



Carol Skinner, left, is presented with a Certificate of Commendation for bravery by Mayor Randy McLean at the June 18th regular meeting of Town Council. Photo: Dawn Johnson

Seniors, Legion plan wheelchair access

The accessibility day organized by Laurie Quick and Ken Carlson opened Town Council's eyes, and the eyes of a few other people.

Councillor Ray Jarvis reported to Council on June 18 that the Senior Citizens organization in Princeton is looking into the cost of automatic doors. They are considering both the push button and "magic eye" doors, and hope to have the doors installed this fall.

Councillor Maria Sadegur said the

Legion is looking at the cost of improving the washrooms for accessibility. The cost may go as high as \$20,000.

Community Services Director Lyle Thomas is applying to the provincial government for funding under an accessibility grant program for upgrading facilities.

In other accessibility news, Princeton's branch of the CIBC just completed installing automatic doors at its downtown location.

Local woman receives award for courage

On August 19, 2006, Carol Skinner was driving on the Connector when "something caught my eye". She slowed and

became aware that an accident may have occurred just before she arrived. Another vehicle stopped and they went to investigate.

Skinner noticed smoke.

She saw a vehicle over the bank. She and others went down to the vehicle, which had begun to burn.

She and others broke windows and pulled three people from the burning vehicle.

Two survived, and Skinner helped

them up the bank away from the burning car. Skinner administered first aid and gave the survivors comfort until an ambulance arrived.

The RCMP report stated, "Many thanks to the multitude of passers-by who risked their own safety in assisting the victims in this tragic event. The survival of the two remaining passengers are solely due to the many 'Good Samaritans' courageous and selfless actions."

At the June 18 Town Council meeting, Mayor Randy McLean formally presented Skinner with the Certificate of Commendation for bravery on behalf of Governor General Michaele Jean.

In his comments, Mayor McLean noted that all three of the people in the care were just 19 years old, and Skinner had helped ensure that two of them could live out their years.

Carol Skinner told the News Leader she did not think she was being brave when she helped rescue the people. She felt she was just doing what was needed.

Others who assisted at the scene were Garry Azcona, Michael Beetlestone, Steve Berry, Barry Hirtz, Benjamin Lazarus, Trevor Paquette and Alan Stebbing.

Council makes many decisions

Council opposes single business licence

A proposal by the provincial government to have business licences under provincial control ran into opposition from Town Council at the June 18 meeting.

Councillor Maria Sadegur stated she had heard an opinion at a meeting of regional municipalities when the proposal was outlined, and the majority of municipalities were opposed.

The effect of the single business licence would be to have the provincial government issue all business licences, not only reaping the fees for this service, but taking control out of the hands of municipalities regarding which businesses could operate within municipal boundaries.

"This is a road I'm not interested in going down," Mayor Randy McLean stated.

Council passed a motion that was introduced opposing support for the concept.

Council okays street closure

Town Council voted June 18 to grant a request to Overwaitea Foods to close a portion of Bridge Street on July 7 from 10:00 AM to 3:00 PM. This will give space to the Overwaitea and A&W Show 'n' Shine. Bridge Street will be closed between Kenley Avenue and

Harold Avenue, a distance of three blocks. Barricades will be put in place during the show and vehicles will be detoured.

Businesses in the three blocks have indicated no opposition to the event.

The proceeds of the event will go to Princeton General Hospital and the proceeds of hot dog sales will go to Childrens Hospital.

Trails group has okay for park

Vermilion Trails Society has received permission from the government to go ahead with a plan to make a park on a strip of land along the trail. This park area extends from the bridge on Highway 3 to the bridge on Highway 5A, where the Tulameen and Similkameen Rivers meet. Several groups have expressed an interest in the past in clearing the area for picnicking and relaxation.

Council advocates better home support

Seniors Week was June 3 to 9. At the June 18 Town Council meeting, a letter was received from BC Health Coalition asking Council to support a resolution advocating better home support for seniors.

Information sent with the resolution shows the number of clients receiving home support has declined since 1994, despite the growing number of seniors. The

decline in support occurred just as hospital stays were shortened. BC is 24 percent below the national average for home support.

The information gave two examples of eldercare in Europe. Sweden charges user fees for home support. Denmark does not and offers a wide range of home services. Yet eldercare costs are lower in Denmark.

In BC, one of the problems is the focus now on people with greater needs. The system provides less and less daily living services such as meal preparation, shopping, housekeeping and social contact. Service is now concentrated on medical needs.

Town Council gave full support to the recommendations of the resolution.

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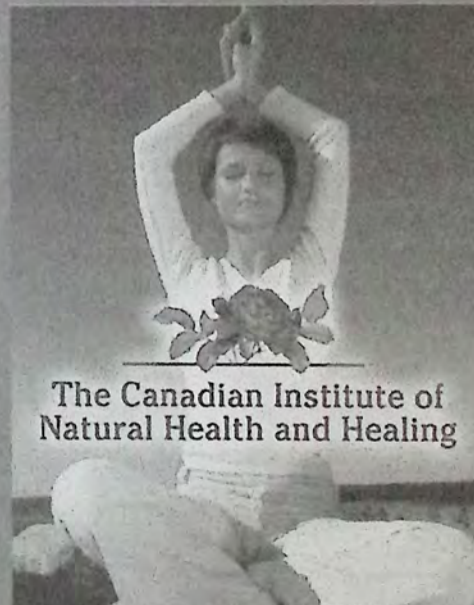
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TRAVEL

Victoria blossoms with lush gardens and city parks

Every February, when most of Canada is still blanketed in snow, Victorians count their blossoms. The Victoria annual Flower Count (which typically tallies over a billion blooms) is then broadcast to radio stations across the country. It demonstrates, among other things, that people here are mad about their gardens.

And with good reason. The balmy city is rife with horticultural gems, both private and public, classic and experimental, and many of the best welcome visitors.

These include the Abkhazi Gardens, a marvel of west coast design created by an expat royal couple; Finnerty Gardens, a wonderland of rhododendrons at the University of Victoria; and Hatley Park Gardens, a National Historic Site and Canada's only intact Edwardian garden.

A good place to start is Beacon Hill Park. Home to, among other things, a century-old cricket pitch and Mile Zero of the Trans Canada Highway, Victoria's oldest municipal park boasts

gardens that bloom year-round (May – October promises gardens in full bloom).

Nearby is Government House, the official residence of BC's Lieutenant Governor. Visitors can wander through herb, sunken, rose and English country gardens, and explore an area devoted to British Columbia native plants.

Just north of downtown Victoria, en route to Butchart Gardens, is Glendale Gardens and Woodland, part of the Horticulture Centre of the Pacific and a good place to learn about landscaping techniques suitable for the west coast.

And one cannot forget Butchart Gardens: 55 acres (22 hectares) of themed gardens, 30 minutes north of Victoria. Originally a private estate, this century-old garden is home to 700 varieties of bedding plants in Japanese, Italian, rose, and sunken gardens.

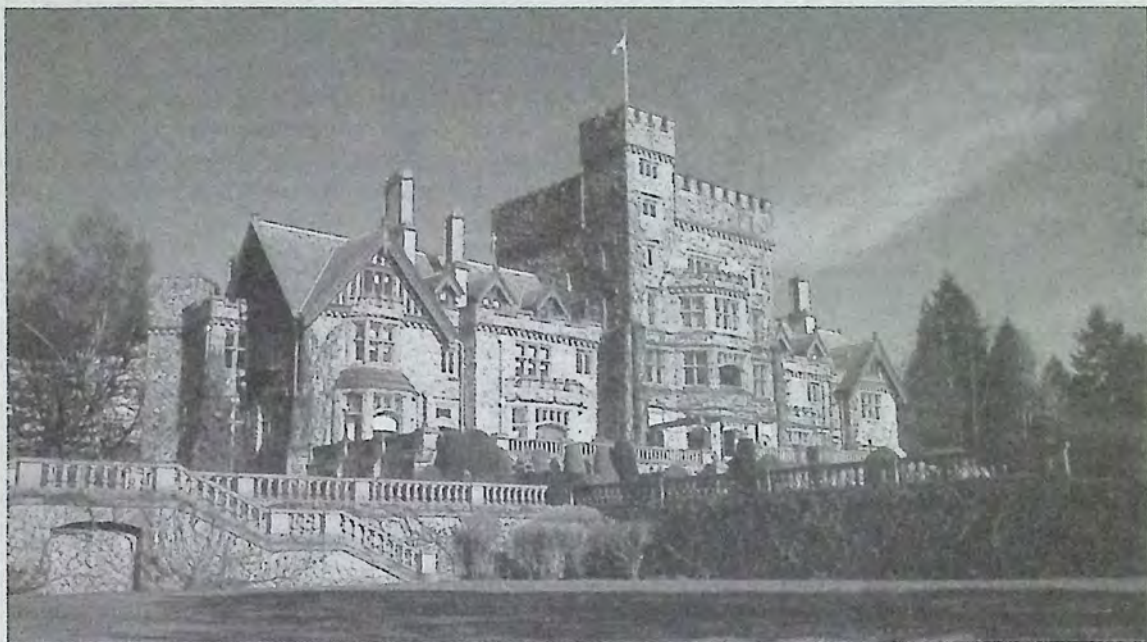
Visiting on a summer's evening, when the site is illuminated with thousands of tiny lights, or catching a fireworks show on a summer Saturday

night, is a great way to wind up a garden tour of the capital.

To learn more about parks and gar-

dens in Victoria 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/victoriaparks.



Hatley Castle

Tourism British Columbia

Victoria's history re-visited

Victoria's Inner Harbour, home to such architectural marvels as the copper-domed Parliament Buildings and the ivy-draped Empress Hotel, still looks, in many ways, like an outpost of the British Empire.

Victoria's British roots do run deep, but there's a lot more to the capital's history than her colonial past.

Thousands of years more, in fact. The best place to see this is at the Royal British Columbia Museum, where exhibits scan several millennia of British Columbia history, from the last ice age to modern-day climate change.

Next to the museum is Thunderbird Park, home to several replica totems and a Kwakwaka'wakw bighouse still used for ceremonial purposes. Here one can also find Helmcken House, the oldest house in BC still on its original site, and St. Ann's Schoolhouse, one of BC's oldest schools.

Bastion Square, north of the Inner Harbour, is the site of the original Fort Victoria. It's now home to the Maritime Museum of BC.

A few blocks north is the oldest and most historically intact Chinatown in Canada; it dates to the 1859 Cariboo Gold Rush,

when Chinese immigrants comprised half of Victoria's population. From Chinatown, travellers can hop a foot passenger ferry to Point Ellice House, a seaside Victorian home with beautiful gardens and a massive collection of Victorian furnishings.

West of town, on the road to Sooke, is Craigflower Manor and its neighbouring schoolhouse, home to the oldest surviving school building in Western Canada. Nearby, at Fort Rodd Hill and Fisgard Lighthouse National Historic Site, one can see a coast artillery fort dating back to the late 1890s and the oldest permanent lighthouse on Canada's west coast.

Next door is Hatley Park National Historic Site of Canada, home to Hatley Castle, the 1908 estate of coal baron James Dunsmuir and now part of the Royal Roads University campus. The castle's landscaped grounds, fittingly, include Canada's only intact Edwardian garden.

To learn more about historic sites in Victoria 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/victoriahistoricsites.



Fisgard Lighthouse

Tourism BC/JF Bergeron

Victoria - Festivals & Events

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RDOS appoints emergency coordinators

The Regional District Okanagan-Similkameen recently appointed Volunteer Local Area Emergency Coordinators for Electoral Areas B and G (Lower Similkameen).

"The Regional emergency program provides 24/7 coverage to 11,000 square kilometers. The program is a team effort and is stronger for its many dedicated volunteers," says RDOS Board Chair Dan Ashton.

"The role of the local area emergency coordinator is to provide local knowledge from the areas potential hazards to available resources during an emergency."

A local coordinator will assist in setting up planning meetings with emergency stakeholders in the community.

"Most importantly, the RDOS must have eyes and ears on the ground when widespread events are taking place simultaneously

such as flooding or fires," Ashton points out.

The volunteer local area emergency coordinator role will be a shared responsibility between Cheryl Hendsbee and Shari Miller.

"Both are very dedicated and enthusiastic members of the Keremeos Emergency Social Services team that provides service throughout the Similkameen Valley."

McLaughlin explains migrant survey

At the June 4th regular meeting of Keremeos Village Council, Similkameen Valley EDO Michael McLaughlin discussed one of the findings to come out of the last census.

"During the last census period the population of the Similkameen Valley increased by 7.5%, almost double the rate of growth in the South Okanagan, Area G led the rate of growth. Keremeos was the second fastest growing municipality."

McLaughlin says development

in rural BC communities is being driven by the movement of people and says the type of migrant to rural communities has been dubbed an amenity migrant, which is different in comparison to economic migrants.

"Economic migrants move to jobs. Amenity migrants select where they will relocate based on natural and social amenities: conserved landscapes, clean air and water, available outdoor recreation, safer, less stressful communities."

The EDO claims amenity migrants bring and create jobs wherever they go and are often affluent and invest highly in homes and businesses.

"Studies show they are regularly followed by increased investment in resorts, golf courses and other recreation related infrastructure."

The economic impact from amenity migrants can be beneficial or detrimental.

In many cases, McLaughlin says, a rapid influx of amenity migrants has led to economic and social stress where communities are

changed, urbanized and the original residents find it difficult to recognize their own community after a while or afford to continue to live there.

"The migrants may also promote urban sprawl and lead to a degradation of the natural amenities that brought them. Sometimes they move to greener pastures and start the cycle over again."

McLaughlin says a amenity migrant survey, funded by the Real Estate Foundation of BC, Parks Canada and the Canadian Parks and Wilderness Society will try to identify what is happening now with respect to amenity migration and its impact on the economy, social quality and environment of the Similkameen and possibly provide information that can be used by local governments to manage the trend so that it benefits all area communities.

"The Similkameen Valley is in the enviable position of still being able to preserve its quality of life and benefit from this new industry called amenity migration," he told Keremeos Council.

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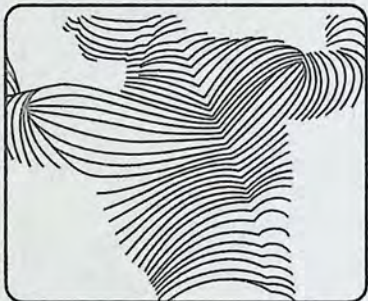
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Heart-y Foods: How to eat your way to good heart health

(NC) - With obesity on the rise in North America, the incidence of coronary heart disease (CHD) is becoming a greater concern. While we often hear about what foods we should avoid for heart health, we don't hear as much about what we should eat to keep our tickers in top shape.

The good news is that many Canadians are now choosing some healthier foods to snack on. In fact, according to a snack survey by The NPD Group, fresh fruit was the number one snack in 2005 and yogurt replaced chips in the number three spot. Below are some vitamin tips for your heart to get pumped about and to help you make heart healthier choices:

Vitamin B6

The Heart and Stroke Foundation of Canada recommends a diet rich in B vitamins, because they help to regulate levels of an amino acid that may damage the lining of the artery

walls, which can lead to the buildup of plaque and increase the risk of heart attack or stroke. Vitamin B6 is found in organ meat, fish, eggs, beans and bananas.

Lycopene

Lycopene, found most-commonly in tomato-based foods, is an antioxidant linked to heart health in numerous studies. While cooking most veggies can deplete nutrients to a certain degree, cooking tomatoes makes lycopene more available to be absorbed by the body. For instance, tomato paste contains four times as much 'bioavailable' lycopene as raw tomatoes. Lycopene is also found in rosehips, watermelon, papaya and pink grapefruit.

Folate

Research shows that the intake of folate and vitamin B6 may be important in the primary prevention of coronary heart disease among women. Dietary and supplemental

folate can reduce homocysteine levels, a harmful amino acid. Studies have shown that too much homocysteine in the blood is related to a higher risk of coronary heart disease.

Vitamin E

Modest amounts of vitamin E could result in a 40% reduction in the incidence of CHD. Vitamin E also plays a role in reducing the risk of a second heart attack in CHD patients. Vegetable and seed oils, nuts and wheat germ are good sources of vitamin E.

Reducing the risk of heart disease should start with good nutrition. Following a diet rich in fruit and vegetables and low in fat, as well as taking a daily multivitamin supplement, such as Centrum Advantage, are good ways to make sure your body is getting the nutrients it needs. More tips on healthy eating are available online at www.centrum.ca.

- News Canada

Top 5 ways to stick to your diet

(NC) - If you're feeling down because your weight-loss goal seems too far away, here are some handy motivators to try out. They work by encouraging you to celebrate the small victories - by doing something nice for yourself right now.

Celebrate with your diet buddy

You help each other get through the tough times, so why not mark your victories with a weekly treat? Go shopping or out for lunch. Remember that ordering an appetiz-

er size will help you manage the larger portion sizes found in some restaurants.

Add a dash of panache to your workout

Treat yourself to a cute workout top. Looking the part and having the right gear will help keep you moving.

Mix it up a little

Boredom kills many a diet, so vary the foods you eat. Check out the Slim-Fast Optima recipe library (www.slimfast.ca/eat) and pick three new dishes to try this week.

Learn to love yourself

Turn negative self-talk into a positive attitude - acknowledge your good features, dress in your 'feel good' outfits every day.

Connect with others

People who have the support of others are more successful in reaching their weight-loss goals. So be sure to find fellow dieters and share your experiences.

Make a plan

Watching the amount you eat, rather than giving up any particular food or food group, is the best way to manage your weight.

- News Canada

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living past 100

Stop jock itch this summer

Living well is what makes living worthwhile, and a man suffering from jock itch is a man who is not enjoying life. Jock itch is a common complaint caused by a fungus that grows on hair, skin or nails, and thrives on the dead cells of these areas. Most of the time, this fungus is not a problem, but given moist, warm conditions, such as we have in summer, the fungus goes into overdrive, causing jock itch, which looks like an infection.

Known as groin ringworm, this fungus spreads in a ring as it grows, and may spread to the inner thighs and anal area, but not likely to the penis or scrotum. Wherever it spreads, it will itch and cause misery.

Prevent jock itch by keeping the groin area clean and dry. Always use a clean towel. If you use a gym, take your clean towels from home and do not use towels from the gym. Underwear should be changed often, especially after sweating. Stick to 100 percent cotton underwear (or at least 65 percent cotton) and change at least daily.

Avoid sitting in a wet swim suit. Shower, rinse all soap off your skin (the fungus likes soap), and put on clean underwear.

Keep your weight down.

Do not wear tight clothing.

Wash exercise clothing after each use. Wash towels, underwear and sheets in hot water.

Treatments include use of antifungal powder (talk to your pharmacist) and tea tree oil, aloe vera gel and calendula cream are helpful. You can wash the affected area with a solution of one measuring cup of apple cider vinegar diluted in one litre of warm water.

If the fungus is persistent, talk to your pharmacist or physician.

Prevention is always better than the cure and jock itch is no exception. Men who keep themselves, their clothing, their towels and their bedding very clean are not likely to suffer from jock itch.

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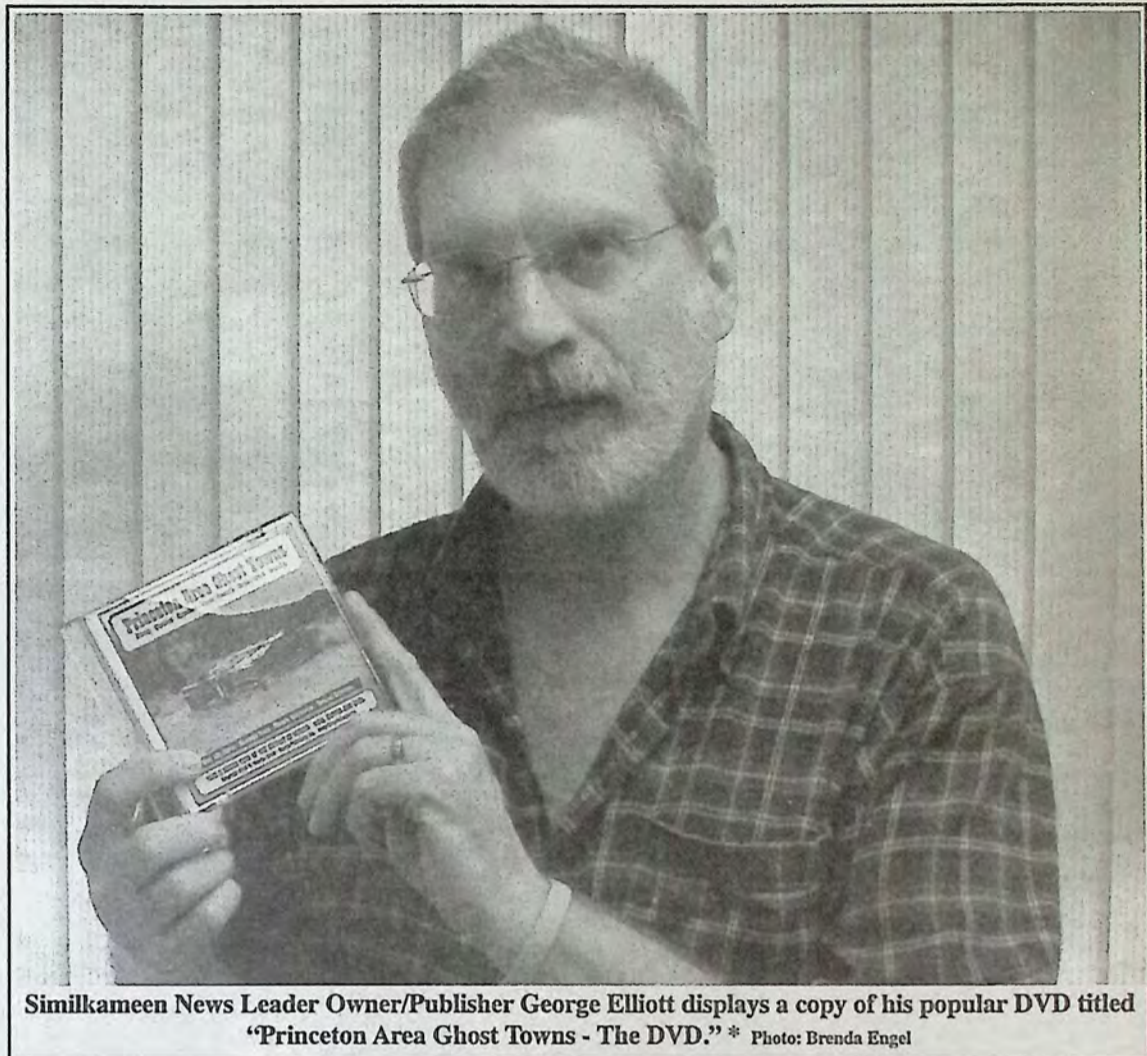
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Similkameen News Leader Owner/Publisher George Elliott displays a copy of his popular DVD titled "Princeton Area Ghost Towns - The DVD." * Photo: Brenda Engel

Ghost town DVD reaches milestone

Similkameen News Leader Owner/Publisher George Elliott couldn't be happier with the response to his first DVD project, 'Princeton Area Ghost Towns - The DVD.'

The DVD turns one year old this week and last week the 200th copy was sold through the News Leader's downtown office.

"I originally thought that if it sold

an average of one a week I'd be happy. I never expected it to be such a popular item that we'd be selling copies all year - even in the non-tourist season."

The hour-long DVD features detailed history on six area ghost towns, Allenby, Blackfoot, Blakeburn, Copper Mountain, Granite Creek and Leadville.

Included in the DVD is detailed directions to the three ghost towns that can still be reached by vehicle as well as narrated slide shows of some of the remains in Allenby, Blakeburn and Granite Creek.

"The majority of them have been

purchased by tourists, which we expected with a lot of sales coming through our website at www.the-newsleader.ca," Elliott says.

The idea for the DVD came from an information booklet Elliott first published in 1998 titled 'Princeton Area Ghost Towns' which ended up being the best seller of the nine titles he published in a five-year span.

"I was concerned at first that I may have gone back to the well one too many times, but it worked."

The DVD sells for \$19.99, plus \$2.00 for shipping anywhere in Canada. The price includes GST.

How would you like to win \$1,000?

Princeton Rotary Club members will be selling their annual Similkameen Cup Sweepstakes tickets in town this week.

The traditional fundraiser revolves around the Similkameen Cup feature horse race at Sunflower Downs on Friday afternoon.

A total of one thousand tickets have been printed. They cost five dollars each and this is how the prizes are won: if there are eight horses entered in that race a total of eight tickets will be drawn. If there are nine horses entered, nine tickets will be drawn.

Each ticket will be assigned to correspond with each horse in the race. For example, if your ticket is

assigned to the number 3 horse and that horse wins the Similkameen Cup race, you win \$1,000.

There are other cash prizes as well.

The ticket holder whose horse finishes in second place will receive \$300 and the third place horse will earn the Rotary Similkameen Cup Sweepstakes ticket holder for that horse \$200. The remaining tickets drawn for that race will be worth \$100 each.

The Rotary Club will stand to earn close to \$3,000 from this fundraiser with all the proceeds going into a variety of local community projects the club is involved in.

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Princeton Performing Arts Society Co-Chair Sue Turner, left, accepts a \$1,000.00 cheque from Rotary Club President Lawrence Stoochnoff. The presentation was made at last week's Rotary Luncheon meeting at Copper Mountain Bar & Grill. The Society used the contribution to cover some of the production costs associated with their first play 'The Mousetrap.' *

Growers work on building their community

Hedley Organic Gardeners are pleased to announce that plans are underway to create the first organic community garden in our town. The group will work to convert lands currently used for long term vehicle storage into places which will help to supply the townsfolk of Hedley with organic food crops and green spaces.

These gardens will also be an area for community activities including teaching, seed and food trading and demonstrating organic gardening techniques. An emphasis on the area's existing indigenous food

crops will give locals the opportunity to identify and cultivate edible species from the wild with an understanding of the ethical and environmental considerations of seed collection and plant propagation.

Landslides from the hills directly surrounding Hedley mean that numerous sites are deemed crown lots unsuitable for building; as a consequence many neighbours adjoining these lots use them for surplus vehicle and scrap storage areas.

Hedley Organic Gardeners envi-

sion these lands as becoming vital areas of foodcrop production with space available for all residents who are willing to garden without pesticides, herbicides and chemical fertilizers.

As discussions with Aboriginal community members about these gardens have highlighted the fact that provincially designated Crown Lands are areas which are still contested in land claims, Hedley Organic Gardeners have asked permission and support of the Upper Similkameen Indian Band to develop this project.

It is hoped that the cumulative experience of both indigenous and non-native residents will create a space dedicated to sharing knowledge which will bridge differences and bring us all a greater appreciation of the land.

- submitted

Council argues minimum wage hike

Councillor Pam Jones brought forward a resolution by the City of New Westminster to petition the provincial government to increase the minimum wage to \$10 per hour and eliminate the \$6 per hour "training" wage. She introduced a motion at the June 18 Town Council meeting to support the resolution.

Councillor Maria Sadegur supported the motion.

Councillor Jones noted that even MLAs saw the need for increased wages, and she said there should be an increase for "people at the bottom".

Councillor Jim Manion said there are a lot of businesses at the bottom, too, and whereas the increase would be good for many people, it would hurt others.

He went on to add, "I don't think I was put in this chair to decide wages. I don't think it's our responsibility."

Councillor Jones stated it was a responsibility to the people of Princeton, but Councillor Manion replied it is a provincial matter, not

a municipal responsibility.

Mayor Randy McLean was not in favour of increasing the minimum wage but said he would support getting rid of the \$6 per hour training wage.

He based his objection of "starting to control free enterprise".

Councillor Jones continued to argue in favour of the increase, saying there had been no increase in six years.

Her motion was defeated.

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LET'S TALK!

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Managing Your Workload

Do The Next Important Thing

Face it: You'll never catch up, so set yourself some priorities. Most of us have more work than we can handle. So the only way to survive is to:

Acknowledge you can't do it all - The idea that you will eventually catch up is a myth. That's impossible. You have more work than you can reasonably be expected to complete and it's not static, growing even as you read and e-mails slide in.

Accept the fact that some things won't get done - Given that reality, you must make peace with the fact that you must leave some things undone.

Adopt the triangle principle - On the battlefield, medics apply triage to sort through the victims and decide where to place priority. They ignore patients who will survive without medical attention and those who won't survive even with medical attention, and instead focus on those that will only survive with medical care. Similarly, you must know which things you can safely ignore and which demand your intervention.

Categorize your tasks by priority - All tasks are not equal. And you can't decide which to tackle in the hurry-burry of the moment.

Apply the priority system developed by author Stephen Covey:
A - urgent and important; B - important but not urgent; C - urgent but not important; D - not urgent or important. Focus at the start of the day on your A tasks, and then if those are completed move to the B's and then to the C's.

Practice 'intentional neglect' - Many people are late in meeting deadlines or forget to do something out of unintentional neglect. Instead, pick what you will neglect: T D tasks.

Do the next important thing next - Start your day on the most important task and continue to tackle these tasks by order of importance.

The bottom line is that you must learn to say 'no' to the unimportant tasks, so you can say 'yes' to the important tasks and actually get them done.

Accountant & Business Advisor

RANDY CLARK

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Centennial Pool, Memorial Park



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Similkameen News Leader Clip 'n' Save

CALENDAR OF EVENTS

Friday, June 29

Sounds of Our Heritage Music Festival
(Two Stages - Cenotaph Park/Museum Lawn)

3:00 PM - Horse Racing - Sunflower Downs
Rotary Club Similkameen Cup Sweepstakes

Saturday, June 30

9:30 AM - Lions Club Pancake Breakfast/Duck Race
(Rotary Park on Lime Street)

Sounds of Our Heritage Music Festival
(Two Stages - Cenotaph Park/Museum Lawn)

Mixed Golf Tournament, Princeton Golf Club
(Just off Highway 3, East of Princeton)

Mens Fastball Tournament

BEVERAGE GARDEN - CONCESSION - 50/50 - RAFFLES
(Memorial Park, Princeton)

10:00 AM - 6:00 PM - Vermilion Artists Art Show
(Former Goldion Restaurant, Vermillion Avenue)

10:00 AM - 5:00 PM Nathan Pinsent Art Show/Sale
(Shirley's Arts & Crafts, Vermillion Avenue)

12 Noon - Rotary Club Racing Days Parade
(Starts on Vermillion, runs up Bridge Street to Arena)

1:00 PM - Youth Ambassador Coronation
(Riverside Centre)

8:00 PM - Youth Ambassador Under 19 Dance
(Riverside Centre)

8:00 PM - Racing Days Adult Dance
FEATURING FRAME 313 AND THE BLACKBIRDS
(Princeton Arena)

Sunday, July 1

10:00 AM - 6:00 PM - Vermilion Artists Art Show
(Former Goldion Restaurant, Vermillion Avenue)

Sounds of Our Heritage Music Festival
(Two Stages - Cenotaph Park/Museum Lawn)

Mixed Golf Tournament, Princeton Golf Club
(Just off Highway 3, East of Princeton)

Mens Fastball Tournament

BEVERAGE GARDEN - CONCESSION - 50/50 - RAFFLES
(Memorial Park, Princeton) - **FINALS ON JULY 2**

12 Noon - Canada Day Celebration
FACE PAINTING - REFRESHMENTS - CAKE
(Cenotaph Park, Downtown Princeton)

1:00 PM - Canada Day Cake - Pharmasave

2:00 - 4:00 PM FREE Public Swim
(Centennial Pool, Memorial Park)

Keremeos - Hedley Sunday, July 1

Canada Day Celebrations - Keremeos

ALL DAY EVENT FEATURING:
MUSIC, CHILDRENS GAMES, BIRTHDAY CAKE
(Memorial Park, Downtown Keremeos)

Canada Day Celebrations - Hedley

12 Noon - Hedley Museum Fundraising Concert

FEATURING: Kettle Valley Brakemen
(Heritage Museum Park, Hedley)

FOLLOWED BY A BARBEQUE

weekly entertainment guide

TUESDAY, JUNE 26, 2007 THROUGH MONDAY, JULY 2, 2007



Cooks Raiders celebrate earning a trip to the Finals. Photo Submitted by Crystal Larsen

Cooks Raiders go to Finals

The mighty, mighty Cooks Raiders have earned their way to the Bantam 'C' Fastball Provincials. Early in the season the girls decided that they wanted to play ball for fun but they also decided that with hard work and a commitment to learn more about the game, they could attain the realistic goal of winning District playdowns.

The Districts were held in Vernon last weekend and the girls played like a cohesive unit each game. They faced a first year Vernon squad in their Saturday morning game and it was evident in the first inning that their opponents lacked skill but not spirit. Their coach conceded early in the game.

The afternoon game was another mercy game 12-4 over Westside. Base running speed of Taniel Bishop kept the other team and fans in awe.

Alyssa Larsen was busy in the field and did a great job covering all the throws to first. However, the evening contest against the 2nd year Vernon team turned out to be a challenge; made even more frustrating with the constant rain. The Raiders jumped out to the early lead and found themselves tied 3-3 after 6 innings. The experienced Vernon team scored two tough runs...one on an umpire's incorrect ruling to put the pressure on Princeton to score 3 to win. Rachele Cromarty snuck on base with a pass ball then made her way around the bases to score. Dez Bruneau and Milen Wilkinson each hit singles to add to the tension and excitement. Dez scored but the Vernon team took Milen at home

and left Kiel Liberatore to advance to first base. Kiel stole around to 3rd and snuck in on Ashlee Cathro's pass ball to end the game.

The parents from both teams couldn't think of when they last saw a more exciting game of fast-ball.

Sunday morning the Raiders faced off against the Kelowna Temptations in which they knew would be the start of a long day of ball. This Kelowna team was closely matched in skill but Princeton got runs from all parts of their line-up and won the game 6-3. This gave Princeton the opportunity to rest and scout out the only other undefeated team, a different Kelowna team.

When the semi-finals started the Cooks Raiders were matched up against the tough Vernon team that they barely beat in the rain the night before. After two scoreless innings, the girls knew that they had to work harder than ever. Dez, Milen and Kiel started the 4th inning with solid hits and got the scoreboard moving in Princeton's favour.

Vernon kept hitting and pulled within one run in the 7th inning and Princeton won the game 7-6 without their last bats.

That close victory put Princeton in the finals against the also undefeated top Kelowna team. The Raiders found themselves down 4-0 after the 1st inning but battled back with 6 runs in their next turn at the plate. Kelcy Banks, Maria Shenton and Crystal Manion were kept busy in the field while Katie Liberatore and Rachele Cromarty had lots of action in the middle of

the infield. After Brittani Clifton struck out the first batter of the 6th inning, Coach Denise Cook called time out.

She told the girls that they were 2 outs away from going to provincials by mercying Kelowna if they prevented them from scoring any runs. The girls were pumped. Brittani pitched faster than she did all weekend and got another strike-out. Soon the girls were faced with runners on 1st and 3rd. Catcher Kiel Liberatore signalled Britts to throw an outside pitch so Kiel could fire the base runner out who would be stealing from 1st base.

In a risky move, known only to Kiel and Brittani, the pitch was outside and the ball was rifled down to 2nd base with the echo of Coach Cook yelling "NO!!!" in the background.

Liberatore has an arm like a cannon and the throw was on the mark. Rachele Cromarty tagged the unsuspecting runner while the ump bellowed, "OUT!"

The Princeton girls, parents and grandparents went wild with cheers, hugs and tears. Presentations were made and Brittani Clifton was named as the team's MVP. Half of the players batted between .350 and .650 for the entire weekend!

The girls worked so hard to achieve this goal and their dedication and focus earned them a place in the provincials on July 6, 7 & 8 in Port Coquitlam. They are busy planning some fundraising activities so do NOT wash your car until they organize their carwash in the near future!

- submitted by Sharleen Anderson

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Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



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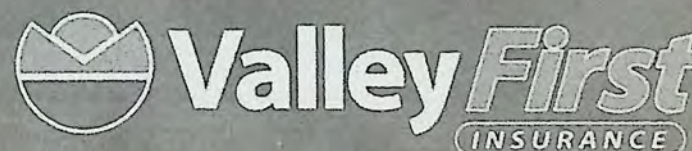


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Taylor Schneider of Hedley earned a 4.0-second time in Breakaway Roping with this run during last month's Keremeos Elks Rodeo. The grade 8 student was named girl's All-Around Champion by the BC Junior High School Rodeo Association this month and will compete in the Finals next month. *

Schneider has incredible season

You may have heard the name Taylor Schneider before.

If you haven't chances are you won't forget it after reading this.

The 8th grade student is having an amazing season in the High School Rodeo circuit.

Schneider was recently named the Pole Bending Champion at the BC Provincial Junior High School Finals Rodeo held June 14-16 in Kamloops.

The BC Junior High School Rodeo Association also recently named her girl's All-Around Champion for the year. To earn this honour, Schneider accumulated more points in two or more events than any other female BC Junior High School Rodeo members for the 2006-07 rodeo season, which

ended with the Finals held in Kamloops.

Schneider finished the Finals with a First in Pole Bending and Breakaway Roping and second place finishes in Goat Tying and Ribbon Roping.

What's next on the schedule for Schneider?

She is off to compete with other members of the BC provincial Wrangler Junior High rodeo team in Gallup, New Mexico from July 2-7 to compete in the third annual Wrangler Junior High Finals Rodeo.

Schneider will compete in the Pole Bending, Goat Tying and Breakaway Roping events.

The New Mexico event will feature more than 900 contestants

from 44 states, provinces and Australia making the Wrangler Junior High Finals the world's largest junior high rodeo. In addition to competing for more than \$75,000 in prizes, WJHFR contestants will also be vying for more than \$50,000 in college scholarships and the chance to be named WJHFR National Champion.

The Saturday championship performance will be televised nationally as a part of the 20X Rodeo High telecast series and will be on RFD-TV July 4 and 11.

Schneider has participated this year in local rodeo events where she is listed as being from Hedley.

Her parent own and operate Dewdney Trail Self Storage in Princeton.



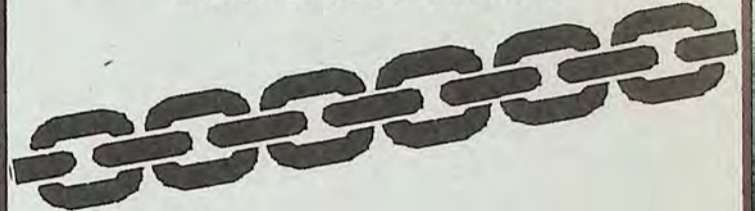
Kasey Attrill (Enderby) and Taylor Schneider during Team Roping at last month's Keremeos Elks Rodeo. *

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Horoscopes

June 27 - Jul 4, 2007

Aries - You may be emotionally unpredictable this weekend due to stress and unconscious reaction to situations. You may feel nobody cares about you. Of course, you are wrong!

Taurus - Women in your family may seem unpredictable or not very romantic, and may throw cold water on your weekend plans. Speak out, but keep your ego under control. Be gentle.

Gemini - You may worry about too many things this week. Talk about your money concerns. Things are better next week when you understand your good fortune. Take it easy!

Cancer - Money, travel and upsets are part of the picture for you, but don't let it get you down. Startling things happen. You can't control them, but you could say all the right things to help.

Leo - You may feel tired, discouraged this week due to too much on your mind. Pay attention to resources you share with others, double check for problems. Beware accidents.

Virgo - Partner's health problems are likely due to nerves. Try to reduce chaos, keep things level and pleasant. Romance and light-hearted approach work wonders and will bring rewards.

Libra - You need to actively assess matters like debt, mortgages, insurance, investments. Talk about career and try to make sensible plans. You have no room to spend money.

Scorpio - Partner can be contrary, especially when you talk about travel. Career matters may be boring or negative, and may involve sudden problems. Children may have problems.

Sagittarius - You have to work really hard this week so keep your energy high. Get plenty of rest, you will need it. Discuss matters of mutual concern with partner. Do not travel!

Capricorn - Somebody may send you a gift or you could win something this week. Partner and friends want to talk about a lot of things. Action centers around children, pets, relationships.

Aquarius - You may lose a good female friend this week either through death or the friend moves. There may be some disruption in home life. Double check for fire or other safety hazards around your home. Property is an issue now.

Pisces - You are really in the mood for fun this week, and you are full of good humour. On the job, you may feel bored, but it will not seem so bad if you keep steady work habits. Time flies.

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

- 6:00 am SPIKE (4) ★★½ "Blue Thunder" (1983, Action) Roy Scheider. A Los Angeles police pilot commandeers a helicopter equipped with snooping gadgets and trick weapons.
- 7:00 am WTBS (3) ★½ "Excess Baggage" (1997, Comedy-Drama) Alicia Silverstone. A thief ruins a young woman's attempt to get ransom from her wealthy father by faking her own kidnapping.
- 10:00 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.

EVENING

- 7:00 pm WTBS (3) ★★ "Charlie's Angels" (2000, Action) (PA) Cameron Diaz. Three private detectives try to rescue a kidnapped computer pro whose voice-ID software would threaten global security.
- 8:00 pm CBC (13) "Souvenir of Canada" (2005, Documentary) Sean Ballantyne. Douglas Coupland tells of his homeland Canada, discussing its flaws and unique beauty.
- 9:10 pm WTBS (3) ★★ "Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970.
- 10:06 pm CITY (29) ★★½ "Beloved" (1998, Historical Drama) Oprah Winfrey. Horrible secrets and supernatural forces come to light in the home of a former slave, her daughter and a companion.

friday movies

MORNING

- 7:00 am WTBS (3) ★★ "Charlie's Angels" (2000, Action) (PA) Cameron Diaz. Three private detectives try to rescue a kidnapped computer pro whose voice-ID software would threaten global security.

AFTERNOON

- 5:00 pm WTBS (3) ★★ "After the Sunset" (2004, Comedy-Drama) Pierce Brosnan. An FBI agent thinks a master thief and his girlfriend will try to steal a valuable diamond from a cruise ship.
- CITY (29) ★★½ "The Talented Mr. Ripley" (1999, Drama) Matt Damon. A young man travels to 1950s Italy and begins to assume the identity of a playboy he was hired to bring back to the United States.

EVENING

- 7:10 pm WTBS (3) ★★½ "Swordfish" (2001, Suspense) (PA) John Travolta. A spy working for the CIA forces a computer hacker, who was recently released from prison, to help steal unused government funds.
- 7:30 pm FAM (26) ★★ "Kazaam" (1996, Fantasy) Shaquille O'Neal. Freed from imprisonment in a portable stereo, an outsize, rapping

- genie grants a harassed urban youth three wishes.
- 8:00 pm KNOW (5) ★★ "The Grass Harp" (1995, Comedy-Drama) Piper Laurie. Based on Truman Capote's autobiographical novel about a youth's coming of age in the home of two spinster cousins.
- VTV (22) "Last Exit" (2006, Suspense) Kathleen Robertson. Road rage leads two Canadian mothers on an extended car chase. (In Stereo) (DVS)
- 9:03 pm FAM (26) ★★ "Miracle in Lane 2" (2000, Docudrama) Frankie Muniz. Determined to keep up with his athletic brother, a boy in a wheelchair tries to win a Soap Box Derby trophy.
- 9:15 pm WTBS (3) ★½ "Bait" (2000, Action) (PA) Jamie Foxx. A U.S. Treasury investigator uses an unsuspecting petty criminal as bait to catch a security hacker who stole \$40 million in gold bullion.
- 10:06 pm CITY (29) "Wicked Temptations" (2002, Adult) Sydnee Steele. Premiere. Professional rivalry only adds to a couple's intense sexual attraction.
- 10:32 pm FAM (26) "Lenny the Wonder Dog" (2004, Adventure) Sammy Kahn. An experimental microchip gives a canine the ability to converse with humans.

Similkameen News Leader Community Calendar

JUNE

- 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 #173)

Brought To You By: Similkameen News Leader

Watermelon Cupcakes

(NC) - These cupcakes are a great way to inspire kids to make their own healthier snacks. Older children will have fun cutting the watermelon with cookie cutters, while their younger siblings spread the creamy vanilla frosting and decorate their treat with their favourite sprinkles.

- 8 muffin cup liners
- 1 seedless watermelon cut into 3-inch (7.5 cm) thick slices
- 2 cups (500 mL) store-bought vanilla frosting
- sprinkles for garnish

Place the liners in an 8-cup muffin tin. Using a 3-inch (7.5 cm) round metal cookie cutter, cut 8 rounds from the slices of watermelon. Place one watermelon round in each liner. Place a dollop of frosting on each round. Decorate as desired with sprinkles.

Serves 8.

Source: www.watermelon.org.

- News Canada

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

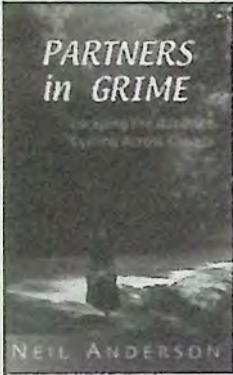
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THURSDAY, JUNE 28, 2007

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FRIDAY, JUNE 29, 2007

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saturday movies

MORNING

7:00 am SPIKE 44 ★★½ "Days of Thunder" (1990, Action) Tom Cruise. An upstart stock-car driver goes to the edge for his manager, his brain-surgeon girlfriend and himself.
8:00 am WTBS 3 ★★ "After the Sunset" (2004, Comedy-Drama) Pierce Brosnan. An FBI agent thinks a master thief and his girlfriend will try to steal a valuable diamond from a cruise ship.
10:15 am WTBS 3 ★★½ "The Bodyguard" (1992, Drama) Kevin Costner. An ex-Secret Service agent falls for his client, an actress/singer someone wants dead before the Academy Awards.

AFTERNOON

12:00 pm A&E 9 ★★½ "A Few Good Men" (1992, Drama) Tom Cruise. Navy lawyers defend two Marines accused of killing a private at the naval station at Guantanamo Bay, Cuba.
FAM 26 ★★ "No More Baths!" (1997) Garrett M. Brown. A boy and his friends help an elderly neighbor fend off an unscrupulous real-estate developer by refusing to bathe.
CITY 29 ★★ "Richie Rich" (1994, Comedy) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive.
1:20 pm WTBS 3 ★★ "John Q" (2002, Drama) (PA) Denzel Washington. A desperate man takes hostages at a hospital in order to force doctors to save his dying son.
1:31 pm FAM 26 ★★½ "Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation.
4:00 pm YTV 18 ★★ "Transformers: The Movie" (1986, Science Fiction) Voices of Michael Bell. Animated. Ultra Magnus and the Transformers fight

planet Unicron and the Decepticons in 2005.

5:00 pm CITY 29 "The Case of the Whitechapel Vampire" (2002, Mystery) Matt Frewer. Premiere. Sherlock Holmes and Dr. Watson investigate claims that a vampire is on a killing spree in London. (DVS)

EVENING

7:00 pm WTBS 3 ★★ "John Q" (2002, Drama) (PA) Denzel Washington. A desperate man takes hostages at a hospital in order to force doctors to save his dying son.
YTV 18 ★★ "Look Who's Talking Now" (1993, Comedy) John Travolta. Mikey and Julie each get dogs, while James fends off an over-friendly boss.
8:00 pm KSPS 6 ★★½ "Marty" (1955, Drama) Ernest Borgnine. A shy, mother-dominated Bronx butcher finds his soul mate in a lonely schoolteacher.
KREM 8 ★★½ "Jesse Stone: Night Passage" (2006, Crime Drama) Tom Selleck. A former Los Angeles lawman becomes the new police chief of a small fishing town that holds dirty secrets. (In Stereo)
KXLY 10 ★★ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. Premiere. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (In Stereo)
9:00 pm CHBC 4 "Lost Behind Bars" (2006, Suspense) Paget Brewster. While researching her latest book, an author learns a death-row inmate is innocent.
KNOW 5 "Inspector Morse: The Death of the Self" (1992, Mystery) John Thaw. Inspector Morse encounters an old adversary while investigating a woman's death at an Italian psychotherapy center.
FAM 26 "My Brother The Pig" (2000, Comedy) Scarlett Johansson. When a spell turns an 8-year-old boy

into swine his sister and best friend race to find the cure.
CITY 29 ★★½ "Dazed and Confused" (1993, Drama) Jason London. As the school year draws to an end, a group of aimless teenagers takes a younger classmate on its unruly rounds.

9:30 pm WTBS 3 ★★½ "The Thomas Crown Affair" (1999, Suspense) Pierce Brosnan. A billionaire looking for new challenges attracts the attention of an investigator when a priceless Monet is stolen.
10:00 pm CBC 13 ★★½ "Office Space" (1999, Comedy) Ron Livingston. A computer programmer's hypnosis-induced, lackadaisical attitude about work puts him on the corporate fast-track.
10:46 pm FAM 26 ★★½ "Wish Upon a Star" (1996, Comedy) Katherine Heigl. After a brainy tomboy's wish to trade places with her pretty, popular sister, it comes true.
11:00 pm CITY 29 ★★½ "Bringing Out the Dead" (1999, Drama) Nicolas Cage. After too many years on the job, an EMS paramedic begins an emotional descent during 56-hour tour.
11:30 pm WTBS 3 ★★½ "The Bodyguard" (1992, Drama) Kevin Costner. An ex-Secret Service agent falls for his client, an actress/singer someone wants dead before the Academy Awards.

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sunday movies

MORNING

7:00 am A&E 9 ★★½ "Street Thief" (2006, Crime Drama) Malik Bader. An amateur filmmaker follows a professional thief while he plans heists of a supermarket, a strip club and a cinema.
7:45 am WTBS 3 ★★½ "Murder at 1600" (1997, Suspense) (PA) Wesley Snipes. A homicide detective

and a Secret Service agent investigate a secretary's murder in the White House.

9:00 am A&E 9 ★★½ "A Few Good Men" (1992, Drama) Tom Cruise. Navy lawyers defend two Marines accused of killing a private at the naval station at Guantanamo Bay, Cuba.

11:00 am CITY 29 ★★½ "Air Bud" (1997, Comedy-Drama) Michael Jeter. Abandoned by a disagreeable clown, a golden retriever with a knack for basketball befriends a lonely boy. (DVS)

AFTERNOON

12:00 pm FAM 26 "Cow Belles" (2006, Comedy) Alyson Michalka. Forced to work for their wealthy father, two teenagers try to save his business when money goes missing.

1:30 pm FAM 26 ★ "Mr. Magoo" (1997, Comedy) Leslie Nielsen. Government agents and a beautiful thief pursue a myopic millionaire who unknowingly possesses a valuable gem.

2:00 pm WTBS 3 ★★ "Enough" (2002, Suspense) (PA) Jennifer Lopez. After running away falls, a terrified woman empowers herself in order to battle her abusive husband.

3:00 pm VTV 22 "Zeyda and the Hitman" (2004, Comedy) Judd

Hirsch. Denied access to his grandson, a man hires a gangster to kill his mouthy son-in-law. (In Stereo) (DVS)

4:00 pm WTBS 3 ★★½ "Titanic" (1997, Drama) (PA) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage.

YTV 18 ★★ "Beethoven" (1992, Comedy) Charles Grodin. Children talk their father into letting them keep a St. Bernard puppy, which grows to be a problem.

5:00 pm CITY 29 ★★½ "The Alamo" (2004, War) Dennis Quaid. Premiere. In 1836 Davy Crockett, Jim Bowie and more than 180 Texans hold off the Mexican army for 13 days during Sam Houston's revolution.

EVENING

8:00 pm WTBS 3 ★★½ "Titanic" (1997, Drama) (PA) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage.

9:00 pm FAM 26 ★★ "Blank Check" (1994, Comedy) Brian Bonsall. An 11-year-old cashes a crook's check for \$1 million and becomes the envy of his family.

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SATURDAY, JUNE 30, 2007

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SUNDAY, JULY 1, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11 PM) listing TV programs and their details.

MONDAY, JULY 2, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Dawson's Creek (E)	News (N) Room	Elliott Jakers	Body Elec. Caillou (E)	News (N) (E)	News (N) (E)	Crossing Jordan (E)	(5:00) News (E)	News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Monster	(5:00) Tennis: Wimbledon - Round of 16. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	News (E) Jeff	Las Vegas-Limits	Henrys King (E)	Rachael Ray (E)	Movie: "Game of Death" (1979) Bruce Lee.	Counterstrike (E)
7 AM	Movie: "Enough" (2002) (PA) Jennifer Lopez.	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today (N) (E)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)			Arthur (E)	Jane		Canada AM (E)	Greatest Gunfight	K. Possible (7-24)	CityLine (E)	(1979) Bruce Lee.	Night Heat (N) (E)
8 AM	Jennifer Lopez.	Collectors	Hi-5	Curious			American Justice			100 Huntley Street (E)	Curious	George S. Clifford			How-Made	Weekend	Star Trek: Voyager (E)	Movie: "The Enforcer" (1995) Jet Li, Anita Mui.	Due South (DVS)
9 AM	NewsRadio	Body & Judge	Magic Bus	Dragon			Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko	Flamingo	Regis and Kelly	Las Vegas-Limits	Feet	News (N) City		Ad Pers
10 AM	Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Tennis: Wimbledon - Men's and Women's Round of 16. (Same-day Tape)	The Price Is Right (E)	CSI: Miami (E)	The View (E)	World Vision	Design House		Soccer: FIFA U-20 World Cup - New Zealand vs. Portugal.	Flamingo	The View (E)	True Crime Scene (E)	Mickey Tigger	Movie: "Where the Money Is" (2000, Drama) (E)	Movie: "Fist of Fury" (1972) Bruce Lee.	Mad Abt. Grace
11 AM	Cosby	Seinfeld	CG Kids	Bob Build Sit-Be Fit		Young and the Restless	24 (E)	Paid Prog. House	Judge J. House	News (N) (E)	Soccer: FIFA U-20 World Cup - New Zealand vs. Portugal.	Mew Mew		eTalk (E)	Forensic Evidence (E)	Higglytown (11:25) King			The Nanny
12 PM	Still Stnd	News (N) (E)	Canada-History	Charlie Rose (E)		News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)		Pokémon		Degrassi	Cut Corners	(11:49) Weekend	CityLine (E)	V.I.P. (E)	Seinfeld
1 PM	Yes, Dear	Diva Dime	Planet Moving On	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)		George S.	Tennis: Wimbledon - Round of 16. (Live)	Twice in a Lifetime (E)	How Do They Do It?	Dragon Emperor	Hollywood Star! Daily	V.I.P. (E)	Beverly Hills, 90210
2 PM	King	Guiding Light (N) (E)	Gaslight Journal	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Viva Pinata Jacob		General Hospital (N)	How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Movie: "Enter the Dragon" (1973) Bruce Lee, John Saxon.	Extreme-Home
3 PM	Seinfeld	Room	Hi-5	Arthur (E)	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Mystery	Off-Record	Dr. Phil (E)	How Do Machines	Weekend	News (N) (E)	(1973) Bruce Lee, John Saxon.	Due South (DVS)
4 PM	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (N) Global	Arrested	Spider-Man: The Venom Saga	Boxing: Bruno vs. Lewis	Veronica Mars (E)	Daily Planet (E)	Barbarian	Friends		Ad Pers
5 PM	Friends	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N)	CSI: Miami "Broken"	ABC News	Global	News (N) Global	Soccer: FIFA U-20 World Cup - Austria vs. Congo. (Live) (E)	Being Ian	World Extreme Cagefighting (E)	News (N) (E)	American Chopper (E)	Zoey 101	Hell's Kitchen (N) (E)	V.I.P. (E)	Fraser
6 PM	Friends	Body	Fetch! With Caitlin	News-Lehrer	News (N) Raymond	Hollywood	The Sopranos "Christopher"	News (N)	Entertain	Entertain	Without a Trace (E)	Ruby		News (N) (E)	Dirty Jobs	So Raven	Godiva's (E)	CSI: Crime Scn	Extreme-Home
7 PM	Family Guy	FANatical	Water	Served	Jeopardy!	Friends	(7:17) The Sopranos	The Insider	ET Canada	Without a Trace (E)	Canada	Sabrina	SportsCenter (Live) (E)	eTalk (E)	Dirty Jobs	Smart Guy		CSI: Crime Scn	
8 PM	Seinfeld	Comforts	Africa! (E)	Antiques Roadshow	Real-Crashers	Comforts Christine	CSI: Miami "Broken"	Wife Swap (E)	Real-Crashers	Real-Crashers	To Be Announced	Fresh Pr.	Off-Record	Law & Order: SVU	Daily Planet (E)	Suite Life	News (N)		ET Canada
9 PM	King	Two Men	Moscow Freestyle (N)	History Detectives (N)	Age of Love (N) (E)	Two Men How I Met	CSI: Miami "Broken"	Extreme Makeover (N)	Age of Love (N) (E)	Age of Love (N) (E)		Mystery	Bowling	Canadian Idol (N) (E)	American Chopper (E)	8 Rules	(9:06) Jimmy Kimmel		Seinfeld
10 PM	Movie: "Ready to Rumble" (2000, Comedy) (E)	Dickinson	Men-Conquer China	Power of Art	Dateline NBC (E)	CSI: Miami "Darkroom"	The Sopranos "Christopher"	Supernanny (E)	Without a Trace (E)	News (N) (E)	National	Prank Ptrl	Score Golf Television	CSI: Miami "Darkroom"	Dirty Jobs	Popular (E)	(10:06) Movie: "Copycat" (1995)		Fraser
11 PM	Comedy (E)	News (N) Room	License	Charlie Rose (N) (E)	News (N) Wimbledon	News (N) Late Show	Sopranos	News (N) (11:35)	News (N) (E)	Entertain	Soccer: U-20	Bob	SportsCenter (Live) (E)	News (N)	MythBusters (E)	8 Rules	Life Derek	Cntdown	The Nanny

monday movies

MORNING

6:00 am SPIKE (44) ★★"Game of Death" (1979, Adventure) Bruce Lee. Footage filmed before Lee's death in 1973 is blended with new material in this tale of a kung-fu master vs. drug lords. (In Stereo)

7:00 am WTBS (3) ★★"Enough" (2002, Suspense) (PA) Jennifer Lopez. After running away fails, a terrified woman empowers herself in order to battle her abusive husband. (E)

8:00 am SPIKE (44) ★★"The Enforcer" (1995, Action) Jet Li. A Hong Kong police officer interferes with an undercover agent's mission against a ruthless gang.

10:00 am YTV (18) "Care Bears: Journey to Joke-a-Lot" (2004, Comedy) Voices of Stephanie Beard. Animated. Funshine Bear and his friends travel to a whimsical land ruled by good humor. (In Stereo) (E)

CITY (29) ★★"Where the Money Is" (2000, Drama) Paul Newman. A bank robber fakes a stroke to get out of prison and into an escapable nursing home, but he soon learns his nurse has other plans for him. (E)

SPIKE (44) ★★"Fist of Fury"

(1972, Adventure) Bruce Lee. In turn-of-the-century China, a martial-arts student declares war against the rival fighters who murdered his mentor.

AFTERNOON

2:00 pm SPIKE (44) ★★"Enter the Dragon" (1973, Adventure) Bruce Lee. A secret agent comes to an opium lord's island fortress with other fighters for a martial-arts tournament.

EVENING

10:00 pm WTBS (3) ★★"Ready to Rumble" (2000, Comedy) David Arquette. Two die-hard fans vow to help wrestler Jimmy the King make a comeback after a loss destroys what was left of his career. (E)

10:06 pm CITY (29) ★★"Copycat" (1995, Suspense) Sigourney Weaver. A criminal psychologist and two homicide detectives pursue a psychopath who is imitating infamous serial killers. (E)

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Attention: **Shanelle Holdings Ltd.**
 Box 1973
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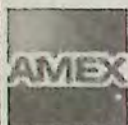
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my turn

The great water sprinkling glitch

With the warmer weather the Town of Princeton reminds us to be water conscious and only sprinkle on days of the week that correspond with address numbers.

You know the drill – if your address ends in an even number, you get to water on even numbered days of the month with odd numbered homes allowed to sprinkle on odd numbered days.

Already we see a problem with this old, outdated and somewhat flawed system.

It is obviously designed for people living in odd numbered homes as in months with thirty one days they get to enjoy two days of back-to-back watering on the 31st of one month and the 1st of another.

Rotten back-to-back sprinklers!

Then there's the problem in our neighbourhood.

We own two lots in the same fence line. The main lot (the one with the house on it) is even numbered, like all the other homes and addresses on the same side of the street.

Our 'auxiliary' lot, the one without the house on it that is usually just used for parking our cars and the barking of our dogs is also even numbered.

So what's the big deal about that?

The even numbered 'auxiliary' lot happens to be the only even numbered address on the odd numbered side of the street!

We smell something and it's not flowers or grass growing from our 'auxiliary' lot.

Although we are merely poking fun as we rarely water the yard in the first place, we find it amusing and confusing that our 'auxiliary' lot address does not match up with that of its neighbours. There's no doubt it's not the only case of bad numbers in the community.

We doubt the planners back in the 1940s, when this neighbourhood was plotted out, were too concerned with water conservation but when water regulations are in place we like to point out that had our addresses actual been correct, we could be one of only a few residents in the Town Limits who could legally water every day of the week!

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.

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TIS TOONS



your turn

Church member speaks out

To The People of Princeton;

As a member of the Living Water Foursquare Church I am writing this to say that as a member of this church I do not understand what is in our church that would warrant several attempts at breaking into the church. Seven or eight times in two months!

It seems that someone has told you that we have something you need or want. If you would like to join our church we would be more than happy to open our doors to you, but not at 2:30 AM to 4:00 AM. But if that is the time that you want to see the Lord, we can and will meet you at the door.

Now someone in our fine town knows who you are. They think it is okay not to say anything, well

not so because you are just as guilty for not saying anything as they are for trying to break in.

Again, I ask the Town of
Letter To The Editor

Dawn inspires memory

To The Editor;

A few weeks ago there was a very interesting article in the News Leader written by Dawn Johnson. It was about an expected cold spell in Canada sometime in 2027, I think it was.

When I read that article, I remembered an older man who I met in Dawson Creek in the early 80s, and what he told me about future weather changes in Canada. He had read an article by a scientist, I forget of what discipline the scientist was, but he had made a

Princeton to watch out for each other. Together we can make Princeton a better place to live.

Mike Simpson, Princeton

conclusion based on his studies that in 50 years one can not grow anything in Canada, it will be too cold.

This scientist publicized his findings I believe in the late 70s, and there is an interesting coincidence with 2027 and (a guess) $1977 + 50 = 2027$.

My old friend is dead, so I cannot ask him about this information. I just wonder what Al Gore would say about this. Probably nothing.

Aarno Pehkonen

Letter To The Editor

Proud grandma writes

To The Editor;

Be Proud of Your Girl's Softball Team!

This non-Princeton grandma was very impressed with the improvement and team spirit of your girl's softball team as they won the Bantam Girls 'C' Divisional Championship with six straight victories.

Nine teams participated.

It was truly a team effort. From the beginning of the season, great devotion and patience was shown by the coaches to awaken and develop this group of mostly inexperienced players.

The girls were never critical of one another and always hustled to

do their best while smiling and encouraging. They became good friends and working ball players.

I was very proud of my grand daughter Brittani who did a fabulous job of pitching and Britt was so pleased to have the team backing her up by playing so hard on defense.

Jewel's massage helped Britt to pitch in all the games.

At the Provincials: Win or lose, you have achieved your goal of winning the Divisional Playoffs. Keep smiling, play your games with effort and enjoy the experience.

Thanks for a great weekend!
- Dorothy Martini, Castlegar

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Current Comment:

Racing Days: A tradition of fun



Dawn Johnson
editor@thenewsleader.ca

Racing Days weekend is our oldest local celebration. Our first Racing Days was in 1965, and it has endured all these years for good reason: everybody likes fun.

Back in 1964, when Princeton Racing Days Association was formed, the idea was a celebration to attract people to Princeton. We needed tourist dollars, and we needed to generate interest in our area. We were, at that time, one of the most economically depressed areas.

The people who threw their weight behind Racing Days envisioned horse racing as a big draw, and they were right. Horse racing drew a crowd. The crowd became bigger when pari-mutuel betting was introduced, but the celebration had proven itself by then. We offered a parade, and dances and lots of fun.

I remember my first Racing Days. My husband and I, with our children, came to visit my parents in late June. The first day we arrived, we had to go out to the track with buckets and pick rocks from the track.

It was real "bush track". There was no grandstand, no big concession stand and no beer garden with a stage. It was rugged. The whole event was a volunteer effort, and continues to be a volunteer effort to this day.

I remember Jim Jackson, Laurie Currie, Eric Jacobson, Carl Stenvold, and Dave Brown organizing things. Princeton's Rotarians ran the parade (to this day!). Local people had horses to race - Websters, Powells, Beales, Curries, Carters. The volunteers who helped at the track included a lot of the business community. The Elks and Legion played a significant role.

For many years, the business community threw themselves into the event. Stores were decorated in Racing Days themes. People dressed western to emphasize our western heritage.

During the 1970's, the newly formed Princeton Lions Club held a raft race, and that was a real hoot. Unfortunately, insurance costs climbed too high to allow it now, so the Lions substituted a

duck race.

The first Racing Days Princess was Edna Boulet. One year, during the 1980's, we welcomed her back with all of the other lovely ladies who became Miss Princeton Racing Days. Now we crown the Youth Ambassadors.

For a few years, we could not muster enough horses for a race meet, but the horses are back and the races are on again. Without the horses, we had a tough time making Racing Days what it should have been.

Ed Muckle worked hard last year on a music festival as part of the fun, and Sounds of Our Heritage is going to be huge this year.

Again, all of these musicians are volunteering their talents and their efforts for our enjoyment.

Last year, I had the fun of teaching my sister how to bet on a horse race. I will still go to the wicket and bet a couple of bucks on a horse. Mostly, I'm just paying for their feed and the extra fun I get from a race when I've put my money down.

I missed only five Racing Days weekends, four because I did not live here, and one because I was in hospital.

That's a pretty good record of having a good time. I hope you will turn out for the fun this year. It's our tradition!

Marketplace Ministry

by Jim Caruso

Tending The Earth

I love flowers and beautiful gardens. I have toured Butchart Gardens in Victoria and Minter Gardens just outside of Hope and I am always in awe at how they can create such a wonderful array of flowers together and keep them alive. Some people have the gift of the green thumb. I sweat DDT. I have lived in communities where I enjoyed just walking around and looking at my neighbours gardens, for example in Grand Forks, BC, the gardens and the lawns are immaculate, especially those of the Russians who live there. For a long time, I thought every Russian child was born with the keys to a ride-on lawn mower. They all seemed to have manicured green velvet carpets in front of their homes, accented with the most beautiful flowers and ornamental trees complementing the homes they lived in. Then I would go home to our yard, best described as a cross between the Gobi desert and mobile home park after a hurricane ripped through it. As you might have guessed already, I have some difficulty keeping flowers and shrubs healthy enough to see their first birthday.

When Elaine and I walk into a plant nursery, you can hear the plants' anxiety level rise. If you were able to interpret plant language, (some people say you should talk to your plants, others suggest playing classical music in your garden and your plants will grow bigger and healthier) and I must admit, I do talk with plants right after I plant them, my words are, it is up to you to live, I bought you, planted you and watered you, live if you want. Back to the nursery, if you could interpret the plant language when Elaine and I walk into a nursery, the high pitched voices would be saying, Oh, No! Its the Carusos; please don't let them take us. I think there is an underground internet to get the message out to vulnerable plants that reside in nurseries within a certain radius of our home address. We have decided now that when we do go to the nursery to buy any plants that we will just kill them there and then go home. Why spent the time transporting, preparing the soil and planting them, it is only prolonging the agony.

I must admit I have discovered something that will cut the time spent looking after your yard. A couple of weeks ago, I had five yards of bark mulch delivered to my home. They dumped it in the driveway. I spread it around the flower beds and on the side hill and around the different trees in our yard. It looked great. The mulch left some residue on my concrete driveway and so I borrowed a pressure washer. As I washed the driveway off, I realized that it was also my day to water, (anyone guess where this is going?) so I stood in the middle of the yard and watered all my plants, trees and shrubs adjusting the pressure, but not having to move from where I stood. Now I must admit I had to adjust the pressure depending on the flora and fauna that was being watered, but in the morning they were all perky and shiny and happy, happy maybe because I am only able to water every second day.

God has much more expertise and compassion on us, than I do with my plants. The writer of the 23 Psalm says of God that He meets all your needs, presents a place to lie down in green pastures, beside still waters, (not pressure washers) and that he protects you, walks with you, feeds you and anoints your head with oil, and offers you eternal life in His new garden of Eden; Heaven. Plants may not trust me, but you CAN trust God.

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

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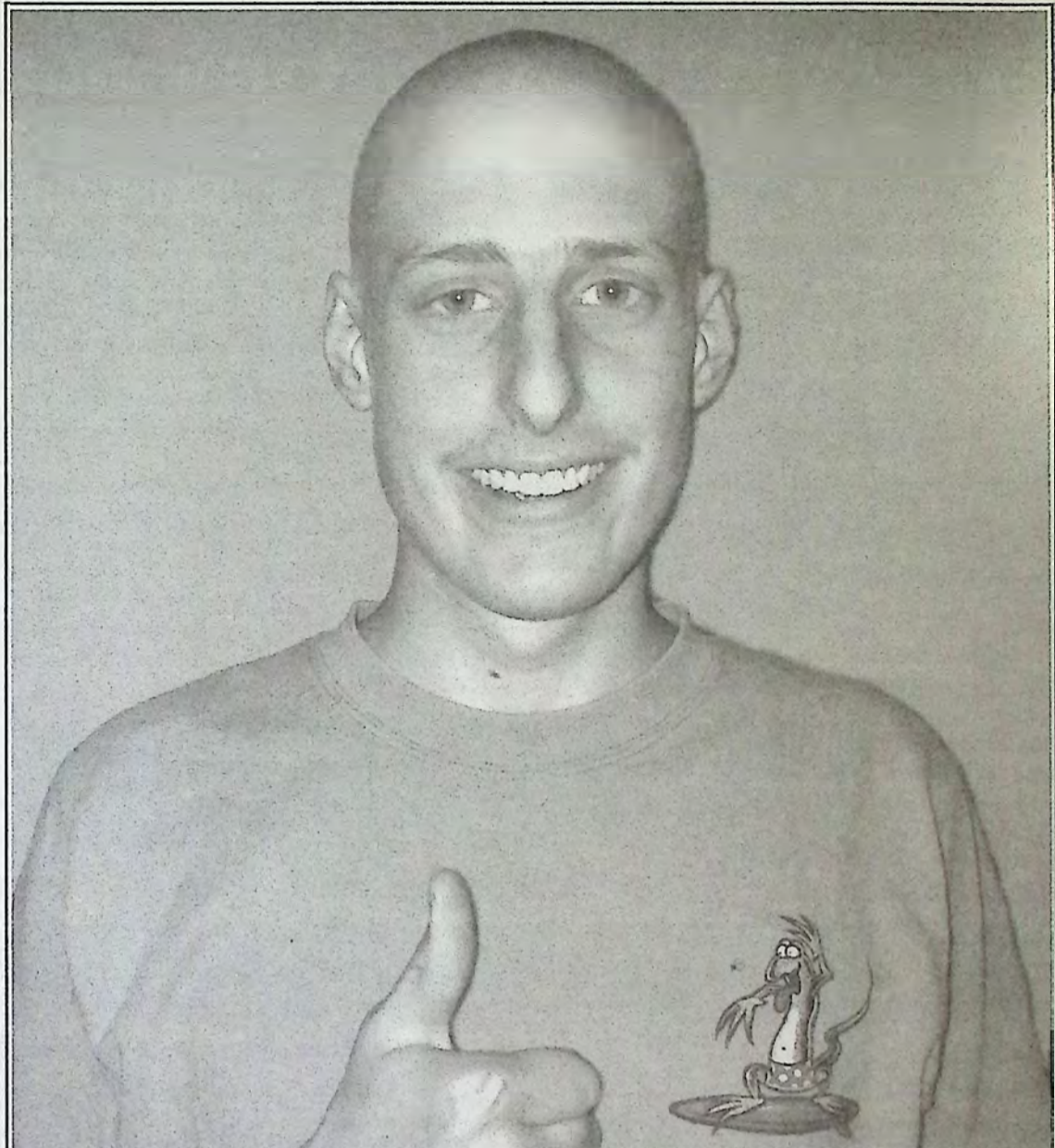
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14 year old Mark Cimbaro gives Princeton the 'thumbs up' sign. - photo submitted

Letter To The Editor

Cimbaros thank Princeton

To The Editor;

There is a saying, "It takes a community to raise a child." Since we moved to Princeton in October 2000 our family has seen how the people of Princeton are the embodiment of this saying.

Princetonites are continuously stepping up to the plate to get involved in activities and events

to help children have fun, develop skills and give them a sense of belonging in their community. But from our perspective, the people of Princeton have taken this to a whole new level with their recent outpouring of love and support for our son, Mark, and indeed our whole family.

Our 14 year old son is currently undergoing intensive chemotherapy for an aggressive B-cell lymphoma, which is a type of cancer. The prognosis is good but the chemotherapy has many side effects and complications. When Mark is not in BC Children's Hospital he is required to live in the area so as to be close to this paediatric oncology ward should complications arise. Once a month, there is the possibility that he will be allowed to return to his home in Princeton for a few days if his condition is stable enough.

Needless to say, life has essentially been turned upside down for our family. But if it is possible to be living a nightmare and yet feel incredibly blessed at the same time, then that would describe our situation.

The cancer, its treatment and watching what it does to our son is the nightmare; the show of support from people in Princeton is the blessing.

Right from the start, back in

early May when this began, people literally flooded forward with offers of help, kind deeds, prayers and encouragement. We have so many people to thank. Firstly, Princeton Secondary School - teachers and students - you are all totally awesome! Thanks so much to those who shaved their heads and collected pledges, those who gave pledges to help our family, to the hairdressers who did the shaving, to the student council and to the organizers and people who put on the event. Mark's dad and cousin were able to witness this spectacular event and then described it to Mark and I over the phone. To say we were touched would be an understatement. We were choked with emotion at such an overwhelming show of support for Mark and our family. The Princeton Bantam Softball Team also did a fundraising to support Mark. You girls are wonderful - thanks so much!

We also want to thank the people at our respective work places, Weyerhaeuser and the Princeton Health Centre and Hospital. John and I are so fortunate to work with such caring people, thanks for all you've done! Special thanks to Nancy Telford who has provided us-a home away from home. Hugs and thanks to the

..... continued on Page 26

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..... continued from Page 24
members of Living Water Foursquare Church for being family to us. Another big thanks goes to the entire Brama family for their numerous acts of kindness. Thanks to the Baptist Youth Group for the DVD they sent Mark of them all telling jokes - it was priceless. For those who were able to come down to the Coast to visit Mark, know that it meant a great deal to him and was greatly appreciated. Thanks to all the people who have sent cards, gifts, and above all, prayers for Mark.

So many people have helped in so many ways, thank you to all of

you. You have lightened our load and made us feel that we are not alone.

Many people have asked, "What does Mark think about all that's happened to him?" So here is a quote of his response to that question: "This cancer thing really sucks and is depressing but the good news is I'm not going to die so why should I be afraid? I know the chemo makes me feel pretty ill but it's the only way I'm going to get through this. So I just got to do it. I really miss Princeton and my friends there and I want to go swimming under the old wooden bridge."

To the people of Princeton he says, "Thank you for caring about me so very much and supporting my family. You are all very kind."

If everything goes as planned, Mark's treatments will be finished by the middle of August.

So kind people of Princeton, near the end of August take a look under the old wooden bridge and you may well see Mark Cimbaro swimming there. He'll be the tall, skinny, bald kid with a huge smile on his face!

Thanks for everything!
- Jacqueline, John, Nicolas and especially Mark Cimbaro, Princeton

FIGHT THE BITE



Protect your family from mosquito bites!

- Wear long sleeves and long pants when outdoors
- Make sure windows and doors are "bug tight" with screens
- Use an effective repellent—especially at dawn and dusk when mosquitoes are most active
- Don't give mosquitoes a home—get rid of standing water and keep water fresh in pet dishes and birdbaths

Everyone should avoid mosquito bites, especially people over 50

For more information or to report dead birds:

BC West Nile Hotline: 1-866-300-0520

RDOS West Nile Program: (250) 490-4203
1-877-610-3737 www.rdos.bc.ca



WEST NILE VIRUS PROTECTION

Hedley hosts movie production

Hedley will be one of the locations for the shooting of a re-make of *The Andromeda Strain* this summer for an A&E mini-series.

Hedley will be the scene of a village wiped out by a new virus brought back to earth by a returning satellite. There are two survivors, a baby and an old man. Why the virus spared them could be a clue to immunizing everyone. A crack team of scientists isolates themselves in an underground laboratory with only days to find a cure before the world population is destroyed.

Set construction is scheduled to begin in July.

The filming will benefit Princeton as well. The crew is expected to be accommodated in Princeton.

It has been 21 years since Hedley hosted its last major film crew when *Malone*, starring Burt

Reynolds, Cynthia Gibb and Gene Hackman was in production. Part of that film was shot in Princeton and most of the crew was accommodated in Princeton.

Keremeos has enjoyed the economic spin-off from two movies, *The Pledge*, starring Jack Nicholson, and *Touched*, starring Lyn Redgrave.

Board Chair touts Riverside

Riverside Wellness Centre is a good example of what to do with a school when enrollment drops.

School Board Chair Gordon Comeau has been giving advice to other school districts on what to do with vacant schools. He is quoted in an article in the Summer 2007 Education Leader, a magazine for school trustees.

Comeau recommends following the solution found in Princeton and Tulameen: open the schools for community use.

He advises that Riverside provides opportunities for community groups such as performing arts.

Comeau talks about Riverside Wellness Centre and Tulameen School, both closed as schools, but re-opened as a community facility. He notes that Riverside was first to apply for a grant to convert the school for other uses.

Other school districts have followed this trend, although many have sold or leased closed schools.

Council wants splash park sign

Mayor Randy McLean wants a highway sign advertising the splash park. He introduced the idea at the June 18 Town Council meeting.

"You're driving down the highway on a hot summer day and the kids are hot and tired. Imagine seeing a sign advertising a free splash park. You could stop for half an hour and everybody could enjoy a stop at the park."

He added the benefit to Princeton is all these hot, tired parents would have to drive through downtown Princeton.

He suggested a sign on the highway saying "free splash park".

There is money in the budget for a few more improvements to the splash park, and there may be money for such a sign. Council agreed to look at the costs and proceed if money is available.

Council wants to end bridge blockades

There are signs directing transport trucks to use Highway 5A and avoid trying to go through Princeton via the wooden bridge, but truck drivers continue failing to see the signs. The most recent fiasco was a B-train having to back up Bridge Street, effectively blockad-

ing the wooden bridge and half of Bridge Street.

At the June 18 meeting, Council looked at placing an overhead sign around Harold Avenue saying something about "last chance to turn" transport trucks. The matter is under consideration.

Letter To The Editor

Aussie sends thanks

To The Editor;

I wish to express gratitude for the 52 firefighters from British Columbia, along with the American and New Zealand firefighters, who helped with the wild-fires in Victoria, Australia last

January.

The help was much appreciated by all in the districts where they were deployed.

- Ed Crain
(Erplan Communications Officer),
Victoria, Australia

CELEBRATE 42 YEARS IN THE

Princeton Rotary Club Racing Days Parade

Saturday, June 30th
Parade Starts At 12:00 NOON Sharp

The Rotary Club of Princeton
invites all organizations, businesses and
individuals to take part in this Annual Event!

This Year's Theme Is:
"The Great Outdoors"

ENTRIES MUST ARRIVE BY 11:00 AM AT THE MARSHALLING AREA
(in Front of Mac's Auto Parts, Vermillion Avenue)

All Entries Are \$10.00 Children FREE!

To Enter or for More Information Call:
Judy Short (250) 295-0217



Photo Copyright © Lone Jones Photography

The Kettle Valley Brakemen will be featured in a concert Canada Day in Hedley. "This event is a fundraiser for the Museum," explains Lynn Wells. "All donations collected during the Brakemen's performance will go to the Museum's operations (Utilities, taxes, supplies, building maintenance, etc.). This Museum receives very little financial support outside of visitor donations and museum memberships, so every dollar counts." Museum volunteers will be hosting a barbeque after the performance with proceeds also to the Museum.

Seniors keep on moving at Vermilion Court

Summer is here at last and our sunflowers are showing their appreciation by starting to grow. We're pleased with our planters too as our plants are looking healthy and have started putting on a show.

In spite of the deer our roses are also doing well and providing a few lovely cut flowers for our table.

Under the capable leadership of Beth we enjoyed two games of Hangman. Our exercises were done, too. Bingo was also played with each participant winning once.

Thursday Aida gave us our schedule for July - and again like children we coloured each sheet. "The First Day of Summer" was used to play Hangman and then we formed words using only the letters depicted.

Would you believe we found over 200 words before stopping for exercises and a brief sing-along with Ruth K at the organ.

After lunch there was a parade of walkers each with its elderly owner slowly making their way to a local eatery where we enjoyed ice cream cones of our own chosen flavour.

It was so nice to sit in the shade with a gentle breeze blowing. Leaving there we returned to the Court to sit in our comfortable padded chairs on our patio.

"Word Power" and excerpts from a 2002 Reader's Digest were enjoyed.

Many thanks to Aida, Beth, Helen, Joy and Ruth K. for their help and kindness. It is so much appreciated.

- submitted by D. Stenvold

Mayor will give birthday speech

Mayor Randy McLean has agreed to give a speech wishing Canada "Happy Birthday". His speech will be part of a Canada Day celebration taking place at 11:30 AM, July 1, at the Cenotaph Park.

Anyone may attend. Birthday cake is on the menu, and flags will be handed out. Bring your lawn chair, sing O Canada, have the kids tattooed, and settle in for some good heritage music as the festival goes on at 1:00 PM.

What's Five Bucks Get You These Days?

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Kettle Valley Brakemen

STEAMING INTO HEDLEY

12 Noon
CANADA DAY - July 1st

The Kettle Valley Brakemen will be celebrating the romance of the steam rail era with songs and stories in a Canada Day Concert at Heritage Museum Park in Hedley

Bring a lawn chair - the show will be followed by a barbeque

This event is a fundraiser for the Hedley Museum.
Your support is appreciated.

KALOTIRE

True Service.

AUTOMOTIVE MECHANICS

With over 190 locations, Kal Tire is the largest independently owned tire dealer in Canada. Our business philosophy centres on exceeding our customers' expectations and relies on our entrepreneurial team members to provide exceptional customer service.

We currently have an opening for a Journeyman, 2nd or 3rd year apprentice Mechanic. Reporting to the Store Manager, interested applicants should be motivated, have good interpersonal skills, and want to provide excellent customer service.

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Interested applicants should submit their resume to Kal Tire, PO Box 1660, Princeton, BC V0X 1W0. Fax (250) 295-3074.

Please see our website at www.kaltire.com for additional information about Kal Tire.

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Room for everyone and the 'stuff' too! This 5-bedroom, 3-bathroom home is within walking distance to school and town. Finished on both levels plus lots of updates. Fenced yard and double carport. Great neighbourhood, great value!

\$269,900

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mls.ca#40095

Congratulations to all organizers of the many events planned in town Canada Day Weekend!

<p>Investment Special</p>  <p>40 Aspen Street \$98,500 Tenant in place and wanting to stay. Single garage, fenced back yard for garden, kids or pets. mls.ca#40426</p>	<p>Cozy Country Living!</p>  <p>247 Cement Street \$212,000 3.48 acres minutes from town! Partially remodeled home and outbuildings, too! Potential is limitless! mls.ca#40258</p>	<p>Best Buy In Town</p>  <p>277 Allison Avenue \$179,900 3 bedroom home located in wonderful neighbourhood. Double lot, family room in basement. Single car garage/workshop. mls.ca#NEW</p>	<p>Rainbow's End</p>  <p>3975 Highway 40 \$549,000 It's all here, unobstructed lake view, 2 private acres, country-style home, 2-level shop and double garage. mls.ca#38374</p>	<p>The view is all yours!</p>  <p>4238 Highway 40 \$339,000 Private lakeview property! This is a loft type cabin with 16x30 separate shop plus lakeview building site for home. mls.ca#38623</p>
<p>Mountain Views!</p>  <p>537 San Ang Way \$327,000 Close to golf, Similkameen and town. Spacious 5 bedroom, 3 bath home on 1/2 acre. Pack your bags, move in ready. mls.ca#39878</p>	<p>Escape the Subdivision!</p>  <p>346 Sunflower Estates \$549,000 4 bedroom, 4 bath home with covered deck and gazebo. 10+ acres of mountain views, mature landscaping, greenhouses, cabin. mls.ca#38955</p>	<p>Own a piece of history!</p>  <p>283 Vernon Ave \$395,000 Holding the old charm with modern kitchen, updated bath, 6-bedrooms, carport and garage. mls.ca#37040</p>	<p>Spoil Yourself!</p>  <p>240 Warren Avenue \$299,900 Fabulous valley view from this 3-bedroom home updated with warmth and elegance. mls.ca#37265</p>	<p>Privacy Galore!</p>  <p>2451/2483 Hwy 3 \$499,000 Contingent. 95 acres with 3 benches and level acres perfect for hobby farm or private retreat. mls.ca#39548</p>

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