E)	Tennis: Wimbledon - Men's Semifinals. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England.	News Bold & B.	As the World Turns (N)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears George S.	PGA Golf: Cialis Western Open - Second Round.	Vicki G. Vicki G.	Building the Biggest	Love Lucy Love Lucy	Lloyd Whiskers	Jerry Springer (E)	Relic Hunter (E)	Cosby
12 PM :30	Yes, Dear Yes, Dear	Crimes of Compassion	Router Planet	Scheewe Scrapbook		As the World Turns (N)	Thrd Watch (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears George S.	PGA Golf: Cialis Western Open - Second Round.	Vicki G. Vicki G.	Mayday (E)	Love Lucy Love Lucy	Lilo Stitch Proud	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
1 PM :30	Home Imp. Home Imp.	Body Myster Ink	Gaslight Edge	Reading Lions		Guiding Light (N) (E)	City Confidential (E)	General Hospital (N)	Passions (E)	Passions (E)	Mona Boy		General Hospital (N)	Deadliest Catch (E)	Love Lucy Love Lucy	Lilo Stitch Proud	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
2 PM :30	Seinfeld Seinfeld	Legends Myster Ink	Bear BluesClues	Arthur (E) Fetch! With		Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Flamingo		Off-Record Sports	How-Made How-Made	Montel Williams (E)	Weekend Lloyd	What I Like What I Like	News (E)	Home Imp. Home Imp.
3 PM :30	Raymond Raymond	Days of our Lives (N)	Dora Little Bear	Cyberchase Dragonfly		Oprah Winfrey (E)	Amer. Justice	Millionaire Millionaire	Oprah Winfrey (E)	News (E) Global	Tn-Titans Avatar		Boxing: Friday Night Fights. (Taped)	The Tyra Banks Show	Little House Proud	Barbarian Proud	8 Rules 8 Rules	Friends Hollywood	Funnest Home Videos
4 PM :30	Friends Friends	News (Live) (E)	George S. Arthur (E)	BBC World Business	News (E) NBC News	News (E) CBS News	Blo.: Williams	News (E) ABC News	News (E) Global	News (Live) (E)	OddParent SpongeBob		Pregame	Blueprint for Disaster	Malcolm King of Hill	K. Possible Suite Life	Fresh Pr. My Wife	The Collector	Movie: "Hero and the Terror" (1988, Suspense)
5 PM :30	Movie: "Stuck on You" (2003)	Stargate SG-1	Skoold! Reach-Top	News-Lehrer	News (E) Raymond	News (E) Hollywood	Biography: Chris Farley	News (E) News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Mystery		CFL Football: B.C. Lions at Edmonton Eskimos.	News (E)	Unsolved History (E)	70s Show 70s Show	Zoey 101 Life Derek	My Wife Friends	Movie: "Cable Beach" (2004)
6 PM :30	Matt Damon.	2nd Chnce Jeopardy!	Animals-Front	Wash Wk McLaughlin	Jeopardy! Fortune	Friends King	American Justice	Entertain The Insider	Entertain ET Canada	Zoe Busiek: Wild Card	Prank Ptrl Zixx		Edmonton Eskimos.	eTalk (E)	A Haunting (N)	Simpsons Frasler	School "Eddie's Million Dollar Cook-Off"	Raymond What I Like	Chris Kramer.
7 PM :30	(6:10) Movie: "National Security" (2003) (PA)	NCIS "Untouchable"	Movie: "A Respectable Trade" (1993, Drama)	Carly Simon: Moonlight	Las Vegas (E)	The Unit "Security"	Blo.: Williams	Funnest Home Videos	Zoe Busiek: Wild Card	Las Vegas (E)	Las Vegas (E)		(Subject to Blackout) (Live)	Movie: "Murder in the Hamptons" (2005) (E)	Daily Planet (E)	24 (PA) (E)	Movie: "Wild Grizzly" (1999)	Reba (E) Living-Fran	Jimmy Kimmel Live
8 PM :30	Family Guy Futurama	20/20 (E)	Missing Postman	My Family Monty Python	Law & Order "Red Ball"	NUMB3RS "Protest"	Biography: Chris Farley	20/20 (E)	NUMB3RS "Protest"	News (Live) (E)	Alchemist Zixx: Level		Law & Order (E)	A Haunting	News Gerald	Sex & City Will-Grace	Sex & City Friends	Movie: "Love Games" (2001, Adult)	Da Vinci's Inquest (E)
9 PM :30	Oblongs Mison Hill	News (E) J.R. Digs	No Price Too High	MontyPyth	News (E) Wimbledon	News (E) Late Show	American Justice	News (E) Nightline	News (Live) (E)	Canadian Poker	Monster Oracle		SportsCentre (Live) (E)	News (E)	Ultimate Thrill Rides	Sex & City Will-Grace	Sex & City Friends	Ellimdate Flower. (E)	

saturday movies

MORNING

7:10 am WTBS (3) ***"Swingers" (1996, Comedy) Jon Favreau. Would-be suitans of coolness help a socially inept friend find romance as they strut through Hollywood and Las Vegas. (E)

9:20 am WTBS (3) ***"Set It Off" (1996, Action) (PA) Jada Pinkett. Desperation drives four inner-city women to bank robbery in Los Angeles, then they start mistrusting one another. (E)

AFTERNOON

12:00 pm WTBS (3) ***"National Security" (2003, Comedy) (PA) Martin Lawrence. Two misfit security guards must stop arguing with each other long enough to nail a gang of murderous thieves. (E)

FAM (26) ***"Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation. CITY (29) ***"Bring It On Again" (2004, Comedy) Anne Judson-Yager.

Two college cheerleaders form their own squad and prepare to compete against the varsity team. (E)

WGN (38) ***"Footloose" (1984, Drama) Kevin Bacon. A big-city teen rallies his new small-town friends against a minister opposing their right to dance. (In Stereo) (E)

1:30 pm FAM (26) ***"Air Bud: Seventh Inning Fetch" (2002, Comedy) Kevin Zegers. The golden retriever joins a middle-school baseball team and searches for his missing offspring.

2:00 pm WTBS (3) ***"Stuck on You" (2003, Comedy) Matt Damon. Conjoined twins go to Hollywood and land a role on a television show starring Cher.

WGN (38) "This Old Cub" (2004, Documentary) Ron Santo. Ron Santo retains a positive attitude while living with diabetes and pursuing careers as a ballplayer and broadcaster. (In Stereo) (E)

4:00 pm YTV (18) "Zolar" (2004, Science Fiction) Jordan Hoffart. Three teenage athletes try to protect a powerful alien from evil extraterrestrials trying to steal its life force.

KTLA (27) ***"Jungle 2 Jungle" (1997, Comedy) Tim Allen. A tribal boy leaves the Venezuelan jungle for the first time to visit his father in New York City. (In Stereo) (E)

5:00 pm CITY (29) ***"The Blues Brothers" (1980, Musical Comedy) John Belushi. Joliet Jake and Elwood Blues, brothers on a mission from God, bomb around Chicago in an old police car, reuniting their hot band. (E)

EVENING

7:00 pm WTBS (3) ***"Son-in-Law" (1993, Comedy) Pauly Shore. A South Dakota farm family gets a taste of life in the surf lane when their daughter brings home a California friend. (E)

8:00 pm KXLY (10) ***"The Princess Diaries" (2001, Comedy) Julie Andrews. The queen of a small European country instructs her awkward American granddaughter in the ways of royalty. (In Stereo) (E)

9:00 pm WTBS (3) ***"In the Army Now" (1994, Comedy) Pauly Shore. Soon after joining the Reserves, two buddies are called to active duty in Africa. (E)

KNOW (5) "The Secret of Bay 5B" (1988, Mystery) John Thaw. Inspector Morse tackles the case of a car-park murder in which the only

clues are a diary and a parking ticket.

KREM (8) ***"Mission: Impossible 2" (2000, Action) Tom Cruise. IMF agent Ethan Hunt and his team try to stop a former agent from unleashing a deadly, engineered virus. (In Stereo) (E)

FAM (26) ***"Up Close & Personal" (1996, Romance) Robert Redford. Premiere. Romance and stardom result for a pretty young reporter when her boss takes her under his wing.

CITY (29) ***"A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million.

9:30 pm WGN (38) ***"Meet Wally Sparks" (1997, Comedy) Rodney Dangerfield. As the threat of cancellation looms, a TV talk show host pulls an outrageous stunt in an attempt to boost his ratings. (In Stereo) (E)

11:00 pm WTBS (3) ***"Fast Times at Ridgemont High" (1982, Comedy) Sean Penn. Students in a Southern California town divide their time between high school and the neighborhood shopping mall. (E)

11:10 pm FAM (26) ***"Life With Mikey" (1993, Comedy) Michael J. Fox. The irresponsible head of a talent agency gains a new perspective

when fate pairs him with a streetwise 10-year-old.

11:30 pm WGN (38) ***"Men With Brooms" (2002, Comedy) Paul Gross. Four former curlers pick up their brooms once again to fulfill their late coach's wish for a last shot at glory. (In Stereo) (E)

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

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

sunday movies

MORNING

6:00 am WTBS (3) ***"Encino Man" (1992, Comedy) Sean Astin. Two Encino Valley teens unearth, defrost and befriend a lovable cave-man in suburban California. (E)

8:00 am WTBS (3) ***"In the Army Now" (1994, Comedy) Pauly Shore. Soon after joining the Reserves, two buddies are called to active duty in Africa. (E)

11:00 am CITY (29) ***"The Paper" (1994, Drama) Michael Keaton. Two New York tabloid editors come to blows over a front-page story that may be true for only a day. (E)

AFTERNOON

12:00 pm FAM (26) ***"Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook.

1:00 pm WTBS (3) ***"Son-in-Law" (1993, Comedy) Pauly Shore. A South Dakota farm family gets a taste of life in the surf lane when their daughter brings home a California

friend. (E)

KTLA (27) ***"Something Wild" (1986, Comedy) Jeff Daniels. A meek Wall Street executive's life is changed forever when a mysterious woman leads him into an outrageous adventure.

3:00 pm WTBS (3) ***"Road Trip" (2000, Comedy) Tom Green. Four college buddies take time out to party as they travel from New York to Texas to retrieve an incriminating video. (E)

KTLA (27) ***"An Officer and a Gentleman" (1982, Drama) Richard Gere. A hardened loner shapes up for a military drill instructor and a factory girl from town. (E)

4:00 pm YTV (18) "Zolar" (2004, Science Fiction) Jordan Hoffart. Three teenage athletes try to protect a powerful alien from evil extraterrestrials trying to steal its life force. (In Stereo) (E)

5:00 pm WTBS (3) "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrinck. Premiere. A lewd teen causes mischief when he must attend a camp for musicians. (E)

EVENING

6:00 pm YTV (18) ***"Dennis the Menace" (1993, Comedy) Walter Matthau. The comic-strip moppet plays pranks on Mr. Wilson, the crotchety fellow who lives next door. (In Stereo) (E)

CITY (29) "Saving Milly" (2005, Docudrama) Madeleine Stowe. Journalist Morton Kondracke becomes a devoted caretaker to his wife after she is diagnosed with Parkinson's disease. (In Stereo) (E)

7:00 pm WTBS (3) "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrinck. A lewd teen causes mischief when he must attend a camp for musicians. (E)

9:00 pm WTBS (3) "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrinck. A lewd teen causes mischief when he must attend a camp for musicians. (E)

KREM (8) "Saving Milly" (2005, Docudrama) Madeleine Stowe. Journalist Morton Kondracke becomes a devoted caretaker to his wife after she is diagnosed with Parkinson's disease. (In Stereo) (E)

FAM (26) ***"Postcards From the Edge" (1990, Comedy-Drama) Meryl Streep. A drug-detoxed Hollywood actress moves in with her boozing actress mother.

Maude" (1984, Comedy) Dudley Moore. A married TV personality falls in love with a concert musician and decides that two wives are better than one.

11:00 pm WTBS (3) ***"Road Trip" (2000, Comedy) Tom Green. Four college buddies take time out to party as they travel from New York to Texas to retrieve an incriminating video. (E)

CITY (29) ***"A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million.

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SATURDAY, JULY 8, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Stories	News	(Off Air)	Globe Trekker	Tennis: Wimbledon - Women's	Saturday Early Show	Old House	Good Morning America	Tennis: Wimbledon - Women's	Tennis: Wimbledon - Women's	Monster	SportsCentre	OWL/TV Kingdom	Ultimate Thrill Rides	Paid Prog. Fishing	Spider-Man	Paid Prog. Rangers	Indo	Paid Prog. Dharti
7 AM	Movie: "Swingers" (1996) Jon Favreau, Vince Vaughn.	Body	BluesClues	MotorWeek	Final. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	Go Diego	Ask This	Good Morning	Final. (Live)	Final. (Live)	Fleming	Fishing	Katie-Orbie	Unsolved History	DoReMi	Robot	Yu-Gi-Oh!	Eye on Asia	Paid Prog.
8 AM	(9:20) Movie: "Set It Off" (1996) Action (PA) Jada Pinkett.	Powerboat	Dora	Fly Tying	Backyard Dora	Biography: Chris Rock	Lilo Stitch	News (Live)	To Be Announced	Belgian Mystery	Gymnastics: Canadian	Good Morning Canada	A Haunting	Bratz	Suite Life	Johnny T	Polish Studio	Paid Prog.	
9 AM	Movie: "National Security" (2003) (PA)	Homes TV	Charlie	Workshop	Little Bill	Bio.: Williams	Proud	So Raven	Driving TV	Tn-Titans	Bowling: Men's Ten-Pin	Building the Biggest	Winx Club	So Raven	Xiaolin	Arts	Hap Days		
10 AM	Movie: "Stuck on You" (2003) Matt Damon.	Antique	Lilly	Ask This	Albertson's Challenge	Biography: Chris Farley	Suite Life	GetUpGrow	Sid's Cycle	Phantom	Obstacle	2006 Calgary Stampede Parade	Mayday	Ult. Muscle	Even	Pokémon	Home Imp.		
11 AM	PGA Golf: Cialis Western	Macphee	Coastal	Paid Prog.	Discover	Intervention "Alyson"	PGA Golf: Cialis Western	Sid's Cycle	Skatebrd	The X's	Road to Gold	Unsolved History	Animal At	School	Batman	Chum Chart	Soul Train		
12 PM	Movie: "National Security" (2003) (PA)	Open - Third Round.	Moving On	Lidias	Golf: U.S. Senior Open - Third Round. (Live)	Intervention "Corino"	Open - Third Round.	News (Live)	Direct Buy	Yu Gi Oh	Pregame	Pringle	A Haunting	Paid Prog. Baseball	Movie: "Tiger Cruise" (2004, Drama)	Libertys	Movie: "Bring It On Again" (2004, Comedy)	Movie: "Footloose" (1984) Kevin Bacon.	
1 PM	Movie: "Stuck on You" (2003) Matt Damon.	Powerboat	BluesClues	Real	Athlete	Discover	Wild Camps	NBA Acc	Just Shoot	Simpsons	Flamingo	Argonauts. (Live)	MTV Live	How-Made	Smart Guy	Smallville	News	Movie: "This Old Cub" (2004) Ron Santo.	
2 PM	Movie: "Stuck on You" (2003) Matt Damon.	Powerboat	BluesClues	Real	Athlete	Discover	Wild Camps	NBA Acc	Just Shoot	Simpsons	Flamingo	Argonauts. (Live)	MTV Live	How-Made	Smart Guy	Smallville	News	Movie: "This Old Cub" (2004) Ron Santo.	
3 PM	MLB Baseball: Cincinnati Reds at Atlanta Braves.	Marriage	Miss BG	Europe	Darcy	ER "What Life?"	City Confidential	Health	Simpsons	Global	Movie: "Zolar" (2004)	Sports World Cup Soccer: Third Place Match - Teams TBA.	MTV Live Hacked	They do It?	Star Trek: Enterprise	Suite Life	Movie: "Jungle 2 Jungle" (1997) Tim Allen.	MovieTV	MLB Baseball: Chicago Cubs at Milwaukee Brewers. (Live)
4 PM	(Subject to Blackout)	2nd Chnce	Reach-Top	Lawrence Welk Show	Raymond	Access Hollywood (N) King	Amer. Justice	Entertainment Tonight	To Be Announced	Final 24 (N)	Ghost Oracle	SportsCentre (Live)	W-FIVE	American Chopper	af2 Football: Amarillo Shock.	So Raven	Friends	Dan Aykroyd.	WGN News at Nine
5 PM	Movie: "Son-in-Law" (1993) Pauly Shore.	Caitlin	National Geographic	Time Goes My Family	CSI: Crime Scn	48 Hours Mystery	American Justice	Movie: "The Princess Diaries" (2001) Julie Andrews, Anne Hathaway.	Final 24	Big Brother 7: All-Stars	Oracle	Golf: U.S. Senior Open - Third Round. (Same-day Tape)	Law & Order "Ghosts"	Deadliest Catch	Dusters at Spokane	8 Rules	Friends	News	Sex & City
6 PM	Movie: "In the Army Now" (1994) Pauly Shore.	Mutant X (DVS)	Movie: "The Secret of Bay 5B" (1988, Mystery)	The Greatest Good	Law Order: "Ghosts"	Movie: "Mission: Impossible 2" (2000) Tom Cruise.	Cold Case Files	Diaries (2001) Julie Andrews, Anne Hathaway.	Blue Murder (DVS)	Doc (DVS)	Oracle	Senior Open - Third Round. (Same-day Tape)	Jeff Ltd.	Dirty Jobs	Cheaters	Movie: "Up Close & Personal" (1996) Premiere.	Cheaters	Movie: "A Simple Plan" (1998, Suspense) Bill Paxton, Billy Bob Thornton.	Home Imp.
7 PM	Movie: "Son-in-Law" (1993) Pauly Shore.	Caitlin	National Geographic	Time Goes My Family	CSI: Crime Scn	48 Hours Mystery	American Justice	Movie: "The Princess Diaries" (2001) Julie Andrews, Anne Hathaway.	Final 24	Big Brother 7: All-Stars	Oracle	Golf: U.S. Senior Open - Third Round. (Same-day Tape)	Jeff Ltd.	Dirty Jobs	Cheaters	Movie: "Up Close & Personal" (1996) Premiere.	Cheaters	Movie: "A Simple Plan" (1998, Suspense) Bill Paxton, Billy Bob Thornton.	Home Imp.
8 PM	Movie: "In the Army Now" (1994) Pauly Shore.	Mutant X (DVS)	Movie: "The Secret of Bay 5B" (1988, Mystery)	The Greatest Good	Law Order: "Ghosts"	Movie: "Mission: Impossible 2" (2000) Tom Cruise.	Cold Case Files	Diaries (2001) Julie Andrews, Anne Hathaway.	Blue Murder (DVS)	Doc (DVS)	Oracle	Senior Open - Third Round. (Same-day Tape)	Jeff Ltd.	Dirty Jobs	Cheaters	Movie: "Up Close & Personal" (1996) Premiere.	Cheaters	Movie: "A Simple Plan" (1998, Suspense) Bill Paxton, Billy Bob Thornton.	Home Imp.
9 PM	Movie: "Fast Times" (1999) Pauly Shore.	India: Giant	Mad TV	The Jewel in the Crown	Short List	Sat. Night	News	Amer. Justice	News	Driving TV	Madison	SportsCentre (Live)	News	Deadliest Catch	America's Most Wanted	(11:10) "Life With Mikey"	Will-Grace	Will-Grace	"Men"

SUNDAY, JULY 9, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Movie: "Encino Man" (1992) Sean Astin.	Body	(Off Air)	Berenstain Cliff Pup	Tennis: Wimbledon - Men's	Discover	Breakfast With the Arts	Good Morning America	Tennis: Wimbledon - Men's	Tennis: Wimbledon - Men's	Monster	SportsCentre	Acorn	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
7 AM	Movie: "In the Army Now" (1994) Pauly Shore.	In Touch	BluesClues	Bob Build	Final. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	CBS News Sunday Morning	Gottl	News	Final. (Live)	Final. (Live)	Jane	Reporters	Good Morning Canada	Blackbear d "Part 1"	Libertys	Robot	Amazing	Eye on Asia	Paid Prog.
8 AM	Movie: "In the Army Now" (1994) Pauly Shore.	Van Impe	George S.	Jakers	Tennis and Croquet Club in Wimbledon, England. (Live)	Nation	Inked	News (Live)	R. Schuller	OddParent	Fishing	Eagle	How-Made	Blackbear d "Part 2"	Fox News Sunday	Suite Life	Feed	Eye-Asia	Hillbillies
9 AM	Movie: "In the Army Now" (1994) Pauly Shore.	Listen Up	Charlie	Maya	Discover	Biography "Johnny Depp" Actor Johnny Depp.	PGA Golf	World Cup Soccer: Final - Teams TBA. From Berlin. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	SpongeBob	Boxing: Friday Night Fights. (Taped)	Eagle	High Seas Rescue	Alias "Second Double"	Boy World	Paid Prog.	Shook	Funnest Home Videos
10 AM	MLB Baseball: Cincinnati Reds at Atlanta Braves.	Homes	Lilly	CEO Exchange	Golf: U.S. Senior Open - Final Round. (Live)	Match Play Champions hip	PGA Golf: Cialis Western	World Cup Soccer: Final - Teams TBA. From Berlin. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Grown Up	Jane	World Cup Soccer: Final - Teams TBA. From Berlin. (Live)	Blackbear d "Part 1"	Just Shoot	School	Paid Prog.	Movie: "The Paper" (1994) Michael Keaton.	MLB Baseball: Chicago Cubs at Milwaukee Brewers. (Live)
11 AM	(Subject to Blackout)	GetUpGrow	Swap TV	Foreign	Golf: U.S. Senior Open - Final Round. (Live)	Cycling: Tour	Sell House	World Cup Soccer: Final - Teams TBA. From Berlin. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Jane	Belgian	TBA. From Berlin. (Live)	Blackbear d "Part 2"	Will-Grace	Movie: "Hook" (1991)	Sabrina's	World	MLB Baseball: Chicago Cubs at Milwaukee Brewers. (Live)
12 PM	Movie: "Son-in-Law" (1993) Pauly Shore.	Doc	Outta Town	NOW (N)	Golf: U.S. Senior Open - Final Round. (Live)	Match Play Champions hip	Sell House	World Cup Soccer: Final - Teams TBA. From Berlin. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Jane	Belgian	TBA. From Berlin. (Live)	Blackbear d "Part 2"	Will-Grace	Movie: "Hook" (1991)	Sabrina's	World	MLB Baseball: Chicago Cubs at Milwaukee Brewers. (Live)
1 PM	Movie: "Son-in-Law" (1993) Pauly Shore.	PGA Golf: Cialis Western	Reach-Top	Mapp & Lucia	Final Round. (Live)	Match Play Champions hip	Sell House	World Cup Soccer: Final - Teams TBA. From Berlin. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Jane	Belgian	TBA. From Berlin. (Live)	Blackbear d "Part 2"	Will-Grace	Movie: "Hook" (1991)	Sabrina's	World	MLB Baseball: Chicago Cubs at Milwaukee Brewers. (Live)
2 PM	Movie: "Son-in-Law" (1993) Pauly Shore.	PGA Golf: Cialis Western	Reach-Top	Mapp & Lucia	Final Round. (Live)	Match Play Champions hip	Sell House	World Cup Soccer: Final - Teams TBA. From Berlin. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Champ Car World Series Racing: Grand Prix of Toronto. (Live)	Jane	Belgian	TBA. From Berlin. (Live)	Blackbear d "Part 2"	Will-Grace	Movie: "Hook" (1991)	Sabrina's	World	MLB Baseball: Chicago Cubs at Milwaukee Brewers. (Live)
3 PM	Movie: "Road Trip" (2000) Tom Green.	Knockout	BluesClues	Bill Moyers on Faith	Paid Prog.	Discover	Sell House	This Week With George	Taste	'70s Show	Top 10	W-FIVE	MythBusters	Paid Prog.	Smart Guy	Movie: "An Officer and a Gentleman" (1982)	Chris	Funnest Home Videos	
4 PM	Movie: "Road Trip" (2000) Tom Green.	Knockout	BluesClues	Bill Moyers on Faith	Paid Prog.	Discover	Sell House	This Week With George	Taste	'70s Show	Top 10	W-FIVE	MythBusters	Paid Prog.	Smart Guy	Movie: "An Officer and a Gentleman" (1982)	Chris	Funnest Home Videos	
5 PM	Movie: "American Pie	News	George S.	Workshop	News	King	Flip This House	News	Simpsons	News	Jordan Hoffart.	World Cup Soccer: Final - Teams TBA. From Berlin. (Live)	Question Period	How-Made	Paid Prog.	Zoey 101	Williams.	(1986) Jeff Daniels.	HomeTeam "Dallas"
6 PM	Presents: Band Camp	Caitlin	Heartbeat	Monarch of the Glen	News	Fortune	Meth in the City (N)	News	News	Makeover: Home	Movie: "Dennis the Menace" (1993) Walter Matthau.	SportsCentre (Live)	Question Period	How-Made	Paid Prog.	Zoey 101	Williams.	(1986) Jeff Daniels.	HomeTeam "Dallas"
7 PM	Movie: "American Pie	Can Files	National Geographic	Nature (DVS)	Dateline NBC	60 Minutes	Intervention "John" (N)	Funnest Home Videos	Malcolm King of Hill	Malcolm King of Hill	Yvon	Golf: U.S. Senior Open - Final Round. (Same-day Tape)	Question Period	How-Made	Paid Prog.	Zoey 101	Williams.	(1986) Jeff Daniels.	HomeTeam "Dallas"
8 PM	Presents: Band Camp	Makeover: Home	The Royal	Mystery (N) (DVS)	Cold Case "Honor"	CSI: Miami	Makeover: Home	Funnest Home Videos	Malcolm King of Hill	Malcolm King of Hill	Yvon	Golf: U.S. Senior Open - Final Round. (Same-day Tape)	Question Period	How-Made	Paid Prog.	Zoey 101	Williams.	(1986) Jeff Daniels.	HomeTeam "Dallas"
9 PM	Movie: "American Pie	One Tree Hill (N)	The Jewel in the Crown	The Pacific War: They	Law Order: CI	Movie: "Saving Private Ryan" (2005) Madeleine Stowe.	Meth in the City	Grey's Anatomy	Crossing Jordan	News	Will-Grace	Madison	SportsCentre (Live)	Question Period	How-Made	Paid Prog.	Zoey 101	Williams.	(1986) Jeff Daniels.
10 PM	Presents: Band Camp	Stargate SG-1	Full Circle	American Newsroom	Crossing Jordan	News	Intervention "John"	News	News	Will-Grace	Madison	SportsCentre (Live)	Question Period	How-Made	Paid Prog.	Zoey 101	Williams.	(1986) Jeff Daniels.	
11 PM	Movie: "Road Trip" (2000) Tom Green.	News	Edge	MontyPyth	News	Backroads	Intervention "John"	News	News	Will-Grace	Madison	SportsCentre (Live)	Question Period	How-Made	Paid Prog.	Zoey 101	Williams.	(1986) Jeff Daniels.	

MONDAY, JULY 10, 2006

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

monday movies

MORNING

7:00 am WTBS (3) ★★"See Spot Run" (2001, Comedy) (PA) David Arquette. After an FBI dog takes a bite out of their boss, vengeful gangsters target the animal which lives with a goofy mailman. (E)

EVENING

9:00 pm WTBS (3) "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrink. A lewd teen causes mischief when he must attend a camp for musicians. (E)

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news leader puzzle page
puzzle maps of exploration

Draw a line on the map from (bracketed clue) solution to (bracketed clue) solution.



Leaving the city of Saigon and well stocked, the great fleet headed due south towards the Malay Peninsula and (melodious voice about a skin hole) City. The 62 ships were hard to keep together in the North east winds and heading too far east to counter this effect we sailed on to the city of (whitish-m-gun sound). The natural harbor contained many vessels, some unsavory characters looked like thieves or pirates. The Admiral put us on high alert for we would make a great prize. Moving on, north west now we paralleled a luscious coast with palm trees and sand beaches until we passed west of the little (one more man) islands, then north to the trading city of Chittagong. After several weeks of trading we headed south west through the Bay of Bengal cautious of the group of ships following on the horizon. We bypassed the (angry rash, no h) city. Carefully we sailed between the (shaped like a tear drop) island and the mainland, then around the Cape and north west along the coast of India to Calicut. Along this coast we traded for many months until our own goods were almost gone. Deciding to catch the prevailing winds preceding the Monsoon and full with treasure, we headed home for Nanking only to be attacked by the gathered Pirate Fleet off Sumatra. For several months we battled our way onward before capturing the pirate leader and taking him back to China for the Emperor's justice.



SOLUTION: You have just followed the first journey of the massive Chinese Trade Fleet under the command of Admiral Cheng Ho in the years 1405/7. CLUES: (melodious voice about a skin hole) = Singapore, (whitish-m-gun sound) = Palembang, (one more man) = Adaman, (angry rash no h) = Madras, (shaped like a tear drop) island = Sri Lanka.

Let's Play Princeton Trivia!

Question:

What passed through the Tulameen area in 1846?

Last Week:

The residue resulting from mining is called tailings. It is usually mixed with water to flow and piped to a location for storage.

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help wanted

Sandman Hotels, Inns and Suites are looking for relief management couples/teams to help manage our properties in the Inns Division. Please fax your resumes to (250) 314-0705 to the attention of Joey Cruz. Only candidates selected for interview will be contacted.

Jul 04-18 (6)

card of thanks

The Knights of Columbus would like to thank the following for donating door prizes to their Salmon BBQ held June 25th:

Chaps Restaurant - Belaire Restaurant - Princeton Outdoor Supply - Dairy Queen - Pharmasave - Mac's Auto Parts - Backroads Bike Shop - Overwaitea - BC Liquor Store - A&W - Husky - Santos Restaurant - Kevin Acres - Home Hardware - Valley First Credit Union - Billy's Restaurant - Katimavik - Rev. Gordon Walker - Ray Jarvis.

notices

To My Friends:

To all of you who were and are my friends, thank you for your concern for my health. I wish to say I'm sorry if anyone was hurt by my behaviour. I'm also truly sorry if I offended anyone by words or actions.

- Henry

help wanted

The Otter Valley Fish & Game Club is in need of a Caretaker for their Clubhouse in Tulameen. The position is available July 1st and requires a mature person who can take care of a number of chores in exchange for free rent. For more information contact Ron at (250) 295-7384 or Myra at (250) 295-7168.

for sale

1984 VW Westfalia in great condition. \$6,500.00 FIRM. (250) 295-0162.

Jun 27-Jul 11

in memoriam

in memoriam

for sale

IN MEMORY OF

George Fortune "Scotty" Elliott

May 2, 1900 - June 29, 1990

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Including: Audrey (Kelowna), George & Brenda (Princeton), Bruce & Wendi (Guelph).

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PARTS. 1978 Ford Bronco 4x4. Straight axel, all run. Gear - no motor. (250) 295-0039. Jun 27 - Jul 11

1991 Ranger XLT 4x4, canopy, power windows and doors. Good shape. \$2,500 OBO. (250) 295-3099 or leave a message. Jul 04-18

Vanguard Camper. Very clean, air conditioned. Sleeps 6. (250) 295-6041. Jul 04

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personal

Single male, late 70s, looking for female companion N/S aged 68-78 for lasting relationship. Send reply to RR1, Site 30, Comp. 7, Keremeos, BC V0X 1N0. Jun 20-Jul 04

garage sale

MULTI-FAMILY GARAGE SALE

Saturday, July 8th
9:00 AM - 12 Noon
Grove Street
(Mine Subdivision)

moving sale

MOVING SALE
Everything Must Go...
Cheap, Cheap, Cheap!
Saturday, July 8th
8:30 AM - ???
1088 Highway 5A North at 7 Mile

notices

notices

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Princeton Pharmasave and Chamber of Commerce

From the Author of:
"Blakeburn - B. C.'s Forgotten Ghost Town"

WAREHOUSEMAN'S LIEN ACT

Attention: Jacqui Parry
#53 Pines Trailer Park
Princeton, BC
VOX 1W0

The contents of Unit #69 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to One Hundred and Fifty-Six Dollars and Eighty Cents (\$156.80). If you have not paid this outstanding account by Thursday, July 13th, 2006, the contents will be sold by auction on Sunday, July 16th, 2006 to cover storage costs.

Attention: David Costa
Box 1334
Princeton, BC
VOX 1W0

The contents of Unit #11 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Two Hundred and Eighteen Dollars and Thirty Cents (\$218.30). If you have not paid this outstanding account by Thursday, July 14th, 2006 the contents will be sold by auction on Sunday, July 16th, 2006 to cover storage costs.

yard sale

YARD SALE
Saturday, July 8th
10:00 AM - 3:00 PM
Ridgewood Lodge Parking Lot
Proceeds to benefit
Weekend to End Breast Cancer
June 27-Jul 04

moving sale

HUGE MOVING SALE
Wednesday, June 28th
to Tuesday, July 4th
9:00 AM - 5:00 PM
2580 Osprey Lake Road
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Jun 13-27

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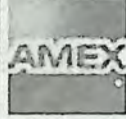
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for rent

Silver Crest Housing

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

Contact: Alice Cook
(250) 295-6136

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

Similkameen News Leader

There Are No Chains On Us!



PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS AND RANGE



INVITATION TO TENDER BC Timber Sales - Cascades Field Unit Residue and Waste Surveys

Sealed tenders for the following BC Timber Sales Contract, WRTKA07TEF019, Residue and Waste Surveys in the Cascades, Kamloops and Clearwater Forest Districts, will be received by the BC Timber Sales Manager, Ministry of Forests, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5.

Deadline for tender receipt is 2:00 PM, local time, July 14, 2006, opened in public at that time. Faxcom tenders will not be accepted.

SITES: Selected BCTS cut blocks in the Cascades, Kamloops and Clearwater Forest Districts.

WORK: The work consists of Residue and Waste Surveys as per the Provincial Logging Residue and Waste Measurement Procedures Manual and must be conducted by qualified surveyors. The work also includes submission of survey data into the MoFR online WASTE system.

CONTRACT: This is a One year Contract term with a two year Option To Renew provision.

ELIGIBILITY TO BID

- 1) Not had a contract cancelled;
- 2) Be prepared to follow all requirements of the BCTS Environmental Management System;
- 3) Each Crew engaged in the execution of the Work must include, at all times, at least one licensed residue and waste surveyor with an updated grading ticket and/or a qualified Registered Professional Forester or Registered Forest Technologist with sufficient competence in Residue and Waste measurement procedures;
- 4) Must have completed a similar size residue and waste survey contract within the last two (2) years; and
- 5) Other requirements as per the Conditions of Tender and the Contract Documents.

INFORMATION MEETING: There are no BCTS viewings or information meetings planned. It is highly recommended that potential bidders read all tender documents carefully prior to submitting their bid.

Inquiries: All inquiries regarding the project shall be directed to Frank Heller, BC Timber Sales, Cascades Field Team at (250) 378-8467.

GENERAL:

- 1) The Tender is to be submitted in the envelope provided or in an envelope clearly marked "Residue and Waste Surveys in the Cascades, Kamloops and Clearwater Forest Districts WRTKA07TEF019."
- 2) Tenders must be submitted in accordance with the "Conditions of Tender" specified in the tender package.
- 3) Tender packages and the sample contract will be made available by visiting the BC Bid Internet Site: <http://www.bcbid.gov.bc.ca>.
- 4) Lowest or any offer will not necessarily be accepted.
- 5) The Ministry of Forests and Range reserves the right to reject all offers or limit the number of ministry contracts held by a contractor at any one time.
- 6) The ministry will reject all late tenders.
- 7) This solicitation is subject to Chapter 5 of the Agreement on Internal Trade

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Oct 25-tfn

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PROVINCE OF BRITISH COLUMBIA
 MINISTRY OF FORESTS



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

Sealed tenders for contract #ENTKA07TEF006 for the installation of one Ministry-supplied forestry-style single span 13.6m concrete slab bridge and repairs to other structures beyond will be received by BC Timber Sales, Kamloops Business Area, 1265 Dalhousie Drive, Kamloops, BC, V2C 5Z5.

Deadline for receipt of tenders in 11:00 AM, July 20, 2006.

Tenders will be opened in public at that time. Faxcom tenders will not be accepted. Tenders must be completed and submitted in accordance with the Conditions of Tender specified in the tender package and sealed in an envelope marked "Tender for Whipsaw-Garrison Bridge Installation."

No information meeting or formal viewing is scheduled but contractors are expected to visit the sites to familiarize themselves with the conditions. Rock and gravel sources are identified with signs. Work to be performed during the week of August 14th and all works completed by August 23, 2006.

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

SITE: The contract is for installation only of one bridge on an existing road within the Cascades Forest District, and bridge repairs on structures beyond as outlined in contract schedules.

SERVICES: The contractor will be responsible for (1) the co-ordination of delivery and unloading of the bridge from Ministry-supplied trucking contractor, (2) for selecting, loading and transporting the gravel, rock and fill required (possible sources have been identified) and (3) to collect repair items from Merritt. Rapid Span is supplying the bridge and substructure components.

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

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

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

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

MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. #30

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

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KEREMEOS ELK'S & ROYAL PURPLE

Every Friday
 Doors Open 5:30 PM
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SMOKE FREE BINGO

editor@thenewsleader.ca

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

my turn

Did you enjoy the weekend?

What a weekend, eh?

Crowds of people were attracted back to Princeton for a weekend of activities that started on Friday and ran through the Canada Day Holiday to Sunday.

The weather was great and there is no doubt everyone who came to town had a good time. There must be something about this place that brings people here year after year and we don't think it's just about gambling.

A total of three Grad Reunions were hosted over the weekend (10, 20 and 30 year - or so we were told), along with a successful Fastball Tournament, an Art Show, a free outdoor Concert on Vermilion Avenue, Street Dancing, an Art Show, the annual Mixed Golf Tournament, a Pancake Breakfast and Duck Race, a Parade, Canada Day Celebrations and Horse Races.

We counted 12 different activities hosted during the past weekend, which would not have been possible without a very important element...volunteers.

Our rough estimates show anywhere from between 200 and 300 volunteers were responsible for the activities from the initial planning stages months ago to their actual event date.

We know of no other 'small town' able to pull together in such a manner to showcase the many things our community has to offer as what happens on Racing Days Weekend.

We were sent a questionnaire the other day asking us what assets from our community should be promoted on the new Town of Princeton website.

We should have said the 'volunteer spirit' should be emphasized, but that really doesn't attract people to a community, or does it?

It's that very spirit that has helped define the character of Princeton and the surrounding area for the twenty years we've lived here and it probably was doing the same thing long before we got here.

We understand the 'volunteer spirit' is something you can't really package, label and sell on the street to visitors.

It's really something you have to feel.

And last weekend we sure felt it.

Way to go, Princeton!

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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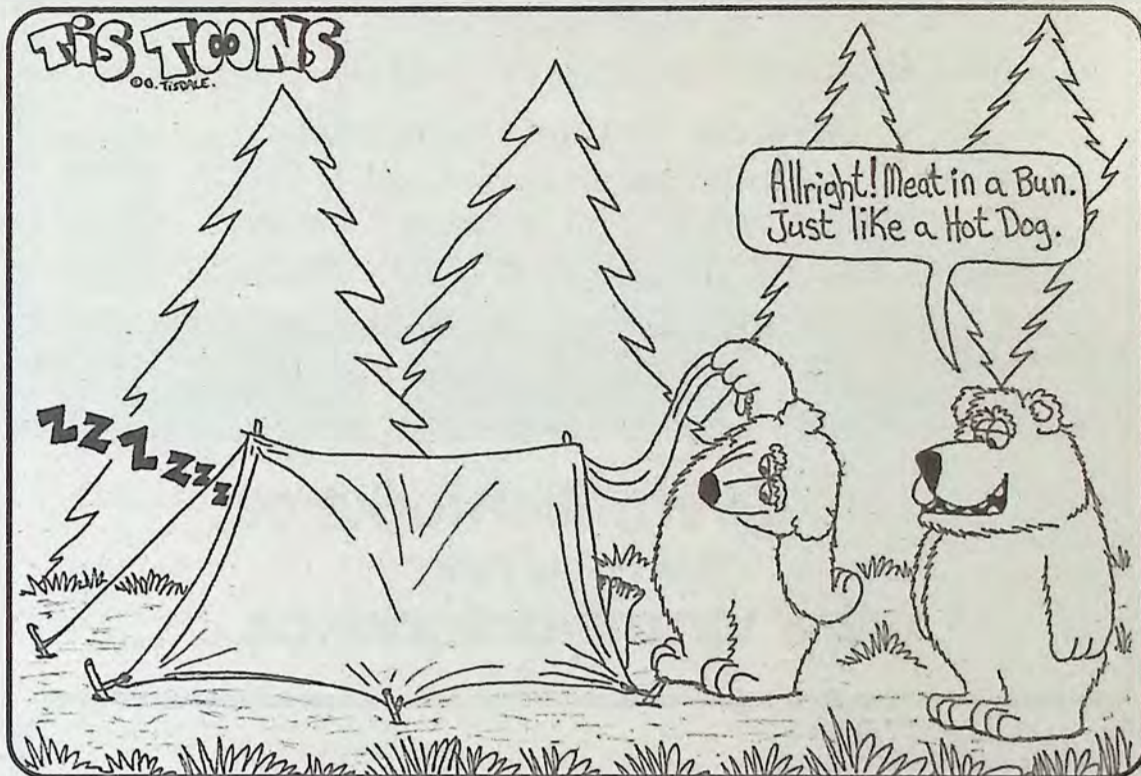
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Dawn Johnson



your turn

Man writes open letter to Council

Mayor and Council;
Subject: Main Street

Dear elected members of Council; Prior to retiring and moving to the Princeton area, I had many enjoyable moments over 30 years driving by or motorcycling through and stopping for refreshments, shopping etc. I also had the pleasure of stopping over at local motels including the Princeton Castle Resort. I found the area enchanting and the Town a beautiful place to enjoy.

The Main Street was anchored by the Cenotaph at one end and by the Hotel/Brown Bridge at the other. The facelifting executed by the municipality in the '90s added to the charm.

Since coming to the area, I have watched with grief the rapid deterioration of this street from the Brown Bridge end. Unless action is taken soon, this will spread on throughout the entire Town. I commend those who are fighting against this blemish by beautifying their properties and businesses but I am sure that businesses at that end of the street are suffering just from the "turn off" one gets from the remaining eyesores. These include the shutdown garage, the grocery store, the haberdashery, and of course, the burned out hulk of our historic hotel.

I urge Council to take action soon by advising the owners of these businesses or buildings to please provide a simple paint job to their buildings and abide by existing town by-laws. Perhaps a simple colour photograph of their buildings should be sent along for those

owners living out of town. It may shame them into action.

As for the hotel "mess" I strongly urge Council to take action immediately by insisting that a fence be erected immediately to hide it and prevent any potential accident from happening there. It may be that the owner is still waiting for a settlement from his insurance etc.

If it is in the hands of insurance, then a strong letter to this company together with accompanying

Letter To The Editor

Visitor likes 'The Dean'

To The Editor;

I would like to commend one of your local Real Estate people for what I have seen as providing excellent service.

I spent two days in the Princeton area earlier in June looking for a retirement property. I am originally from southern Ontario, although presently working in Nunavut, in the far north.

The agent that I dealt with was Dean Stinson.

Dean went "beyond the call of duty" in the time that he spent with me. Not only was he very knowl-

photos and threat of liability should force them into action.

I have discussed this with some citizens and some businesses and I have found that after the initial shock of noticing the deterioration, we all tend to get complacent about it and go on to our daily chores. Are we seeing the beginning of a trend, to become a complacent eyesore?

Let's take some action before we create a self-fulfilling prophecy.

John Akerley

edgeable about the community, he went out of his way to try to help me to locate a property that would fit my needs. In the process, we had interesting conversations in the political realm.

I should comment that I am a strong NDP supporter and he obviously is not.

Despite these differences, Dean Stinson was a consummate professional and I wish to thank him for the time and energy that he put forward for me.

Richard Harrington
Kugluktuk, Nunavut

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Current Comment:

So you think you're a husband?



Dawn Johnson
editor@thenewsleader.ca

"I now pronounce you husband and wife."

Those are the words uniting a man and a woman in marriage. Those words are the cornerstone of the wedding.

I recalled the woman who complained to me about there being at least 50 books for women on how to establish a good relationship with a man, but she could not find one book for men about establishing a good relationship with a woman.

I remember receiving lots of advice on how to be a good wife. Nearly every magazine had an article. I do not recall one article ever telling men how to be good husbands.

Do men know what it is to be a good husband? Do they understand the meaning of the word "husband"?

This word, "husband" is an ancient word. The original meaning had nothing much to do with marriage. To husband, in ancient times, meant to take good care of one's personal financial affairs, hopefully to avoid debt and to prosper.

Later in history, the word "husband" meant to farm, to cultivate plants.

Finally, the word was applied to the married man. The woman was wife, the man was husband.

The married man was meant to preserve the relationship, to preserve the woman, to take care of finances, to preserve the family.

The origins of the word "husband" derive from the cultivation of plants as well as looking after one's resources. Any good gardener will tell you the amount of care it takes to properly look after plants. The gardener is always on the job, always doing whatever is necessary to preserve the plants.

Men, if you think you're a good husband, then you should consider how much time you put into caring for your wife. Think of yourself as the gardener, and your wife as the plant.

Are you going to let her die of thirst for a kind word or a word of praise? Are you doing all you can to keep her looking good and maintaining her health? What are you doing to enrich the soil in

which your relationship is grounded? Are you just piling up the manure and spreading it around when it suits you? Are you tilling the ground of your relationship? Are you protecting it from the cold (bad times) and sheltering it from storms?

Do you weed out the problems and faults (especially your own) and cultivate all the best aspects of your relationship?

"Husband" also means conserve, maintain, safeguard and sustain. The husband in the relationship is expected to do all of these things—to conserve resources, maintain the family economy and the relationship, safeguard the relationship as well as the family, and to make the marriage sustainable.

I ask you, how many men do this consciously, with full knowledge of what it means to be a husband?

Marketplace Ministry by Jim Caruso

Excuse me, but did you say go to Hell?

It was a Saturday morning and I was quite busy in the welding shop when a logging truck pulled up to the back door. In walked the driver. He was big somewhat like a black bear who was ready to hibernate, and he looked mean, kind of like a junkyard dog. He said, I need some work done on my truck trailer and I need it done today. I answered that we were kind of busy and wouldn't be able to do it for him today, and suggested that he go to another welding shop down the street. He said WHAT IF I TOLD YOU TO GO TO HELL? I looked at him and said, I wouldn't go and neither would you. The expression on his face would lead you to think that I had hit him in the side of the head with a 2 by 4. He didn't say anything, turned around and walked out to his truck, got in and drove away.

Think about it. Has anyone ever told you to go to Hell? Or maybe you have told someone to go to Hell. It is common in our language today to tell someone to go to Hell. The sad thing is that Hell is a real place. Jesus spoke of it many times and His whole purpose of His life and death was to provide a way so that no one has to go to Hell. I can almost hear the questions now, that is if you are still with me in this article, Why would a lovingly Heavenly Father create such an awful place? Good question. Listen. Hell is a place of torment, a place of separation from God. It is a place that was not prepared for people, but for Satan and his demons. Satan has been working hard to deceive people into believing that Hell is not that bad, or that Hell is just a place that we see in the horror movies, or that Hell is where we live right here and now.

When the trucker told me to go to Hell, he was angry. But had no idea, what he had said or what it means for someone to go to Hell. I remember before I became a Christian, I would tell people, that I wouldn't feel all that comfortable in Heaven, because I wouldn't know anyone there. I'd just go to Hell, shovel a bit of coal, and drink some beer and party with all my buddies. We get a different picture of Hell in the Bible. It is a place according to Matthew 25: 41-45, Then he said to those on His left Depart from Me, accursed ones, into the retinal fire which has been prepared for the devil and his angels....And these will go away into eternal punishment, but the righteous into eternal life, No beer, no parties, and no good times with your buddies.

At the Civic Center, in Prince George, six churches presented a drama for three days, that was all about Heaven and Hell. A wonderful performance by a cast of fifty or more people. The message was powerfully simple. Accept Jesus and repent of your sins or go to Hell. The scenarios depicted almost every situation in life and death. Drinking and partying teenagers, construction workers, people who belong to a church but are not born again Christians, people who accept Jesus just before they died, and others who committed suicide. Each scenario shows these people waking up at the gates of Heaven. If their name was written in the book of life, a result of accepting Jesus and his gift of salvation, they were ushered into Heaven, if not they were pulled screaming into Hell. Dramatic? Yes. Scary? You bet. Graphic? Probably not nearly as bad as some of the movies in the theatre, but graphic just the same. The message? If you accept Christ and his salvation, you need not go to Hell, But, if you do not choose eternal life, Hell is your destination and You have chosen wrongly.

PS As for feeling uncomfortable in Heaven because you won't know anyone, you will. You will know the people that are praying for you.

Pastor Jim Caruso
Oceanside Community Church
Parksville, BC

EDITOR'S NOTE: Watch this space each week for inspirational thoughts from former Princeton resident Jim Caruso. We hope you'll enjoy his column as much as we enjoy bringing it to you!

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

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Letter To The Editor**Reader slams trailer decision**

To The Editor;

In response to the front page News Leader article on June 27th, 2006, I found it deplorable that Mayor McLean and Councillor Jim Manion asked to have their negative votes recorded on the motion of a policy being put in place regarding any rezoning and redevelopment of Mobile Home Parks.

So those two voiced their opinion that the adoption of the newly drafted Policy would discourage any Investors and limit any future plans for the redevelopment to a Multi-level Housing Project putting many

people into a financial bind where they would be forced to move their modest homes or even lose them because of lack of Parks that will allow older or used Manufactured Homes is an unconscionable attitude.

The Policy being debated would provide for some meagre compensation to the Park Tenants with special consideration for owners whose homes can't be moved and consequently would have to be disposed of on site.

I thank God that there was a genuine concern for the Mobile Home

Owners by Councillors, Jarvis, Jones and Sadegur who approved the Policy that would be more beneficial and tangible than the guide lines offered in the Provincial Legislation of the Manufactured Home Owners Tenancy Act.

As the secretary for the Abbotsford, Chilliwack and Fraser Valley Manufactured Home Owners Association, prior to being forced to move our home to Princeton from a Park in Sardis 13 years ago, I documented many cases for Moe Sihota, the Minister for Consumers Affairs.

Having devoted over a year of my time and effort to have the Provincial Government draft a separate Tenancy Act for Manufactured Home Owners, I was aware that the Legislation would not benefit me, but I was very conscious of the suffering of the hundreds of M.H. Owners and did all that I possibly could do to alleviate their financial losses for the future.

We found from experience how difficult it was to get relocated. It cost us \$15,000.00 to move our 1,800 sq. ft. home and get it set up again. Being retired made it easier for us than for those who had jobs and children, etc.

Even after the new Tenancy Act came into force, many home owners were not compensated by the Park Owners or Developers and were unsuccessful in collecting after getting a judgement in their favour in the Small claims Court.

By sharing my views on this subject I pray that the Princeton Council will all be more sympathetic to the Manufactured Home Owners in the event that the new Princeton Council Policy has to be enforced.

- Kay Hardy, Princeton

School support staff reaches agreement

An agreement has been reached on a four-year contract for Nicola-Similkameen school district support staff, Finance Minister Carole Taylor announced last week.

The agreement covers more than 132 support workers represented by the Canadian Union of Public Employees, Local 847. These employees include teacher aides and administrative, maintenance and trades staff.

The CUPE members and School District 58 will vote on ratification over the next few weeks.

A total of 123 contracts have been reached under the new negotiating framework. The agreements to date encompass 255,000 people and account for 83 per cent of all public sector employees.

Updated bargaining information is available at www.negotiation-framework.com.

This summer could
be a scorcher.

Protect our Forests.

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

People cause about half of all forest fires, endangering lives, threatening property and affecting tourism. Help do your part to prevent forest fires.

Protect yourselves and our forests.

Campfire Safety

Runaway campfires are a leading cause of unwanted forest fires in B.C. costing millions of dollars to fight each year. Before you start a campfire, consider these tips:

- Ensure there are no campfire restrictions in place.
- Ensure having a campfire is, and will continue to be, safe.
- Take reasonable precautions to ensure the fire is contained.
- Be equipped with sufficient firefighting tools.
- Don't leave a fire unattended.
- Report the fire if it spreads beyond the burn area.
- Extinguish the fire before leaving the area.

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





Princeton Racing Days President John Bey, in white hat, presents the Similkameen Cup trophy to the Hawaiian Shirt Guys, owners of Proud Son winner of the 1 1/6 mile feature race June 30th.

Vermilion Forks issues awards

Vermilion Forks Elementary School hosted their annual Awards Day on June 29th at a ceremony in the school gym.

The Award recipients were as follows:

Service - Grade 4

Brooke Christianson, Destiny Earle, Jacinda Esselink, Kyle Fiddler, Magdalene Fritz, Quinton Kent, Daniel Kostiuk, Krystoffer Krenn, Logan Littlejohn, Cathy MacMurdo, Cameron McInroy, Jeannine McIntosh, Darren Morton, Quinn Murray, Layne Robillard, Cassidy Wilson, Charlie Allison, Shania Bertucci.

Service - Grade 5

Josh Coyne, Ally Myers, Paige Wren, Emily MacMurdo, Brianna Musgrove, Des Dunbar, Angela Marshall, Jolene Goodman, Colby Williams.

Service - Grade 6

Katie Lamoureux, Allana Michaud, Courtney Hassell, Felicia Northway, Taylor Robillard, Tyler Johnson, Dillon Mervyn.

Service - Grade 7

Daysen Allen, Kira Miller, Jordyn Senger, Keaton Ashley, Jessy Coers, Calli Martin, Natasha Adams, Sheree Richardson, Melissa Morosse, Alecia Dore, Devon White, Skylar Daponte, Taniel Bishop, Jonas Montgomery, Tahlia McIvor, Jade Wasylenchuk, Bobby Gibb, Kourtney McInroy, Milan Bertucci, Taylor Esselink, Taylor Kostiuk, Meagan Haayer, Rachel Halipchuk, Katelin Marshal, Franki Reichert, Kelly Buhler, Justin Milligan, Ian McKenzie, Cody Wharton

Student Council

Jacinda Esselink, Daniel Kostiuk, Keisha Miller, Shania Bertucci,

Randee Kassa, Austin Thibert, Angela Marshall, Graham Bibby, Shelby Wallin, Courtney Hassell, Katie Lamoureux, Colby Williams, Taylor Robillard, Felicia Northway, Rachel Halipchuk, Katelin Marshal, Jade Wasylenchuk, Taniel Bishop, Taylor Kostiuk, Jessica Dennis.

Artistic - Grade 4

Jacinda Esselink, Magdalene Fritz, Casey Herspiel, Makenzie Jack, Daniel Kostiuk, Cathy MacMurdo, Cassidy Wilson, Carmen Brodie, Brooke Christianson, Destiny Earle, Darren Morton, Justice Bishop, Greyson Antonick.

Artistic - Grade 5

Taylor Artis, Emily MacMurdo, Wyatt Crimmon, Keisha Miller, Brayden Giesbrecht, Des Dunbar, Colby Williams.

Artistic - Grade 6

Graham Bibby, Hannah Crawford, Mia Crawford, Brady Johnson, Dylan Lueke, Jordan Palumbo, Amanda Jackson.

Artistic - Grade 7

Kourtney McInroy, Rachel Halipchuk, Jessica Dennis, Kira Miller, Jessy Coers, Blake Christianson, Courtney Folk, Calli Martin, Melissa Morosse, Jordyn Senger, Brandon Artis, Sklyar Daponte, Alecia Dore.

Athletic - Grade 4

Jacinda Esselink, Lindsay MacLellan, Shania Bertucci, Brady Palumbo.

Athletic - Grade 5

Ally Myers, Josh Coyne, Wyatt Crimmon, Paige Wren, Drayden Larsen, Kirsten Haayer, Britt Wright, Rhett Ortwein, Angie Marshall, Colby Williams.

Athletic - Grade 6

Graham Bibby, Dylan Lueke, Hannah Crawford, Mia Crawford,

Kraig Leochko, Justin Powell, Amy Brewer, Morgan Reichert.

Athletic - Grade 7

Skylar Daponte, Jessy Coers, Daysen Allen, Keaton Ashley, Melissa Morosse, Rachel Halipchuk, Taylor Esselink, Taniel Bishop, Katelin Marshall, Justin Milligan, Ian McKenzie, Devon White.

T-Bird Spirit

Carmen Brodie, Brooke Christianson, Jacinda Esselink, Mags Fritz, Casey Herspiegel, Daniel Kostiuk, Kendra Krenn, Logan Littlejohn, Josh Coyne, Keisha Miller, Ally Myers, Paige Wren, Angela Marshall, Brianna Musgrove, Courtney Hassell, Shelby Wallin, Katie Lamoureux, Alida Kleyn, Felicia Northway, Taylor Robillard, Taniel Bishop, Skylar Daponte.

Band

Colton Calihoo, Sam Kastor, Jolene Goodman, Brandon Peaker, Ashla Barnes, Michael Dunn, Taylor Gibb, Ally Myers, Keisha Miller, Nathan Howarth, Desiree Dunbar, Fraser Esdale, Amanda Koebel, Tyler Johnson, Nathan Garton, Desiree Cosman, Tamara Capp, Ariel Edington-Taylor, Alecia Dore, Chrissy McAlpine, Kira Miller, Skylar Daponte, Bobby Gibb, Jessica Dennis.

Achievement

Jolene Goodman, Melissa Dennis, Ryan Hearty.

Honour Roll - Grade 4

Carmen Brodie, Jacinda Esselink, Casey Herspiegel, Makenzie Jack, Daniel Kostiuk, Kendra Krenn, Lindsay MacLellan, Cassidy Wilson, Kaysha Dovauo, Makalea Parker-Moldowan, Charlie Allison, Greyson Antonick, Shaniacontinued on Page 26

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Bonds are an excellent way to generate investment income. But in a changing interest rate environment, how can you ensure bond income remains steady and stable?

One of the best ways is to use a strategy known as "laddering." Bond laddering involves putting together a diversified portfolio of quality bond investments consisting of a variety of maturities. Because bonds of different maturities react differently to interest rate changes and other financial market conditions, a laddered portfolio can smooth out the income ups and downs you might otherwise face.

Bond laddering is always a good idea, but it's even more useful in times of uncertainty. Without a laddered portfolio you'll have to wrestle with the notion of adjusting your portfolio in response to rate changes. And the reality is, nobody knows for sure where rates are headed and when.

Your laddered portfolio should consist of short-term, long-term and intermediate-term bonds. Here are the key features of each:

SHORT-TERM BONDS These mature in less than five years. Their primary role is to help protect principal. Market values may not fluctuate as much as other bond maturities, although income levels are volatile.

LONG-TERM BONDS These have maturities of more than 15 years, "locking in" regular interest payments for a longer period of time. However, they are subject to greater price fluctuations than shorter-term investments.

INTERMEDIATE-TERM BONDS These have maturities of 5 to 15 years. They don't fluctuate in price as much as long term bonds, and provide better income stability than short-term investments.

The objective of laddering is to insulate your portfolio from rate fluctuations. If rates fall, income from most of the bonds in a portfolio is still locked in, so it remains relatively stable. If rates rise, short-term investments will do a better job of holding their value. And because bonds mature periodically, you'll have money to purchase new bonds at potentially higher rates.

Appropriate bond mixes depend on factors such as market conditions. In today's environment a suitable mix might be 25% to 35% of a bond portfolio in short-term investments and 30% to 40% in both intermediate and long-term bonds.

You can ladder other types of income investments, such as guaranteed investment certificates (GICs). In this case you would construct a portfolio consisting of a series of investments that mature at different times.

For example, let's say you have \$50,000. You would invest \$10,000 in one, two, three, four and five-year GICs. When the first GIC comes due in a year, you reinvest the proceeds in a five-year certificate, which would give you the highest available current interest rate. When the second comes due in two years, you invest in another five-year GIC and so on, until all your GICs are five-year terms. You will then have one five-year investment coming due every year.

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Susan Collins
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Aaron and Rikki-Lee Banks were married in Charlie Lake, BC on Saturday, May 13th. They were joined by 120 friends and family to help them celebrate their big day. Some traveled from as far as Quebec just to be there. The day went off without a hitch after a new Best Man was found and the sun came out for the first time that week. Their wedding day was filled with love, laughter and a pocket knife that was used to cut the wedding bands off the ring pillow which the bride herself tied on too tight. Thanks to Tom Haker who saved the day! The Bride and Groom rode around in the Charlie Lake fire truck while their bridal party followed behind in a motor home. Many former and current Princeton residents attended the ceremony. The bridal party included Zach Brown (Man of Honour - Kelowna), Keley Banks (Bridesmaid - Princeton), Brennan Kelly (Best Man - Nanaimo), Sarah Banks (Groomswoman - Kelowna), Michael Phillips (Ring Bearer - Nanaimo) and Arianna Phillips (Flower Girl - Nanaimo).

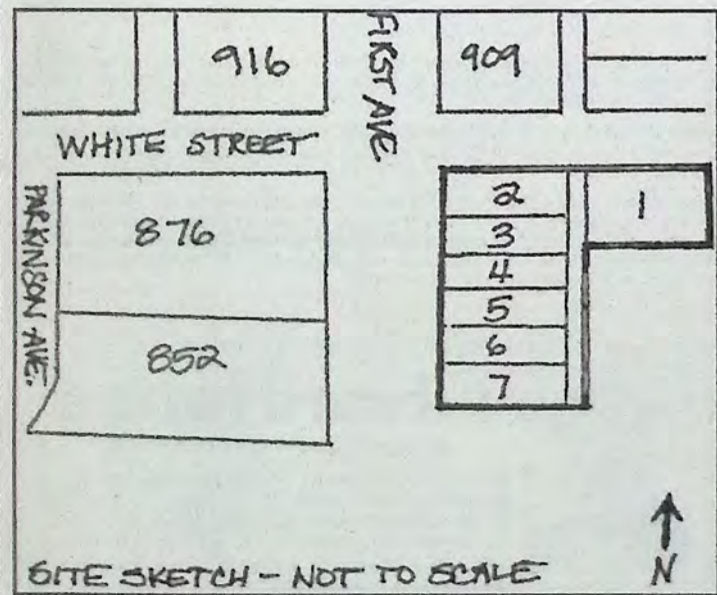
Land Act:

Notice of Intention to Apply for a Disposition of Crown Land

Take notice that Blair Veitch & Kerin Matthews of Delta BC, intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a Crown grant for residential purposes covering Lots 1 - 8 Block 47 District Lot 2672, Similkameen Division Yale District Plan 2565 situated on Provincial Crown land located in the vicinity of Hedley.

The Lands File Number that has been established for this application is 3411227. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until August 4, 2006. ILMB may not be able to consider comments received after this date. Please visit our website at www.lwbc.bc.ca under Search --> Search Land Applications for more information.

Be advised that any response to this advertisement will be provided to be public upon request.



Vermilion Forks Elementary awards list

.....continued from Page 25
Bertucci, Carver Carrat, Bradly Palumbo, Tristen Wood.

Honour Roll - Grade 5

Emily MacMurdo, Adam Ali, Taylor Artis, Josh Coyne, Wyatt Crimmon, Paige Wiren, Eric Hardin, Keisha Miller, Ally Myers, Ashla Barnes, Jackie Chau, Des Dunbar, Brayden Giesbrecht, Austin Thibert, Kirsten Haayer, Clayton Jung, Drayden Larsen, Angie Marshall, Brianna Musgrove, Brittany Wright, Colby Williams, Nathan Howarth, Emily Allison, Kristen Ashley.

Honour Roll - Grade 6

Graham Bibby, Hannah Crawford, Mia Crawford, Kelsey Crawford,

Nathan Garton, Zabrina Goodman, Courtney Hassell, Brady Johnson, Dylan Lueke, Jordan Palumbo, Shelby Wallin, Jessie Badger, Amy Brewer, Kaylin Burstall, Michelle Freeman, Tyler Johnson, Valaurie Juli, Katrina Morton, Felicia Northway, Katelyn Powers, Morgan Reichert, Taylor Robillard, Zac Thompson, Kara Ziemann.

Honour Roll - Grade 7

Jordyn Senger, Calli Martin, Daysen Allen, Blake Christianson, Skylar Daponte, Jessy Coers, Keaton Ashley, Tanniel Bishop, Jessica Dennis, Meagan Haayer, Rachel Halipchuk, Taylor Kostiuik, Kourtney McInroy, Katelin Marshall, Tahlia McIvor, Juston

Milligan, Jonas Montgomery.

Academic Excellence - Grade 4
Casey Herspiegel, Daniel Kostiuik, Bradly Palumbo.

Academic Excellence - Grade 5
Keisha Miller, Ally Myers, Kirsten Haayer, Des Dunbar, Clayton Jung, Drayden Larsen, Brayden Giesbrecht.

Academic Excellence - Grade 6
Jordan Palumbo, Alida Kleyn, Amanda Jackson.

Academic Excellence - Grade 7
Skylar Daponte, Rachel Halipchuk.

Citizenship
Rachel Halipchuk, Ian McKenzie, Keaton Ashley, Courtney Hassell.

Top All-Round Student
Skylar Daponte, Rachel Halipchuk.



Vermilion Artists hosted their annual Art Show Canada Day Weekend at the Cultural Centre.



Brian and Dr. Carrie-Lynn Snee have been operating Princeton Family Eyecare/Princeton Optometry Clinic in the News Leader office for the past few years. Their business has grown to the point that they need to relocate. Their last day in the News Leader office on Bridge Street was June 30th. The Snee's will take Summer off and will resume providing Princeton area residents with complete eyecare out of their new location in Dr. Adams office on Vermilion Avenue in September. George and Brenda at the News Leader wish the Snees great success at their new home.

Group begins developing new website

On June 23, fourteen members of the Princeton tourism industry, Chamber of Commerce and Town had a first workshop on design of a Princeton and area tourism website. The meeting was hosted by the Princeton and District Chamber of Commerce and Chamber President Geri Swanson and Chamber Manager Lori Thomas were present. Mayor McLean, Councillor Jim Manion and CAO Patrick Robins represented the town.

Councillor Manion introduced the need for a website and Council's vision for a high quality site. "We want something that people look at and it makes them want to know more about our area." Manion encouraged designers to think outside of the box.

Both Manion and Robins emphasized that the Town's role is to make sure the project is complete,

but it is up to industry members and the Chamber of Commerce to provide creative input on the design and look.

Economic Development Officer Michael McLaughlin led the group in an exploration of primary markets and the 'look and feel' of the site. It was agreed that the Lower Mainland resident and visitor market is a key target of advertising. However, the groups consensus was the website has to have broad appeal because it will be viewed by people from all around the world.

The group took part in an exercise where they identified the primary values and unique selling points Princeton has to offer. Pride in the community was evident and the group readily agreed on a list of about twenty key values that make Princeton a wonderful place to live in or visit. These twenty were grouped under three headings:

community, outdoor experience and culture/heritage. Those will be the key themes the website communicates.

John Akerley represented Akerley Designs who is contracted to build the site. Mr. Akerley commented that the creative design of the website is off to a good start thanks to the input from participants.

The Town will now ask Akerley Designs to design the template for the web pages. The tourism industry will be asked to participate at stages as the web site is completed. Completion is anticipated by the end of August.

Residents may assist the development of the website by sending high quality digital photographs to edo@similkameen.org. Photos of the area's and town's beauty and people enjoying recreation or culture would be appreciated. Photo credits will be listed on the website.

School District announces appointment

The Board of School Trustees of School District No. 58 (Nicola-Similkameen) is pleased to announce the following appointment of Vice-Principal of Princeton Secondary School.

Sandee Blair has been appointed as Vice-Principal of Princeton Secondary School. Blair joined the District in 1994 at Princeton Secondary School. She worked at both John Allison Elementary and Vermilion Forks Elementary Schools, eventually returning to Princeton Secondary School in 2001. Blair has completed post-degree coursework in Counselling and is in the process of obtaining

her Masters Degree in Educational Leadership at the University of Calgary. She brings with her a diverse background of experiences and is well-respected educational leader and community member.

Blair succeeds Mr. Shane O'Malley who has decided to return to full-time teaching at Princeton Secondary School.

The Board wishes to thank all the

stakeholder groups and others for their important role in the interview process. In particular, gratitude is expressed to the Nicola Similkameen Principals' and Vice Principals' Association, CUPE Local 847, Nicola Valley and Princeton Teachers' Union, as well as management, staff, and parents who participated in the selection process.

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By John Vaccaro Investment Advisor with CIBC Wood Gundy and Greg Stewart Associate Investment Advisor with CIBC Wood Gundy
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WOOD GUNDY GREG STEWART IS IN PRINCETON EVERY SECOND AND FOURTH THURSDAY PLEASE CALL FOR YOUR APPOINTMENT

John Vaccaro is an Investment Advisor and Greg Stewart is an Associate Investment Advisor with CIBC Wood Gundy in Penticton. Comments and opinions expressed herein are the result of work done by John Vaccaro. They may differ from the opinions of CIBC World Markets Inc. Research Department and should not be considered representative of CIBC World Markets Inc.'s beliefs, opinions or recommendations.



The right advice makes you money.



THIS WEEK'S FEATURE



EXCLUSIVE! 443 Billiter Avenue \$189,900
 4 level split family home. Excellent value! Call any RE/MAX professional for your private showing!



MLS#35665 \$159,900
 Park-like 5-acres only. 23-km from town with well. Backs on creek.



MLS#35587 \$210,000
 3-bedroom, 2-bath home on 2nd Bench. Partly finished basement, fenced yard.



MLS#35220 \$142,000
 Great location in Tulameen. Very private lot. Older trailer on site.



MLS#35529 \$209,900
 Newer mobile home on level 5 acres. Several out buildings.



MLS#33712 \$289,000
 Custom built country home on private 5-acres. Wrap around deck!



MLS#35688 \$111,900
 Move in and start your hobby now! Great home in scenic Hedley. Remodeled 2x6 walls, newer furnace and hot water tank, open plan. 13x21 finished workshop plus more!



MLS#35180 \$349,000
 Building only on large lot with highway frontage. Long-term tenants.



MLS# \$359,000
 Fabulous property with Highway frontage. Excellent water and valley views.



MLS#35386 \$133,000
 Great for a get-away or retirement! Mobile with addition. Mountain views.



MLS#34946 \$69,000
 Nice little business located at the end of Bridge Street downtown.



MLS#29521 \$139,000
 Clean investment in the heart of downtown. Building only.



MLS#34649 \$257,900
 It's all about pancake breakfasts, bbqs, fire-pit gatherings and great, memorable times when you live at Missezula Lake! Year round 4-bedroom home!



MLS#35243 \$162,700
 2-bedroom, 2-bath townhouse on one level. Private yard with patio.



MLS#35687 \$73,500
 .46 acre at Link Lake. Boat launch nearby. Treed with level building sites.



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