

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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College boosts trades training

Dean plans more time in Princeton

Donna Lomas, Dean of the South Okanagan Similkameen Region of Okanagan College, told Town Council on July 17 she intends to spend more time this year encouraging local students to attend trades training at Okanagan College.

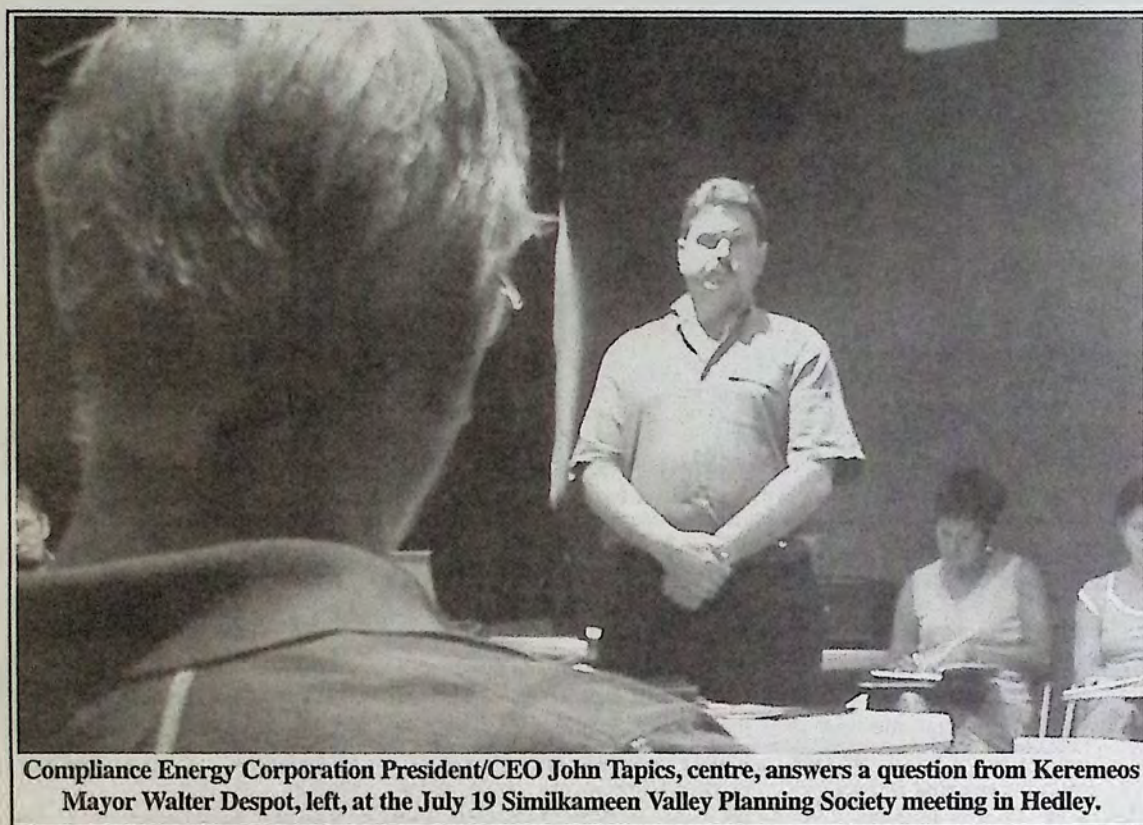
Lomas and Director of Public Affairs Allan Coyle presented an information session to Town Council. They described the "fastest growing trades training institute in B.C.". Since its separation from Okanagan College UBC campus, the trades training portion has expanded to become the second largest institute in B.C., with campuses in Penticton, Kelowna, Vernon and Salmon Arm.

The college offers 135 degree,

diploma and certificate courses. New courses this year include welding, plumbing and electrical trades, and the courses are over-enrolled. Criminal and social justice programs are new, and border security and RCMP have already asked for all of the students graduating from these programs.

The current budget is \$71 million, covering salaries for 817 staff. The college must expand its physical structure, which will cost \$80 million. The government will put in \$20 million, but the remainder must come through Okanagan College Foundation which raises money through corporate and community donations.

.....continued on Page 8



Compliance Energy Corporation President/CEO John Tapics, centre, answers a question from Keremeos Mayor Walter Despot, left, at the July 19 Similkameen Valley Planning Society meeting in Hedley.

Compliance presents project to SVPS

Compliance Energy Corporation President/CEO John Tapics attended the Similkameen Valley Planning Society meeting in Hedley on July 19th.

His updated slide show presentation reviewed the company itself and the progress being made on the proposed 56-megawatt wood waste/coal power project.

In addition to this project, the company is currently developing two deposits on Vancouver Island; operating the Basin Coal Mine near Blakeburn and exploring natural gas in coal royalty rights.

"There are 12-million tons of proven reserves which should be sufficient to fuel this plant," Tapics pointed out about the Basin Coal Mine.

The presentation reviewed the new BC Energy Plan, which encourages investment in energy development, "including wood, coal and other energy sources."

Tapics says BC Hydro is short of power and has issued an open call for an additional 2,800 gigawatt hours by November 2010.

The BC Hydro Supply/Demand Forecast, taken from the utility's 2006 integrated electricity plan, shows in 2005 demand increased greater than available resources.

In response to BC's Energy Plan, Compliance has proposed their 56 mW (originally 49 mW)

wood waste power plant supplemented with coal, which Tapics explained, "would be designed to meet or be better than new regulatory emission standards."

The project would involve a \$200-million capital investment, according to Sandwell Engineering and would be projected to produce \$42-million in revenue (the plant and coal mine combined) and create new regional jobs and economic development.

"There has been a substantial amount of work done to date," Tapics explained and listed eight items including scoping (completed in 2003), a pre-feasibility study (2003), air quality modeling and stack evaluation (2004), wood sourcing study (2005, updated 2006), an interconnection study (2006), preliminary engineering study (2006), the signing of a memorandum of understanding with USIB (2006) and a BC Hydro Tender (2006).

Tapics described the Plant Conceptual Design and explained the change in the design to include a circulating fluidized bed boiler and where coal ash would be disposed and a range of fuel mixtures from 20/80 to 0/100% and the studies currently underway and a lot more technical information that seemed to confuse those present more than answer questions they had on the project.

The fact that Compliance has

identified 270,000 oven dried tons of waste wood in the region or that 1,161,000 ODT's of waste wood produced in the Kamloops Forest District, which contains 22 mills, actually means 1,000,000 ODT's are currently usefully used may have been more information than the average person could have understood about the power plant project.

"What the data didn't show was the answers to questions asked at the meeting.

Similkameen Valley EDO Michael McLaughlin said there were currently two businesses in Princeton using wood waste for the production of their products. He asked Tapics if jobs created at the proposed power plant would take away from the existing businesses and if discussions related to solutions had taken place with all parties.

"We haven't had those discussions yet," was the response.

Brian Murphy of the Environmental Assessment Office reviewed the role of his office and how the Compliance project fit into the process.

"Any energy project 50 mW or greater has to go through an environmental assessment," he explained and detailed the steps Compliance - or any applicant with a similar energy project proposal - has to follow to achieve the EA Certificate.

There are two stages with the

Pre-Application Stage having no timeline and the Application Review Stage lasting 180 days.

"So far in the first stage Compliance has established an advisory working group and a review draft Terms of Reference.

Keremeos Mayor Walter Despot questioned the need for such a facility.

"Why are we getting into something where other jurisdictions are getting out of them?"

Murphy didn't directly answer the question with his response, "Because in the BC Energy Plan coal is one of the energy sources."

Princeton Councillor Jim Manion asked, "If this meets all the standards and the people of the valley still don't want it, what happens then?"

Murphy explained public input would be welcomed, "We need to identify those concerns."

Area B - Cawston Regional District Director, and SVPS Chair, George Hanson asked, "If the land is not rezoned. Will local government be respected and will

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**Similkameen
News Leader
This Week**

**Page 24
Deer issue
won't disappear**

**Page 27
Kurt says
goodbye**

REGULAR FEATURES

**Page 4
Keremeos News**

**Page 11-18
TV Guide**

**Page 22
Editorial**

**Page 23
Current Comment**

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The ice was officially open for use at Princeton Arena July 11th. The earliest ever and by the time you read this there will have been two hockey camps hosted at the facility.

Arts Council AGM marks growth

Growth and expansion, with new ideas and plans were the theme of Princeton Community Arts Council at its annual general meeting at Riverside Wellness Centre on July 19. From the opening remarks by President Dawn Johnson, and through the year end reports from the ten member groups, change and progress were the highlights for most groups.

The Arts Council has grown from seven to 10 member groups during the past two years.

The new groups are Performing Arts, Community Band and Potters' Guild.

The biggest change during the 2005-2006 year was the move from the Cultural Centre to Riverside. The Open House held in April was a major undertaking involving all of the groups, and proved to be an outstanding success. It will be done next year.

Nick Mills gave the financial report, showing the Arts Council is

in good financial shape despite a number of expenses.

Councillor Ray Jarvis conducted the election of the new Board of Directors. Dawn Johnson was re-elected President, with Paul Huycke as Vice-President, Jon Bartlett as Secretary and Nick Mills returns as Treasurer. Directors are Mary Bedford, Sue Le Poidevin, Norma Kraetor, Del Hall and Rika Ruebsaat.

After the election, Councillor Jarvis complimented the Arts Council for growing into an active group during the three years he has represented Town Council. He received thanks for his continuing attendance at meetings and his ongoing interest in Arts Council activities.

The annual general meeting approved Del Hall as Arts Council representative to the official Community Plan committee of Town Council. She will liaise between Town Council and the

Arts Council regarding the proposed Town Square plan, and she will encourage the development of an artistic vision for Princeton and seek funding for art in public places.

Reports from member groups show well over 100 local residents are involved as members of the groups under the Arts Council umbrella.

Members voted to hold Arts Council meetings monthly, with the exception of December and August. All meetings are open to the public and any members of the member groups.

The next meeting will be held September 20, but applications for grants by member groups must reach Nick Mills by September 1, along with year end activity and financial statements.

Member groups receive grants through a combination of a grant from Town Council and a matching grant from BC Arts Council.

Council looks at raw logs and softwood deal

A letter from Jim Sinclair, President of BC Federation of Labour, requested Town Council's opposition to the export of raw logs and the recent softwood lumber agreement with the U.S.

At the July 17 Council meeting, Council refused to give whole-hearted support to Sinclair's request.

Councillor Jim Manion said the union position was just one side of the story. He was not inclined to accede to the request until he understood whose jobs would be affected.

Mayor Randy McLean felt that opposition to the export of raw logs was a "no-brainer", but Councillor Manion maintained there had to be

a reason for the export of raw logs and therefore people who make a living from the export.

As for the softwood lumber deal, none of the Councillors felt knowledgeable enough to commit themselves to a position.

They finally decided to write a letter to the Minister of Forests asking for reasons why raw logs are exported from British Columbia.

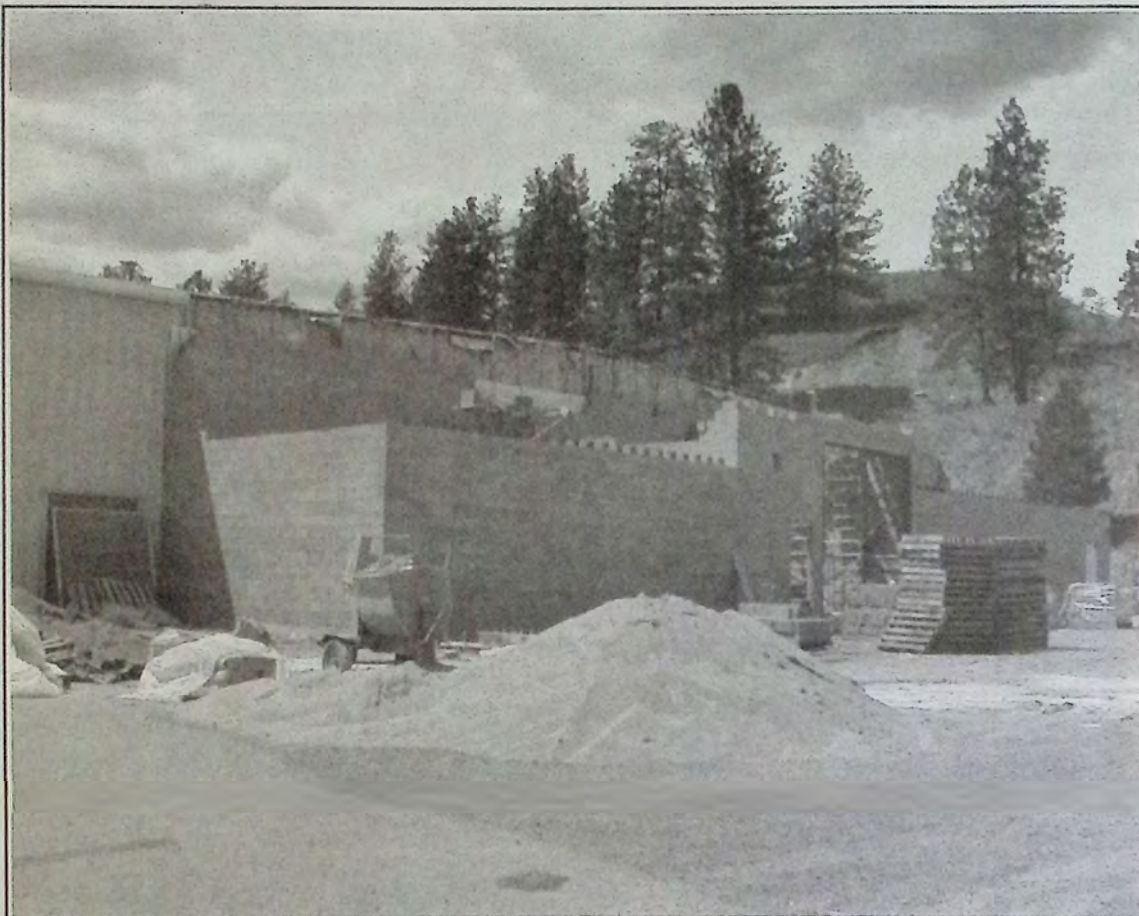
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Work continues on the arena expansion project. Princeton Recreation Director Lyle Thomas says the expansion program is still close to the projected time line for completion.

Community Band plans for Santa Claus

Princeton Community Band has appealed to Town Council for a float to enter the Santa Claus Parade in Vancouver in November. In a letter to Council, the request states, "This is a televised parade and we wish to represent the Town of Princeton positively" and further states, "Any way you look at this, it is cheap advertising and watched by thousands of people Christmas Day."

Through their own fundraising, the band plans to raise the \$2,500 needed for the registration (\$500),

transportation and accommodation. Council was surprised by the request, but was not sure how to address it. They did not feel they could build a float. They saw a need for a flat deck trailer and some decoration to turn it into a float.

They are going to look into the matter. Council was invited to accompany the band on a trip to Clearwater August 7 to participate in their Town Festival. Councillor Ray

Jarvis said he would make every effort to go with them. Anyone or any organization interested in assisting the Community Band with the Santa Claus Parade project should contact Cory Oerlemans (295-6587) or Christine Simpson (295-4804).

Local pool drown-proofs kids

Centennial Pool manager Carol Mack attended the July 17 meeting of Town Council to have Mayor Randy McLean sign a proclamation making July 22 Drowning Prevention Day. Mack took the opportunity to outline the Swim to Survive program, which she teaches to children as young as three years. The program was developed by the Lifesaving Society of Canada to prevent drownings. An average of 100 people per year die from drowning in

B.C. The program is free, and those participating receive a certificate. Success in the program is easy to achieve. Mack emphasized the program is not a replacement for learning to swim, but is a method to prevent drowning. Mayor McLean commended Mack for providing the program to Princeton residents. Mack challenged Council members to attend the pool and learn the program techniques.

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keremeos and area news



Cawston organic orchardist Bruce Harker unloads a pallet of fresh picked cherries that will eventually find their way into stores and homes in the United Kingdom.

Similkameen cherries hit global market

According to Cawston organic orchardist Bruce Harker, his export season has just started with shipments of cherries being prepared for the United Kingdom.

"The quality of cherries from the Okanagan/Similkameen is excellent so they are always in demand in the world markets."

The flow chart sounds basic. Cherries are picked off trees in the Cawston area. They are delivered by truck to Harker's operation where they are graded, chilled and then shipped to market.

"There are extra-high standards for export," Harker explains saying that cosmetics – the actual look of the cherry and the colour of the fruit and stem – play as important a role as the taste and price.

The addition of new varieties of cherries, including lapins, sweethearts and staccato, has enhanced his business.

"Now that there's these new varieties being developed, there's a demand."

Harker also points out the new cherry varieties with names that start with the letter 's' are products that were developed at the

Summerland Research Station.

"The cherry market has been good," Harker says, "This year it's not as strong."

The US exchange rate has affected the market, but Harker says the demand for Canadian cherries continues to drive it.

Agri-tourism brochure nears completion

Similkameen Valley Economic Development Officer Michael McLaughlin reported at the July 19th SVPS (Similkameen Valley Planning Society) meeting in Hedley that the agri-tourism pamphlet he has been working on will soon be available.

The information brochure for the Lower Similkameen is "99 percent done" according to McLaughlin and is a project of Similkameen Country.

Partial funding – 75 percent – has come from Thompson

Okanagan Tourism Association and the balance covered by 27 businesses that have purchased advertising.

The 24-page brochure is expected to create tourism opportunities for the participants as well as the Lower Similkameen as a whole.

"It's beautiful, I think" McLaughlin said about the brochure.

"It's part of a bigger project being developed by Similkameen Country."

EDO to hammer out business plan

The Keremeos Grist Mill will receive attention from Similkameen Valley Planning Society. At the SVPS meeting July 19th in Hedley, Keremeos Mayor Walter Despot brought the issue of the Grist Mill to the table.

He proposed a plan that would see Similkameen Valley Economic Development Officer Michael McLaughlin develop a business plan for the historic site.

Financial statements from previous years when Heritage BC ran the operation would be available

for the business plan development.

"If the Regional District/Village were to get involved with the operation of the Grist Mill we would need this data," Despot explained.

A motion passed at the meeting that allocated some of the EDO's time on the business plan project. The motion also stated the document was being done for the sole use of the SVPS.

A privately owned company has operated the Keremeos Grist Mill for the past three summers.

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Bob Gibney, First Nations Executive Liaison for FortisBC, right, presented Similkameen Sizzle Chair Judy Egli with a cheque for \$500.00 on July 12th. Gibney said FortisBC has been a sponsor of the annual Peppertest since it's inception five years ago and plans to continue it's relationship with the event. The fifth annual Sizzle is set for September 16th. Photo: Bryan Smith, www.keremeos.net.

Similkameen News Leader thanks Bryan Smith for his continued support of our weekly publication.

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Capsule Comments



by your Pharmasave Pharmacist Wen Wong

Sun and smoking are the biggest causes of skin cancer. To increase the long-term health of your skin, certainly stop the latter and reduce exposure to the former.

During the warm weather of summer, be sure you drink enough water. The body tries to cool itself through sweating and you have to drink enough water to replace it. All age groups can be affected. Staying out of the sun and drinking adequate fluids can prevent heat-related illnesses.

When applying sunscreen lotion, many people apply too little. To give you an idea, 30ml (about two tablespoonsful) is enough to cover the whole body. Remember to reapply the lotion if you swim or are perspiring a lot.

Obesity is becoming a major cause of illness in North America. If your waist size is greater than 102cm (40 inches), you are at higher risk. Three words can go a long way in helping this situation: exercise, fish and greens. Diet and exercise are solutions to many human illnesses. It's a personal choice.

Part of our job as pharmacists is to look critically at claims made about drugs, vitamins and herbal preparations. It enables us to help you make good healthcare choices. But there is no doubt about the claim that eating a well-balanced diet of wholesome food is good for you. Do it conscientiously and your heart and body will thank you.

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(NC)- "Because I said so" probably won't encourage them to turn off the TV and play outdoors. Telling them to eat it because "it's good for you" certainly won't make them give it a try. So what's the secret to success when it comes to making those healthy habits part of their everyday routine? Here are a few ways to help get your kids to commit to active, healthy living.

Active Living

- Exercise can and should be fun. Physical activity can be more enjoyable with others so invite your friends and neighbours to join you for a bike ride, ball game or long walk.

- Set goals as a family for distance and record how well you do. Just strap on your Kidz Count Cyclometre - free inside specially marked boxes of Kellogg's cereals while supplies last - to the back wheel

of your bike to track how far you ride. Once back at home, register your mileage online at www.kidzcount.ca to tour five virtual Canadian bike trails and for every 30 km cycled, you'll be eligible to win a family cycling trip to the trail destination of your choice - part of a joint initiative by Kellogg Canada and Dairy Farmers of Canada.

- Let your kids make decisions about which activities they want to do. This will give them a sense of responsibility and encourage them to plan their day around exercise and not the TV.

Good Nutrition

- Kick-start their day with a healthy breakfast. A healthy breakfast, such as cereal with milk and fruit, will help ensure they have energy for daily activities. A balanced breakfast, including foods from at least three food groups, promotes health and

encourages good eating habits.

- Make only healthy foods available to your children at home. Before you go shopping, plan your meals and make a list of all the ingredients you'll need. Also, stock up on a variety of convenient, healthy and nutritious grab and go snacks for those times between meals.

- Parents are powerful role models so set a good example by eating healthy foods yourself. Eat together. Family mealtime is a great time to model healthy eating behaviour and ensures that your kids eat a balanced meal.

By combining balanced nutrition and active living, families are on the trail to a healthier lifestyle. If they make good fitness and nutrition decisions now the chances of them continuing that in their lives are great.

For more information, log onto www.kidzcount.ca. - News Canada

HEALTHY SENIORS

Tips to keeping mentally sharp

(NC)-To make the most of your mind's potential, you need to challenge it, stay socially active, and believe in yourself, say leading experts on seniors' health. Indeed, a typical person over 60 can maintain and often improve his or her mental skill and aptitude. Let's take a quick look at some brain-building tools:

- Challenge your mind. To stay mentally sharp, our brains need constant stimulation like reading, game playing, writing, traveling, or classes to learn a subject of interest.

- Don't use a calculator. Let your brain do the adding, subtracting, multiplying and dividing.

- Take part in social conversation and debate. This gives you a chance to strengthen your logic as you examine an issue from both sides of the argument.

- Tongue twisters help to improve concentration. Take time for your favourite tongue twister at least once per day. Try this: A box of biscuits, a batch of mixed biscuits.

- Talk to a healthcare professional about taking vitamins, minerals, and natural supplements like Remember-FX, which helps temporarily restore mental alertness during fatigue.

- Keep a journal. Consider writing down the wonderful things that happen to you every day, big or small.

- Volunteer for any cause or interest, including sharing a life-long skill with others. Many community centers and organizations are eager for volunteers who can teach hobbies, music, languages, social skills and much more.

eating well and with regular physical exercise. - News Canada

living past 100

Community leads to longer life

A number of researchers have looked into long-lived communities around the world to find what people do to live longer than the average. Most researchers have looked at what these people eat, but a few have looked at how these people live. The studies looked at social environment and found some startling insights into healthy community life. Most of us do not think in terms of whether our community's social environment contributes to our health or a long life, but researchers found there is a link between social environment and long life. In communities in which people know each other and care about each other, people are generally healthier and live longer.

What are the signs of a healthy social environment?

The first sign of a healthy community is a large number of community organizations with a large number of members, most of whom are actively involved in the organization. The members who are actively involved tend to be healthier than those who are not involved. The type of organization is not as significant as the amount of active involvement on a social basis.

Active participation in community organizations appears to contribute most to the health and long life of men. Researchers found that men who participated in community organizations tended to outlive their wives! This is in sharp contrast to the law of averages in our nation, where women tend to outlive men. The friends made among men appeared to make them feel more useful in their older years, and certainly gave them plenty of activity to contribute to their health.

A healthy community blends age groups in activities. Young people are encouraged to become involved in their parents' activities and in community groups at large. The interaction between generations appeared to have contributed to better health. The healthiest communities had an atmosphere of social equality regardless of income. There was no "keep up with the Joneses" attitude. The prevailing attitude was one of cooperation and sharing rather than competitiveness. Healthy communities encourage and support family life.

Finally, healthy communities had the future prosperity of their own community foremost in their social goals. Community leaders promoted plans and development to benefit everyone, but every citizen was keenly interested in ensuring community stability and prosperity well into the future. It is interesting to note that researchers found the same pattern in healthy communities regardless of whether the community is considered "primitive" or industrialized. It is worth noting that all of the healthy communities studied had populations under 5,000. Another study on the health and productivity of workers showed the social environment was more important on the job than employers previously believed. An experiment done in a factory proved productivity increased with small improvements to the work environment. While none of the improvements contributed in any way to better productivity and less absenteeism in terms of machinery upgrades or employee comfort, the fact that the employer cared enough to make the work environment brighter and friendlier led to increases in productivity and reductions in absenteeism. Nothing had improved as much as the work (social) environment, yet employees produced more and were healthier.


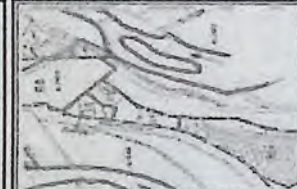

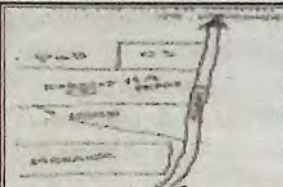







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 2729 Highway 3 \$488,300	<p>Princeton Total Sq Ft: 1,796 MLS# 35993 Superior log home on 65 acres that borders Highway 3 East. 1,400 sq ft main with full basement and enclosed 2 car garage. 32x20 covered deck. 26x20 workshop. Property has a beautiful second bench with great views.</p>	 Lot 1 Highway 3 W \$288,300	<p>Princeton Lot Area (acres): 1.88 MLS# 35532 Location, location! This acreage fronts Highway 3 as you enter Princeton from the West. All cleared and flat, ready to go. Copper Mountain Bar & Grill is next door and behind. Great location for a motel, etc.</p>	 630 Highway 3 W \$338,800	<p>Princeton Total Sq Ft: 3,024 MLS# 35895 CONTINGENT LISTING. Beautiful 5-bedroom home on 2 acres zoned RC right in town. All big rooms with a super floor plan. Large 3 or 4 carport with storage areas both sides. Very, very private c/w 18x12 deck patio area.</p>
 Highway 3 West \$333,800	<p>Princeton Lot Area (acres): 11.90 MLS# 35980 Location, location! Very private 11+ acres in town and bordering Highway 3. Gorgeous building sites, well treed, 2 benches, on is approx. 2 acres and the other 6 acres. Possible subdivision potential.</p>	 352 Burton Avenue \$79,900	<p>Princeton Total Sq Ft: 836 MLS# 35562 Investor alert! Solid 2 bedroom on corner lot. Tenant in place for three years at \$500/month. Natural gas plus wood heat makes for affordable utilities. Great buy with easy walking to all amenities.</p>	 11 Eagle Crescent \$239,900	<p>Princeton Total Sq Ft: 1,267 MLS# 35536 All measurements approx. Near new, 2 car garage, 24x28 shop, RV parking, 2 gas fireplaces. Quality throughout. Great buy.</p>
 9 Eagle Crescent \$214,000	<p>Princeton Total Sq Ft: 1,135 MLS# 35992 Be the first to live in this brand new home currently under construction. Privately set in a no-thru cul-de-sac with mountain views, this home is quality throughout with 10 year warranty. Get in early to pick colours, flooring.</p>	 1763 Fraser Street \$258,300	<p>Coalmont Total Sq Ft: 720 MLS# 35915 Rare find. The nicest riverfront lots in Coalmont on the Tulameen River. Comes with a 1-bedroom home with country style, huge open decks to enjoy the river. Very private setting. Big out buildings for storage.</p>	<p>Princeton Auto Wreckers 460 Waterfront Avenue \$259,000</p>	<p>Princeton Lot Area (acres): 2.22 MLS# 35534 Rare opportunity, 2 separate titled 1 acre lots, excellent shop only 11 years old, excellent subdivision potential. Currently an auto wrecker, includes all stock.</p>
 Lot 1 Hidden Valley \$99,000	<p>Princeton Lot Area (acres): 2.64 MLS# 35995 Nearly 3 acres just outside of Princeton in a quiet setting with panoramic mountain views. This recent subdivision is definitely set to be one of the nicest areas of town. New homes and that country feel - only one available.</p>	 8 Eagle Crescent \$218,000	<p>Princeton Total Sq Ft: 1,135 MLS# 35994 Be the first to live in this brand new home currently under construction. Privately set in a no-thru cul-de-sac with mountain views, this home is quality throughout with 10 year warranty. Get in early to pick colours, flooring.</p>	 2870 Coalmont Road \$429,900	<p>Tulameen Total Sq Ft: 2,302 MLS# 35504 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>

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This holiday traveller took a detour on the way to their destination. This single vehicle accident took place around 1:00 PM on Wednesday, July 19th a few kilometres West of Keremeos.

College boosts training programs

.....continued from Front Page
 Concern was expressed over the lack of interest from Princeton students. Lomas said she attended the local 2006 graduation ceremonies at Princeton Secondary School and was dismayed that students did not intend to enroll at Okanagan College. She plans to spend more time in Princeton to change that trend.

"We're going to have labour shortages across the board," Lomas told Council.

Retirement of older workers is one reason, and the other is the high demand from Alberta and northern B.C.

Okanagan College works with the Skills Centre to develop courses for

Council okays paving project

At the July 17 Town Council meeting, the Peter Brothers bid was accepted for \$101,963 worth of paving for Princeton.

Vermilion Avenue will have some new asphalt. Highway 40 and Old Hedley Road will have a new overlay.

On Third Bench, an alley between Sapper and Moody will be paved. Asp Street cul-de-sac will be improved, and Ingerbelle Street will be paved. Bar Street and Waterfront Avenue will be paved and boulevard restoration done.

The start date for the projects has not been set, but the work is slated for late summer.

Princeton. During the past year, a residential care course was offered, but the one year course cost \$7,000 and not enough people showed interest to make the course viable. Lomas said she is working with Interior Health to see if there is money to help finance some of the costs students must bear. Care

workers are in high demand.

As well as pre-apprentice and apprenticeship programs, Okanagan College offers trades upgrading to certification. Mature students are accepted after testing and counselling to ensure training is successful. (Testing can be done at the Skills Centre in Princeton.)

Town Council, USIB resurrect Heritage Park

A plan that died under the last Town Council has been reborn under the present Council. A memorandum of agreement has been signed with Upper Similkameen Indian Band (USIB) to pursue acquisition of Crown land between the Chamber of Commerce property and the USIB property between Similkameen

River and Highway 3 west of Memorial Park.

The concept will include construction of early First Nations dwellings and early settlers' dwellings.

Although there is nothing in the works except an intent, Mayor Randy McLean stated, "This lays the groundwork."

Council goes after money

Town Council is pursuing \$21,152 available through the Union of B.C. Municipalities for projects that increase tourism in the Princeton area. Council did not specify the nature of the projects.

A Municipal Rural Infrastructure

Fund has been announced and the program will be open for applications this fall. Council has written to request details of criteria to find out whether Princeton would qualify for some funding of local projects.

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RCMP S/Sgt. Kurt Lozinski, with wife Shelly, son Nicholas and baby Jackson (daughter Samantha is missing from photo) will soon be pulling up stakes in Princeton and moving to Osoyoos.

We toss some questions at Lozinski

In the news business we rarely come across a story that makes us sad and happy at the same time.

The news of Sgt. (now S/Sgt.) Kurt Lozinski's promotion and move to Osoyoos made us feel both. Happy for him and his family on the wonderful career change they will experience and sad to lose such an involved and fun couple/family.

We had decided to fire some questions at Kurt before he left to find out a little more and have decided to reprint them complete with Lozinski's answers.

When did you start in Princeton? Can you give us a short review of your career prior to Princeton (where you were, for how long and doing what)?

I started in Princeton April 15th, 2003. 1991 to 1998 - Burnaby (3 years General duty / 2 1/2 years Bike Squad / 2 years GIS); 1998 to 2000 - Cape Dorset, Nunavut; 2000 - 2001 - Promoted to Corporal Deline, NWT; 2001 - 2003 - Promoted to Sgt, Fort McPherson, NWT; 2003 - 2006 - Princeton, BC; 2006 - to present - Promoted to S/Sgt. Osoyoos detachment and rural advisory NCO for Summerland, Keremeos and Princeton.

What is your new position, when did it start and what are the general duties?

I will be in charge (Detachment Commander - Oliver and Osoyoos). My other duties will include over seeing the running of Summerland, Keremeos and Princeton. These commanders will report directly to me.

Both you and your wife, Shelly, got very involved in the community when you were here. What part of that involvement will you miss the most?

The people in Princeton are second to none. We have been very

fortunate to have surrounded ourselves with incredible people which we will miss very much. I really liked being able to get involved in all aspects of the community whether it was with local committees, community events or clubs. I really appreciate and respected how my wife Shelly got involved in the community and as such she made me a better person. Without her support and dedication we would not have been as successful.

Until your house sells, you'll be commuting back and forth. It also means you'll be looking to buy into the Osoyoos/Oliver market. Have you had time to look over the community and assess the character of the region? What differences stand out for you in comparing Osoyoos to Princeton?

The biggest difference I see is that Osoyoos is a tourist community which means a huge influx of people during the busy summer months. In my experience this often means a tremendous increase in the policing needs of the community. Often drugs and other property crimes increase during these months.

Osoyoos is also a larger community than Princeton which often means more demands on your time and energy. Being a border community also means different calls for services. I am hoping that with a bigger community more people will be involved within the community. In Princeton I found the same people always got involved and were committed to getting things done.

As 'supervisor' of the rural region, you'll still be 'in touch' on happenings in and around Princeton and while you were here you identified (with Town Council support) that drugs

were the number one problem here. What is your priority in Osoyoos?

I believe that drugs and property crimes will continue to play a major role in my policing. I have a significant drug background and hopefully I will be able to mentor and tutor the members in Osoyoos and Oliver so that we can boast the same successes as I have enjoyed in Princeton.

Anything else you'd like to add?

I have often heard people complain about things within the community yet they refuse to get involved and always expected others to do it. If one does not get involved than one should not complain. I have lived in many, many different communities throughout Canada and Shelly and I can unequivocally say that Princeton has been the best community thus far. Princeton will always be dear to our hearts and it is with great sadness that we have to say good bye.

I would like to thank the Mayor and Council (past and present) for their continued support of the RCMP. Without their support this office would not have been as successful as we were. Our successes have always been looked at by the other detachments with wonder. I have been very blessed with working with such amazing members and I will miss them greatly. Not only have the members been incredible but so has my support staff including my two public servants, Gael and Peggy.

In addition Victim Services Rosemary Doughty. Rosemary has been an incredible asset to this detachment and her energy and commitment often goes unnoticed by everyone. I truly respect this person and commend her on her successes and true professionalism.

Princeton's Citizens On Patrolcontinued on Page 10

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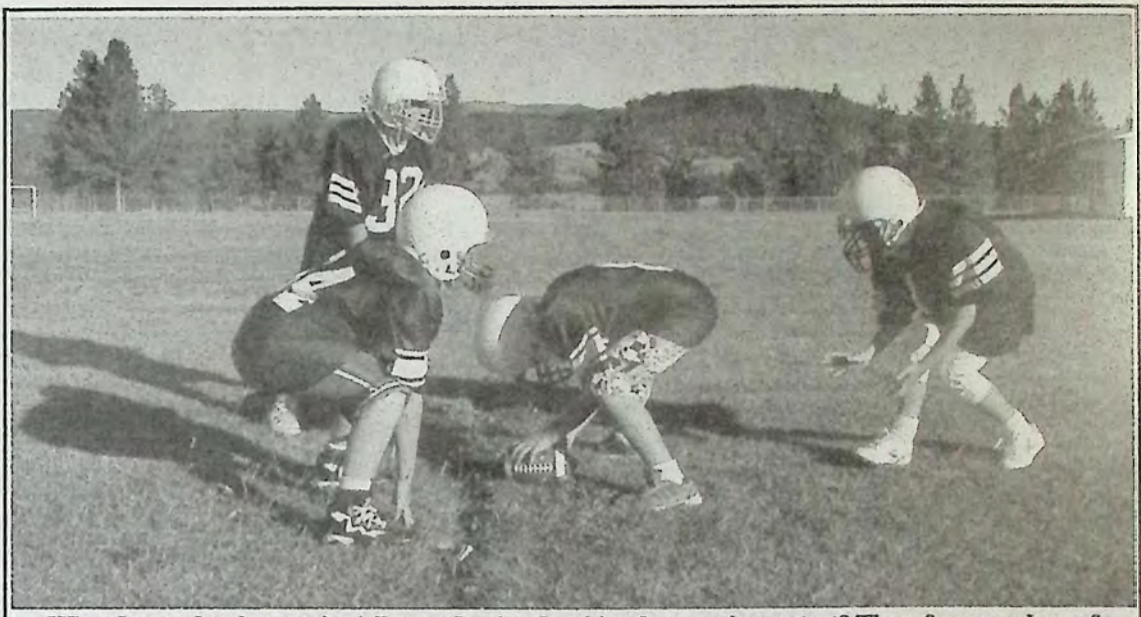
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What do you do when you're 'all geared up' and waiting for practice to start? These four members of Princeton Minor Football Association played a little football at last Thursday night's practice.

Letter To The Editor

East Princeton man asks 'Bylaws - what bylaws?'

Have you ever been awakened by a power tool fired up at the crack of dawn or been denied use of a public lane because a neighbor has usurped it as their own private parking lot? Have you ever wondered exactly how much noise constitutes 'too much' noise at a house party?

Have you ever wondered why some individuals seem to get away with everything, but the minute you appear to commit the slightest transgression the authorities are at your door?

If you have answered 'yes' to any of these; you are not alone. For the most part, it would seem reasonable that the average citizen could live comfortably within the constraints of the laws, given that they know, with accuracy, what those laws are.

It was October of 1996 when my wife and I began our quest for knowledge of those laws, specifically the Town of Princeton bylaws. You see in Vancouver, in Area 'H' (Town of Princeton excluded) and in most towns and municipalities, you can go to city hall or the equivalent thereof, and

for about ten dollars or so you can receive a bound copy of the bylaws for that jurisdiction.

I have been told that alternately, most jurisdictions have their bylaws posted on a website from which they can be easily downloaded. In Princeton however, this item or service is not available.

If you have a specific question about a particular bylaw, the staff will usually look it up for you on a case/need to know basis. We have found that whenever we have asked anyone associated with Town Hall over the last ten years, invariably we are either brushed off or given the run-around.

It's a pity that in this town we have such hypocrisy. Some people can do whatever they want while to the rest of us, a different set of rules apply. There are many and diverse wrongdoings here that are allowed to proceed only by way of silence - A code of silence and complicity used in order to keep certain knowledge out of the hands of the average citizen (and potential investors) in order to systematically dispense selective justice and application of law by the powers

that be.

All things considered, I would advise accordingly;

- 1) That potential investors from out of town do their homework and first find out exactly what they are getting into and;
- 2) That those of us already here might, when the minions of the bylaw-makers come knocking to admonish us of this or that, to advise them that on the basis of they're not being readily available as a whole whereby we could study and familiarize ourselves with them, we consider their bylaws as being in abeyance.

- Robert Almond, East Princeton

Weekly Vermilion Court Report

Our residents have been relatively quiet this week. No spectacular trips. Of course few saw their doctors. I personally went to Penticton to attend the Pacemaker Clinic and was told all was well. Muriel made a trip to Kelowna and Bernice had an appointment in Penticton. We were glad to have cloudy days.

Many here are busy preparing for our bazaar in October. So crochet hooks are getting a workout -knitting needles are clicking madly - sewing by hand and by machine is busy, busy, busy. Even flowers are being formed into eye-catching arrangements. We hope our efforts will be appreciated by "You the public" and you will buy our crafts. The money raised will pay for our trips next year.

We are so blessed Margaret D. is back with us, and Joyce also is home feeling much better. Unfortunately Ruby had to go to the hospital. We wish her a speedy recovery.

- submitted by D. Stenvold

Lozinski says goodbye

.....continued from Page 9
 volunteer group is also second to none. I have often said this group of dedicated people have set the standard for every community to follow.

Jim Turner has done a tremendous job leading this group and without his dedication and commitment we would not have the success either. Jim is a true leader.

There are so many people in this community that have made our stay in Princeton so amazing. Our neighborhood is the best! Very supportive of each other and driven to improve our neighborhood by adding a park and constantly adding to it.

Mike Grgich is very giving of his time, knowledge, generosity and friendship. To our best friends the Musgroves, Thomas', Steins, McCutcheons, Mike and Launa,

Edna, Raelene, everyone at Century 21, Ron, the girls at A Cut Above, Jodi, Sally and Quinton, everyone at our church. Samantha and Nicholas want to say good bye to Katja, Jessica and Cassidy, Matthew, Seth and Jake and many, many other friends we will miss you all so very much. Knowing there are so many wonderful people to help out, watch each other's children, be supportive, make you laugh and just wave at each other in traffic is a warm and comforting feeling that will definitely be missed.

The support we received when our son Jackson was born was simply overwhelming and will never be forgotten. Shelly and I and our children Samantha and Nicholas, have all made a lot of special and lasting friendships that we'll continue to nurture wherever we go.

weekly entertainment guide

TUESDAY, JULY 25, 2006 THROUGH MONDAY, JULY 31, 2006



Princeton Minor Football Association founder Jason Earle (in shades) reviews safety issues in the huddle at the July 20th player practice. The players spent the rest of the practice working on drills and skills.

Coach looks forward to Posse Camp

by Coach Dale 'Duner' Hladun

I'm sure many people would think I would be a miserable man sitting in a small dark office in a cold arena all spring and summer, instead of enjoying the weather and the beauty of nature in our valleys, but they are wrong. I couldn't be happier building their local hockey club into a KIJHL contender for the 2006/07 season!

I am inviting you to come down to the Princeton Arena on July 28 to 30 to catch a glimpse of the prospects that may be Posse players this fall. The camp format will include a six team tournament with players playing two games daily as well as some skills competitions throughout the weekend.

Ice sessions will run: Friday July 28 from 11:30 AM to 8:00 PM, Saturday July 29 from 8:00 AM to 8:00 PM and Sunday July 30 from 8:00 AM to 1:00 PM.

Our camp will be the largest tryout camp the Posse has ever held. We will have over 100 players competing for roster spots from areas such as New Jersey, Colorado, California, Yukon Territories, Alberta, and from all regions of British Columbia.

To add to this, our camp will also have over a dozen coaches, GMs and scouts from the Manitoba Junior League, Saskatchewan Junior League, Alberta Junior League, BC Junior League, and the Western Hockey League. This is almost unheard of for a Junior B tryout camp to become a showcase

and recruiting opportunity for so many higher-level programs! It's a great opportunity for all those players coming to camp.

I really encourage our fans to come down to the arena during the weekend and see the kids compete. A big reason players choose any community to play in is due to its community support and fan base. I need you guys to come out and show these kids what a great community Princeton would be to play in!

I will supply rosters for our fans to help them recognize our prospects. Here is a small list of kids to key in on:

- **Devon Murtagh (Goal)** Devon led the Okanagan Major Midget team to a BC Provincial Championship.

- **Harrison May (Goal)** Harrison took his Vancouver AAA midget team to provincials and is listed by the Seattle Thunderbirds of the WHL.

- **Ryley Firster (Defence)** Ryley hails from Quesnel and is a smooth skating offensive defenceman.

- **Scott O'Neill (Defence)** Scott is a 6'2" 200 lb mobile defenceman from California.

- **Dan Hillman (Forward)** Dan has good vision on the ice and uses his large body well to outmuscle opponents when fore-checking.

- **Eric Galbraith (Forward)** Eric loves to finish his hits and has good hands for a big man.

- **Kurtis Ross (Forward)** An explosive offensively gifted forward that led his team and league in scoring

from Sylvan Lake, AB.

- **Kyle L'Arivee (Forward)** A fan favorite wherever he goes, this fire-plug brings passion and energy to games and helped the Okanagan major midgets capture the BC provincial title.

- **Adam Henderson (Forward)** Hails from Whitehorse and was the top forward on his Ft. St. John midget AAA club. Adam is listed by the Kelowna Rockets of the WHL.

- **Curtis Summerfelt (Forward)** A very skilled and powerful skating forward from Lumby who is also listed by the Kelowna Rockets of the WHL.

This also may be the last chance to see former Posse players in action at the Princeton Arena. Brad Davis will be donning a jersey for the Penticton Vees. Cody Devitt will move to play with the Terriers in Yorkton Saskatchewan.

Jesse Tresierra will play for the Langley Chiefs and Seth Armitage will now be a college hockey athlete at Utah Valley State College. Also in the mix to move on will be Micah Anderson and Jeremy Wagner, each of which are currently being recruited by Jr. A clubs in BC and Saskatchewan.

Again, I encourage you to come on out and see the early stages of our future club in the confines of a nice cool arena. Your support of these boys will only encourage great athletes and great kids to want to be a part of our community.

See you at the rink!

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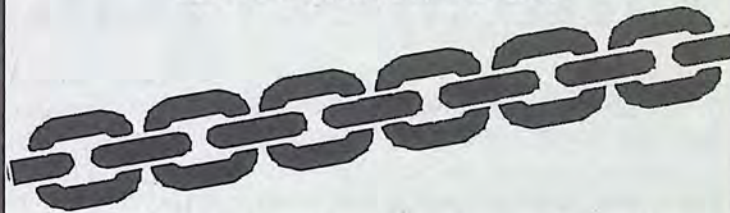
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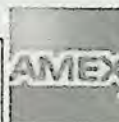
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Players proudly show off their jerseys at the July 20th Princeton Minor Football Association practice.

Naturalists pan for gold

by Don Burbidge

The Similkameen has been worked over by gold panners for over a hundred years, but you can still find 'colour', and occasionally tiny fragments of gold-- if you are guided by an expert.

Tim Hall qualifies as one, and he and Del Hall took a group of eleven members of the Vermilion Forks Field Naturalists on a gold panning expedition on Saturday, July 17.

The hike began at the Hall estate and took us along the Copper Mountain spur of the Kettle Valley Railway grade for a couple of miles.

Since the terrain down from the railway grade was steep, a couple of less agile hikers left us to continue along the grade, while the rest of us plunged down hill for a mile or so, until we reached to the Similkameen a couple of miles south of Princeton.

The terrain was open meadow, and you could see for miles. We noted that the Douglas Fir forest on the West slope of the river (and generally over our area) was tinged brown rather than green and partially defoliated, presumably by Spruce Budworm, which relishes fir.

We checked the tips of the branches on the saplings as we passed, but by this time of year the caterpillars had turned to pupae, and then to moths, and were looking for good spots to lay eggs for next years brood.

The defoliation looks severe, but fortunately it takes about three years of serious defoliation for the budworm to kill a tree, and usually by the second year, birds, parasitic wasps and viruses build up

enough to stifle the infestation before the trees are in real peril.

Oddly enough we saw few birds; only a pair of Red-tailed Hawks screaming at us to stay away from their young, and Spotted Sandpipers down by the river, peeping at us to leave their chicks alone. We saw no warblers devouring the budworm moths, but I am sure they have been active.

Also there were few flowers--white stalks of Yarrow were plentiful, as were the yellow stars of Salsify.

By this time of year most flowers have come and gone. The slopes were sparsely covered with Sagebrush and Rabbitbush, two rangeland plants which look very much alike from a distance.

The river is still a bit high for gold panning (I thought) but Tim had carried down a number of gold pans, a sieve, and a shovel, and set us all to work digging, sifting with the screen to get rid of larger chunks of gravel, and finally swishing sand around in the gold pans.

We all noticed small specks of golden colour, and the silvery flecks of platinum, mixed in with

the black sand. We put them in a small vial to show we had struck gold. I am told you can still find gold dust, and occasionally a nugget, pretty well anywhere along the two rivers which flow through our valleys, even after a century of careful panning by amateurs and professionals alike.

We ate our lunch at a bend of the river which offered splendid views both up and down stream, and then strolled easily up an old logging road, eating wild raspberries as we went.

The road led back to the railway grade, and we returned along it to our host's home, where a delightful hike ended with lemonade and fruit snacks.

The next naturalist hike is entitled 'An Evening on Swan Lake' and takes place on Saturday, July 29. We plan an easy hike through the Swan Lake Habitat Reserve. Bring enough food for a picnic supper and binoculars if you have them, and cross your fingers to ensure that the weather remains warm and sweet.

Meet at Riverside School at five o'clock, and phone Cora Cherry at (250) 295-0678 if you wish to come.

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tuesday movies

MORNING

7:00 am WTBS (3)
 ★★ "Desperado" (1995, Action) Antonio Banderas. A guitar-playing stranger shoots up a Mexican cantina while seeking the drug dealer who killed his girlfriend. (E)
 10:00 am CITY (29) ★★ "Major League: Back to the Minors" (1998, Comedy) Scott Bakula. The manager of minor-league team the South Carolina Buzz prepares the players for a confrontation with formidable opponents, the Minnesota Twins. (E)

EVENING

6:00 pm CITY (29) ★★ "Election" (1999, Comedy) Matthew Broderick. When a school's goody-two-shoes

runs for class president, a teacher/adviser schemes to keep her from winning. (E)
 9:15 pm WTBS (3) ★★ "The Mothman Prophecies" (2002, Suspense) (PA) Richard Gere. A reporter investigates the sightings of a strange creature and other strange phenomena in a small town. (E)
 11:35 pm CITY (29) "De-caf" (1996, Comedy) Madeline Benson. The fiercely independent owner of a coffeehouse secretly longs for a child. (E)

11:45 pm WTBS (3) ★★ "The Mothman Prophecies" (2002, Suspense) (PA) Richard Gere. A reporter investigates the sightings of a strange creature and other strange phenomena in a small town. (E)

Princeton Area Ghost Towns - The DVD

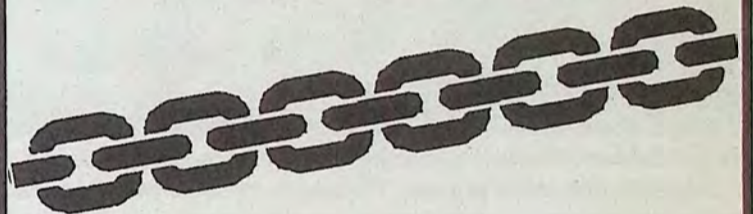
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wednesday movies

MORNING

7:00 am WTBS (3) ★★½ "Grumpy Old Men" (1993, Comedy) Jack Lemmon. Minnesota neighbors rekindle a 10-year feud when they fall for the same widow.
 10:00 am CITY (29) ★★½ "Center Stage" (2000, Drama) Amanda Schull. Students at a dance academy strive to be the best while trying to survive the angst of their teen years. (E)

EVENING

6:00 pm CITY (29)
 ★★ "Rushmore" (1998, Comedy) Jason Schwartzman. A precocious teenager and a jaded tycoon become bitter romantic rivals for the affections of a widowed teacher. (E)

8:15 pm WTBS (3)
 ★★ "Swingers" (1996, Comedy) Jon Favreau. Would-be sultans of coolness help a socially inept friend find romance as they strut through Hollywood and Las Vegas. (E)
 10:15 pm WTBS (3) ★★½ "Grumpy Old Men" (1993, Comedy) Jack Lemmon. Minnesota neighbors rekindle a 10-year feud when they fall for the same widow.
 11:35 pm CITY (29) ★★ "The Firm" (1993, Drama) Tom Cruise. A law-school grad uncovers a sinister secret about the Tennessee firm that made him an offer he couldn't refuse. (E)

Princeton Area Ghost Towns - The DVD



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Horoscopes

July 26 - August 2, 2006

Aries - Family gives you more loving support, home life is happier. Young people may cause problems in near future. Be cautious doing sports. Learn lessons life teaches. Listen!

Taurus - Relations with younger people become more active. You feel more interested in creative activities. Expect good news, messages from women. Concern shifts to home, family.

Gemini - Home life is very busy. You need to do errands, take care of messages, go on short trips. Neighbours, siblings take your time. Career makes unpredictable demands.

Cancer - You finally have some money and you want to go places, but this is not the time. Take care of immediate demands. Sibling may cause problems. Check vehicle for problems.

Leo - Financial matters occupy your mind and time now. Home life is happy, very busy. You move ahead with plans. You are working hard, but do not expect smooth sailing.

Virgo - You feel full of energy now, and things that angered you are on the surface. A lot of the energy comes from ego. Cool it! Partner is unpredictable. Develop character strength inside.

Libra - You can make plans now, but be super aware of your motives. Health or job problems may change plans. Look at long term benefits for you personally. Take time, be sure.

Scorpio - Perhaps you need more training or more spiritual development. Now is the time to focus on this personal aspect and make plans for the future. Write your schedule of events.

Sagittarius - Career heats up, demands for action pile up. You may feel frustrated, or full of energy. Positive action will solve most of your problems. Challenges test you.

Capricorn - Long distance travel may be in your plans now, but do not expect it to go smoothly. Partner has a lot to say. Listen. You have loads of positive energy. Use it to improve property.

Aquarius - Your focus now is on resources you share with others. Watch out for disputes. Interaction with partner, friend is important. Health is good, but you may feel tense.

Pisces - Home life may be hectic, or there could be a problem with a parent or family member. Partner could be upset. Pay attention to job, health. Keep life balanced, keep home calm.

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) ***"Swingers" (1996, Comedy) Jon Favreau. Would-be sultans of coolness help a socially inept friend find romance as they strut through Hollywood and Las Vegas. (E)
- 10:00 am CITY (29) ***"Beyond Suspicion" (1993, Suspense) Markie Post. A woman risks her life to help a federal agent trap her husband, a small-town dentist with a taste for murder. (E)
- 11:00 am A&E (9) ***"Falling Down" (1993, Action) Michael Douglas. An unemployed defense worker goes on an armed rampage on a Los Angeles police detective's last day of work. (E)

EVENING

- 6:00 pm WTBS (3) ***"Scary Movie 3" (2003, Comedy) (PA) Anna Faris. An anchorwoman investigates rumors about UFOs and a videotape that leads to deaths. (E)

- 7:30 pm FAM (28) ***"Zenon: The Zequel" (2001, Science Fiction) Kirsten Storms. The 21st-century girl makes the most of a dull assignment by lending a hand to some homeless aliens.
- 7:55 pm WTBS (3) ***"Scream 3" (2000, Horror) (PA) David Arquette. Murders draw a young woman, a reporter and an ex-policeman to the set of a movie inspired by horrific events that they survived. (E)
- 9:55 pm WTBS (3) ***"Scary Movie 3" (2003, Comedy) (PA) Anna Faris. An anchorwoman investigates rumors about UFOs and a videotape that leads to deaths. (E)
- 11:35 pm CITY (29) ***"A Perfect Murder" (1998, Mystery) Michael Douglas. A commodities broker persuades his wife's lover to kill her in order to inherit her trust fund.
- 11:40 pm WTBS (3) ***"Scream 3" (2000, Horror) (PA) David Arquette. Murders draw a young woman, a reporter and an ex-policeman to the set of a movie inspired by horrific events that they survived. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ***"Sister Act 2: Back in the Habit" (1993, Musical Comedy) Whoopi Goldberg. A Las Vegas singer teaches a mother superior's flock how to rock and save the school from closure. (E)
- 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. (E)

AFTERNOON

- 5:00 pm A&E (9) ***½"Shining" (1980, Horror) Jack Nicholson. A writer goes mad while serving as caretaker with his wife and clairvoyant son at a snowbound Colorado hotel. (E)
- WGN (38) ***½"Glengarry Glen Ross" (1992, Drama) Al Pacino. Underhanded real estate salesmen sink to varying levels of deceit in order to sell their dubious properties. (In Stereo) (E)

EVENING

- 6:00 pm CITY (29) "Croon" (2003, Romance-Comedy) Alexandra Stewart. An aging divorcee deals with family crises and an unexpected romance with a younger man. (E) (DVS)
- 7:30 pm FAM (28) "The Proud Family" (2005, Fantasy) Voices of Kyla Pratt. Premiere. Animated. A mad scientist unleashes evil clones of a family to find their secret formula.
- 8:00 pm WTBS (3) ***"Stepmom" (1998, Drama) Julia Roberts. A New York fashion photographer contends with her boyfriend's children and ex-wife. (E) (DVS)
- KNOW (5) ***"Chaplin" (1992, Biography) Robert Downey Jr. From London poverty to Hollywood legend, silent-film star Charlie Chaplin's life story is told.
- VTV (22) "The Man Who Lost Himself" (2005, Docudrama) David James Elliott. Canadian football player Terry Evanshen awakens from a coma with no memory of his life or loved ones. (E)

Similkameen News Leader Community Calendar

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

DECEMBER

- 1 - Christmas Light-Up, Keremeos
- 2, 3 - Christmas Arts & Crafts Weekend, Keremeos
- 25 - Christmas Day
- 26 - Boxing Day

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

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Similkameen News Leader Recipe Corner (Recipe #125)

Brought To You By: Your Advertising Here!

Barbequed Mushroom Pita Pizza

- Preparation:** 10 minutes; **Cooking:** 8 minutes; **Serves:** 4
- 2 tbsp Greek with Feta and Oregano dressing
 - 4 portabella mushrooms, trimmed
 - 4 small pita breads
 - 2 tbsp tomato pesto
 - 150g baby spinach leaves, washed and dried
 - 1/4 cup mozzarella grated cheese
 - Ground black pepper, to taste

Directions:

1. Lightly grease a barbecue grill with extra olive oil and preheat on high heat.
2. Lightly brush the mushrooms on both sides with dressing.
3. Place the mushrooms onto the barbecue grill and cook for 1 - 2 minutes on each side or until mushrooms are warmed through. Remove to a plate.
4. Place the pita breads onto the barbecue grill and cook for 1-2 minutes on each side or until warmed through.
5. To serve, spread the pita pocket breads with the tomato pesto. Top with the spinach leaves, mushrooms and mozzarella. Sprinkle with pepper and serve immediately.

For more information on mushrooms and mushroom recipes, visit mushrooms.ca today.

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THURSDAY, JULY 27, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CIVT, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 12 rows (6 AM to 11 PM) listing TV programs and their times.

FRIDAY, JULY 28, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CIVT, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 12 rows (6 AM to 11 PM) listing TV programs and their times.

saturday movies

MORNING

7:00 am WTBS (3) ★★★ "Honey, I Shrunk the Kids" (1989, Comedy) (PA) Rick Moranis. An inventor's ray gun zaps his son, his daughter and a neighbor's boys down to pea-size in his jungle of a lawn. (E)

8:00 am A&E (9) ★★★ "A River Runs Through It" (1992, Drama) Craig Sheffer. Two Montana boys become different men under the influence of fly-fishing and their minister father. (E)

9:05 am WTBS (3) ★★★ "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook. (E)

AFTERNOON

12:00 pm FAM (26) "Now You See It..." (2005, Adventure) Alyson Michalka. While producing a reality TV show, a teenager meets a magician whose powers are real but put him in danger. CITY (29) ★ "Gone Fishin'" (1997, Comedy) Joe Pesci. Misfortunes

plague two working-class buddies, contest-winners of an Everglades fishing trip. (E)

WGN (38) "Life In the Balance" (2001, Drama) Bo Derek. A lawyer battling addiction attempts to prove the innocence of a convicted murderer. (In Stereo) (E)

12:20 pm WTBS (3) ★★★ "Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancée. (E)

1:30 pm FAM (26) ★★ "The Kids Who Saved Summer" (2004, Comedy-Drama) Daniel Massey. Feisty children try to save their beloved park from a construction company that wants to tear it down. (E)

3:30 pm WTBS (3) ★★ "Stepmom" (1998, Drama) Julia Roberts. A New York fashion photographer contends with her boyfriend's children and ex-wife. (E) (DVS)

4:00 pm KTLA (27) ★★ "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. (In Stereo) (E)

5:00 pm WGN (38) ★★★ "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. (In Stereo) (E)

EVENING

6:00 pm WTBS (3) ★★★ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. (E)

CITY (29) ★ "The Avengers" (1998, Adventure) Ralph Fiennes. British agents John Steed and Emma Peel confront a villain planning world domination with a weather machine. (E)

8:00 pm KXLY (10) ★★ "Practical Magic" (1998, Comedy-Drama) Sandra Bullock. Raised by their aunts, two sisters use different means to avoid a family legacy of witchcraft. (In Stereo) (E)

8:30 pm WTBS (3) ★★★ "Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of con-

science costs him his job and fiancée. (E)

9:00 pm KNOW (5) "Driven to Distraction" (1990, Mystery) John Thaw. Inspector Morse's partners disagree when he fingers a philandering auto dealer as the killer of two young women. KHQ (7) ★★ "The Italian Job" (2003, Crime Drama) Mark Wahlberg. A master thief and his crew plan to steal back a fortune in gold bullion after they lose it to a double-crossing gang member. (In Stereo) (E)

FAM (26) ★★ "Angle" (1994, Comedy-Drama) Geena Davis. Premiere. A pregnant young Brooklyn woman pulls out of her impending wedding to date a charming Irishman. (In Stereo)

9:30 pm CITY (29) ★★ "The Rocky Horror Picture Show" (1975, Musical Comedy) Tim Curry. Square Brad and Janet are stranded at Dr. Frank N. Furter's mansion with weirdos from the Transylvania galaxy. WGN (38) ★★ "Major League" (1989, Comedy) Tom Berenger. Lackluster baseball players hear their Cleveland team's new owner is counting on them to lose. (In Stereo) (E)

10:48 pm FAM (26) ★★ "The 6th Man" (1997, Comedy) Marlon

Wayans. A college athlete returns from the dead to help his brother's basketball team win the NCAA title. 11:30 pm WTBS (3) ★★★ "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. (E)

CITY (29) ★★ "Starship Troopers" (1997, Science Fiction) Casper Van Dien. Members of Earth's space fleet battle large, vicious insects from outer space bent on destroying humanity. (E)

WGN (38) ★★ "Air Bud Spikes Back" (2003, Adventure) Robert Tinkler. A dog that plays volleyball helps investigators solve a rash of mysterious crimes. (In Stereo) (E)

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Hour	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25:00h	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
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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
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11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

sunday movies

MORNING

7:00 am WTBS (3) ★★★ "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook. (E)

9:00 am WGN (38) ★★ "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)

10:00 am A&E (9) ★★ "The Witches of Eastwick" (1987, Fantasy) Jack Nicholson. Three witchy New England women innocently conjure up the perfect man, who is much more than he seems. (E)

11:00 am CITY (29) ★★ "In God's Hands" (1998, Action) Patrick Shane Dorian. Three professional surfers travel together on a global quest for the ultimate wave. Directed by Zalman King. (E)

AFTERNOON

12:00 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.

1:00 pm 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)

1:33 pm FAM (26) ★★ "Rudy" (1993, Drama) Sean Astin. With heart and determination an Illinois youth tackles shortcomings to play Notre Dame football.

2:00 pm VTV (22) "We the Jury" (1996, Drama) Lauren Hutton. Heated discussions and differing factions emerge as a jury deliberates the fate of a celebrity accused of murder.

2:30 pm WTBS (3) ★★ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. (E)

3:00 pm KTLA (27) ★★ "George of the Jungle 2" (2003, Comedy) Christopher Showerman. George

must foil the dastardly plans of his wife Ursula's mother and former fiancé. (In Stereo) (E)

4:00 pm YTV (18) ★★ "The Babysitters Club" (1995, Drama) Schuyler Fisk. Seven girls balance the growing pains of adolescence with the demands of operating a day-care camp for children. (In Stereo) (E)

VTV (22) ★★ "Deadly Appearances" (2000, Mystery) Wendy Crewson. A university professor suspects foul play when her politician friend drops dead at a victory celebration.

5:00 pm WTBS (3) ★★ "Secondhand Lions" (2003, Comedy-Drama) (PA) Michael Caine. Premiere. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales. (E)

EVENING

6:00 pm YTV (18) ★★ "A Walk to Remember" (2002, Romance) Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter. (In Stereo) (E)

CITY (29) ★★ "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail

encounter a storm with hurricane-strength winds and 100-foot waves. (E)

7:00 pm WTBS (3) ★★ "Secondhand Lions" (2003, Comedy-Drama) (PA) Michael Caine. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales. (E)

9:00 pm WTBS (3) ★★ "Angels in the Outfield" (1994, Comedy) Danny Glover. The manager of the lowly California Angels puts his faith in a boy who can see an angel. (E)

FAM (26) ★★ "My Life" (1993, Drama) Michael Keaton. A man and his wife confront his terminal cancer as he videotapes life lessons for his unborn son.

10:56 pm FAM (26) ★★ "My Boyfriend's Back" (1993, Comedy) Andrew Lowery. After a plan to impress the girl of his dreams fatally backfires, an infatuated teenager returns from the grave.

11:00 pm WTBS (3) ★★ "Tin Cup" (1996, Comedy) Kevin Costner. A curvy customer and a smarmy golf pro pal motivate a down-and-out Texas driving-range owner to try for the U.S. Open. (E)

11:30 pm CITY (29) ★★ "The Rocky Horror Picture Show" (1975, Musical Comedy) Tim Curry. Square Brad and Janet are stranded at Dr. Frank N. Furter's mansion with weirdos

from the Transylvania galaxy.

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SATURDAY, JULY 29, 2006

Table with 20 columns (WTBS to WGN) and 24 rows (6 AM to 11 PM) showing TV schedule for Saturday, July 29, 2006.

SUNDAY, JULY 30, 2006

Table with 20 columns (WTBS to WGN) and 24 rows (6 AM to 11 PM) showing TV schedule for Sunday, July 30, 2006.

MONDAY, JULY 31, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

monday movies

MORNING

7:00 am WTBS (3) ***"Tin Cup" (1996, Comedy) Kevin Costner. A curvy customer and a smarmy golf-pro...

10:00 am CITY (29) *1/2 "In God's Hands" (1998, Action) Patrick Shane Dorian. Three professional surfers travel together on a global quest for the ultimate wave.

EVENING

8:00 pm WTBS (3) ** "Lara Croft Tomb Raider: The Cradle of Life" (2003, Adventure) (PA) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can harness its power for world domination.

10:30 pm WTBS (3) *** "The Long Kiss Goodnight" (1996, Action) (PA) Geena Davis. Former cohorts come after a small-town New England mom who gradually remembers her past as a government assassin.

10:35 pm CITY (29) *1/2 "An Alan Smithee Film: Burn, Hollywood, Burn" (1997, Comedy) Ryan O'Neal. Joe Eszterhas penned this inside-joke-laden tale of a director who goes crazy

after losing control of his latest work.

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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



The mists lifted as the warmth of the sun began to banish the damp, the salt smell of the ocean and a promising breeze filled our sails. Our 5 ships carrying gentlemen and crew of 150 headed south west from the city of (flexible orifice) 50°N/4°W. Surprisingly, we did not turn east into the Strait of (Gibr- offering table) and the Mediterranean, our publicized destination, but continued south west on our secret royal task to explore the (Peaceful waters) and gain riches from Spain and it's Colonies. The Captain's reputation as a privateer, some say he was a famous pirate, was soon confirmed as off the west coast of Africa we sighted a Portuguese merchant ship and gave chase. We captured the vessel, subdued it's crew and took it's pilot into our service. After putting ashore on the Cape Verde Isles for water and provisions we continued south west despite grumblings from some of the gentlemen and crew who were expecting an easy sail and trade in the Mediterranean. Passing over the (= line, = 0) and pounded with rough seas from the (Set Rades) our small fleet was separated and all ships were tossed about by ferocious storms along the coast in the (Big nuts and Raisins). Finally we regrouped and reached Sao Vicente just south of the tropic of Capricorn. Continuing south into sleet, snow and more rough weather, dissension grew to the point that the Captain had one man tried and executed for mutiny. Calling the crews together he then gave a rousing patriotic speech, reorganized the ships and abandoned the two unfit vessels before heading into unknown waters through the Strait of Magellan.



SOLUTION: You have just followed the first part of a voyage of exploration and plunder undertaken by the Captain many Spanish called El Drago, started in 1577. (To be continued) CLUES: (flexible orifice) = Plymouth, (Gibr- offering table) = Gibraltar, (Peaceful Waters) = Pacific Ocean (= line, = 0) = Equator, (Set Rades) = S E Trades, (Big nuts and Raisins) = Brazil Current.

Let's Play Princeton Trivia!

Question:

Who were Blake Wilson and Pat Burns?

Last Week:

Bill Miner was the famous train robber who once lived near Princeton.

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



obituary

KEITH ROBINSON

Keith Robinson passed away peacefully July 16, 2006 after a lengthy illness. There will be no service as of his request. There will be a gathering of family and friends at a later date.

Thank you to all the Doctors and Nurses for all their care during the length of his illness.

- July & Family

obituary

for sale

Visit www.thenewsleader.ca for more Classified Ads. For more information on advertising online call (250) 295-4149.

Trailer for sale. 1976 Prowler Trailer. 22-foot, sleeps 7. \$2,500.00. (250) 295-6472. Jul 11-25

WOOD PELLET SALES & DELIVERY
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(250) 295-6545

4 R13 all-weather radial tires. Hardly used. \$25.00 each or all for \$80.00. (250) 295-6063. Jul 18-Aug 14

1983 27' Travelaire Class C Motorhome. 460, on propane, rear bedroom, 6 new tires, new exhaust. \$13,950.00. (250) 295-3738. Jul 18-Aug 07

12'x16' work shed. Insulated, wired #8 tech, siding, metal roof, electric heat, on skids. Must be moved. Asking \$2,500.00. Call (250) 295-6351 to view. Jul 18-Aug 07

1995 Chev S-10 pick up. Vortec V6 engine. Push button 4x4, etc. New tires. \$5,800.00. (250) 295-6250. Jul 18-25

announcements

Entertainer available for hire. Private parties, local events, etc. Patty (250) 295-0520 or e-mail pattyann@uniserve.com. Jul 25-tn

personal

S/W/M 5' 11", 230 lbs., 50 years young. Big and cuddly, mild-mannered, seeks S/F over legal age for discreet, safe, fun encounter. P.O. Box 221, Hedley, BC V0X 1K0. Jul 25-Aug 08

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Jul 11-Aug 01

help wanted

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Jul 18-tn (b)

NOW HIRING
Line Cook Required
Also Prep Cook and Dishwasher



Apply In Person
With Resume

notices

Space available for Vendors during Tulameen Family Fun Days (August Long Weekend). For more information call (250) 295-6489 or Larry at 295-7005. Jul 11-25

services

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Jul 06-tn

for rent

1-bedroom suite with large sundeck, 10 KM out on Similkameen River. S/F. Prefer someone with some horse savvy. Pasture available for horse. Earn some rent back (\$10.00 per hour) by caretaking (plus yard work) at a small farm. N/S. Quiet person. References required. \$500.00/month includes utilities. (250) 295-7861. June 20-tn

Neat, small 2-bedroom home in Allison Flats. Looking for long-term, quiet tenants, 2 (max). No indoor smoking or pets. Nice yard, new bath, well maintained, \$625 per month plus utilities. Faces park, established area, pleasant neighbours. References and security deposit required. DRIVE BY 226 Allison Avenue and call to request showing: (250) 686-1392. Available August 1st. Jul 11-tn

Office space available (12 x 12) in the centre of the busiest block in downtown Princeton. Storefront location would be ideal for business professional or part-time office for larger business based out of town. Call (250) 295-6905 for details. Jul 11-tn

1-bedroom home. Re-done. Has new appliances. \$450/month. Contact RE/MAX Property Management at (250) 295-3222. Jul 11-tn

wanted to rent

Young working couple, with baby on the way, looking to rent a clean, affordable 2-3 bedroom home within town limits. Must allow pets. References available. Call (250) 295-3986 after 4:00 PM. Jul 11-25

for rent

3-bedroom house in the country. References required. Call (250) 295-6468 after 6:00 PM. Jul 11-25

12' x 68' mobile for rent. 2-bedrooms. \$450.00/month. Deblyn Mobile Home Park (250) 295-0264. Jul 25-Aug 25

special gift

A musical memory gift for that special someone. This unique gift is just \$20.00 plus postage. Contact youwinagain9@yahoo.ca for details. Jul 25-tn

notices

The laying to rest of the ashes of Earnest George McLaren (July 28, 1924 - November 28, 2005)

A graveside service will be held at 1:00 PM on Saturday, July 29, 2006 at Hedley's Cemetery. Followed by a celebration of Ernie's life at the Hitching Post Restaurant in Hedley, beginning at 1:30 PM. Everyone who knew him is welcome to join family and friends in celebrating his life.

notices

LIMITED PRINT BLAKEBURN MAP

"DELUXE EDITION"

is now available at
Princeton Pharmasave and Chamber of Commerce

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

yard sale

Similkameen Christian Motorcycle Association
Yard Sale
9:00 AM - ??
Saturday, July 29
Princeton Plaza Parking Lot

Multi-Family Garage Sale
9:00 AM - 1:00 PM
Saturday, July 29
291 Fenchurch - 2nd Bench
Appliances, ping pong/pool table, hockey gear, water cooler, garden ornaments and much more!

for sale

1981 Honda GL500 SilverWing Interstate. Fully restored and registered as a "Collector" in excellent condition. Asking \$2,500.00. Call Bud (250) 295-6247. Jul 25-tn

1991 Ranger XLT 4x4. Canopy, power windows and doors. Good shape. \$2,500.00 OBO. (250) 295-3099 or leave message.

Puppies for sale. Australian shepherd/border collie/blue heeler cross. \$100.00. (250) 295-3474. Jul 25-Aug 06

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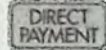
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Or Helen Gallagher
(250) 295-3825
Jan 18-tfn (b)

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Oct 25-tfn

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4:30 PM Sales Start
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my turn

News Leader comes to the rescue

We discovered a couple of things the other night.

We were sitting in the Similkameen Valley Planning Society regular meeting in Hedley and watching the Compliance Energy Corporation traveling slide show.

We'd seen it once before when the proposed power plant was a wee little 49-megawatt plan. Now that it's a 56-megawatt project the rules have changed slightly. They actually favour Similkameen Valley residents.

The noise made about the perceived dodging of an Environmental Assessment with the 49mW project put some pressure on the boys with this wood and/or coal plant that becomes energy (that'll power your house) to up the ante so they would have to jump through some more hoops.

You've got to give them credit for making it harder on themselves by going the long way and forgetting about the 49mW shortcut.

Regardless of where you sit on the issue, the fact remains that Similkameen Valley residents can continue to put up roadblocks and hoops and hurdles until it becomes impossible for Compliance to flip the switch.

There is a far easier way to bring the project to a screeching halt...if that is your plan.

Put pressure on the Regional District to deny the rezoning application Compliance will eventually file. If the former Similco Mine site is not rezoned for the Compliance project, even after they pass the Environmental Assessment (which is just starting), the project is dead.

Compliance President John Tapics admitted to this at the SVPS meeting.

There's no doubt the project has been a tough sell from the first day they started talking seriously about their plans.

They've also spent a lot of time and energy dealing with local concerns - some of them real, many of them imagined.

We figure if they can convince everyone their project would be a valuable asset to the valley, then they should be allowed to prove that.

However, we doubt they'll get that chance.

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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TIS TOONS



your turn

Toews looks at BC athletes

Dear Editor:

BC as a province, within living memory has produced much more than it's share of world-class athletes. There have been so many that to start naming them would invariably lead to many being left unmentioned. Have you ever noticed that central Canada's media does not recognize these athletes as British Columbians, but they quickly become Canadians when they attain fame internationally?

As long as I can remember, I've followed spectator sports. So, as a sports nut in this province I've had many ups and downs—mostly downs. And living here as I do I've had many occasions to second-guess the management of our professional sports teams. Myself, as well as hundreds of other armchair quarterbacks can point back to disastrous decisions made by the corporate elite and say, I told you so.

In pro football it's always been, covet thy neighbour. As soon as the Lions lose to another team, we must have their quarterback and if possible their coach.

This commandment-breaking envy has led to disastrous consequences more than a few times since that team's inception in '54. And it looks like another drought is in the offing. Let's see, hmm—whom can we steal for next season?

The Canucks have to be even more laughable. As soon as we have the nucleus of a winner, the inmates take over the asylum. Then a good coach gets fired to appease the overpaid prima don-

nas who only perform if they get their own way. Fortunately for that club, hockey is the game of choice for British Columbians and the diehard fans are so rabid that the junior Giants could fill the corporate arena known as GM Place.

Letter To The Editor

Flemings issue threat

Letter to the Editor:

To the thief who stole our solar lights on Similkameen Avenue in the early hours of July 18th.

Stupid, Stupid, Stupid. You not only left yourself open to charges of theft and trespass by dark, but you were so intent on pulling the lights off of the fence, you failed to notice that little red light following you around our yard.

As most thieves you stole, but you left something behind.

Let's take a wild guess at how many of their first ten games the Canucks win this year—sorry, you can't have zero, that's my choice. Oh, please prove me wrong! Sincerely,
HPToews, Princeton

Your picture and good ones, too. Yes, that is a camera mounted on the peak of our garage.

You have until the morning of Friday, July 18th to have those lights placed back on our lawn or you can try and guess what I will do with the pictures.

If the lights are returned, I will destroy the pictures. Hopefully it will have taught you a lesson.

The choice is yours.
- Don & Julie Fleming, Princeton

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Current Comment:

Those cute marmots.....scare me!



Dawn Johnson
editor@thenewsleader.ca

There is an attitude of live and let live while these cute little marmots invade our dikes and our parks. Sure, they are cute, but I don't want them around where human contact is probable. **What you don't know about marmots could kill you or your children.**

Sometimes a whole lot of knowledge is less dangerous than no knowledge. I have bothered to research the story of the deadly hantavirus, but within that story are several stories about why we do not want rodents in contact with us.

The deadly form of hantavirus was first studied by the American Center for Disease Control (CDC) in May 1993, following the mysterious sudden deaths of young Navajo athletes in Arizona. Sounds too far away to worry us, doesn't it? In one year, British Columbia recorded its first hantavirus death in Kamloops.

Read this carefully: in trying to pin down the source of the acute respiratory distress disease, scientists looked for bubonic plague infection carried by prairie dogs (western ground squirrels) and next for evidence of pneumonic plague, a bacterial infection of the lungs which spreads in the air from rodent to human. (When I was a kid on the farm, we used to train our dogs not to attack "ground-hogs" (marmots) for fear the dogs would contract pneumonic plague and die. Our neighbour's dog brought home a marmot to her pups. All of them were soon dead. We used marmots for target practice.)

By the end of May, 1993, CDC researchers had hantavirus on their list of suspect viruses. Teams of 100 scientists were out in the countryside trapping wild rodents. They were in a big hurry. The death toll for the month had climbed to 12, with 21 more suspect cases. They had to narrow their list of possible viruses causing rapid death.

Hantaan virus was first identified in mice in Korea. Later, the virus infected rats, which can be great hitch-hikers, and eventually the disease came to North America, where it was called hantavirus. There are many strains of hantavirus. All known strains of the virus, up to 1993, attacked the kidneys. The strain killing people on the Navajo Reservation attacked the

lungs, the first hantavirus known to do so, and attacked so fiercely that death occurred two or three days after the first flu-like symptoms.

Hantavirus first received world medical attention during the Korean War. From 1951 to 1954, 2,500 American soldiers and an unspecified number of Korean and other United Nations military personnel fell ill with a disease that caused fevers, weakness, fatigue and kidney failure. Many soldiers died from the disease. The source of the disease was eventually traced to field mice.

After the disease was named and tracked, during a 22 year period in South Korea, 9,000 cases were identified and 6.5 percent died.

During the 1970s, eleven other forms of hantavirus were discovered in Asia and Europe, all linked to kidney diseases. The viruses were always carried by some type of wild rodent. People who came in contact with infected rodent urine or feces contracted the disease. American scientists started looking at rats in

American port cities and found every rat they trapped was infected with hantavirus. In 1982, a two-man research team decided to look at common North American voles, which inhabit nearly every location in North America. They found another strain of hantavirus carried by two vole species.

Knowing hantavirus can cause hemorrhagic kidney disease, two other researchers began testing the blood of 2,000 people undergoing dialysis or suffering kidney problems. Results from dialysis patients showed 6.5 percent infected with hantavirus, probably contracted from house mice.

By 1992, hantavirus researchers were sure that various types of hantaviruses were prevalent in rodents throughout North America and believed these hantaviruses were responsible for climbing rates of hypertension and kidney disease, especially among inner city poor.

Following the Navajo outbreak, CDC researchers were hyper-alert to

reports of deaths from acute respiratory disease syndrome. This new hantavirus was called Muerto Canyon (Valley of Death) after the location of the first deaths in Arizona. They tracked the deadly form of hantavirus throughout the American west, believing deer mice were the likely carriers. Then a woman died of Muerto Canyon hantavirus in Florida in an area where there were no deer mice. Clearly, the virus had infected some other kind of rodent and carried the disease to Florida.

Today, researchers know that dozens of strains of hantavirus can be found world-wide in a growing variety of rodent species. In North America, Muerto Canyon hantavirus has been associated primarily with mice, but in one case, a raccoon. Muerto Canyon hantavirus is now suspected as being the cause of fatal respiratory disease in Sweden and Germany.

Victims of Muerto Canyon strain did not have to touch the infected urine and feces. All they had to do was breathe the air in a confined space, such as a room or outbuilding, where fresh rodent urine and feces were located. Muerto Canyon hantavirus is airborne. Closed outbuildings, such as garages, workshops and sheds, should be thoroughly aired or at least 24 hours before

entering, especially in spring. Rodents like to find a nice outbuilding to live in through winter.

Back to those cute little marmots. Assume, with a 90 percent degree of certainty, that our marmots are infected with at least one strain of hantavirus, and probably pneumonic plague. These diseases, other than Muerto Canyon hantavirus, do not kill most adults, but chances of a child or elderly person surviving are much less. Any virus that attacks the kidneys is highly undesirable at any age.

Back on the farm, when I was a kid, we waged war on every species of rodent, regardless of where it occurred, if the potential to infect humans was there. We cremated the rodent bodies in a burn barrel, and at no time did we touch the bodies with bare hands. "Rodents carry disease," our elders said. They have been proven right.

What is the attitude today of researchers at the Center for Disease Control? They recommend returning to publicly funded rodent patrols to eradicate the vast majority of rodents in cities and towns.

For further information on hantavirus, consult Centers for Disease Control - hantavirus, North America, or read *The Coming Plague*, by Laurie Garrett, Chapter 15.

Marketplace Ministry by Jim Caruso

What love language does your spouse speak?

I remember the first wedding I officiated at was in Dawson City Yukon in the middle of the winter, in a small trappers cabin about 10 miles out of town. On the porch, hanging by the door was a half a moose and a hacksaw, the porch was also the walk in freezer during the winter. I knew what we were having for the reception dinner. Donning all the parkas and the winter boots, we stood in the small living room-kitchen that was the designated chapel. The piano had no front on it and it sounded like it hadn't been tuned since the gold rush of 1890. The room was quite small. The permafrost had heaved some time earlier in the year and there was a slight incline to climb to arrive at the piano.

My wife began to play the wedding march at least I think those were the notes used on other pianos to play that song. The bride came out from the only other room of the two room cabin and climbed up to the piano area without breaking a sweat. Two bars of music and she was standing beside her husband to be and the wedding took place. The ceremony was followed by moose a la carte and lots of frozen desserts. The exciting thing is that this couple is still married after some 23 years. Of course I would like to take credit for a long lasting marriage, but really a wedding lasts only a day, but marriage should last a lifetime. That takes a lot of work on the part of the couple that are committing themselves to each other. Key areas that are important for the survival of any relationship and especially marriage are that of love and anger management. Let me briefly talk about anger management first as it seems to find its way into many love relationships. Anger uncontrolled can be very destructive. We need to realize the damage that can happen in a second when we are angry, damage that can last a lifetime. I remember getting into a discussion with my wife in which I began to use my outside voice, while still very much inside the house. The worst part is that I knew she was right and I was wrong. I hate that. Knowing that I was losing the argument, I looked her in the eye and said in a very calm inside voice, I accept your apology. She looked at me, took a breath and said, You are an idiot. I was lucky. Know your opponent before doing this at home. This is our diffuser for any situations that we may find our selves in the future.

My mind is very active and so the other day I was thinking about an old song from the 70s by Jim Croce. I thought about putting this little saying on a business card and the next time that we get into a situation I would hand her the card. It would read, You don't tug on Superman's cape You don't spit into the wind You don't pull the mask off the old Lone Ranger...And you don't mess around with Jim! I haven't made the cards up yet, I tend to enjoy life as it is. The second and most important area in a relationship is love. Love is mentioned in the Bible many times. It is the essence of God. In 1 John 4 it talks about God being Love and that it was He that loved us and a result we are able to love one another. Jesus sums up the Ten Commandments in two simple commandments and they are; Love God with all your heart, mind, soul and body and love your neighbour as yourself. Marriage relationships are founded and established on love and these relationships are matured and nurtured on love. Gary Chapman has written a great book call *The Five Love Languages*. In his book Chapman suggests that each one of us has a certain love language that we respond to. He lists five of these; Quality Time, Words of Affirmation, Gifts, Acts of Service, and Physical Touch. We express and receive love in different ways. For example if we have a need for quality time with our mate, the gift of the flowers may be nice, but the need is not met. Your spouse may have a need for acts of service. I call this gutter love. If you clean the gutters, wash the car and mow the lawn, your spouse will receive that as an act of love to her. When we know the love language of our spouse, we are able meet their needs and in doing they are complete and fulfilled.

The thought that we are marrying our best friend on our wedding day, if we learn the five love languages, will be something that we can say twenty, thirty and sixty years later, if we are blessed to live that long. Learning my wives love language has made our relationship better each and every day. I haven't printed the card yet, but I did mow the lawn.

Pastor Jim Caruso
Oceanside Community Church, Parksville, BC
pjcaruso@telus.net

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POSTMARKS will **NOT** be considered as date of payment.

A 10% penalty will be applied after due date.

Collector
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The splash park in Rotary Park opened last week. It has been a popular stop for many children already.

Letter To The Editor

Green takes long look at deer issue

The Editor:
THE PRINCETON LAMENT
 Oh Dear, Oh Dear those dreadful deer,
 What can we do if they come near?
 Our kids and dogs must run in fear!

Those wretched deer are out to get us,
 Our roses, tulips and our lettuce.
 They lay in ambush attack our cars!
 Put these scoundrels behind bars!

Fence in the town to end the threat,
 If that doesn't work, just shoot them dead!

I can't believe we are contemplating yet another public meeting to contemplate the fate of the local deer population.

Let me be clear. I love the deer. They are part of the reason we moved here! They are a natural resource and as much mine as they are yours.

Before anyone launches a campaign to kill my deer you had better be prepared with solid figures that prove without doubt that the deer population within the Town limits is highly disproportional to the surrounding wilderness. Do not include the garbage dump because it represents a flagrant case of feeding the deer and hence, entrapment.

I would love to know just where this multitude of deer is roaming about. I live as close to wilderness as you can and still be in the city limits. A deer or two might wander through my front yard once every couple of weeks and once in a while I see one or two along Tulameen Avenue hardly an invasion!

My sentiments in this issue are obvious. If some individuals fear and hate the deer, also show your bias. There are some among us who stir up public sentiment by throwing out one red herring after another.

We are NOT under threat of Lyme disease. Lucky for us, Ixodes scapularis, commonly called the deer tick and its cousin, Ixodes pacificus,

the carrier in the West, appear to prefer a more temperate climate than we have to offer. In British Columbia these ticks are only found in the Fraser River Delta, the Gulf Islands and Vancouver Island. Aside from being a preferred host for ticks of various kinds, deer have nothing to do with Lyme disease. Should ticks of any kind become a problem for our deer, control the ticks! Yes we can do that!

Deer are NOT naturally aggressive. Aggressive by definition means tending to attack and be hostile. This is simply not a characteristic of deer you will find in any literature on wildlife. A failure to run away does not equate to aggression neither does standing your ground in defense of your offspring; as any good mother would do.

I have spent hours on the Internet searching for serious human physical injuries and deaths caused directly by deer. Nearly a million deer die on North American roads every year and - yes they take a small number of people with them. Whose fault is that? Yes, I found two fatal attacks by male deer in rut. In one case a pet deer fatally gored its owner in a similar case a man suffered an injury to his face and died of a related infection. I found about fifteen other reported injury incidents one significant head injury and various bumps and bruises. That is all I could glean for the entire North American continent with a population of 331,473,276 million or more people. If we assume half of these people live in metropolitan areas and have zero chance of encountering deer your chance of being injured or killed by a deer appears to be one in 9,749,214 million (165,736,638 M/17). Do we all feel safer now?

One recent letter to the editor likened the Princeton deer problem to the Banff elk population not exactly apples and apples. A bull elk weighs 800 to 1,000 pounds, a cow

600 to 800, about the size of a horse. Our male deer weigh in between 150 to 300 pounds tops, while females range from 90 to 200 pounds. I can well imagine that the sight of a 1,000 pound elk walking down the street would be intimidating, but the main complaints in Banff come from golfers who resent elk peeing on and pawing their greens. We humans are so magnanimous!

The landscape and gardening complaints irritate me the most. This is NOT the Lower Mainland. It took me one season to learn that tulips and tea roses are deer catnip! There is an abundance of marvelous shrubs, perennials and annuals of equal beauty that thrive here - of absolutely no interest to deer. If you don't have landscaping success here do some research or visit Don and Anna's Garden Centre in Keremeos. They are wonderful about explaining what survives and thrives in Princeton. I truly don't understand what people are complaining about. All this gardening distress can only be explained by a stubborn addiction to plants that don't work. To me Princeton seems like gardening heaven no slugs, few aphids and lots of sun!

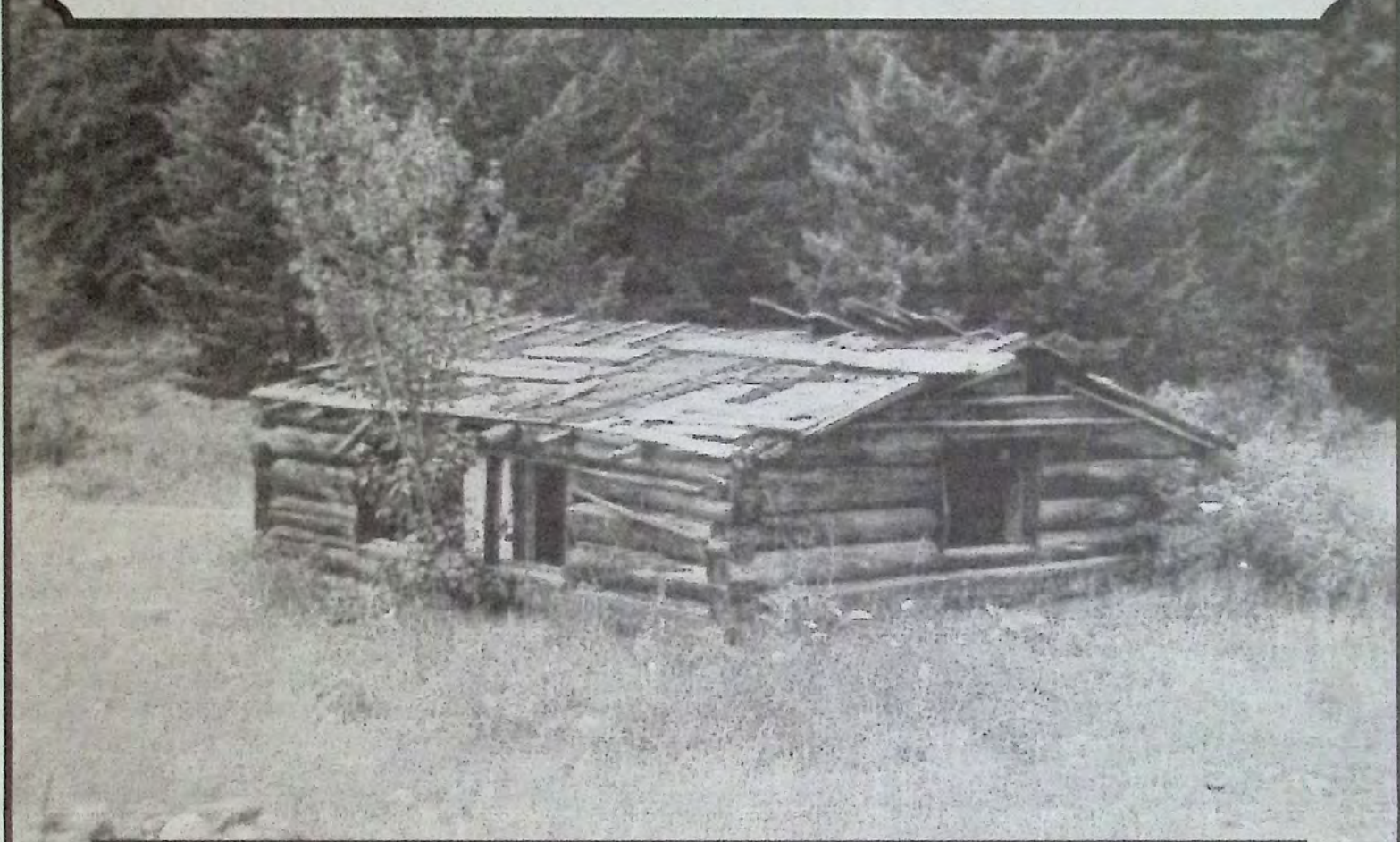
Once when the gate was left open a deer nibbled on some of the beans and peas in my fun garden so what! Would I support the death of even one deer over my veggies and roses absolutely NOT.

Princeton is just a small blip in an immense deer range. From the deer perspective, it is inconveniently located where they, since time immemorial have come to look for food and water. I suspect deer will be coming here for the rest of my days, and yours so let us hope we can come to a state of comfortable co-existence. Even better let us embrace them as the novel, and absolutely free, tourist attraction they can be!

- Karin Green, Princeton

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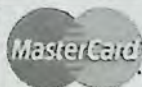
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A couple of cyclists enjoying the Similkameen Valley on the Trans-Canada Trail near Jura.

Letter To The Editor

Alex says 'thanks' for support

Dear Editor:

I would like to thank all of those who attended and participated in our MP and jointly sponsored Community Forums over the past few months.

It was a pleasure to see so many attend our forums in Kaslo, New Denver, Castlegar, Nelson, Keremeos, Oliver and Princeton. I certainly found them to be most informative, as did others who were there.

As the Member of Parliament, the forums are one way for me to keep in contact with our diverse riding, and also to learn what issues people are faced with on a day-to-day basis.

I would like to thank our four MLAs and the many regional directors, municipal councillors and other community leaders who took time to serve as panelists and answer the many questions that were posed by members of the community. Thanks to Andy Shadrack, Area Director from Kaslo, for suggesting this format.

A special thanks should go out to the youth panelists and attendees who participated and shared their concerns.

Thanks also to the media, for reporting the concerns and ideas that citizens raised to the panelists from all levels of government. Some of the federal issues mentioned include: Loss of CBC TV aerial reception in the Lower Similkameen valley; Development pressures affecting affordable housing in many communities; The proposed new South Okanagan Lower Similkameen Grasslands and Snowy Mountain National Park /Reserve; The need for more recreation and employment opportunities for youth in our interior towns; A proposed coal-fired plant near Princeton, and a proposed uranium

mine near Beaverdell; Living up to Canada's Health Act with service standards to ensure decent care for seniors in our communities; Our changed role in Afghanistan and much, MUCH more!

My staff and I will be planning another series of meetings in the

fall. Please do not hesitate to contact us if you have any suggestions or ideas. Democracy is alive and well in this riding of BC Southern Interior!

Sincerely,
Alex Atamanenko, MP
BC Southern Interior

Letter To The Editor

Joe talks about deer

To The Editor,
Sir,

Of the many interests of Princeton, is it's unique game farm which is the town itself. The humans are regulated to crosswalks and bylaws, the wildlife, specifically deer have complete freedom.

The marmots even have their own waterfront condo's in "Marmotville" part of town. The raccoons are now considering moving in.

Some places worry about bird flu. Here we have "deer" garden predators and deer poo. They maraud diaperless considering pooper-scoopers beneath them. You can read their mind when they look into a fenced off area --- "wonder

how those dumb humans like living in a zoo?"

Now we have the marmots. They tortured our peas and beheaded our lettuce. Trap them some say. Have the R.C.M.P shoot them others say. Can you honestly see the the Mounties on "Marmot Patrol." As it is, they're having enough trouble apprehending those two legged rats...

Whose to blame for this situation?

Adam and Eve, they should have kept their "trap" shut. They didn't and as a result lost the farm ending up with nothing but a fig leaf and we in Princeton an unparalleled wildlife "insurgency".

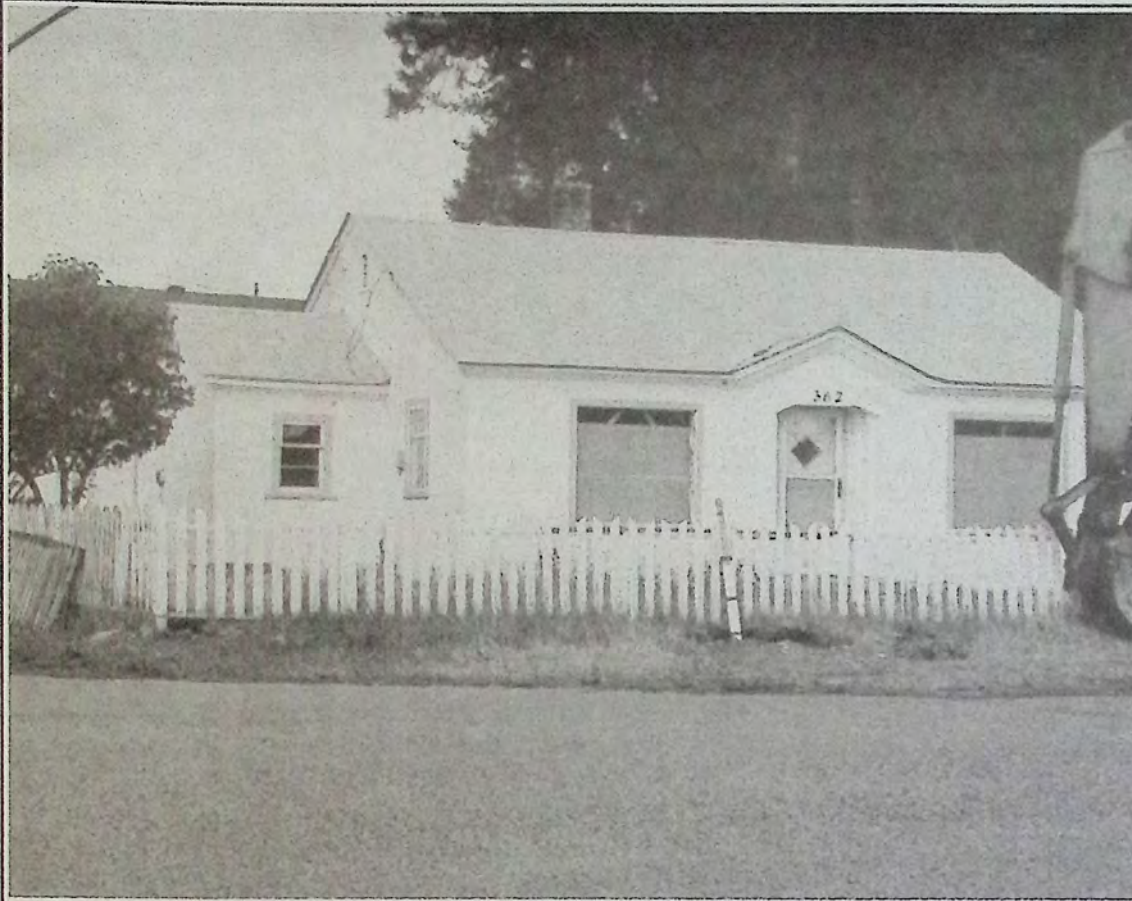
Regards,
Joe Schwarz, Princeton

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Now you see it...This home at 362 Pine Street was scheduled for demolition last week so the property owner could build a new home on the site. Photo: Norm McGivern

Letter To The Editor

Masiel says tourists dislike trail

Dear Editor;
Last Sunday, we played host to two German cyclists who were coming down the road from Tulameen and were somewhat confused as to where the town centre was.

On further conversation, we learned that these two tourists had planned to bike the Trans Canada Trail, but were so discouraged by the condition of the trail from Hope to Brookmere and from Brookmere to Thalia that they opted for the road instead and consequently missed the most scenic part of the trail.

Whilst on the railbed, they met ATV's and dirt bikes and had found the experience most unpleasant. Another German couple that they met had had similar experiences and they too were using the road. As they related to us, they found out about the Trans Canada Trail and were filled with great enthusiasm at such a grand idea of uniting a country from sea to sea by providing a trail.

Their whole reason for coming to Canada was to ride this trail and enjoy nature. They were very keen on enjoying nature and cities as such were not big on their agenda.

They could not understand why motorized vehicles were allowed on this trail.

The advertisement and information about the trail did not say that this would be the case. In Germany, they said there are trails for those who want to enjoy non-motorized activities and for those who like to use motorized equipment, further adding, that ATV's and dirt bikes are not very common in Germany.

Their final comment was that they would not recommend the Trans Canada Trail to anyone in Germany.

- M. Masiel, Princeton



Now you don't...The view part way through demolition on July 17th. Photo: Norm McGivern

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A total of 300 people registered and their comments were nothing short of spectacular.

Our objective was to "SELL" Princeton. It was an easy job once we got them here.

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And our many outstanding Volunteers, assisted by Rotary and Princeton Highway Extrication.

If we missed anyone, please know that you were appreciated and that you were a part of something very special!

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