

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

Volume 9 Issue 34 #440 ISSN 1712-090X
Canadian Publications Mail Agreement No. (1299263)

Tuesday, August 22, 2006
Published Weekly in Princeton, B. C. by Bengel Publishing Inc.

STILL ONLY **75¢**
INCLUDES GST

Fire destroys peeler building



Gary Zieske hoses down hot spots following the destruction of the peeler building at Princeton Wood Preservers Ltd. More photos on Page 12. - photo submitted.

Loss temporarily cuts workforce down to 8 employees

A fire that started early Saturday morning, August 12th at the Princeton Wood Preservers Ltd. plant approximately 18-kilometres East of Princeton on Highway 3 totally destroyed a building on site.

According to General Manager Blair Noel, the fire was reported by 7:30 AM and the cause is still undetermined pending completion of the fire investigation.

The 100 foot by 26 foot building was significant to the operation of the value-added wood remanufacturer.

"The building we lost was our #1 Peeler building and electrical room," Blair says.

"The peeler did about 70 percent of our production. Even more significant is the loss of electrical components. We still have two other production lines as well as our treating

facility, but we currently have no power to these areas."

The loss has knocked the workforce down considerably.

"We usually employ 25 to 27 people, but currently only have eight working," Noel explains.

"We are in the process of trying to get some temporary power to get one peeler and our treating plant operational. If we can do this within the next couple of weeks, we should be able to get an additional 6 to 10 people back to work."

Noel is optimistic in light of the loss.

"We are hoping to get back to full production before the end of fall."

Princeton Wood Preservers Ltd. suffered a loss of equipment and the main shop building in a fire December 2004 which also cut production for months.

Interior Health continues West Nile surveillance

West Nile virus has not yet been found in British Columbia, but higher levels of activity in neighboring jurisdictions compared to previous years has Public Health officials concerned we may see the virus arrive in our province later this summer.

"West Nile virus is a disease among birds that is spread between them and to humans by mosquitoes. Significant West Nile activity has been reported in Idaho, and Oregon and Alberta both have evidence of the West Nile virus," says Dr. Paul Hasselback, Senior Medical Health Officer for Interior Health.

He notes there are about 150 human cases in Idaho, a handful of human cases in Oregon, and Alberta reported its first human cases this week in addition to previously reported mosquito and bird cases.

Most cases of West Nile virus infection go unnoticed, without any symptoms, and in many cases it is relatively mild, with symptoms such as headache, rash, and muscle and joint pain. However, 1 in 150 cases will be severe, with symptoms such as severe headache, inflammation of the brain and lining of the brain, paralysis and in rare cases death. Side effects can be long lasting and serious. Even milder cases can have significant long lasting effects.

There are steps you can take to protect yourself and your family from mosquito bites:

- Use mosquito repellent - Applying a mosquito repellent to areas of exposed

skin. Check the product label for instructions on proper use.

- Wear protective clothing - Avoid dark clothing, as it tends to attract mosquitoes. If you are in an area with lots of mosquitoes, wear loose fitting, full-length pants and a long-sleeved shirt to keep mosquitoes from biting. Mosquitoes that can carry WNV are most active at dusk and at dawn. Avoid wearing floral fragrances such as perfumes, soaps, hair care products, and lotions.

- Install mosquito screens on windows and consider staying indoors at dawn and dusk.
- Prevent mosquito breeding around your home. Anything that can hold water is a likely mosquito breeding area. Try to identify and remove these

areas on your property. A few things to do include: empty saucers under flowerpots; change water in bird baths regularly; unclog rain gutters; drain tarps, tires, and other debris where rain water may collect; and install a pump in ornamental ponds or stock them with fish. Stagnant backyard pools can be a big source of mosquitoes and should be maintained regularly to prevent mosquito growth.

- Travelers outside the province should also use the above precautions and be aware that transmission of the virus to humans most often occurs in late August and through September until the first frosts.

Surveillance

Since 2003, BC has conducted an intense surveillance program for West Nile virus. BC's surveillance program includes testing of dead birds in the corvid family: crows, ravens, magpies and jays. It also includes trapping and testing of mosquitoes from numerous sites in the province. Interior Health traps mosquitoes at 40 sites across the Southern Interior.

MP wants funding restored

As news of how widespread cuts to federal funding of housing programs in Canada becomes available, local MP, Alex Atamanenko, is calling on the Conservative party to restore all funding to the Supporting Communities Partnership Initiative (SCPI).

According to the City of Toronto's Shelter Support and Housing Division, SCPI funding for the city will be cut by \$5.8 million. The NDP has also learned of an impending \$1 million cut to the City of Ottawa's SCPI funding, and a \$416,000 cut in Yellowknife - a city that has been one of the hardest hit by homelessness.

"I am worried about the cuts happening across the country in the major centers, and I am worried about future cuts

that may occur in our area and in other rural communities," said Atamanenko.

"Rural communities such as Nelson have used SCPI funding to operate programs such as the Nelson Food Cupboard and the temporary housing, Stepping Stones. The Nelson Committee on Homelessness depends on this SCPI funding to run its programs."

During a June 6th House of Commons committee meeting Conservative Minister of Human Resources and Social Development Diane Finley assured the NDP's Tony Martin that funding for the program would be extended.

According to the minutes of the Human Resources, Social

Development and the Status of Persons with Disabilities (HUMA) Committee proceedings, Finley stated: "You asked about SCPI. No problem: that's going forward. That's all been blessed and approved. We recognize the importance of these sectors and the dependence they have on federal funds."

However with cuts to programs across the country now becoming public, it's clear the Conservative government has failed to live up to its promise for federal funding of the program. Atamanenko and the NDP are calling on the Conservatives to extend the program beyond its March 2007 end date, as well as immediately unblock all funds promised to Canada's housing coalitions.

the publics help in monitoring birds."

Dead Corvid Reporting

If you find a freshly dead (not decayed) crow, raven, magpie or jay (Stellars Jay, Blue Jay, Clarks Nutcracker or Grey Jay) contact Interior Health at 1-866-300-0520.

Similkameen News Leader
This Week

Page 8, 9, 10
BACK TO SCHOOL!
Page 12
More PWP
Fire Photos

REGULAR FEATURES

Page 4
Keremeos News
Page 11-18
TV Guide
Page 22
Editorial
Page 23
Current Comment

Princeton Area Ghost Towns The DVD

Only \$19.99
See Us For Details!

Phone: (250) 295-4149
1-888-350-9969
Fax: (250) 295-4103

www.thenewsleader.ca

FRENCH'S HEATING
HEAT PUMPS & AIR CONDITIONING

SPECIALIZING IN:
SHEET METAL FABRICATING
heating · air conditioning · fireplaces · gas fitting

WOOD · NATURAL GAS · ELECTRIC · PROPANE

(250) 295-8341
FULLY LICENSED - INSURED - BONDED



John & Ruby Bey

Will celebrate their 50th Wedding Anniversary with an Open House at 7:00 PM Saturday, September 2nd. Open to all friends - No Gifts Please

Here's My Card!
Advertise Your Business Here For As Little As...

\$ 10.00 PER WEEK

Call Us For Details!
Similkameen News Leader (250) 295-4149

HAYES CREEK ELECTRIC RR 33771

Jim Barnes
Electrical Contractor
87 Angela Avenue, Princeton
Phone: (250) 295-7440
OR CELL: (250) 295-5021
Toll Free 1-866-999-7440

PLP approved installer for: ELECTRIC THERMAL STORAGE HEATERS **STEFFES CORPORATION**



MULE DEER CONTEST

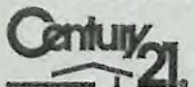
CONTACT

PRINCETON OUTDOOR SUPPLY

LONG ESTABLISHED PRINCETON BUSINESS FOR SALE



Be your own boss! No. 1 Video & Fitness offers a solid income for the independent business person. High visibility location, extensive equipment list and inventory included. \$75,000 MLS Call Neil McHaffie: cell (250) 295-8181. Serious inquiries only.



Princeton Realty
224 Bridge Street, Princeton, BC VOX 1W0
Office: (250) 295-6977



Host Graham Gould (left) enjoys a chat with Ken Crosby (center) and Barrie Cook at the Class of '56 reunion to recognize 50 years since graduation.

Class marks 50th year since PSS grad

The grads of 1956 marked 50 years with a reunion last weekend. Along with classmates who attended Princeton High for the majority of their secondary school education, they met at the home of Graham and Penny Gould for a barbecue dinner and a lot of visiting on Friday. They took time to remember Peggy Premorokoff Koch, who passed away last month, as well as Pat Arnott, Mary Lou Archibald, Jim Soukoreff, Georgina Spearman

and others who have passed on since school days.

Anne Cloke Whitten, Gary Tappay came from Ontario, Ken Crosby from Saskatchewan and Joe Nelson from Alberta. Others came from many locations in B.C. Many had spent their youth in Copper Mountain or Allenby, and others in Hedley and Keremeos, so it was not just a "Princeton" group. Some great memories were shared with plenty of laughter, and friendships

renewed. Most found it hard to believe 50 years had passed since graduation.

Saturday evening saw everyone gather at a dinner, where more memories were shared. Dessert was a 50th anniversary cake.

Many thanks went out to Graham and Penny Gould and their daughter, Kelci, who were gracious hosts at their home, and to Elaine Davies Casey, who spent months organizing the reunion.

Vermilion Court enjoys 'away' games

After a leisurely week or 10 days while many residents battled the flu bug, we enjoyed a happy afternoon at Jack and Edna's.

The bus arrived at 12:30 PM when we anxiously boarded and did a head count. One missing! Soon this one was found and we left in high spirits along the Old Hedley Road.

A few fluffy white clouds decorated the clear blue sky prompting several people to imagine visions of objects or faces others could not see. We soon arrived at our destination where

we were welcomed by Jack, Edna and Judy.

We slowly went our way across the lovely lawn exclaiming about all the improvements made since our last visit. We crossed the creek - dry now - to tables and chairs placed in the shade for our use.

We were soon put to work doing observation games. Some persons are unable to safely walk around and same for the more mobile individuals. A paper with 25 squares each with the name of a statue or carving

etc. was handed out.

When a player saw any named object it was crossed out. All received small gifts for participating. Lovely refreshments followed - various fruit and dip, and delicious cakes and cookies.

Reluctantly we slowly left the beautiful site boarding the bus for home. We all sang "For they are jolly good fellows," waved and clapped as Sue carefully backed from the driveway and headed home.

- submitted by D. Stenvold



Princeton Fire Department responded to a call on Bridge Street downtown during the noon hour on Monday, August 14th. The call was for a propane leak. Crews left the scene within the hour.



make it count™

DO YOU WANT YOUR HOME SOLD?

List with the full time professional realtors at **CENTURY 21 Princeton Realty** today! **LIST** or **BUY** a home with **CENTURY 21 Princeton Realty** between June 14, 2006 and August 31, 2006 and be entered to **WIN 100 Air Miles** on top of the regular Air Miles you receive when you **BUY** or **SELL** with **CENTURY 21 Princeton Realty**.

 101 Skye Blue Loop \$118,800	 2291 Arcat Road \$135,000	 296 Lachine Avenue \$149,800
 211 Allison Avenue \$129,900	 137 Tipton Avenue \$99,900	 Lot A Lawless Creek \$249,900
 611 Similkameen Ave \$110,000	 1102 Highway 5A \$159,900	 186 2nd Street \$259,900
 448 Corina Avenue \$299,000	 4224 Princeton/Summerland \$159,900	 575 Cedar Creek Road \$1,750,000

Call any one of our award-winning realtors and tell them "You're Hired."



Heather Johnson
295-8591



Neil McHaffie
295-8181



Doug Haayer
295-1585



Dean Stinson
295-8537



Marty Gray
295-5044



Carol Bertrand
295-5341



Princeton Realty
224 Bridge Street, Princeton
Phone (250) 295-6977
Fax (250) 295-3411

See The Local Experts For All Your Real Estate Needs

View Our Picture Boards at
224 Bridge Street, Princeton

View Our Pictures Online at
www.princetonbc.com

THE LEADER IN SALES AND LISTINGS
YEAR AFTER YEAR*

* MLS statistics 1990-2004



make it count™

Hourly Weather? Daily Road Reports?
Weekly News? Online Classifieds?
Events Calendar?
www.thenewsleader.ca
Always there, when you need it!

M&M Parsons Fruit & Vegetables

peaches • pears • squash • walla walla onions
plums • field tomatoes • watermelons • melons
apples • nectarines • corn • cukes • ice cream

GROWER OWNED - RR 1, Highway 3 West, Keremeos
(250) 499-2312 - After Hours 499-5865



Okanagan Scooters To Go!

A Subsidiary of Scooter City Ltd.

Our *Mobile Showroom*

will come to you!

Phone for a FREE info. pack

Free delivery & setup

throughout the Okanagan

www.scooterstogo.ca

New. Used. Rentals.

Phone: 250-499-0200

Or 1-888-214-6603 (Toll Free)

Steak • Seafood • Pasta



Open 4:30 PM Daily
Closed Mondays

Karl and Suzanne

Junction of
Highways 3 and 3A
Keremeos

Harker's Fruit Ranch

3 Miles South of Keremeos on Highway 3



CANNING SPECIALS!

Peaches
& Melons



FREE MELON TASTING
TASTE THE MANY VARIETIES AVAILABLE

Open 8:00 AM - 6:00 PM Daily
(250) 499-2751



Don & Anna's
Greenhouses
and GARDEN CENTRE
GROWER OWNED AND OPERATED



"THE GREATEST SELECTION OF FLOWERS AND
VEGETABLE PLANTS, PERENNIALS, HANGING
BASKETS, SHRUBS AND WATER PLANTS
IN THE SIMILKAMEEN VALLEY"

4 KM West of Keremeos on Highway 3 at the Historic Red Bridge
RR 1, Keremeos, B. C. VOX 1NO / OPEN: 9 AM - 5 PM Daily / 10:30 AM - 5 PM Sundays
*** Check out our list of Plants at: www.keremeos.com/donannas ***

Phone: (250) 499-5785 e-mail: don-annas@nethop.net

keremeos and area news



Two members of a fruit picking crew at Harker's Organic Fruit Ranch in Cawston working on the peach crop. Orchardist Bruce Harker said last week that about half of his peaches had already been harvested.

Visitor numbers down slightly

Statistics show a slight dip in visitor numbers at Similkameen Country's Tourist InfoCentre in July 2006 compared to July 2005, but according to Manager Colleen Christensen, the numbers may be deceiving.

Although the figures have decreased, there was a single day record set during Kars Under the K with 123 parties and 200 visitors stopping into the facility for information.

"For some reason we're missing the road traffic," Christensen says. "I don't know what the deal is."

The month end records show a total of 889 parties stopped into the InfoCentre in July compared to 1,077 in July 2005.

That translates to 1,826 visitors last month, down almost 200 from the previous year.

On the plus side a total of six busses stopped compared to only one last year.

Other figures are close in comparison to July 2005. The number of local visitors looking for information climbed from 130 to 137, with BC visitors dropping from

465 to 443, Alberta visitors dropping from 166 to 70 and visitors from elsewhere in Canada dropping from 134 to 112.

The balance of the visitor origin figures are impressive showing tourists have stopped in Keremeos from Washington (16), California (11), Other US states/Mexico (10), Europe (53), Asia/Australia (15) and 6 from other countries not listed.

The downtown location of Similkameen Country's InfoCentre may be partly to blame missing traffic going through the area on the Keremeos Bypass Road.

Another possibility is the actual look of the InfoCentre, which sometimes resembles a storage or maintenance shed on the Memorial Park grounds.

The look of the building is being addressed with a committee in place to construct a newer, larger InfoCentre building.

Christensen says the new location is near the current site, but the building will face Village Office with a projected timeline set for

the beginning of next tourist season for completion.

Similkameen Country became a certified Tourist InfoCentre on May 15th, which puts it at the same level as the majority of InfoCentres across British Columbia.

The certification will also bring support and recognition from Tourism BC and access to promotional packages and programs only available to certified sites.

Other month end stats collected starting this season is a category identified as Community Specific Info which will allow for better tracking of some tourist requests.

For example, a total of 324 people stopped into the InfoCentre last month for maps or directions, with 318 looking for information related to in-season fruit, 125 were looking for winery information, 100 inquired about the Grist Mill and Gardens and 25 were interested in information on Mascot Mines.

"It helps us identify what attractions are bringing people here," Christensen says.

Kars Under the K gains popularity

by Dennis Walker, Giant-FM Newsroom

Some on site and on the organizing committee of the Kars Under the K car show held August 6th are calling the event possibly the biggest ever hosted by the community.

From 148 entries in 2005, the list increased to 236.

Keremeos Mayor Walter Despot, speaking during the closing ceremonies, spoke with pride, but concern at the same time because of the difficulty of trying to get

enough volunteers to run such a large event.

He asked and encouraged people to volunteer whenever possible to help pull off events like Kars Under the K.

Organizer Jeff Rowe has high praise for all the volunteers. There's already a problem getting

enough volunteers for the upcoming Similkameen Sizzle pepper festival scheduled for next month.

Volunteers were stretched to the limit over the August long weekend as many who worked during Kars Under the K were also involved in the K-50 Celebration the day before.

www.keremeos.net



The melons were ready last week at Parson's Fruit Stand on Highway 3 in Keremeos.

Column by Yale-Lillooet MLA Harry S. Lali

Drug And Alcohol Recovery Homes

The chickens are finally coming home to roost for Gordon Campbell and the B.C. Liberals. For years those working with the less fortunate in our society (the front-line troops) have been ringing the alarm bells that Gordon Campbell's cuts to social programs and services delivered to people were too deep and unnecessary. Now, the government's own task force is confirming those dire warnings.

The B.C. Liberals, task force on unlicensed drug and alcohol recovery homes announced on August 10, 2006, shows how badly Gordon Campbell's destructive social agenda has hurt the most vulnerable citizens in our society. In 2002, in his misguided desire to cut direly-needed programs for the less fortunate and funnel the so-called 'savings' into the pockets of Big Corporations the Premier deregulated the province's alcohol and drug recovery homes. As a result, many patients are now fighting their addictions in poorly-run, inadequate and sometimes dangerous facilities.

The declining state of British Columbia's alcohol and drug recovery system is a damning indictment of the B.C. Liberal record promoting ruthless cuts to programs and service delivery. In 2002, Gordon Campbell called the regulations governing addiction rehab facilities 'red tape' and summarily eliminated them. As a result, many people struggling with addictions are now being treated in terrible conditions.

According to the Vancouver Sun the manager of addiction programs at Fraser Health said:

"There's been overcrowding. Some places there's no food, some

places youth and adults are together in a house. There (have) been allegations of intimidation and violence. You name it."

In Rural B.C., such as in Yale-Lillooet, programs once available no longer exist as they fell under Gordon Campbell's axe-man. In the past 15 months at the Legislature and as I travel across British Columbia I have been very vocal informing people about this uncaring Campbell Government's lack of action on the plight of the disadvantaged, such as those fighting addictions. While the government's decision to strike a task

RCMP report fire, fireworks

On Monday August 14th, at approximately 4:40 PM, Princeton Fire, Forestry Fire Services and RCMP attended to a grass fire east of Princeton.

"The grass fire was started when an older vehicle had engine problems and started a small fire in the engine - exhaust, igniting the extremely dry grass nearby. The fire was under control within two hours," explains S/Sgt. Kurt Lozinski.

"Police also attended a complaint

force on these facilities is welcome; however, it only comes as a response to a problem that Premier Gordon Campbell and his destructive policies have created in the first place.

Part of the answer is to bring back the safeguards and controls for patients that Mr. Campbell eliminated four years ago. While the task force may well provide useful recommendations, the B.C. Liberals need to immediately start work in re-regulating the alcohol and drug rehab system before more patients are forced into inadequate and dangerous facilities.

of fireworks at a local campsite August 13th. Igniting fireworks in these dry conditions is potentially hazardous and could be costly to residents residing in the area."

Early Monday morning, August 14th, another transport truck ended up on its side near Manning Park. The driver was taken to Princeton hospital by ambulance for examination of injuries.

"The transport truck driver was issued a violation ticket under the Motor Vehicle Act," Lozinski adds.

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

Please visit his website at
www.keremeos.net

www.thenewsleader.ca

SINCE 1973

ROBERT R. WICKS

BARRISTER & SOLICITOR

213 Vermilion Avenue, P.O. Box 760
Princeton, B.C., V0X 1W0

Fax: 295-7000 Phone: 295-3123

PRINCETON SEPTIC SERVICE

GOVERNMENT CERTIFIED:

Maintenance Provider - Planner - Installer
Residential & Commercial Inspector
Backhoe Excavator - Gravel Truck
Power Sewer Cleaner - Pump Repairs
Electronic Locator

PORTABLE TOILET RENTALS

Owner/Operator: Allan Zirk

(250) 295-7994 • 295-5217

Here's My Card!

Advertise Your Business Here For As Little As...

\$ 10.00 PER WEEK

Call Us For Details!

Similkameen News Leader (250) 295-4149

Similkameen News Leader

AN INDEPENDENT NEWSPAPER



There Are No Chains On Us!

100% LOCALLY OWNED & OPERATED

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

Phone: (250) 295-4149 • Fax: (250) 295-4103

www.thenewsleader.ca

CAN'T DECIDE WHAT'S RIGHT
FOR YOUR RRSP CONTRIBUTIONS?
CALL SOON IF YOU NEED MORE TIME.

If you've got this year's RRSP contribution in hand, but have no idea where it will do the most good for you, consider "parking" it until you can weigh your alternatives.

Call me to discuss how to shift your retirement plan into high gear.



Al Anderson, BBA, CFP, TEP
Financial Consultant

Phone: 295-3555
Email: alan.anderson@investorsgroup.com

www.investorsgroup.com

IG Investors Group

SOLUTIONS BUILT AROUND YOU™
Investors Group Financial Services Inc.

▶ INVESTMENT PLANNING ▶ RETIREMENT PLANNING ▶ TAX PLANNING ▶ MORTGAGES
▶ INSURANCE* ▶ CASH MANAGEMENT ▶ ESTATE PLANNING ▶ BROKERAGE SERVICES**

* Trademarks owned by Investors Group Inc. and licensed to its affiliated corporations.
** Insurance products and services distributed through I.G. Insurance Services Inc. Insurance License sponsored by The Great-West Life Assurance Company. ** Brokerage services offered through Investors Group Securities Inc.

www.thenewsleader.ca

There Are No Chains On Us!

KVR "Brake Stop" Coffee Station



OPEN 9 AM - 4 PM / 7 PM - 9 PM FRIDAY / SATURDAY / SUNDAY / MONDAY

Come and unwind. Enjoy the quiet beauty of our naturally rugged landscape. Offering coffees, teas, cold drinks and snacks.

2216 Princeton-Summerland Road, Princeton
(250) 295-0569 e-mail: info@kvrcoffee.com

TUCKER BACKHOE



* SEPTIC SYSTEMS

Government Certified Planner-Installer

* WATER LINES

* LAND CLEARING

* FOOTINGS, ETC.

Jim Clarke (250) 295-6558

Princeton Area Ghost Towns - The DVD



\$19.99
INCLUDES GST

Available at:

Similkameen
News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

PS Capsule Comments

by your Pharmasave Pharmacist Wen Wong



Health Canada has started a website to address the interest in a flu pandemic. For those of you that have access to the Internet, you can find this site at www.pandemicinfluenza.gc.ca. It's chock-full of factual information about flu all over the world. It has good information for travelers, too.

A study was done in approximately 200 people who were asked to describe the attributes of the ideal doctor. The seven top adjectives were: humane, respectful, empathetic, personal, forthright, confident and thorough. A good feeling about your doctor does help your overall physical and emotional health.

A study of 15,000 people (age 40-70) in England and the U. S. found that diabetes was twice as high in the U. S. than in England. Also, heart disease and high blood pressure were more common in the U. S. This has a lot to do with body weight. Keeping your weight down to normal will decrease health risks.

Every year throughout the world, 50 billion tablets of A. S. A. (Aspirin) are swallowed. It is used as an anti-inflammatory drug, pain and fever reliever although acetaminophen is used more for fever reduction. A. S. A.'s main use is to help keep the platelets in the blood from sticking together. Even though A. S. A. is available without a prescription, talk to your doctor first before using.

Always get professional advice when taking any new medication. Even though A. S. A. has been around for over 100 years, it can cause problems. Before you take it, talk about it.

"Caring about your health since 1938."

PHARMASAVE

Front Store Open Monday - Friday 9:00 AM - 7:00 PM
Saturday 9:00 AM - 5:30 PM / Sunday 10:00 AM - 5:00 PM

Pharmacy Open Monday - Saturday 9:00 AM - 5:30 PM

232 Bridge Street, Princeton (250) 295-3353

news leader health page

Tips to help you defend your identity

(NC)-According to the two main credit bureaus, Equifax and TransUnion, between 1,400 and 1,800 cases of identity theft take place in Canada each month.

We use our personal information everyday while performing the most routine tasks, so it's important to treat this valuable information carefully. Most forms of identity theft occur when an individual's personal information is obtained by a third party and then used without the direct consent of that individual.

There are many forms of identity theft that range from using personal phone numbers to make unauthorized long distance calls, to opening bank accounts, credit cards or mortgages in your name, and of course, not paying the bills.

HEALTHY SENIORS

It's up to you to protect your bones

By J.C. Carroll

(NC)-One in four women in Canada have osteoporosis, experts say. This is a disease that robs the body of bone density and puts it in the highest risk category for bone fractures. Taking steps to prevent osteoporosis is essential for everyone, and particularly for women as their estrogen levels decline during menopause.

Keeping your doctor informed about the onset on menopause is the first place to start - and becoming informed about exercise, foods and dietary supplements yourself is equally important.

Learn, for example, about all the foods recommended to nurture, rejuvenate, and fuel the efficient functioning of your body. Learn about botanicals and plant estrogens. Some of them are highly recommended to relieve menopause symptoms, like Promensil, a botanical derived from red clover. This over-the-counter supplement is heavily supported by clinical evidence to slow down the rate of bone loss in both menopausal and younger women.

"Promensil is an isoflavones, one of the plant estrogens," says Dr. Nachtigall, professor of obstetrics and gynecology at New York University's School of Medicine. "Red clover has all four of the most important isoflavones and it also has 10 to 20 times the quantity found in soy. Extensive clinical testing indicates that it may be the best natural supplement for menopause symptoms available."

Here's a checklist of additional steps you can take to ensure your bones stay healthy and strong:

- Increase calcium and vitamin D intake.
- Limit caffeine. No more than two to three cups coffee, tea, or cola per day.
- Do weight-bearing exercises at least 3 to 5 times per week.
- Discontinue cigarette smoking.
- Avoid excessive alcohol intake.

"If you have been a victim of identity theft, restoring your identity and credit rating can take months or even years and can cost thousands of dollars," says Mike Kitchen, vice president, BMO Bank of Montreal Mosaik MasterCard.

"We all need to be vigilant and watch for any signs that identify theft may be taking place. The faster you can alert your credit card company or financial institution to what has happened, the faster you can head-off or reduce any potential financial damage."

Some credit card companies have special programs in place to help customers who have been the victims of identity theft. For example, Kitchen notes that BMO Mosaik MasterCard cardholders can take

advantage of a free IDefence service which helps the customer determine the quickest way possible to restore their financial information and personal credit reputation. Consumers can get more information at bmo.com/mosaik.

Common signs that your identity has been stolen:

- You no longer receive some bills, bank and/or credit card statements or you notice that not all of your mail is being delivered.
 - You receive credit card statements for accounts that are not in your name or bills for purchases you did not make.
 - You are informed that you've been approved or turned down for credit for which you did not apply.
- News Canada

If you want to know more about how to treat your particular menopause symptoms, including

dietary supplements, be sure to speak to your doctor or pharmacist.

- News Canada

living past 100

Trick fat into shrinking

Fat cells exist to keep you healthy and prevent starving to death in lean times.

Your fat cells are going to expand if you keep feeding them what they like. At the same time, you have to eat enough so you're not tempted to pig out on starches and fats. What you need to do is feel full, and trick those fat cells into believing you are not going to starve anytime soon. The reason it is so hard to lose weight is that your fat cells become alarmed if they think you are going hungry, and they will give up the stored fat very grudgingly.

There are two ways you can fool your fat cells.

First, you can fill up on foods that do not add fat, and stay away from foods that add fat. This is simple, really. Increase your intake of vegetables and fruit. There are two vegetables which will add fat: turnips and potatoes. Cut back on your consumption of these vegetables, but increase your consumption of everything green.

Cut back your consumption of fatty foods, which includes cheeses, meats, nuts and some fish, such as sea bass and farmed salmon. You do not have to stop eating these, but make the portions small. If you like sour cream, go for "no fat" sour cream.

Next, cut out your consumption of white bread. Switch to whole grain. Do not consume sugar if you can avoid it.

As long as you feel full, your fat cells will think you don't need to store more fat.

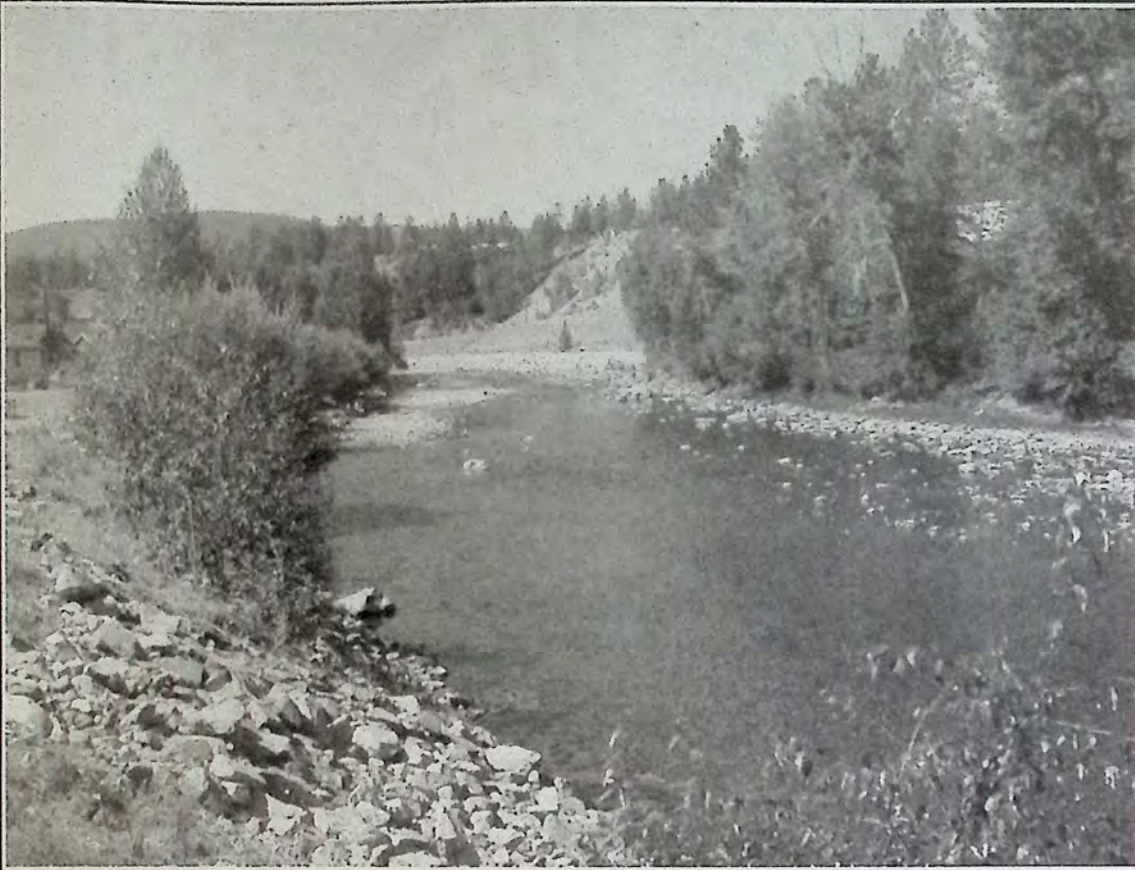
Taking care of your food supply is the first part of tricking your fat cells into shrinking.

Remember, this is a war with fat, and fat has its own agenda. Your fat is part of your immune system and it is going to keep you "healthy" even if it kills you. Your second way to convince your fat you're okay without more storage is to do some vigorous exercise. You don't have to exercise for more than six minutes, but you do have to exercise vigorously enough to sweat and puff. This exercise is not for fitness, it is to trick your fat. When you exercise vigorously, you trigger an immune response that tells your fat it needs to release, not expand. So your fat cells give up some stored fat.

If you don't like the idea of cutting back on all the fat and starch, there is another method you can use. A study of Amish farmers showed they eat big meals that would lead to heart problems and obesity in the rest of us, but they are fit as athletes. Here is their secret. The average Amish farmer walks 10 kilometers every day as he does his work. Amish people do not believe in mechanized farming or housekeeping.

If you have time to walk 10 kilometres every day, you can eat what you want. Otherwise, you are going to have to trick your fat into shrinking.

www.thenewsleader.ca



Tulameen River, as viewed just upstream from the Silver Bridge over Highway 5A, is at a record low.

Rivers at lowest levels in years

The equation is simple: combine a below normal snowpack with an early melt and hot, dry weather and you end up with low rivers.

The Similkameen River is at a ten year low with the Tulameen River at a twenty year low.

Markus Schnorbus, a hydrologic modeling scientist with the River Forecast Centre says the entire region recorded a low snowpack last Winter.

A hot spell in May melted off most of that far earlier than normal and although Spring rainfall usually helps following a mild Winter, the Similkameen did not receive near the normal amount of rainfall as is typical for the area.

"It's safe to say people should be considering water conservation," Schnorbus says.

The Okanagan region is in better

shape, partly due to the higher snowpack collected over the Winter and the amount of rainfall that was recorded during the past few months.

The Town of Princeton normally implements water sprinkling restrictions each Spring and this year was no exception.

Bike owners wanted

The RCMP Princeton Detachment has an assortment of abandoned/ found bicycles being held for identification by any owners.

"You must attend the RCMP Princeton office front counter and accurately describe your bicycle before it can be turned over or claimed," explains S/Sgt. Kurt

The system is based on the odd/even numbering of homes in the Princeton area watering on odd/even dates of the calendar with watering not permitted during peak sunlight hours each day.

For more information regarding the guidelines, contact Town Hall at (250) 295-3135.

Lozinski.

"We encourage you to mark down the serial numbers of the bicycles you own, and engrave your drivers licence number somewhere on the bicycle to identify it as yours, or should it be recovered, a way for us to find you as the owner," Lozinski adds.

www.thenewsleader.ca



Another look at the Tulameen River looking upstream from the wooden bridge on Bridge Street.

www.thenewsleader.ca
www.keremeos.net

Dr. M. Whittle

NEW OFFICE - NOW OPEN
84 TAPTON AVENUE

HOURS: 9:30 AM - 5:00 PM Wednesday/Thursday
9:30 AM - 7:00 PM Friday / 10 AM - 12 PM Saturday
CLOSED 1:00 - 2:00 PM for Lunch

Appointments: 295-3220 (during office hours or leave message)

PARTNERS
in GRIME

Partners in Grime by Neil Anderson

Available at
Princeton Pharmasave
and
Backroads Bike Shop

TOPSOIL TOPSOIL TOPSOIL

A NEW FORMULA THIS YEAR, IT JUST KEEPS GETTING BETTER!

50% BLACK ORGANIC SOIL

(We have supplied this to our customers for the past 32 years)

25% OLD MUSHROOM COMPOST

25% AGED CHICKEN MANURE

All blended together to provide a product that will make your plants and flowers come up smilin!

\$30.00/Yard - Delivered In Princeton
(Minimum Order: 5 Yards)

Princeton Rentals (250) 295-6545
TOLL FREE 1-800-253-0233



MODEL TRANSFER
Stan Thompson
36 YEARS IN BUSINESS
WE HAVE THE EXPERIENCE
CERTIFIED SEPTIC TANK PLANNER/INSTALLER
LOT CLEARING - CULVERTS - EXCAVATION
WATER LINES - BASEMENTS - ETC
Phone/Fax: (250) 295-6173 Cell: (250) 295-8377
OR Glen: (250) 295-8398



FLOWERS IN MOTION
ROLLS INTO PRINCETON
SATURDAYS
FLOWERS • BOUQUETS
BEDDING PLANTS

PRINCETON PLAZA PARKING LOT

It's Time To Go Back To School!

The Savings Add Up For Back To School!

- calculators
- computers - from complete systems to accessories
- software and CD-R/CD-RW accessories



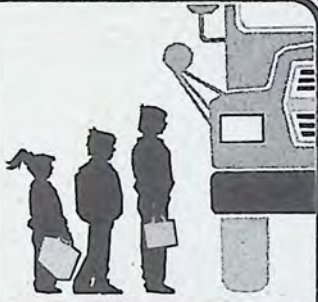

259 Bridge Street, Princeton
(250) 295-6848



This classroom won't be empty for long as area schools prepare for the start of the 2006/07 school year.

MOTORISTS:

Please remember to watch your speed near area schools, observe all school zone signs and school bus signals.



A BACK TO SCHOOL REMINDER FROM:
Management and Staff

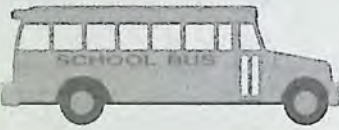
PHARMASAVE

232 Bridge Street (250) 295-3353



Home hardware

REMINDS YOU:
School Zones Will Soon Be In Effect...
Please Drive With Care.



206 Bridge Street
Princeton
(250) 295-6336

It's That Time!

Good Luck, Students...



SOMETHING DIFFERENT
dairyqueen.com

Ask About Our Back To School Special!

Dairy Queen
158 Tapton Avenue, Highway 3
Princeton
(250) 295-7599

How to avoid the homework struggle

(NC)-Reluctance to do homework is not always about simply buckling down to do the work.

If you hear "I can't do it" or "I don't understand it," or if you think your child is hesitant to ask for help, these are signs of homework struggles and a possible lack of confidence, which will quickly add up to frustration, say education experts. This will change readily however, if you get to the root of the problem.

"Being there for support is paramount," says Dr. Donna McGhie-Richmond, educational specialist with Kumon Math and Reading Centres. "Talk about the homework, listen to the reasons causing the struggle, and let it be known you understand. Be there to help remove the obstacles, but emphasize that the homework is your child's responsibility. You won't be doing it for him or her."

Talking Tips
Ask your children how they feel about their homework. Explain that

homework is not easy for everyone, but avoiding it makes it even harder - and that will interfere with activities your child would rather be doing. Here are a few more tips to help ease your child's mind:

- Establish a routine and schedule with a regular time dedicated to homework. The best time is right after school.
- Organize the workspace with the right tools.
- Make the link between completing homework and the good feeling of

Help your child manage stress at school

(NC)-Stress is a natural response to situations that are perceived to be threatening or difficult to handle. At school, your child has to learn how to juggle responsibilities surrounding activities, deadlines, being punctual, changes in routine - and all of that in addition to classroom and study demands. Throughout the year, reaction to this pressure is bound to occur in varying degrees, say experts in this field.

"A little stress can be a good motivator," says Dr. Donna McGhie-Richmond, educational specialist with Kumon Math and Reading Centres. "Stress makes us take action to control or remove the cause. But all too often, it doesn't take much to push us over the edge - and that is the stress to be avoided if possible and managed if necessary."

For most kids, pressures build when they're overwhelmed, often leading to ongoing stomach aches, sleep disturbances, moodiness, inattentiveness, or an increase in colds and flu. If any of this sounds familiar, a little stress-management could be just the right remedy for your child.

"Being prepared is the most effective stress-busting tool," Dr. McGhie-Richmond explained. "The first step is to find out precise-

- success.
 - Help by answering questions, reviewing the homework, and providing necessary resources.
 - Show how to break a large workload or assignment into manageable tasks.
 - If the homework continues to be too difficult, talk to the teacher. Your child should be practicing concepts, not learning them for the first time through homework.
 - Share and celebrate good work.
- News Canada

ly what is causing the anxieties and that is done with gentle probing and discussion." Here's a checklist of equally valuable tips:

- Assess the balance in your child's life. Too much to do is a primary cause of stress. Take steps to balance the demands of schoolwork with just the right amount of extra-curricular activities.
 - Help your child make a schedule and stick to it. Be sure to build in flexibility for unexpected events and to reward hard work. Post the schedule in a visible place and encourage your child to check it frequently.
 - Show children how to prioritize activities. Make a to-do list and let them experience the accomplishment as they check off each completed task.
 - Organize their workspace with all the tools needed.
 - If homework assignments are overwhelming, show them how to break up a large project into smaller more do-able tasks.
 - Give support by talking about their schoolwork and assisting them as they work through it.
 - Keep your eye on a nutritious diet, regular exercise, and a good night's sleep, all of which go a long way to promote a healthy lifestyle balance.
- News Canada



This is just a small sample of the selection of school supplies available at Pharmasave.

Essential back to school supplies

- A computer and a printer just for the kids - They can print off homework assignments and keep track of their sports schedules and homework deadlines with an online calendar. Remember to keep Internet-connected computers in family areas and not in your child's bedroom.

- Rewards - Have a stash of enticing rewards for finishing homework assignments, like books,

games and movie tickets.

- An Internet service created specifically for kids - KOL, from AOL Canada (www.aolforkids.ca), is an Internet service designed for kids that runs on top of any Internet connection, allowing children to explore, learn and have fun in a safe online environment with security settings that are easy for parents to set up.

- Creative Supplies - Regardless of

the age, make sure to stock up on coloured pens, pencils, paints and paper to grow your child's creativity. To eliminate a mess, buy a dry-erase board that uses special, erasable markers or purchase washable markers.

- Folders and Files - Start the new school year on the right foot by getting your kids organized with files, boxes and binders that are labeled by school subject. - News Canada

Balance the key to protecting teenaged athletes from injury

(NC)-Staying active is important for teenagers - and so is staying injury free. Unfortunately, injury is all too common, according to one study funded by the Canadian Institutes of Health Research (CIHR).

But, according to another CIHR-funded study, innovative training techniques can help reduce the injury rate.

A survey of Victoria teens has found that nearly 40% had sports injuries serious enough to limit their normal daily activity. Unexpectedly, nearly three-quarters of the injuries - 70% - occurred in organized sports. Unorganized sports, such as biking, rollerblading or skateboarding, had much lower injury rates.

Dr. Bonnie Leadbetter of the University of Victoria, who conducted the study, fears that these injuries could discourage teens from continuing to participate in sports, which will contribute to increasing youth obesity rates.

Dr. Carolyn Emery, another CIHR-funded physiotherapist from the University of Calgary has found an innovative way to reduce those injury rates - training on a wobble board.

A wobble board is a disk perched

on half a ball, with the rounded side of the ball touching the floor.

By standing on the board and carrying out dynamic activities while trying to maintain balance while the board wobbles, teens who play fast-moving sports like basketball can help to prevent knee and ankle injuries.

The key, she says, is actually doing it.

When a physiotherapist worked one-on-one with physical education students in a pilot study, there was an 80% reduction in sport injury.

When coaches were primarily responsible for supervision and progression of training in high school basketball, 40% of participants did not follow the home-based component of the training at all.

While there was a 20% reduction in injury rates, this reduction was not statistically significant, likely related to the poor compliance.

Now Dr. Emery and her colleagues are testing a more comprehensive neuromuscular training program that includes the balance training component with competitive soccer players.

They want to know if the more competitive environment, with

www.thenewsleader.ca

There Are No Chains On Us!
Locally Owned - Locally Operated

Bengel Publishing Inc., Princeton, BC

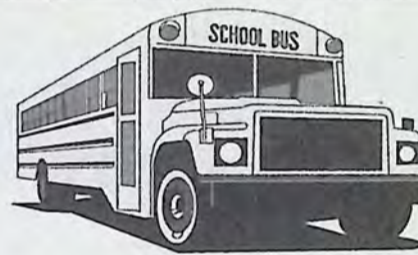
PARTNERS
in GRIME

Partners in Grime
by Neil Anderson

Available at
Princeton Pharmasave
and
Backroads Bike Shop

Princeton Builders Mart

REMINDS YOU:
School Zones will soon be in effect. Please drive with care.



222 Burton Avenue, Princeton
(250) 295-6938

Princeton Area Ghost Towns - The DVD



\$19.99
INCLUDES GST

Available at:
Similkameen
News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

It's Back To School time again!

As a result, School Zones will soon be in effect. The Similkameen News Leader would like to remind residents to obey all Speed Zones and Crosswalks near area Schools. Also watch for students walking to and from classes and observe all signals from School Buses.

Let's make this a safe and happy School Year!

Back to School means back to lunches

(NC)-Glow in the dark yogurt. Fruit strips that are mostly sugar. For parents facing the back-to-school lunch crunch, it's hard to decide what to buy. And food manufacturers aren't making it any easier, according to research funded by the Canadian Institutes of Health Research (CIHR). "We place a lot of focus on junk food," says Dr. Charlene Elliott of Carleton University in Ottawa, and its contribution to childhood obesity.

"But," she adds, "We know much less about how food outside the category of 'junk' is targeted to children." This 'fun food' is conveyed through food packaging, colour, graphics or language - and even the shapes and colours of the foods themselves. "It's ironic," she says - "We tell adults not to use food primarily as fun, as sport, as entertainment. Yet, that's the very message we're sending to children."

Dr. Elliott went through a local supermarket and found 366 products that fell into the category of fun food, including glow-in-the-dark yogurt tubes, cereal that turns the milk blue, and instant oatmeal that hatches dinosaur eggs when boiling water is added - food that may have a huge 'yuck' factor for adults, but is irresistible to children. It would be much easier if you could just steer clear of all fun foods, no

matter how much your children plead. But not all fun food is necessarily bad for you. "The way marketers present products as kids' products is interesting, because the products span the spectrum from completely healthy to decidedly unhealthy," says Dr. Elliott. Take fruit strips, a common feature of many packed lunches. Some are 100% fruit, while others are full of sugar - and without carefully reading

labels, it's hard to know the difference. "Lots of parents who are vigilant about not buying junk food will unthinkingly go down the aisle and grab sugar-laden fruit snacks," says Elliott. When it comes to finding healthy ingredients for school lunches, she says, it's clear that parents can't let down their guard. - News Canada

SCHOOL DISTRICT NO. 58 (Nicola-Similkameen)



SCHOOL BUS SCHEDULE PRINCETON 2006 - 2007

OLD HEDLEY ROAD

AM		PM
7:41	Bromley Crescent	4:05
7:50	Atkinson	3:55
7:54	Luehe	3:52
7:54	McInroy	3:51
7:55	Johnsen	3:50
7:56	Hayes Creek	3:49
7:57	Gubel	3:48
8:00	Musgrove	3:45
8:05	Coyne	3:41
8:06	Adams	3:40
8:08	East Princeton	3:37
8:15	Martins Lake	3:29
8:18	Iron Mtn Road	3:26
8:19	Rainbow Lake	3:25
8:25	P. S. S.	3:20
8:35	Vermilion Forks	3:05

Highway 5A MERRITT Highway

AM		PM
7:45	Round Lake	3:50
7:52	Gravel Pit	3:53
8:00	Peaker	3:45
8:03	7 Mile	3:41
8:04	Hanna/Bishop	3:40
8:06	Summers Cr Road	3:38
8:10	Old Merritt/Belfort	3:37
8:12	Cedar Creek Road	3:36
8:14	Bruneau/Cook	3:33
8:16	Sunflower Estates	3:31
8:17	Wilkinson	3:30
8:21	Airport Road	3:25
8:26	P. S. S.	3:20

Highway 3 - EAST

AM		PM
7:58	Quinells	3:51
8:00	Robbins	3:49
8:03	Mushroom Farm	3:47
8:08	San Ang	3:45
8:10	Taylor's Mill	3:40
8:15	Pine Trailer Park	3:34
8:20	P. S. S.	3:28
8:27	Auburn Playgrnd	3:22
8:30	Bar & Burton	3:25
8:35	Vermilion Forks	3:15
8:47	John Allison	3:05

Highway 3 - WEST

AM		PM
7:50	Black Mine Road	3:33
8:05	Whipsaw	3:40
8:10	Blackfoot Road	3:45
8:17	Westridge Sub	3:50
8:20	Vermilion Forks	3:30
8:25	Tapton Avenue	3:25
8:30	P. S. S.	3:20
8:35	John Allison	3:05

Highway 40 OSPREY LAKE

AM		PM
7:27	Link Lake Road	4:20
7:34	Crawford	4:13
7:35	Chain Lake	4:11
7:37	Jellico Road/Miller	4:09
7:38	Jacobson	4:08
7:42	Edwards/DaPonte	4:04
7:45	Pinewood Cr.	4:01
7:49	Clark	3:57
7:50	Walker	3:56
7:51	Wilson	3:55
7:52	Kopola	3:54
7:53	Weissback	3:53
7:53	Philips	3:51
7:56	Elmgren	3:50
7:58	Senger/Sperling	3:48
8:01	Zawislak	3:45
8:02	Buhler	3:44
8:04	Cromarty	3:41
8:10	Crimmon	3:35
8:13	Crimmon/Milton	3:32
8:25	P. S. S.	3:20

KINDERGARTEN TRANSPORTATION

Arrive		Leave
11:30	John Allison	11:35
11:45	Vermilion Forks	11:55
12:05	John Allison	

TULAMEEN COALMONT

AM		PM
7:47	Tulameen	3:55
7:55	Coalmont	3:45
8:03	Smarts	3:43
8:12	Whelpton	3:33
	Lind Road	
8:15	Snowpatch	3:30
8:30	P. S. S.	3:25
8:35	John Allison	3:15
8:40	Tapton Avenue	3:10
8:45	Vermilion Forks	3:05



Clip 'n' Save This Bus Schedule

STUDENT REGISTRATION - 2006/07

REGISTRATION For students "NEW" to School District No. 58 (Nicola-Similkameen), the schools are open for registration from Wednesday, August 30 to Friday, September 1, 2006. Schools will be open from 9:00 AM until 3:00 PM, with a 1-hour closure for lunch. Call ahead to confirm.

SCHOOL OPENING Tuesday, September 5, 2006 - Adjusted Hours: 10:00 AM - 12:00 Noon
Wednesday, September 6, 2006 - Regular School Hours.

SCHOOLS - John Allison Elementary, K - 3 (295-6727), Vermilion Forks Elementary, 4 - 7 (295-6642), Princeton Secondary School, 8 - 12 (295-3218), The Bridge, Centre for Lifelong Learning (295-3180).

BUS STUDENTS Please check in the newspaper and with your school for bussing information. Tuesday, September 5, 2006: Busses will pick up students one hour LATER in the morning, and return students beginning at 12 Noon. Wednesday, September 6, 2006: Busses begin the regular schedule.

KINDERGARTEN: Students must be 5 years of age, on or before December 31, 2006. Upon registration, parents will need to bring their child's birth certificate and immunization records. Kindergarten starting dates will be arranged through the school.

THE BRIDGE - CENTRE FOR LIFELONG LEARNING

148 Old Hedley Road.
REGISTRATION DATE: September 5, 2006
For more information, call (250) 295-3180 or fax: (250) 295-3192 or contact Princeton Secondary School (250) 295-3218.

TRANSPORTATION ASSISTANCE

Families living beyond the regular school bus routes may be eligible for transportation assistance for the 2006/2007 school year and are asked to make application before September 22, 2006 regardless of whether transportation assistance was received in the past. Applications after this date will be approved as of the date the application is received, and will not be retroactive. Transportation Assistance forms are available at each school in Princeton.

Parents are reminded that road/weather conditions may cause delays/cancellations to the regular bus run(s). In extreme circumstances, notice of delays will be announced over the local radio station and the school will attempt to contact parents by phone, in order that children do not wait extended time periods at a bus stop.

REGISTRATION OF HOME SCHOOL LEARNERS PARENT INFORMATION

The School Act states:

"A parent of a child who is required to enroll in an educational program under section 3 (Division 4 - Home Education) a) may educate the child at home or elsewhere in accordance with this Division, and b) must provide that child with an educational program.

Registration

A parent of a child who is required under the above section to provide the child with an educational program must register the child on or before September 30 in each year with a) a school of the parent's choice that is operating in the school district in which the parent resides, b) a distance education school providing services to the school district in which the parent resides or with the Ministry of Education if no distance education school provides services to that district, or c) an independent school operating in B. C."

To register or to obtain further information, telephone the school of your choice, or write to the Superintendent of Schools, School District No. 58 (Nicola-Similkameen), Box 4100, Merritt, B. C., V1K 1B8.



SCHOOL DISTRICT NO. 58 (Nicola-Similkameen)

School Calendar for the 2006/2007 School Year
Days in Session 194 - Number of Instructional Days 187

September 5, 2006 - Tuesday
October 9, 2006 - Monday
October 20, 2006 - Friday
November 13, 2006 - Monday
November 20-21, 2006 - Mon/Tues
November 21, 2006 - Tuesday
November 22, 2006 - Wednesday
December 22, 2006 - Friday
December 25-January 5, 2007
January 8, 2007 - Monday
February 2, 2007 - Friday
February 5, 2007 - Monday
February 16, 2007 - Friday
March 16, 2007 - Friday
March 19-23, 2007
March 26, 2007 - Monday
March 27 & 28, 2007 - Tues/Wed
March 30, 2007 - Friday
April 6, 2007 - Friday
April 9, 2007 - Monday
April 19, 2007 - Thursday
April 20, 2007 - Friday
April 27, 2007 - Friday
May 18, 2007 - Friday
May 21, 2007 - Monday
June 29, 2007 - Friday

SCHOOL OPENING School Hours 10:00 AM - 12 Noon (Bus schedule to be adjusted for the first day of school)
THANKSGIVING DAY
District - Non-Instructional Day
REMEMBRANCE DAY
Princeton - Shortened Day for Parent/Teacher interviews (Schools closed 1 hour early each day)
Merritt - Shortened Day for Parent/Teacher interviews (Schools close 2 hours early)
District - Non-Instructional Day
Last day of school before WINTER VACATION
WINTER BREAK
SCHOOLS REOPEN
Semester Change Day - Princeton Secondary AND Merritt Secondary
Start of Semester 2 - Princeton Secondary AND Merritt Secondary
District - Non-Instructional Day/In Lieu
Last day of school before Spring Break
SPRING BREAK
SCHOOLS REOPEN
Princeton - Shortened Day for Parent/Teacher interviews (Schools closed 1 hour early each day)
District - School Improvement/Focus on Literacy
Good Friday
Easter Monday
Merritt - Shortened Day for Parent/Teacher interviews (Schools close 2 hours early)
Middle School Day - Coquihalla Middle School
District - Non-Instructional Day/In Lieu
District - Non-Instructional Day/In-Lieu
VICTORIA DAY
ADMINISTRATIVE DAY - SCHOOLS CLOSED

weekly entertainment guide

TUESDAY, AUGUST 22, 2006 THROUGH MONDAY, AUGUST 28, 2006



Vermilion Forks Field Naturalists during a hike in Manning Park. - photo submitted

Hikers enjoy Manning Park

Vermilion Forks Field Naturalists enjoyed a beautiful summer hike in Manning Park.

The Hike was principally to view the wild flowers, although past their prime, they were still a picture to behold.

Examples of wildflowers were Thread-leaved Sandwort, Mountain Hellebores, Grass of Parnassus, Asters, Fireweed, Mountain Arnica, Lupines, Western anemone (or Tow headed babies) abounded in the meadows, and the Indian Paint Brush was stunning.

We had visitors for lunch, a contingent of Canadian Grey Jays or camp robbers, flew in and came and snacked on sandwiches and fruit from extended hands.

With views of Mount Frosty and the coast mountain range in the distant, the hikers enjoyed a great hike. (Blaine and Arlene Marsel are pictured here with a grey landing on Arlene's hand).

Thanks to Joan Kelly for leading this great hike.

Next Hike is "Hole in the Wall" near the old Allenby mine site. Peter Antonick is going to lead us about two kilometers downhill to the benches to visit a fossil bed.

Bring lunch and binoculars, as fine bird viewing as well as water-fowl are in this area.

Contact Peter at (250) 295-3640 if you plan to attend this Hike and meet at the Bus Depot at 9:00 AM to co-ordinate rides.

Thanks to Elly Trepman and Kyle Williams for the great pictures. - story submitted by Cathie Yingling



The Marsel's experience a close encounter. - photo submitted.



**MAIYA'S
EUROPEAN SPA**
(250) 295-7261

Manicure / Pedicure - Facials - Nails
Massage - Waxing - Tinting - Make Up
Lash Perm / Lash Extension - Ear Piercing
GIFT CERTIFICATES AVAILABLE

Here's My Card!
Advertise Your Business Here For As Little As...

\$ 10.00 PER WEEK

Call Us For Details!
Similkameen News Leader (250) 295-4149

Just The Fax, Ma'am!

**Cover2Cover Bookkeeping
& Office Services**



**226A Bridge Street
Princeton**

(250) 295-4149

PROVIDING RESUMÉ, WORD PROCESSING,
FAX, SCANNING AND COPYING SERVICES

**WHY NOT PICK UP
A NEWS LEADER
SUBSCRIPTION!**

SUBSCRIPTION RATES

(ALL PRICES INCLUDE GST)

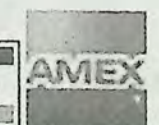
Princeton Local - Pick-Up, Regular \$ 26.75
Princeton Local - Pick-Up, Senior \$ 21.75

Similkameen Mail, Regular \$ 35.75
Similkameen Mail, Senior \$ 31.75
(Princeton, Cawston, Keremeos, Hedley, Orlala, Tulameen, Coalmont)

Out-of-Valley, British Columbia
Rural or Box (VO), Regular \$ 40.90
Rural or Box (VO), Senior \$ 35.90
Delivery to Door, Regular \$ 53.80
Delivery to Door, Senior \$ 48.80

Out-of-Valley, Alberta, Rest of Canada
Regular \$ 53.80
Senior \$ 48.80

Call 1-888-350-9969





Gary Zieske fights the fire at Princeton Wood Preservers. - photo submitted



The remains of the peeler building and electrical room at PWP. - photo submitted



Another view of the damage at PWP. - photo submitted

tuesday movies

MORNING

7:00 am WTBS (3) ★★ ★ "Three Men and a Baby" (1987, Comedy) Tom Selleck. Three swinging Manhattan bachelors grow paternal minding a baby girl left on their doorstep. (E)
 10:00 am CITY (29) ★★ ★ "Star Trek II: The Wrath of Khan" (1982, Science Fiction) William Shatner. Kirk, Spock and the Enterprise crew battle an old foe who blames Kirk for the death of his wife. (E)

AFTERNOON

5:00 pm WGN (38) ★★ "In the Line of Duty: Hunt for Justice" (1995, Drama) Adam Arkin. A detective's investigation into a state trooper's murder reveals an extensive underground terrorist ring. (In Stereo) (E)

EVENING

6:00 pm CITY (29) ★★ ★ ½ "Casino" (1995, Crime Drama) (Part 1 of 2) Robert De Niro. A New York bookie and his pal turn a Las Vegas casino into an empire, then one's money-hungry wife helps bring it down. (E)
 9:15 pm WTBS (3) ★★ "The Art of War" (2000, Suspense) (PA) Wesley Snipes. Underground after being accused of murdering a Chinese ambassador, a security expert comes out of hiding when terrorists threaten the United Nations. (E)
 10:35 pm CITY (29) ★★ ★ ½ "Casino"

(1995, Crime Drama) (Part 1 of 2) Robert De Niro. A New York bookie and his pal turn a Las Vegas casino into an empire, then one's money-hungry wife helps bring it down. (E)
 11:45 pm WTBS (3) ★★ ½ "The Glimmer Man" (1996, Action) (PA) Steven Seagal. An LAPD detective links murders blamed on a serial killer to a tycoon eliminating business associates. (E)

Visit Us Online:

- LOCAL NEWS
- LOCAL WEATHER
- COURT NEWS
- LETTERS TO THE EDITOR
- CALENDAR OF EVENTS
- CLASSIFIEDS
- WEATHER
- ROAD REPORTS

www.thenewsleader.ca

Similkameen News Leader
AN INDEPENDENT NEWSPAPER



There Are No Chains On Us!
100% LOCALLY OWNED & OPERATED

226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0
 Phone: (250) 295-4149 • Fax: (250) 295-4103
www.thenewsleader.ca

wednesday movies

MORNING

7:00 am WTBS (3) ★★ "The Art of War" (2000, Suspense) (PA) Wesley Snipes. Underground after being accused of murdering a Chinese ambassador, a security expert comes out of hiding when terrorists threaten the United Nations. (E)
 10:00 am CITY (29) ★★ ★ "Star Trek III: The Search for Spock" (1984, Science Fiction) William Shatner. Kirk and the crew steal the old Enterprise and head for Vulcan to reunite the mind and body of Mr. Spock. (E)

EVENING

6:00 pm CITY (29) ★★ ★ ½ "Casino" (1995, Crime Drama) (Part 2 of 2) Robert De Niro. A New York bookie

and his pal turn a Las Vegas casino into an empire, then one's money-hungry wife helps bring it down. (E)
 9:15 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)
 10:35 pm CITY (29) ★★ ★ "Mask" (1985, Biography) Eric Stoltz. Teenage Rocky Dennis whose face is misshapen by a rare disease has a wild mother who instills confidence in him.
 11:45 pm WTBS (3) ★★ ★ "The Score" (2001, Crime Drama) Robert De Niro. A master thief agrees to work with a volatile partner for one last heist before he retires. (E)

Princeton Area Ghost Towns - The DVD



\$19.99
INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

TUESDAY, AUGUST 22, 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	Dawson's Creek	News Body	(Off Air)	Body Elec. Boohbah	News	News	Airline	(5:00) News	News (Live)	(5:00) News	Monster	SportsCentre	News	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM	Movie: "Three Men and a Cradle" (1987)	Life Today	BluesClues	Clifford	Today Sid Jacobson and Ernie Colon; hidden salt; most.	The Early Show	City Confidential	Good Morning America			The Boy Jacob	SportsCentre		MegaBuild	Sabrina's	K. Possible	KTLA Morning Show	CityLine	Rockford Files
8 AM	Movie: "Three Men and a Cradle" (1987)	100 Huntley Street	Hi-5	Dragon			Amer. Justice			100 Huntley Street	SpongeBob	SportsCentre		I Shouldn't Be Alive	Paid Prog.	Weekend	Amezcuca, Pereira	In Fashion	Matlock
9 AM	Saved-Bell	Gold Trails	Bus	Sesame Street (N)		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Care Bears	Record	Regis and Kelly	Daily Planet	Fam. Feud	Pooh		News	Magnum, P.I.
10 AM	Cosby	The Price Is Right	Arthur	Barney	Ellen DeGeneres Show	The Price Is Right	Crossing Jordan	The View	World Vision	Room	Rupert	Yachting	Grey's Anatomy	How-Made	Starting Over	JoJo	Jerry Springer	Movie: "Star Trek II: The Wrath of Khan" (1982)	News
11 AM	Harvey	Thane	Ministera	Mr Rogers	The Tyra Banks Show	Young and the Restless	Investigative Reports	Paid Prog.	The Insider	News	George S.	Triathlon: Ironman	eTalk	Industrial	Montel Williams (N)	Stanley	Blind Date	Wrath of Khan (1982)	Magnum, P.I.
12 PM	Drew	News	Sustain	Charlie Rose	Paid Prog.	News	Airline	All My Children (N)	News (Live)	Days of our Lives (N)	Being Ian	Golf: 2006 TELUS Skins	Daily	Wonders-Indus.	Perry Mason	Recess	Maury	Da Vinci's Inquest	
1 PM	Yes, Dear	Stargate SG-1	Planet Parent "Fertility"	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	Game - Day 1.	Vicki G.	Fear Fighters	Matlock "Brennan"	Lloyd	Jerry Springer	In Fashion	Cosby
2 PM	Home Imp.	Body	Gaslight	Reading	Passions (N)	Guilding Light (N)	Amer. Justice	General Hospital (N)	Passions (N)	Passions (N)	Mona	Interruption	General Hospital (N)	How-Made	Love Lucy	Lilo Stich	Maury	Ellen DeGeneres Show	Moesha
3 PM	Seinfeld	Fear Factor "Siblings"	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	Monstr Machin	Montel Williams	Weekend	What I Like	News	Home Imp.
4 PM	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	Crossing Jordan	Millionaire	Oprah Winfrey	News	Tn-Titans	MLB Baseball: Oakland Athletics at Toronto Blue Jays.	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Friends	Funniest Home Videos
5 PM	Friends	News	George S.	BBC World	News	News	The New Skinheads	ABC News	Global	News	OddParent	Athletics at Toronto Blue Jays.	News	How-Made	Malcolm	K. Possible	Fresh Pr.	Sex & City	Movie: "In the Line of Duty: Hunt for Justice"
6 PM	Sex & City	Stargate SG-1	CG Kids	News-Lehrer	News	News	Dog	News	News (Live)	ET Canada	Being Ian	Rock Star	News	American Chopper (N)	"70s Show"	So Little	My Wife	Movie: "Casino" (1995)	
7 PM	Seinfeld	Past Lives	Fork Fork	Nova (DVS)	Jeopardy!	Friends	King Cars	Entertain	Entertain	Rock Star: Supernova	Drake	SportsCentre (Live)	eTalk	American Hot Rod (N)	Simpsons	So Raven	Raymond	Robert De Niro	WGN News at Nine
8 PM	Raymond	Fear Factor	Artists	Globe Trekker	Fear Factor (N)	Jam-Concert for Kids	Dallas SWAT	Jim	House "No Reason"	House "No Reason"	SpongeBob	In Corner	Can. Idol	Daily Planet	House "No Reason"	8 Rules	Gilmore Girls	News	Sex & City
9 PM	Movie: "The Art of War" (2000)	Big Brother: All-Stars	Ministers	Wide Angle (N)	Law Order: CI	Big Brother: All-Stars	The New Skinheads	Jim	Vanished "Pilot" (N)	Big Brother: All-Stars	15/Love	The Contender (N)	Criminal Minds	American Chopper (N)	Vanished "Pilot"	Radio Free	Gilmore Girls	Jimmy Kimmel Live (N)	Funniest Home Videos
10 PM	War" (2000) (PA)	Andromeda	Cycle Fire	Wild Things	Law & Order: SVU	Rock Star: Supernova	Dog	Primetime (N)	House "No Reason"	News	Bob	Triathlon: Ironman	Law & Order: SVU	American Hot Rod (N)	News	Popular	KTLA Prime News	Sex & City	Da Vinci's Inquest
11 PM	Snipes	News	Kaldor	Charlie Rose (N)	News	News	King Cars	News	News (Live)	Entertain	Madison	SportsCentre (Live)	News	How-Made	Sex & City	8 Rules	Sex & City	Movie: "Casino" (1995) (Part 1 of 2)	Eliminate

WEDNESDAY, AUGUST 23, 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	Dawson's Creek	News Body	(Off Air)	Body Elec. Teletubbs	News	News	Airline	(5:00) News	News (Live)	(5:00) News	Monster	SportsCentre	News	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM	Movie: "The Art of War" (2000)	Life Today	BluesClues	Clifford	Today Five couples compete.	The Early Show	City Confidential	Good Morning America			The Boy Jacob	SportsCentre		Blue Realm	Sabrina's	K. Possible	KTLA Morning Show	CityLine	Rockford Files
8 AM	Wesley Snipes	100 Huntley Street	Hi-5	Dragon			Amer. Justice			100 Huntley Street	SpongeBob	SportsCentre		American Chopper	Paid Prog.	Weekend	Amezcuca, Pereira	Star! Inside	Matlock
9 AM	Saved-Bell	Gold Trails	Bus	Sesame Street (EI)		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Care Bears	Record	Regis and Kelly	Daily Planet	Fam. Feud	Pooh		News	Magnum, P.I.
10 AM	Commercials	The Price Is Right	Arthur	Barney	Ellen DeGeneres Show	The Price Is Right	Crossing Jordan	The View	World Vision	Room	Rupert	Drag Racing: O'Reilly	Grey's Anatomy	Marlian Mania	Starting Over	JoJo	Jerry Springer	Movie: "Star Trek III: The Search for Spock"	News
11 AM	Harvey	Judge	Westland	Mr Rogers	The Tyra Banks Show	Young and the Restless	World-Dietz	Paid Prog.	The Insider	News	George S.	Mid-South Nationals. (Taped)	eTalk	Invasion at Rendlesham	Montel Williams	Stanley	Blind Date	Search for Spock	Magnum, P.I.
12 PM	Drew	News	Reach-Top	Charlie Rose (N)	Paid Prog.	News	Airline	All My Children (N)	News (Live)	Days of our Lives (N)	Being Ian	Golf: 2006 TELUS Skins	Daily	Wonders-Indus.	Perry Mason	Recess	Maury	Da Vinci's Inquest	
1 PM	Yes, Dear	Mutant X	Chiefs	Simply Planet	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	Game - Day 2.	Vicki G.	Dirty Jobs	Matlock "P.I."	Lloyd	Jerry Springer	Relic Hunter	Cosby
2 PM	Home Imp.	Body	Gaslight	Reading	Passions (N)	Guilding Light (N)	Amer. Justice	General Hospital (N)	Passions (N)	Passions (N)	Mona	Interruption	General Hospital (N)	How-Made	Love Lucy	Lilo Stich	Maury	Ellen DeGeneres Show	Moesha
3 PM	Seinfeld	Fear Factor	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	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	Crossing Jordan	Millionaire	Oprah Winfrey	News	Tn-Titans	MLB Baseball: Oakland Athletics at Toronto Blue Jays.	The Tyra Banks Show	Daily Planet	Little House	Barbarian	8 Rules	Friends	Funniest Home Videos
5 PM	Raymond	News	George S.	BBC World	News	News	Dog	ABC News	Global	News	OddParent	Athletics at Toronto Blue Jays.	News	How	Malcolm	K. Possible	Fresh Pr.	Britney and Kevin	
6 PM	Funniest Commercials	Stargate SG-1	Mechanics	News-Lehrer	News	News	Inked (N)	News	News (Live)	ET Canada	Being Ian	Rock Star	News	Changed the World	"70s Show"	So Little	My Wife	Movie: "Casino" (1995)	
7 PM	Sex & City	Mysteries	Undersea	Hollywood: Richmond	Jeopardy!	Friends	Angel	Entertain	Entertain	Windfall "Urgent Care"	Adrenalini	SportsCentre (Live)	eTalk	MythBusters	Simpsons	So Raven	Raymond	Robert De Niro	WGN News
8 PM	Funniest Commercials	Will-Grace	Clues	A Cemetery Special	Moments	Rock Star: Supernova	Angel	Lopez	Rock Star: Supernova	Rock Star: Supernova	SpongeBob	Boxing: Prince Badi Ajamu vs. Roy Jones Jr.	CSI: Miami	Daily Planet	Bones (PA)	8 Rules	Blue Coll	News	WGN News
9 PM	Movie: "Lethal Weapon 2" (1989) (PA)	Will-Grace	Med School "Surgery"	American Masters	Scrubs	Criminal Minds	Dog	Lopez	Prison Break (PA)	Prison Break (PA)	15/Love	Committed	Criminal Minds	MythBusters	Prison Break (PA)	Radio Free	One Tree Hill	Jimmy Kimmel Live (N)	Funniest Home Videos
10 PM	Weapon 2" (1989) (PA)	Stargate SG-1	Ministers	Law & Order	CSI: NY	Inked	Primitime (N)	Windfall "Urgent Care"	News	News	Bob	Hardy Boys	CSI: NY	How	News	Popular "Timber!"	KTLA Prime News	Sex & City	Da Vinci's Inquest
11 PM	Gibson	News	Scattering	Charlie Rose (N)	News	News	Angel	News	News (Live)	Entertain	Madison	SportsCentre (Live)	News	Changed the World	Sex & City	8 Rules	Sex & City	Movie: "Mask" (1985) Eric Stoltz.	Eliminate

Horoscopes

August 23 - 30, 2006

Aries - Your life moves into a different phase this week. Your focus must be on your job, and on your personal health and well-being. However, your interest is still in kids, pets, fun.

Taurus - Action is centered around home and family still, but shifts to include young people and their problems. Partner is busy making changes around home, with children and beauty.

Gemini - Family life becomes your focus, and you have to deal with a lot of problems. Talking to women can be a help. Situation regarding property changes. Give no ultimatums!

Cancer - Any sort of travel may give you problems this week. Check vehicles. Read mail carefully. Curb spending on beautiful things you can't afford. Make financial picture very clear.

Leo - Family life runs smoothly, but you feel tired, or very serious. You are changing. Financial worries occupy your mind too much. Put worries on paper and make a plan.

Virgo - You instigate a lot of action now. You are in your own element. Try not to be rash. Make a move that changes things permanently. Sibling is good to you, your mind is at peace.

Libra - Finances must be handled conservatively now. Pay attention to what your inner self is telling you. You feel a frustrated anger. Changes come in job, health, prospects.

Scorpio - Career keeps making big demands and you may feel tired. Get over it. Nothing will change for a year. Pay attention to finances. Do some active planning re associations, groups.

Sagittarius - Your main focus now must be your career. Travel, education must be on hold. Change takes place in how you see things. Dig for truth in what people say.

Capricorn - Focus shifts to matters relating to education, travel, spirituality. Shared financial matters must be discussed. Woman gives nice surprise. Keep foot out of mouth, be humble.

Aquarius - Stay away from people who do not see you as you are. Stay sober, be alert. Somebody may take advantage of your gullibility. Enjoy interaction with trusted women.

Pisces - Focus mind by communicating with others on the job. Health discussions with a woman prove valuable. Partner is very busy, but wants to do more talking now. Listen, share.

Regular Meetings

- * Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- * Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- * Princeton Writers Group meets every second and fourth Thursday 7pm at Riverside Wellness Centre
- * Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- * PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- * Hedley Library open 2-7pm
- Thursdays**
- * Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- * Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- * Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- * Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- * Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- * Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- * Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- * Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- * Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in Hospital Board Room.
- * Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- * Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- * Princeton Area BEA meets the 2nd Wednesday of the month. 7:00 PM, Skills Centre.
- * Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- * U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- * U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church

thursday movies

MORNING

- 7:00 am WTBS (3) ★★½ "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)
- 10:00 am CITY (29) ★★½ "Star Trek IV: The Voyage Home" (1986, Science Fiction) William Shatner. Spock, Kirk and the Enterprise time-travel to modern-day San Francisco to bring humpback whales to the 23rd century. (E)

AFTERNOON

- 5:00 pm WGN (38) ★ "The Pawn" (1999, Drama) Greg Evigan. After transferring to a new precinct, a veteran police officer draws a bead on corruption within the department. (In Stereo) (E)

EVENING

- 6:00 pm WTBS (3) ★★ "Wild Wild West" (1999, Action) Will Smith. Secret agent James T. West and his partner fight evil inventor Dr. Loveless who plans to assassinate President Grant. (E)
- 7:30 pm FAM (26) ★★ "Jumping Ship" (2001, Adventure) Andy Lawrence. Two cousins and a fishing-boat captain are marooned on a desert island following an encounter with modern-day pirates.
- 8:10 pm WTBS (3) ★★½ "Total Recall" (1990, Science Fiction) (PA) Arnold Schwarzenegger. Recurring nightmares of the planet Mars lead a confused earthling into the center of an intergalactic conspiracy. (E)
- 10:25 pm WTBS (3) ★★½ "Tombstone" (1993, Western) (PA) Kurt Russell. Doc Holliday joins Wyatt Earp and his brothers for an OK Corral showdown with the Clanton gang. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ★★ "Wild Wild West" (1999, Action) Will Smith. Secret agent James T. West and his partner fight evil inventor Dr. Loveless who plans to assassinate President Grant. (E)
- 10:00 am CITY (29) ★★ "Star Trek V: The Final Frontier" (1989, Science Fiction) William Shatner. A renegade Vulcan makes Kirk, Spock, McCoy and the Enterprise go to a planet at the center of the galaxy. (E)

AFTERNOON

- 5:00 pm CITY (29) ★★ "Men In Black II" (2002, Comedy) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (In Stereo) (E)
- WGN (38) ★★ "The Crew" (2000, Comedy) Richard Dreyfuss. Four retired gangsters fabricate a murder scene with a corpse at their apartment complex to keep new tenants away and the rent low. (In Stereo) (E)

EVENING

- 7:30 pm FAM (26) ★ "Inspector Gadget" (1999, Comedy) Matthew

- Broderick. Premiere. A beautiful scientist uses gadgets to put a security guard back together after wicked Dr. Claw blows him up.
- 8:00 pm WTBS (3) ★★½ "Turner & Hooch" (1989, Comedy-Drama) Tom Hanks. A drooling dog helps a tidy detective link California beach-town foul play to a drug-money laundry. (E) KNOW (5) ★★½ "A Passage to India" (1984, Drama) Judy Davis. E.M. Forster's Adela Quested and Mrs. Moore tour 1920s India with a native doctor. (E)
- FOX (29) ★★ "Men in Black II" (2002, Comedy) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (In Stereo) (E)
- 9:00 pm FAM (26) ★★½ "My Father, the Hero" (1994, Comedy) Gérard Depardieu. While on a tropical vacation with her father, a teen passes him off as her lover, to impress a boy.
- 10:06 pm CITY (29) "Sexual Temptation" (2003, Adult) Couples enjoy erotic adventures.
- 10:34 pm FAM (26) ★★½ "Radio Flyer" (1992, Fantasy) Elijah Wood. Two boys dream up a red-wagon flying machine to escape from their drunken and abusive stepfather.

Similkameen News Leader Community Calendar

SEPTEMBER

- 2, 3, 4 - Slo-Pitch Tournament, Hedley
- 4 - Labour Day
- 5 - First day of School (10:00 AM - 12 Noon)
- 6 - First day of regular school hours
- 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
- 20, 21 - Parent/Teacher Interviews (Princeton Schools)
- 22 - Non-Instructional School 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 #129)

Brought To You By: Providence Funeral Homes & Crematorium

Spinach, Peanut and Apple Salad

(NC)-This fresh spinach salad is packed with nutrition and crunch for a satisfying summer side dish.

Ingredients:

- 1 lb spinach leaves (400g)
- 2 red apples 2
- 1/4 cup sunflower seeds (50g)
- 1/3 cup roasted peanuts (75g)
- 2 tbsp sesame seeds (25g)

Dressing:

- 3 tbsp wine vinegar (45mL)
- 2 tsp Dijon mustard (10mL)
- 1/3 cup peanut oil (75 mL)
- Salt and pepper to taste

Method: Wash and shred spinach, chop apples and place in bowl with sunflower seeds, peanuts and sesame seeds. Combine dressing ingredients and toss with salad. Serves 10
For more recipe ideas visit www.peanutbureau.ca. - News Canada

Providence Funeral Homes & Crematorium



Ron Crooker

- Honouring all Memorial Societies and pre-arranged funeral agreements
- Family owned and operated



1-877-493-4422

Parkview Funeral Home, 1258 Main Street, Penticton

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

226A Bridge Street, Princeton

THURSDAY, AUGUST 24, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Boohbah	News	News	(5:00) Investigative Reports	(5:00) News	News (Live)	(5:00) News	Monster	SportsCentre	News	Daily Planet	Believers	King	News Calvin, Miller	Maury	Hillbillies	
7 AM :30	Movie: "Lethal Weapon 2" (1999) (PA) Mel Gibson	Life Today	BluesClues	Clifford	Today Gourmet baby food; older vs. younger moms.	The Early Show	City Confidential	Good Morning America			The Boy Jacob	SportsCentre		Beastly Countdown	Liberty's Becker	K. Possible Recess	KTLA Morning Show	CityLine	Rockford Files	
8 AM :30	Mel Gibson	100 Huntley Street	Hi-5	Dragon			American Justice			100 Huntley Street	SpongeBob Dragon	SportsCentre		MythBusters	Paid Prog.	Weekend	Amezcuca, Pereira	Close-Up	Matlock "The Idol"	
9 AM :30	Saved-Bell	Gold Trails	Bus	Sesame Street (N) (E)		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Care Bears	Record	Regis and Kelly	Daily Planet	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	The Contender	Grey's Anatomy	Nature of the Beast	Starting Over	JoJo	Jerry Springer	Movie: "Star Trek IV: The Voyage Home" (1986)	News	
11 AM :30	Harvey	Judge	Caller's Choice	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Investigative Reports "Modern Mobs"	Paid Prog.	The Insider	News	George S. Fly. Rhino	PGA Golf: WGC Bridgestone	eTalk	Nature of the Beast	Montel Williams	Stanley King	Blind Date	CityLine	MLB Baseball: Philadelphia Phillies at Chicago Cubs. (Live)	
12 PM :30	Drew	News	Wilderness Journeys	Charlie Rose	Paid Prog.	News	Mobs	All My Children (N)	News (Live)	Days of our Lives (N)	Being Ian	Invitational - First Round.	Daily	How William Shatner Changed the World	Perry Mason	Recess	Maury	CityLine		
1 PM :30	Yes, Dear	Doc "Safety First"	Scattering Planet	Painting	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	From Firestone Country Club in Akron, Ohio.	Vicki G.	Ult Cars	Love Lucy	Lilo Stitch	Maury	Ellen DeGeneres Show	Inning	
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Gulding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	Mona	Club in Akron, Ohio.	General Hospital (N)	Machines	Love Lucy	Proud		Home Imp.	Moesha	
3 PM :30	Seinfeld	Fear Factor	Bear	Arthur (E)	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)	Dora	Cyberchas	Judge J.	Oprah Winfrey	Crossing Jordan	Millionaire	Oprah Winfrey	News	Tn-Titans	Pregame	The Tyra Banks Show	Tsunami: Wave	Little House	Barbarian	8 Rules	Friends	Funnest Home Videos	
5 PM :30	Friends	News	George S.	BBC World	News	News	The First 48	News	News	News	OddParent	Football: Calgary Stampeder	News	Megabuilders	NFL Preseason Football:	K. Possible	Fresh Pr.	Smallville	Movie: "The Pawn" (1999) Evigan	
6 PM :30	Movie: "Wild Wild West" (1999) Will Smith	Stargate SG-1	Beaker	News-Lehrer	News	News	The First 48 (N)	News	News	ET Canada	Being Ian	Being Ian	News	I Shouldn't Be Alive	Miami Dolphins at Carolina Panthers. (Live)	So Little	My Wife	Supernatural		
7 PM :30	Will Smith	Distance	Profiles of Nature	Bomber Boys	Jeopardy!	Friends	Cold Case Files	Entertain	Entertain	Without a Trace	Oracle	SportsCentre (Live)	Grey's Anatomy	Tsunami: Wave	News	"Jumping Ship" (2001)	Raymond	Gone Bad	WGN News at Nine	
8 PM :30	Movie: "Total Recall" (1990) Arnold Schwarzenegger	Big Brother: All-Stars	Landed: Six New Lives	Rosemary and Thyme	Name Earl	Big Brother: All-Stars	Cold Case Files	Grey's Anatomy	The Office	Big Brother: All-Stars	SpongeBob	Being Ian	15/Love	Mixed Martial Arts	CSI: Crime Scn	Simpsons	Radio Free	Supernatural	Jimmy Kimmel Live	Funnest Home Videos
9 PM :30	Arnold Schwarzenegger	70s Show	Full Circle	World Class Trains	The Office	CSI: Crime Scn	The First 48	Grey's Anatomy	The Office	Jane Show	Prank Ptr	Motoring	CSI: Miami	Mayday Trains collide.	News	Popular	KTLA Prime News	Sex & City	Da Vinci's Inquest	
10 PM :30	Movie: "Tombstone" (1993) (PA)	Mutant X	Clues	Soundstage	Windfall "Urgent Care"	Without a Trace	The First 48	Primetime (N)	Without a Trace	News	Bob	Nancy D.	Obstacle	Mayday Trains collide.	Geraldo	Sex & City	8 Rules	Friends	Elimdate	
11 PM :30	News	Body	Perspectives	Charlie Rose (N)	News	News	Cold Case Files	News	News	Entertain	Madison	SportsCentre (Live)	News	Megabuilders	Will-Grace	Radio Free	Friends	Elimdate		

FRIDAY, AUGUST 25, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM :30	Dawson's Creek	News Body	(Off Air)	Body Elec. Teletubbs	News	News	Thrd Watch	(5:00) News	News (Live)	(5:00) News	Monster	SportsCentre	News	Tsunami: Wave	Believers	King	News Calvin, Miller	Maury	Hillbillies
7 AM :30	Movie: "Wild Wild West" (1999) Will Smith	Life Today	BluesClues	Clifford	Today John Mayer; Emmy preview; regrets; depression; bangs and braids.	The Early Show	City Confidential	Good Morning America			The Boy Jacob	SportsCentre		Nature of the Beast	Liberty's Becker	K. Possible Recess	KTLA Morning Show	CityLine	Rockford Files
8 AM :30	Will Smith	100 Huntley Street	Hi-5	Dragon			American Justice			100 Huntley Street	SpongeBob LazyTown	SportsCentre		American Hot Rod	Paid Prog.	Weekend	Amezcuca, Pereira	At Movies	Matlock "The Coach"
9 AM :30	Saved-Bell	Gold Trails	Bus	Sesame Street (E)		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Care Bears	Record	Regis and Kelly	Tsunami: Wave	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	House	Rupert	Bowling	Grey's Anatomy	Fear Fighters	Starting Over	JoJo	Jerry Springer	Movie: "Star Trek V: The Final Frontier" (1989)	News
11 AM :30	Harvey	Judge	Sew Fun	Mr Rogers	The Tyra Banks Show	Young and the Restless	Thrd Watch	Paid Prog.	The Insider	News	George S. Fly. Rhino	PGA Golf: WGC Bridgestone	eTalk	Monster House	Montel Williams (N)	Stanley King	Blind Date	CityLine	Magnum, P.I.
12 PM :30	Drew	News	Dotto Tech	Charlie Rose	Paid Prog.	News	Thrd Watch	All My Children (N)	News (Live)	Days of our Lives (N)	Being Ian	Invitational - Second Round.	Daily	Megabuilders	Perry Mason	Recess	Maury	CityLine	Da Vinci's Inquest
1 PM :30	Yes, Dear	Rock and Desire	Router	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.	Vicki G.	Mayday Trains collide.	Matlock "The Scandal"	Lloyd	Jerry Springer	At Movies	Cosby
2 PM :30	Home Imp.	Body	Gaslight	Reading	Passions (N)	Gulding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	Mona	Club in Akron, Ohio.	General Hospital (N)	I Shouldn't Be Alive	Love Lucy	Lilo Stitch	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	Record	Dr. Phil	How-Made	Montel Williams	Weekend	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	Tn-Titans	Billiards	The Tyra Banks Show	The Big Uneasy	Little House	Barbarian	8 Rules	Friends	Funnest Home Videos
5 PM :30	Baseball: Washington Nationals at Atlanta Braves. (Live)	News	George S.	BBC World	News	News	City Confidential	News	News	News	OddParent	CFL Football: Toronto Argonauts at Winnipeg Blue Bombers. (Live)	News	What's That About? (N)	King of Hill	Montana	My Wife	Movie: "Men in Black II" (2002), Will Smith	Richard Dreyfuss
6 PM :30	Stargate SG-1	Sers Arctic Reach-Top	News-Lehrer	News	News	News	City Confidential	News	News	ET Canada	Being Ian	Argonauts at Winnipeg Blue Bombers. (Live)	News	UFO Stories	"70s Show	Zoey 101	My Wife	Friends	Smith
7 PM :30	Raymond	Jeopardy!	Vacations	Wash Wk	Jeopardy!	Friends	Facing Life: The Re-Trial of	Entertain	Entertain	Zoe Buslek: Wild Card	Prank Ptr	Bombers. (Live)	eTalk	A Haunting	Simpsons	School	Raymond	The Collector	WGN News at Nine
8 PM :30	Movie: "Turner & Hooch" (1989) Tom Hanks	The Unit	Movie: "A Passage to India"	NOW (N)	Dateline NBC	The Unit	Evan Zimmerman	Funnest Home Videos	Zoe Buslek: Wild Card	NUMB3RS (TV)	Naruto	SportsCentre (Live)	Medium	The Big Uneasy	Movie: "Men in Black II" (1999)	Inspector Gadget	What I Like	Night Party	Becker
9 PM :30	Tom Hanks	The Unit "The Wall"	(1984) Judy Davis, Peggy	Rosemary Clooney	Las Vegas	The Unit "The Wall"	City Confidential	Kyle XY "Overheard"	Las Vegas	Las Vegas	Inuyasha	Boxing: Friday Night Fights. (Same-day Tape)	Law & Order	UFO Stories	(2002), Will Smith	Movie: "My Father, the Hero" (1994)	Reba	Jimmy Kimmel Live (N)	Funnest Home Videos
10 PM :30	Family Guy	20/20	Ashcroft	My Family	Law & Order	NUMB3RS (TV)	City Confidential	20/20	Without Warning	News	Alchemist	Fights. (Same-day Tape)	Law & Order	A Haunting	News	Radio Flyer (1992, Fantasy)	KTLA Prime News	Movie: "Sexual Temptation" (2003, Adult)	Da Vinci's Inquest
11 PM :30	Oblongs	News	Showtime at the Front	MontyPyth	News	News	Facing Life	News	News	(11:03) ECW	Monster	SportsCentre (Live)	News	Ult Cars	Sex & City	Will-Grace	Friends	Elimdate	Paid Prog.

saturday movies

MORNING

7:05 am WTBS (3) ★★½ "Turner & Hooch" (1989, Comedy-Drama) Tom Hanks. A drooling dog helps a tidy detective link California beach-town foul play to a drug-money laundry. (D)

9:20 am WTBS (3) ★★½ "Crocodile Dundee II" (1988, Comedy) (PA) Paul Hogan. Colombian drug dealers pursue the outback he-man and his Manhattan girlfriend in Australia. (D)

11:30 am WTBS (3) ★★½ "Little Nicky" (2000, Comedy) Adam Sandler. The youngest son of Satan must go to New York City and bring back his brothers, whose absence is wreaking havoc in hell. (D)

AFTERNOON

12:00 pm FAM (26) "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. CITY (29) ★★½ "Star Trek VI: The Undiscovered Country" (1991, Science Fiction) William Shatner.

Kirk, Spock, McCoy and the Enterprise encounter sabotage on the way to the Klingon-Federation peace talks. (D)

WGN (38) ★★ "The Last Warrior" (2000, Science Fiction) Dolph Lundgren. An Air Force captain leads a band of survivors struggling to survive in the wake of an apocalyptic earthquake. (In Stereo) (D)

1:00 pm WTBS (3) ★★½ "The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A hit man in the Witness Protection Program and his next-door neighbor team up to find out who is trying to kill them. (D) (DVS)

1:30 pm FAM (26) ★★ "Camp Nowhere" (1994, Comedy) Jonathan Jackson. An ex-drama coach helps a band of misfit children realize their dream of creating their very own secret summer camp.

3:00 pm WTBS (3) ★★½ "The Whole Ten Yards" (2004, Comedy) Bruce Willis. A retired hit man, his wife and a dentist face the wrath of a mobster just released from prison.

4:00 pm KTLA (27) ★★½ "Back to School" (1986, Comedy) Rodney

Dangerfield. An earthy self-made man divorces his no-good wife and buys his way into his son's college. (In Stereo)

5:00 pm WTBS (3) ★★½ "The Mummy" (1999, Adventure) (PA) Brendan Fraser. A young man opens a tomb unleashing a mummy seeking revenge for a curse laid upon him 3,000 years earlier. (D) (DVS)

EVENING

6:00 pm CITY (29) ★ "The List" (2000, Suspense) Madchen Amick. A judge's life is threatened when he gains possession of a high-priced hooker's book of powerful clients. (D)

7:40 pm WTBS (3) ★★½ "The Fifth Element" (1997, Science Fiction) (PA) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (D)

8:00 pm KXLY (10) ★★ "Pearl Harbor" (2001, War) Ben Affleck. Best friends join the war effort after the Japanese attack U.S. troops stationed on the Hawaiian island of Oahu. (In Stereo)

9:00 pm FAM (26) "Campus Confidential" (2005, Comedy) Christy Carlson Romano. A teen starts a tabloid that exposes the embarrassing secrets of the school's most popular students.

WGN (38) ★★½ "An Officer and a Gentleman" (1982, Drama) Richard Gere. A hardened loner shapes up for a military drill instructor and a factory girl from town. (D)

10:15 pm WTBS (3) ★★½ "Passenger 57" (1992, Action) (PA) Wesley Snipes. An airline-security expert tries to bring down a skyjacker who, with his gang, has seized a jet. (D)

10:30 pm FAM (26) ★★ "White Squall" (1996, Drama) Jeff Bridges. A high-school senior and other youths take a yearlong sailing trip with a gruff skipper and his wife.

11:00 pm CITY (29) ★★½ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine. (D)

11:30 pm WGN (38) ★★ "Prison Song" (2001, Drama) Q-Tip. A young New Yorker goes to prison after his foster brother dies during their fight in a subway station. (In Stereo) (D)

11:45 pm WTBS (3) ★★ "Fire Birds" (1990, Action) (PA) Nicolas Cage. Army lovers and their task-force leader join the drug war in Apache assault helicopters. (D)

Visit Us Online:

- LOCAL NEWS
- LOCAL WEATHER
- COURT NEWS
- LETTERS TO THE EDITOR
- CALENDAR OF EVENTS
- CLASSIFIEDS
- WEATHER
- ROAD REPORTS

WWW.
thenewsleader.ca

Similkameen News Leader Community Events Cruiser



CALL US TO COVER YOUR EVENT - (250) 295-4149

LEGEND TO THE TV LISTINGS Summer Months July - August "Power By The Hour" Rates

Use this handy chart and watch the TV Guide for On Peak/Off Peak Summer Months code.

PLP Off Peak Green Zones
P.A.S.S. On Peak Red Zones
Energy Management Services

Princeton Light & Power
231 Bridge Street, Princeton
Phone (250) 295-3244
Fax (250) 295-3611

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

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

sunday movies

MORNING

6:00 am WTBS (3) ★★½ "The Whole Nine Yards" (2000, Comedy) (PA) Bruce Willis. A hit man in the Witness Protection Program and his next-door neighbor team up to find out who is trying to kill them. (D) (DVS)

8:00 am WTBS (3) ★★½ "The Whole Ten Yards" (2004, Comedy) Bruce Willis. A retired hit man, his wife and a dentist face the wrath of a mobster just released from prison. (D)

10:00 am WGN (38) ★★½ "Swimming With Sharks" (1994, Comedy-Drama) Kevin Spacey. A fed-up film-school graduate makes his abusive boss pay for all the humiliation the assistant has endured. (In Stereo) (D)

11:00 am A&E (9) ★★½ "Monster's Ball" (2001, Drama) Billy Bob Thornton. A racist prison-guard has an intense affair with a black woman after her husband dies on death row. (D)

AFTERNOON

12:00 pm FAM (26) "Now You See It..."

(2005, Adventure) Alyson Michalka. While producing a reality TV show, a teenager meets a magician whose powers are real but put him in danger.

WGN (38) ★★ "First Comes Love" (1999, Romance-Comedy) John Stamos. A golf game and a chance encounter change the perspective of a young executive who seems to have it all. (In Stereo) (D)

1:00 pm WTBS (3) ★★½ "Passenger 57" (1992, Action) (PA) Wesley Snipes. An airline-security expert tries to bring down a skyjacker who, with his gang, has seized a jet. (D)

KTLA (27) ★★½ "Back to School" (1986, Comedy) Rodney Dangerfield. An earthy self-made man divorces his no-good wife and buys his way into his son's college. (In Stereo)

1:30 pm FAM (26) ★★ "Father and Scout" (1994, Comedy-Drama) Bob Saget. A man gets a chance to demonstrate his total lack of athleticism when he joins his son on a weekend camping trip.

2:00 pm VTV (22) "Loving Evangeline" (1998, Romance) Nick

Mancuso. The owner of a beautiful marina helps a magnate investigate his brother's suspicious boating death. (In Stereo) (D)

2:30 pm WTBS (3) ★★½ "The Mummy" (1999, Adventure) (PA) Brendan Fraser. A young man opens a tomb unleashing a mummy seeking revenge for a curse laid upon him 3,000 years earlier. (D) (DVS)

3:00 pm KTLA (27) ★★ "The Crew" (2000, Comedy) Richard Dreyfuss. Four retired gangsters fabricate a murder scene with a corpse at their apartment complex to keep new tenants away and the rent low. (In Stereo) (D)

5:00 pm WTBS (3) ★★½ "Jurassic Park III" (2001, Adventure) (PA) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. (D)

CITY (29) ★★ "I Am Sam" (2001, Drama) Sean Penn. A man with the mental capacity of a child hires a lawyer to regain custody of his daughter. (D)

EVENING

7:00 pm WTBS (3) ★★½ "Jurassic Park III" (2001, Adventure) (PA) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. (D)

KXLY (10) ★★½ "Pirates of the

Caribbean: The Curse of the Black Pearl" (2003, Adventure) Johnny Depp. A swashbuckler must rescue a governor's daughter from a pirate and his mates, who turn into skeletons by moonlight. (In Stereo)

FOX (25) ★★½ "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo) (D)

9:00 pm WTBS (3) ★★ "Anaconda" (1997, Suspense) (PA) Jennifer Lopez. A snake hunter commandeers a documentary crew in the Brazilian jungle, forcing them to battle a monster boa. (D)

FAM (26) ★★ "Mr. Wrong" (1996, Comedy) Ellen DeGeneres. Recreational shoplifting and self-abuse convince a talk-show host that her dreamboat fiancée is a nightmare.

10:30 pm FAM (26) ★★ "Two Much" (1996, Romance-Comedy) Melanie Griffith. A failed artist falls in with a shady businessman's flighty ex-wife, then invents a twin brother so he can romance her sister.

11:00 pm WTBS (3) ★★½ "Starship Troopers" (1997, Science Fiction) (PA) Casper Van Dien. Members of Earth's space fleet battle large, vicious insects from outer space bent on destroying humanity. (D)

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.

Visit Us Online:

- LOCAL NEWS
- LOCAL WEATHER
- COURT NEWS
- LETTERS TO THE EDITOR
- CALENDAR OF EVENTS
- CLASSIFIEDS
- WEATHER
- ROAD REPORTS

WWW.
thenewsleader.ca

Just The Fax, Ma'am!

Cover2Cover Bookkeeping & Office Services



226A Bridge Street
Princeton
(250) 295-6905

PROVIDING RESUMÉ, WORD PROCESSING, FAX, SCANNING AND COPYING SERVICES

www.thenewsleader.ca

- LOCAL WEATHER - UPDATED HOURLY
- ROAD REPORTS - UPDATED DAILY
- ONLINE CLASSIFIEDS
- CALENDAR OF EVENTS
- WEEKLY NEWS & SPORTS

www.thenewsleader.ca

SATURDAY, AUGUST 26, 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	TBS Storyline	News Body	(Off Air)	Globe Trekker	(5:00) Today	Saturday Early Show	Old House	Good Morning America	Pioneers Room	Design Room	Monster Mona	SportsCentre	OWLTV Kingdom	Uit Cars Machines	Paid Prog. Fishing	Spider-Man Rangers	Paid Prog.	Indo Dharti	Paid Prog.
7 AM	(7:05) Movie: "Turner & Hooch" (1989) Tom Hanks	Body	BluesClues	MotorWeek	News	LazyTown	Ask This	Good Morning Northwest	News (Live)	News	Flamingo	Fishing	Katie-Orble	UFO Stories	Viva Pinata	Robot	Yu-Gi-Oh!	Eye on Asia	Paid Prog.
8 AM	(1999) Tom Hanks	Outdoor	George S.	Router		Backyard	Biography: Hulk Hogan	Saturday			Adrenalini	Motoring	Hobo		Viva Pinata	Suite Life	Johnny T	Polish Studio	Paid Prog.
9 AM	(9:20) Movie: "Crocodile Dundee II" (1988) Paul Hogan	Divi Dime	Charlie	Workshop		Dora	Biography: Andre	Proud		Driving TV	Tn-Titans	Bowling		Megabuilders	Viva Pinata	So Raven	Xiaolin	Arts	Just Passin' Through
10 AM	(9:20) Movie: "Crocodile Dundee II" (1988) Paul Hogan	Antique	Lilly	Ask This	Shark	WTA Tennis: US Open	Biography: Toby Keith	Suite Life	GetUpGrow	Sid's Cycle	Phantom	Swimming	World Vision	Mayday	Viva Pinata	Even	Pokémon	CityLine	Moeha
11 AM	Movie: "Little Nicky" (2000)	Collectors	Paddington	Americas	Paid Prog.	PGA Golf: WGC Bridgestone Invitational - Third Round	Blo.: Anna Nicl	Lilo Stitch	Sid's Cycle	Extreme 2006	The X's	PGA Golf: WGC Bridgestone Invitational - Third Round	Daily Planet	UFO Stories	Animal At	School	Batman	Chum Chart	Soul Train
12 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Antique	Moving On	Lidia	Garden	From Firestone Country Club in Akron, Ohio	Simmons	League Baseball: World Series - U.S. Championship	Motorcycle Racing	Direct Buy	70s Show	Yu-Gi-Oh!	Canada's Greatest Ride	A Haunting	Paid Prog. Baseball	Movie: "Go Figure" (2005, Drama)	Libertys	"Star Trek VI: The Undiscovered Country" (1991)	Movie: "The Last Warrior" (2000)
1 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Knockout	Router	Joy of	Golf: U.S. Amateur Champions hip	Discover	Bellevue: Inside Out	NBA Acc	Just Shoot	Simpsons	Flamingo	SportsCentre (Live)	MTV Live	How-Made	Angels of Anaheim	Smart Guy	Smallville "Rogue"	News	Videos
2 PM	Movie: "The Whole Nine Yards" (2004, Comedy)	Summit	Dora	Barbecue	Time Warp	Discover	City Confidential	To Be Announced	70s Show	Simpsons	Adrenalini	NASCAR	Alberta Horse Racing	How Do They do it?	Star Trek: Enterprise	Suite Life	Movie: "Back to School" (1986), Sally Kelleman	MovieTV	MLB Baseball: Minnesota Twins at Chicago White Sox (Live)
3 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	Marriage	Miss BG	Europe	Darcy	BluesClues	Cold Case Files	News	Simpsons	News	Martin	NASCAR Racing: Nextel Cup - Sharpie 500. (Live)	Sue Thomas: F.B. Eye	Building the Ultimate	Will-Grace	K. Possible	Blind Date	Star! Daily	Speakers
4 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	News	George S.	Summer	News	NFL	Cold Case Files	News	Simpsons	News	Martin	NASCAR Racing: Nextel Cup - Sharpie 500. (Live)	Sue Thomas: F.B. Eye	Building the Ultimate	Will-Grace	K. Possible	Blind Date	Star! Daily	Speakers
5 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	Sports	Zoboo	Dad Army	NBC News	Preseason Football: Tampa Bay Buccaneers at Jacksonville Jaguars	School Ambush	Entertainment Tonight	Train 48	Train 48	Oracle	SportsCentre (Live)	To Be Announced	I Shouldn't Be Alive	NFL Preseason Football: Seattle Seahawks at San Francisco 49ers	8 Rules	Premiere	News	Sex & City
6 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	2nd Chnce	Reach-Top	Lawrence Welk Show	Raymond	CSI: Crime Scn	Access Hollywood (N)	American Justice	Train 48	Train 48	Oracle	SportsCentre (Live)	To Be Announced	I Shouldn't Be Alive	NFL Preseason Football: Seattle Seahawks at San Francisco 49ers	8 Rules	Premiere	News	Sex & City
7 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	2nd Chnce	Reach-Top	Lawrence Welk Show	Raymond	CSI: Crime Scn	Access Hollywood (N)	American Justice	Train 48	Train 48	Oracle	SportsCentre (Live)	To Be Announced	I Shouldn't Be Alive	NFL Preseason Football: Seattle Seahawks at San Francisco 49ers	8 Rules	Premiere	News	Sex & City
8 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	2nd Chnce	Reach-Top	Lawrence Welk Show	Raymond	CSI: Crime Scn	Access Hollywood (N)	American Justice	Train 48	Train 48	Oracle	SportsCentre (Live)	To Be Announced	I Shouldn't Be Alive	NFL Preseason Football: Seattle Seahawks at San Francisco 49ers	8 Rules	Premiere	News	Sex & City
9 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	2nd Chnce	Reach-Top	Lawrence Welk Show	Raymond	CSI: Crime Scn	Access Hollywood (N)	American Justice	Train 48	Train 48	Oracle	SportsCentre (Live)	To Be Announced	I Shouldn't Be Alive	NFL Preseason Football: Seattle Seahawks at San Francisco 49ers	8 Rules	Premiere	News	Sex & City
10 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	2nd Chnce	Reach-Top	Lawrence Welk Show	Raymond	CSI: Crime Scn	Access Hollywood (N)	American Justice	Train 48	Train 48	Oracle	SportsCentre (Live)	To Be Announced	I Shouldn't Be Alive	NFL Preseason Football: Seattle Seahawks at San Francisco 49ers	8 Rules	Premiere	News	Sex & City
11 PM	Movie: "The Mummy" (1999) (PA) Brendan Fraser	2nd Chnce	Reach-Top	Lawrence Welk Show	Raymond	CSI: Crime Scn	Access Hollywood (N)	American Justice	Train 48	Train 48	Oracle	SportsCentre (Live)	To Be Announced	I Shouldn't Be Alive	NFL Preseason Football: Seattle Seahawks at San Francisco 49ers	8 Rules	Premiere	News	Sex & City

SUNDAY, AUGUST 27, 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	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
7 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
8 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
9 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
10 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
11 AM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
12 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
1 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
2 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
3 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
4 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
5 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
6 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
7 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
8 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
9 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
10 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed
11 PM	Movie: "The Whole Nine Yards" (2000) (PA)	Body	(Off Air)	Berenstain Bears	Today	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Taste	Monster	Formula One Racing	Acorn Kids	Mayday	Hour of Power	Spider-Man	Pacesetter	Mix TV	Feed

MONDAY, AUGUST 28, 2006

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

monday movies

MORNING

7:00 am WTBS (3) ★ "Anaconda" (1997, Suspense) (PA) Jennifer Lopez. A snake hunter commandeers a documentary crew in the Brazilian jungle, forcing them to battle a monster boa.

10:00 am CITY (29) ★★½ "Blessed Assurance" (1997, Drama) Grant Show. A veteran of the Korean War learns a valuable lesson about life and love from an unexpected source.

EVENING

10:35 pm CITY (29) ★★★ "Urban Cowboy" (1980, Drama) John Travolta. A Texas farmer moves to the city, immerses himself in honky-tonk and falls for a sexy cowgirl.

11:00 pm WTBS (3) ★★ "Backdraft" (1991, Action) (PA) Kurt Russell. Two brothers fight each other and an outbreak of arson as Chicago firefighters.

KNOW (5) "Forgotten Warriors" (1997, Documentary) Filmmaker Loretta Todd's tale of Canadian Indians who were denied equality after risking their lives in World War II.

Visit Us Online:

- LOCAL NEWS
- LOCAL WEATHER
- COURT NEWS
- LETTERS TO THE EDITOR
- CALENDAR OF EVENTS
- CLASSIFIEDS
- WEATHER
- ROAD REPORTS

www.thenewsleader.ca

news leader puzzle page puzzle maps of exploration

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



Later, some would say it was perhaps the most important short journey in history. Creditors on his heels, he had stowed away on the ship just before it left Hispaniola, hiding with his dog in a barrel. Once out at sea he was soon discovered. He was of noble birth, charismatic and a well known adventurer and soon became more popular with the men than the Captain. Because of his previous experience exploring the gulf he was appointed the leader of an expedition. He then founded the first mainland city, Santa Maria on the west shore in the Gulf of (Daring-ng-en) in the country now called (slang, Father-na-mother). He became even more popular with his men and the natives after defeating, then befriending, the local Chief near (concern-ta). On September 1st, 1519 he took command of a party of 190 men and accompanied by natives in ten canoes sailed north west along the coast in search of gold, pearls and conquest. In the Careta home territory they were joined by 1000 warriors and marched inland into the jungle. For 4 days they hacked and sweated their way through the dense jungle getting little sleep because of the blood sucking flying bugs and howling monkeys. Eventually, in the town of (see you-are-see you-a) he led a fierce battle until the opposing warrior Chief Tarecha was killed. Crossing the Chununaque River they were told they might see the other great sea from the top of the mountains to the south. The next day, September 25th, he climbed to a summit and in the distance could see the sea. Very excited by this discovery, his party soon found a route down to the coast. On September 29th, with 26 men, he stood up to his knees in the (peaceful waters) and claimed this South Sea and all adjoining lands for Spain. He named the Bay San Miguel.



SOLUTION: You have just followed the journey of discovery commanded by Vasco Nunez de Balboa who in September 1519 traveled probably less than 60 miles (100km) from the Atlantic Ocean to the Pacific Ocean and found for Europeans a land route to the South Sea. He is recognized as the first European to sight the Pacific. CLUES: (Daring-ng-en) = Darien, (slang, Father-na-mother) = Panama, (concern-ta) = Careta, (see you-are-see you-a) = Chucunaque, (peaceful waters) = Pacific Ocean

Let's Play Princeton Trivia!

Question:

When did Similco Mines close? Who bought the property shortly after the closure?

Last Week:

Nicola/Similkameen School District No. 58 was formerly known as Princeton School District No. 17.

www.princetonmuseum.com

Brought to you courtesy of: PRINCETON MUSEUM

ads@thenewsleader.ca

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

Classified Advertising Rates

25 words \$5.00 + GST
 Pay for 2 weeks and get the third week FREE!
 (.5¢ for each additional word)

All Classified Ads *must* be paid in advance!

Payment methods accepted:
 Cash, Cheque, Debit Card,
 MasterCard, Visa or American Express.

WEEKLY DEADLINE IS 12 NOON FRIDAYS







announcements

Happy Birthday
82
 August 21
AUDREY ELLIOTT
 From Your Family & Friends

announcements

Happy Birthday
44
 August 19
BRUCE ELLIOTT
 From Your Family & Friends

notices

Oh My Gosh!
 Look who's 40...
August 22



Love Mom & Dad

IN MEMORIAM
 DONATIONS TO THE
 B.C. & YUKON HEART
 & STROKE
 FOUNDATION
 Box 1838, Princeton, B.C.

help wanted

CHURCH YARD SALE
 9:00 AM - 12 Noon
 Saturday, August 26th
 Catholic Church Hall
 Lime & Billiter

help wanted

help wanted



EMPLOYMENT OPPORTUNITY
VSA Highway Maintenance Ltd.

is now accepting applications for professional drivers to operate snowplowing equipment with an assortment of attachments for the upcoming 2006/2007 winter maintenance operations. VSA provides highway maintenance services in Merritt, Logan Lake, Lytton and surrounding areas. A valid BC Drivers Licence with a minimum of a Class 3 with Air and clean drivers abstract is required.

Applications may be picked up from the Merritt Operations office located at 2925 Pooley Avenue or downloaded from www.vsahwy.com.

Completed applications and drivers abstracts can be mailed or faxed to:

VSA Highway Maintenance
 Attention: Charlie Macdonald
 2925 Pooley Avenue
 Merritt, BC V1K 1C2
 Fax: (250) 315-0169

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.

for sale

Four 15-inch aluminum Ford Explorer wheels and tires, \$400.00 Firm...Third Bench '88 Saburban, blue/grey cloth, \$100.00...Meter box and mast, \$75.00...Four 6-bolt 15-inch white spoked GM wheels, \$75.00 Firm...(250) 295-0118. Aug 05-22

to give away

A rabbit cage. Call (250) 295-3378.

notice

WANTED TO BUY
 PRE-OWNED RIFLES.
 FOR MORE
 INFORMATION CALL RON
 AT PRINCETON
 OUTDOOR SUPPLY
 295-0450 OR 295-0319

for sale

Willis & Company apartment-sized piano, \$800.00...Youth size 8 in-line skates, \$80.00...Karate Gi, Size 2, never been used, \$80.00...(250) 295-6569. Aug 05-29

WOOD PELLET
SALES & DELIVERY
 Call
Princeton Rentals
 (250) 295-6545

1992 F150, 4x4, Lariat, 5L, V8, auto., ext. cab, 250,000km, in good running order. Air, cruise, electric windows and doors, canopy, bedliner, hitch, wired for trailer, set of spare winter tires, spare parts. (250) 295-6185. Aug 15-29

services

RANDALL PAINTING
 (250) 295-5518 - evenings
 Interior/Exterior Painting
 Drywall Repair - Minor Home Repairs
 Reasonable Rates - Free Quote
 Aug 08 - Oct 01

PROFESSIONAL WATER WITCHER
 Need to drill only once due to the cost of drilling for water for your home or property.
 Call Vito Nevoral (250) 265-4914
 website: waterflow.port5.com
 Aug 08 - Oct 01

for sale

BUY DIRECT - Cedar Edging Trees
 4-foot, 10 for \$150.00.
 5-foot 10 for \$180.00.
 Volume discounts. FREE delivery.
Toll Free 1-866-498-2189
 Aug 22-26

notices

FREE FIREWOOD
 We have a large quantity of mall diameter, dry lodge pole pine trim ends. This is excellent firewood for wood stoves and fireplaces. FREE until September 30, 2006. Princeton Wood Preservers Ltd., located 18km East on Highway 3. Open Monday - Friday, 8:00 AM - 4:00 PM. Please stop at office. Aug 15-Sep 05

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 25-06

services

TIN MAN
 METAL ROOFING
 Sales • Installations
295-3743
1-888-647-3377
 Jul 06-tfn

for rent

1-bedroom suite, cute, clean, quiet, private. Ceramic floors and fridge and stove, large sundeck, overlooking Similkameen River. 10KM East of Princeton. N/S. \$450/month with utilities. (250) 295-7861. June 20-tfn

Office space available (12 x 12) in the centre of the busiest block in downtown Princeton. Storefront location would be ideal for business professional or part-time office for larger business based out of town. Call (250) 295-4149 for details. Jul 11-tfn

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

Long term responsible renters wanted. 2-bedroom home in downtown Princeton. Available October 1st. Ideal for a senior or disabled person. Level access. \$500/month + utilities. Phone (604) 484-2783. Aug 22

Nice 1-bedroom apartment, near town. No pets. Utilities and more included. \$450/month, responsible adults only. (250) 295-3691. Aug 22-tfn

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

1983 25-foot Travelaire 5th-wheel, new tires, fridge, brakes, heater. Excellent condition. \$5,800.00 OBO. (250) 295-4311. Aug 22-Sep 05

32 cases of canning jars, 22-quart pressure cooker, plus large canner. Call (250) 295-6339. Aug 22

announcements

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

Examine your relationship with God. Free, weekly at the Church of your choice.

Classified Advertising Rates



25 words \$5.00 + GST

Pay for 2 weeks and get the third week FREE!
(.5¢ for each additional word)



All Classified Ads must be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,
MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS



for rent

for rent

FOR RENT

• UPPER DUPLEX, 2 BDRM,
LARGE LIVINGROOM,
\$500/MO INCLUSIVE DRIVE
BY 1088-7 MILE RD. TO
VIEW.

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

Drinking a problem?

Alcoholics Anonymous
Meets 7:30 PM Thursdays
At The Anchorage, 136 Vermilion Ave.
Fred 295-7272 / Rene 295-3853

www.thenewsleader.ca
online classifieds!

help wanted

for sale

help wanted

help wanted

notices

Sandman

HOTELS | INNS | SUITES

Sandman Inn Princeton

is looking for Relief Managers for two days a week

Drop off resume at the Front Desk
between 7:00 AM and 11:00 PM.

Drinking a problem?

Alcoholics Anonymous

Meets 7:30 PM Thursdays
At The Anchorage,
136 Vermilion Ave.

Fred 295-7272 / Rene 295-3853

DAIRY QUEEN

Hiring for full & part-time positions. Front of the house, back of the house. Experience not necessary. Wage dependent on but not limited to level of experience. Drop off resume in person at the Princeton Dairy Queen.

Jan 25-tfn

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

ORDER SOON FOR
BABY BEEF
LATE LAMB AVAILABLE SOON
(250) 295-3739

Jul 19-tfn

Similkameen News Leader

There Are No Chains On Us!
Locally Owned - Locally Operated

notices

Cover2Cover Bookkeeping & Office Services

Fax Services
Scanning
Word Processing
Resumes - Letters

(250) 295-4149
226A Bridge Street

LIMITED PRINT BLAKEBURN MAP

"DELUXE EDITION"

is now available at
Princeton Pharmasave and Chamber of Commerce

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



PROVINCE OF BRITISH COLUMBIA
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.

real estate



HEINZ EBNAU
MANAGING BROKER

2004/05 Individual
Residential Sales Leader

Princeton Office
195 Bridge Street

Phone: (250) 295-7427

1-866-562-8855

Fax: (250) 295-7417

e-mail:

heinzsells@cablerocket.com

www.princetonhomelife.com

Remember: Heinz Sells!



PROVINCE OF BRITISH COLUMBIA
MINISTRY OF FORESTS



BC TIMBER SALES TIMBER SALE LICENCE A78676

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence A78676 is being offered for sale by BC Timber Sales, Kamloops Business Area.

Closing Date/Location: September 11, 2006 at 11:00 AM. Applications will be accepted by the Timber Sales Manager, Kamloops BC Timber Sales Office, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5.

Geographic Location: Champion Creek

Field Unit: Cascades

Estimated Volume: 2,558 cubic metres, more or less

Species: Lodgepole Pine (64%), Douglas-fir (28%), spruce (8%) more or less. The preceding volumes are estimates based on statistical samples. Bidders are strongly advised to conduct a thorough field review to verify estimates.

License Term: 10 months

Upset Stumpage Rate: \$29.99. The upset stumpage rate was determined in accordance with the 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:

- 1) This sale is designed to address epidemic mountain pine beetle infestation.
- 2) This sale is designed for conventional ground based harvesting.

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 A78676.

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.

Classified Advertising Rates



25 words \$5.00 + GST
 Pay for 2 weeks and get the third week FREE!
 (.5¢ for each additional word)



All Classified Ads **must** be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,
 MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

notices

FREE AND CONFIDENTIAL COUNSELLING SERVICE

Available to any woman who has experienced physical, sexual or emotional abuse in their past or present life.

Funded by the Ministry of Community Services,
 Stopping the Violence Branch

OFFICE HOURS 8:30 AM - 4:30 PM

KEREMEOS: Tuesdays ONLY call (250) 499-3018
 PRINCETON: Tuesdays ONLY call (250) 295-4453

notices

notices

notices

Examine your relationship with God at the place of Worship of your choice.

HEDLEY HAPPY HALL OAPO BINGO

Thursdays
 5:30 PM

Regulars & Specials

Play Safe - Gamble Responsibly
 Lic. # 863877

Town of Princeton NOTICE

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

MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. #30

162 Angela Avenue
 4:30 PM Sales Start
 5:30 PM 1st 47 Bonanza #'s SPECIALS, REGULAR GAMES, ODD & EVEN, PROGRESSIVE SNOWBALL & LOONIE POT, "LUCKY 7" WON EVERY MONDAY (MIN. \$50.00 GUARANTEED)
 BC Gaming License #869460
 "PLAY SMART GAMBLE RESPONSIBLY"

SUNDAY AFTERNOON BINGO

In Hedley at the Chuchurwayha Hall

\$25. GUARANTEED MINIMUM PAYOUT ON REGULAR GAMES (\$50. DOUBLE - UP CARD) PROGRESSIVE JACKPOT MINIMUM \$1,000! PROGRESSIVE POT OF GOLD MINIMUM \$500! PROGRESSIVE LOONIE POT MINIMUM \$100.
 DOORS OPEN AT 9:00 AM
 1st NUMBER CALLED AT 11:30 AM
 FOLLOWED BY EARLY BIRDS, REGULAR GAMES, SPECIALS & CONCESSION

SEE YOU IN HEDLEY!

Town of Princeton NOTICE

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

KEREMEOS ELK'S & ROYAL PURPLE

Every Friday
 Doors Open 5:30 PM
 Elks Hall Keremeos

SMOKE FREE BINGO

vote@vermilionforks.ca

Vote on our Poll!

www.vermilionforks.ca

Princeton Area Ghost Towns

Allenby - Blackfoot - Blakburn - Copper Mountain - Granite Creek - Leadville



- Over 100 Photos - Narrated Tours - Historic Information - Detailed Directions

TAKE A GUIDED TOUR OF THE HISTORY OF MINING - GOLD, COPPER AND COAL
 Copyright 2006 W. George Elliott - Bengel Publishing Inc. - www.thenewsleader.ca

NOW AVAILABLE - GET YOURS TODAY!

\$19.99
 INCLUDES GST

Similkameen News Leader

226A Bridge Street, Princeton

www.thenewsleader.ca - www.similkameen.ca

ALCOHOLICS ANONYMOUS

Chamber of Commerce Basement

SUNDAY OPEN MEETINGS - 8 PM
 (295-7931 / 295-7229)
 WEDNESDAY CLOSED - 8 PM
 (295-7931 / 295-7229)

TULAMEEN LIBRARY
 FRIDAY OPEN - 8 PM (295-7005)
 ALANON - HEALTH CENTRE
 MONDAY 12 NOON
 ARBOR HOUSE
 WEDNESDAY 7:30 PM
 (295-7005 / 295-3784)

Narcotics Anonymous

OPEN MEETINGS
 Thursdays 7:30 PM

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

Info: (250) 295-7919

INDIVIDUALLY PREPARED HOROSCOPE

Natural character chart - \$25.

Basic chart plus predictive - \$50.

Phone 295-6063

Completely confidential

editor@thenewsleader.ca

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

my turn

Clean air wins by a nose

Have you noticed the increase in traffic this Summer compared to last? We are lucky enough to have a storefront location in one of the busiest blocks of downtown Princeton and we can't remember the amount of foot traffic we've had in the past even coming close to what we've seen this Summer.

Obviously the gas prices aren't scaring away tourists. For comparison sake, regular gas at the time of this Editorial was \$1.179 per litre. The same week last year we were paying 99.9¢ a litre (the same time in 2004 it was 89.9¢).

So what is attracting visitors from out of town to our little piece of Heaven?

Well, we've been asking the question to those who stop into our office and are not too surprised with the responses.

Clean air seems to be a very big deal to folks from the Big Smoke. More so than we ever thought as we keep hearing it time and again.

"We can't believe how clean the air is here," is a regular comment. Ordinarily we'd take this time to toss in a silly joke about how lucky they were to not be passing through during the (fill in the blank) forest fire but with all this debate about coal-fired energy we'll ignore the opening and look a little more at the recent developments regarding our clean air.

Last week our Mayor put his neck on the chopping block and took a stand that was obviously not a ploy for re-election. He made it clear he doesn't want a coal-fired energy plant in his back yard and most definitely not during his lifetime.

Gutsy move.

It reminds us about a proposal that came to town ten or fifteen years ago about a medical waste disposal plant that would have been built near Memorial Park and the developers assured us the emissions were going to be pretty low and well within guidelines set out by government standards.

We remember that public meeting as if it took place last night. The crowd of concerned residents never let them have a chance to explain what was going to happen with this disposal plant and the impact on the community.

Pretty amazing when you consider we still had a beehive burner at the time. Now we don't and all we hear about is the demand for clean water and clean air.

If clean air was a currency we'd all be gajillionaires right about now earning massive amounts of interest daily.

How much of your fortune are you willing to gamble?

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

ISSN 1712-090X

An Independent Newspaper - There Are No Chains On Us!

Published weekly by Bengel Publishing Inc.

226A Bridge Street, P.O. Box 956,

Princeton, B.C., V0X 1W0

Phone (250) 295-4149 • Fax (250) 295-4103

www.thenewsleader.ca

MEMBER

Princeton Rotary Club
Similkameen Country, Keremeos
Canadian Association of Journalists

Publisher:
Office Administrator:
Reporter:

George Elliott
Brenda Engel
Dawn Johnson

TIS TOONS

OH WONDERFUL, KEEP SCRATCHING AND SHED YOUR HAIR THROUGH THE ENTIRE HOUSEHOLD!



DO YOU THINK THE BALD BIPED IS SPEAKING FROM PAST EXPERIENCE.

IT COULD BE THAT, OR MAYBE ITS JEALOUSY.

your turn

To fire coal or not fire coal

Editor,

My wife and I have spent many enjoyable hours and days in Princeton. We have friends there.

At one time we owned a home within blocks of the hospital. We especially appreciate the clean air and hope that in the future we will be able to spend more time in your community. The likelihood of a coal fired power plant being constructed not far from Princeton is disconcerting.

It's disconcerting because, as residents of Abbotsford, we have some understanding of the insidious way in which pollution creeps into a community, unobtrusively and largely unheeded.

When I was a boy, growing up in Abbotsford, pollution was never mentioned. My friends and I breathed the air without ever needing to inhale from a puffer. But now we're hearing of teachers who have their students' puffers lined up on their desks so they can be used quickly if there is a respiratory emergency.

Asthma has become a serious problem especially for children, but also for adults in the Fraser Valley.

Not only is health impacted by air pollution, but also enjoyment of the outdoors. My wife and I have a pretty decent view from our third floor condo, but we never sit out on the patio because the air is definitely offensive. For the same reason, we rarely walk in our neighbourhood anymore. And in case someone isn't interested in personal health, there is also a great cost to Fraser Valley agriculture, amounting to millions of dol-

lars every year. The dangers of pollution came into our midst as innocently as a Trojan horse, one pollutant at a time.

In Abbotsford we know something about power plants. Some six years ago an American Company, Sumas Energy 2, wanted to build a gas fired power plant just across the border from Abbotsford. As is almost invariably the case when polluting enterprises come to town, the company promised jobs and various other benefits.

We were assured that only the most up-to-date, clean technology would be utilized and we would suffer only a minimal increase in pollution. In addition, we were told the power was needed to maintain our local level of hydro service.

Fortunately, several alert citizens and an astute reporter began investigating this proposal. In spite of the smooth, confident assurances by the company, we learned that the power was actually primarily intended for the U.S. market, the technology would permit large amounts of pollutants to contaminate our community, and the jobs would be few.

Governments and corporations know that usually there will not be a concerted defense against a polluting enterprise and that after an initial protest, the furor will subside. Concerned individuals believe they can't do anything because they are only one person.

In Abbotsford, we dealt with this by inviting concerned citizens to join together and become members of a cohesive group. One of

our most effective strategies was to develop a form letter to which people could add their own thoughts. Local and provincial politicians began to sense a powerful citizen opposition to the plant and some worked tirelessly with us. We were able to interest the media in our efforts to protect ourselves.

They were impressed by the 20,000 letters sent to the National Energy Board and the 50,000 signatures on a petition. They were also impressed with our passion and our persistence.

After fighting us with big city attorneys, well paid expert witnesses and public statements calculated to frighten us, SE2 finally backed off 6 years later.

If the citizens of Princeton want to oppose the coal fired plant, which would likely be more polluting than Sumas Energy 2, a few individuals will need to take the lead and organize an opposition. Your mayor is already opposed. Most people will not take the lead, but they will follow credible individuals who have a plan and a measure of passion.

If anyone wants to talk with people who took the lead in Abbotsford, I would be happy to supply names.

My phone number is in the Abbotsford directory. A lot of people in our community have learned that clean air is not something we can be complacent about. And because my wife and I want to continue coming to Princeton, we hope you will not be complacent either.

- Art Martens, Abbotsford

Current Comment:

The AIDS plague goes on: do we care?



Dawn Johnson
editor@thenewsleader.ca

One of the most important world health forums took place last week, and although the media gives it a certain amount of lip service, they treat it like old news. It is not. It is an ongoing world plague about which we have done very little.

I am speaking of AIDS. It is a dreadful plague. Canada, working with Doctors Without Borders, promised to deliver millions of dollars worth of AIDS medicine to Africa. That was two years ago. The medicine is still sitting in Canada, where it is doing nothing to stop the dying.

When I say AIDS is a world plague, I mean it. We heard the danger signs for avian flu when we heard of nine people dying here, or three dying there. It was all over the news, and a big production was made of it. FORTY MILLION PEOPLE have died of AIDS, and that is just an estimate. Why is it only an estimate? Experts believe there are probably thousands more who have died of it, but their governments have covered it up to prevent panic, or loss of tourists, or whatever other excuse they could think of.

A mere 24 years have passed since AIDS was first identified in the United States, where gay men had begun to die of it. AIDS reached epidemic proportions among gay men during the 1980's, but it was not a "gay" disease in Africa - it was everybody's disease. There are villages in Africa where only the very old and very young were left alive, and many of those young were already infected by contact with their parents.

The worst thing about our attitude toward AIDS was that it was a disease spread primarily through sexual contact. All of the good Christian hangups about sex came to the forefront. If sex is involved, the Christians have a bias. If gay sex is involved, it is an even stronger bias. One idiot so-called Christian in the United States even said it was God's punishment for being a gay male. That was about as enlightened as the ancient people who blamed lepers for having leprosy, and cast them aside into colonies.

In an effort to prevent the spread of the virus causing AIDS, we began to promote use of condoms. Of course, in our own school district, there was a bit of a debate about putting condoms in secondary school washrooms. Parents did not want to think their children might be sexually active.

The fact is this: they were sexually active then, and they are still sexually active, and young people are still contracting the AIDS virus. During the past year, in the Maritimes, teens had even persuaded each other they couldn't contract sexually transmitted diseases if they had oral sex! Teens can be stupid, and each teen needs to be reminded, time and again, about the dangers of sexually transmitted diseases. I would be in favour of virginity until marriage, but it never seems to work out that way, does it?

The plague keeps right on spreading, but you would think it doesn't exist anymore. The media is not handling it the way they did 20 years ago, and we are victims of the media. We know only the news we hear on television or read in the tabloids.

Guess who, besides teens, are spreading AIDS virus today? It's the folks in their forties and fifties, who think THEIR generation would never have AIDS. Dumb!

AIDS is just one of the many diseases spread through the use of needle drugs. People hooked on street injection drugs are just as likely to become infected with the AIDS virus as people who use prostitutes. Injection drug users and prostitutes have spread the AIDS virus ever since the plague began to spread. Prostitutes are bought in Thailand from poor Burmese families, and those who

contract AIDS are not allowed back into Burma. The Burmese shoot returning prostitutes at the border.

Believe it or not, AIDS is on the increase in our country. Much of the reason is because we began to believe it had gone away. We have stuck our heads in the sand. We do not worry about the number of people dying of AIDS in Africa, Asia, Europe or Central America, let alone worry about it here. We should worry about it in other countries, especially poor countries, especially those countries where prostitution is a way of life for poor girls and boys. Canadians were not the original source of infection for the world, but thousands of Canadians have died due to AIDS. As in all plagues, the disease is no respecter of international boundaries.

I believe it is time for our society

to start a new campaign to make people aware of AIDS, not just how to protect one's self, but where one is most likely to encounter people infected with the virus, not only in our country, but around the world.

While we're busy educating ourselves, perhaps we could contact our Member of Parliament and ask him to do his best to see that those medicines get to Africa. Perhaps he could suggest a lot more action by every nation to stamp out AIDS as well as avian flu.

Why did people become so worried about avian flu? It is because birds migrate from place to place, carrying the potential of bringing the disease everywhere on earth. Answer this question: how many people are in the air every day, flying to every place on earth? Scary, isn't it?

Marketplace Ministry by Jim Caruso

How To Shear Sheep

Someone once said, You can do anything that you put your mind to. I am living proof that this is true. Another mighty wise saying following closely on its heels is that Practice makes perfect. Why anyone might want to put his mind to shearing sheep may be a question that only a hobby farmer would be able to answer. I am keen to share my how-to experiences for any readers that may wish to shear their sheep or those who are thinking of taking up home barbering. Like any hobby, the preparation, the actual procedure and the clean up are of great interest to anyone wishing to become a shearer of sheep.

First, I recommend that you start early in the morning. This will give you most daylight possible to accomplish your task. Your sheep will be awake already as they begin to eat when the sun comes up. Next, you should gather the sheep into a portable holding pen. This makes catching the sheep a lot easier, especially after they see what you are about to do to them. I recommend that you wear old clothes because of the lanolin oil that is found in the wool and the dirt that is found in the sheep pen. You will also need some specialized equipment. Sheep shears are now electric and so you need lots of money to buy them, (or a good neighbour who will lend his clippers) and a long extension cord. When you have secured the clippers, lay a piece of canvas or plywood on the ground where you are going to shear. Place within your reach lubricating oil for the clippers, antiseptic spray for those nasty cuts and nicks that happen when you are beginning, and a couple of plastic bags to put the wool in after you are done.

Next enter the sheep holding pen and be prepared to get some exercise. After running and falling down for what seems like a long time, take one of the mobile pen gates and move it toward the sheep. Thus, penning one or two sheep in a smaller area, making them easier to catch. You should then reach out and grab one of the sheep by the front leg and the back leg at the same time and pull toward yourself. This will cause the sheep to lose its balance and fall to the ground. Immediately you will imitate the sheep and fall to the ground as well. You now have two options: you can either move the plywood to where you are, or drag the sheep over to where you had originally planned to shear it. Lay the sheep on its side and, with lots of help, hold it down as you begin to gather your equipment. Starting at the neck, begin to cut the wool in a downward motion, taking care not to cut too deep. If you pull the skin of the sheep taut, the clippers will actually glide over their skin, leaving about an eighth of an inch of wool on the animal. This skill will probably take about 40 years to perfect and until then your sheep will look like they have been shorn with a high power vacuum cleaner that just pulled pieces of wool out here and there. Every half hour you should lubricate the clippers and allow them to cool down. Shearing one side of the sheep may be accomplished in as little time as forty-five to fifty minutes. Thus, completing the shearing of your first sheep within the two hour mark. Of course we are told that the world record for shearing a sheep stands around 40 - 50 seconds, but don't be discouraged as we all have to start somewhere. When you have shorn both sides, it is a good time to give your sheep worm medicine, followed by vitamin shots and if necessary trim their hooves. The main reason for doing these extra things now is that after you let the sheep go, you probably won't get near it for at least a month or more.

Finally, when the sheep is standing and seems unsure of its surroundings, be very careful not to laugh out loud when you see the job you have done. Sheep can be very sensitive and you might do well to remember the first haircut given you by your uncle with his new clippers when you were young and unable to defend yourself.

The area where you accomplished this wonderful skill will now need to be cleaned up. Place the wool into a plastic bag, then give it to someone who will use it for spinning or knitting. Clean and oil the clippers and place them in their original box. Wash all other utensils in warm soapy water and take a garden hose and wash off the plywood or canvas. Place all tools and materials in the garage or shed and then return to your house where you should run a hot bath, unplug the phone, and then fall asleep in the tub for the next two hours.

I realize that my instructions only covered the shearing of one sheep. After reading how it is done, you may ask, Why would you want to shear sheep when it is so time consuming?

The answer is simple. Economics. A hobby farmer who shears his own sheep can save the cost of a professional sheep shearer who would charge from two to five dollars a head for shearing. When you consider the average hobby farmer with a flock of seven sheep you could save upwards of fourteen to thirty five dollars a year. This of course is excluding the experience and closeness of working with the sheep which the novice shepard thrives on. The real reason for sharing this how-to sheep shearing procedure is to let you experience the fun that people can have who wish to do things that they are not good at, or have never done before, and to see that they can enjoy themselves while doing so.

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

Here's My Card!
Advertise Your Business Here For As Little As...

\$ 10.00 PER WEEK

Call Us For Details!
Similkameen News Leader (250) 295-4149

INVITATION TO WORSHIP

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

**SIMILKAMEEN
CHRISTIAN
FELLOWSHIP**
WORSHIP SERVICE
11:00AM
Everyone Welcome
DON BODDEN - PASTOR
499-2511

BAPTIST CHURCH OF PRINCETON
ACROSS FROM ARENA
OLD HEDLEY ROAD
Family Worship
10:00 AM
Prayer Meeting - 10:30 AM
Wednesdays
**COME AND
JOIN US!**
Pastor Dan Brama
295-7752

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

**Princeton
Pentecostal Church**
(The Pentecostal Assemblies of Canada)
PAOC APDC
165 Vermillion Avenue
(BESIDE THE LIBRARY)
invites you to join us in
SUNDAY WORSHIP
10:30 AM - Morning Worship
7:00 PM - Evening Worship
Pastor Tony Essex 295-7951

**Post Your Church
Information Here!**
Call 295-4149
For Details.

www.thenewsleader.ca

C.J.M. Plumbing

COMPETITIVE SALES AND SERVICE

New Fixtures Supplied and Installed
Drain and Sewer Cleaning - Service Repair
Hot Water Tanks - Hot Water Heating

Emergency Service
Fully Licensed

295-7085
Dave Mack

Bill White Trucking & Bobcat Service

Yard Work - Post Pounding & Haulage
Barn Clean Up - 18-Foot Tilt-Deck Trailer

Phone: (250) 295-7394 - Fax: (250) 295-7396
Cell: (250) 295-5457

FOR SALE

12 Titles - 2,154 Acres Available
Opportunities Offered in the Princeton Area

- DL 292 202 Acres \$329,000 Similkameen River Views
- DL 3536 594 Acres \$849,000 Overlooking Princeton, near Golf Course
- DL 3362 160 Acres \$319,000 North of Princeton, Christian Creek
- DL 3374 160 Acres \$399,000 North of Princeton, Road Access Potential Subdivision of Lands
- DL 4519 160 Acres \$119,000 North of Princeton, Private Setting
- DL 378 342 Acres \$329,000 Village of Coalmont, Priced to Sell

MAXXUS

International Real Estate Group Inc.

Christopher E. Hughes, CCIM, Managing Broker

Direct: (604) 833-7922

e-mail: cehughes@realestateX.com

Suite 1000-355 Burrard Street, Vancouver, BC V6C 2G8



JOIN THE TEAM...

The Princeton Posse Team!
OUR TEAM...YOUR TEAM

Community Owned
Community Proud



Sign Up NOW to become a
Host Family for the
Princeton Posse Jr. B Hockey Club

- Earn \$400.00 per Month

+ Up to 2 FREE Season Passes
(depending on number of Billets)

+ 2 FREE Tickets to
Posse annual
Wind-Up Banquet

FOR MORE INFORMATION CONTACT:
Arlene - (250) 295-6157

Letter To The Editor

Green goes on about coal energy

The Editor:

Most readers will remember a cute ad BC Hydro used to run which began with someone putting a plug into an outlet. It then said something like, "Electricity doesn't come out of the wall." It then went on to follow power lines to a dam to make the point that electricity has to be produced somewhere by some means. There is no form of energy production that has no down side in someone's opinion.

I am often amazed by the number of people in general who want something for nothing. How many women are so environmentally committed that they would seriously throw out their wonderful electric washer and dryers and go back to a scrub board and clothes line? How many men would discard their all their nifty power tools and go back to hand saws, planers and chisels? And what fun we would all have in the winter, huddled about the fireplace, coal lamps and candles burning softly while we tell each other quaint stories; instead of watching television, playing computer games or reading a good book without eye strain!

We, the people, are gobbling power at an increasing rate because there are ever more of us and we have ever more great gadgets.

The government has made the decision to purchase power from small private developers rather than build more giant dams to mar the landscape and displace people, vegetation and wildlife. I agree with this decision!

Nuclear power is another large-scale power option but for me it would be the absolute last resort. The additional needed power must, and will, be produced; if not here then elsewhere.

As I have followed this story in the papers I, like Don Burbidge, have observed a good deal of confusing, contradictory and incomplete information but I don't necessarily share his conclusions. I see no devious conspiracy by government or industry.

Government must provide what people want and need. Industry is entitled to a profit for risking an immense amount of money on an unstable commodity so we can all plug in our toasters. There is no free lunch! And please, stop with the implications that uncaring government and big business is out to poison us. What would be their motivation? We ALL breathe the same air!

The true confusion stems from opposing agendas with the sky is falling propaganda from the environmentalists on one side and on the other, too many benefits touted by big business, whom we have all been conditioned to distrust. There is no need to be confused if you are willing to do a bit of homework.

I actually visited the Compliance Energy Corporation's information centre on Bridge Street and picked

up a big folder with a ton of information; actually way too much information. Most people would take one look, roll their eyes and say, I don't have time for this! I am a patient reader but I struggled with the volume of excessively technical information, most of which is of no direct relevance to the Princeton man and woman on the street. This failure to communicate simply and clearly is not harming community awareness though, because very few citizens have taken the opportunity to at least try to become informed. The guest book is virtually empty.

I had two questions. The first, and probably most important to all of us, was about emissions. I wanted to know just what, and how much, emission is anticipated because I wanted to compare the amounts to a known standard like that set by the American Environmental Protection Agency, as it applies to a region similar to ours. Instead I found a small graph of Wood and Coal Emission Limits for 2005, comparing wood and coal for BC, Alberta, Washington and Canada; not really helpful! In the Draft Terms of Reference document I found some 2005 emission limits for new coal-fired boilers from the Ministry of Environment; not meaningful to me either! That is probably because I am not an engineer.

These folks really could use a public relations person to bring their information display down to earth!

I prowled the net for hours searching for clear Canadian or British Columbian numerically stated minimum emission standards but found nothing concrete. It seems that our Clean Air Acts, federally and provincially, are still works in progress. However, of this I am certain; whatever standard is imposed, it will be tough and it will be vigorously enforced.

While I failed in my search for solid evidence, I did learn enough about the procedures and penalties involved to convince me that the Compliance Power Project will be as good as these things get with current technology, OR ELSE!

I was also concerned about the ash. What, if any, toxins does it contain?

If there are toxins, what is planned to prevent leeching or windblown dispersal? The literature simply says it will be disposed of on site or in a separate dump site; not very enlightening.

Probably the ash is perfectly safe, but it would have been a good idea to say so!

I disagree with those who think that this plant will fill the air with visible smoke or hurt tourism. Europe is covered with these

plants, plus a multitude of nuclear cooling towers.

Where I have traveled, the skies were clear, the villages clean and pretty, and those of us who can afford it still flock there in droves.

About thirty years ago I took my children on a tour of the working Similkameen Mine. They loved it and I found it fascinating. I don't think the Power Plant need be any different if handled right. It is, for now, unique and will attract curious visitors. I can see science classes from all over the Region coming here for field trips.

Compliance Coal has promised, and so must deliver, action on traffic patterns and numerous other local issues. Their corporate track record is good and I have no reason to doubt them. Yes, I know, in the olden days this terrible thing happened and such and such went wrong!

I remember what Trail used to look like as well as anyone but this is 2006. We have technology that did not exist in the bad old days and we have the strong laws and the level of public awareness needed to insure enforcement of commitments and adherence to legislated standards.

I believe in the R's. Reduce, Reuse and Recycle. I am pleased that the Similkameen facilities will be brought to life instead of rotting away; reused instead of expending new materials needlessly.

I strongly disagree with those who think that well-paid new jobs are not worth a small risk or minor traffic inconvenience.

Perhaps too many of us here are retired on a sufficient fixed income, like me. We don't have to worry about work. When the Similkameen Mine closed, Princeton withered to a mere shadow of its former self. We are now, functionally a one industry town: a rather vulnerable position.

We are not the only place with a big abandoned mine, coal and lots of dead and dying trees. The Compliance Coal people, or some other company, can find another location.

Whatever emissions result will still go into our communal atmosphere BUT we will be out roughly 230 full-time jobs during the two-year construction phase and about 40 full-time operating positions over the estimated 30-year life of the plant.

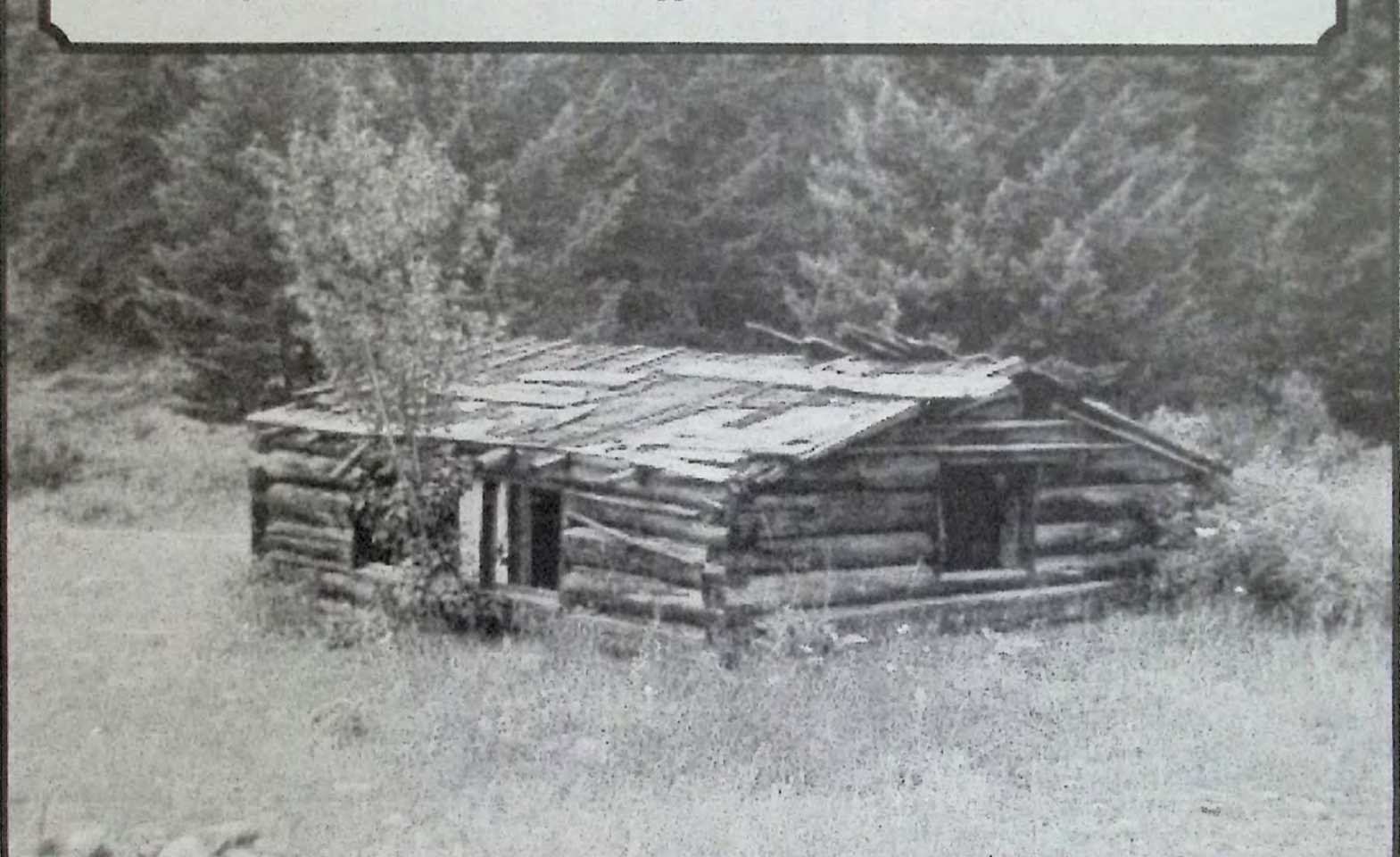
Opportunity on this scale does not come along often and may never come again. By all means, be concerned about your children's welfare, but also think about the day when they must go out into the world and make a living: It is not likely to be in Princeton unless things change a great deal.

- Karin Green, Princeton

www.thenewsleader.ca

Princeton Area Ghost Towns

Allenby - Blackfoot - Blakeburn - Copper Mountain - Granite Creek - Leadville



- Over 100 Photos - Narrated Tours - Historic Information - Detailed Directions

TAKE A GUIDED TOUR OF THE HISTORY OF MINING - GOLD, COPPER AND COAL

Copyright 2006 W. George Elliott - Bengel Publishing Inc. - www.thenewsleader.ca

Princeton Area Ghost Towns - The DVD

WRITTEN & PRODUCED BY:

News Leader Owner/Publisher George Elliott

\$19.99

INCLUDES GST

AVAILABLE IN THE PRINCETON AREA AT:

Similkameen News Leader

226A Bridge Street

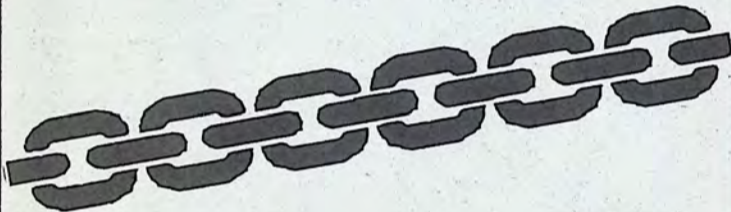
AVAILABLE IN THE KEREMEOS AREA AT:

Harker's Organic Fruit Ranch

Highway 3, Cawston

Teresa deWitBookkeeper
Income Tax PreparerPhone: (250) 295-0362
e-mail: terdewit@telus.net**SIGNZ.CA**

Cornel Hanson - 101-7th Avenue, Keremeos - (250) 499-2068

Similkameen News Leader
AN INDEPENDENT NEWSPAPER**There Are No Chains On Us!**
100% LOCALLY OWNED & OPERATED226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0
Phone: (250) 295-4149 • Fax: (250) 295-4103
www.thenewsleader.ca**PRESENTING GRGICH CONTRACTING**

Wonderful curb appeal with easy care vinyl and stone pillars. 4 lots left, 2 river view lots! Don't delay and customize your dream home today. 1,200 sq. ft. with quality features throughout. Hurry to pick, laminate, berber, tile or ? Heat source, electric, gas or heat pump. Make it happen today! Call Heather Johnson at (250) 295-8591 for details. MLS.

**Princeton Realty**
224 Bridge Street, Princeton, BC V0X 1W0
Office: (250) 295-6977**Mosquito Control and the West Nile Virus****Practice the Four D's**

- **Drain** your property of standing water by emptying pets' water dishes daily, covering or overturning toys, equipment or containers that may collect rain water, and cleaning out eaves troughs.
- **Dusk/Dawn** is the time to take extra care as this is when mosquitoes are out most. Reduce outdoor activities during these times.
- **Dress** appropriately by wearing light-coloured clothes that are loose fitting, but tightly woven. Cover-up with long sleeves and long pants when there are a lot of mosquitoes out.
- **Defend** against mosquito bites by using mosquito repellents such as DEET, Citronella candles or mosquito coils.

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.

A mini 'twister' cut through property along Princeton-Summerland Highway at about 1:00 PM last Tuesday. It flipped this roof over near Sunflower Downs and tore off shingles from another nearby building.

Letter To The Editor**Toews takes on BC Liberals**

Dear Editor:

Beware! If you're a Provincial Liberal, this letter is not for you. Not only will you have difficulty understanding it; but also if and when you do, you won't care.

If there was any solace in the fact that my taxes are paying for the 2010 Olympics infrastructure, it was that the primary beneficiary,

Whistler Village, was a Canadian enterprise. That all changed for me last week with the announcement that the destination ski resort was sold to foreign interests.

I would like to alert any other Canadians who still possess even a shred of nationalism, that our taxes is now paying for a highway that will primarily benefit an American

conglomerate.

Apparently, this is of no concern to the high rollers running this province who sell our railroads, privatize anything that is of benefit to Canadians and farm out our jobs to foreign interests. A pox on their house!

Sincerely,
HPToews, Princeton**Letter To The Editor****Reader praises recycling program**

Dear Editor,

I was very pleased to read in your paper of Tuesday August 8th/06, the article, 'Town of Princeton and Area H surpass recycling expectations.'

I would just like to remind readers that reducing, reusing, and recycling is not new to Princeton. The Princeton Recycling Society was founded in the early 1970's and with a devoted bunch of people began the 30 years of awareness,

education programs and lobbying that laid the ground work for the present impressive results.

The building of a recycling depot, funding of curbside programs, cardboard bailing and amazing school wide educational programs were a few of the projects that this non-profit group accomplished over the past 30 years.

Most of the work was done by volunteers along with Canada World Youth and Canada Works

grants. It is my opinion that the success of the present recycling program is due to the hard work and patient people who were the Princeton Recycling Society. They taught us the valuable lesson our forbears knew as necessity; to reduce, reuse and recycle so that a minimum of waste need enter the landfill.

Yours sincerely,
Dina Slowikowski-Campbell,
Princeton**Fall Fair plans work party**

A meeting was advertised for August 15 asking all people planning to volunteer to help at the Fall Fair. Nobody but Fair Board members showed.

It was very disappointing. The Fair Board hopes an adequate number will show up for the fair.

Volunteers are still needed to help with registration of exhibits, the admission gate, and the art show. Volunteers are NOT obliged to work all weekend, but a few hours would be appreciated. Anyone wishing to volunteer should call Dawn Johnson at 295-6063.

Fair Board members plan a work party for Sunday, August 27, at 9:00 AM at the fairgrounds. Buildings will be cleaned and prepared for the days of the fair.

During the week before the fair, members will spend time working on the many tasks that must be done in advance of the fair.

Building permits increase

For the first six months of 2006, the Town of Princeton saw a substantial increase in the value of construction on building permits issued.

For the same period in 2005, the

Booklets for exhibitors are located at a number of businesses around town: the feed stores, Overwaita, the News Leader, among others.

total was \$1,201,040, but this year is \$1,451,080.

Most of the permits issued were for additions, renovations or out-buildings, but did include seven new single family dwellings.

www.thenewsleader.ca**There Are No Chains On Us!**
Locally Owned - Locally Operated



The Clay For Kids class show off their work in front of a fish mural they also made in the class. The Clay For Kids class was a program offered by Sue LePoidevin at Riverside Centre. - photo submitted.

Memorial Garden opening a success

On Thursday August 10th to a crowd of over 100 guests, the Princeton General Hospital Ridgewood Lodge Foundation held a Grand Opening Ceremony for the Elizabeth F. Clarke Memorial Garden.

The garden is to benefit the 37 residents of Ridgewood Lodge. This was made possible by a donation from Boyd Clarke in memory of his mother Elizabeth F. Clarke, who was a resident of Ridgewood.

Foundation President and Board Chair Bill Quinlan explained that because of Ridgewood Lodge's attachment to the Hospital the general public tends to forget that

Ridgewood Lodge is not a hospital and its occupants are not patients; they are residents and Ridgewood Lodge is their home, the residents just require extra care.

Aside from the recreation uses the garden has therapeutic value and with its wide level pathways will be used for such activities as the walking and other programs.

Quinlan pointed out that the significance of this donation can be attributed directly to the care that Clarke had received in the facility. Jan Goss (Ridgewood Lodge Manager) and Marilyn Harkness (Director of Health Services), echoed the same as they spoke to the audience.

But it was best stated by Boyd as he pointed out in his speech to the audience "...it is the 100 little things that the staff do on a daily basis that make the difference in the care of the residents."

He added, "What to most may seem as a small thing, can make a big difference to the residents and their families." And in this case, this did not go unnoticed.

Everyone from Cleaning, Health Care Aides, Recreation Department, Nurses and volunteers play a key role in making a difference in the daily care of the residents of Ridgewood Lodge.

- submitted



Kate, Emily and Charlie Allison display clay houses they made in Sue LePoidevin's 'Clay For Kids' class held recently at Riverside Centre. - photo submitted.

www.hedleybc.com



HONDA
Power
Equipment



Mac's Auto Parts Ltd.

193 Vermilion Avenue, Princeton
Phone: (250) 295-6944 Fax: (250) 295-7344

HOURS OF OPERATION:
7:00AM - 5:30PM MONDAY - FRIDAY
8:00AM - 5:00PM SATURDAY

LAWN MOWERS
WATER PUMPS
TILLERS - GENERATORS
SNOWBLOWERS

INSURANCE

www.valleyfirst.com

*When does your vehicle
insurance expire?*



Linda Thompson
Insurance Broker

If it's time to
renew, come see
Linda today



114 Tipton Avenue
250-295-6200

Valley First
INSURANCE SERVICES

Summer Recreation

To all the kids and families
who played with us this Summer - Thanks!

We enjoyed your enthusiasm and smiles all summer long.

A special thank you to the businesses in Town
who contributed to make this summer
fun for the kids of Princeton:

Town of Princeton - RDOS
Weyerhaeuser - Morphy's Resaw
Similkameen News Leader
Similkameen Spotlight

Princeton Centennial Pool
Remains Open until September 5th
Join our fun Pool Staff for swimming lessons,
public swims and fun nights.

Call (250) 295-6535 for information.



Town of Princeton
Recreation Department
(250) 295-7222

REAL ESTATE IS OUR BUSINESS

FEATURE HOME OF THE WEEK



1041-2nd Street, Hedley
 Move in and start your hobby now! Great home in scenic Hedley. Remodeled 2x6 walls, newer furnace and hot water tank, open plan. 13x21 finished workshop plus more! MLS 35688
ONLY \$111,900



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



MLS#35783 \$168,000
 Rare find! Cabin on corner lot with well and septic.



MLS#36356 \$319,000
 75-feet of Osprey Lake lakefront. Sit on the deck with your morning coffee and watch the fish jump! 3-bedroom home plus loft and workshop.

NEW LISTING

MLS# NEW \$225,000
 Two bedroom cottage close to public access at popular fishing lake.

Visit one of our Real Estate Professionals for a FREE Recreational Property Package!



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

NEW LISTING

MLS#36324 \$329,000
 Unobstructed lakeview across from beach at Missezula Lake. Ready for your dream vacation home. This is the closest you can get for lakeshore. Cabin on property.



MLS#34794 \$368,000
 Quality custom built home at Missezula Lake. Double garage and storage sheds.



MLS#35735 \$299,000
 Fabulous acreage with Highway frontage. Excellent water and valley views.



MLS#35809 \$269,900
 Fabulous 7 acre property. Single wide with addition, covered porch/deck.



MLS#36140 \$360,000
 Rare 70 acre parcel with several building sites. Well and septic in place.



MLS#35377 \$272,000
 Lakeview cabin on acreage! Incredible year round retreat. A rare find!



MLS#35386 \$133,000
 Great for a getaway or retirement. Mobile with addition on 1.30 level acres. Mountain views.



MLS#36138 \$129,900
 20 acres on Highway 3. Small pasture for the pony, on a hillside.

Historic Scenic Recreational... Coalmont/Tulameen



MLS#35389 \$348,000
 Beautiful creekfront home in Tulameen. Spacious open plan. 2 decks, sheds.



MLS#35220 \$128,900
 Year round recreation! You missed last long weekend don't miss another one. 50x100 trailer included!



MLS#34672 \$249,900
 Tulameen! Treed 1/2 acre lot with many outbuildings. Updated home.



MLS# 36051 \$128,000
 Cozy 2-bdrm retreat with upgrades in Coalmont. New bathroom w/clawfoot tub.



JANICE BARCLAY
 295-3222
 janicebarclay@cablerocket.com



BRENDA CRAWFORD
 295-3222
 brendasells@cablerocket.com



JIM JUNKIN
 295-3222
 jimjunkin@cablerocket.com



DAN PIPPIN
 295-8584
 info@danpippin.com



STEVE WHITE
 295-8525
 stevewhite@cablerocket.com

RE/MAX country

240 Bridge Street, Princeton
 Phone (250) 295-3222

www.PrincetonBCProperties.com

EACH OFFICE INDEPENDENTLY OWNED AND OPERATED

Fax (250) 295-6781

Located next to Pharmasave

