



An early morning fire Saturday, June 2nd destroyed another historic downtown building. The former Mine Rescue Building on Vermillion Avenue, best known in recent years as the Belaire Restaurant, was originally built in 1931. Story and more photos on Page 25. * Photo: Brenda Engel

Fewer students, bigger budget

Schools in Princeton and Merritt expect fewer students to enroll in September, continuing the trend of declining enrollment.

Despite the anticipated 85 fewer students, no teacher lay-offs are expected. Some teachers are retiring.

This does not mean a drop in the 2007/08 school district budget. The budget is marginally higher for the coming year, at \$25,776,925, about half a million dollars higher. Salaries for teachers are estimated

at \$10,692,902, with principals and vice-principals adding an additional \$1,468,535 and educational assistants adding \$1,542,032. Support staff will cost an estimated \$2,705,790 and non-union staff is estimated to cost \$624,400. Substitute teachers will cost an estimated \$874,306.

Employee benefits will add another \$4,215,493 to the total cost of salaries.

Staffing costs amount to 86 per cent of the budget.

Town issues water conservation reminder

As the summer season is almost upon us, the Town of Princeton wants to remind property owners about the wise use of water during the hot season.

Property owners are reminded that between May 15th and September 30th there are water restrictions. These restrictions include no lawn watering between

12 Noon and 6:00 PM and property owners with odd numbered houses can only water on odd days of the month and even numbered homes can only water on even

days of the month.

The Town of Princeton will be observing any use outside of these days and will be dropping off a water pamphlet to property owners

that do not observe the restrictions. Should a property owner continue to ignore the restrictions, they may find themselves fined for contravening the Town's water conservation bylaw.

"It's to everyone's advantage to conserve our water resource. It ultimately means less cost to the taxpayer," states Mayor Randy McLean.

"We all enjoy our green lawns and beautiful gardens but there is an effective way of maintaining them by using some simple tips to conserve water and comply with the Town's bylaws."

It is estimated that during the summer months our water use increases by as much as 10 times. Reducing the demand for our water resource during the peak summer season means reducing the burden on the water system and this means saving pumping costs and possible expensive upgrades.

If you would like more information on water saving tips, drop by Princeton Town Hall for some valuable literature or visit the Regional District of Okanagan-Similkameen website at www.rdos.bc.ca for valuable tips.

Learn more about the Skills Centre

There is a building located at 206 Vermillion Avenue beside the Best Western Motel. Even though the building has been there since 1997, the operations of the Skills Centre Society have been in place since October of 1995. We wanted to find out more about the Society and how to join so we asked Skills Centre Manager Sharan Jung to answer some questions.

Q: Who is the Princeton & District Community Skills Centre Society?
"A 12 member Board of Directors headed by Chairman Jaymie Atkinson and supported by an elected and appointed board involving the Town of Princeton, School District 58, Okanagan College, Princeton Secondary School and the Chamber of Commerce as well seven positions elected from General Membership."

Q: Can anyone obtain membership

in the Skills Centre Society?

"Yes, membership is open to any resident of Princeton and area with the payment of a minimal \$1 membership fee. Once you are a member in good standing, there is opportunity to be elected to the Board of Directors."

Q: What does the Skills Centre do?

"The Skills Centre Board and operational staff work to enhance the quality of life and business in Princeton through access to training and education. This training can be on site general interest training like computer skills or conversational Spanish lessons, or job skills classes like first aid or food-safe, even short term certifications like Bookkeeping certificates. It also includes assisting residents in navigating and accessing education through the post secondary system if they wish to access degrees and diplomas through distance educa-

tion. We also have an online general interest programming partner that enables you to access training right from your own computer!"

Q: Where do you find Instructors?

"Ideally we look for locally based qualified instructors to reduce overall costs of the programs. If we don't have to add travel costs into the equation we can offer courses at the lowest possible cost. In general terms, we pay contract instructors \$30 for each hour of instruction. When we do go outside of the community for instruction expertise we negotiate the terms with the organization directly. We also broker courses through the Okanagan College and our room costs are built into their charges directly. We are always looking for new programming ideas and instructors. If you have skills or interests that may be of interest to your fellow residents, let us know. We can work

with you to build a short course or workshop and try offering it to the community."

Q: How does the Skills Centre pay their bills?

"It's not easy. In the early days, the Skills Centre received government funding through a specific program of the Federal Government and the Provincial Ministry of Advanced Education. This funding was managed well and assisted in the creation of a small reserve as well as paid the bills of the day. The funding was set up on a diminishing balance and therefore was decreasing continually in the years 1995-2001 when the funding was completely stopped. Additionally, when the application for the Community Forest was made in 1996, one of the recipients of an allocation was the Skills Centre. Through an agreement made with the Corpora-
..... continued on Page 11

What happens after a disaster?

What is the impact on people after a disaster?

Dr. Anne Eyre, a consultant from the UK, talked to B.C. Emergency

Social Services Association (ESSA) members in February to advise them of what people experience after a disaster.

First, most people do not panic. Most people take action to help others. The first reaction is to do whatever needs doing at the

moment.

It is in the aftermath when people begin to experience problems. Their first and most important need

is to find out everything they can about their situation, and to communicate with family members who may be worried.

People want their lives to return to normal as quickly as possible after the disastrous event. Every service that assists in normalizing is an asset, whether it is providing shelter, a blanket, a bottle of clean water, medical attention (even first aid) and something to eat.

Princeton, Coalmont and Tulameen experienced a disastrous flood in 1995. The help they received immediately was provided primarily by ESSA volunteers who found accommodations, and assisted in every way. These "front line" volunteers are the backbone of immediate assistance.

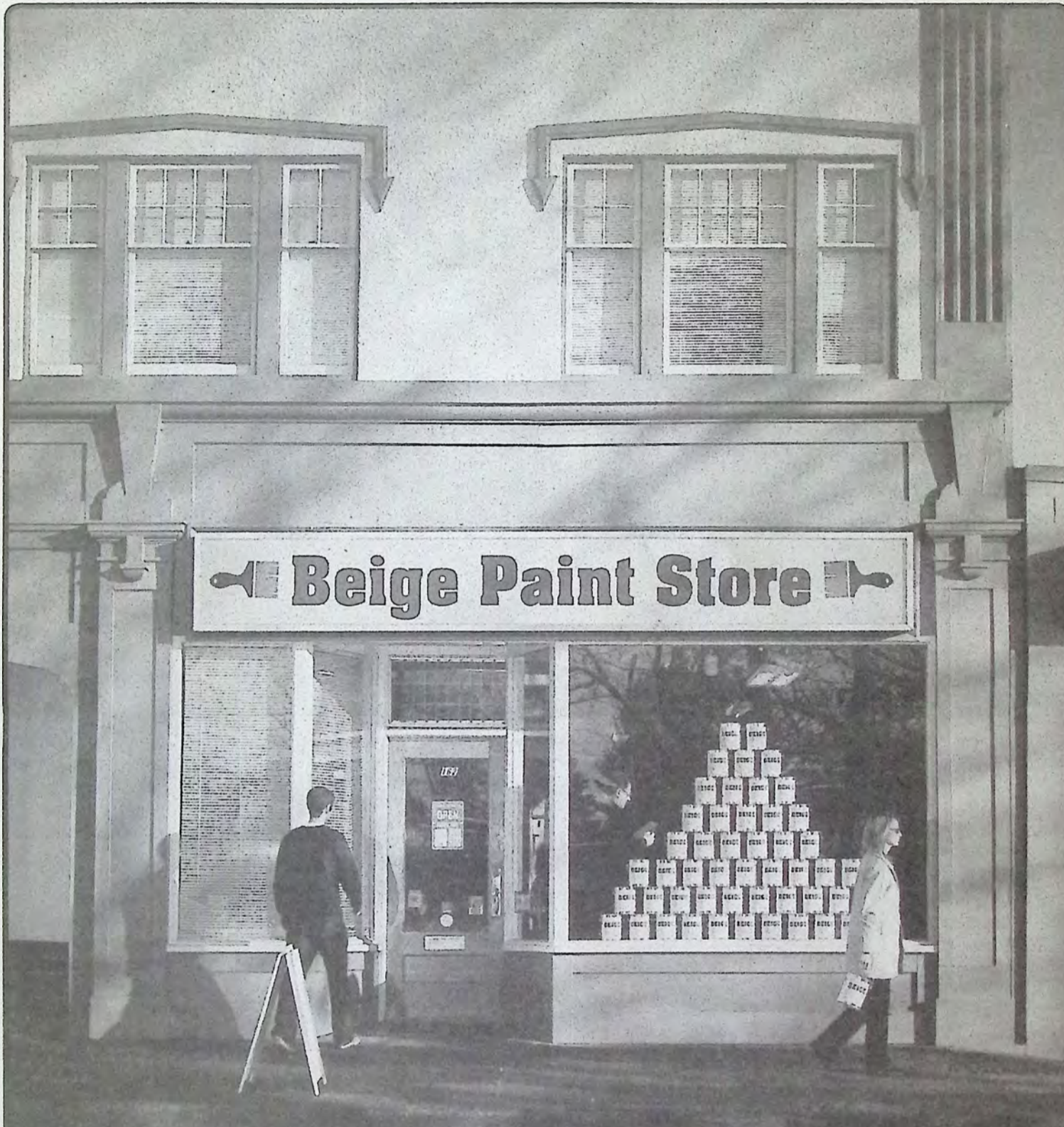
The next phase of assistance came with cleaning of flooded homes, and volunteers came from out of town to help. They were deeply appreciated. Other communities sent clothing, bedding, used appliances, and all kinds of housewares. Our own community pitched in to help where needed.

One of the most frustrating things they encountered was the slowness of government in processing their claims for home repairs and, in one case, a refusal of a claim and the ensuing fight for fair treatment.

When disaster strikes, our best resources are individuals and communities who step in and provide assistance. Those who watched what happened during and after Hurricane Katrina saw the failure of upper level government to meet the crisis. It was individuals and communities who stepped into the breach and provided assistance until government responded.

In Oak Bay, where there is a recovery plan, the ESS team stated, "We believe that the backbone of our community's physical, emotional, economic and spiritual recovery from a major disaster will be 'neighbours helping neighbours' and getting our municipality and businesses up and running."

It appears that, no matter where we live, our best resource in a disaster is ourselves.



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TRAVEL

Northern BC Boasts Rich History and Culture

From the village sites of Haida Gwaii to the dinosaur fossils of Tumbler Ridge, Northern British Columbia is rich in historic sites.

A good starting point is The Exploration Place Science Centre & Museum in Prince George. Here, visitors can see life-sized dinosaur models and fossils before heading to Tumbler Ridge to look for recently discovered dinosaur footprints.

Another aspect of local history is evoked at the Fort St. James National Historic Site, north of Vanderhoof. This former Hudson's Bay Company fur-trading post is one of BC's earliest European Settlements.

Pre-fur trade life is reflected at the 'Ksan Historical Village and Museum, a re-created Gitksan village in Hazelton. Seven longhouses replicate a community that stood on this site for centuries.

If travelling west, one should consider a detour to Nisga'a Memorial Lava Bed Provincial Park, north of Terrace. This 250-year-old moonscape of hardened lava is the site of one of Canada's

most recent volcanic eruptions.

BC's First Peoples inhabited the area around Prince Rupert at least 10,000 years ago. Artifacts at the Museum of Northern British Columbia, set in a longhouse-style facility on the waterfront, reflect this rich history.

Another aspect of local history is revealed at the North Pacific Historic Fishing Village in nearby Port Edward. It's one of the best examples of the canneries villages that thrived on these shores a century ago.

Travelling northeast, one can discover Peace Country's largest fossil collection at the Hudson's Hope Museum. Housed in an old Hudson's Bay Company store, the museum showcases fossilized skeletal remains which include a 200-million-year-old ichthyosaur.

Off the coast, Haida Gwaii (or the Queen Charlotte Islands) is home to several ancient Haida village sites, including the UNESCO World Heritage Site of S'Gang Gwaay. The sites, in Gwaii Haanas National Park Reserve and Haida Heritage Site, are

difficult to access and a guided tour is recommended. Also on Haida Gwaii, the Haida Gwaii Museum at Qay'llnagaay, near Skidegate, has an

excellent collection of Haida artifacts.

To learn more about the Northern British Columbia Region and to get everything you need to plan your vaca-

tion - where to go, what to see and do, where to stay, plus printable maps to show you how to get there - visit HelloBC.com/nbc/historicsites.



Northern Pacific Historical Fishing Village

Tourism BC/JF Bergeron

The Sport of Fishing in Northern BC

Placid lakes stocked with rainbow trout, scenic rivers boasting steelhead, and the open ocean rich with salmon and halibut - Northern British Columbia lures anglers with its scenery, ease of access and great fishing.

One favourite stretch of water, known as "Rainbow Alley" thanks to its rich stocks of rainbow trout, char and kokanee, is in the Lakes District near Burns Lake, three hours west of Prince George on Highway 16.

There are about 300 lakes to choose from in the area, but the most popular are Babine Lake, BC's longest freshwater lake, and Francois Lake, with its free ferry service.

Just west of here, the Skeena River system, off Highway 16 between Houston and Prince Rupert, is legendary among anglers, producing more large steelhead than any other watershed in the world. Anglers pull in catches that average 4.5 kilograms, or 10 pounds, but can weigh in at 13.5 kilograms (30 pounds) or more.

The whole Skeena river system, including the Kispiox, Bulkley, Zymoetz (Copper

and Morice Rivers, is rich in sport fish, including salmon, Dolly Varden and cut-throat trout, as well as the famous steelhead.

At Kitimat, south of Terrace, anglers can opt for freshwater fishing in the Kitimat River, or head out for halibut and other salt-water varieties in scenic Douglas Channel. Halibut weighing up to 135 kilograms (300 pounds) and chinook salmon of up to 27 kilograms, or 60 pounds, have been caught here.

The coastal waters off Prince Rupert and around the Queen Charlotte Islands (Haida Gwaii) boast some of the best salmon and halibut fishing in the province. One can join an outfitter in Prince Rupert or on the islands, or fly in to one of the luxurious floating lodges off the coast.

To learn more about fishing in the Northern British Columbia Region and to get everything you need to plan your vacation - where to go, what to see and do, where to stay, plus printable maps to show you how to get there - visit HelloBC.com/nbc/fishing.



Salmon fishing near Prince Rupert

Tourism BC/JF Bergeron

Northern British Columbia - Festivals & Events

June 2-3	Kispiox Valley Rodeo, Hazelton
June 7-10	Seafest, Prince Rupert
June 22-24	24th Annual Midsummer Festival, Smithers
June 21-July 2	Canada Day Celebration, Kitimat
July 6-7	Crabfest, Gingolx
July 6-8	Atlin Arts & Music Festival, Atlin
July 27-28	Folkfest, Prince George
August 4-5	World's Invitational Gold Panning Championships, Taylor
August 3-5	Grizfest Music Festival, Tumbler Ridge
August 10-12	Edge of the World Music Festival, Tlell, Queen Charlotte Islands
August 3-10	Riverboat Days, Terrace
August 8-12	Dawson Creek Fall Fair Exhibition & Pro Rodeo, Dawson Creek
August 23-26	Bulkley Valley Exhibition, Smithers
September 1-2	Fishing Derby, Kitimat

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This summer, there really is no better place to explore than your home - British Columbia.

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Open Fire Restriction in the Kamloops Fire Centre

Effective at noon on June 1, 2007, and until further notice, all open fire is prohibited throughout the Kamloops Fire Centre at all elevations.

Open fire is defined in three categories. A Category 1 open fire means an open fire that burns piled material no larger than one metre high and one metre wide. This Category 1 open fire ban does not prohibit the use of campfires.

A Category 2 open fire means an open fire that burns piled material no larger than two metres high and three metres wide, or grass over an area less than 0.2 hectares (2,000 square metres) in size.

A Category 3 open fire means an open fire that burns material in piles larger than two metres high and three metres wide, windrows, or grass over an larger than 0.2 hectares (2,000 square metres) in size.

This open fire ban applies within BC Parks and to all public (Crown) and private land outside of organized areas. This fire ban does not apply within municipalities or regional districts that have their own burning bylaws. Please check with your local authorities before lighting a fire.

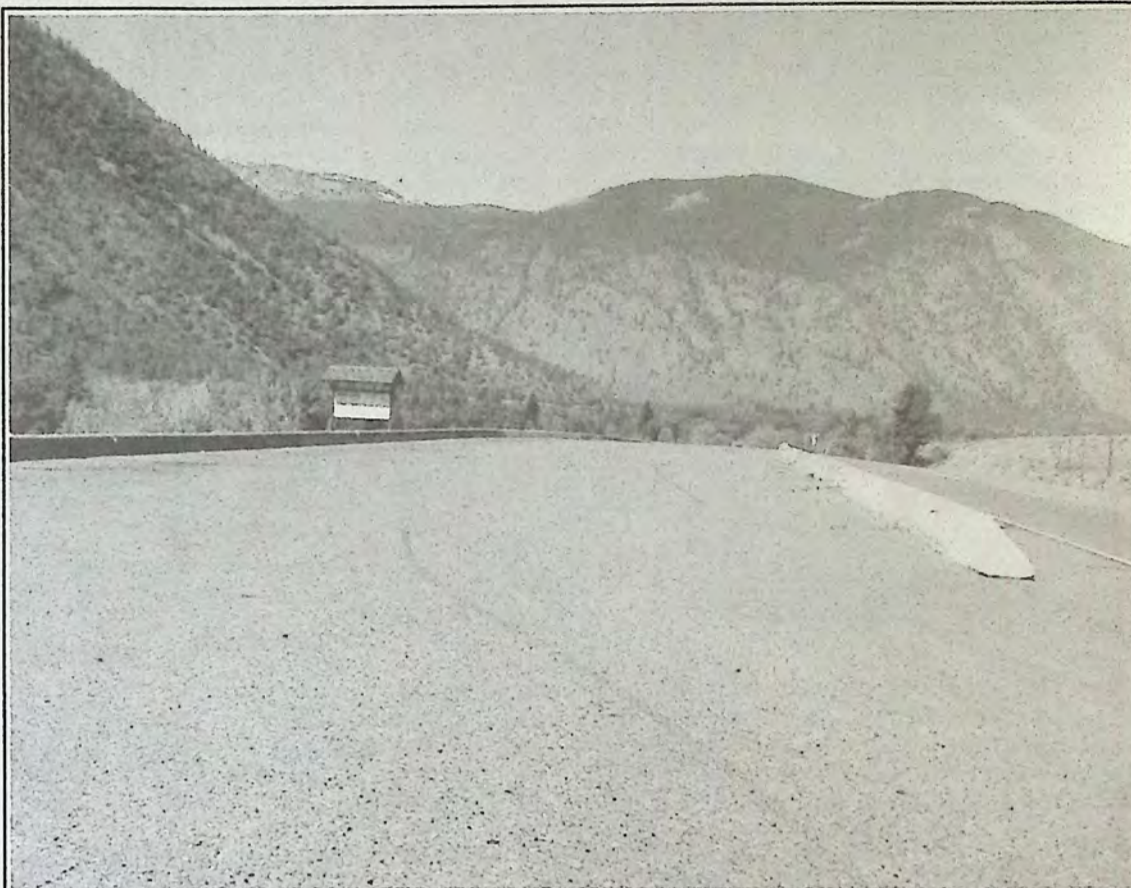
This open fire ban is in effect to protect public safety and to limit the risk of person-caused wildfires.

The Kamloops Fire Centre extends from the northern border of Wells Gray Park, north of Blue River to the US border in the south, and from the Bridge River Glacier west of Goldbridge to the Monashee Mountains east of Lumby.

To report a wildfire or unattended campfire call 1-800-663-5555 or *5555 on most cellular networks. For more information on open fire restrictions or for updates on current wildfire activity, visit www.bcwildfire.ca.



keremeos and area news



This pull out on Highway 3 near Keremeos has no garbage containers. If Keremeos Village Council gets their way, this will change for a number of stops along the highway. *

Council sends letter to Ministry

Here is the letter Keremeos Village Council sent to the Ministry of Transportation and Highways regarding a lack of garbage containers along Highway 3.

May 23, 2007

Ministry of Transportation and Highways,
Okanagan Shuswap District,
102 Industrial Place,
Penticton, B.C.
V2A 7C8

ATTENTION: Denise Bollinger,
Area Manager

Dear Ms. Bollinger

RE: Garbage Bins

I am aware from both my personal experience and from complaints that have been registered with me that the number of garbage bins available for public use on the highways outside of Keremeos appears to be too few. I therefore raised this issue with the other members of the Village of Keremeos Council at our regular meeting of May 7, 2007 and they agreed that the Ministry of Highways should be asked to add additional bins. Accordingly, the following resolution was passed:

"That the Ministry of Highways be asked to conduct a review of

the adequacy of the number of garbage bins along the Highway 3 corridor and, in particular, be asked to install new garbage bins at several locations on Highway No. 3 between Keremeos and Osoyoos, and on Highway No. 3A between Keremeos and Kaleden, for the use and convenience of the traveling public."

We trust you will take our concern under consideration and look forward to hearing from you in the near future. Thank you.

Yours truly,
Walter Despot,
Mayor Village of Keremeos

Waste Transfer Station opens June 5th

The Regional District Okanagan-Similkameen will be hosting the grand opening of the Keremeos Waste Transfer Station on Tuesday, June 5th at 10:00 AM. Everyone is welcome.

The Keremeos Waste Transfer Station will serve the entire lower Similkameen Valley including the communities of Keremeos, Cawston, Hedley and Olalla.

The transfer station has been built in the Keremeos Sanitary Landfill. The transfer station will collect waste for disposal at the Campbell

Mountain Landfill in Penticton.

Don Hamilton, Solid Waste Facilities Coordinator, sees the new facility as a huge improvement.

"Before the transfer station we were collecting waste in open concrete bunkers," explains Hamilton.

"Now we can better manage wind blown litter and save time and money transferring waste on site."

The transfer facility was built by Harris and Son Transport from Keremeos.

Along with the improved transfer station, the Keremeos Sanitary Landfill hosts a yard and wood waste drop off area and recycling areas for large appliances, metal goods, electronic waste, propane tanks, vehicle batteries, used tires and cardboard.

The Keremeos Sanitary Landfill is also home for one of the few remediation facilities for soil contaminated with oil or gas in the southern interior.

"Even though we will not be burying waste in Keremeos we will still be able to offer the same level of service for residents," states Hamilton.

"All recyclable and compostable waste will continue to be collected and stored on site."

For more information on the Keremeos Transfer Station please visit www.rdos.bc.ca, e-mail info@rdos.bc.ca or phone the RDOS Engineering Services Department at (250) 490-4203 or toll free 1-877-610-3737.













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 <p>88 Fenchurch Avenue \$158,300</p>	<p>Princeton Lot Area (acres): 0.11 MLS# 40079</p> <p>Chances are you've overlooked the potential of this downtown lot. The time is now to sit down and analyze the potential RM4 zoned multi-family residential site. Many possibilities here! Excellent investment opportunity. Don't gamble, invest!</p>	 <p>360 Billiter Avenue \$258,300</p>	<p>Princeton Total Sq Ft: 2,392 MLS# 39014</p> <p>Prime location - realistic price plus the ultimate gift: privacy! 5-bedroom home on no-thru road. Located close to a park and schools. Large fenced backyard, great for entertaining or for the kids to play outdoors. Hurry, call now!</p>	 <p>210 Penryn Avenue \$189,900</p>	<p>Princeton Total Sq Ft: 938 MLS# 39368</p> <p>Looking for Heritage? 9-foot ceilings, hardwood floors, trim and doors. New furnace, hot water tank and windows. 10' x 21' shop for the handyman.</p>
 <p>Coalmont Road \$438,300</p>	<p>Princeton Lot Area (acres): 8.60 MLS# 40081</p> <p>Superior acreage close to Princeton. Just off the Coalmont Road. Flat, totally useable, well in place and power to the lot line. Great views, plenty of top soil. Perfect spot for hobby ranch or farm. Come build your dreams here!</p>	 <p>Lot A Coalmont Road \$245,300</p>	<p>Princeton Lot Area (acres): 4.30 MLS# 40078</p> <p>CONTINGENT - Superior acreage close to Princeton! Just off the Coalmont Road, flat, well in place and power to the lot line. Great views and top soil. Perfect spot for small hobby ranch or farm. The animals will love you for it!</p>	 <p>202 Placer Mtn. FSR \$445,000</p>	<p>Princeton Total Sq Ft: 1,188 MLS# 39090</p> <p>32 acres, 1 year new home with vaulted ceilings, peeled log, wood stove - all the treats. 4 private cabin sites ready to go with water and septic in place. Everything is top of the line and professionally done.</p>
 <p>213 West Place \$259,900</p>	<p>Princeton Total Sq Ft: 1,358 MLS# 39370</p> <p>Executive rancher in quiet cul-de-sac. One of Princeton's finest neighbourhoods. New roof and updated flooring, cabinets, windows, bathrooms and appliances. Single garage and private deck in the rear. This house is turn key.</p>	 <p>Lot B Coalmont Road \$230,300</p>	<p>Princeton Lot Area (acres): 4.25 MLS# 40077</p> <p>Superior acreage close to Princeton! Just off the Coalmont Road, flat, well in place and power to the lot line. Great views and top soil. Perfect spot for small hobby ranch or farm. The animals will love you!</p>	 <p>2223 Old Hedley Road \$169,900</p>	<p>Princeton Total Sq Ft: 1,536 MLS# 38895</p> <p>3+1 bedroom home on 56 acres 22 kms East on Old Hedley Road. Lot is level with terraced garden at back. Lightly treed with root cellar and outbuildings. Wood fireplace. Plenty of room for RV parking or plans for a shop. Easy to view!</p>

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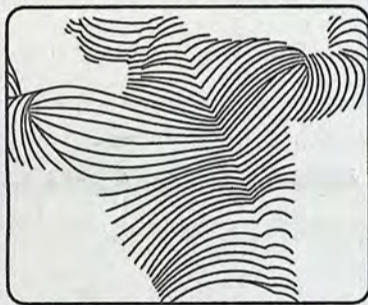


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by your Pharmasave Pharmacist Wen Wong



Our bodies are made up of 65% water. That's about 8 gallons for the average human being. As the warm days approach, it's important we keep our bodies supplied with enough water especially in hot and humid climates.

In type I diabetes (usually diagnosed in younger patients resulting in the need for insulin injections) up to 90% of patients have circulating antibodies against their own insulin. New research is working toward a vaccine to immunize against these antibodies and help Type I diabetes live a life without daily injections of insulin. Not available yet, but things are looking good.

Avocados contain mostly monounsaturated fat, which tend to help lower the bad LDL cholesterol in our body. However, each avocado contains about 28 grams of fat and 340 calories. Eat them in moderation.

June is Brain Injury Awareness Month. Every year in Canada, over 11,000 die as a result of a traumatic brain injury. It's the leading cause of death and disability among children. Make sure your children wear safety helmets when skateboarding, bike-riding and playing physical sports.

There is so much research going on to find better and more efficient medications for all medical problems. We do our best to keep up to date on this research. If you have any questions about a new drug you've heard about, give us a call. We'd be happy to check it out for you.

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news leader health and lifestyle page

Finally an effective treatment for debilitating nerve pain

New medication relieves diabetic peripheral neuropathy

(NC) - It's often described as a burning, stabbing, shooting, tingling or shock-like sensation. It's a chronic, debilitating condition that has left sufferers frustrated and doctors puzzled with the lack of options to treat it. Countless Canadians have suffered from neuropathic or nerve-related pain in silence with nowhere to turn for relief - until now.

An herbal topical pain reliever Neuragen, developed by Origin BioMed Inc., a Halifax-based manufacturer of over-the-counter topical drug products, is finally providing relief for sufferers of neuropathic pain.

An estimated one in 15 people or half a million Canadians suffer from neuropathic pain. The condition results from damage to or a dysfunction of the nervous system. In some types of neuropathic pain, even the touch of clothing on involved skin triggers an unbearable burning pain.

It is often perplexing and frustrating for patients and physicians, as it is difficult to diagnose and seems to respond poorly to standard pain

therapies.

Neuragen has proven effective in individual cases in relieving pain from the following neuropathies: diabetic peripheral neuropathy, post-shingles neuropathy, reflex sympathetic dystrophy (RSD), spinal stenosis, fibromyalgia, neurogenic headaches and degenerative disc-lower back pain.

Neuragen is a blend of botanical compounds identified at the National Pain Institute in California in the early 1990s. In 1992, the active ingredient in Neuragen was tested in a clinical trial for its effectiveness in the treatment of post-shingles neuralgia. It was found to provide substantial relief in 85 per cent of patients.

In a recent clinical trial for diabetic peripheral neuropathy, 70 per cent of patients noted improvement in pain within minutes of applying Neuragen. In a second trial for post-shingles pain, similar results were reported where 68 per cent of patients had pain relief within 15 minutes.

Neuragen is now available nationally through Shoppers Drug Mart, Pharmasave, and leading pharma-

cies across the country. The increased availability of this effective treatment option is welcome news for patients.

"There are few products available that provide relief from neuropathic pain," said Don Kyte, Pharmacist, Kyte's Pharmasave, Dartmouth, Nova Scotia, "and these pain relievers generally produce side effects. The need is therefore great for a product such as Neuragen which has demonstrated it provides relief and has no known side effects because it's topical."

Many patients debilitated by their condition have found that Neuragen has given them a new lease on life. "Nerve pain had taken over my life, it never really went away," said Ron Morrison.

"Neuragen provided instantaneous relief from the burning discomfort in my feet. I have been using this product for the past four months and it continues to work. I can now enjoy getting out for a walk and enjoy the simple things in life all over again." More information on Neuragen and neuropathy is available at www.originbiomed.com.
- News Canada

No-blush sex ed

Play for teens finds better way to get the message across

(NC) - Remember how awkward you felt about sex when you were young?

Nothing's changed. Today's kids may know more, but they're just as baffled when it comes to using that knowledge.

"It's one thing to know you should use a condom," says the University of Alberta's Jan Selman. "It's quite another to figure out how to bring the topic up with your partner - or how to get over your embarrassment enough to even buy one."

But for the last few years an Edmonton play called *Are We There Yet?* has been helping 14- to 16-year-olds deal with issues like safe sex, celibacy, even date rape.

And now Selman, with funding from the Social Sciences and Humanities Research Council, is leading an innovative research project that's showing just how effective the piece is - and why.

Humour is the first key, says Selman. As one student says in the project's just-finished first report: "I was like really shy about the whole thing. But now that everybody else could laugh about it, I can laugh about it, too."

The second key is audience participation. Softened up by the humour, students are ready to give the characters suggestions and advice as they work through realistic situations.

"The actors stand in for the kids," explains Selman. "And that makes

it emotionally safe to get involved. The emotional and physical engagement that theatre allows translates into learning that's much deeper than in a classroom."

Selman was convinced the play, written by Jane Heather for Planned Parenthood and the company Concrete Theatre, could be equally effective outside Edmonton. But, she says, "this kind of work is strongest when it reflects the individual community it's playing in."

So the second part of her project

aims to create versions of the play tailored to specific communities. The first of these will start its tour of Aboriginal communities in Saskatchewan this year, after input from the communities, band councils and local health organizations.

Similar consultations - and adaptations - are underway in rural Nova Scotia and inner city Vancouver.

To learn more about SSHRC-supported research, visit www.sshrc.ca.

- News Canada

living past 100

Keep track of new discoveries

Health researchers are at work constantly to produce new medications for what ails us. The most prominent research these days is done on chronic illnesses, such as arthritis, multiple sclerosis, Alzheimer's and osteoporosis. All forms of cancer are under constant scrutiny.

Your physician may be the first to tell you of the latest in prescribed medications, but your health food store may be the place to learn of the many new non-prescription aids to better health.

For example, osteoporosis sufferers can boost their bone density through adding strontium to their daily intake of minerals. Strontium is a mineral, and a simple supplement can be purchased at your health food store.

If you are one of those people who suffers from a buzzing in your ears whenever you are stressed, there is a new product called VitaEar which builds up the nerves in your ears. This is produced by NorthStar Nutritionals, who also produce LegSense for people who get those creepy crawly sensations in their legs just when they are trying to go to sleep.

Thanks to internet, many of these new products are described and the research backing them is detailed. There is always something new to learn about old disorders. Your doctor may not have time to look up every new product, but if you have some kind of disorder making your life miserable (or less than the best) you can take the time to find the information. Maybe you can tell your doctor what's new!



Councillor Jim Manion tackles the ramp into the Museum/Library Building with Ken Carlson on Accessibility Awareness Day. *

What does accessible really mean?

Imagine you are in a public building and you need to use the wash-room. You can get to the door, but you can't get through it or you can't enter a stall. Maybe you can't reach the sink to wash your hands.

Imagine shopping one day and the items on your list are out of reach. Either they are too high or too far back on a shelf.

Imagine you are traveling downtown and need to enter a building but you can't get over the step at the front door.

These are just a few of the challenges facing persons with limited mobility in Princeton today.

Ken Carlson and Laurie Quick organized an interesting exercise May 31st to share with members of Town Council some of the challenges they face in their day-to-day travels in and around downtown. It was called Accessibility Awareness Day and a total of five teams followed a series of tasks designed to educate and inform participants.

The teams included Councillor

Jim Manion in a wheelchair joined by Ken Carlson and the News Leader's George Elliott; Mayor Randy McLean (wheelchair) with Torry Small; Councillor Ray Jarvis (wheelchair) with Brian Liberatore, Gordon Comeau and Debbie Schwarz; Councillor Pam Jones (wheelchair) with Lynn Pelly and Town of Princeton CAO Patrick Robins (wheelchair) with Laurie Quick and Joann Gabriel.

Each team had a list of down-
.....continued on Page 27



Mayor Randy McLean climbs the wheelchair ramp into the Provincial Government building on Accessibility Awareness Day. *



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Princeton Rotary Club recently purchased the playground equipment located at a local daycare centre with plans to move it to Princeton Fairgrounds. A work party last week saw Rotarians, from left, Bob Wicks, Mike Talarico and Ken Blower, work on removing the equipment with help from Stan Thompson (Model Transfer) and Rollo Ceccon (Ceccon Trucking). *

Bill tabling puts farmers first

NDP agriculture critic, and BC Southern Interior MP, Alex Atamanenko announced May 31st the tabling of a Private Member's Bill to ban 'terminator technology' making a commitment to sustaining Canadian farmers and the farming industry.

"It is time to make a commitment to our farmers and to the international community that terminator

seeds will not be allowed to take root in Canada," said Atamanenko.

"We all share the conviction that Canada should join the ranks of countries like India and Brazil, whose governments have already legislated bans on this technology in order to protect their farmers."

The Terminator Seed Ban Act is designated to protect the right of Canadian farmers to save seeds by banning the release, sale, importation and use of Variety Genetic Use Restriction Technologies (V-GURTs), more commonly known as Terminators, which genetically engineer seeds to be sterile after the first harvest. The promoters of this technology do not make the claim that there will be any agronomic benefits to farmers.

"The only goal of those who promote the use of Terminator technologies is to prevent farmers from saving and re-using seeds, thereby

forcing them to buy seeds on the market each season," said Atamanenko.

Since 2005, the federal government has been working against global consensus on banning Terminator seeds. It does not recognize the current moratorium and says it will assess the technology on a case-by-case basis - a position which has been rejected by the UN Convention on Biodiversity.

"The international community would rejoice if Canada were to pass this law. We have an opportunity to bring the world a major step closer to eliminating this detestable technology," concluded Atamanenko.

"Judging by the 1,400 letters that my office has received, and which continue to arrive daily, Canadians are spelling it out loud and clear to this government - BAN TERMINATOR!"

Calling all poets

The Poetry Institute of Canada is offering \$3,000 in prizes for poetry entered into this year's poetry contest.

Any Canadian poet can enter, and there is no fee. The poetry must be original and not more than 24 lines. Poets may submit one poem only. There is no limit as to style.

Poetry must be neatly written or typed. Name and address of the poet must appear at the top of the

same page on which the poem appears.

The best 60 percent of poems received will be published in the Anthology of Canadian Verse.

To enter, send poem to The Poetry Institute of Canada, PO Box 5577N, Victoria, B.C. V8R 6S4. You may e-mail your entry to poetryinstitute@show.ca or fax to 250-519-0029. Deadline is August 10, 2007.

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There Are No Chains On Us!



Rotarians Ernie Lawrence, left, and Lawrence Stoochnoff prepare to unload one of the large playground pieces at Princeton Fairgrounds with Glen Sellers operating the heavy equipment. The project will eventually see a huge playground in place near the former old logger sports area. *

Our Economy

by: EDO Michael McLaughlin

Don't Depend On Tourism Alone

Last time I wrote about attracting business investment to a rural community.

That has been the historical way of building a local economy and should remain an important part of the Similkameen strategy. We have lots to build on; abundant natural resources and some of BC's most productive farm lands.

As economies evolve, they offer new opportunities. Between 1997 and 2005, the employment income from Goods Producing Sector (manufacturing) in BC shrank from 24.8% of total employment income to 22.7%.

Income from the Services Producing Sector grew from 75.2% to 77.3%. This is part of a trend extending back to WWII. During the same period, the contribution to total personal income from non-employment income rose by 14.7%.

There are common misunderstandings about the services sector and non-employment income. Because they offer potential for economic growth, I would like to put them in a more objective light in the next series of articles.

The Services Producing Sector contains eleven sub-sectors. In 2006, six of these sectors had higher average wages than the average for the Goods Producing Sector. The lowest wages are in the accommodation and food services sector; what we often equate with tourism.

Actually, tourism includes a wide array of goods and services provi-

sion. The role of the tourism sector in rural economies is poorly understood.

Many communities believe that they can 'rescue' their economy by growing their tourism industry. Well, yes and no. If you get a whole lot of outside investment that creates low wage jobs and the profits go to distant shareholders, your economy is not much improved.

Real economic growth in the tourism sector comes when local businesses provide a variety of services to tourists. The bed-maker might not make big bucks, but the motel owner might.

High end restaurants, B&Bs, white water rafting outfits, golf pros, heli-hiking, clothing and equipment stores add value to the tourism experience and can be quite profitable. Own your tourism industry, is what I am saying.

A strong tourism industry creates a demand for local services: retail, accounting, cleaning and trade services such as plumbing and electricity. Some of these services pay decent wages.

Tourism is the number one way that new residents are attracted and in many cases the same can be said for attracting new business investment.

There are no studies in BC, but a study of the eleven western United States showed that in high amenity areas as many as 40% of businesses were owned by people who came to the area first as tourists or on business trips.

High end tourism communities

like Aspen, Colorado and the Banff-Canmore-Kananaskis complex have highly diverse service economies. People from all of the mobile service sectors (legal, accounting, design, insurance, investment, etc.) locate in these places. Education and research institutes locate in these mega-resort communities. There are many high-paying jobs, but most cannot be attributed to the tourism sector.

As much as we put down minimum-wage jobs, pouring coffee and flipping burgers offer employment to young people, especially in the summer when school is out.

The good reason why many communities put their efforts in growing the tourism sector is because it is one sector where effort gets results.

If a community develops its tourist products and cleverly markets them, they are almost certain to see some growth. Trying to attract retail, high tech or manufacturing is not as certain and results are slower in coming.

The tourism industry brings dollars into a community, so it is an 'export' industry. It should be encouraged, but only as one part of a diverse economy.

Depending on tourism is not a good idea, and could be as fatal as depending on any single industry.

Next time, I will write about the mobile, high-pay service sectors which offer the best opportunity for economic growth in the current global economic environment.



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- fees, such as athletic and health services fees, paid to a university, college, or other educational institution in addition to your tuition for post-secondary courses, when such fees are required to be paid by all students. The amount of eligible fees is limited to \$250 if the fees are not required to be paid by all students.

Public transit passes amount for can claim the cost of monthly public transit passes or passes of longer duration such as an annual pass. Public transit includes transit by local bus, streetcar, subway, commuter train or bus, and local ferry.

If you do not have enough income to claim these deductions many of them can be transferred to a spouse or parent allowing them to claim the deduction in the current year. You can also carry forward some of these deductions into future years when your income is higher.

For more information go to www.cra.gc.ca

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Princeton & District Skills Centre Society Notice of Annual General Meeting

Please take notice that the Annual General Meeting of the Society will take place on Thursday, June 21, 2007 at 7:00 PM in the Pasayten Room, of the Skills Centre, located at 206 Vermilion Avenue, Princeton, B. c.

Business to be conducted at the meeting shall be:

- (a) meeting called to order
- (b) notice that convened the meeting to be read
- (c) minutes of preceding meeting to be read and disposed of
- (d) business arising out of the minutes
- (e) reports of standing and special committees
- (f) reports of directors and auditors
- (g) special business and resolutions
- (h) unfinished business
- (i) new business
- (j) review of constitution and bylaws
- (k) election of directors
- (l) appointment of auditor

Those persons whose membership is in good standing are notified to attend. Any persons wishing to obtain membership in the Society must do so through the payment of a \$1.00 per year membership fee a minimum of 7 days in advance of the meeting. Payment may be made at the Skills Centre.

For further information, please contact Sharan Jung, Manager at (250) 295-4051.



Cody Edwards is PSS Student of the Month for May. The Grade 11 student was nominated for a variety of reasons including his demonstration of "humanity, responsibility and compassion for others and is willing to take ownership for an incident where he was merely an observer."
Student of the month is sponsored by PSS PAC. *

School District 58 Board meeting news

SCHOOL BOARD LOOKS INTO FAMILY PROGRAM

A program for children living in families dealing with parental addiction problems is being considered for the coming year in School District #58. At the May 30 School Board meeting in Princeton, Superintendent Byron Robbie outlined the program, called Families Growing Together. It has been used effectively in other areas.

Children in the program may be referred by child and family service workers.

"The program is run with the best interests of the family in mind," Superintendent Robbie told the

Board.

He stated he would like to run the program in this school district, adding that school principals support the program.

The Board approved looking into it further.

BOARD LOOKS AT KIDS' CONDUCT

The Board of School Trustees is reviewing school codes of conduct. These are the rules governing what is acceptable student behaviour and what is not.

Each school must have a code that meets the policy of "safe, caring" school environment.

A new policy on dealing with bullying is being circulated in draft

form. It will include provisions for suspending students.

DISTRICT EXPANDS TRADES TRAINING

Opportunities in trades are expanding rapidly at this time, and School District #58 is offering trades training through apprenticeship programs offered in secondary school.

Princeton Secondary School has had 10 students involved in apprenticeship programs in 2006-07.

The schools are maintaining links with Thompson and Okanagan Colleges trades training divisions to pave the way for students on apprenticeship programs.

Bombay speaks here

Pastor Cal Bombay, best known as a popular Christian television personality and commentator on 100 Huntley Street for over 20 years, shall be speaking here in Princeton this Wednesday.

As a young missionary Cal, his wife Mary and their family spent 16 years in Uganda, during which time they oversaw the planting of 23 new churches and the building of a Christian publishing house.

Upon their return to Canada, Cal began working with David Mainse of the 100 Huntley Street Ministries, developing a school of broadcasting and communications in which third world men and women were trained and equipped

for television production.

For the past 10 years, Cal has been working in the southern Sudan in Africa, buying back captured slaves and establishing farming cooperatives to alleviate the acute food shortage in this war-torn country.

You are invited and welcomed to meet this dynamic individual, and to hear his compelling story. He shall be speaking at Princeton Pentecostal Church, located beside the town library and museum, on Wednesday June 6th beginning at 7:00 PM.

Admission is free, and a free-will offering shall be received and presented to Cal.

- submitted

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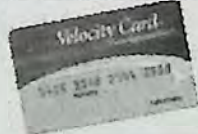
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weekly entertainment guide

TUESDAY, JUNE 5, 2007 THROUGH MONDAY, JUNE 11, 2007



Similkameen Valley Riders ATV Club members take a break on their most recent ride. - photo submitted

Manager explains function of facility

..... continued from Front Page
tion, the Skills Centres allocation was translated into a cash payment of 23% of the Corporations net revenue for the term of the license. When the Corporation logs and makes a profit, 23% of this net profit is paid to the Skills Centre. This amount has been as low as zero dollars when there is no logging to an experienced high of \$56,000. Finally, the Skills Centre generates its revenues through the sale of training programs (registration fees), room rentals, office services and contractual work in employment services. In general terms the profit that the Skills Centre makes on its programming is based on the rental of the room. So a course that is a full day in length, would profit to the Skills Centre a minimum of \$120.00. Of course market conditions dictate what we can charge for courses because we don't want to be too high compared to a course similar in Penticton, so we carefully examine our break even points in relation to cost to the community participants."

Q: Who works at the Skills Centre?
"The Skills Centre Manager (that's me!) Sharan Jung has been employed since 1999 and is, at this time the only full time employee. Recruitment for a full time assistant and a part time receptionist is underway. This will round out the Skills Centre staff."

Q: What does a Board Member do?
"As a Board member you would sit at regular quarterly meetings and review the operation to provide guidance to operational staff. Board members generally promote the Skills Centre operations to the community through their individual networks, and provide feedback to operational staff on programming and service ideas."

Q: Are Board Members needed?

"A resounding YES is the answer. The Skills Centre has been operating at minimal Board capacity for some time. New members are needed and new Board members are needed to bring new ideas and energy into the organization."

Q: What is the current health of the organization?

"In the past 2 years we have continually increased our programming revenues, which is our main mandate. Future challenges will exist when the community forest license

expires in roughly four years. To prepare for these challenges, changes to our strategy are needed and new ideas are a part of this strategy."

Q: Who do I speak to about membership?

"If you have an interest or would like to learn more, I would welcome any discussions, or alternatively Jaymie Atkinson is Board Chair and can be reached at 295-6800. The office phone number is 295-4051 and our hours of operation are Monday Friday 9:00 AM to 4:00 PM."

Riders enjoy outing

On Wednesday May 23rd, Similkameen Valley Riders ATV Club were off on another ride. Under the direction of our ride co-coordinators, Jim leading, Gordon in the middle and Bruce taking up the rear, eleven riders were off on another ride.

We went up the China Creek Road and onto the marked quad trail. Fields of yellow daisies and wild tulips were in abundance and could be seen all over the hillsides. We had many rest stops and one had us on top of Pike Mountain overlooking the highway to Aspen Grove. We were on top of the world.

A short detour off the trail had us at Kump Lake Recreation Site for lunch. With our bellies full, we were off again. We rode through meadows and over mountains. We rode by many beautiful lakes with Forestry Recreation Sites at them. We viewed snowcapped mountains, deer grazing not paying any attention to our machines and saw cattle open grazing.

The momma cows were keeping a close eye on their young ones as we rode by. We were north of Tulameen and it was time to head home. We got onto the KVR Trail and rode into Tulameen for a rest stop. Off again on

the KVR Trail...past Coalmont...up and over to the China Ridge trails...across China Creek and back to where we started.

At the end of the day, we all agreed it was a good ride. We were tired and dusty, but we didn't care. Thank you to our guides for a safe, fun ride.

- submitted by Edna Blomme

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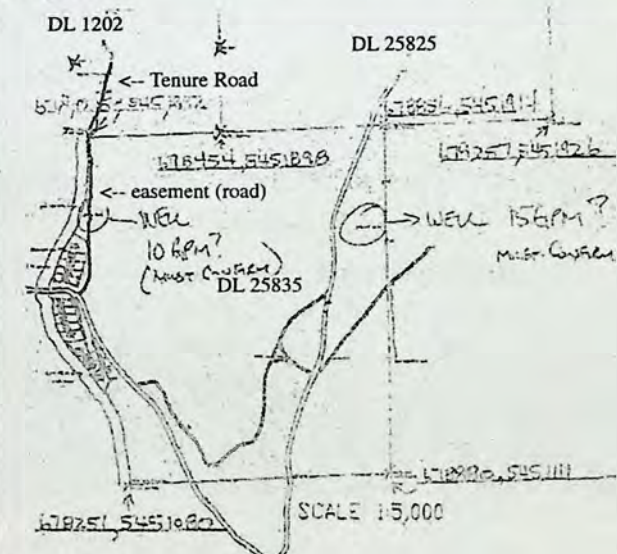
Land Act:

Notice of Intention to Apply for a Disposition of Crown Land

Take notice that Graham and Linda Smith of Chilliwack, BC, intend to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a permit for road maintenance purposes covering the Crown portion of DL 1202, Yale Division, Yale District situated on Provincial Crown land located in the vicinity of Eastgate, BC.

The Lands File Number that has been established for this application is 3411554. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until July 04, 2007. ILMB may not be able to consider comments received after this date. Please visit our website at <http://www2.lwbc.bc.ca/ApplicationPosting/index.jsp> --> Search --> Search by File Number: insert Lands File Number for more information.

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





The Jet Rally at Princeton Airport May 26-27 attracted numerous pilots and planes. * Photo: Brenda Engel.



Believe it or not, US President George 'Dubya' Bush flew into Princeton for the Jet Rally. * Photo: Brenda Engel.



Pilots prepare and repair their planes on the taxi area located alongside the main runway at Princeton Airport during the radio-controlled 'Jet Rally' May 26th and 27th. * Photo: Brenda Engel.

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TUESDAY, JUNE 5, 2007

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11 PM). Each cell contains a time slot and a list of programs or news items.

WEDNESDAY, JUNE 6, 2007

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11 PM). Each cell contains a time slot and a list of programs or news items.

Horoscopes

June 6 - 13, 2007

Aries - The need to keep your body active reaches a peak this week. You will feel restless, possibly irritable. This eases by the weekend. Be careful not to exhaust yourself. Balance!

Taurus - You're pleased to take small trips close to home. Guard health, and do not be tempted to take shortcuts with honesty. You can enjoy time at home. News disrupts plans. Adapt.

Gemini - You and your partner can have good times this week by sharing plans, activities. Talk about love opens emotional doors. Watch out for vehicle problems, accidents.

Cancer - Don't spend money you don't have! For the next month, you will be tempted to be extravagant. Your thinking now is erratic due to unconscious urges. Be very cautious!

Leo - What you really need now is a new image. Maybe it's your wardrobe, your hair, or your weight (yes, you want sweets!) Now is the time to create a new you for summer.

Virgo - Career and family interests create conflict with partner's needs or wants. You need to do some gently planning to resolve the issues. For money issues, consult a professional.

Libra - Partner is full of energy, talk, and looking for changes. You want plans written in stone. Be a little more flexible. Partner's ideas are firmer after weekend. Patience!

Scorpio - Health and resources are unpredictable now, so be sure to balance life in all areas. Career runs smoothly until next week. Be prepared for added work. Kids give weekend surprise.

Sagittarius - Partner is full of fun and energy this week, wants to do things with kids, pets, sports. Friends may bring surprises. Enjoy different activities at home this weekend.

Capricorn - Partner wants to talk. Listen, but don't act - partner will change mind next week. Job, health, home, siblings present interesting combination this week. Work or play safely.

Aquarius - Financial news this week could surprise you - maybe you win something or receive a gift. Female friend does something nice for you. Weekend should be fun.

Pisces - You are definitely into doing big changes at home this weekend, and it will be a lot of fun. Try not to stretch yourself too thin or you will be worn out next week. Enjoy family ties.

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 GSAR Hall, Rocklin Avenue.
- 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.
- 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
- Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM PSS Gym

thursday movies

MORNING

- 7:00 am WTBS (3) ★★"Beethoven" (1992, Comedy) Charles Grodin. Children talk their father into letting them keep a St. Bernard puppy, which grows to be a problem. (D)
- 10:00 am CITY (29) "Dragonwheel" (2002, Romance-Comedy) Krista MacDonald. An insecure band manager and a neurotic music lover find romance on a trip around the world. (D) (DVS)

EVENING

- 6:00 pm CITY (29) ★★"Ocean's Eleven" (2001, Comedy-Drama) George Clooney. A parolee organizes a gang to steal \$150 million from three Las Vegas casinos in a single heist. (D)

- 7:00 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. (D)
- 8:00 pm CHBC (4) ★★"The Big Chill" (1983, Comedy-Drama) William Hurt. Ex-college friends reunite in a big house after a funeral, to play old records and talk. (D)
- CBC (13) "Intelligence" (2005, Suspense) Ian Tracey. After a stolen briefcase lands in a crook's hands, two agencies try to gain his cooperation and protect their secrets. (D)
- 9:40 pm WTBS (3) ★★"Maverick" (1994, Western) (PA) Mel Gibson. A lawman, a lady and a gambler head to a poker championship, where conning is the name of the game. (D)

friday movies

MORNING

- 7:00 am WTBS (3) ★★"Maverick" (1994, Western) (PA) Mel Gibson. A lawman, a lady and a gambler head to a poker championship, where conning is the name of the game. (D)
- 10:00 am CITY (29) ★★"Ocean's Eleven" (2001, Comedy-Drama) George Clooney. A parolee organizes a gang to steal \$150 million from three Las Vegas casinos in a single heist. (D)

EVENING

- 6:00 pm CITY (29) ★★"Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children. (D)
- 8:00 pm WTBS (3) ★★"Scary Movie 2" (2001, Comedy) (PA) Shawn Wayans. Psychology students and their professor spend the weekend in a haunted house in this sendup of horror films. (D)
- KNOW (5) ★★"Lady Audley's Secret" (1999, Drama) Neve McIntosh. A Victorian suspects that an old schoolmate was killed by Lucy Graham, his uncle's much younger wife. (D)
- VTV (22) "In God's Country" (2007, Drama) Kelly Rowan. A determined woman flees her polygamous hus-

- band, taking her children with her. (In Stereo) (D) (DVS)
- FAM (26) "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. Premiere. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer. (In Stereo)
- 9:30 pm FAM (26) "Junior Pilot" (2004, Adventure) Jordan Garrett. A boy obsessed with airplanes jumps into action when terrorists hijack his flight.
- 9:40 pm WTBS (3) ★★"Scream 3" (2000, Horror) (PA) David Arquette. Murders draw a young woman, a reporter and an ex-policeman to the set of a movie inspired by horrific events that they survived. (D)
- 10:06 pm CITY (29) "Sexual Boundaries" (2002, Adult) Wendy Rice. A businessman's murder leads two homicide detectives to one's ex-lover and a deadly web of sex and blackmail. (D)
- 11:00 pm SPIKE (44) ★★"Bloodfist IV: Die Trying" (1992, Adventure) Don "The Dragon" Wilson. An auto repossessor's daughter becomes a pawn in a battle over stolen nuclear weapons triggers.
- 11:02 pm FAM (26) "Class President" (2002, Comedy) Sam Poppen. A shifty campaign manager helps a 10-year-old boy run for class president against a girl.

Similkameen News Leader Community Calendar

JUNE

- 7 - St Paul's Strawberry Tea, Princeton
- 17 - Father's Day
- 29 - Princeton Racing Days, Sunflower Downs
- 29, 30 - Princeton Canada Day Weekend Celebrations

JULY

- 1 - Canada Day
- 1, 2 - Princeton Canada Day Weekend Celebrations

AUGUST

- 5 - Kars Under the K - Keremeos

SEPTEMBER

- 1, 2, 3 - Slo-Pitch Tournament, Hedley
- 8, 9 - Princeton Fall Fair, Princeton Fairgrounds
- 15 - Similkameen Sizzle, Keremeos
- 16 - Terry Fox Run, Keremeos, Princeton
- 18 - George & Brenda's Anniversary!

OCTOBER

- 20 - Taste of Our Valley, Victory Hall, Keremeos
- 31 - Halloween Spook House, Princeton Fairgrounds

NOVEMBER

- 11 - Remembrance Day Ceremonies, Various Locations

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 #170)

Brought To You By: Similkameen News Leader

Yogi & Eddie's Plaque Buster Snacks

(FOR DOGS)

We used to feed our dogs these biscuits on a regular basis and they just loved them! This biscuit has a very hard, crunchy texture that will help scrape the build-up of plaque off your dog's teeth.

Ingredients:

- 3/4 cup powdered skim milk
- 1/2 cup cornmeal, stone ground (we often use rice instead)
- 1/4 cup bulghur wheat (we often use pearl barley)
- 2 1/4 cups whole wheat flour
- 1 chicken bouillon cube (we sometimes use a beef cube)
- 1 1/2 cups boiling water
- 1 cup quick cooking rolled oats
- 1 egg, beaten

1. In a mixing bowl, combine powdered skim milk, cornmeal, bulghur wheat and flour and set aside.
2. In a large mixing bowl, dissolve bouillon cube in boiling water. Add rolled oats and let stand about 5 minutes. Then stir in beaten egg.
3. Gradually stir in dry ingredients, half a cup at a time, until well blended. The last few cupfuls, blend with your hands.
4. Divide dough into 2 balls, so it is easy to work with.
5. Knead each dough ball on a floured surface, about 5 minutes.
6. With a rolling pin, roll dough between 1/4 inch to 1/2 inch thickness.
7. Cut with cookie cutters (we usually just cut the slab into small squares with a knife).
8. Place pieces on a baking sheet, lined with foil and bake for 50 minutes at 325F.
9. Turn oven off and let biscuits cool several hours or overnight in the oven.
10. Store at room temperature in a container with a loose-fitting lid.

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


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saturday movies

MORNING

7:00 am WTBS (3) ★★½ "Scooby-Doo" (2002, Comedy) (PA) Freddie Prinze Jr. Fred, Daphne, Velma, Shaggy and Scooby investigate claims that a theme park is haunted. [E]

8:30 am WTBS (3) ★★½ "My Stepmother Is an Alien" (1988, Comedy) Dan Aykroyd. A nerdy scientist gets more than he bargained for after a signal sent to another galaxy summons forth a beautiful alien. [E]

10:45 am WTBS (3) ★★½ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. [E]

AFTERNOON

12:00 pm A&E (9) ★★½ "Planet of the Apes" (1968, Science Fiction) Charlton Heston. An astronaut goes by time warp to a future planet ruled by smart apes who keep humans as slaves. [E]

YTV (18) "Teen Titans: Trouble in Tokyo" (2006, Adventure) Voices of Greg Cipes. Animated. Five super-heroes search for a Japanese criminal after a high-tech ninja attack. (In Stereo) [E]

FAM (26) "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. Members of a teenage vocal group find adventure while participating in a music festival in Barcelona, Spain. [E]

CITY (29) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. [E]

1:00 pm WTBS (3) ★★½ "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter. [E]

1:36 pm FAM (26) ★★ "Kazaam"

(1996, Fantasy) Shaquille O'Neal. Freed from imprisonment in a portable stereo, an outside, rapping genie grants a harassed urban youth three wishes.

2:00 pm YTV (18) "Batman: Mystery of the Batwoman" (2003, Action) Voices of Kevin Conroy. Animated. Batman and a new crime-fighter battle the Penguin and his arms-smuggling operation. (In Stereo) [E]

3:00 pm WTBS (3) ★★½ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. [E]

4:00 pm YTV (18) ★★½ "Superman II" (1980, Science Fiction) Christopher Reeve. The Man of Steel gets serious with Lois Lane and fights three Krypton outcasts in league with Lex Luthor. (In Stereo) [E]

5:00 pm WTBS (3) ★★½ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess. CITY (29) ★★½ "Druids" (2001, Adventure) Christopher Lambert. Premiere. Gallic chieftain Vercingetorix unites local tribes against the Roman legions of Julius Caesar. [E] (DVS)

EVENING

6:55 pm WTBS (3) ★★½ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess.

8:00 pm CBC (13) ★★½ "A.I.: Artificial Intelligence" (2001, Science Fiction) Haley Joel Osmert. In the future a cutting-edge android in the form of a boy embarks on a journey to discover its true nature. [E]

8:50 pm WTBS (3) ★★½ "Chicken Run" (2000, Comedy) Voices of Mel Gibson. Animated. A dashing rooster

and the hen he loves lead an escape from a farm in 1950s England.

9:00 pm CHBC (4) "Trophy Wife" (2006, Suspense) Brooke Burns. When a woman's wealthy husband is found dead, a ruthless blackmailer threatens to frame her for murder. [E]

KNOW (5) "Promised Land" (1993, Mystery) John Thaw. Inspector Morse and Sgt. Lewis travel to Australia to find a man who testified against a gang of armed robbers. [E]

KREM (8) ★★ "Die Another Day" (2002, Action) Pierce Brosnan. James Bond teams with a beautiful agent to battle a terrorist and a businessman bent on world domination. (In Stereo) [E]

KXLY (10) "Ruffian" (2007, Docudrama) Sam Shepard. Premiere. Frank Whitely trains Ruffian to become a championship racehorse, but tragedy strikes at Belmont Park in 1975. (In Stereo) [E]

YTV (18) ★★½ "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo) [E]

FAM (26) ★★½ "Evita" (1996, Musical) Madonna. President Juan Peron's wife achieves cult-figure status in Argentina before dying of cancer in 1952 at age 33.

CITY (29) ★★½ "Go" (1999, Comedy-Drama) Desmond Askew. A checkout girl covering for a co-worker faces danger from a drug dealer she double-crosses out of desperation. [E]

10:30 pm SPIKE (44) ★★½ "Mad Max Beyond Thunderdome" (1985, Science Fiction) Mel Gibson. Aunty Entity will return Mad Max's camels if he fights the giant Blaster in a barbaric caged arena.

10:35 pm WTBS (3) ★★ "Richie Rich" (1994, Comedy) (PA) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. [E]

sunday movies

MORNING

6:50 am WTBS (3) ★★½ "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter. [E]

7:00 am A&E (9) ★★½ "Planet of the Apes" (1968, Science Fiction) Charlton Heston. An astronaut goes by time warp to a future planet ruled by smart apes who keep humans as slaves. [E]

8:50 am WTBS (3) ★★½ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. [E]

10:50 am WTBS (3) ★★½ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. [E]

11:00 am CITY (29) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. [E]

SPIKE (44) ★★½ "Rocky" (1976, Drama) Sylvester Stallone. Heavyweight champ Apollo Creed gives Philadelphia club fighter Rocky Balboa a title shot.

AFTERNOON

12:00 pm FAM (26) "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer.

1:00 pm WTBS (3) ★★ "Ace Ventura: When Nature Calls" (1995, Comedy) Jim Carrey. A sacred white bat's disappearance begets bloodshed between African tribes and puts the goofy pet sleuth on the case. [E]

1:30 pm FAM (26) ★★ "Genius" (1999, Comedy) Trevor Morgan. A brilliant 14-year-old maintains a double life in junior high school and college in an attempt to fit in.

1:45 pm SPIKE (44) ★★½ "Rocky II" (1979, Drama) Sylvester Stallone. Underdog Philadelphia fighter Rocky Balboa gets another shot at heavyweight champ Apollo Creed.

3:00 pm WTBS (3) ★★½ "The Mask" (1994, Comedy) (PA) Jim Carrey. An ancient mask transforms a drab bank clerk into a grinning Romeo with superhuman powers. [E]

VTV (22) "Recipe for Revenge" (1998, Crime Drama) Kymberley Huffman. A detective aids a caterer framed for the murder she witnessed a celebrity commit. (In Stereo) [E]

4:00 pm YTV (18) ★★½ "The Borrowers" (1998, Fantasy) John Goodman. The tiny Pod Clock family, living beneath the floorboards, helps tenants save their mutual home from a greedy agent. (In Stereo) [E]

4:30 pm SPIKE (44) ★★½ "Rocky III" (1982, Drama) Sylvester Stallone. Old foe Apollo Creed trains ex-boxing champ Rocky Balboa for a rematch with brutish Clubber Lang.

5:00 pm WTBS (3) ★★½ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess. CBC (13) ★★ "Agent Cody Banks" (2003, Adventure) Frankie Muniz. Recruited by the CIA, a teen works under cover to befriend a girl whose father is a pawn for an evil organization. [E]

EVENING

6:00 pm YTV (18) ★★½ "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook. (In Stereo) [E]

CITY (29) ★★½ "Flight of the Phoenix" (2004, Adventure) Dennis Quaid. Premiere. A group of people struggles to survive after a huge sandstorm causes their plane to crash in the Gobi desert. [E]

6:45 pm SPIKE (44) ★★ "Rocky IV" (1985, Drama) Sylvester Stallone. Champ Rocky Balboa trains in Siberia for a bout against a lab-tested Soviet with a 2000-psi punch.

6:55 pm WTBS (3) ★★½ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess.

8:00 pm CBC (13) ★★½ "My Big Fat Greek Wedding" (2002, Romance-Comedy) Nia Vardalos. Family tensions arise after a woman falls in love with a man who is not Greek. [E]

8:50 pm WTBS (3) ★★½ "The Mask" (1994, Comedy) (PA) Jim Carrey. An ancient mask transforms a drab bank clerk into a grinning Romeo with superhuman powers. [E]

SATURDAY, JUNE 9, 2007

Table for Saturday, June 9, 2007. Columns: Time, Channel, and Program Name. Rows include times from 6:30 AM to 11:30 PM and channels from WTBS (3) to TROP (45).

SUNDAY, JUNE 10, 2007

Table for Sunday, June 10, 2007. Columns: Time, Channel, and Program Name. Rows include times from 6:30 AM to 11:30 PM and channels from WTBS (3) to TROP (45).

MONDAY, JUNE 11, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	Dawson's Creek (E)	News (N) Room	(Off Air)	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster (E)	SportsCentre (E)	News (E) Canada AM (E)	Cable in the Classroom	Henry's King (E)	Rachael Ray (E)	Movie: "Sniper" (1993) Tom Berenger, Billy Zane.	Counterstrike (E)
7 AM :30	Movie: "Air America" (1990) Mel Gibson. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora Hi-5 Curious Berenstain Clifford	Barney Arthur (E)	Today (N)	The Early Show (N)	City Confidential (E) Amer. Justice	Good Morning America (N)			Arthur (E) Lunar Jim	Being Ian Mew Mew	SportsCentre (E)		Frontiers of (7-24)	K. Possible (7-24)	CityLine (E)	Berenger, Billy Zane.	Night Heat "The Quest"
8 AM :30		Collectors							100 Huntley Street (E)		Curious Clifford	Pokémon Flamingo	SportsCentre (E)		How-Made How-Made	Weekend Lilo Stitch	Deep Space 9	V.I.P. "Pen Pal Val"	Due South (E) (DVS)
9 AM :30	NewsRadio Cosby	Body Judge	Bus Rolie Polie	Dragon Big World			Discover Discover	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	George S. LazyTown	Off-Record Fishing	Regis and Kelly	Catching the Comet	Pool Bear	News (N) City	Movie: "Sniper" (1993) Tom Berenger, Billy Zane.	Ad Pers Inside Box
10 AM :30	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami "Prey" (E)	The View (N)	World Vision	Design House	The Gill Deacon Show	Mischief Jacob	Motoring NASCAR	eTalk (E) Diary (E)	Exhibit A	JoJo Feet	Movie: "Ace Ventura: When Nature Calls" (1995)	Berenger, Billy Zane.	Mad Abt. Grace
11 AM :30	Cosby Strokes	Seinfeld	CG Kids Swap TV	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) Paid Prog.	Paid Prog. House	Judge J. House	News (N)	The Gill Deacon Show	Jacob	NASCAR	Diary (E)	Exhibit A	Higglytown (11-25) King (1995)	Star Trek: Next Gener.	The Nanny Frasier	
12 PM :30	Home Imp. Home Imp.	News (N)	Canada-History	Charlie Rose (E)	Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News CBC News	Viva Pinata Flamingo	Triathlon: Ironman	Degrassi Bold & B.	Mayday: Flying	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Planet Moving On	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	City Confidential (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts	Beach Soccer	Twice in a Lifetime (E)	How Do They Do It?	Dragon Emperor	Hollywood Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM :30	King King	Guiding Light (N)	Gaslight Journal	Reading Lions	Passions (N)	Guiding Light (N)	Amer. Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Winx Club	Chopper Interruptio	General Hospital (N)	How-Made How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Makeover: Home
3 PM :30	Seinfeld Seinfeld	Room Design	Hi-5	Arthur (E) Fetch! With Judge	Judge Dr. Phil (E)	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	How Do They Do It?	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South (E) (DVS)
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little Zooboo	Cyberchas	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Prey" (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Red Green	Jimmy Neutron: Boy Genius	Hockey Interruptio	Veronica Mars (E)	Daily Planet (N)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Ad Pers Inside Box
5 PM :30	Friends Friends	News (N)	George S. (5:32) Business	BBC World News-Lehrer	NHL Hockey: Stanley Cup Final Game 7 -- Senators at Ducks	News (N) Hollywood	CSI: Miami "Amour Fou" (E)	News (N) ABC News	News (N) Global	News (N) ET Canada	NHL Hockey: Stanley Cup Final Game 7 -- Senators at Ducks	Being Ian Ruby	SpongeBob	News (N)	MythBusters (E)	K. Possible Suite Life	Stargate SG-1	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	Friends Friends	Body Caitlin	Fetch! With Creatures	News-Lehrer	Final Game 7 -- Senators at Ducks	News (N) Hollywood	The Sopranos "Amour Fou" (E)	News (N) ABC News	News (N) Global	News (N) ET Canada	Final Game 7 -- Senators at Ducks	Being Ian Ruby	SpongeBob	News (N)	American Chopper (E)	So Little Sadie	Hell's Kitchen (N)	CSI: Crime Scn	Married... Frasier
7 PM :30	Family Gay Family Gay	What Jeopardy!	Water History	Antiques Roadshow (E)	News (N)	Comforts	TBA	Wife Swap (E)	Name Earl	Name Earl	To Be Announced	Fresh Pr. Weird	Off-Record	On the Lot (N)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: Crime Scn	ET Canada Ad Pers
8 PM :30	Seinfeld Seinfeld	Comforts Christine	Rage Against the Darkness (N)	Antiques Roadshow "Jackpot!" (E)	News (N) Dateline NBC (E)	Two Men How I Met	CSI: Miami (E)	Ex-Wives Club (N)	The Office The Office	The Office The Office		Mystery Ghost	2007 Jam Fest	Criminal Minds (E)	American Chopper (E)	8 Rules Sinbad	(9:08) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
9 PM :30	"Austin Powers: The Spy Who Shagged Me"	Two Men How I Met	Beyond Memory (E)	America at a Crossroads	CSI: Miami (E)	The Sopranos (E)	Supernanny (E)	Without a Trace (E)	News (N)	News (N)		Prank Ptri Academy	Billiards	CSI: Miami (E)	Worst Handyman	Popular (E)	(10:06) Movie: "Fletch" (1985) Chevy Chase. (E)	Star Trek: Voyager (E)	Married... Frasier
10 PM :30	Movie: "Spy Hard" (PA)	News (N) Room	Saint Soldier (E)	C. Rose	News (N) Tonight	News (N) Late Show	(11:15) The Sopranos (E)	News (N)	News (N)	Entertain ET Canada	National	Bob Weird	SportsCentre (Live) (E)	News (N)	MythBusters (E)	8 Rules Life Derek	V.I.P. "Pen Pal Val"	Grace The Nanny	

monday movies

MORNING

6:00 am SPIKE (44) ★★ "Sniper" (1993, Action) Tom Berenger. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets.

7:00 am WTBS (3) ★★½ "Air America" (1990, Action) Mel Gibson. CIA-funded pilots hit drug traffic while flying supplies for the covert war effort in Laos. (E)

9:00 am SPIKE (44) ★★ "Sniper" (1993, Action) Tom Berenger. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets.

10:00 am CITY (29) ★★ "Ace Ventura: When Nature Calls" (1995, Comedy) Jim Carrey. A sacred white bat's disappearance begets bloodshed between African tribes and puts the goofy pet sleuth on the case. (E)

EVENING

9:00 pm WTBS (3) ★★ "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The

secret agent travels back in time to the 1960s to rescue his stolen mojo from Dr. Evil. (E)

10:06 pm CITY (29) ★★½ "Fletch" (1985, Comedy) Chevy Chase. An undercover Los Angeles reporter investigates a businessman who wants him to kill him. (E)

11:00 pm WTBS (3) ★★ "Spy Hard" (1996, Comedy) (PA) Leslie Nielsen. A bumbling secret agent and his lovely partner try to foil a madman's world-takeover scheme. (E)

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Week old and older chicks, unsexed Barred Rock and Rhode Island Red Crosses for layers or meat. \$2.50 per chick. (250) 295-6926. May 29-Jun 12

100% natural beef for sale. No implants. \$1.50 per pound + cutting and wrapping. Call Ernie Willis (250) 295-7345 or Terry Wright (250) 295-8121. Nov 28-Feb

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notices

Looking for 2-3 bedroom rentals for qualified tenants. Call RE/MAX country at (250) 295-3222. Feb 13-Feb

Princeton & District Minor Hockey Association Notice of Meeting

Special meeting to be held at the Arena Wednesday, June 20th at 7:30 PM to vote for President. If anyone is interested please submit a letter in writing to Linda Thompson on or before June 20th. Ice Ambassador position is still in need of being filled as well. Thank you, and hope to see you there! Jun 05-12

for sale

Hunter special. 1975 Ford Motorhome, 22-feet, dual wheels, had lots of work, no leaks, boat rack. \$5,500.00 OBO for quick sale. Call (250) 295-0627. Jun 05

for rent

1997 Toyota Corolla, 4-door sedan. 4-cylinder, automatic, 148,000 KM. Very good condition. \$5,500.00. 1991 Chev S-10 short box pick-up. 4 cylinder, standard. Runs well. Not rusted out. \$1,500.00. (250) 295-7828. Jun 05-19

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2-bedroom house, \$600.00 per month.
3-bedroom, 2-bath house, totally redone, \$950.00 per month. For information contact RE/MAX country at (250) 295-3222. Jun 05-Feb

Must sell. Recently acquired fully loaded heavy duty, well maintained, one owner, 1996 GMC 1500 4X4, ext. cab, short box, gas Vortec 350 engine, 305 auto OD, air shocks, headers, mags. \$9,000.00. (250) 295-0627. Jun 05

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Town of Princeton

EMPLOYMENT OPPORTUNITY

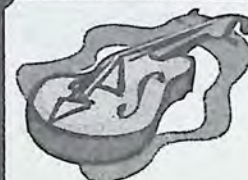
To support the dynamic growth of our community, the Town of Princeton is seeking a Casual On-call administrative support person. This position provides reception services, coordinates and performs administrative, clerical and secretarial functions.

The ideal candidate would possess a College Business Office Training Certificate and three years experience in a secretarial administrative capacity.

A detailed job description is available at Town Hall, 169 Bridge Street, Monday to Friday, 8:30 AM to 4:30 PM. Closing date for applications is June 15, 2007.

This position is within the jurisdiction of the Town of Princeton and CUPE Local 608 Collective Agreement.

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DO YOU HAVE UNUSED MUSICAL INSTRUMENTS SITTING AT YOUR HOUSE?

School District No. 58 (Nicola-Similkameen) is looking to purchase various used musical instruments that are in good condition.

These include flutes, saxophones, trumpets, trombones, clarinets and other instruments that are normally used by students in secondary school music programs. If you have any instruments you think may be of interest to the district, please contact:

- Merritt Secondary School - Brian Cargnelli (250) 378-5131
- Princeton Secondary School - Myrna Coates (250) 295-3218
- Secretary-Treasurer at the School Board Office (250) 378-5161



Mayor Randy McLean encounters difficulty entering the public washroom at Town Hall. *



Accessibility Awareness Day organizer Ken Carlson discusses curbing with Councillor Jim Manion. *



Joann Gabriel (standing) discusses sidewalk issues with Town of Princeton CAO Patrick Robins and Accessibility Awareness Day Organizer Laurie Quick. More on Page 27. *

help wanted

help wanted

SUMMER STUDENT JOBS HEDLEY MUSEUM

The Hedley Museum has two summer student jobs: 1 full-time and 1 part-time, from July 1 to August 31.

Open to high school or college students living in the Hedley area.

For job descriptions, or to apply for one of these summer jobs, contact Lynn Wells at the Hedley Museum, 712 Daly Avenue, Hedley, or call (250) 292-8422.

Thanks to HRSDC (Services Canada), the Regional District of Okanagan-Similkameen and Weyerhaeuser Canada for funding these two summer student positions.

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Notice to Intending Bidders

Three Salvage Non-Replaceable Forest Licences A82520, A82523, A82565

Pursuant to Section 13(4) of the *Forest Act*, three separate Salvage Non-Replaceable Forest Licences (SNRFL) A82520, A82523, and A82565 are offered for sale within the Merritt Timber Supply Area; Cascades Forest District.

Geographic Location: A82520 Pimainus/Skahun Creek; A82523 Nicola Lake; and A82565 Tulameen River

Purpose: To harvest lodgepole pine attacked by mountain pine beetle.

Stumpage Rate: In accordance with the Interior Appraisal Manual using the Bonus Bid Method.

Volume: Allowable Annual Cut for each licence is 20,000 cubic metres per year; term 5 years; maximum harvestable volume 100,000 cubic metres per licence.

Restrictions for A82520 and A82523 only:

- Harvesting is restricted to smallwood cut blocks where the average piece size is less than 0.200 cubic metres per tree based on net cruise measurements.

Restrictions for all three SNRFL opportunities:

- Cut blocks must not exceed 25 hectares in size.

Please Note: Other restrictions apply to these licences and are given in the tender package.

Closing Date/Time: Thursday, July 26, 2007 at 2:00 p.m.

All applications must be received in separate sealed envelopes clearly marked as prescribed in the tender package, and delivered to: Regional Manager, Southern Interior Forest Region, 515 Columbia Street, Kamloops, BC, V2C 2T7. Applications received after the above deadline will not be accepted.

Tender packages can be obtained in person from:

District Manager, Cascades Forest District,
P.O. Box 4400 Station Main, 3840 Airport Road,
Merritt, B.C., V1K 1B8, Tel: 250 378-8400
Contact: Hugh Fritz, Resource Technician

or

Regional Manager, Southern Interior Forest Region,
515 Columbia Street, Kamloops, B.C., V2C 2T7, Tel: 250 828-4131
Contact: David J. Piggitt RPF, Regional Tenures Forester



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- Dennis Walker, Giant-FM News, Penticton, BC

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GOD POWER

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

help wanted

help wanted

JOB OPPORTUNITY

Princeton & District Community Services has received a Weyerhaeuser Jobs for Youth Grant for the Summer of 2007.

We are looking for a young person seeking *first time* summer employment.

The job will run for 8 weeks during the summer and will provide an opportunity for the student to work at different sites with the support of other staff. Our programs provide services for both the elderly and persons with disabilities. The successful candidate will be a caring, mature and hardworking individual. Training will be provided.

The proposed work schedule is Monday through Friday, 6 hours per day. Rate of pay is \$10.00 per hour.

The successful candidate must have a criminal record search.

Resumes and covering letters should be submitted to our office at 47 Harold Avenue or mailed to Box 1960, Princeton, BC VOX 1W0. Closing date for applications is June 15, 2007.

FAMILY CENTRE FACILITATOR

Princeton Child Care Services is accepting applications for a Family Centre Facilitator.

Responsibilities:

To plan, coordinate and administer the day to day operation of the Princeton Family Place Drop In. To ensure that the goals and objectives of the program and of the organization are met.

This is a 3 day per week - 4 hours per day position.

Qualifications:

- Excellent interpersonal, oral and written communication skills.
- Teamwork and leadership skills.
- Knowledge of group process and facilitation techniques.
- Good knowledge of parenting skills.
- Knowledge of nutrition, budgeting and meal planning.
- Food safe certificate.
- Valid First-Aide and CPR Certification.
- Successfully complete a Criminal Record Search.

A complete job description is available upon request to:

Penny Schreckenber
 Princeton Child Care Services
 PO Box 1331,
 Princeton, BC VOX 1W0
 e-mail: childcareadmin@nethop.net

Fax: (250) 295-3101
 Phone: (250) 295-6135

editor@thenewsleader.ca

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

my turn

Didn't access mean easy to get to?

We participated in Accessibility Awareness Day on May 31st.

It basically put able-bodied members of Town Council in wheelchairs and sent them off on a short tour of downtown from the perspective of someone who cannot walk.

We've tripped on the odd sidewalk wheelchair ramp before, but thought it was because we didn't lift our feet up high enough.

In a wheelchair some of those dips to a painted crosswalk take a little skill to navigate. Aside from the fact that each one of them actually feeds a wheelchair user into traffic, the curbing on some of them turns the easy access to a crosswalk into a virtual speed bump to the crosswalk.

We doubt that has anything to do with why the ramps are angled to send wheelchairs into traffic.

Many downtown sidewalks are raised just high enough that if you can't get up a ramp from a crosswalk, you're not going to get into any of the buildings on that block. Add to this the fact that some buildings have access to their front door, but include a step up into their business and you aren't going inside either.

Maybe you really didn't have to pay that bill today, anyway.

Maybe you could just throw it into the lobby the next time the door opens and hope they can figure it out.

Maybe you weren't all that hungry today. You could always call for delivery tonight.

Maybe you really didn't need to check the mail on the weekend. The junk mail will still be there Monday when you can gain access using the ramp and cutting through the lobby then. It's a good thing your mailbox is just within reach!

Maybe you'll just take your own bags shopping next time for groceries.

Maybe you'll just take your cell phone downtown with a list of numbers of where you're going so you can call the next place you need to go to let them know you'll meet them outside and they can hand you the items you plan to purchase and they can take your money from you and bring you back your change because the debit machine cord won't go out to the front door.

Maybe the next time you go downtown you'll just sit outside the office and knock on the window until George or Brenda brings you your paper.

Accessibility Awareness Day was a great idea and we think it should take place on a regular basis and produce a progress report each time. It should also expand to include downtown business owners. A half dozen or so of them at a time in wheelchairs may help speed the process of accessibility up to a point where everyone has access to everything downtown.

And it might even be a fun way to educate a few of us on the fact that people in wheelchairs also carry wallets and are likely to use them in your business if they can only get inside.

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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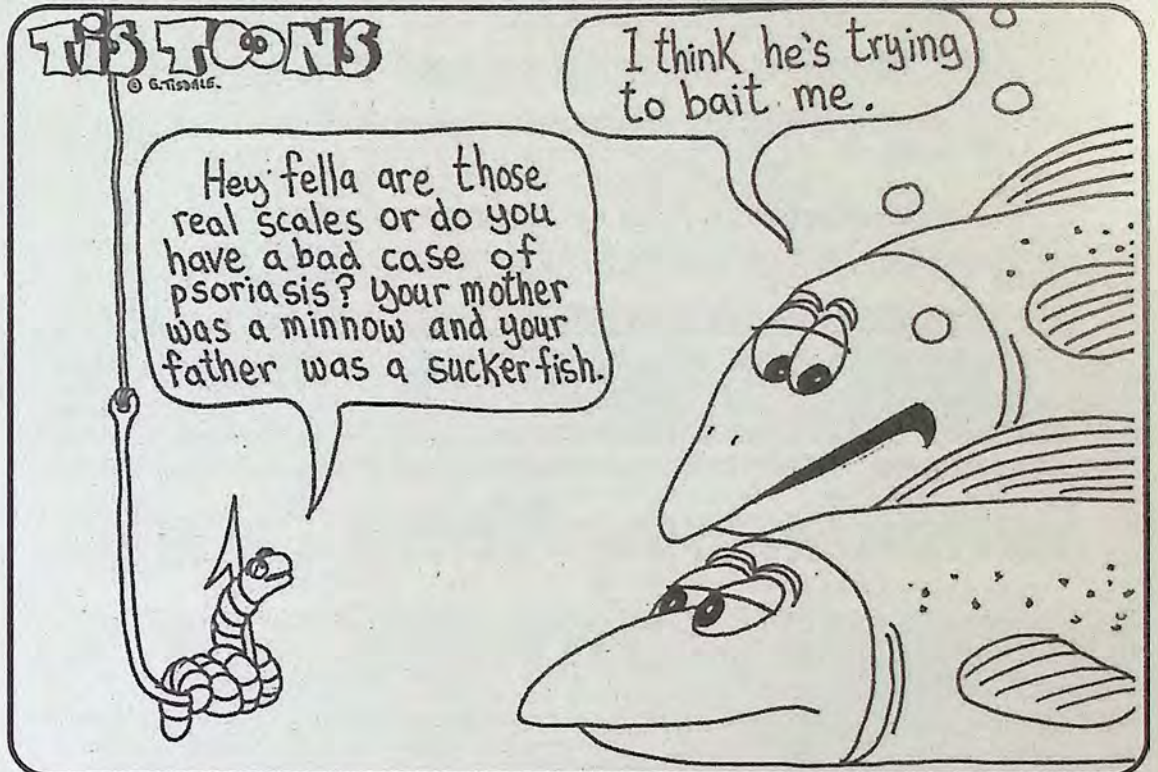
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Dawn Johnson



your turn

Merritt man tackles Stockwell

To The Editor;

George Bush has spent a lot of time and money creating a private army, one that is protected from prosecution for war crimes and has absolutely no regard for the Geneva conventions. Bush's neo-conservative privatized military regularly ignores commonly accepted standards of decency generally associated with democracy and freedom.

Remember all the old war movies showing us what the good guys 'don't' do? Contrast that with the 8 out of 10 republican candidates who spoke in favour of torture in last week's U.S. presidential debate; human torture that is also supported by Stockwell Day.

Bush calls his privatized soldiers 'contractors' and shelters them using the power of the U.S. government. They are protected from the rule of law in any form. The shift from public army, to private army, is an assault against the legitimacy of government and the very foundation of democracy.

Stockwell Day, like his globalist predecessor Anne McClelland, refuses to arm Canadian border guards. Mr. Day, has instead, recently proposed the importation of a portion of Mr. Bush's private army to replace the legitimate government mechanism which currently has authority over Canada's borders.

By utilizing armed contractors, Stockwell Day is attempting to replace an agency of the Canadian government, which is subject to the rule of law, with a private foreign-trained entity. In short, Mr. Day is attempting to introduce

'Vichy governance' in Canada. By assembling a foreign-loyal private army within Canada's borders, Mr. Day is facilitating the military occupation of Canadian soil.

As well, Day recently announced his intention to introduce legislation which would allow him to arrest his political opponents on a whim...

With the establishment and promotion of a private army within Canada, and the implementation of legislation which would see Nationalists rounded up like the Union leaders, Judges, Teachers and Journalists who resisted Hitler's neo-conservatism in the 1930's, the hallmarks of a (globalist) Conservative majority at the federal level bode very poorly for the survival of this country.

The problem is that the Liberal

Letter To The Editor

Writer hits between the eyes

As a taxpayer and grandparent of a 2007 graduate of Princeton Senior Secondary, I struggle to find appropriate words to describe how totally offended I am with the school's, the school district's and the Ministry's lack of support and help putting together their ceremony.

This was supposed to be a time of celebration of the greatest accomplishment in their lives to this point. Instead it was chaos, pandemonium and total stress as each decision was, if not arbitrarily 'No' then it was waffled, flip-flopped on one hour to the next. There was no visible leadership or input from teachers as parents

party is infested with globalists as well. Canadians need to wake up to the reality that an open ended political commitment to globalism is indeed a recipe for treasonous governance. It ensures the dismantling of the very democracy we rely on. The process of globalization guarantees the implementation of onerous resource and energy extraction regimes which see our assets stripped in a fashion akin to having our pockets picked. Globalism, as an ideology, embraces principles which are anathematic to the concept of civilization itself.

Stockwell Day pretends to be a harmless idiot, and while some may argue that he is not pretending, I am convinced he is anything but harmless.

- Robert MacKay, Merritt

struggled to put together a ceremony worthy of their children. But officials were front and centre claiming credit for all that they had (NOT) done.

To the students and parents a very hearty congratulations for having done such a spectacular job AND my sincere apology for the extreme stress and frustration you had to endure.

I would also like to say the next time teachers, school boards or the Ministry seeks support for their 'cause' they will find it severely lacking - NO - totally absent from me.

- Colleen Burke,
Coalmont

Current Comment:

Let's remember June 6th



Dawn Johnson
editor@thenewsleader.ca

I remember working in the school office and dealing with an irate student sent to the office to cool her heels while waiting for the principal. To settle her down, I pointed out how petty was her dispute with the teacher who had sent her to the office. I pointed out that the date was June 6, a day of great significance in history.

The young lady gave me a look that spoke of the hardship of dealing with some old dingbat.

"So what?" she responded.

"So," I told her, "this is the anniversary of D-Day. Thousands of men lost their lives storming the beaches of Normandy, trying to end the Second World War. We need to remember June 6."

This information served to distract her because she had never been conscious of June 6 and I doubt she had thought about those beaches in Normandy. I imagine today's young people will let June 6 rush past just like any other day unless somebody reminds them how important it is to remember D-Day.

I remember things about D-Day from the perspective of a five year old child. I had two brothers in the Army and my parents were frantic with worry about "the big push". They knew it would cost thousands of lives. We were a lucky family. My brothers did not pay the ultimate price for trying to free Europe from the grip of the Nazis. As an adult today, as a senior who grew up with war and then the Cold War and the Cuban missile crisis, and speaking as the mate of a military man who served with NATO forces during so-called peace times, I see D-Day as an incredible sacrifice to make for a principle.

There have been lots of little wars since World War II: Korea, Viet Nam, Iraq, the Falklands, Pakistan, Afghanistan, Rwanda, Kenya, Cyprus, the Congo and the unending hotbed of the Middle East. Now we have Round 2 of Iraq.

From my vantage point as an "oldtimer", I see war as an urge among men to be powerful. In some cases, such as the Congo, Rwanda and Uganda, it has been

for the supremacy of one tribal lineage. Most of the time, the wars are about who gets the most of what, and by so doing, becomes richer and therefore more powerful. Wars seem to be always about the power of one group over another.

War is nation against nation, tribe against tribe, but we mimic war in our sports and in many families, we mimic the power and the violence when power is challenged.

What would happen if we changed our idea of what power is? What if we gave the most respect to people who have inner power? What if we believed real

power was not power to command others, or to buy the biggest house, or to conquer other people, but real power was the ability to make the world a better place for every person? What kind of world would we have? What kind of people would we be and what kind of families would we have?

Those who died or were wounded on D-Day were struggling to free Europe from the Nazis, and when the war was over, minds did change somewhat. However, not enough to end wars. For this reason, we must remember June 6 as a day of sacrifice of thousands of lives.

Marketplace Ministry by Jim Caruso

Life After The Dance

I remember the first time I saw her. She was just new to our school. I was cool, standing against the radiator at the top of the stairs; it was obvious I was not attending high school for the intellectual stimulation. She smiled at me, now I think it may have been the way I looked. I had a green touque on my head, cowboy boots, blue jeans and a snap button shirt and a toothpick sticking out of my mouth. I fell in love. I always wondered if she was smiling or laughing inside. She was from the city, and had moved our small town in the country. She told me later that she didn't really like me. I did, that is, I liked me and so I just figured it was a matter of time before she would like me as well.

We went to a Halloween dance that year. We both had dates, but during the evening, both of us ended up alone. After the dance, I asked her if she would like me to take her home. My costume may have helped as she said yes; I stood with her on her back porch and in the light of the big harvest moon, kissed her good night. I turned to go, missed the first step and fell out into her yard. Looking at the moon and then at her, I just knew this was the gal for me.

The next day I asked her if she would like to go hunting. That was considered a date in my home town. She agreed and I went to pick her up at about 9:00 am. I had to wait while she got ready, just like a real date in the city, except the outfits we wore were quite different. Anyways, while I was waiting, her dad came into the kitchen and said, Elaine and I took self defense course in karate, and he showed me his white karate outfit with the brown belt. I realize now that he was probably saying, my daughter can look after herself, so watch yourself. Then he says to me, put me in any hold and I will get out of it. I was more than a little concerned as I didn't want to look foolish getting whooped by my future father-in-law the first day I date his daughter. Well, I figured I'll put him in a bear hug. I have two older brothers, Tony and Doug, the only way I could fight them was to get behind them and put them in a bear hug and squeeze and hold on. When they picked me off the ground and attempted to throw me so I would let go, I'd hang on instead and my weight added to their weight usually drove their face into the dirt and then I would let go and run. The running only prolonged the inevitable that is, an inevitable beating that I would get when they caught me. Anyways back to the bear hug on the karate guy. I watched as his feet began to move rapidly, I knew I was going down, so I squeezed harder and then his feet were still moving pretty fast, so I squeezed harder, I figured if I'm going down, he's coming with me. The feet began to slow down and the nothing seemed to be happening and Elaine was still not ready and so, I thought maybe I should let him go. I did, he left the room without saying anything and Elaine and I went hunting. The next day I was talking with Elaine's mom and she said, You sure made an impression on Mac yesterday, you cracked three of his ribs.

That was at 37 years ago and this coming June we will celebrate 35 years of marriage. Over the course of these years some things have changed. For me, no more cowboy boots, toothpicks and touques. These have been replaced with grey hair, a few extra pounds, and a beautiful wife, who is an awesome mom and a wonderful nana to three precious grandchildren. I have been married longer than I have been single and these years together have allowed me to share not only one life with my best friend, but the lives of our son and daughter and their spouses and their offspring.

Reflecting on that first kiss, I am really glad I fell for her. Our plans in our 35th year are to grow old together, after all whom else would I rather spend time with than my best friend I met in High School more than a third of a century ago. Scripture says that, a man should leave his mother and father and be joined to his wife and the two will become one flesh, Ephesians 5:31. In the process, try not to damage the in-laws.

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Kindergarten students Austin Gelineau, Cole Harder and Nadine Paquette have their teeth checked by Mrs. Henning and Mr. Gunderson during a dental health visit at John Allison School. Photo: Shirley Low

News from John Allison Elementary

Kindergarten Dental Health Visit

Dental Hygienists, Carl Gunderson and Mrs. Henning from the South Okanagan Health Unit visited John Allison's kindergarten students recently for an entertaining presentation.

Students learned how and when to brush their teeth, how to use a toothbrush to clean their teeth, and what foods to eat to keep their teeth healthy.

Each student was given a dental check and information about dental health was also sent home to parents.

John Allison's Annual Bike Rodeo

The early morning of Friday, May 25th saw dozens of bikes arriving at John Allison for the annual Bike Rodeo.

They were soon followed by a large and enthusiastic team of parent volunteers.

Organized this year by PAC member Patti Shortt, the parent and grandparent volunteers set up a course for students to ride, checked bikes and helmets for mechanical road worthiness and safety, and barbecued hamburgers and hot dogs for a delicious free lunch for every student.

This year's bike draw was won by Tayedra Koppe. The Parent Advisory Council plus the students and staff of JAE would like to extend a big thank you to Canadian Tire for the 50% discount on the bike, Princeton Sandwiches and South Okanagan Bakery for donating all the buns

for the barbecue, and Direct Foods Plus for the generous discount on the hamburgers and hot dogs.

Rick Hansen Schools in Motion Celebration

On Wednesday, May 23rd students participated in a Rick Hansen Schools in Motion event to celebrate the 20th anniversary of Rick Hansen's Wheels in Motion trip around the world.

Students progressed through nine fun stations each focusing on different ways of keeping their bodies moving.

While they did not rival Rick Hansen's two years of wheeling around the world they did keep themselves moving for one and a half hours.

- submitted

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Bike Rodeo participants included Alex Roccamatissi, Cole Harder, Mylee Coyne and Kelcie Holland Krenn. Photo: Shirley Low

Princeton loses another historic building

No one knew Friday night, June 1st, that the meals being prepared and enjoyed at the Belaire Restaurant that evening would be the final ones served at the historic building.

Nor was anyone aware of the fact that a fire early the next morning

would not only destroy the building - and very popular local family-owned business - but also bring an end to a significant 76 year old downtown building.

The Belaire Restaurant was in the historic Mine Rescue Building, originally built on Vermilion

Avenue in 1931. At the time, the lot where the Provincial Government Building and Princeton Pentecostal Church sit once contained the famous Similkameen Hotel (a facade of it is on the back of the grandstand at Princeton Fairgrounds) and the original

Princeton Court House.

The Newmont Mines Rescue Team competed in regular competitions and one team won the Provincial Finals in Kelowna on June 14, 1975.

Princeton Community Services operated a restaurant (The Mini

Chef) from the site beginning in 1980. Dave and Lol Anderson brought the Belaire Restaurant to life years later, operated in recent years by Anderson's daughter Debbie Willis and her family.

The early morning fire continues to be under investigation.



The front of the Belaire Restaurant the morning after the fire.* All Photos: Brenda Engel.



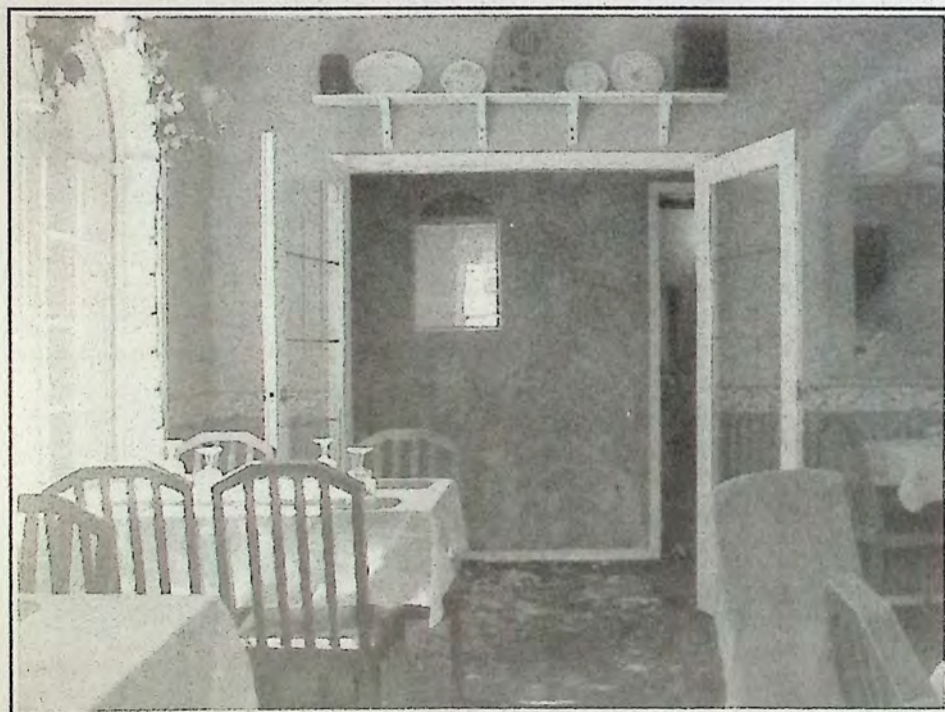
Why were there no sirens? The Fire Hall garage doors can be seen to the right.*



A closer view of the back of the restaurant building.*



The back of the building, the kitchen area, is destroyed.*



The back meeting room looks fine, with debris on the floor.*



The original Mine Rescue Building.* Photo: Princeton Museum

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John Allison School students Kylie Holland Krenn, Tristan Nelson, Eric Holland, Tiana Cowper, Kami French and Laurene Koller (front, centre) celebrate Rick Hansen Day In Motion. Photo: Shirley Low.

MP Alex Atamanenko

BC Southern Interior monthly report

Energy Security and Environment

The Conservatives have a new super committee, The Energy Security and Environment group led by Minister Jim Prentice.

Energy security is an interesting phrase, especially when it comes from a government and prime minister who have consistently pressed the words Energy Superpower in their musings about our country. Energy Security had not much impact over the past two decades when the agenda for Canada was to find energy and sell it quickly, mostly to the USA. This led to projects like the Alliance pipeline, built to export raw gas directly to Chicago and the mid-

western petrochemical industry.

The dramatic increase in the production, domestic consumption and especially the export of natural gas has fuelled the expansion of the hydrocarbon industry in Canada. As well, unlike the low royalty, low tax, heavy investment oil sands, natural gas has provided the largest share of revenue to public government. This is particularly evident in Alberta where in 2004, natural gas provided over 80% of its windfall revenue from the whole conventional oil, oil sands, heavy oil and natural gas resources.

Natural gas production has peaked and slightly over half of this is exported to the United States.

The Americans have been largely satisfied with this arrangement and they did not need to invest in diplomacy or warfare. Of course, they would have preferred the 90's when natural gas was a throwaway, and supplies were seemingly limitless. But they have realized for at least the last four years that this was not going to last.

Allan Greenspan in the spring of 2003 came out with the proposition that North America would have to invest heavily in Liquefied Natural Gas (LNG) Terminals on the continent and secure appropriate international supply points in such reliable and secure locations such as Indonesia, Russia, Venezuela and the Middle East. While this is a seemingly good idea, this would be extremely difficult to put into action, and even more difficult to control as Russia and other countries are already talking cartel.

Today, industry analysts are now suggesting that Canada may have to reduce natural gas exports to the US, and Mexico our other NAFTA partner is now a net importer of natural gas from the US. Our own Natural Resources Department of the Canadian government in its 2006 energy outlook is predicting that by 2015 the exports will decline by

65%. To top it off, industry has recognized that the original plans for 60 LNG terminals in North America are likely to turn out to be 8-10.

Since so many Canadians rely on natural gas to heat their homes and hot water, keep their commercial and institutional structures warm, to generate the extra power they need at peak times, to keep their factories productive and to process their oil sands, what is going to be the sensible solution to this supply issue?

The solution is not likely in new internal supplies. Mackenzie Gas will only amount to 6% of Canadian supply if and when it comes on line in 4-5 years. Offshore Atlantic gas is a big disappointment.

The conventional Western Canadian Sedimentary Basin is in steep decline. Coal bed methane is environmentally ugly, slow and costly to develop. Offshore gas hydrates are interesting but are at least 20 years away. There is no easy solution here.

In the absence of any NAFTA regulations, we would simply cut exports, take the hit to government treasuries and invest in more expensive gas from environmentally sensitive areas. But the Americans in their wisdom insisted on a proportionality clause in NAFTA that requires Canada to maintain exports of the same percentage of total supply as the maximum that has been achieved. In other words, we have given the US a trade right to almost 60% of our total supply, which means, we do not have control of our own energy resources.

Having just fought the US over softwood, when we were in the right and still lost, how would we fare when they have the law on their side? The US and Mexico both have natural energy policies, while our energy policy is to supply cheap oil and gas to the US.

The other solution that has real significance is to maintain exports and continued on Page 27

Princeton Rotary Club CHARITY GOLF TOURNAMENT Sunday, June 10 Princeton Golf Club

ENTRANCE FEE: - \$75.00 (CDN) per Golfer (includes \$25.00 Calcutta)
- Deposit of \$75.00 required at time of Registration

TEAM MAKE UP: - Four Players with verified Handicaps as follows:
- Maximum ONE Player with a Handicap of 8.
- Total Team Handicap index must be 50 or greater.

FORMAT: - June 10 - 8:00 AM Check-In at Princeton Golf Club
- 9:00 AM - eighteen holes, shotgun start
- Lunch at the Golf Club
- Awards and Prizes following lunch



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Cook's Raiders Bantam Girls will host a fastball tournament at Memorial Park June 9th and 10th with games starting at 8:30 AM Saturday (Princeton plays at 10:30 AM) and 9:00 AM Sunday. A Skills Competition will run from 6:00 - 8:00 PM Saturday and Finals will be at 3:00 PM Sunday.* Photo: Brenda Engel

Council learns more about accessibility

..... continued from Page 7
town locations to visit with a series of tasks to perform or sites to inspect while at each place.

Carlson told the News Leader the exercise was not to specifically target any business to point out any problems but to trace the average day for someone in a wheelchair, which often means a trip to the post office, the bank, and a couple other chore-related stops in town.

Of the places visited on the downtown tour it became obvious that there is a lot of buildings and facilities within local buildings that are not wheelchair accessible. This was originally brought to light a couple years ago by Brian Liberatore who surveyed the entire downtown and submitted his findings to Town Council.

MP's monthly report

..... continued from Page 26
by utilizing conservation and alternative energy, reduce the total volume of gas that Canadians consume. To do this we need a National Energy Strategy that lays out where Canada uses natural gas, and provides a response to conservation, targeted technologies and innovative industry solutions. Sensible renewable energy ideas focused at the natural gas industry such as solar water heating, geo thermal and air based heat pumps, biomass utilization (especially wood pellets), wind power (linked to hydro reservoir storage), are all viable and all can be economically positive for consumers and the economy. A made in Canada plan that focuses on our consumers, positions our industries competitively and builds a stronger country that actually reduces greenhouse gas emissions and lives up to its international commitments is possible.

We need to put something aside for future generations. We have that responsibility.

"The ultimate goal is to say this is an accessible community for everyone," Carlson says.

One may argue that point saying that on the surface the Town has ramps at the end of each downtown sidewalk and there are a lot of ramps leading into local buildings, however, negotiating some of those ramps are just downright dangerous. The paving blocks that make up the downtown sidewalks are pretty, but the sand below them shifts with time making some of the sidewalks a pretty rough ride and the odd ramp into a crosswalk a speed bump hazard.

Then there's the ramps into public buildings. Aside from being pretty steep at more than one location, they do the job they were meant to do. Automatic doors are helpful in other locations but counter tops designed for people standing upright become a problem.

Calling Accessibility Awareness Day a 'small step' Carlson says it was important for Town Council members to be part of the process.

"They got to see it from a different perspective and I've been impressed with their response to this."

What were Carlson and Quick hoping to achieve?

"This is an awareness raising activity," Carlson says.

"Businesses will now be a little more aware of where they are falling short and where they are meeting accessibility requirements."

Each participant carried a questionnaire on their route which asked for comments ranging from whether or not there was accessible parking nearby and level entry with easy to open doors to whether or not the facility was 'wheelchair friendly' for shopping and was there a customer washroom available that was wheelchair accessible.

All data will be put into a final report to be presented to Town Council at a future date.

You may ask yourself why put able-bodied members of Town Council in wheelchairs and send them on a field trip around town.

Carlson says it was a simple decision.

"They are the political voice of the community. They are our elected officials and they create the bylaws."

Accessibility Awareness Day was built on three very simple points. First, 'Get to the building.' Second, 'Get into the building' and Third, 'Be able to move around inside the building.'

Town Hall, for example, has automatic doors and a sidewalk that rolls right up to the main door, which makes entry quite easy. The foyer can be crowded, but for a single wheelchair it's simple to use and access to staff is also good. The public washroom located there is a whole different story. Not only is it hard to get into with a wheelchair, but also the stall is virtually impossible to use.

There are other locations downtown that would increase accessibility to their front doors with changes to outdoor sidewalks similar to what has been done outside the Legion building.

Then there's other facilities downtown that would require a serious upgrading which would be costly.

And although the downtown core is not exactly 100 percent wheelchair accessible, local residents continue to show their character by offering to help with everything from opening a door to stopping at an intersection to let a wheelchair user use the crosswalk.

So there is a form of awareness present.

Carlson and Quick hope the exercise of Accessibility Awareness Day builds on that and makes Princeton easier for them to move around in along with others in wheelchairs, those who use walkers and the elderly.

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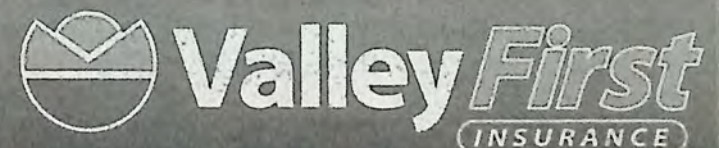


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