

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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Recycling proves beneficial



Los Gulchos Grande Fiesta, a team participating in the slo-pitch tournament during Tulameen Family Fun Days, took First Prize in Saturday's annual Tulameen Parade.

Town of Princeton and Area H surpass recycling expectations

Town of Princeton and Area 'H' residents should be proud of their recycling habits.

Only in its fourth year, the Princeton and area recycling program has far exceeded expectations.

"We are proud of the area residents and businesses that have embraced our recycling program," says Councillor Ray Jarvis, Landfill and Solid Waste Committee Chair.

"We are recycling so much that plans are under way to more effectively handle the volume of recyclables at the Princeton and District Landfill."

The recycling program, which started in 2003, includes residential curbside pick-up of cardboard, newspaper, tin cans and #2 plastics. In addition, residents and businesses can bring their recyclables directly to the landfill. Free drop-off at the landfill includes all

of the above plus glass. For a small fee the landfill will accept used white goods (fridges, stoves).

The success of the recycling program continues to grow. From February 2004 to February 2005 approximately 7.0 metric tons of cardboard was diverted from the local landfill compared to the period May to July of this year with approximately 46 metric tons being diverted. For the last 2.5 years over five 45-foot trailer loads of plastics have been saved from the landfill.

In addition to recycling drop off, the landfill is a depository for household paint, paint aerosols, flammable liquids like paint thinner and solvents, consumer pesticides and gasoline in approved ULC containers only. For a complete list contact Town Hall at 295-3135 or in person at 169 Bridge.

Weyerhaeuser joins groups to create jobs

Six students are now hard at work in their first summer job, thanks to \$10,000 in grants provided by Weyerhaeuser's Jobs for Youth Program.

This unique donations program pairs students with non-profit organizations in areas where Weyerhaeuser operates across Canada. This year's recipients in Princeton include the Princeton & District Museum and Archives Society; Princeton & District Chamber of Commerce; Princeton & District Community Services Society; Kokanee Swim Club and

Tulameen Community Club.

"This program is an important way for Weyerhaeuser to give back to the communities where we operate," said Rob Marshall, Princeton Forestlands Manager, Weyerhaeuser. "We hope the students will walk away at the end of the summer with new skills and a sense of how critical the non-profit sector is to creating the type of communities we all want to live in."

Lori Thomas, Manager of Princeton & District Chamber of Commerce and Visitor Centre says, "The Jobs for Youth Program is an

excellent program for both the Visitor Centre and for the student. Kimberley Capp is our third student under the Weyerhaeuser program and will get on the job training to become a travel counsellor."

Thomas added, "Our current travel counsellors both started under the Weyerhaeuser Jobs for Youth program and it has been very rewarding to watch them grow into confident young people. The Visitor Centre is our guest's first impression of Princeton and we are trying to make it a great first impression. Without the Weyerhaeuser Jobs for Youth

Grant, our site would not be the beautiful stop that it is," said Thomas.

"This job is helping me by improving my ability to communicate with the general public. The opportunity has already boosted my self confidence," said student Kimberley Capp.

Across Canada, grants of up to \$2,500.00 were awarded to 102 non-profit organizations, including health and child care centres, First Nations initiatives, environmental efforts, arts and sports groups, and animal welfare programs.

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

Lali demands accountability on rail lines

Yale-Lillooet NDP MLA Harry Lali is demanding some accountability on the rail lines after yet another derailment in the area, this time a CP train on CN tracks that dumped coal into the Thompson River.

"I along with many in the Yale-Lillooet constituency have had it with CP, CN and the BC Liberal government not being forthcoming when it comes to safety," said Lali.

"I demand the provincial government launch an inquiry into why so many trains are derailing from CN rail lines all across the province. Over the last year, there have been numerous derailments along the former BC Rail line and the public is still waiting for answers from investigators regarding these serious incidents. The public is also waiting for the BC Minister of

Transportation to tell us what discussions took place with CN about safety practices when the government sold BC Rail."

Lali added, "I have very serious concerns that safety measures are not being taken to protect those who work on the rail lines and their families, wildlife along the tracks and the environment. Residents no longer have faith that the rail lines are safe and those who live along the lines are concerned for their safety and property."

The effect of this accident on the local ecosystem is still unknown but given - what an NDP news release refers to as - 'this government's poor record in dealing with the Cheakamus spill' Lali is calling on the BC Minister of the Environment to assure British Columbians that he will embrace the precautionary

principle.

"British Columbians deserve answers to the causes of this accident and other CN derailments in order that we can have confidence

Clothes dryer blamed for fire

A fire that damaged a small, single-storey home at the corner of Bridge and Halliford on July 30th was likely caused by a faulty dryer.

Princeton and District Volunteer Fire Department Chief Eric Gregson says there was considerable fire damage to the kitchen, where the dryer was located.

The rest of the home sustained mostly smoke damage.

Gregson says the female resident of the home had gone next door before the fire started, around 1:00 PM.

Close to ten members of the

that BC's railways remain safe," said Lali.

"The Campbell government must start listening to British Columbians."

Volunteer Fire Department attended the call, and stayed on the scene for just over an hour.

There were no injuries reported and no other information has been released.

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Ghost Towns
The DVD

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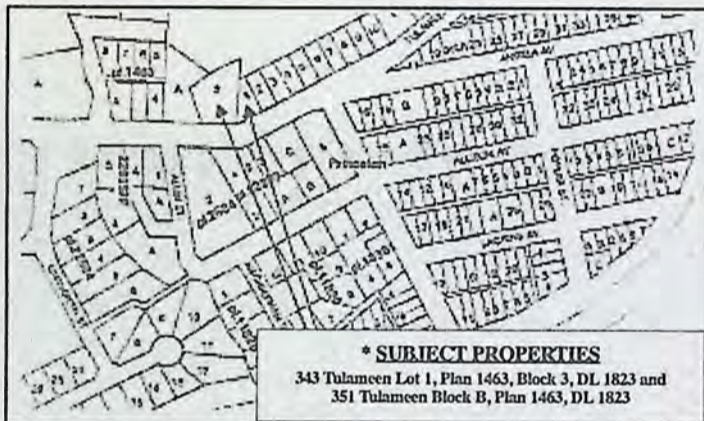
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NOTICE OF PUBLIC HEARING

Official Community Plan Amendment Bylaws 774 & 776, 2006
And
Zoning Amendment Bylaws No. 775 & 777, 2006



Pursuant to the provisions of Section 890 & 892 of the *Local Government Act*, notice is hereby given, that a Public Hearing will be held in the Council Chambers of the Town Hall on Monday, August 21, 2006 at 7:00 PM, to consider amending the Town of Princeton Zoning Bylaw No. 646, 1994 and Town of Princeton Official Community Plan Bylaw No. 609, 1993.

The proposed Amendments are as follows:

a) Town of Princeton Official Community Plan Bylaw No. 609, 1993

"That Block 2, Plan 1463, DL 1823, Yale Division of Yale Land District, PID #011-586-010 be changed from Small Holdings (SH) to Low Density Residential (LR).

The purpose of which is to facilitate the rezoning of the property under Bylaw No. 777, 2006, and subdivide a portion of the property to be consolidated with an adjacent property.

b) Town of Princeton Zoning Bylaw No. 646, 1994

"That Block 2, Plan 1463, DL 1823, Yale Division of Yale Land District, PID #011-586-010 be changed from Country Residential (RC) to Single Family Residential (RS1).

The purpose of which is to allow for current legal non-conforming property to be subdivided and meet the requirements under the new proposed zone.

c) Town of Princeton Official Community Plan Bylaw No. 609, 1993

"That Lot 1, Plan 1463, DL 1823 Yale Division of Yale Land District, PID #011-586-036 be changed from Small Holdings (SH) to Low Density Residential (LR).

The purpose of which is to facilitate the rezoning of the property under Bylaw No. 775, 2006, and consolidate a portion of adjacent subdivided property.

d) Town of Princeton Zoning Bylaw No. 646, 1994

"That Lot 1, Plan 1463, DL 1823, Yale Division of Yale Land District, PID #011-586-036 be changed from Country Residential (RC) to Single Family Residential (RS1).

The purpose of which is to facilitate the consolidation of an adjacent subdivided property in order to meet the new proposed zoning requirements.

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

A copy of the subject Bylaw No.'s 774, 775, 776 and 777, 2006 are available for examination during normal business hours 8:30 AM to 4:30 PM, Monday to Friday inclusive in the Town Office, 169 Bridge Street, Princeton, BC.

Given under my hand this 11th day of July 2006.

Patrick Robins, CAO
Town of Princeton



From left, recycling contractor Ross Ferguson, Mayor Randy McLean and Solid Waste & Recycling Committee Chair Councillor Ray Jarvis, standing in front of several metric tons of bundled cardboard awaiting shipping to a recycling facility. (photo submitted)

How to exhibit your product in the Fall Fair

A lot of people who have never entered an exhibit in the Fall Fair have not done so because they do not know how.

It is easy.

First, find a Fall Fair prize list booklet and follow the instructions.

Let's use canning as an example. You canned peaches. You decide to enter your peaches in the canning class. Turn to page 15 in the booklet. It tells you the rules - have proper jars with new lids and make sure the jars are clean. It will tell you your peaches will not be tasted, so you know they will be judged on appearance, good seal, texture of fruit and even distribution of fruit in the jar.

This is really easy so far.

The front and back cover of the booklet are made up of an entry form. Carefully remove the cover

and fill out the entry form.

On page one of the booklet, you will find the general rules. Read them. You will find you can enter your exhibit (peaches) between noon and 8 p.m. on Friday, September 8, at the fairgrounds.

You take your exhibit and entry form to the fairgrounds on September 8, and go to Building #1. You will be at the registration desk. The people there will take charge and check your entry form. You will have to pay 50 cents to enter your jar of peaches. The volunteers at the registration table will then exhibit your peaches in Building #2, and your peaches will be judged that evening. Judges are qualified people from the community and their decisions are final.

If your peaches are among the top three, you could win \$6 for first, \$4

for second or \$2 for third.

In each class, you will see a \$25 prize for top points. First place earns three points, second two points and third one point. This is for the entire canning class, so if you were to enter all of your canning, jellies and jams and pickles, you might accumulate enough points to win an extra \$25. This procedure described above applies to all classes of exhibits. Livestock classes have a few variations, but in general, are much the same.

You may remove your exhibit on Sunday after 3 p.m. or you can donate it to the annual Fall Fair auction which takes place at 3:30 p.m. Sunday.

Fall Fair prize list booklets are available in several locations around Princeton, Hedley and Keremeos.

RDOS begins mosquito control program

New Surveillance and control of West Nile Virus Mosquito Vectors Larval surveying and monitoring for the Regional District of Okanagan Similkameen 2006 Surveillance and West Nile Virus Mosquito Vector Control Program is under way.

The firm responsible for managing program operations is D.G. Regan and Associates Ltd., an environmental services firm with over twenty years of experience providing these specialized pest manage-

ment services.

Using information gathered as part of mosquito surveillance activities larval mosquito populations may be controlled using the biological larvicide's VectoBac 200G (PCP#18158) and VectoLex (PCP#28008 and 28009) as permitted under BC Ministry of Health Services Pesticide Use Permit #776-001-2003/2006.

These biological products are very specific for mosquito larvae. They do not accumulate in the environment and have no effect of non-target insects, fish, birds or mammals, including humans, livestock and pets.

Any mosquito larvicide's applications completed under this permit would be undertaken for the purposes of reducing local mosquito vector populations. Potential treatment sites include both manmade and natural ponds, ditches and roadside catch basins located within the Regional District of

Okanagan Similkameen Electoral Areas A through H, including the communities of Osoyoos, Oliver, Penticton, Princeton and Summerland.

Proposed treatment dates extend from now through to late September 2006. Proposed application methods include aerial and ground-based hand-broadcast of the granular larvicide's VectoBac 200G and VectoLex as directed by the conditions of the product label.

To learn more about mosquitoes and their control please visit www.rdos.bc.ca or leave a message at the Regional District of Okanagan Similkameen offices, Penticton at 1-877-610-3737.

For more information on VectoBac and VectoLex biological larvicide's please visit www.valent.com.

For detailed information on the BC Ministry of Health Services Provincial Pesticide Use Permit, visit this website: www.healthservices.gov.bc.ca/pho/wnv.html.

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These three travel counsellors at Princeton's Visitor Centre have Weyerhaeuser to thank for their first summer job. The Weyerhaeuser Jobs for Youth Program has helped many students in the Princeton area over the years. From left, Meagan Thomas (Jobs for Youth grant student in 2004), Michelle Derkson (2005), Kimberley Capp (2006). (photo submitted)

More on Healthy Harvest Box program

What is the Healthy Harvest Box?

The Healthy Harvest Box is a big box of fresh, high quality vegetables and fruits bought as locally as possible and offered once-a-month, every month of the year from a convenient location.

The service is designed to make eating fresh vegetables and fruits easy and affordable for everyone.

The cost of the box is only \$14.00 per month and contains between \$20.00 and \$28.00 worth of produce, depending on the season.

How can we afford it?

We can afford it by buying high quality and great tasting produce at wholesale prices, direct from farmers, and in bulk, and by operating the service as a non-profit community enterprise.

How do I subscribe?

Subscriptions to the Healthy Harvest Box are paid in advance. Payments are due the second Tuesday of the month for that

month's box.

You can pay \$14.00 cash at Leftovers Studio, 123 Vermilion Avenue or Princeton Light & Power office at 231 Bridge Street.

Harvest Box Gift Certificates are available for purchase at Princeton Light & Power.

The monthly pick up site is the Royal Canadian Legion Hall, 170 Bridge Street and schedules for payment days and pick up days are available at both payment sites and pick up sites.

How else can I get involved?

The Healthy Harvest Box is always looking for volunteers to help out on box distribution day. It's fun, you get to meet new friends, and all volunteers receive a \$5.00 coupon towards the purchase of their next Healthy Harvest Box.

Did you know?

A recent BC Nutrition Survey revealed that the majority of British Columbians are not eating the recommended five to ten servings of

vegetables and fruits per day.

Maximize your intake of beneficial nutrients by eating five to ten servings of vegetables and fruit each day in a variety of colours.

Subscribe to the Healthy Harvest Box today!

What's in a Healthy Harvest Box?

The produce in the box changes every month depending on what's available locally and what's in season.

What you can count on every month is ten to thirteen high-quality fresh produce items, a mixed variety of vegetables and fruits, and a balance between produce that you can store a little longer and produce you need to eat more quickly. Also included each month in your box is a Healthy Harvest Newsletter, which has useful tips, health notes and recipes.

A Winter Box may contain 2.5 lbs. apples, 2 lbs. oranges, 2 lbs. pears, 2 lbs. bananas, 2.5 lbs. carrots, 2.5 lbs. onions, 4 lbs. potatoes, 2 lbs. beets, 1 head lettuce, 2 green peppers and 1 head broccoli. The Summer Box may contain 1.5 lbs. peaches, 1 lb. cherries, 1 melon, 1.5 lbs. grapes, 1 cucumber, 4 cobs corn, 2 green peppers, 1 red pepper, 2.5 lbs. tomatoes, 1 head lettuce, 1.5 lbs. green beans and 4 lbs. new potatoes.

The Healthy Harvest Box is a cooperative effort of South Okanagan & Similkameen Food Coalition and Penticton & District Community Resources Society with funding from the Vancouver Foundation, Community Foundation of South Okanagan and Interior Health.

To find out more contact the Healthy Harvest Box Coordinator at 1-877-492-5814, ext. 311 or e-mail healthyharvest@vip.net.

Sale which is only two months away.

At Ridgewood Lodge a Reaffirmation Wedding ceremony was held for eight couples. Bob and Dorothy each having their spouses there were two of the couples. The residents here gave me a pretty corsage and a lovely card. Carl and I were given the honour of cutting the lovely cake. Lydia looked radiant and so happy as she sat with Bob during the ceremony. - submitted by D. Stenvold

Vermilion Court News

We were pleased to welcome back Ruby and Margaret D. after their stay in hospital. Their time spent there has helped them considerably.

Our hallways are being updated with the addition of burgundy trim. When completed they will look 'spiffy.'

We were introduced to acrylic painting. With very competent help we managed to produce some very acceptable scenes. We continue to fashion articles for our October

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keremeos and area news



The scene of the accident near Olalla. Photo: Alan Thom, OkaSimToday.com.

Single vehicle accident kills one

Story and photo: Alan Thom,
OkaSimToday.com

Members from Keremeos RCMP and Emergency vehicles were called out just after 6:00 AM Saturday morning (July 29th) when a passerby reported a vehicle had gone off the road.

When police, ambulance and fire crews arrived they found a vehicle with one male occupant dead and the other requiring transport to hospital.

South Similkameen Ambulance took the man to Penticton Regional hospital with undetermined injuries.

Keremeos RCMP Detachment Commander Cpl. Christine Makepeace was at the scene and told Okasimtoday.com, that the coroner had been called and also a traffic analyst.

Two police vehicles remained at the scene 1 km. east of Olalla for most of the morning.

The picture you see of the tire skid marks seem to indicate the vehicle was travelling west when it crossed the highway and went down an embankment into trees and a ditch alongside a field.

The dead man was later identified as Karl-Heinz Eisbrenner of White Rock, the name of his injured passenger has not been released.

Cpl. Makepeace said the investigation is ongoing.

Event plans continue to sizzle

With a total of \$2,220.00 in sponsorships in the bank and a goal of \$3,000.00, Similkameen Sizzle Chair Judy Egli is pleased.

Details for the upcoming September 16th Pepperfest were discussed at the groups second meeting of the year on July 26th.

A lot of changes have taken place to make the 5th annual event more appealing to participants and less work on volunteers.

"Our committee is getting smaller and smaller and we need help," Egli says.

Probably the biggest change to the day long festival is that it won't be all day. The dinner and dance portion of the schedule has been dropped.

The Sizzle Committee has also dropped the breakfast part of the schedule.

The Pine Park Playground Committee (Children Under 6) has approached the Sizzle Committee for permission to host a fundraising breakfast on Pepperfest morning from 8:30 to 10:30 AM.

Egli says they are welcome to host the breakfast, but it will be separate from the Sizzle activities.

Other changes to this year's Pepperfest are mostly cosmetic in nature, resulting in changes to Memorial Park.

"We would like to have the stage in front of the cenotaph," Egli says.

The Chili Cook Off will be placed by the pool fence, where the stage had been located in previous years.

Entertainment has been confirmed with Mojo Zydeco performing in Memorial Park during the day and room is still available for vendors.

The vendor fee has dropped from \$25.00 for a location to \$20.00.

"Twenty is good and every vendor who comes here makes money."

Although it sounds like everything is ready to go for the September 16th Pepperfest, a shortage of help is obvious.

"We need a committee for raffie and 50/50 tickets," Egli says.

Volunteers are also required to help supervise childrens games, set-up and clean-up during the event.

Although the Village crew will

be helping, the Sizzle Committee wants to make the task easy on them.

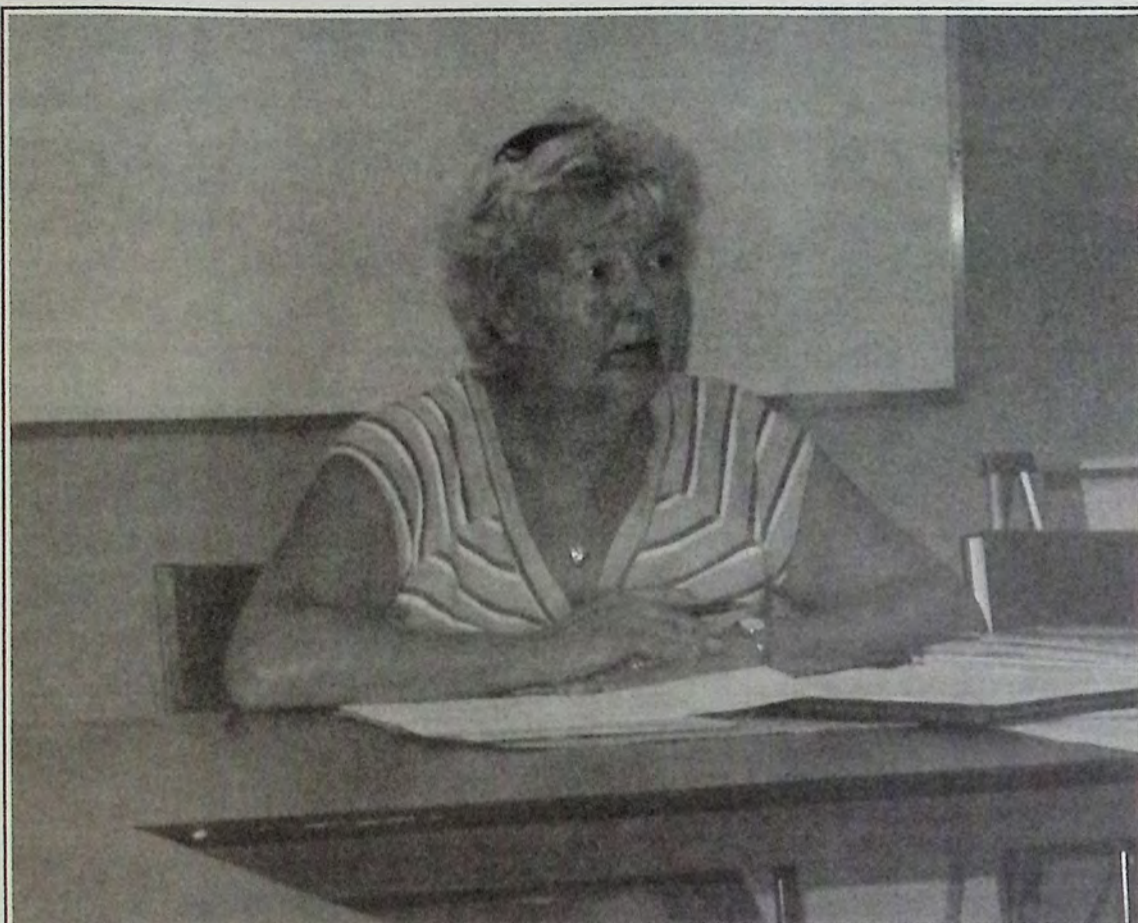
"We would also like to have the Grads walk around in the pepper costumes throughout the day."

Anyone interested in being part of the Similkameen Sizzle Committee, or just interested in helping in some way, the next regular meeting is set for 12 Noon, Wednesday, August 30th in the Similkameen Country Boardroom located in the Keremeos WorkZone building.

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Similkameen Sizzle Chair Judy Egli during the July 26th meeting of the Peppercorn committee.

IH launches Community Action for Health program

Healthy eating and active living just got a little easier in the South Okanagan/Similkameen. The Penticton and District Community Resources Society (PDCRS) is partnering with Interior Health to provide \$51,000 in grant funds for community-based projects that support the provincial ActNowBC targets.

ActNowBC is an integrated, cross-government, partnership-based approach to health promotion that motivates British Columbians to make healthy lifestyle choices.

"Encouraging residents of Interior Health to make the simple, healthy choices can have a profound impact on all of our lives and our health system," said Shuswap MLA and Minister of Health George Abbott.

"We are pleased when communities and organizations embrace the ActNow BC goal of making British Columbia the healthiest jurisdiction ever to host the Olympic and Paralympic Winter Games."

Launched earlier this year, the Interior Health Community Action for Health program is the first of its kind in the province. The program provides resources to local communities through one of seven regional host agencies that make up the Healthy Living Alliance, a diverse network of local community groups and agencies concerned with promoting the health and wellness of the people in the region.

As part of this program, community groups and agencies in the South Okanagan/Similkameen, who are members of the Healthy Living Alliance, are encouraged to apply for the available grants for projects that focus on environmental and policy-level interventions that support sustainable change.

Proposals must promote healthy eating, active living or healthy weight within their community.

The grant applications for the South Okanagan/Similkameen region will be reviewed by the local Steering Committee made up of partner organizations from the area.

The members include The City of Penticton, Penticton and District Community Resources Society, Interior Health, School District 67, Okanagan Boys and Girls Clubs, Penticton Indian Band and Canadian Mental Health Association.

A call for grant proposals has been issued and applications for up to \$5,000, \$10,000 and \$15,000 are available. The Steering Committee has established two grant application deadlines of August 28, 2006 and October 6, 2006.

Up to \$25,000 will be awarded following the August 28th deadline and the remainder will be awarded after the October 6th deadline. All projects must be completed by March 31, 2007, as the funding is for this fiscal year.

The Penticton and District Community Resource Society has also hired Rob Lionello as the Community Developer for the South Okanagan/Similkameen regions Community Action for Health initiative. He will be working until March 2007 with grant applications and engaging Healthy Living Alliance members in the South Okanagan/Similkameen area.

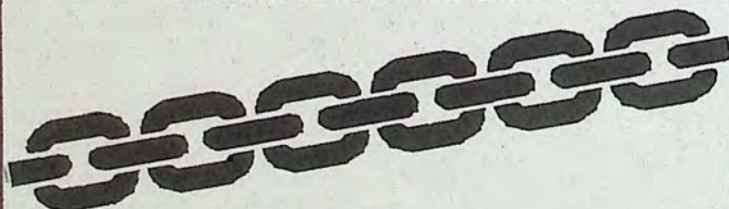
Information sessions in the Similkameen are scheduled for August 8th from 10:00 AM to 11:30 AM at the Keremeos Health Centre (700 3rd Street, Keremeos) and August 8th from 1:30 PM to 3:00 PM at the Princeton Skills Centre (206 Vermilion Avenue, Princeton).

For more information on how to join the Healthy Living Alliance, or to discuss a project idea prior to applying for a grant, contact Community Developer, Rob Lionello at Penticton and District Community Resources Society at (250) 492-5814 ext. 333 or by e-mail at roblionello@shaw.ca.

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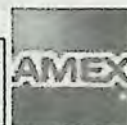
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PS Capsule Comments

by your Pharmasave Pharmacist Wen Wong



It's good to pay attention to what you eat for breakfast. To avoid being hungry later in the morning, a good breakfast should contain some protein and fibre. It will also help you avoid overeating at other meals during the day.

PAP smears are still a good screening tool for diagnosing cervical cancer. As with most cancers, early detection saves lives. The highest rate of cervical cancer occurs in women over 55 who have stopped having a PAP smear done.

Serpents are included in the "caduceus," the symbol of the profession of medicine. It's a symbol of health because serpents shed their skin and thus appear to regain health and youthfulness. Its link with medicine goes back to the 7th Century AD.

One of our responsibilities as pharmacists is to report adverse drug reactions to Health Canada. You can help us by letting us know if you experience any adverse reactions to the drugs you take, especially the newer medications. This program helps Health Canada spot any trends that might compromise drug safety.

Most systemic drugs (drugs that affect the whole body) have side effects. Most people may not experience any side effects but if they do, these side effects disappear gradually as your body becomes used to the drug. Our pharmacists will do their best to alert you to any side effects that might affect your quality of life. It's part of our professional pharmacy service.

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(NC)-People retiring today are, on average, in better physical and financial health than a generation ago. And while many look forward to a time when they can leave their jobs, they don't necessarily see retirement as a time to rest.

Canadians are retiring earlier and living longer than just 25 years ago. According to Statistics Canada, the median retirement age in Canada today is 61, down from 65 a generation ago. At the same time, Canadian retirees are living longer than they ever have before.

Statistics Canada also reports that both senior men and women are living on average well into their 80s - and it's not unusual today for Canadians to live into their 90s and

beyond.

"As active, healthy lifestyles and medical advances continue to increase the life spans of retirees, more and more Canadians will have to plan for the very real possibility of living in retirement for 30 to 40 years," says Peter Drake, vice president of retirement and investment solutions at Fidelity Investments Canada Limited.

Couple this phenomenon with an increasingly popular desire to continue to lead an active lifestyle, and for many, life in retirement may not look so different after all.

Many people are choosing a 'phased retirement' with a transition period between work and retirement.

According to the Fidelity Canada 2006 Retirement Survey, 55 per cent of Canadians over 45 years old are planning to take some form of work in retirement and a further 74 per cent are thinking of volunteering their time to local charities and organizations.

Whether you plan on transitioning into retirement or jumping right in, a written retirement income plan, built with the help of a financial advisor is a great place to start. It will put you on track to define retirement in your own terms and ensure you can continue doing what you love.

More information is available online at www.fidelity.ca.
- News Canada

Canadians support smokers attempting to quit

(NC)-With the implementation of province-wide smoking bans in Ontario and Quebec on May 31st, 2006, Canada has strengthened its position as a world leader in tobacco control.

Canadians acknowledge that laws to restrict smoking put pressure on smokers to quit, and they are ready to support smokers attempting to butt out.

According to a recent survey conducted by Ipsos Reid on behalf of the Canadian Council for Tobacco Control and Pfizer Canada Inc., Pfizer Consumer Healthcare, forty (40%) percent of those who are currently trying to quit say they feel totally alone in their efforts to butt out.

The good news is that almost all Canadians (ninety-four 94% percent) said they would support a smoker in their attempt to quit.

Looking for Support?

Smokers trying to quit don't have to do it alone - Canadians are ready and willing to lend a helping hand. The public health system in Canada has developed a number of different approaches to help smokers quit, and Canadians are aware of the different resources available to help them butt out, such as nicotine replacement therapies like the gum and the patch. Smokers can also consult healthcare professionals for additional support when trying to quit.

According to Dr. Rob Weinberg, a family physician in Toronto, "Quitting smoking is one of the most important ways to improve overall health, and it's crucial that patients and physicians speak openly and frequently about the best approach to quitting."

In addition, Canadians feel that the government could do more to support smokers who want to quit. Two thirds (66%) of those surveyed say they would support a program where the provincial health insurance plan covers the cost for nicotine replacement therapy, such as the gum and the patch.

Tips for Success

With the increase in smoke-free legislation in Canada, here are some tips to help make the transition easier for smokers that want to quit:

1. Get active - Increase your physical activity to ward off cravings. Take a long walk, ride a bike, or play a favorite sport like golf or tennis.
2. Snack healthy - keep healthy substitutes at hand. Carrots, celery sticks, sunflower seeds, apples and oranges are great alternatives.
3. Keep your hands busy - Gardening or household chores are a great way to keep those idle hands busy so they don't miss cigarettes.
4. Avoid situations that make you crave - Stay away from situations you associate with smoking and create a new routine to help break the habit.
5. Pack some extra willpower - Using a stop smoking aid like Nicorette gum or inhaler or the NicoDerm patch can double your

chances of quitting successfully. When used as directed, these products are a safe and effective way to help quit smoking by reducing nicotine withdrawal symptoms.

6. Have a support system - Call a family member or friend for moral support when you feel tempted to smoke.
7. Out with the old - Throw out all your ashtrays, lighters and any cigarettes you've hidden in your house or car.
8. Freshen up instead of lighting up - If you crave a cigarette after a meal try brushing your teeth instead. It's a fresh way to fight the habit.
9. Stay optimistic - Quitting is a process, not an event. If you slip up, don't get discouraged, just keep trying.
10. Bank your success - Save up the money you would have spent on cigarettes and reward yourself.

For more information about quitting smoking, visit www.cctc.ca.
- News Canada

living past 100

Lower blood pressure with food

If your doctor tells you your blood pressure is a little above normal, but everything else seems all right, you could be lacking potassium. Too much salt is often the source of elevated blood pressure. Potassium regulates the amount of salt in your system.

Your doctor will tell you to cut out salt and salty foods such as cheese, potato chips, and pickles. At the same time, you should seriously look at eating more potassium-rich foods.

Drink grapefruit juice and eat a banana every day. Eat beans frequently. Have a potato every day. Eat canned salmon or tuna frequently. Have a cup of yogurt with pineapple. Eat beet greens, dates, spinach and dates. Eat watermelon, peaches and tomatoes. Turnips are good, but parsnips are better.

Drink tomato juice or have a plate of spaghetti with plenty of tomato sauce. When autumn comes, eat plenty of squash.

If you look at all of the foods listed above, you will note the variety of foods. Variety in food is always the key to good health. The more variety you eat, the more you can be sure you are getting all of the nutrients you need.

Potassium helps balance salt, but it does a lot more than that. Potassium works with other nutrients to keep muscles and nerves in top condition. It helps in the process of absorbing protein and storing carbohydrates. Potassium is essential to good health, and obtaining it through food is your best and healthiest source.



Rolf Weissbach, Sr., right, and his wife Ann (Soultana) enjoy their new patio set, won from the Valley First Credit Union Service Check program. Valley First Member Service Representative Kay Carpenter, centre, presented the prize to the winners last week.

Service check produces win

Service Check is a Valley First Credit Union program where they determine if their members financial needs are being met.

This can include deposit and investment services, loans and mortgages, Wealth Management, insurance, retirement and estate planning (including wills and powers of attorney).

Valley First also has a referral system in place for services not immediately available in the Princeton branch.

All Valley First Princeton members who took advantage of the Service Check program were entered in a draw for a patio set.

Names were collected from the beginning of the year and Rolf Weissbach, Sr. was the winner of the prize at Princeton's Valley

First. The Service Check program will continue to be a focus at the local branch.

US fires send smoke

The smoke and haze hanging around the Similkameen Valley is coming from over the Border.

Two large forest fires are currently burning just South of Princeton.

The Tripod Forest Fire was reported to be 10,000 hectares in size and is near Winthrop, Washington.

Crews were reported to have 40-

kilometres of contingency lines in place along with 12-kilometres of handlines and 8-kilometres of dozer lines in place bringing containment to only 5 percent of the blaze.

The second fire, the Spur Peak Fire, is in the same general area.

This forest fire was reported to be 6,500-hectares in size.



What is it? The Joe Pollard Wing at Princeton Museum contains many interesting rocks and fossils.

www.hedleybc.com

Princeton Fall Fair Association

SPECIAL MEETING

7:00 PM Monday, August 14th
Fairgrounds Office

PLANNING TO VOLUNTEER? PLEASE ATTEND



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Mosquito Control and the West Nile Virus

With the start of mosquito season, the Regional District of Okanagan Similkameen is taking steps to prepare for and respond to concerns related to the West Nile Virus.

These Steps Include:

- Mapping potential mosquito development sites in areas of standing water.
- Working closely with the Interior Health Authority and the BC Centre for Disease Control.
- Providing information to the community on how to reduce the risk of mosquito bites
- Applying registered approved and biological granular larvicides when West Nile Virus vector mosquitoes are present in identified development habitats.

About West Nile Virus

West Nile Virus is a mosquito-borne illness that is spread when a mosquito bites an infected bird and then a person. The health risk to humans is low and there have been no reported cases of West Nile Virus in BC at this time. However, it is still important to be informed about this illness and how you can limit your exposure.

To Report Standing Water Concerns
Please call: 866-300-0520

For More Information about West Nile Virus
Please call the Interior Health Authority at: 1-866-300-0520 or visit www.interiorhealth.ca.
For information about the signs and symptoms of West Nile Virus please call the BC NurseLine at 604-215-4700.



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Charlotte and Rex Moffatt renew their vows at a special ceremony at Ridgewood Lodge.

Ridgewood hosts special ceremony

by Barb Gagnon, Recreation Coordinator, (and wedding planner) Ridgewood Lodge

We hosted a "Renewal of the Wedding Vows" Ceremony on Thursday, July 27th.

There were seven couples renewing their vows: Dorothy and Carl Stenvold (October 10, 1942), Winifred and Bill Huyssoon (November 27, 1946), Esther and Bill Shopshire (February 24, 1947), Helen and Tom Sheppard (April 12, 1948), Lydia and Bob Compton (November 1, 1953), Charlotte and Rex Moffatt (June 8, 1968), Anne and Charles Casperson (April 13, 1996).

This was a program that was celebrated throughout the month of July with all the residents at Ridgewood Lodge. Some of the other programs that incorporated the wedding theme were, reminiscing (thematic bag), tea and chat, trivia, creating invitations (with our creative writing group and crafts).

We talked about how weddings had changed, the amount of money spent then and now, what they would wear for their renewal (and yes the men were also involved with this), how many marriages some people had, and of course divorce and losing your loved one.

The Grooms were seated facing the audience with a space between them for their brides. Each bride was escorted in by an attendant, many being their daughters and some staff who were honoured to assist. The look on the groom's faces when they saw their brides was so full of love it made us all weepy.

Eric Goodfellow officiated at the ceremony which was very touching. After saying the vows he had the group say "I do." Each couple was presented with a certificate commemorating the event by Goodfellow and the medals were

pinned on each of the brides and grooms.

There were many family members in the audience from Princeton and many from out of town. This was what it was all about and how the idea originally began.

I had attended too many memorial services and funerals where I met, for the first time, sons, daughters, grandchildren and other family members, from not only far away but the community. It seemed that this was happening far

too frequently in our busy lives that we weren't taking the time to enjoy the special things in life.

I wanted to see the families get together for something special and happy and celebrate it with their parents. And this was a huge success at Ridgewood Lodge. We had many family members from out of town as well as family and friends from Princeton.

I was also impressed with the stories I was hearing from my remarkable residents. Stories like: gettingcontinued on Page 9



Dorothy and Carl Stenvold cut the wedding cake.

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Esther and Bill Shopshire.

married and then having their husband shipped overseas to war just days later (and some soldiers returning wounded or never coming back), getting married during the Depression and never having a big ceremony because they just couldn't afford it, the hardships of raising a family while settling in some very remote areas of Canada, getting married in another country and immigrating to Canada for a better life for their families and the list goes on.

The ceremony ended with Eric saying "and you may kiss your bride" and the audience bursting into applause. I had purchased bubbles (instead of confetti or rice) and that was enjoyed by all ages. Jan Goss made the toast to the happy couples and we all raised a glass of champagne to their health. Dorothy and Carl Stenvold cut the wedding cake which was made by our dietary staff along with trays of other goodies.

All the departments, from house-keeping, dietary, care aids, nurses and management attended and participated from decorations, brides maids, makeup and hair preparations, dressing (with that extra flare) to serving the champagne and goodies.

It was once again a wonderful afternoon and a day filled with lasting memories for all thanks to the help of all my co-workers. This is why Ridgewood Lodge is such a special place to live and work. (photos: Eric & Ruth Goodfellow)



Lydia and Bob Compton.

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Legion hosts big weekend

For every Legion gavel passing, there is a theme. Princeton's Branch 56 chose a Roman theme, but the real theme is always the same.

Legion President Bud Sadegur expressed it as socializing between Royal Canadian Legion members and American Legion members. "We remember comrades lost in

war, and the many times our nations fought side by side. We remember our friendship and unity of purpose," Sadegur summed up.

More than 120 members registered for the weekend of golf, games, auctions and entertainment. Americans came from Brewster, Ephrata, Moses Lake, Bridgeport and Oroville, the American Legion

9th District. On the Canadian side of the border, Legion members came from the Okanagan Zone as well as from Chase and Merritt.

The official opening ceremony followed a big dinner at the Legion Hall last Friday evening.

Mayor Randy McLean gave a welcome from Princeton.

"It's a great event anytime Legionnaires get together," he began, and then received a round of applause when he said he is a Legion member of many years and his father was a veteran. He thanked the veterans for all they have done to ensure the next generations did not have to go to war.

Mayor McLean went on to joke about how Americans steal our hockey players and baseball teams, then added, "But there ain't nobody sneakin' up on us in the middle of the night. We're very happy to have you here."

Zone Commander Chris Yarbro commended Princeton's Legion for a fine job of hosting the gavel passing. District #9 Commander Ken Lee said, "Thanks for extending your hand across the border."

Past Deputy Commander and member of the National Executive of the American Legion, Dick Smith, joked about how long he and his wife had been members, and expressed his pleasure at being in Princeton.

Bud Sadegur thanked the executive team who had done all of the planning and work in making the gavel passing a success. He recognized Chuck Whitlock, John Haayer, Bob and Sharon Paterson, Roberta Baron, Pat Clarke and Maria Sadegur as the host committee.

More next week



Princeton Legion President Bud Sadegur, left, and Mayor Randy McLean during opening ceremonies Friday night.



Winifred and Bill Huyssoon.

weekly entertainment guide

TUESDAY, AUGUST 8, 2006 THROUGH MONDAY, AUGUST 14, 2006



Practice makes perfect! Meagan Thomas displays a three-point stance during a recent Princeton Minor Football Association practice at the high school field.

Ultraman Canada event returns

Steve Brown, race director for Ultraman Canada, announced last week that Ultraman Canada will be returning again this year and will be taking place August 12th to 14th.

Ultraman Canada is a three-day, 512.6 KM (318.6 miles) individual ultra endurance event, which covers part of the Okanagan Similkameen regions.

Stage 1 starts with a 10km swim in Skaha Lake and a 145 km bike ride the first day, which ends in Okanagan Falls.

Stage 2 consists of a 273 km bike ride starting in Penticton and ending in Princeton.

Stage 3 is an 84 km run from Princeton to Summerland on the old Princeton / Summerland Highway. The finish for Day 3 is at the new Summerland Waterfront Resort, where a Finish line Barbeque is planned and is open to the public.

Organizers encourage people to come down and cheer the athletes accomplishments and enjoy the festivities.

The event is truly international with athletes coming from Sweden, Australia, Mexico, and USA and of course Canada. The youngest competitor is 35 and the oldest 57. There are 3 women in the field this year, a change from when they were lucky to get 1.

The race requires that each athlete compete with a support crew. The crew travels the entire course in a vehicle basically acting as a traveling Aid Station. It makes for a very interesting weekend for anyone that would like to get involved.

The athlete covers all costs, including vehicle, meals and accommodation. Organizers do require some people to act as crew members as well as the big need at this time is for people with canoes and kayaks that would be willing to paddle for the athletes during the swim portion.

"We have found that crews and athletes that go through this experience together form lasting friendships. With all the emotional highs

and lows of three days of extreme physical output there is a natural bonding that takes place between the athlete and their crew," Brown explains.

"This is truly an emotional experience and one that is unique to this event."

Anyone interested in volunteering may contact Steve Brown or Neil Macdonald at Peach City Runners and Nordic Ski, 214 Main Street, Penticton or phone (250) 490-3334.

Pool schedule update

August marks the last half of the swim season at Centennial Pool in Memorial Park.

The month continues to be full of activity ranging from lessons to fun.

Summer Swim Lessons continue to dominate the pool schedule with Session F (Kid Swim 5-10) set to run from August 14th to 25th. The set of ten classes will cost \$40.00.

Life Saving Courses are also being offered including Bronze Star, Bronze Medallion, Bronze Cross and NLS. Contact the pool for details regarding requirements, cost and scheduled dates/times for each course.

When it comes to fun, there's no shortage of it at Centennial Pool. Weyerhaeuser-sponsored free swims are set to take place Sundays August 6th, 20th and September 3rd from 2:00 to 4:00 PM and Wednesdays August 16th and 30th from 7:00 to 8:30 PM.

Theme Nights this month

include Tropical Fun Night on August 9th and Starry, Starry Night on August 23rd. The cost to participate in either is \$5.00 per person and includes games, snacks and prizes. Both theme nights will run from 7:00 to 9:00 PM.

A pool special feature is Food Hamper Night on August 30th. Swim for free from 7:00 to 8:30 PM that evening providing you bring a non-perishable food donation. Pool rentals are still available. Call the pool for date and time availability. The cost is \$50.00 per hour and a lifeguard is supplied.

Have a birthday celebration this Summer? Centennial Pool also offers a variety of birthday party packages.

For further information, or public swim schedule times, contact the pool at (250) 295-6535 or drop into the facility located in Memorial Park, just off Highway 3, east of town.

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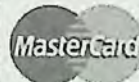
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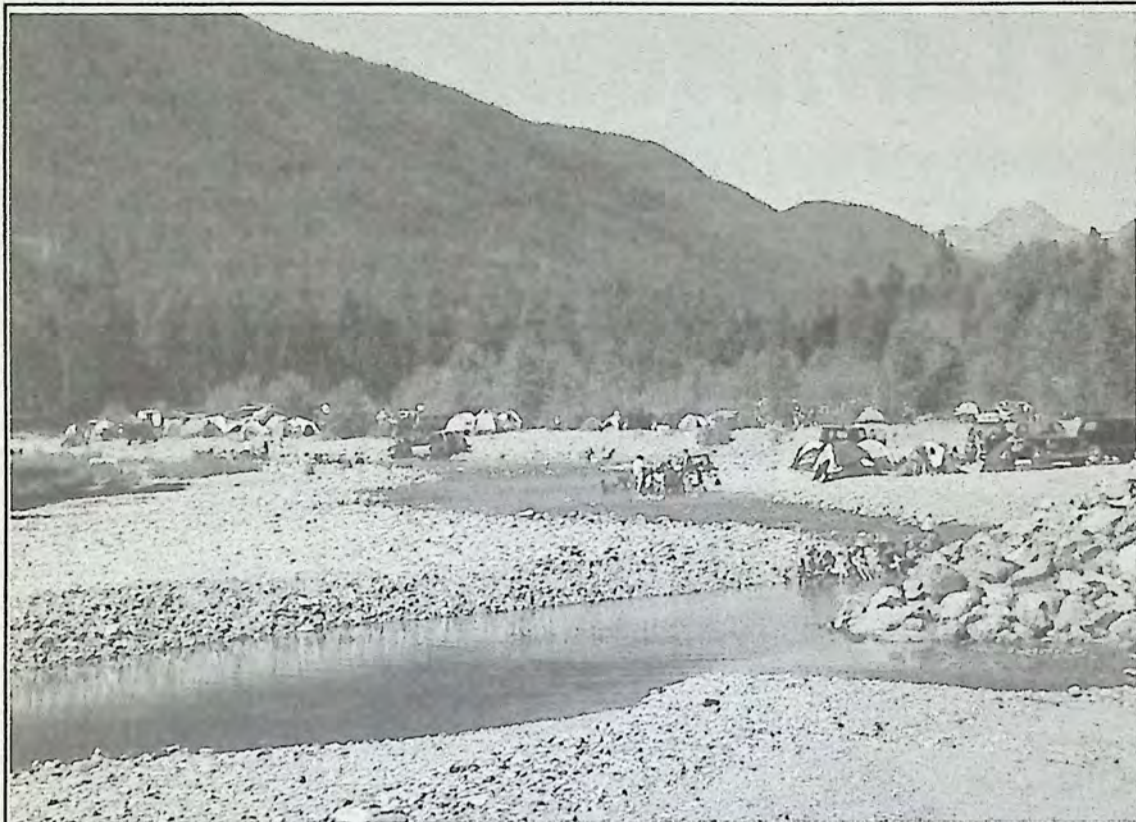
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Campers still managed to find their way to sandbars along the Tulameen River during Tulameen Days.



Parades are a fun time and the annual Tulameen Days parade is no exception!



Another inventive parade entry from Saturday's Tulameen Family Fun Days parade.

tuesday movies

MORNING

7:00 am WTBS (3) ★½ "Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (E)

10:00 am CITY (29)

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

EVENING

6:00 pm CITY (29) ★ ★ "From Dusk Till Dawn" (1996, Action) Harvey Keitel. Desperado brothers kidnap a

preacher and his kids, commandeer their RV and wind up in a Mexican strip joint where vampires lurk. (E) 8:20 pm WTBS (3) ★ ★ "Captain Ron" (1992, Comedy) Kurt Russell. A salty rogue signs on to steer the yacht of a Chicago businessman and his family in the Caribbean. (E)

10:20 pm WTBS (3)

★ ★ "Houseguest" (1995, Comedy) (PA) Sinbad. A con artist brings normalcy to a dysfunctional family after he assumes the identity of an old friend. (E)

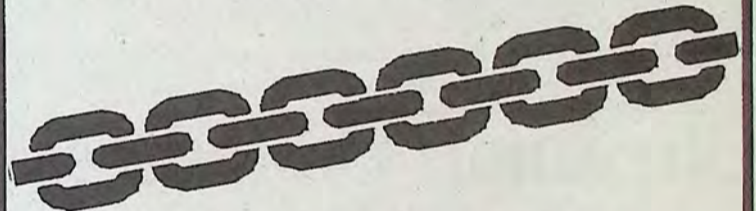
10:35 pm CITY (29) ★ ★ "Desperate Measures" (1997, Suspense) Michael Keaton. To save his terminally ill son, a San Francisco policeman arranges for a sociopathic killer to donate bone marrow. (E)

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wednesday movies

MORNING

7:00 am WTBS (3) ★½ "Houseguest" (1995, Comedy) (PA) Sinbad. A con artist brings normalcy to a dysfunctional family after he assumes the identity of an old friend. (E)

10:00 am CITY (29) "Seduced and Betrayed" (1995, Suspense) Susan Lucci. A vindictive widow vows to ruin the marriage and career of the happily married man who spurned her advances. (E)

EVENING

6:00 pm CITY (29) ★ ★ ★ "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The secret agent travels back in time to the 1960s to rescue his stolen mojo from Dr. Evil. (E)

8:20 pm WTBS (3) ★ ★ ★ "What Lies Beneath" (2000, Suspense) Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door. (E)

10:35 pm CITY (29) ★ ★ ★ "Deterrence" (1999, Suspense) Kevin Pollak. The U.S. president threatens to launch a nuclear attack against Iraq unless their invading forces pull out of Kuwait.

11:05 pm WTBS (3) ★ ★ ★ "What Lies Beneath" (2000, Suspense) Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door. (E)

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TUESDAY, AUGUST 8, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Boohbah	News	News	Airline	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News	Targeting Terror	Believers	King	News Calvin, Miller.	Maury Nerd makeovers.	Hillbillies
7 AM :30	Movie: "Lost & Found" (1999)	Life Today	BluesClues	Clifford	Today Matt Dillon; Alexandra Robbins; catfish.	The Early Show	City Confidential	Good Morning America			Boy	SportsCentre		Megabuilders	Sabrina's	K. Possible	KTLA Morning Show	CityLine	Rockford Files
8 AM :30	David Spade	100 Huntley Street	HI-5	Dragon			Amer. Justice			100 Huntley Street	Mona	ATP		Monster Garage	Paid Prog.	Weekend	Amezcuca, Pereira.	In Fashion	Matlock "The Vacation"
9 AM :30	Saved-Bell	Gold Trails	Magic Bus	Sesame Street (EI)		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears	Series - Rogers Cup - Day 2. From Toronto. (Live)	Regis and Kelly	Targeting Terror	Fam. Feud	Pooh		News	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Arthur	Barney	Ellen DeGeneres Show	The Price Is Right	Crossing Jordan	The View	World Vision	Room	Rupert		Grey's Anatomy	How-Made	Starting Over	JoJo	Jerry Springer (N)	"Snowbound: Jim and Jennifer Stolpa"	News
11 AM :30	Harvey	Thane	Ministers	Mr Rogers	The Tyra Banks Show	Young and the Restless	Investigative Reports	Paid Prog.	The Insider	News (Live)	George S.		eTalk	Eaten Alive (N)	Montel Williams (N)	Stanley King	Blind Date	Magnum, P.I. "Deja Vu"	
12 PM :30	Drew	News (Live)	Sustain Imprint	Charlie Rose	Paid Prog.	News	Airline	All My Children (N)	News (Live)	Days of our Lives (N)	SpongeBob		Daily	Sphinx Unmasked	Perry Mason	Recess	Maury Nerd makeovers.	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear	Stargate SG-1	Notes Planet	Watercolor America	Days of our Lives (N)	As the World Turns (N)	City Confidential	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears		Vicki G.	Survivorm an (N)	Matlock "The View"	Lloyd Whiskers	Jerry Springer	Relic Hunter	Cosby
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Gulding Light (N)	Amer. Justice	General Hospital (N)	Passions (N)	Passions (N)	Mischief	Motoring	General Hospital (N)	How-Made	Love Lucy	Lilo Stitch	Maury Paternity tests.	Ellen DeGeneres Show	Moesha
3 PM :30	Seinfeld	Fear Factor "Couples"	Bear	Arthur (EI)	Judge	Dr. Phil	Cold Case Files	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Record	Dr. Phil	Monster Machines	Montel Williams	Weekend	What I Like	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	Crossing Jordan	Millionaire	Oprah Winfrey	News	Tn-Titans	MLB	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Friends	Videos
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	Dog	News	News	News	OddParent		News	How-Made	Malcolm	K. Possible	Fresh Pr.	Hope	MLB
6 PM :30	Sex & City	Stargate SG-1 "1969"	CG Kids	News-Lehrer	News	News	Dog the Bounty Hunter	News	News	ET Canada	Being Ian		News	American Chopper (N)	"70s Show"	So Little	My Wife	Movie: "From Dusk Till Dawn" (1996)	Yankees at White Sox. (Live)
7 PM :30	Seinfeld	Past Lives	Fork Fork	Nova (DVS)	Jeopardy!	Friends	Dog the Bounty Hunter	Entertain	Entertain	House	Drake	SportsCentre (Live)	eTalk	American Hot Rod	Simpsons	So Raven	Raymond		
8 PM :30	Seinfeld	Big Brother: All-Stars	Artista	Globe Trekker	Fear Factor (N)	Big Brother: All-Stars	Simmons	Jim	Fear Factor (N)	Big Brother: All-Stars	SpongeBob		Can. Idol	Daily Planet	House	8 Rules	Gilmore Girls	(8:15) News	WGN News
9 PM :30	Movie: "Captain Ron" (1992) Kurt Russell.	Last Comic Standing	Ministers	Frontline	Last Comic Standing	Rock Star: Supernova	Dog	TBA	Rock Star: Supernova	Rock Star: Supernova	15/Love	U.S. Open Series - Rogers Cup - Day 2.	Criminal Minds	American Chopper	Bones (PA)	Radio Free	Gilmore Girls	Jimmy Kimmel Live	Funnest Home Videos
10 PM :30	Movie: "Houseguest" (1995) Sinbad.	News	Kaldor	Charlie Rose (N)	News	News	Dog the Bounty Hunter	News	News	Entertain	Madison	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	Sex & City	Movie: "Desperate Measures"	Elimidate

WEDNESDAY, AUGUST 9, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Teletubbs	News	News	Airline	(5:00) News	News (Live)	(5:00) News (Live)	Monster	SportsCentre	News	Daily Planet	Believers	King	News Calvin, Miller.	Maury Paternity tests.	Hillbillies	
7 AM :30	Movie: "Houseguest" (1995) (PA) Sinbad.	Life Today	BluesClues	Clifford	Today Couples challenge; 60th anniversary of the bikini; lawn care.	The Early Show	City Confidential	Good Morning America			Boy	SportsCentre		Blue Reaim Manta rays.	Sabrina's	K. Possible	KTLA Morning Show	CityLine	Rockford Files	
8 AM :30	David Spade	100 Huntley Street	HI-5	Dragon			Amer. Justice			100 Huntley Street	Mona	ATP		American Chopper	Paid Prog.	Weekend	Amezcuca, Pereira.	Star! Inside	Matlock "The Legacy"	
9 AM :30	Saved-Bell	Gold Trails	Magic Bus	Sesame Street (EI)		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears	Series - Rogers Cup - Day 3. From Toronto. (Live)	Regis and Kelly	Daily Planet	Fam. Feud	Pooh		News	Magnum, P.I.	
10 AM :30	MLB Baseball: Philadelphia Phillies at Atlanta Braves.	The Price Is Right	Arthur	Barney	Ellen DeGeneres Show	The Price Is Right	Crossing Jordan	The View	World Vision	Room	Rupert		Grey's Anatomy	Avrocar: Saucr	Starting Over	JoJo	Jerry Springer (N)	Movie: "Seduced and Betrayed" (1995)	News	
11 AM :30	(Subject to Blackout)	Judge	Westland	Mr Rogers	The Tyra Banks Show	Young and the Restless	Investigative Reports	Paid Prog.	The Insider	News (Live)	George S.		eTalk	Loch Ness	Montel Williams	Stanley King	Blind Date	Magnum, P.I.		
12 PM :30	Yes, Dear	Mutant X	Chiefs	Simply	Days of our Lives (N)	As the World Turns (N)	City Confidential	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears		Daily	Bigfootville	Perry Mason	Recess	Maury Paternity tests.	CityLine	Da Vinci's Inquest	
1 PM :30	Yes, Dear	Mutant X	Chiefs	Simply	Days of our Lives (N)	As the World Turns (N)	City Confidential	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears		Vicki G.	Monster Garage "Ultimate"	Matlock "The Play"	Lloyd Whiskers	Jerry Springer	Relic Hunter	Cosby	
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Gulding Light (N)	Amer. Justice	General Hospital (N)	Passions (N)	Passions (N)	Adrenalini	Billiards	General Hospital (N)	How-Made	Love Lucy	Lilo Stitch	Maury	Ellen DeGeneres Show	Moesha	
3 PM :30	Seinfeld	Fear Factor "Couples"	Bear	Arthur (EI)	Judge	Dr. Phil	Cold Case Files	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob	Record	Dr. Phil	How-Made	Montel Williams	Weekend	What I Like	News	Home Imp.	
4 PM :30	Raymond	Days of our Lives (N)	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	Crossing Jordan	Millionaire	Oprah Winfrey	News	Tn-Titans	Interruption	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Friends	Funnest Home Videos	
5 PM :30	Raymond	News (Live)	George S.	BBC World	News	News	Dog	News	News	News	OddParent		News	Andrea	Malcolm	K. Possible	Fresh Pr.	Smallville "Splinter"	MLB	
6 PM :30	Raymond	Stargate SG-1	Mechanics	News-Lehrer	News	News	Simmons	News	News	ET Canada	Being Ian		News	B-29	"70s Show"	So Little	My Wife	"Austin Powers: The Spy Who Shagged Me"	Chicago Cubs at Milwaukee Brewers. (Live)	
7 PM :30	Sex & City	Mysterles	Undersea	American Masters: Edward R. Murrow	Jeopardy!	Friends	Angel	Entertain	Entertain	Vanity Insanity	Sabrina	SportsCentre (Live)	eTalk	MythBusters	Simpsons	So Raven	Raymond			
8 PM :30	Movie: "What Lies Beneath" (2000) Harrison Ford.	Jeopardy!	Edge		Fortune	King	Angel	The Insider	ET Canada		Monster		Hollywood	House "House vs. God"	8 Rules	Boy World	Blue Coll	Star! Daily	Becker	
9 PM :30	Movie: "What Lies Beneath" (2000) Harrison Ford.	Last Comic Standing	Clues		Last Comic Standing	Rock Star: Supernova	Angel	Lopez	Rock Star: Supernova	Rock Star: Supernova	SpongeBob		You Can Dance	Daily Planet	House "House vs. God"	8 Rules	Boy World	Blue Coll	Star! Daily	Becker
10 PM :30	Movie: "What Lies Beneath" (2000) Harrison Ford.	Will-Grace	Med School	American Masters: Edward R. Murrow	America's Got Talent (N)	Criminal Minds	Dog	Lost "The Whole Truth"	Windfall (N)	Windfall (N)	15/Love	Boxing: Wednesday Night Fights.	NoTORI	MythBusters	You Can Dance	Radio Free	One Tree Hill	Jimmy Kimmel Live	Funnest Home Videos	
11 PM :30	Movie: "What Lies Beneath" (2000) Harrison Ford.	Stargate SG-1	Ministers	Ketchup	CSI: NY	Simmons	Inked	PrimeTime (N)	Vanity Insanity	News (Live)	Bob		News	B-29	Sex & City	8 Rules	Sex & City	Movie: "Deterrence" (1999)	Elimidate	

Horoscopes

August 9 - 16, 2006

Aries - You express a new sense of love and affection for youngsters. You want to have more fun now, and your creative side is stimulated. You want to gamble, but you'll lose.

Taurus - You want to fix up your property now, and spend more time with family. This would be a good weekend to take an at-home vacation to work around home. Family may visit, call.

Gemini - You have a lot of energy. You feel restless. Trouble in your career may come out as anger at home with family. Put energy to positive use - work on improving something.

Cancer - Money is your big issue right now. You want to plan how to use it wisely. You can do it this weekend. Watch out for being too aggressive with siblings or neighbours. Don't travel.

Leo - You could be too aggressive about what you own and how much money you have. You tend to attach your ego to your finances. Financial upsets can disrupt your peace.

Virgo - Your mind is giving you a lot of information. Try to spend time digging into your insights, intuition. Partner or friend may anger you with outrageous behaviour. Be strong.

Libra - Job and health are full of disruption. Be cautious about reacting from your unconscious. Be very aware of what is going on. Do positive planning this weekend.

Scorpio - You start this week with a burst of energy, but it fades by the end of the week. You will spend the weekend on career matters, but expect news from parents. Home needs attention.

Sagittarius - Career is demanding. Parents may bring problems that require action. Travel goes smoothly, but there is a lot of it and it is tiring. Home and family life is disrupted.

Capricorn - Talk to partner about shared resources. Do not travel this weekend, stay close to home. Vehicles, siblings and neighbours could be source of upsets. Expect unexpected.

Aquarius - Your focus now is on enjoying time with others, especially this weekend. Matters related to property or resources you share with others may be source of problems.

Pisces - Partner or friends may be upset, or have little time for you. Your work is demanding, too. Stay on an even keel, this is temporary. Don't let your own restlessness create problems.

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 Tuesdays of the month, 7:00 PM in Hospital Board Room.
- * Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- * Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- * Princeton Area BEA meets the 2nd Wednesday of the month. 7:00 PM, Skills Centre.
- * Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- * U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- * U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church

thursday movies

MORNING

7:00 am WTBS (3) ★★½ "Antitrust" (2001, Suspense) Ryan Phillippe. The billionaire founder of a software corporation offers a lucrative position to an idealistic computer genius. (E)

10:00 am CITY (29) ★★½ "Jackie Bouvier Kennedy Onassis" (2000, Drama) (Part 2 of 2) Joanne Whalley. A woman from a wealthy family meets John F. Kennedy, becomes first lady, raises two children and remarries a Greek millionaire. (E)

AFTERNOON

5:00 pm WGN (38) ★★½ "George of the Jungle 2" (2003, Comedy) Christopher Showerman. George must foil the dastardly plans of his wife Ursula's mother and former fiancée. (In Stereo) (E)

EVENING

6:00 pm WTBS (3) ★★½ "The

Fugitive" (1993, Suspense) (PA) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (E)

7:30 pm FAM (28) "The Jennie Project" (2001, Adventure) Alex D. Linz. Family bonds are strengthened between a workaholic scientist and his family by the addition of an orphaned chimpanzee.

8:30 pm WTBS (3) ★★½ "First Shot" (2002, Suspense) (PA) Mariel Hemingway. A Secret Service agent tries to prevent a U.S. rebel group from assassinating the president. (E) (DVS)

10:30 pm WTBS (3) ★★½ "The Fugitive" (1993, Suspense) (PA) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (E)

10:35 pm CITY (29) ★★½ "A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million.

friday movies

MORNING

7:00 am WTBS (3) ★★½ "First Shot" (2002, Suspense) (PA) Mariel Hemingway. A Secret Service agent tries to prevent a U.S. rebel group from assassinating the president. (E) (DVS)

10:00 am CITY (29) ★★½ "Jackie Bouvier Kennedy Onassis" (2000, Drama) (Part 2 of 2) Joanne Whalley. A woman from a wealthy family meets John F. Kennedy, becomes first lady, raises two children and remarries a Greek millionaire. (E)

AFTERNOON

5:00 pm WGN (38) ★★½ "Wide Awake" (1998, Drama) Joseph Cross. A grieving boy asks difficult questions about death and the meaning of life after his beloved grandfather dies. (In Stereo) (E)

EVENING

6:00 pm WTBS (3) ★★½ "Rush Hour 2" (2001, Action) (PA) Jackie Chan. Two detectives battle a Hong Kong gangster and his henchmen after a bombing at the U.S. Embassy. (E) A&E (9) ★★½ "Patriot Games" (1992, Suspense) Harrison Ford. An

IRA terrorist vows revenge against the ex-CIA agent who killed his brother and thwarted their attack on royalty. (E)

CITY (29) ★★½ "Playing God" (1997, Drama) David Duchovny. A decertified surgeon accepts a job as personal doctor for a Los Angeles mobster sought by the FBI. (E)

7:30 pm FAM (28) ★★½ "A Ring of Endless Light" (2002, Drama) Mischa Barton. Based on the novel by Madeleine L'Engle. A teenager who can communicate with dolphins has an extraordinary summer.

8:00 pm KNOW (5) ★★½ "The Remains of the Day" (1993, Drama) Anthony Hopkins. An English butler's devotion to service keeps him from the housekeeper he loves in 1930s England.

FOX (28) ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world. (In Stereo) (E)

8:10 pm WTBS (3) ★★½ "Lethal Weapon 2" (1989, Action) (PA) Mel Gibson. An accountant leads a wild detective and his cautious partner to a South African diplomat running drugs. (E)

Similkameen News Leader Community Calendar

AUGUST

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!

ads@thenewsleader.ca

Similkameen News Leader

Recipe Corner (Recipe #127)

Brought To You By: Your Advertising Here!

Garlic & Lemon Beef Kabobs

- 2 tablespoons Olive Lea Spread
- 3 teaspoons lemon juice
- 2 - 3 cloves crushed garlic
- 1/2 teaspoon ground rosemary
- 1/4 teaspoon salt
- 750g rump or topside steak, trimmed and cut into 3cm cubes
- 2 medium zucchini, cut into thick rings
- 2 small onions, peeled and quartered
- Mixture of red, green and yellow capsicums, cut into 3cm pieces

Method Mix together melted Olive Lea Spread, lemon juice, garlic, rosemary and salt. Add meat and toss well to coat. Marinate for several hours. Thread meat onto 8 bamboo skewers alternately with vegetables (retain remaining marinade). Cook under a pre-heated grill or on a BBQ hot plate 4 - 5 minutes each side until cooked, brushing frequently with reserved marinade. Serve with crisp salad greens Serves 4. - News Canada

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

226A Bridge Street, Princeton

THURSDAY, AUGUST 10, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Boohbah	News	News	Inside Polygamy	(5:00) News	News (Live)	(5:00) News (Live)	Monster Monsters	SportsCentre	News Canada AM	Daily Planet	Believers Paid Prog.	King Spider-Man	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Antitrust" (2001)	Life Today 100 Huntley Street	BluesClues Dora	Clifford Arthur (E)	Today Courteney Cox; beauty freebies; com and tomato harvest.	The Early Show	City Confidential	Good Morning America			Boy Jacob	SportsCentre		Beastly Countdown	Libertys Charles	K. Possible Recess	KTLA Morning Show	CityLine	Rockford Files
8 AM :30	Ryan Phillippe	100 Huntley Street Room	Hi-5 Berenstain	Dragon Big World			American Justice			100 Huntley Street	Mona Jane	ATP Tennis: U.S. Open Series - Rogers Cup - Day 4. From Toronto. (Live)		MythBusters	Paid Prog.	Weekend Lilo Stitch	Amezcuca. Pereira.	Close Up	Matlock "The Legacy"
9 AM :30	Saved-Bell	Gold Trails	Magic Bus	Sesame Street (E)		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears Monster		Regis and Kelly	Daily Planet	Fam. Feud	Pooh PB&J Otter		News City	Magnum, P.I.
10 AM :30	Cosby	The Price Is Right	Arthur Jakers	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right	Crossing Jordan	Soap Star: Guess Who	World Vision	Room Diva Dime	Rupert Monsters		Fab Life All Access	Best-Dinosaurs	Starting Over	JoJo Mermald	Jerry Springer (N)	Movie: "Jackie Bouvier"	News
11 AM :30	Harvey	Judge	Canada-History	Mr Rogers	The Tyra Banks Show	Young and the Restless	Inside Polygamy	Paid Prog.	The Insider	News (Live)	George S. Fly Rhino		eTalk	Sharkbite! Surviving	Montel Williams	Stanley King	Blind Date	Kennedy Onassis	MLB Baseball: Chicago Cubs at Milwaukee Brewers.
12 PM :30	Drew	News (Live)	Wilderness Journeys	Charlie Rose	Paid Prog.	News Bold & B.	All My Children (N)		News (Live)	Days of our Lives (N)	SpongeBob Being Ian		Daily Bold & B.	Andrea Dorla	Perry Mason	Recess Weekend	Maury	CityLine	Cubs at Milwaukee Brewers.
1 PM :30	Yes, Dear	Doc "Welcome to NY"	Scattering Planet	Painting Needle Art	Days of our Lives (N)	As the World Turns (N)	City Confidential	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears George S.	PGA Golf: The International - First Round. (Live)	Vicki G.	B-29	Matlock "The Diner"	Lloyd Whiskers	Jerry Springer	Relic Hunter "Flag Day"	News
2 PM :30	Home Imp.	Body	Gaslight	Reading Lions	Passions (N)	Gulding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	Jane Boy		General Hospital (N)	Ult Cars Machines	Love Lucy	Lilo Stitch Proud	Maury Paternity results.	Ellen DeGeneres Show	Moesha
3 PM :30	Seinfeld	Fear Factor "Couples"	Bear	Arthur (E)	Judge	Dr. Phil	Cold Case Files	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Battle		Dr. Phil	How-Made	Montel Williams	Weekend Lloyd	What I Like	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	Crossing Jordan	Millionaire	Oprah Winfrey	News Global	Tn-Titans	Interruption Pregame	The Tyra Banks Show	Daily Planet	Little House	Barbarian Proud	8 Rules	Friends	Funnest Home Videos
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	The First 48	News	News	News (Live)	OddParent SpongeBob	CFL Football: B.C. Lions at Winnipeg Blue Bombers. (Live)	News	Building the Biggest	NFL Preseason Football: Indianapolis Colts at St. Louis Rams. (Live)	K. Possible Suite Life	Fresh Pr. My Wife	Smallville "Hypnotic"	Movie: "George of the Jungle 2" (2003)
6 PM :30	Movie: "The Fugitive" (1993) (PA)	Stargate SG-1	Beaker	News-Lehrer	News Raymond	News Hollywood	The First 48	News	News (Live)	ET Canada	Being Ian		eTalk	I Shouldn't Be Alive	Indianapolis Colts at St. Louis Rams. (Live)	So Little Darcy	My Wife Friends	Supernatural	
7 PM :30	Jeopardy!	Going the Jeopardy!	Profiles of Nature	Bomber Boys	Jeopardy!	Fortune King	The First 48	Entertain The Insider	Entertain ET Canada	Without a Trace	Fresh Pr. Yvon		Hollywood	Mayday	Rams. (Live)	So Raven	Raymond	Gone Bad	WGN News at Nine
8 PM :30	Movie: "First Shot" (2002)	Big Brother: All-Stars	The First World War	Rosemary and Thyme	Name Earl The Office	Big Brother: All-Stars	Simmons Driving	Grey's Anatomy	Name Earl The Office	Big Brother: All-Stars	SpongeBob Being Ian	SportsCentre (Live)	CSI: Crime Scn	Daily Planet	News "70s Show"	The Jennie Project (2001)	Smallville "Hypnotic"	News	Sex & City
9 PM :30	Marjel Hemingway	"70s Show"	FullCircle	World Class Trains	America's Got Talent	CSI: Crime Scn	The First 48	Grey's Anatomy	The Office Jane Show	The Office Jane Show	Prank Ptr	ATP Tennis: Rogers Cup - Day 4	America's Got Talent	I Shouldn't Be Alive	Simpsons Frasier	Radio Free O'Grady	Supernatural	Jimmy Kimmel Live	Funnest Home Videos
10 PM :30	Movie: "The Fugitive" (1993) (PA)	Mutant X "The Breed"	Clues	Soundstage	Windfall (N)	Without a Trace	The First 48	Prmetime	Without a Trace	News (Live)	Bob Nancy D.		CSI: Miami	Mayday	News Geraldo	Popular	KTLA Prime News	Sex & City	Da Vinci's Inquest
11 PM :30		Body	Perspectives	Charlie Rose (N)	News Tonight	News Late Show	The First 48	News Nightline	News (Live)	ET Canada	Madison Hollywood	SportsCentre (Live)	News	Building the Biggest	Sex & City Will-Grace	8 Rules Radio Free	Friends	Movie: "A Simple Plan" (1998)	Elimdate

FRIDAY, AUGUST 11, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Teletubbs	News	News	Third Watch	(5:00) News	News (Live)	(5:00) News (Live)	Monster Monsters	SportsCentre	News Canada AM	Daily Planet	Believers Paid Prog.	King Spider-Man	News Calvin, Miller	Maury (N)	Hillbillies
7 AM :30	Movie: "First Shot" (2002)	Life Today 100 Huntley Street	BluesClues Dora	Clifford Arthur (E)	Today Chris Brown.	The Early Show	City Confidential	Good Morning America			Boy Jacob	SportsCentre		Nature of the Beast	Libertys Charles	K. Possible Recess	KTLA Morning Show	CityLine	Rockford Files
8 AM :30	Marjel Hemingway	100 Huntley Street Summit	Hi-5 Berenstain	Dragon Big World			Amer. Justice			100 Huntley Street	Mona LazyTown	ATP Tennis: U.S. Open Series - Rogers Cup -		American Hot Rod	Paid Prog.	Weekend Lilo Stitch	Amezcuca. Pereira.	At Movies	Matlock "The Dare"
9 AM :30	Saved-Bell	Gold Trails	Magic Bus	Sesame Street (E)		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision (N)	Care Bears Monster		Regis and Kelly	Daily Planet	Fam. Feud	Pooh PB&J Otter		News City	Magnum, P.I. "A.A.P.I."
10 AM :30	Cosby	The Price Is Right	Arthur Babar	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right	Crossing Jordan	The View	World Vision	House Diva Dime	Rupert Monsters		Grey's Anatomy	Survivorm an	Starting Over	JoJo Mickey	Jerry Springer (N)	Movie: "Jackie Bouvier"	News
11 AM :30	Harvey	Judge	Sew Fun	Mr Rogers	The Tyra Banks Show	Young and the Restless	Third Watch	Paid Prog.	The Insider	News (Live)	George S. Fly Rhino		eTalk	Monster House	Montel Williams (N)	Stanley King	Blind Date	Kennedy Onassis	Magnum, P.I.
12 PM :30	Drew	News (Live)	Dotto Tech SportFish	Charlie Rose	Paid Prog.	News Bold & B.	Third Watch	All My Children (N)	News (Live)	Days of our Lives (N)	SpongeBob Being Ian		Daily Bold & B.	Building the Biggest	Perry Mason	Recess Weekend	Maury (N)	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear	Chat Addicts	Router Planet	Scheewe	Days of our Lives (N)	As the World Turns (N)	City Confidential	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Care Bears George S.	PGA Golf: The International - Second Round.	Vicki G.	Mayday	Matlock	Lloyd Whiskers	Jerry Springer	Relic Hunter	Cosby
2 PM :30	Home Imp.	Body	Gaslight	Reading Lions	Passions (N)	Gulding Light (N)	Amer. Justice	General Hospital (N)	Passions (N)	Passions (N)	Beasts Boy		General Hospital (N)	I Shouldn't Be Alive	Love Lucy	Lilo Stitch Proud	Maury	Ellen DeGeneres Show	Moesha
3 PM :30	Seinfeld	Legends	Bear	Arthur (E)	Judge	Dr. Phil	Cold Case Files	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Flamingo		Dr. Phil	How-Made	Montel Williams	Weekend Lloyd	What I Like	News	Home Imp.
4 PM :30	Raymond	Days of our Lives (N)	Dora	Cyber Dragonfly	Judge J.	Oprah Winfrey	Crossing Jordan	Millionaire	Oprah Winfrey	News Global	Tn-Titans	Interruption Pregame	The Tyra Banks Show	Daily Planet	Little House	Barbarian Proud	8 Rules	Friends	Funnest Home Videos
5 PM :30	Friends	News (Live)	George S.	BBC World	News	News	Psychic Child	News	News	News (Live)	OddParent SpongeBob	Quarterfinals	News	What's That About? (N)	Malcolm King of Hill	K. Possible Montana	Fresh Pr. My Wife	The Collector	Movie: "Wide Awake" (1998)
6 PM :30	Movie: "Rush Hour 2" (2001)	Stargate SG-1 "Seth"	Skooled! Reach-Top	News-Lehrer	News Raymond	News Hollywood	Movie: "Patriot Games" (1992, Suspense) Harrison Ford.	News	News (Live)	ET Canada	Being Ian	Pregame	News	Killed Caesar	"70s Show"	Zoey 101	My Wife Friends	Movie: "Playing God" (1997)	Joseph Cross.
7 PM :30	(PA) Jackie Chan.	2nd Chnce Jeopardy!	Wilderness Journeys	Wash Wk McLaughlin	Jeopardy!	Fortune	The Insider ET Canada	Entertain	Entertain ET Canada	Zoe Buslek: Wild Card	Prank Ptr Zixx	Football: Saskatchewan Roughriders at Edmonton Eskimos. (Live)	eTalk	A Haunting (N)	Simpsons Frasier	Movie: "A Ring of Endless Light"	Raymond	David Duchovny.	WGN News at Nine
8 PM :30	Movie: "Lethal Weapon 2" (1993) (PA)	NCIS "Call of Silence"	Movie: "The Remains of the Day" (1993)	Jack Paar: Smart	Las Vegas	Las Vegas	Psychic Child.	News Kyle XY	Las Vegas	Las Vegas	Inuyasha Gundam		Medium	Daily Planet	Movie: "Austin Powers in International Man of Mystery" (2002)	Reba	Jimmy Kimmel Live	Movie: "Naked Lies" (1998)	Elimdate
9 PM :30	Mel Gibson.	20/20	Country	Austin City Limits	News	News	Movie: "Patriot Games" (1992) Harrison Ford.	News	News (Live)	(11:03) ECW	Monster Oracle	SportsCentre (Live)	News	Uit Cars	Sex & City	Will-Grace	Friends	Movie: "Cabin Boy" (1994, Comedy)	Shannon Tweed.
10 PM :30	Family Guy	News	Canvas of Conflict	MontyPyth	News Tonight	News Late Show		News Nightline	News (Live)				Law & Order "Flaw"	A Haunting	News	Sex & City	Friends	Movie: "Naked Lies" (1998)	Elimdate
11 PM :30	Futurama	News	Canvas of Conflict	MontyPyth	News Tonight	News Late Show		News Nightline	News (Live)				Uit Cars	Machines	Will-Grace	Friends	Movie: "Naked Lies" (1998)	Shannon Tweed.	Paid Prog.

saturday movies

MORNING

7:00 am WTBS (3) ★★"The Bachelor" (1999, Comedy-Drama) Chris O'Donnell. A man learns he will inherit \$100 million only if he marries before his 30th birthday, 27 hours away. (E)

9:10 am WTBS (3) ★★½"Connie and Carla" (2004, Comedy) Nia Vardalos. After witnessing a mob hit, two Chicago waitresses go to Los Angeles and disguise themselves as drag queens. (E)

10:30 am WGN (38) ★★½"Free Willy 3: The Rescue" (1997, Adventure) Jason James Richter. Willy and his human friends square off against whale poachers in the waters of the Pacific Northwest. (In Stereo) (E)

11:15 am WTBS (3) ★★½"Lethal Weapon 2" (1989, Action) (PA) Mel Gibson. An accountant leads a wild detective and his cautious partner to a South African diplomat running drugs. (E)

AFTERNOON

12:00 pm FAM (26) ★½"Houseguest"

(1995, Comedy) Sinbad. A con artist brings normalcy to a dysfunctional family after he assumes the identity of an old friend.

CITY (29) ★★"Company Man" (2000, Comedy) Douglas McGrath. A suburban schoolteacher becomes mixed up in the Bay of Pigs fiasco after boasting to relatives that he's a CIA agent. (E)

WGN (38) ★★"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)

1:30 pm FAM (26) "MXP: Most Xtreme Primate" (2003, Comedy) Devin Drewitz. Two brothers must rescue a snowboarding chimp from kidnappers and return him to his rightful owner.

1:45 pm WTBS (3) ★★"Shanghai Noon" (2000, Comedy) (PA) Jackie Chan. A Chinese Imperial Guardsman teams up with a robber to rescue a princess, taken to the Old West by the guard's former captain. (E)

2:00 pm WGN (38) ★★½"Life With

Mikey" (1993, Comedy) Michael J. Fox. The former child star of a TV show meets a cute little waif who changes his talent agency and his life. (In Stereo) (E)

4:00 pm KTLA (27) ★½"On the Line" (2001, Romance-Comedy) Lance Bass. A shy man scours the streets of Chicago in search of a vivacious woman he met on a train. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★½"Mindstorm" (2001, Science Fiction) Emmanuelle Vaugier. A psychic's investigation into the disappearance of a politician's daughter leads her to a dangerous cult. (E) (DVS)

7:00 pm WTBS (3) ★★"Bad Boys" (1995, Action) (PA) Martin Lawrence. Undercover Miami detectives switch lives while investigating murders linked to stolen heroin. (E)

9:00 pm KXLY (10) ★"Coyote Ugly" (2000, Romance-Comedy) Piper Perabo. A woman finds her dreams of singing sidelined by the notoriety she receives as a New York City barmaid. (In Stereo) (E)

FAM (26) ★★"Two Much" (1996, Romance-Comedy) Melanie Griffith. Premiere. A failed artist falls in with a shady businessman's flighty ex-wife, then invents a twin brother so he can

romance her sister.

9:15 pm WTBS (3) ★★½"Rumble in the Bronx" (1995, Action) (PA) Jackie Chan. A Hong Kong policeman in New York defends a woman shopkeeper against bikers who want protection money. (E)

9:30 pm CITY (29) ★★"Coming to America" (1988, Comedy) Eddie Murphy. Pampered Prince Akeem of Zamunda comes to New York with his royal sidekick to find a true-love bride.

WGN (38) ★½"On the Line" (2001, Romance-Comedy) Lance Bass. A shy man scours the streets of Chicago in search of a vivacious woman he met on a train. (In Stereo) (E)

10:31 pm FAM (26) ★★½"Nothing to Lose" (1997, Comedy-Drama) Martin Lawrence. A dispirited white ad executive teams up with a black car-jacker for a crime spree.

11:30 pm WGN (38) ★★"Home Fries" (1998, Comedy-Drama) Drew Barrymore. Two killers fear a fast-food cashier and her associates may be able to identify them. (In Stereo) (E)

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JULY - AUGUST

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

sunday movies

MORNING

7:45 am WTBS (3) ★★"Shanghai Noon" (2000, Comedy) (PA) Jackie Chan. A Chinese Imperial Guardsman teams up with a robber to rescue a princess, taken to the Old West by the guard's former captain. (E)

8:00 am WGN (38) ★★½"Life With Mikey" (1993, Comedy) Michael J. Fox. The former child star of a TV show meets a cute little waif who changes his talent agency and his life. (In Stereo) (E)

10:00 am A&E (9) ★★½"The River Wild" (1994, Action) Meryl Streep. Strangers threaten a former river guide, her husband and their son on a white-water rafting trip in the West. (E)

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

11:00 am CITY (29) ★½"Jaws the Revenge" (1987, Horror) Lorraine Gary. A huge white shark harasses a New England widow and her marine-

biologist son in the Bahamas. (E)

AFTERNOON

12:00 pm FAM (26) ★★½"High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production.

1:00 pm WTBS (3) ★★½"Orange County" (2002, Comedy) Colin Hanks. A high schooler tries to fix a mistake after his guidance counselor sends the wrong papers to Stanford University. (E)

KTLA (27) ★★½"Wide Awake" (1998, Drama) Joseph Cross. A grieving boy asks difficult questions about death and the meaning of life after his beloved grandfather dies. (In Stereo)

1:37 pm FAM (26) ★★½"Amazing Grace and Chuck" (1987, Drama) Alex English. Athletes and children follow a Boston Celtic and a Little Leaguer in a global crusade for nuclear disarmament.

2:00 pm VTV (22) "Recipe for Revenge" (1998, Suspense) Kimberley Huffman. A detective

attempts to prove a caterer's innocence in the slaying of a couple. (In Stereo) (E)

2:45 pm WTBS (3) ★★"Bad Boys" (1995, Action) (PA) Martin Lawrence. Undercover Miami detectives switch lives while investigating murders linked to stolen heroin. (E)

3:00 pm KTLA (27) ★★½"Life With Mikey" (1993, Comedy) Michael J. Fox. The former child star of a TV show meets a cute little waif who changes his talent agency and his life. (In Stereo) (E)

4:00 pm YTV (18) ★★½"3 Ninjas Kick Back" (1994, Comedy) Sean Fox. Young martial artists face their grandfather's foes when they accompany him to Japan to deliver a priceless dagger. (In Stereo) (E)

VTV (22) ★★"The Night of the Twisters" (1996, Drama) John Schneider. A Nebraska youth comes of age as he helps save his family and others from a series of devastating tornadoes. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★★"Changing Lanes" (2002, Suspense) Ben Affleck. An attorney and a recovering alcoholic have a car accident which escalates into an ongoing feud. (E)

8:00 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.

9:00 pm FAM (26) ★★"In Love and War" (1996, Historical Drama) Sandra Bullock. Young Ernest Hemingway falls for his nurse in World War I Italy, inspiring "A Farewell to Arms."

10:00 pm WTBS (3) ★★"My Fellow Americans" (1996, Comedy) Jack Lemmon. Two ex-presidents feud while running from government goons trying to silence them about a kickback scandal. (E)

10:53 pm FAM (26) ★★"Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague.

11:00 pm CITY (29) ★★½"Washington Square" (1997, Drama) Jennifer Jason Leigh. A wealthy man distrusts the motives of a dashing suitor courting his plain, sheltered daughter in 1850s New York. (E)

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MONDAY, AUGUST 14, 2006

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, YTV, TSN, VTV, DISC, FOX 41, FAM, KTLA, CITY, WGN) and 24 rows of program listings for Monday, August 14, 2006.

monday movies

MORNING

7:00 am WTBS (3) ★★ "High School High" (1996, Comedy) Jon Lovitz. A perky administrator helps a naive inner-city teacher when a gang steals his class's college-entrance exams.

10:00 am CITY (29) "Greener Fields" (1998, Drama) Simone Corrente. An Italian immigrant in Canada learns to carve a niche for himself through hard work and a love of soccer.

EVENING

8:00 pm WTBS (3) ★★ "Back to the Future Part II" (1989, Science Fiction) (PA) Michael J. Fox. A young man and his inventor friend must take a DeLorean time machine to 2015.

10:15 pm WTBS (3) ★★ "Three Wishes" (1995, Drama) Patrick Swayze. In 1955, a mysterious vagrant helps transform a young misfit into the star of a Little League Baseball team.

10:35 pm CITY (29) ★★ "The Corruptor" (1999, Action) Chow Yun-Fat. An NYPD recruit and his superior work to dampen the war between Triads and Dragons in Chinatown.

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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 passage through the Strait of Magellan was a refreshing calm, but our entry out into the Pacific ocean was anything but peaceful. As we headed west away from the coast a violent storm forced us south below (Cloak Antler) 57°S/67°W into open and freezing waters. Here we were unhappily stuck for several weeks drenched and exhausted from beating against the wind. Finally we made it north through the vicious Williwaw Squalls and into a bay at (Coffee type) Isle. We had lost one ship with all hands and been deserted by another whose Captain feared disaster so had returned back through the Strait towards England. Only one vessel now, the Captain renamed her the Golden Hind and undertook repairs and provisioning before heading north along the Coast. Our luck changed as the Spanish coastal settlements were mainly undefended and we were very successful plundering 3 towns, Valparaiso, (missing F continent name) and (big tree branch-bay). On shore rumors abounded of a great Spanish Treasure Galleon of 120 tons just north of us and at noon on March 1st, we sighted a large ship off the coast of the (country named for O line). The Captain did not want to attack in daylight so he strung wine barrels and weights over our stern to slow us as we presented a "Full Sail" innocent appearance as we approached. It was the treasure Ship. As dark settled we slowly pulled alongside as if to talk, then swarmed over her side with an armed boarding party. Fortunately, little resistance was offered and oh, the treasure we found! It took us 4 full days to unload the hold and transfer nearly 100 pounds of gold, 20 tons of silver, over a dozen cases of silver coin, and many more containers of precious stones, jewelry and pearls. Weighted down we headed further north out of Spanish territory.



Let's Play Princeton Trivia!

Question:

Tulameen Daze - now known as Tulameen Family Fun Days - benefits what community group?

Last Week:

Tulameen was once known as Otter Flats. www.princetonmuseum.com

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announcements

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

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

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-tfn

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1992 F150 X-Cab XLT, PW, PS, PB, PDL, cruise and really good A/C, Red. \$4,500.00...1992 Hyundai Sonata, first \$500.00 takes it...1995 Seadoo XP with trailer and cover, \$3,850.00 or trade for ATV...1988 Dodge Caravan, \$400.00...1988 Olds Delta, \$400.00...1976 Mustang II with all the louvers, hood scoop, standard tranny, no motor, \$1,250.00. (250) 295-0048. Aug 01-tfn

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help wanted

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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

notices

Senior Citizens Branch #30 Annual Picnic. Saturday, August 13. Noon til 4:00 PM. Lion's Park (corner of Mayne & Sapper Street). Bring your own chair. Tickets \$5.00 - pay at the Hall before August 10th. Lunch served at 12:30. Aug 01-08

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-tfn

found

Wilson A350 ball glove with 'Jessie B.' written inside found at Memorial Park July 27th. Claim at RCMP office.

Sandman

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is looking for Relief Managers for two days a week
Drop off resume at the Front Desk
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lost

Our precious little dog was taken on Highway 3 between Princeton and Hedley on Sunday, July 23rd. Tillie is a 5-year old white Shitzu spayed female and precious family pet. She is our baby. Please look for her. If you have our little girl: Please, please send her home! She has an ear tattoo YMM20. We are offering a \$500.00 reward for her safe return. Please take her to an SPCA or phone us, we will travel anywhere to bring her home. Tillie has pancreatitis and needs medical attention. Rick and Jean Mackie (250) 292-8797 or e-mail tillim@telus.net.

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Dodge Camper Van, 105,000KM, new tires, safetied, fridge, stove, equipped for trailer towing. \$4,250.00...1999 Suzuki Grand Vitara, 4x4, auto., V6, runs great, \$8,900.00...(250) 295-7331.

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(250) 295-6136

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

Similkameen News Leader

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 MINISTRY OF FORESTS



BC TIMBER SALES TIMBER SALE LICENCE A81126

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence A81126 is being offered for sale by BC Timber Sales, Kamloops Business Area.

Closing Date/Location: August 31, 2006 at 2:00 PM. Applications will be accepted by the Timber Sales Manager, Kamloops BC Timber Sales Office, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5.

Geographic Location: Pennask
 Field Unit: Cascades

Estimated Volume: 55,799 cubic metres, more or less

Species: Lodgepole Pine (93%), Spruce (7%) more or less. The percentage volumes are estimates based on statistical samples. Bidders are strongly advised to conduct a thorough field review to verify estimates.

License Term: 1 year

Upset Stumpage Rate: \$28.34. The Upset Stumpage Rate was determined in accordance with the Coast/Interior Appraisal Manual and applicable to all sawlog grades.

Tenders will only be accepted from individuals or corporations registered as a BC Timber Sales Enterprise in Category ANY.

The successful applicant will be required to implement and conform to the Kamloops Business Area Environmental Management System.

Comments: This sale is designed to address epidemic mountain pine beetle infestation. This sale was previously noted on our current sales plan as A42303. Please ensure that you check the expiry date of your BCTS Enterprise registration before submitting a tender. You may check the status of your registration at the BC Timber Sales Website at: <http://www.for.gov.bc.ca/bcts/>

There is additional material that the applicant must consider in their application. This material which includes application forms and other information about the TSL can be obtained from the above BC Timber Sales Business Area Office, telephone (250) 371-6500, or by accessing the following website: <http://www5.for.gov.bc.ca/notices/init.do>. -specify TSL A81126.

All tender information provided for this timber sale is subject to change. Any changes will be posted on the above ".../notices/init.do" site before the closing date of the timber sale.

It is the applicant's responsibility to revisit this site to stay abreast of any changes that may affect their bid.

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Oct 25-tfn

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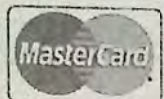


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notices

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my turn

Thanking our corporate citizens

It wasn't too long ago when we were asked to 'dig deeper' into a story to find out why at least one of our local corporate giants wasn't 'spending any money on the community anymore.'

The suggestion at the time surprised us and we quickly defended this one large corporate giant (with a good sized operation in Princeton) for doing a lot of good with donations quietly made to mostly youth-oriented projects and spending money on supporting the much smaller non-profit groups which often get missed or forgotten when grants seem to be handed out.

We forgot about that conversation until the recent announcement by Weyerhaeuser regarding their annual Jobs For Youth Grant Program. They are just one example of a large corporate giant giving back to the community.

When you think about it, there are a lot of examples just in Princeton alone. If you expand that to include the entire Similkameen Valley it becomes hard not to find an example of this.

FortisBC's cash donation to Similkameen Sizzle in Keremeos comes to mind as well as the many projects Valley First Credit Union has put their fingers into, Compliance Energy, Princeton Light & Power, Overwaitea...the list is very long and although many are skeptical of the motives behind many of the donations, the fact remains that the community - the Similkameen Valley for that matter - has benefitted greatly by these and many other corporate giants.

Like it or not, many of them have been responsible for providing cash donations, material donations and manpower donations to either create or enhance a number of projects in and around our community.

Help like that is greatly appreciated by those directly affected by their support, but what about the rest of us?

If you take a look around at any community project you'll find local residents involved in some way through a non-profit club, group or organization. But if you look a little deeper you'll normally find a large corporate giant fueling the project with something.

It's not always to get their name on something...but it's ALWAYS to get the job done.

We thank these corporate giants for what they have done and continue to do for our community and valley.

Without their help, in many ways we'd have a lot of unfinished projects sitting and collecting dust.

We appreciate the fact that these companys are not afraid to put their money where it counts...back into the communities they are taking the money from.

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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This Week's News Leader Editorial



your turn

Toews is a nut...a sports nut!

Dear Editor:

It's a Saturday in late July and only mad dogs will go out in the noonday sun. Okay then, the first order of business is to get a cold drink and turn on all the circulating fans.

Next, I gently lower myself onto a beach towel-lined recliner to watch sports via satellite TV, programming that in my estimation costs far too much considering the content. Read on for an explanation.

The sports menu reveals that I can start by watching the gold medal lacrosse game, Team Canada (read, Team Ontario) against Team USA, where I can watch the Americans uncharacteristically lose to Canada at our national sport. If that gets tedious I can switch to major league baseball, NY Yankees @ Toronto, or basketball reruns, first Toronto @ Washington, then Toronto vs. Sacramento followed by Boston @ Toronto.

If I get tired of Toronto basketball reruns I can watch a CFL game at 4 pm featuring winless Toronto @ Saskatchewan. This time I face double jeopardy, not only do I pay my satellite provider to see this game but I also pay for the CBC programming via taxation.

After supper I can treat myself to more basketball, the Toronto Raptors against Golden State. I can only hope that one day I'll get to watch Steve Nash if Phoenix plays in Toronto. If I'm tired of watching the pathetic Raptors I may watch a rerun of the equally pathetic hockey Maple Leafs, followed by another basketball game

featuring the cellar dwelling Toronto Raptors. Doubtless, by this time you are wondering, what's my point?

You may correctly assume that I love to watch spectator sports --- but let me draw your attention to a question recently posed by Radio Canada, Why does everyone hate Toronto? If I really hated Toronto, I would point to the fact that 99% of all so-called charitable organizations that request donations from me on a monthly basis and most of our financial institutions (with licenses to steal) are headquartered there.

No, I don't hate Toronto, but I

Letter To The Editor

Joe examines tourist trap

Letter to The Editor;
Sir;

Seems the pile of rubble that once was the Princeton Hotel will be with us for a while.

Why not make the most of it and designate it an original work of art? Have the Town post a large sign in front of the rubble titled, "The Face Of Destruction,"

would much rather pay to watch sports that are of interest to Westerners. So, the culprits are Rogers, Bell and the CBC (all located in Toronto) who smugly assume that all Canadians are fascinated by events that occur in the center of the universe.

Wouldn't it be a smart, sound business decision for an electronic media company to start satellite programming primarily for Western Canada? Would we let Toronto watch? Why of course, as long as they paid a western media company a minimum of forty bucks a month!

- HPToews, Princeton

"Artist or Artists Unknown."

Considering this picture of devastation is located in the centre of paradise when other parts of the world are suffering from major natural disasters and the scourge of war, the scene is well worth meditating upon.

Regards,
Joe Schwarz, Princeton

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

Please visit his website at
www.keremeos.net

Current Comment:

The case against private health care



Dawn Johnson
editor@thenewsleader.ca

Insurance companies want into the health care system, and they have a lot of arguments they put forward to persuade politicians that private health insurance is the best way to go. Don't buy the arguments, and don't let your local politicians or your government hornswoggle you into believing it would be good for you.

The Parkland Institute based in Edmonton has published a book about the myths perpetuated by the insurance companies. It is called **The Bottom Line: The Truth Behind Private Health Insurance in Canada**. Authors are Diana Gibson and Colleen Fuller, and you can order the book by calling 1-780-492-8558.

Nothing defeats lies better than the truth.

There are some more truths you need to know about getting rid of universal medicare. First, the reason we have it is because we needed it. People were dying not so much from disease as from not having enough money for the proper treatment. Families were bankrupted by illnesses. Yes, there was health insurance, but only the well-to-do could afford it. People like university students or workers with low-paying jobs or cash-poor farmers could not afford it. So, in our wisdom as citizens, we decided to give ourselves Medicare. It was a good idea, it has lasted 50 years, and all of us have benefited, even doctors, who often did without fees for months after treating patients who could not pay.

In fact, everybody benefitted from Medicare. Pharmaceutical companies expanded, because more people could go to doctors and get prescriptions, instead of relying on home remedies. Medical equipment suppliers had more business. People were more confident of borrowing and spending because they did not have to worry so much about anyone being ill. People live longer now, on the average. Medicare was good for the economy. It was not good for the insurance companies, but insurance companies are still making money on every other kind of insurance.

Today, advocates of privatizing health care point to the British system of two-tier health care – private and public combined. The truth is, quality of health care has suffered by hospitals competing with each other, and wait lists still exist. Wait lists are longer in the public system. What finally alleviated the long wait lists was the government hiring 7,000 more doctors and 15,000 more nurses to work in the public health sector.

France has a good health care system and spends less per capita on health care, but only because France has double the number of doctors that Canada has, and doctors are paid 40 percent less than Canadian doctors. Naturally, wait lists are shorter as doctors compete for patients and hospital time. Because doctors are paid less, the government invests more in health infrastructure.

Sweden tried a small dose of privatized health care under a conservative government. One county was allowed to go to a privatized system. It was a flop. Seriously ill patients were rejected from private facilities, which preferred the fast turnaround of easy to treat patients. Then the seriously ill had to wait longer to get into a private facility. After only one year, a new

county government was elected and cancelled privatization.

What is the real issue about privatization in Canada?

It seems to me that most of us have been quite happy with our Medicare system for the past 50 years. Why would we want to change?

The answer seems to be that our neighbour to the south wants us to change so American companies can enter the health care profiteering game in Canada. Instead of bowing to American demands, we should be telling them to put our system in place in their country. It would bolster their economy, which needs a shot in the arm these days.

There is always a big argument about the high cost of health care. My answer is: find a cure for blood plaque, diabetes and cancer, and the costs will drop dramatically. Take bad drivers off the highway, make the highways safe year round, and costs will drop. Do more intensive work to teach people to eat properly, to keep children healthy, and find a cure for the problems of old age, and the costs will drop. Health care costs a lot because we are not healthy enough.

That's my bottom line.

Marketplace Ministry by Jim Caruso

Screeching In To Heaven

In October I was privileged to have visited St. John's, Newfoundland. I say privileged because I was introduced to a new part of our country and some wonderful fun loving people. Maybe I should say I was introduced to a new part of their country as they say that it was Canada that joined Newfoundland in 1949, not the other way around.

The city of St. John's is very unique; it is a colourful trip back in time and yet has incorporated contemporary architecture amongst the historic buildings. History is fresh in Newfoundland, Marconi received the first wireless message on Signal Hill from Poldhu, England on December 12, 1901. I stood on the same hill and called my wife here in Parksville on my wireless phone. It is amazing that it all started there.

My trip wasn't to discover Newfoundland, or study it's history, but I was attending a conference for the Canadian Police Chaplains Association. I learned much while I was there. I learned that the wind blew so hard on Signal Hill that when it stopped blowing, I was leaning so hard into it in order to walk, that I almost fell down when it let up. I also learned that cod can be cooked hundreds of different ways and all of them are good, especially with scrunchions, and if you don't want the whole cod, you can just have a plate of cod tongues. The meals are only out done by the hospitality of the Newfoundland people. You are made to feel like you are family right away, especially if you are from Away (anyone not from Newfoundland is from Away). The hospitality and friendliness doesn't stop with becoming friends, but extends to accepting you as a Newfoundlander. It's called Screeching In.

It went like this: I lined up with about 35 or 40 other chaplains and the officiating at the ritual were a couple of police chaplains; a Catholic priest, an Anglican priest and one RCMP member, all born and raised Newfoundlanders. We lined up and put on a sou'wester, a rain hat, that when you put it on, makes you want to ask, "Ever been to sea, Billy?" After the hat came the ritual of kissing the cod. I was about tenth in line and after a few of us had kissed the cod, the Catholic priest turned the cod so they were looking at each other face to face and said to the cod, "So which one do you like the best so far?" The kissing of the cod was followed by the drinking of the screech. Now screech is the rum at the bottom of the barrel that has all the extras in it from the fermenting process. They actually use good rum today. Being a non-drinker, we were given the option of Newfoundland Purity syrup. I think the rum might have been safer. This is the sweetest liquid that I have ever ingested. After drinking it, my brain sent a message to my pancreas to double the amount of insulin and do it right now. There are a few other things that you must do, eat a salted herring and sing a Newfie song, "It's the by that builds the boat" etc. and then I was officially a Newfoundlander and I have the certificate to prove it.

So what is a preacher writing about this for in the pastor's corner? Well, God has a desire to have everyone of his creation, (that's you and me), become part of His family. No, you don't have to wear a hat, kiss a cod, drink a special drink, eat a salty fish or sing a special song, you just need to ask Him into your life in a simple prayer of forgiveness for your sins and then you are screeched into heaven. Your name is written down in the Lamb's Book of Life and you are guaranteed to be part of His family now and for all eternity. The words of comfort will be "welcome, me son." The gift of eternal life is what the Christmas season is all about. This coming Christmas receive His gift with all His love. Think about it.

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

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!



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THANK YOU!

We certainly had a very successful weekend for the 38th running of horse racing at Sunflower Downs!

I would like to thank all of our volunteers for going that extra mile for us and the community.

I would like to thank Patrick Robins, Randy McLean and, of course, the girls behind the desks at Town Hall as they have all shown 100% support and dedication toward Princeton Racing Days.

There are a few people who do that Extra Little Bit... Ed Vermette, Barb Fraser and Carol Ruoss I thank you all!

We also appreciate the help we received from Vancouver and Hastings Park.

A special thanks to all our sponsors (big and small). We need you all and the effort by Valley First was really appreciated - not only for the fund, but also for the atmosphere for the weekend.

Thank you to all the clubs in Princeton for taking part in our celebration for the community of Princeton, and it was great to see everyone participating in the weekend.

Well, I guess it's time to start working on our 2007 event which I hope will be bigger and better than 2006.

I do have the confidence that all local clubs will join in and that we will have more volunteers coming on line to help and enjoy the community spirit of giving and enjoying the success of our accomplishments.

Last, but not least, THANK YOU, PRINCETON!

John Bey - Racing Days President



We couldn't help but notice the wonderful and colourful entrance to Princeton Pentecostal Tabernacle on Vermilion Avenue. It's well worth more than a casual glance.

Letter To The Editor

Energy from coal concerns reader

Editor,

The Similkameen News Leader:

Last week the media treated us to the latest example of contradictory and incoherent policy-making by our masters in Victoria --- and of our own confusion about cause and effect.

First there was a spate of articles about how our earth is warming up, as is evident in our diminishing glaciers, in the falling water levels in our rivers and streams, in our precious salmon dying before they can spawn because of increased water temperatures, in the deepening drought leading to increased forest fires, and in the rampaging of bark beetles and budworm, which thrive because of our warmer winters.

The cause of climate change and

global warming appears to lie in our production of greenhouse gases, which we so industriously belch into our atmosphere as a result of our increasing use of fossil fuels.

Yet in the same week, our Premier cheerfully announces grandiose plans to permit and encourage (and probably subsidize) the construction of coal-fired generators, which are a major source of the carbon dioxide, sulphur dioxide and nitrous oxide, which are a prime cause of global warming. The burning of coal also produces emissions of mercury and other heavy metals, especially harmful to children.

Those who propose to build these generators blandly assure us that there is no problem, that new tech-

nology will take out the noxious gases and put them somewhere safe and secure; and anyway, jobs (and profits) will be created by burning coal to produce electricity. By the time plants are built, the gases are pouring out, and the profits are rolling in, we will be told that it's too late to close them down because we need the power, and the jobs (and the profits).

In our contradictory behaviour, we resemble the guy who suffers from terminal lung cancer, galloping emphysema and heart palpitations --- and who proposes to increase his consumption of cigarettes from one to two packs a day. Why? Because it will create jobs in the tobacco industry, and because he loves the feeling of smoke in his lungs.

He is killing himself, but he can't stop smoking --- we are killing our environment, but we are addicted to consuming more and more energy.

The Mayor of Princeton is perfectly correct -- we are poised between the horns of a dilemma. We must choose between more jobs (and profits) by burning coal on the one hand, and cleaner air and more moderate temperatures on the other, but we can't have both.

Given the voracious thirst for more and more energy in North America, I have little doubt which way the choice is going to fall.

- Don Burbidge, Princeton

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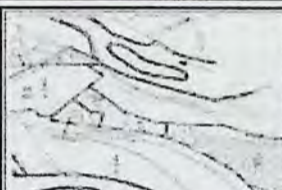





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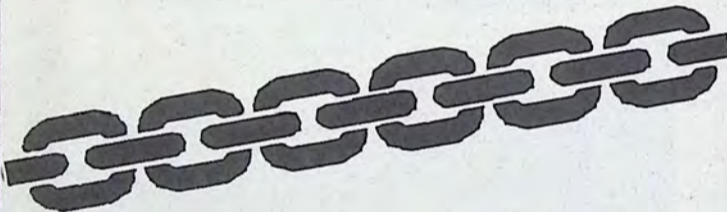
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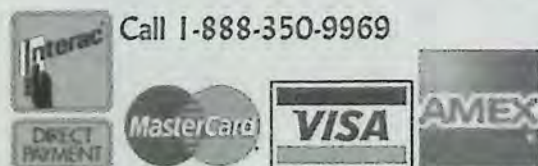
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Letter To The Editor

Green tackles the marmots, again

The Editor:

I am alarmed by misinformation circulating in Princeton which could create public anxiety about hantavirus pulmonary syndrome and which has the potential to start an unwarranted marmot witch hunt.

There is nothing wrong with alerting the public to the possibility, however slim, that hantavirus pulmonary syndrome (HPS) exists in our area. It is not appropriate, however, to label rodents in general, and marmots in particular, as reservoirs of viral infection and plague and to suggest that they all represent a health hazard. It pains me greatly to think that yet another animal group could be victimized by misguided human fear.

Generalizing with the term rodent is drawing and excessively long bow. Within the animal kingdom the single largest group of mammals is the Rodentia. Nearly half of non-flying mammals are rodents. There are about 1,500 living rodent species out of about 4,300 living mammals overall. Most people are familiar with mice, rats, hamsters, and guinea pigs, which are commonly kept as pets. The Rodentia also includes beavers, muskrats, porcupines, woodchucks, chipmunks, squirrels, prairie dogs, marmots, chinchillas, voles, lemmings, and many others. Rodents are found native on all continents except Antarctica. There are many species of marmots and many more species of mice.

It is important to recognize that when we, the public, and public health agencies use the umbrella term Rodent, it is normally in reference to mice or rats. Marmots and beavers do not automatically spring to mind.

It is unrealistic to think that we can somehow destroy all potentially harmful rodents. A recent Center for Disease Control (CDC) report concludes that such an attempt is "neither feasible nor desirable because of the wide distribution of (such) rodents in North America and their importance in the function of the natural ecosystem."

Marmots are nothing like the dreaded rats and mice of old disasters. These creatures are all separated by millions of years of evolution. Viruses have evolved, in concert with all other life forms, to target a specific host in a lock and key relationship.

The virus is the key; the vulnerable species is the lock. Viruses can not infect incompatible hosts any

more than you can unlock a stranger's door. Through mutation, which we might also call sheer dumb-luck, from time to time, a virus gains the power to infest a new kind of host, or encounters a new species that it can, by chance, access. The key has found a new lock to open. Occasionally the new lock is human and we can be made mildly to terribly ill.

Viruses do not migrate independently. They must be transported by a suitable carrier and must then find a suitable host, or die when the carrier does. Successful viruses live in harmony and their carriers; they do not make them sick. This allows both to reproduce for many generations and to disperse widely.

All living things, including human beings, are host to all sorts of viruses that do no harm. Marmots may well carry viruses but I could find nothing in the current scientific literature available to the public to implicate them in contemporary human infection anywhere.

It is not true that Old World viruses of the Haatan family, responsible for hemorrhagic fever with renal syndrome (HFRS), (formerly Korean fever), jumped continents to infect North America. Old World viruses and their rodent carriers evolved independently. HFRS is a nasty group of clinically similar illnesses that can lead to vascular leakage, and acute kidney failure. In North and South America, viruses in the Haatan family cause a very different, equally nasty, disease known as hantavirus pulmonary syndrome (HPS); a disease about which we should be informed.

The CDC Hantavirus website explains: "Hantavirus pulmonary syndrome (HPS) is a potentially deadly disease transmitted by infected rodents through urine, droppings, or saliva. Humans can contract the disease when they breathe in aerosolized (floating in the dust) viruses. HPS was first recognized in 1993 and has since been identified throughout the United States."

However, the CDC assures people: "In North America the risk of hantavirus infection is low." Since 1993 only 438 cases have been confirmed in the USA with a 36 percent fatality rate (May 9, 2006 report). Native lore indicates that this virus has been around for a very long time but remained unrec-

ognized because HPS is so rare.

"In the United States, deer mice, cotton and rice rats (in the Southeast), and the white-footed mouse (in the Northeast), are the only known rodent carriers of hantaviruses causing HPS." The common house mouse is not a carrier. "The deer mouse is found almost everywhere in North America" (including Canada). It likes woodlands, but is also found in desert areas. "Because this type of rodent is restricted to the Americas, HPS is restricted to the Americas." It is also comforting to know that "HPS cannot be transmitted from one person to another" and that "HPS is not known to be transmitted to or by farm animals, dogs, or cats or from rodents purchased from a pet store."

Should Princeton worry about HPS? Well, we are in a rural/wilderness area and we can assume that there are deer mice in our woods. Since 1993, when the hantavirus was first identified in North America, 61 cases of HPS have been documented in Canada. Nine cases occurred in B.C. Of these, seven occurred in the Interior Health region. Three were fatal. SO, if I found rodent droppings and did not know one mouse from another, I would err on the side of caution, presume it is from a deer mouse and take remedial action.

Though the overall risk of hantavirus infection is low, I would be cautious with my clean-up and check out the CDC or Interior Health Region advice before I touched anything. I prefer the Interior Health Region website because it is local and provides practical guidelines suited to our area. Visit www.interiorhealth.ca, then select Seasonal Alerts, then Hantavirus.

To keep hantavirus pulmonary syndrome in perspective, consider that the North American continent has 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 a hantavirus infected mouse, that leaves 165,736,638 potential contacts. I am guessing, but let us assume only half of these people live in truly rural settings, roughly 82,868,319 million remain. In the past 13 year (since 1993) there have been 499 cases of HPS in North America (including Canada), on average 38 per year. That means, in any given year we country folk appear to have a roughly 1:2,180,745 million chance of falling victim to HPS; very good odds for our side.

Despite my statistical self-reassurance, I will have a tiny concern about HPS and will be vigilant. Would I worry about a future plague brought by marmots and gophers? Absolutely Not!

- Karin Green, Princeton

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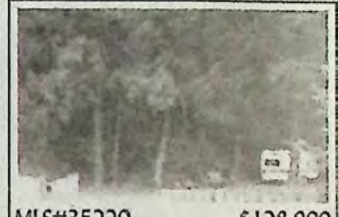


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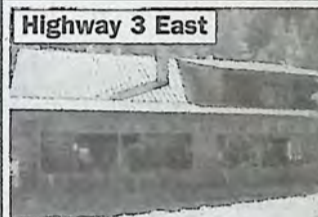


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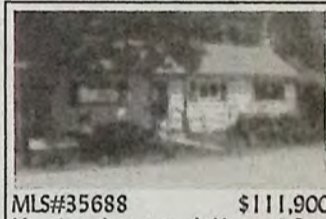
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