



BC Ambulance, Keremeos Fire Department, RCMP and FortisBC attended this single vehicle accident on June 17th on Highway 3 just north of the Keremeos RCMP Detachment. The vehicle was traveling northbound when it drifted over to the shoulder and down a steep embankment. The driver, a 56 year old Keremeos man, admitted he had been distracted. The vehicle sideswiped one power pole then hit a second head-on. "The driver was wearing his seat belt and the air bags were deployed which reduced any injuries," says RCMP Cst. Myrl Stus. The driver was transported to hospital and released a short time later. Charges are pending. Speed and alcohol were not factors. - submitted

Could beans banish marmots?

One of the daily sights around town is a group of marmots busily devouring lawn grass and gardens. These pests may be cute, but they are still pests.

Castor beans and castor oil have proven a good repellent for moles and gophers. Why not marmots?

On the Canadian prairies, castor beans dropped down gopher holes have been effective in driving gophers away.

One gardener used castor oil mixed with water and liquid hand soap as a spray repellent over an area around mole holes. It was not long before the moles moved out

(did they run out with the runs?) Castor beans contain ricin, a chemical that can burn the mouth, increase thirst, cause dizziness and nausea.

Prairie gardeners plant castor bean seeds to ensure a good supply of castor beans. (Make sure the colorful bean seed balls are fully mature before harvesting.)

Who knows what may happen if the deer are repelled, too? Maybe we will have a lot more gardeners enjoying pest-free gardens?

For a supply of castor beans call Dominion Seed House at 1-800-784-3037.

Petrobank plans local 'town hall' meeting

As part of its commitment to open and honest communication about its proposed coalbed gas (CBG) evaluation near Princeton, Petrobank Energy and Resources is working with community leaders to organize a public town hall meeting on the issue.

Although a date has not been set, the event is expected to take place in late July. The town hall meeting will be moderated event that will give attendees the chance to ask questions and receive answers about CBG in British Columbia, CBG technology and practices, and Petrobank's proposed small evaluation project in the area.

"Over the past month, we've been speaking with a number of people in the community who still have questions about our proposal," says Gregg Smith, Vice President Canada, Petrobank. "There are a lot of rumours and misinformation about CBG—a respectful public dialogue is important to get the

facts out there for everyone."

Petrobank is proposing to drill two wells (one north and one south of the Town of Princeton) and the town hall follows an open house hosted by Petrobank in April. The proposed small evaluation program is the continuation of an earlier study of the local CBG basin that began with a test well 4.5 km southeast of Princeton in 2004.

"We now understand that the timing of our last open house was inconvenient for people in the community," says Smith. "We are planning the July town hall for a time when we hope most people can attend. We will also be inviting a variety of speakers so that people can get information from sources other than Petrobank."

The details about the timing, location and confirmed panel of guests at the town hall will be published in the local newspapers once the event details are finalized.

"It is important to us that we create opportunities for an open, positive and factual dialogue about CBG and our work in the community," says Smith. "And that dialogue needs to be two-way. We need to create an environment where all

parties involved have a chance to have their say and be heard."

While the town hall is being planned, the company will continue to provide the Princeton media with news releases, interviews, and information advertisements. Petrobank maintains a dedicated

Hope says Petrobank is on hold

Petrobank, the corporation which has been doing exploration drilling for coalbed methane for the past four years, has been put "on hold" according to Brad Hope.

Solana Allison and Brad Hope, of Save Our Similkameen (SOS) brought new information and ongoing concerns to Town Council regarding coalbed methane. At the June 16 Town Council meeting, Hope told Council Petrobank is being delayed by the Minister of Mines and Petroleum due to not having done enough public exchange.

Referring to the recent public

toll-free call service (1-866-764-4571) for Princeton residents to ask questions about CBG and the company's role in the community. Petrobank also posts information about the project on its website www.petrobank.com/princeton.

Further information about CBG

meeting about the coalbed methane drilling program, Hope noted Petrobank did not attend. He had information telling him Petrobank does not like any public debate situations, so the people who attended the meeting heard only one side of the discussion.

Hope mentioned other B.C. communities which are opposed to coalbed methane in their areas, and have a lot of concerns that have not been answered. A recent shutdown of plans for exploration in southern B.C. has pleased Montana, where concerns about water supply are paramount.

can be found through the Canadian Society for Unconventional Gas at www.csug.ca. Petrobank operates under the British Columbia Coalbed Gas Code of Practice which can be found on the Ministry of Environment website through www.gov.bc.ca. - submitted

The record of coalbed methane companies is not good. Hope outlined earlier projects, saying each new project promised to have perfected technologies to avoid disaster, and each time have been proven untrue.

Mayor Randy McLean expressed serious doubts about Petrobank's failure to attend the public meeting. "It did not look good to allow them into the community if they weren't willing to respond. Am I willing to risk my valley and my water for two or three jobs?"

Councillor Pam Jones is opposed continued on Page 2

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PAGE 16 - IN YOUR TV GUIDE SECTION


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Explore The History Of Mining - Gold, Copper and Coal



Not only does this look fun, it was fun to watch! Princeton 4H Horse Club met last week at Princeton Fairgrounds and members went through a number of exercises including an 'egg race.'*

These athletes want to walk again

A very special group of athletes came to Princeton on June 14. They are paraplegics travelling in wheelchairs across Canada. Their mission is to raise funds to help research that promises to get them back on their feet. Dr. Michael Rathbone and a team of researchers at McMaster University have been engaged in groundbreaking research. They

have been able to take rats paralyzed by spinal cord injury and make them walk again. These researchers need at least \$10 million to bring their research to human level. Their hope is to regenerate the nerves in chronically injured human spinal cords. The paraplegics' campaign is called Wheels to Walk. They would like a mere 30 cents from every Canadian to fund the research. There are hundreds of

thousands of Canadians who could benefit from this research, to say nothing of millions of people worldwide who could walk again. To learn more about this campaign, see the online video at www.wheeltowalkcanada.org. To send a cheque, make it payable to Wheel to Walk Canada and mail it to Box 1030, Waterdown, ON LOR 2H0. Donors sending \$20 or more will receive a receipt usable for income tax purposes.

Hopes says Petrobank 'on hold'

..... continued from Front Page to a coalbed methane project for Princeton, saying "the risk versus rewards is too high." She pointed out there is no way the public can monitor the effects as everything is underground, and experts would have to be hired for monitoring, at great expense. Councillor Maria Sadegur said she would not support Petrobank's goals. "It seems there's no legal way to stop them," she remarked. Councillor Jim Manion said he would like more information on what other communities have done and what Princeton could do. Solana Allison had attended a meeting in Vancouver in which a

coalition of concerned communities was formed. This coalition will challenge legislation pertaining to water usage. She learned there is "no teeth" in existing policy, but there is a new water protection agency and the coalition will seek support from the Ministry of Environment to challenge the legislation. Hope stated, "We need to keep Petrobank on hold until they are willing to debate." SOS were slated to take the matter to Regional District on June 19. Mayor McLean thanked SOS for doing all of the investigative work to provide Council with the information. "We need to be vigilant," he said.

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Quad riders thank Council

Representatives of the Quad Riders ATV/BC Poker Run, which took place last weekend, attended the June 16 Town Council meeting to make a few adjustments in their routes, to thank Council for their cooperation, and to assure themselves Mayor Randy McLean would be in the dunk tank event.

Mayor McLean agreed to get wet as part of the fun, and thanked the group for bringing their event to Princeton.

"This will bring people to show them our area if they have never

seen it," Mayor McLean said.

Councillor Jim Manion, who is Council's liaison with Princeton Exhibition Association, commented on what a good group ATV/BC Poker Run organizers are to work with. The Poker Run participants occupied the PXA grounds all weekend.

"They like the facility," Councillor Manion told Council, adding it shows the PXA grounds can be used for many events other than rodeo, horse racing and fall fair.

Town supports transit study

An application by Regional District for a local transit study received full support from the Town of Princeton at the June 16 meeting. The study will look at public transportation needs between and within regional districts, including Okanagan-Similkameen.

Part of the reason for the study is the need of students attending university in Kelowna. Students attend

from Vernon and Penticton and all points in between.

Another consideration is the need to cut down on the amount of automobiles on the highway, to cut down pollution.

Princeton Town Council was far more interested in transportation services connecting Princeton residents with the Okanagan, particularly with Penticton and its doctors and hospital.

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WELCOMES CAROLYN GILLIS**



Carolyn Gillis

Heather Johnson Owner/Manager of CENTURY 21 Princeton Realty Ltd. is pleased to welcome Carolyn Gillis to her office. Carolyn will be working as Heather's assistant as well as assisting Lisa in the front office.

Carolyn was born and raised in Vancouver and brings her 17 years experience with the Richmond Nissan dealership to our team.

Carolyn and her husband bought property here a year ago and recently moved here. Carolyn spent many family vacations in the Princeton and Tulameen area and has always loved the region.

Johnson says, "We believe that with Carolyn's experience and her wonderful personality she will make a great asset to our team."

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STRENGTH in our resources

We're listening

Coalbed gas (CBG) in British Columbia is an important issue that requires an honest and open dialogue between everyone involved: citizens, government and industry.

Since beginning our CBG evaluation project in 2004, Petrobank has worked hard to share the facts about CBG and our small program near the town of Princeton. And in the past month, we've heard from the community – your messages of support, questions and concerns.

We're taking action

Although our CBG evaluation project is small enough that we do not have any Petrobank employees in the Town of Princeton right now, we want to answer every one of your questions about our project. For example, in next week's paper we will have an ad about the facts on water and CBG.

We've heard that you would like meet with us again, so we are currently preparing another public meeting about our project and CBG in British Columbia. We are planning to hold this town hall-style meeting in late July and will place a public invitation in this newspaper.



In the meantime, if you have any questions you'd like answered immediately, please ask us by email, telephone, or mail.

Email: PrincetonCBG@petrobank.com

Phone: 1.866.764.4571

Write: Petrobank Energy and Resources Ltd.
2600, 240 – 4th Avenue SW
Calgary, AB Canada T2P 4H4

Attention: CBG Information Request

When providing comment to Petrobank, you may also wish to share these with the BC Oil and Gas Commission, the provincial regulator.

Comments specific to this project application can be forwarded to:

Corey Jonsson, Manager of Public Engagement and Dispute Resolution

Email: corey.jonsson@gov.bc.ca

Phone: 250.261.5755

For general comments about CBG policy in BC, we encourage you to contact the Ministry of Energy, Mines and Petroleum Resources:

Michelle Schwabe, Senior Project Manager,
Resource Development & Geoscience,

Email: michelle.schwabe@gov.bc.ca

Phone: 250.387.1671

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Big class says farewell

The official graduation ceremonies this Friday will see 52 students say farewell to SESS. The News Leader takes this opportunity to wish the following students great success in the future: Alex Adhikary, Jerry Allison, Alexandra Armstrong, Kodie Armstrong, Kasey Attrill, Jeremy Auger-Patry, Jessica Babyn, Andrew Barker, Jay Bell, Brett Best, Eric Bicknell, Marcedeez Brauch, Kyle Cameron, Christine Chartrand, Marla Clifton, Adam Collins, Kelsey Cummings, Melanda Danenhower, Samantha Dechamp, Dalton Dupuis, Kendra Eneas, Michael Etty, Lindsay Fairweather, Nicola Frasc, Brittany Giesbrecht, Clay Gisler, Randall Gottfriedson, Jordan Hakan, Damon Henry, Rosie Holmes, Amanda Jefferson, Joanna Jerowsky, Jessica Jewell, Sinder Khakh, Devin Lilly,

Chelsea Patterson, Chevy Prosper, Stewart Quaedvlieg, Danielle Sparks, Marissa Squakin, Roxy Squakin, Jackie Stewart, Colin Taylor, Ally Terbasket, Jordan Trelenberg, Lacey Trotter, Alex Vikner, Jack Walker, Victoria

Watson, Thomas Winter, Alyda Worthing.
 For elementary school students, the big day is Thursday. An Awards Assembly will be held at 11:00 AM and then it's good old summer fun for everyone!

Canada Day celebration in works

Canada Day will be a day full of activity at Memorial Park in Keremeos.
 Similkameen Country is still finalizing all the details, but a tentative schedule of events includes a Pancake Breakfast (hosted by Keremeos Lions Club) from 7:30 to 10:30 AM.
 Opening Ceremonies will take place at 10:30 AM and will include a Colour Guard, the singing of 'O Canada' by the Similkameen Singers and greetings from Keremeos Mayor Walter Despot, RCMP Sgt. Dickie, Regional District Chairs

Joe Nitsch and George Hanson and Lower Similkameen Indian Band Chief Joe Dennis.
 The Concession will open at 11:00 AM with live entertainment in the park for most of the day.
 A Baby Crawl will take place at 11:00 AM in Memorial Park and a dance group will perform at 12 Noon. There will be free swimming at the pool and a Children's Dance competition at 1:00 PM.
 An official Cake Cutting Ceremony will take place at 2:30 PM followed by more fun and activity in the park.

Soccer camp starts August

Penticton Pinnacles hosts a youth soccer camp in Keremeos for youth age 6 to 14. The camp begins on August 25 and lasts a week, with participants in action from 5 to 7:00 PM Monday through Friday.
 The coaches are Manuel Borba and Ray Hintz.
 Cost is \$90, which includes the camp tee shirt. Sign-up forms are at SESS or contact Manuel Borba at (250) 493-6883.

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The winner of the Taste of Princeton draw is Katie Liberatore. Her name was drawn last week by Shirley Low, centre. Assisting in the draw were Lorna Gregson, left, and Kathy Froese, right. - photo submitted

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Princeton Lions Club

**Annual Pancake Breakfast
and Duck Race**



Rotary Park
Saturday, June 28th
7:00 AM - 11:00 AM

Duck Race to follow Breakfast
(approx. 10:30 AM)

Local rodeo athlete earns rookie award

Kelly Buhler, a grade 9 student at Princeton Secondary School, was recently awarded the Gist Silversmiths 'Rookie of the Year' award at the British Columbia Provincial High School Finals Rodeo. The event was held June 13th to 15th in Kamloops.

Gist Silversmiths of Placerville, California initiated the NHSRA Rookie of the Year awards program eight years ago as a way to recognize outstanding first year high school rodeo athletes.

"The NHSRA is very proud to have Gist Silversmiths as a national corporate partner. It is the sponsorship support that the NHSRA receives from its valuable corporate partners that allows it to assist with the development of dedication, lead-

ership, responsibility and commitment in today's young people," explains NHSRA Executive Director Kent Sturman.

"Youth are not only the future of the equine business but also the future of this great country. There isn't a finer group of young people than those represented by the members of the National High School Rodeo Association. It is a pleasure for Gist Silversmiths to be able to make this Rookie of the Year awards program available," adds Jennifer Folsom, President of Gist Silversmiths.

For more information on the National High School Rodeo Association or any of the NHSRA's numerous national sponsor programs, visit their website at www.nhsra.org. - submitted

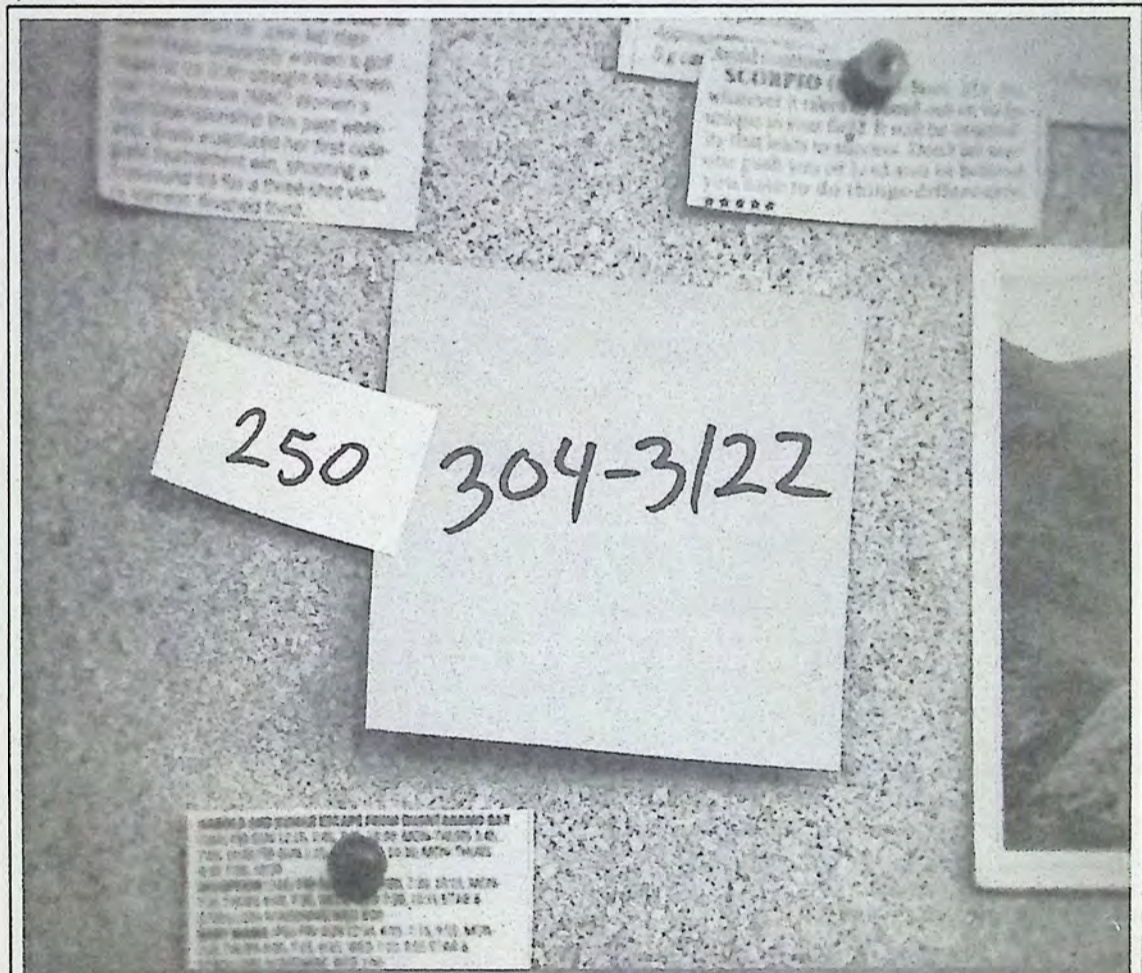
Airport Day was a huge success

For a first-time event, Airport Appreciation Day was a great success. Town Council was delighted with the turnout of approximately 600 people, and everyone was impressed with the Fraser Blues formation flying and the CF18 fly-past.

The Fraser Blues had a good time in Princeton, but problems going home. They went as far as Hope

and had to turn back, refuel in Princeton, and try an alternative route to go home. Mayor Randy McLean said their experience pointed up the importance of having fuel in Princeton.

Councillor Pam Jones praised everyone who was involved in organizing and carrying out the work for this first of annual Airport Appreciation Days.



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As of September 8, 2008, 10-digit dialing will become necessary province-wide as the 250 area code has reached its capacity. Start getting ready now by updating your phones and other communications equipment.

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news leader health and lifestyle page

Celebrate every inch of the amazing you

(NC)—When you look in the mirror, do you adore what you see? Well, look again. This fabulous, tenacious, sexy miracle of a bod is your greatest gift. Just think about the miles it has covered, pain it has endured and incredible pleasures it has provided on your behalf. How can you get to a state of body-loving nirvana? Here are some tips from Dove Hand & Body Lotions (www.dove.ca/body).

Pamper your body

Start treating your body like the best friend that it is. Get a massage or

Enjoy a fresher morning routine

(NC)—How do you go from 0 to 60 in the morning? Dove (www.dove.ca) shares the secrets of early birds and night owls for an energized morning.

Early to bed, early to rise

Many sleep experts recommend a combination of two strategies for maximum sleep enjoyment. First, go to bed when you're tired and your body tells you to. Second, wake up at the same time every morning. When the alarm clock goes off, turn it off, stretch and get up. Don't let your head start a conversation about sleeping in — get up and get moving.

Invest in a better sleep

If you're waking up groggy, consider purchasing these sleep-conducive items: An allergy-free mattress cover, heavy curtains or an eye mask to block out light, herbal teas and bubble bath to relax you before bed. Sounder sleep means less morning drowsiness.

Smell the coffee

If you need a cup of java first thing to shift you into high gear, program your automatic coffee maker to start brewing 10 minutes before your alarm clock. The aroma of freshly brewed coffee can help lure your out of that comfy nest.

Stretch it out

Even if you never make it out to a yoga class, you can benefit from the energy released while stretching at home. Stretch your arms, wrists, toes, feet, ankles and legs for 15 minutes and the flow of blood and the extra shot of oxygen will get your joints jumping.

Pump up the volume

Whether you prefer rock, jazz, classical or hip-hop, music can make the difference between a lacklustre start to your day and a spirited one. Consider books-on-tape or motivational speaker CDs and enjoy the added benefit of a good story or encouraging word before you start your day.

Making scents of Monday

Ask more from your anti-perspirant, body wash, beauty bar and shampoo. When you're moisturizing, bathing and even applying deodorant choose products that are energizing or refresh the spirit. Experiment with mint, citrus, lemongrass and rosemary.

facial once a month. Indulge in a long hot bath with scented oils surrounded by candlelight. Invite a girlfriend over to swap pedicures. Take a nap in the middle of the day.

Wear comfortable clothes

Life is too short to wear clothes that are tight or restrictive. Go through your wardrobe and pitch anything that distracts you while you're wearing it, whether it's bras with straps that slip down, skirts you have to tug into place or shoes you can only walk in for 20 minutes at a time.

Pitch your scale

This is probably not the first time you've heard this advice, but it's high time you liberate yourself from the numbers game — unless you're monitoring your weight for medical reasons. A scale should never determine your self-esteem or your sense of worth.

Choose your magazines wisely

Numerous studies have shown that the false ideals of the fashion industry have wreaked havoc on the self-esteem of women, particularly young girls. It may feel like harmless fun to flip through the pages but if, in the end, it makes you feel dissatisfied with your own beauty, it's

a waste of your time and psychic energy. Invest instead in magazines that celebrate who you are — gardening, design, news, travel, and music — not what you look like.

List your sweet spots

Make a list of all the things you love about yourself. Start with the outside (gorgeous eyes, silky skin, sexy shoulders) and work your way in (generous, honest, loyal, funny). When you're done, ask your spouse, children and best friend to add to the list. Keep it somewhere handy and refer to it often.

Get moving

The best way to celebrate your body? Use it. Schedule a weekly walk and gabfest with friends. Go bike riding with your kids. Yoga is an ancient practice that helps foster the mind-body connection — it's one of the best ways to stay fit and limber while rejuvenating the soul.

Ask for a hug

When we're feeling down, sometimes all we need and all our bodies need is a long hug. So don't be afraid to ask for one. The healing powers of a warm, safe, secure embrace work wonders on our psyches, allowing tightly wound nerves to relax into the strength of another.

living past 100

Stay healthy in the heat

If you want to live a long, comfortable life, you need to understand your muscles. No matter what you do, whether working or resting, your muscles are active. If you suffer from muscle cramps, which are very painful, you need to know your muscles are sending you a message.

Muscles depend on a good balance of minerals: calcium, potassium, sodium and magnesium. These minerals are called electrolytes, and they are essential in carrying the messages from the brain that help the muscles move. A muscle cramp happens when the body is deficient in one or more of the electrolytes. Basically, a muscle cramp occurs when a muscle refuses to move. The muscle may be telling you it is tired, or under fed. You need to boost your electrolytes.

Keeping this in mind is extremely important in our hot summer months. When we sweat, we lose a lot of the essential minerals that keep our electrolytes balanced. We also lose a lot of water. These minerals, along with water, are what keep our muscles healthy. Please remember your heart is a muscle.

Of all the electrolytes, magnesium is the most important for smooth muscle action. Magnesium is found in large quantities in spinach, beet greens, Swiss chard, beans (as in pork and beans), buckwheat (kasha), bread, and many kinds of fish. Magnesium, in smaller amounts, is found in nearly all foods.

The best source of calcium is milk. Four cups of milk a day will provide you with all of the calcium you need. Spinach, broccoli, blackstrap molasses, and dry beans are good sources of calcium. It is often difficult to maintain the required level of calcium in our bodies, so if you suffer from muscle cramps, you are most likely to be low on calcium. Try taking calcium supplements.

Most people never think about potassium, but it is essential for maintaining the fluid balance in our bodies as well as the acid balance. Everyone needs to have plenty of potassium. Bananas, winter squash, lima beans, pinto beans, raisins, dates, cantaloupe, avocado, spinach and potatoes are excellent sources of potassium.

Sodium (salt) is the most dangerous mineral, because most of us eat too much salt. Only on a hot summer day when you crave salt should you add a lot of salt to your food. Excess sodium can raise your blood pressure and high blood pressure can cause a stroke.

Let's say you eat a lot of the minerals you need, but you are still suffering muscle cramps. You may not be drinking enough fluids. Lack of water is likely to occur in summer, especially if you are active. Have water or some kind of drink with you or close by whenever the weather is hot.



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|--|-----------|------------------|
| 235 Penryn Avenue , Central location in downtown area. | MLS 43272 | \$ 55,000 |
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| Lot 7 2nd Street , Tulameen building lot. Drilled well, fenced and treed. | MLS 45014 | \$169,900 |
| Coalmont Road , 10 acres of panoramic views. | MLS 42604 | \$199,900 |
| 2884 Coalmont Road , Half acre in Tulameen with lake view. | MLS 45340 | \$279,000 |
| Lot 6 28 KM Summers Creek Road , Last chance to buy big lot! | MLS 41545 | \$329,000 |

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BC 50 YEARS The Best Place on Earth

Gassy Jack - Part 1
INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

John Deighton was born in 1830 in Hull, England. He was a sailor, first sailing on English ships, before switching to American vessels because of "Better quality food and provisions."

Deighton was serving on The Invincible out of New York to San Francisco when he jumped ship and made for the California gold diggings. After some time, having not struck it rich, in 1858, Deighton followed the gold rush to the Fraser River where he fared little better and had no option than to become a Fraser River pilot.

The lure of gold again pulled at him in 1862 when the Cariboo rush started, but unfortunately no fortune awaited him there either. New Westminster was his next stop where he acquired the Globe Saloon.

Here Deighton would eagerly recite his adventures to anyone who would give the time to listen and after a short while he earned himself the nickname "Gassy Jack." In 1867 he, unfortunately, entrusted his saloon, whisky and cash to an American friend while he went to Douglas Springs, now Harrison Hot Springs, for his health.

The American patriot took advantage of his position of trust. On July 4th the friend invested Deighton's cash in powder, rockets and firecrackers for what must have been quite a spectacular display and in addition there was free whisky on the house all day! This had a disastrous effect on Gassy Jack because he was now broke and disillusioned with his fellow man.

Searching for the pot of gold at the

end of the rainbow, he once again decided to gamble, not in a gold field, but in very slim assets on Burrard Inlet where he was destined to become the real founding father of the community that was to spring up there. In September, 1867, Deighton stepped ashore with a barrel of whisky at the only non-native settlement on the South shore of Burrard Inlet which was a lumber mill where the owner didn't allow alcohol on the premises! He told the mill workers that if they could build him a saloon, he would serve them drinks.

The saloon was up and running within a day, just across the property line of the line of the mill! Gastown was born!

Deighton named the makeshift building, a 12-foot by 24-foot board-and-batten shack, the Globe Saloon after his former business in New Westminster. A large maple tree grew nearby and eventually the spot became know as Maple Tree Square. Today it's the intersection of Water and Carrall, the maple tree has gone, but a statue of Gassy Jack remains.

On March 1st, 1870, in order to give it a more distinguished name, Gastown was officially proclaimed to be "Granville", after the British Colonial Secretary of the day. However, everybody in the rough and tumble community continued to call it Gastown.

The new town site plan left his saloon in the middle of the street so Gassy Jack, a squatter, had no other alternative, but to set up his business in another spot.

He bought the property nearest to the Globe, where he built on the larger-than-average lot an establishment quite grand in comparison with what he had before. This time it was a two-storey building with a bar room, billiard room, several bedrooms upstairs and facing Water Street, a veranda shaded by a maple tree. It was more than a saloon - it was called The Deighton Hotel.

Soon after moving into the Hotel, 40-year-old Jack lost his Indian wife, but before she died, she arranged for him to marry her 12-year-old niece Qua-hail-ya or Madeline. The following year in 1871 she gave birth to a boy, named Richard Mason after his late uncle, Jack's brother.

The year was also noteworthy, as on July 20th, 1871, the Colony of British Columbia became a Province of the Dominion of Canada.continued next week



The statue of Gassy Jack. - photo submitted



5

Cheryl Winters, left, and Irene Manion celebrated 150 years of government services on Government Agents Day, June 19th serving cake and coffee in period costumes. Photo: Brenda Engel

www.princetonbcnews.com



CELEBRATE 43 YEARS IN THE
**Princeton Rotary Club
Racing Days
Parade**



Saturday, June 28th
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:
"BC's 150th Anniversary"

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

All Entries Are \$10.00 Children FREE!

To Enter or for More Information Call:
Patrick Robins (250) 295-315 / Judy Short (250) 295-0217



Celebrating 150 Years



Boston Bar, circa 1870s.



Plate of Nanaimo bars

From Boston Bar to Nanaimo bars.

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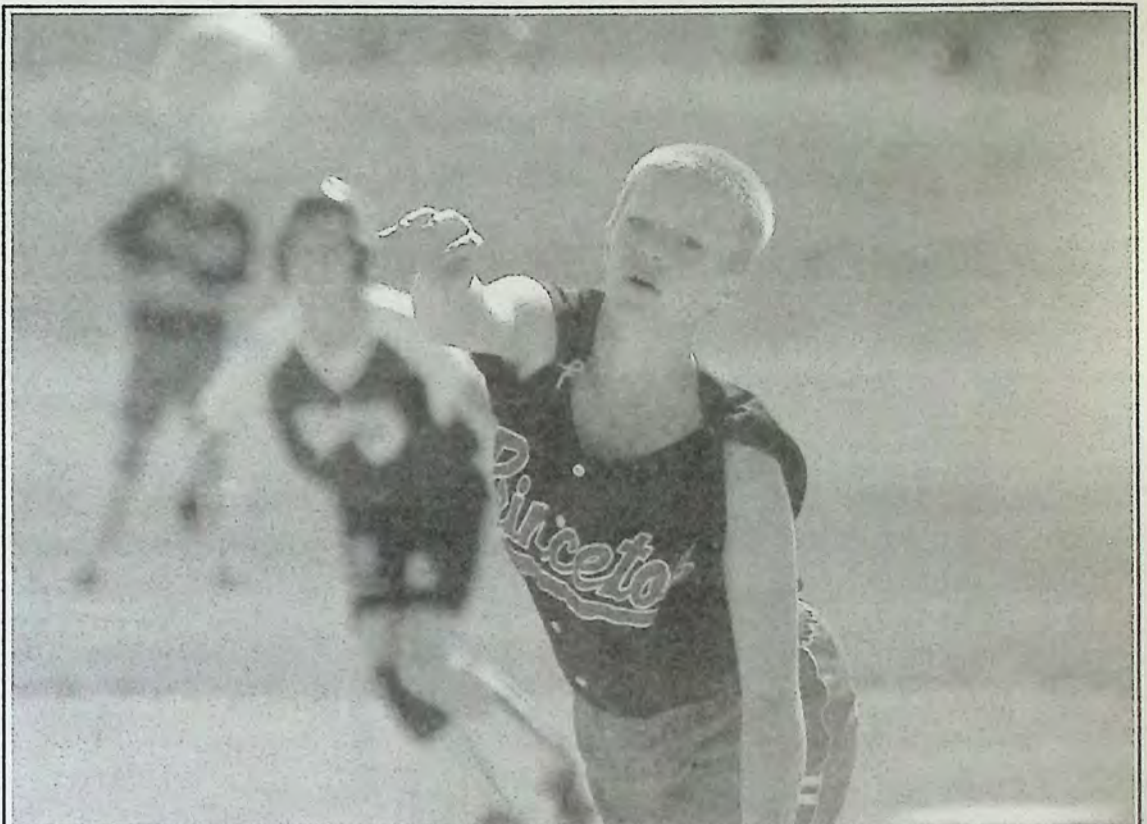
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Princeton Peewee Girls played in the District 9 Championship in Vernon June 13 & 14. Here's Princeton's Kirsten Haayer leading her team to a 12-6 victory over Westsyde. Photo: Silvia Badger

Arts groups remain active

Princeton District Community Arts Council met June 18 at Riverside Centre. This is the last meeting before the AGM, and polling the members showed most of the 2007-2008 officers are willing to let their names stand for another year. The AGM will take place on July 16 in the Arts Council room at Riverside Centre. Councillor Ray Jarvis will conduct the election.

Grant applications

All groups are expected to present a brief written report of their activities during the year. These reports

should be accompanied by any newspaper articles, pamphlets and photographs showing group activities. These items provide a foundation for the application for provincial grants. Grant applications must be submitted by September 1 to Nick Mills.

The Arts Council member groups have been making good use of the former Goldion Restaurant, and have spent money to improve the appearance for art shows.

Thanks to a donation of paint from Ernie Lawrence and Irlly Bird, as well as volunteer painters, the concrete retaining wall at the bottom of the zigzag has a fresh coat of paint in a downtown beautification encouraged by the Arts Council and promoted by Del Hall.

Planning ahead

At the September 17 meeting, all groups are expected to be present and give a short report of the activities planned for the 2008-09 year.

Princeton Garden Club is still discussing a community garden at John Allison Elementary School. The annual club plant sale was a success. The club has many ideas for using the Arts Council grant.

Vermilion Artists

This group enjoyed a good turnout for the student art show featuring Kelsey MacDonald and Hannah Donahoe, who received art bursaries from Vermilion Artists.

The annual art show will be held in conjunction with Racing Days weekend. The former Goldion Restaurant has become the downtown display area, and it will feature another art show in July by artists Bob Cormack and David Reid.

Princeton Concert Society

The Hayley Simons concert was good, but with low attendance. The Concert Society hopes to have Simons on the new stage next year,

attracting a bigger audience. Kelowna Ballet is booked for Arts & Culture week next year on April 19.

Vermilion Forks Field Naturalists are enjoying their usual active spring and summer. A recent field trip and lecture involved hummingbirds. Three species of hummingbird were found locally. Several were netted and banded. The Field Naturalists will be going on a Hudson Bay Trail hike at Jacobson Lake on July 26 as part of Treasures of The Tulameen historic celebration.

Work continues at Swan Lake, with some help from the fire suppression crew who are clearing some trails. The Field Naturalist meetings are adjourned for the summer but will resume in September.

Princeton Potters has had a great winter season and is working now on a mural to donate to Riverside Centre. They hope to put it in the foyer of the building. The group was disappointed in not receiving a grant from Community Forest but will try again next year.

Princeton Museum Society has four student employees this year. The museum is celebrating its 50th anniversary this year, and will have a float in the Racing Days parade. The students will be dressed in historic costumes. Operations Manager Nick Mills will be giving a brief introduction of the historic significance of the Klootchman Race at the race meet this Friday.

A celebration tea party is planned to celebrate the museum's 50th year, but there are other anniversaries to celebrate.

Overwaita is 75 years old, and the old Overwaita teapot sign will be on the museum lawn for the event. It is Billy's Restaurant's ... continued on Page 27

weekly entertainment guide

TUESDAY, JUNE 24, 2008 THROUGH MONDAY, JUNE 30, 2008



The News Leader spent part of June 17th at the 4H Horse Club meeting at Princeton Fairgrounds. The group is currently getting to know their animals and developing skills through a variety of exercises and games. Janine Esdale, above, shows concentration and grace during the 'egg race' exercise. For more information on the 4H Horse Club contact Judi Esdale at (250) 295-0055. More photos on Page 12. *

Princeton will be in Beijing

Lyle Thomas gave Town Council a report on participation in the Olympics. Princeton is featured in a video now playing in Beijing for the 2008 Summer Olympics.

Princeton will welcome Slovenians skiers in January 2009. Former Olympic coach Nat Brown, who resides in the Osprey Lake area, made the connection. The Slovenian team will train at Brown's place as well as at China Ridge.

Princeton has benefitted in other

ways from the 2010 Legacy Now program, first with Arts Now. Thomas congratulated Princeton Performing Arts Society for their progress. This society emerged out of the Arts Now project conducted by a committee of the Arts Council. A 2010 grant made the new theatre possible.

Other grants included one for accessibility and another for improvements to Princeton's arena, as well as the ongoing Literacy Now project.

Town buys new sweeper

The Town of Princeton will spend \$193,792 on a new street sweeper. The old sweeper is a 1991 model and is continually in need of repairs.

Fire Inspection

The Town has agreed to a contract with Design Fire Prevention Services for fire inspection at a cost of \$7,036 per year from 2008 to 2011.

The service will inspect all public buildings and multi-family dwellings for fire safety.

"We don't want any more fire accidents like we had in the past," Mayor Randy McLean stated. "This puts owners on notice to upgrade."

The contractor will also train local fire department personnel to do inspections.

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There Are No Chains On Us!



Princeton Town Hall News

OPEN HOUSE

The public is invited to attend an open house on Wednesday June 25 from 6:30 pm to 8 pm at the Community Skills Centre.

The open house is an opportunity for the public to receive an update from the Town of Princeton, Regional District Okanagan-Similkameen and Upper Similkameen Indian Band on the work being completed under the community forest agreement initiative.

You should have received a newsletter and questionnaire in your mailboxes recently on the subject; if you haven't returned your questionnaire, there is still time. Please note if you have requested NO UNADDRESSED AD MAIL from Canada Post you will not have received the update; drop in to Town Hall if you'd like a copy.

CANADA DAY CELEBRATIONS

Tuesday, July 1st
Join the Recreation Staff in
Centotaph Park for Canada Day
Birthday Cake
and an Old Fashion Picnic.



Pack your picnic basket with a lunch for you and your family and come out to participate in family races, games and fun. 11:30am-1:30 pm
Free Swim

Cool off in the afternoon at Centennial Pool for more Canada Day Fun. Play games and enjoy a dip with the Aquatic Staff. 2:00pm-4:00pm

CHANGES COMING TO GARBAGE COLLECTION SCHEDULE

The following notice is for residential homes and commercial businesses that receive curbside garbage and recycling collection from the Town of Princeton only.

In order to become more efficient with curbside garbage and recycling collection, the Town of Princeton will be making a change to the current collection schedule effective Tuesday, July 1, 2008.

For weeks that contain a statutory holiday garbage pickup moves ahead a day after the holiday. For example, the week of July 1, where the statutory holiday is Tuesday, Monday pickup remains the same, there is no pickup on the statutory holiday, Tuesday pickup moves to Wednesday, Wednesday pickup moves to Thursday and Thursday pickup moves to Friday. The schedule returns to normal for the next week. There will be NO change to regular pickup days for weeks that do not contain a statutory holiday.

Please contact Town Hall (295-3135) if you are unsure how you are affected by this change.

- Please ensure that garbage and recycling is at the curbside by 8:00 am on your collection day.
- Every household shall be allowed a maximum of (2) containers (bags) of refuse to be picked up once per week. (Additional refuse tags can be purchased at the town office at 169 Bridge at a cost of \$2 each).
- Refuse shall contain only household garbage; Each container (bag) shall weigh no more than 26 pounds or 12KG, each container (garbage can) shall be of a standard size not exceeding 90 litres in size.
- Metals, appliances, wood product, lawn debris, furniture, automotive parts, etc. will not be picked up.
- Dangerous goods such as oils, used filters, antifreeze, solvents, paints or any other containers where contents cannot be ascertained will not be picked up.
- Due to liability and safety issues, operators will not enter private property for pick-up.

Recycling is to be put out in clear or blue see-through plastic bags on your regular garbage collection day. **THERE IS NO LIMIT TO THE NUMBER OF BAGS OF RECYCLING** but please keep your recycle bags separate from household garbage.

- Materials that will be picked up include: Plastic bottles and containers – No. 2 plastic only (rinsed milk, bleach, soap, shampoo, etc.), Unbundled newspapers, magazines, all other paper and cereal boxes, Flattened cardboard, Tin cans – rinsed soup, pop, beer, etc., Plastic bags.
- Items that will not be picked up: Glass jars and bottles, Oil and oil filters, Household grease, Yard waste, lawn clippings, branches, etc., Household waste, Batteries, Electronic products, Demolition products (drywall, tile, wood, etc),

COUNCIL MEETING NOTICE

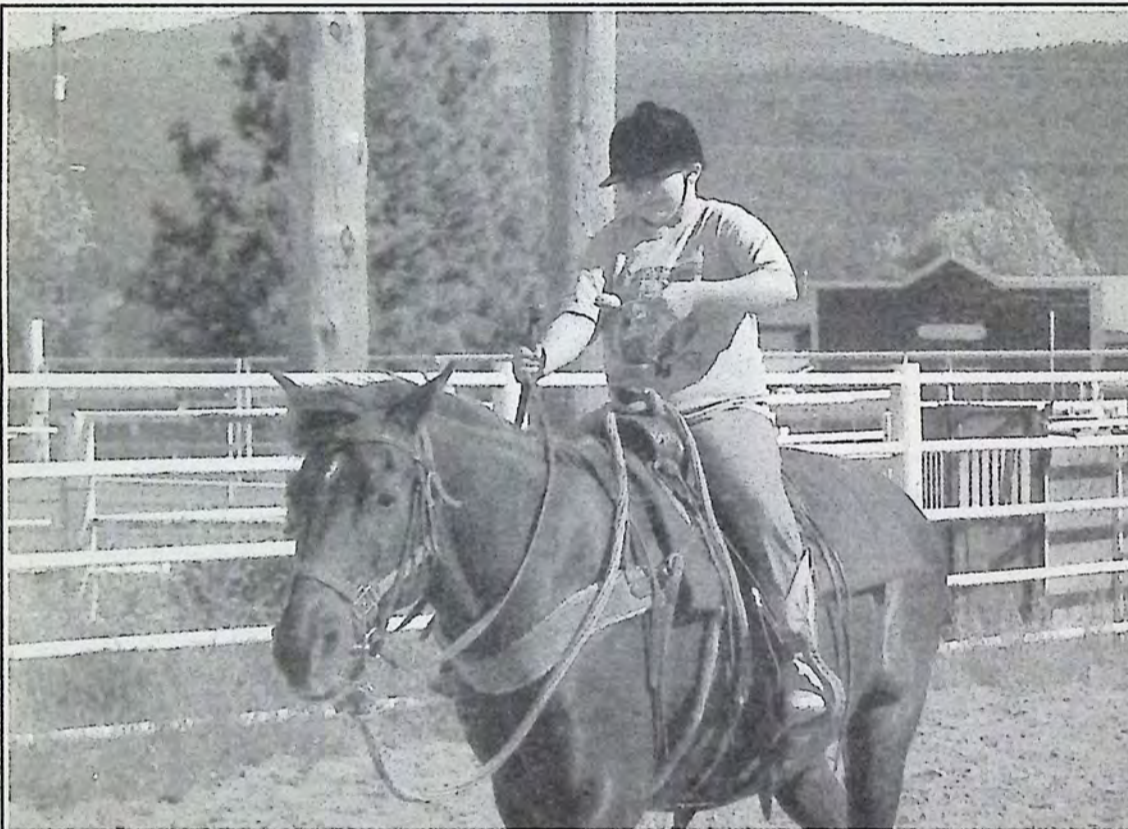
Princeton Town Council meetings for July 7 and August 5 have been cancelled. Regular meetings will be held July 21 and August 18, at 7:30pm in Council Chambers at Princeton town hall. The regular schedule will resume in September.

TOWN HALL OFFICE HOURS

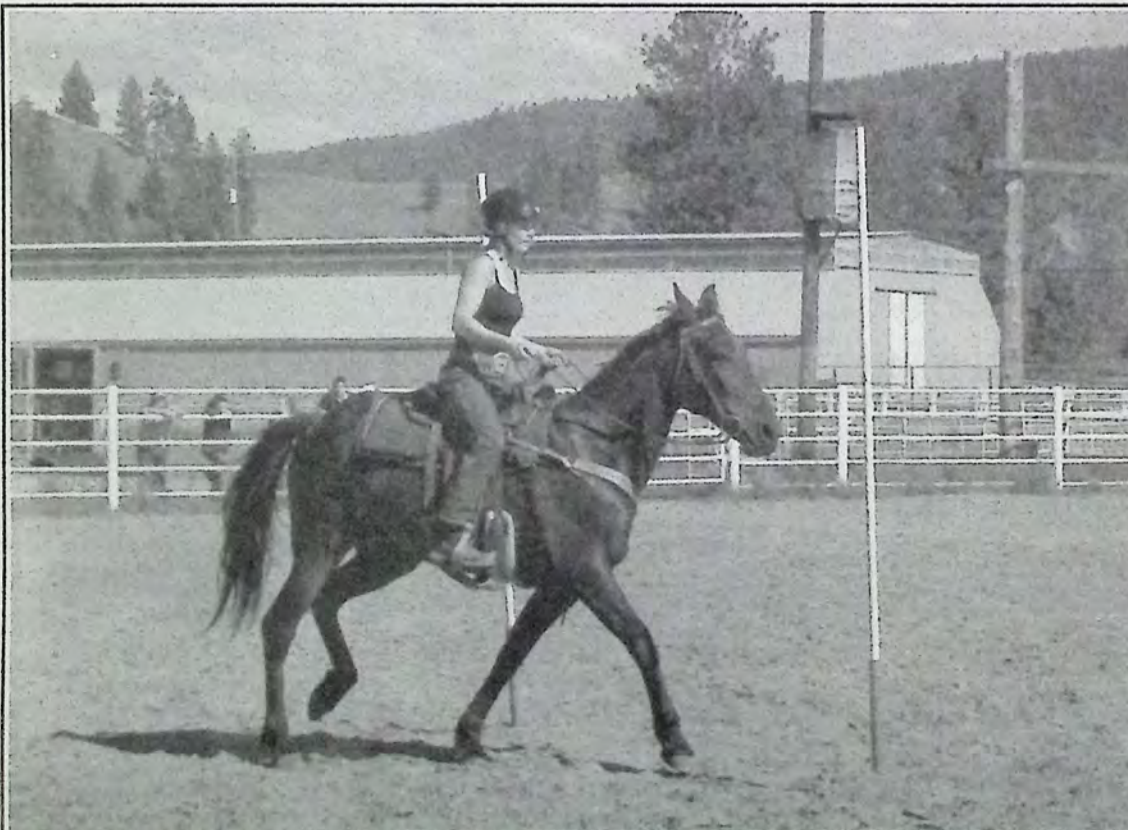
Town hall will be closed for Canada Day on June 30 to give employees additional time to spend with families. The office will re-open July 1 from 8:30 to 4:30.



4H Horse Club activities from last week. *



A 4H Horse Club 'egg race' helps riders and horses work together. *



4H Horse Club members tried some pole bending last week. *

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TUESDAY, JUNE 24, 2008

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 11:30 PM) listing TV programs and channels.

WEDNESDAY, JUNE 25, 2008

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 11:30 PM) listing TV programs and channels.

Horoscopes

June 25 - July 2, 2008

Aries - Home is where the heart is this week and next, and making the best of your home is your goal. You will be happy with family life centered on home and young people.

Taurus - You want to go places and do things these days, but you may have too much to do around home, or you may not feel up to travelling. Short trips and socializing will fill the need.

Gemini - Setting priorities based on what you value is needed now. Longterm planning for future security is important. Property may be a burden now. Drive cautiously, no speed!

Cancer - You are pleased with life these days, except for wanting or needing more money. Use your talents to create more wealth as you need it. Stick close to home this week. Relax!

Leo - You are still in that high energy, high ego phase, but it ends when this week ends. Now is a good time to do some long term planning to realize your dreams. Don't spend!

Virgo - Enjoy others in groups you belong to. Make plans for enjoying social occasions. Get out of the rut you've been in, and don't let your frustrations run your life. Career demands focus.

Libra - Right now, your career is where you have the greatest satisfaction and opportunity. You can enjoy parents and family life too. If you travel, do so for information. Enjoy!

Scorpio - Career continues to make demands, and may oppose family life. You are busy going places, talking to people, and enjoying the social aspects of life. Communication brings luck.

Sagittarius - Others share resources with you and you need their goodwill, as your career is full of problems and very demanding. Travel is not an option, studies hamper vision.

Capricorn - Partner is more agreeable these days. Others demand use of your resources. You are still feeling creative, but more interested in socializing. Job demands focus, thinking.

Aquarius - One on one relationships are still giving problems, but this will end next week. Be like a duck in water, let other's problems roll off your back. Enjoy health and job.

Pisces - This is a good time for you to start thinking about fun with younger people, or maybe being very creative. If you enjoy sports, you should be active this week. Focus on originality.

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
- Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.
- Legion Ladies Aux., second Tuesday each month, 7:00 PM, Legion.

thursday movies

MORNING

10:00 am CITY (29) ★★ "Double Take" (2001, Comedy) Eddie Griffin. Framed for money laundering, an investment banker switches places with a petty thief. [E]

9:00 pm WTBS (3) ★★ "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves.

AFTERNOON

5:00 pm WTBS (3) ★★ "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves.

10:06 pm CITY (29) "Dangerous Attraction" (1999, Suspense) Linden Ashby. An advertising executive discovers that one of the men she is dating may be a killer.

11:30 pm WTBS (3) ★★ "Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average.

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friday movies

MORNING

10:00 am CITY (29) ★★½ "Patch Adams" (1999, Comedy-Drama) Robin Williams. A doctor, once a psychiatric patient, uses humor and unconventional methods in his practice. [E]

Woman" (1990, Romance-Comedy) Richard Gere. A corporate raider pays a gorgeous hooker to be his escort for a business week in Beverly Hills.

9:03 pm FAM (26) ★★½ "Coyote Summer" (1996, Drama) Vinessa Shaw. A troubled New York teen staying at a Utah cattle ranch tries to save a doomed horse. [E]

AFTERNOON

5:00 pm WTBS (3) ★★ "Pretty Woman" (1990, Romance-Comedy) Richard Gere. A corporate raider pays a gorgeous hooker to be his escort for a business week in Beverly Hills.

10:06 pm CITY (29) "Sex Talk 3" (2004, Adult) Young women reveal their personal side. [E]

10:32 pm FAM (26) ★★ "Remember the Titans" (2000, Drama) Denzel Washington. A Virginia high school hires a black football coach after undergoing integration in 1971.

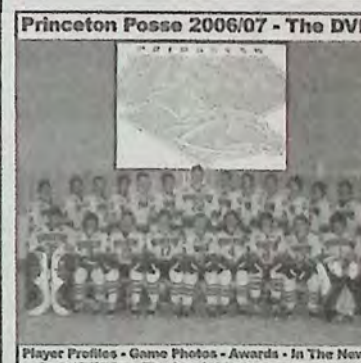
EVENING

7:30 pm FAM (26) ★★ "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time. [E]

11:00 pm SPIKE (44) ★★½ "The Naked Gun 2 1/2: The Smell of Fear" (1991, Comedy) Leslie Nielsen. Frank and Ed of "Police Squad" blunder through another case, an energy-related plot in Washington, D.C. (In Stereo)

9:00 pm WTBS (3) ★★ "Pretty

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Recipe Corner (Recipe #225)

Brought To You By: Similkameen News Leader

Marinated Mushroom Salad

(NC)—Serve as an accompaniment to cold meats and cheese or on lettuce leaves or add to tossed salad.

Preparation Time: 8 minutes / Marinating Time: 1- 8 hours

- 1/4 cup olive oil 50 mL
- 2 tbsp vinegar 25 mL
- 1/4 tsp salt 1 mL
- 1/8 tsp pepper 0.5 mL
- 1 tsp sugar 5 mL
- 1 clove garlic, minced 1
- 8 oz fresh sliced Mushrooms 250g
- 1/2 cup thinly sliced sweet or red onion 125mL
- 1 tbsp parsley, chopped 15 mL

In a large bowl mix oil, vinegar, salt, pepper, sugar and garlic together; add mushrooms and onion. Cover and marinate at room temperature for 1 hr or refrigerate for longer time, stirring occasionally. Stir in parsley just before serving. Makes 4 Servings

More delicious recipe ideas are available online at www.mushrooms.ca.

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CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #101 - Rated Easy

6			4					
		3	8			2	6	
	4				9			1
	6			3				8
5		8	9			7		3
	9				1			
	5			2		1		
	3	6					4	7

CHALLENGE #102 - Rated Hard

			2	5	1			
5	6			4			2	7
9								3
		4				7		
	7			1			3	
		2	3		5	8		
6								9
7	8			9			1	2
			8		6			

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

6:00 am SPIKE (44) ★★½ "Heartbreak Ridge" (1986, War) Clint Eastwood. A veteran Marine sergeant keeps in touch with his ex-wife while beating a platoon into shape for Grenada. (In Stereo) [E]
 9:00 am WTBS (3) ★★½ "Who Framed Roger Rabbit" (1988, Comedy) Bob Hoskins. Live action/animated. In a world where cartoons coexist with humans, a private eye tries to clear a long-eared fugitive of murder charges. [E]
 11:00 am WTBS (3) ★★½ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress. [E]
 A&E (9) ★★½ "Under Siege" (1992, Action) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a cook. [E]
 11:30 am SPIKE (44) ★★½ "Naked Gun 33 1/3: The Final Insult" (1994, Comedy) Leslie Nielsen. Ed coaxes his "Police Squad" pal Frank out of retirement to thwart a terrorist bombing.

AFTERNOON

12:00 pm FAM (26) ★★½ "The Kids Who Saved Summer" (2004, Comedy-Drama) Daniel Massey. Feisty children try to save their beloved park from a construction company that wants to tear it down.

1:00 pm WTBS (3) ★★½ "A Walk to Remember" (2002, Romance) Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter. [E]
 A&E (9) ★★½ "The Last Boy Scout" (1991, Action) Bruce Willis. An ex-Secret Service agent plays private eye with an ex-quarterback on a case of sports gambling and murder. [E]
 1:30 pm FAM (26) "Zenon: Z3" (2004, Science Fiction) Kirsten Storms. As Zenon prepares for an important contest, an activist seeks her help in a quest to prevent the moon's colonization. [E]
 SPIKE (44) ★★½ "Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists.
 3:00 pm A&E (9) ★★½ "The Outsiders" (1983, Drama) Matt Dillon. In 1960s Oklahoma a sensitive youth gets in over his head when his best friend kills a member of a rival gang. [E]
 4:00 pm YTV (18) ★★½ "Transformers: The Movie" (1986, Science Fiction) Voices of Michael Bell. Animated. Ultra Magnus and the Transformers fight planet Unicron and the Decepticons in 2005. (In Stereo) [E]
 5:00 pm 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.
 A&E (9) ★★½ "The Silence of the Lambs" (1991, Suspense) Jodie Foster. An FBI trainee seeks advice from a brilliant, psychopathic prisoner to catch a killer who skins his victims. [E]

EVENING

6:00 pm CITY (29) ★★½ "The Love Crimes of Gillian Guess" (2004, Docudrama) Joely Collins. A talk show host explores the reasons behind a juror's affair with a defendant in a 1995 Canadian murder trial. [E]
 7:00 pm WTBS (3) ★★½ "Something to Talk About" (1995, Musical Comedy) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. [E]
 8:00 pm CHBC (4) ★★½ "Cheaters' Club" (2006, Drama) Charisma Carpenter. The female patients of a controversial therapist begin to die after she tells them to become adulterers. [E]
 KSPS (6) ★★½ "Hello, Dolly!" (1969, Musical Comedy) Barbra Streisand. A matchmaker nabs a rich Yonkers grain merchant for herself in circa-1900 New York.
 KXLY (10) ★★½ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (In Stereo) [E]
 CBC (13) ★★½ "Intolerable Cruelty" (2003, Romance-Comedy) George Clooney. A successful Los Angeles attorney matches wits with an attractive woman who marries men for their money. (In Stereo) [E]

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sunday movies

MORNING

9:00 am WTBS (3) ★★½ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress. [E]
 A&E (9) ★★½ "One Flew Over the Cuckoo's Nest" (1975, Drama) Jack Nicholson. Mental patients follow Randle P. McMurphy, the social-misfit hero of Ken Kesey's novel. [E]
 10:30 am SPIKE (44) ★★½ "Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists. (In Stereo) [E]
 11:00 am WTBS (3) ★★½ "A Walk to Remember" (2002, Romance) Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter. [E]

AFTERNOON

12:00 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.
 1:00 pm WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. [E]

SPIKE (44) ★★½ "Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. An ad exec and a shower-curtain-ring salesman become co-travelers on the way to Thanksgiving in Chicago. (In Stereo) [E]
 1:30 pm FAM (26) ★★½ "The Swan Princess" (1994, Musical) Voices of Jack Palance. Animated. A vengeful wizard curses a princess to exist as a swan by day until her prince declares his undying love.
 3:00 pm 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.
 YTV (18) ★★½ "Superman" (1978, Science Fiction) Christopher Reeve. Jor-El of Krypton sends his baby to Earth, where he grows up as Clark Kent and works at the Daily Planet. (In Stereo) [E]
 VTV (22) "Broken Lullaby" (1994, Romance) Mel Harris. A Russian count and an art expert involve a genealogist in a family feud and murder in Europe. (In Stereo) [E]
 4:00 pm SPIKE (44) ★★½ "Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. An ad exec and a shower-curtain-ring salesman become co-travelers on the way to Thanksgiving in Chicago. (In Stereo) [E]
 5:00 pm WTBS (3) ★★½ "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a house-

keeper for a laid-back chef and his neurotic wife. [E]
 5:30 pm CITY (29) ★★½ "Cold Creek Manor" (2003, Suspense) Dennis Quaid. An ex-convict plagues a couple and their two children after they move into his former mansion. [E]

EVENING

6:00 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]
 7:30 pm WTBS (3) ★★½ "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a housekeeper for a laid-back chef and his neurotic wife. [E]
 9:00 pm CBC (13) ★★½ "National Treasure" (2004, Adventure) (Part 1 of 2) Nicolas Cage. An adventurer must steal the Declaration of Independence and use its hidden map to find a legendary fortune. (In Stereo) [E]
 FAM (26) ★★½ "The Paper Brigade" (1996, Comedy) Robert Englund. A small-town bully interferes with a new boy's efforts to woo a schoolgirl. [E]
 10:00 pm WTBS (3) ★★½ "Hard Rain" (1998, Action) Morgan Freeman. A thief, a sheriff and the nephew of an armored-truck driver seek money bags in a flooding Indiana town. [E]
 10:25 pm FAM (26) ★★½ "Armageddon" (1998, Science Fiction) Bruce Willis. A NASA rep recruits an oil driller and his team of mavericks to save Earth from an oncoming asteroid.

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invites you to visit his blog



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SATURDAY, JUNE 28, 2008

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 of program listings for Saturday, June 28, 2008.

SUNDAY, JUNE 29, 2008

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 of program listings for Sunday, June 29, 2008.

MONDAY, JUNE 30, 2008

	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	All-Family	News (N)		Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Erky Perky Jane	(4:00) Tennis: Wimbledon - Round of 16. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live) (E)	Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Disorderly Con.	F/X: The Series (E)
7 AM	In the Heat of the Night	Body	Clifford	Barney	Tennis: Wimbledon - Men's and Women's Round of 16. (Live) (E)	The Early Show (N) (E)	The Sopranos (E)	Good Morning America (N) (E)			Gofrette	Jacob			Naked Science (E)	K. Possible (7:24)	CityLine (E)	Disorderly Con.	Due South "Say Amen"
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice		100 Huntley Street (E)	Bo On Go	Viva Pinata			How-Made	Weekend	The Tyra Banks Show	Disorderly Con.	North of 60 (E)	
9 AM	Sanford	The Mom Show (E)	Berenstain (9:33)	Super Why! Dragon		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Super Why! Gofrette	Timothy George S.		Regis and Kelly	Daily Planet (E)	Feet Tigger	News (N) City	Disorderly Con.	Tube Tales What
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (E)	To Be Announced	The Price Is Right (N)	CSI: Miami (E)	The View (E)	Hospital for Sick Kids	Room House	Wilbur (E)	Erky Perky Dewitt		The View (E)	Super Ships (E)	Mickey Handy (1998) Eddie Murphy. (E)	Movie: "Dr. Dolittle" (1998) Eddie Murphy. (E)	Disorderly Con.	Videos Grace
11 AM	Cosby	Clean House (E)	Rolie Polie (11:33)	Big World Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog. Paid Prog.	Past Lives House	(10:59) News (N) (E)	Martha Stewart	Jacob Being Ian		eTalk (E) Instant	Blueprint for Disaster	Benj Bear (11:25) King	Disorderly Con.	Mad Aht. Frasier	
12 PM	Still Stnd	News (N)	Miss BG (E)	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) Lives (N)	Days of our Lives (N)	News (E) Today (N)	Pokemon	Tennis: Wimbledon - Round of 16 (Cont'd) (Live) (E)	Degrassi	Building the Biggest	(11:49) King	CityLine (E)	Disorderly Con.	Seinfeld Seinfeld
1 PM	Fresh Pr.	Design	Pancakes	Fine Art	Days of our Lives (N)	As the World Turns (N)	The Sopranos (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	What's- Grossology	Ruby		Sue Thomas: F.B. Eye	Megabuilders (E)	Dragon Emperor	Ellen DeGeneres Show	Disorderly Con.	Melrose Place (E)
2 PM	King	Queer Eye	Paddington	WordWorld	Millionaire	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby Flamingo		General Hospital (N)	MythBusters (E)	(1:54) King	News (E)	Disorderly Con.	Fresh Pr. Fresh Pr.
3 PM	Friends	Christine	Dora the Explorer (E)	WordGirl	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Fashion	Hawks Transform	Off-Record Sports	Dr. Phil (E)	Canada's Worst Driver	Replace Emperor	News (N)	Disorderly Con.	Are You Smarter
4 PM	Family Guy	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier Red Green	SpongeBob OddParent	Euro Today	Friends	Asteroid Tracker (N)	Proud (4:36)	American Gladiators (N)	Disorderly Con.	Deal-No Deal
5 PM	Friends	News (N) (E)	Shrinks (5:33)	BBC World Business	News (N) NBC News	News (N) CBS News	Intervention "Ashley"	News ABC News	News (N) Global	(4:59) News (N) (E)	Simpsons Arrested	OddParent SpongeBob	Tennis: Wimbledon - Round of 16. (E)	News (N) (E)	MythBusters Whirlpools.	Suite Life Montana Zoey 101 Life Derek	The Bachelor (E) (N)	Disorderly Con.	ET Canada What
6 PM	Movie: "A Thin Line Between Love and Hate"	Ad Pers News	Skooled! renegade	News-Lehrer	News (N) Raymond	News (N) Hollywood	Intervention "Sandra"	News News	News (N) (E)	ET Canada Entertain	News (E) Drake	Malcolm iCarly (E)	SportsCentre (Live) (E)	eTalk (E) Degrassi	Dirty Jobs	So Raven Smart Guy	The Mole (N) (E)	Movie: "Star Wars: Episode II - Attack of the Clones" (2002)	X-Weighted "Naomi" Are You Smarter
7 PM	Love and Hate	E! News	Edge	Served	Jeopardy!	Friends	Psychic Kids	Entertain The Insider	Entertain ET Canada	Durham County (E)	Coronatn Count	Malcolm Frank Ptrl	SportsCentre (Live) (E)	eTalk (E) Degrassi	Dirty Jobs	So Raven Smart Guy	The Mole (N) (E)	Attack of the Clones" (2002)	Are You Smarter
8 PM	Seinfeld	My Boys	Kathaumix w (E)	Antiques Roadshow	American Gladiators (N)	Big Bang How I Met	Paranormal	The Bachelor (E) (N)	Bones (PA) (E)	Bones (PA) (E)	How Do City Chase	Fries That? Futurama	Off-Record	Canadian Idol 18. (Same-day Tape)	Asteroid Tracker	Suite Life Sadie	News (N) (8:35) News	Disorderly Con.	Deal-No Deal
9 PM	Movie: "A Thin Line Between Love and Hate"	Nashville Star (E)	Indecently Exposed	History Detectives (N)	Nashville Star (E)	Two Men Rules	Intervention "Ashley"	The Bachelor (E) (N)	House "Mirror Mirror"	House "Mirror Mirror"	The Border (E) (DVS)	Frank Ptrl Mystery	NASCAR Racing	Robson	Really Big Things (E)	Montana Life Derek	(9:08) Jimmy Kimmel	UFC 86 Count.	Seinfeld Seinfeld
10 PM	Love and Hate	Real Housewives	Prisoners of Age (E)	The War of the World	Dateline NBC (N) (E)	CSI: Miami (E)	Intervention "Sandra"	The Mole (N) (E)	Durham County (N) (E)	News Hour Final (N)	National	Falcon Beach	Motoring Euro Today	CSI: Miami (E)	Dirty Jobs	School Cory	(10:08) Movie: "Vertical Limit" (2000) Chris O'Donnell.	Star Trek: Voyager (E)	Married... Fresh Pr.
11 PM	Frasier	News (N)	Profiles of Nature (E)	Charlie Rose (N) (E)	News (N) Wimbledon	News (N) Late Show	Psychic Kids	News (11:35)	News (E)	Entertain ET Canada	(11:05) The Hour (E)	Mystery Ghost	SportsCentre (Live) (E)	News (N) (E)	MythBusters Whirlpools.	Suite Life Life Derek	Limit" (2000) Chris O'Donnell.	Deep Space 9	Frasier Grace

monday movies

MORNING

10:00 am CITY (29) ★★"Dr. Dolittle" (1998, Comedy) Eddie Murphy. A 20th-century San Francisco doctor rediscovers his ability to communicate with animals. (E)

EVENING

6:00 pm WTBS (3) ★★"A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her.
 SPIKE (44) ★★½"Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)
 9:00 pm WTBS (3) ★★"A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her.
 10:06 pm CITY (29) ★★½"Vertical Limit" (2000, Suspense) Chris O'Donnell. A climber must rescue his

sister stranded by an avalanche. (E)

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Projects or events must promote the health and development of children from conception to age six.

For an application package e-mail blischeron@shaw.ca or see www.communitiesforkids.ca.

Application deadline: August 11, 2008

House cleaning, \$16.00 per hour. Yard cleaning, \$18.00 per hour. Call Lyn at (250) 295-7898 to book your appointment.

Apr 08 dn

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Apr 29 dn

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Jun 24-Jul 08

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Jun 10-24

notices

Princeton & District Fall Fair Association is seeking vendors for the September 6 & 7, 2008 fair. Food vendors must have insurance and self-generated power. Food vendors should address their proposal to Box 276, Princeton V0X 1W0.

Other vendors may pick up a vendor form at the Chamber of Commerce office or apply to the above address. Deadline for acceptance is August 30.

Celebration of Life

Ralph Robson (1918-2007)

June 29, 2008 - 1:30 - 3:00 PM
Legion Hall, Princeton

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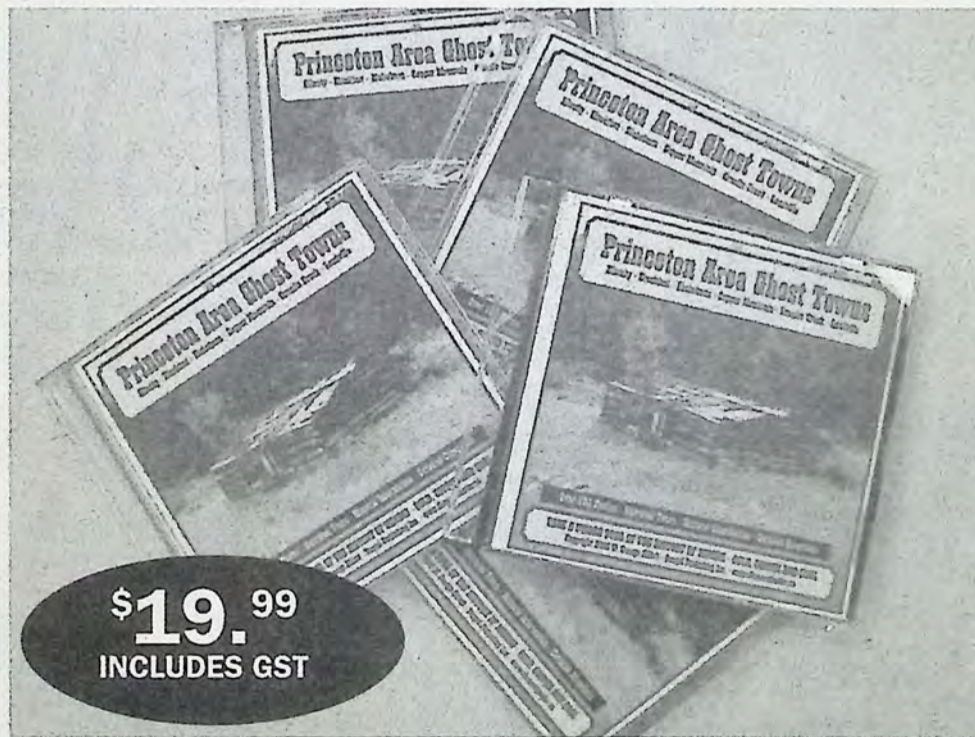
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my turn

What Racing Days means to me

My former boss, Laurie Currie, was President of Princeton Racing Days for many, many years.

In fact, he was the first President of the group that brought live horse racing to Princeton and after 25 years in that position, he had to step down for health reasons.

I took the role on in 1990.

I had next to zero knowledge about horse racing and had – up to that point – never been on a horse in my life. I was as green as it gets, but I truly understood the meaning of the event to the local economy.

That part I got just about right away.

I remember sitting down one Racing Days weekend and roughly figuring out that about 2-million dollars changed hands in the two-day weekend. That was years ago, and what I always found interesting about that economic shot in the arm was that a very large chunk of that sum went to a handful of non-profit organizations that hosted events during Racing Days weekend.

Those groups put most of that money right back into the community. That still happens today.

I remember trying to get across to the other racetracks in the interior circuit that the 'tradition' of Racing Days is what made it such an important event and losing horse racing would seriously hurt our community and it's local economy. I couldn't bear to see Racing Days end (the writing was on the wall) and that, along with other reasons, caused me to step down from the President's seat in 1999. In my years as President the event had gone from a two-day race card to a single day. It then did not happen for three years.

In those years pretty much every other event continued, but without live horse racing - the major attraction - the tradition did not seem the same. Something was missing and I think the community suffered as a result.

Now that live horse racing has returned, we can all get back to what we do best - celebrating, visiting, having fun and raising money for worthy causes.

I'm so very glad to see the traditional celebration continue feeding our local economy, which is what it was originally designed to do back in 1965.

In the three years without live horse racing a replacement event was never found that could draw such a crowd and bring so many of us together to enjoy our lives in the Similkameen in such a celebration. Long live Racing Days!

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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George Elliott
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Dawn Johnson

TIS TOONS

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your turn

Community spirit lives in Hedley

To The Editor;

The other day I stopped for a moment and looked around. I was standing in the centre of the street listening...to the silence. The air I was breathing was fresh, pure and very still. A feeling of contentment hit me. Here I was in the centre of this beautiful village that I call home.

We have a wonderful business, we have children and grandchildren that live here. Our young son is growing up to be a responsible, good citizen...we work hard and life is really good!

Recent events has our community battered and beleaguered but certainly not beaten. It has been a very trying year, so far, for the residents of Hedley. An era of public education in Hedley is gone, the youth are unsettled, vandalism is prevalent and the few recreational possibilities available in our village are tied up in a ridiculous boundary issue.

Stamp Mills Days was cancelled, our Community Club is financially strained, the ball field is not available for use (that's another story) and other political issues have been dividing the community.

Have I got your attention yet?

A 'Community Spirit Revival' is needed and we would love you to consider participating in our day. Entries for our parade on Saturday, June 28th would be a good start and we are building a line-up of

Similkameen Talent for our 'Concert in the Park.' Take the stage in beautiful downtown Hedley and share your talent with all of us.

We will be having a pancake breakfast, a Pet Contest, a Poker Rally for all ages, a beer garden, a

Letter To The Editor

Joe adds some perspective

To The Editor;

Hearts go out to the suffering of Iowa and Mississippi valley in it's flood loss and destruction as it does to all America experiencing unprecedented storms, droughts, fires, hurricanes, tornadoes, floods, etc. wreaked by Mother Nature.

But something we don't like to recognize is the Iraqi's and Iraq have been suffering unspeakable, unending death, destruction and suffering daily for over five years since the USA's pre-emptive invasion of Iraq whose citizens seem to be but dust and are easily blown away.

Could there be a message here? The US, the richest, most powerful country in the world with the deadliest bomb almost instantly brought to it's knees by Mother Nature.

What mysterious power directs the hand of Mother Nature? Are diseases, earthquakes and volcanoes of epic proportions in the US to follow?

loomie auction and a barbeque in beautiful Woodlie Park.

If you would like to be part of our 'revival' please contact T. J. by phone or fax at (250) 292-8600. Join in the fun! We promise you a great time!

- T. J. Bratt, Hedley

Harmony and respect even among nations is like a good marriage or relationship - there are times it is imperative to bite the tongue and wise to remember, the other person is also a somebody. As it's said, "There are none so blind as those who do not want to see."

Regards,

Joe Schwarz, Princeton

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Current Comment:

And there they go!



Dawn Johnson
editor@thenewsleader.ca

I don't know how many times I have gone to Princeton's horse races. I remember coming to visit my parents back in 1965, and being ordered after dinner to grab a bucket to take to the race track. Our vacation began with picking rocks off the track in preparation for the first horse races in the first Racing Days. Many of the people who worked on the grounds back then have passed away, but their vision of what could be has lived on.

The existing race track, rodeo arena and fall fair buildings, along with all of the other facilities, were made possible by the Town annexing the race track property and dedicating it for exhibition and racing use.

The first races were on a track, and that was about all you could say for the area. There was no grandstand and the concession stand was pitiful compared to what we have now. The present facilities are worth millions.

Princeton's business people began Racing Days Association. Princeton was in an economic slump that had lasted several years after the local copper mine shut down and the miners moved away. Business people decided Princeton needed some kind of celebration to attract people to town.

Horse racing was a natural extension of Princeton's historic involvement with horse racing. Horse racing has always been part of Princeton's history, dating from when our valley's first inhabitants had enough horses to race. Believe it or not, the present area was used for horse racing more than 100 years ago!

This year, for B.C.'s 150th anniversary, Princeton Racing Days has introduced a race once run along the present Vermilion Avenue.

The Klootchman Race is for

women riders only. The last such race was run more than 100 years ago, but is commemorated by statues in the small traffic island at the west end of Vermilion Avenue.

The horse racing concept was good. Local businesses put up a lot of money for purses for winning horses. In addition, they decorated their shops, did advertising, invited dignitaries, and worked every angle to bring people to Princeton.

Racing Days has been Princeton's biggest event for many, many years. Rotarians sponsored the annual parade, and still do. Lions Club put on a pancake breakfast, and still do, but for many years the Lions sponsored a raft race which was hugely popular. It was discontinued due to insurance problems. The Elks used to sponsor a Racing Days dance, and so did the Legion.

The Legion has always led the parade.

There has always been a Miss Princeton. These days, the Youth Ambassador program trains young women to represent Princeton, and the winners are announced at a pageant during Racing Days.

The Golf Club sponsors a golf tournament. This year there will be an added attraction, a ball tournament.

The most important thing about Racing Days is to have a good time, and to celebrate being ourselves. Class reunions have become part of the weekend fun, along with celebrating Canada Day. Many family reunions are held at this time, and many people who once lived in Princeton come back for Racing Days just to catch up with old friends.

Those who become all sentimental about these beautiful animals have never known a lot of horses at a personal level. Horses have personalities. This is worth remembering if you go to bet on the races.

The favourite horse may be opposed running that day, or may have a grudge against the jockey, or may just be in the mood for daydreaming. Another horse may be in high spirits and determined to lead the field no matter what. This is what makes horse races so unpredictable.

Princeton has had some great horses and some great races. Speaking for myself alone, there is something about placing a two dollar bet on a race that makes it much more exciting than just watching the horses run. There is a kind of thrill that goes up my spine as soon as I hear, "And there they go!"

Win or lose, the bet makes it more exciting.
See you at the races!

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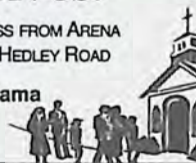
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OPEN FIRE RESTRICTION
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Effective at noon on June 23, 2008 and until further notice, Category 3 open fires are prohibited throughout the Kamloops Fire Centre.

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 area 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 summer.

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 U.S. 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 1-800-663-5355 or *5555 on most cellular networks. For more information on open fire restrictions or for updates on current wildfire activity visit www.bcwildfire.ca.



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Princeton Government Agent Cheryl Winters cuts a special cake June 19th in celebration of 150 years of service. Government Agents Day was celebrated at all Service BC outlets in the province. Photo: Brenda Engel

Letter To The Editor

More on local health care situation

To The Editor;

Monday morning I awoke with what I supposed was a severe allergic reaction to something.

Feeling I should have immediate care, and as my usual family doctor is closed Mondays, I made an appointment at the new Cascade Clinic.

Upon arrival, the receptionist took my Care Card, opened a file on me, returned my card and asked me to be seated in the waiting room.

After a short wait and once in the doctor's office, he did a thorough examination. Without taking history, asking if I was on any medications or had drug allergies, he wrote out a prescription for antibiotics and gave me a requisition for blood work.

I did mention I had taken an Alledryl 50mg the night before but it didn't seem to work. He suggested Benadryl as it was different.

I pointed out my name was misspelled and he asked me to please have the receptionist correct it.

As I was leaving, I brought this to the receptionist's attention. She blatantly said the Care Card must be wrong. I showed it to her and she changed the spelling but not her attitude.

Next stop - the lab for blood work. I handed the requisition to the hospital receptionist who talked across the hall to the lab technician and both got a chuckle from the doctor's 'big city terminology.' They decided I could have the tests done right away instead of 'stat,' like the doctor requested.

The lab tech couldn't read the doctor's writing/request on the requisition and after much hesitation, instead of confirming with the doctor, she said, "I hope this is good enough," and left it at that! I'll

never know what I was tested for.

Next stop - the pharmacy. As my prescription was being filled, I asked the customer service rep if she had Benadryl. I mentioned I had the generic Alledryl she pointed to, but said the doctor mentioned Benadryl was better.

She didn't know, so she asked the pharmacist, not the usual one who knows me. He pointed to the Alledryl. She explained my story. I told him I'd taken one last night and it didn't help.

He said, "Take two then."

I said, "Wow, I'm really going to sleep."

"He said, 'They're only 25 milligram.'"

I said, "No, they are 50 milligrams!"

Letter To The Editor

Be kind to your paramedic

To The Editor;

Can you tell me what's wrong?

It's a question BC Ambulance Service (BCAS) paramedics and dispatchers ask a hundred times a day.

If you have ever called an ambulance you will have experienced professionalism and dedication of the BCAS dispatchers and paramedics. Not only do they coordinate hundreds of ambulances, administer treatments to give you the best chance of recovery, but they also provide comfort, reassurance and support in times of need. Each year BCAS paramedics selflessly serve hundreds of thousands of individuals who they may never know or meet again, but whose lives are forever made better through their work.

July 1 to 7 is Paramedic Appreciation Week; an opportunity

He said, "Oh." He didn't even check the dosage on the bottle first!

Four potentially major mistakes, possibly compromising my health within three hours from four different levels of our health care system, not to mention lack of respect to the doctor by the hospital staff.

If I had been a person not realizing the hazards of mixing the medications I was already on and new prescriptions an unfamiliar doctor or unfamiliar pharmacist was telling me to take, serious consequences, possibly death may occur.

We need more permanent family doctors that know us, not temporary doctors and walk-in clinics, that create more problems in the long run.

- Dawn Gardner, Princeton

for British Columbians to publicly recognize the contributions BCAS paramedics make in communities throughout the province.

This year, as part of Paramedic Appreciation Week, the BCAS is asking the public to share their stories of how paramedics have made a difference and thank paramedics for the important role they play in their communities.

Let the paramedics in your community know how you have been impacted by their work.

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History repeats itself during Racing Days

Princeton's horse racing history dates back over 158 years. The first race recorded in Princeton was the Klootchman Race in 1900.

Klootchman was the name given to an Indian maiden and they were the only ones who rode in the race.

This particular race took place on Vermilion Avenue in Princeton and in researching records and photos at the Princeton Museum it was discovered that Princeton and Keremeos still have living relatives of some of those riders.

The great-great grandmothers of Lower Similkameen Indian Band Chief Joe Dennis of Keremeos and local Princeton resident Debbie Willis were riders who participated

Museum invites you to the tea party

Founded in 1958, Princeton Museum originally planned to hold a 50th birthday tea party this summer to celebrate their milestone, but then it was realized that Overwaitea Foods arrived in Princeton in 1933, 75 years ago, so a plan was hatched to enlarge the occasion.

Soon it was the turn of Billy's Restaurant, they wanted to be part of the celebrations as it was their 30th birthday! The Chamber of Commerce were next to climb on board, they are the grand-daddy of them all at 95! Who's next? Has your

in that historic race.

As you enter Princeton from the west you will find silhouettes of three Klootchmen on horses that appear to be racing down Vermilion Avenue - like they did so many years ago.

Princeton is re-enacting this race during the 40th running of Princeton Racing Days which will be held on Friday, June 27th with a post time of 3:00 PM. The Klootchman race will be at 2:00 PM that same afternoon at Sunflower Downs.

Our First Nations' friends will be helping us in the celebration re-enactment of 158 years ago. This feature race will help our community celebrate the 150th anniversary of British Columbia. - submitted

club or society something special to celebrate this year? If so, you are invited to contact Nick Mills at the Museum (phone 295-7588) or e-mail princetonmuseum@telus.net.

The plan is, as part of the BC150 year-long celebrations and Princeton's Heritage Month, to hold a gigantic tea party on the lawn outside the Museum, from mid-day to 4:00 PM on Saturday, August 9th, including appropriate musical entertainment. Everyone is invited, just to be there to enjoy the goodies and celebrate our past. - submitted

PRINCETON Racing Days



Post Time: 3:00 PM Friday, June 27

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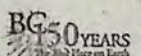
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Christopher Newman received his Bachelor of Arts in History from Thompson Rivers University at a convocation ceremony on June 6th in Kamloops. Newman is a former graduate of PSS and the son of Agnes and Laurence Newman of Princeton. - photo submitted

Celebrate Canada Day in Hedley

The Hedley Heritage Museum is hosting good, old-fashioned fun on Canada Day, Tuesday, July 1st. There will be bluegrass music and food at Heritage Park

in Hedley.

The Kettle Valley Brakemen will be playing their rollicking, original songs about the Kettle Valley Railway. And, this year, Jon Bartlett and Rika Ruebsaat will be on hand in the afternoon to sing and play folk songs from

the good ole days in Princeton.

Admission is by donation. The event is a fundraiser for the Hedley Museum. Music starts at 11:00 AM.

For more information contact Hedley Heritage Museum at (250) 292-8787. - submitted

Princeton's active arts groups

..... continued from Page 10
30th anniversary, and the Chamber of Commerce marks 95 years. The Museum Society wants to know if there are any more business or organization celebrations who would like to be in on the tea party. Contact Nick Mills at the museum, 295-7588.

During August, which is Heritage Month, there will be displays in shops around Princeton highlighting B.C.'s 150th anniversary since founding. The former Goldion Restaurant will have a major display.

The ore cart has been mounted on a concrete pad in front of the museum. Visitor numbers are up this year.

Princeton Traditional Music Society received an \$5,000 grant from Heritage Canada, and with other grants, will decide how to best use the money to put on the Traditional Music Festival to be held August 16 and 17. The society is producing a CD of traditional music done by Jon Bartlett and Rika Ruebsaat which includes a 24 page historic outline. The CD will be available August 1.

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Princeton Legion Ladies Auxiliary hosted a lunch, tea and bake sale on June 20th. The lunch was great and everyone enjoyed the music and singing of Al Kovaltsenko. Photo: Dawn Johnson

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RE/MAX FEATURE HOME OF THE WEEK

Allison Lake Living, This Home Is Calling



Live in peace all year round or sneak away for the weekends...this is the place!

Beautiful 3-bedroom panabode residence, great lake view and less than a block to the lake. Only 20-minutes from Princeton, 3 1/2 hours from Vancouver.

This energy efficient home sits on 2/3 of a acre and includes a fireplace and 2-car garage/shed. This is in move-in condition! Furnished!

Peace, tranquility and cozy comfort can be yours for:

\$359,990.00 mls.ca#43216

Call Jim Junkin at (250) 295-1968 or 295-3222

Very Nice Location!

399 Taylor Mill Dr \$413,800
Beautiful home backing on Princeton Golf Course. Upstairs renovated, basement partly done awaiting your touch. Huge deck, 2 car garage, 2 car/RV carports. mls.ca#44830

Dream Starter!

279 Bridge Street \$59,500
Downtown business with secured major feed suppliers in place. Large new and repeat customer base. mls.ca#42871

Be Your Own Boss!

600 Highway 3 W \$1,488,383
Opportunity is knocking! Very busy gas station and convenience store located at the west entrance to town on Highway 3. mls.ca#41995

Osprey Lakefront!

PRICE REDUCED!
115 Lee Creek Pl \$688,300
They aren't making any more of it, lakefront that is! Gorgeous Osprey Lakefront home, on almost 1/2 acre level, semi-private, treed lot. Quiet area. Beautiful park-like setting. Come sip your wine on the fabulous deck. mls.ca#45402

Too Much To Mention

84 Tipton Avenue \$408,300
Large windows and rooms, slate tile, hardwood, everything top drawer throughout. Notice zoning, central air, fenced backyard. mls.ca#43658

Put on your thinking cap

68/74 Billiter Ave \$279,000
Great location across from doctor's office and grocery store. 2,294 sq ft building with 18 parking stalls. mls.ca#42263

Riverfront Cabin

2285 Arcat Road \$388,300
Approx. 1 acre riverfront panabode cabin with recent remodeling done. Concrete foundation, excellent plumbing/wiring. mls.ca#45169

Comfy In Hedley!

1032 Richter Ave \$225,750
Beautifully landscaped lot with attention to details. Close to everything you need and all on one floor! Immaculate home! mls.ca#45073

35 Acre Riverfront

610 Highway 3 W \$499,000
Great house, greater property. Located at the edge of town, this 35 acre property offers expansive valley and river views. 10 +/- acre hayland and over 1 km of riverfront. mls.ca#45556

Perfect Family Home!

117 West China Ck \$388,300
One of Princeton's best homes in Deerview Estates. Well laid out with 5-bedrooms, 3 full baths, 1/2 acre lot. mls.ca#43792



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