



# Similkameen News Leader

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Volume 13 Issue 25 #635 ISSN 1712-090X

Tuesday, June 22, 2010



2010 Winter Olympic Gold Medalists Denny Morrison and Ashleigh McIvor announce where the \$100,000 GamesTown prize money will be spent during a ceremony June 15 in Veterans Square. \*

## Town announces GamesTown 2010 projects

A visit from B.C. Olympic gold medalists Ashleigh McIvor and Denny Morrison highlighted Princeton's GamesTown 2010 celebration June 15th to announce four new healthy living projects funded through ActNow BC, said Minister of Healthy Living and Sport Ida Chong.

"The upgrades to the Trans Canada Trail, new playground equipment and a bike park, along with enhancements to a basketball court in Princeton will forever remind the community of its GamesTown 2010 gold medal win, but these projects will also support a healthier community for years to come," said Chong.

"Of the more than 100 communities involved in the GamesTown 2010 competition, Princeton showed the rest of the province its unparalleled community spirit, excitement for the Winter Games and commitment to healthy living."

As part of the day-long celebration in Princeton, McIvor and Morrison, who are both ActNow BC Athlete Ambassadors, travelled to local schools to talk about healthy living and also took part in the ground-breaking for the new projects. Both athletes attended a charity dinner in the evening in support of the Princeton Posse KIJHL hockey team.

The new projects funded using Princeton's \$100,000 prize include:

**Trans Canada Trail:** Builds on funding by the Province, the Trans Canada Trail Foundation and others who provided \$1 million for the construction of the Bridge of Dreams. Funding will help to install trail lighting along a section

of the Trans Canada Trail and the newly constructed bridge. Trail lighting will also provide more security and beautiful views along the river pathway at night.

**Playground Equipment:** Princeton will use funding to provide new playground equipment at Rotary Park, which is a popular attraction in the community. The playground equipment selected for this area will enhance the overall venue for young children, and it will also be wheelchair accessible.

**Bike Skills and Dirt Jump Park:** A track will allow residents and visitors to practice their mountain and BMX biking skills. The park will become a safer venue for bikers to practice and prepare themselves before riding on the newly created China Ridge bike trails.

This park will also complement Princeton's outdoor trails with similar obstacles, jumps and log bridges. Students have an opportunity to help maintain the bike park. **Outdoor Basketball Court Enhancement:** Many nights, local youth basketball players now shine their car headlights onto the outdoor basketball court at Princeton Secondary School since the court is not currently lit. This GamesTown 2010 project will allow for lighting and fencing, along with a few amenities such as a drinking fountain for the basketball court.

"We explored all options before deciding to move ahead with the Trans Canada Trail upgrades, new playground equipment, new bike park and enhancements to the basketball court," said Princeton Mayor Randy McLean.

..... continued on Page 2

## Museum will say farewell

The first topic on the agenda of the Museum Society on June 15 was saying farewell to operations manager Nick Mills. He is moving to the Lower Mainland next week. Society members are very sorry to lose Mills, as he has been instrumental in keeping the museum well organized and funded. He stepped in as President many years ago, and later became operations manager. He has given more time and effort to the museum than anyone could imagine, and his departure will leave a great gap difficult to fill.

Museum Society President Kathy Clement has organized a farewell tea for Nick Mills at the Belaire Restaurant on June 26 from 2:00 to 5:00 PM. This is an opportunity for Museum Society members and others who wish to express their appreciation to Mills for all of the work he has done in Princeton during his years here.

Two reunions of interest will take

place this year. The Blakeburn reunion will be held July 10 at 1:00 PM at the Legion Hall. This initial gathering will be free to anyone dropping in to say hello, but the dinner is just for those who are registered. On September 11, there will be a Copper Mountain/Allenby reunion at the Legion Hall from 2:00 to 4:00 PM. The museum will be open for both events so former residents can see photos and artifacts of these "ghost" towns still alive in the memory of so many people.

Three students have been recruited to keep the museum open during the summer months. They are Rachel Jung, Tom Smythe and Jessica Dennis. Nick Mills says they are excellent workers and doing a great job.

The Museum Society is asking for a minimum donation of \$2.00 from visitors this year, and it is showing in the increased level of donations. In addition, the museum is still selling the excellent CD made by Jon Bartlett and Rika Ruebsaat containing old mining and logging songs

of our area. The 2010 historic calendars are now on sale for \$5.00 each and are well worth it just for the excellent historic photographs. Diane Sterne and Lori Thomas are working on a book containing writings of Susan Louisa Allison and photographs of the family's early years in Princeton. They hope to have the book ready by September 4, the official celebration of Princeton's 150th anniversary since being founded.

There is a really attractive Princeton 150 lapel pin that will go on sale at the museum soon at a cost of \$3.00. This is an excellent souvenir of Princeton.

A new display is in place at the former library location now assigned to the museum. The plans for the new museum are there for public viewing. At the same location there is an appeal for funds for the museum development fund. This fund is established to pay for things inside the museum, such as display cases and other things needed for the expanded museum.

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## Similkameen News Leader THIS WEEK:

GamesTown Gold! - Page 10, 22

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2010 Winter Olympic Gold Medalist Ashleigh McIvor admires the medal chart at Vermilion Forks Elementary School. McIvor, in town last Tuesday, was impressed with the work of local students. \*

..... continued from Front Page  
"We are excited that our community has been able to maximize the GamesTown 2010 funding to benefit the greatest amount people of all ages."

In January, Princeton was awarded \$100,000 after being chosen as GamesTown 2010. The ActNow BC competition was initiated in February 2009 and involved 124 B.C. communities.

Residents of Princeton shared more than 600 stories, photos and videos online that promoted healthy living, Olympic spirit, along with involvement in sport, recreation and environmental sustainability.

The GamesTown 2010 judging

panel included Olympians Steve Podborski, Simon Whitfield and Nancy Greene Raine, along with Dr. Rhonda Low from CTV and Dr. Art Hister from Global. In addition to Princeton winning gold, these judges also selected Dawson Creek in second place and Kamloops in third place.

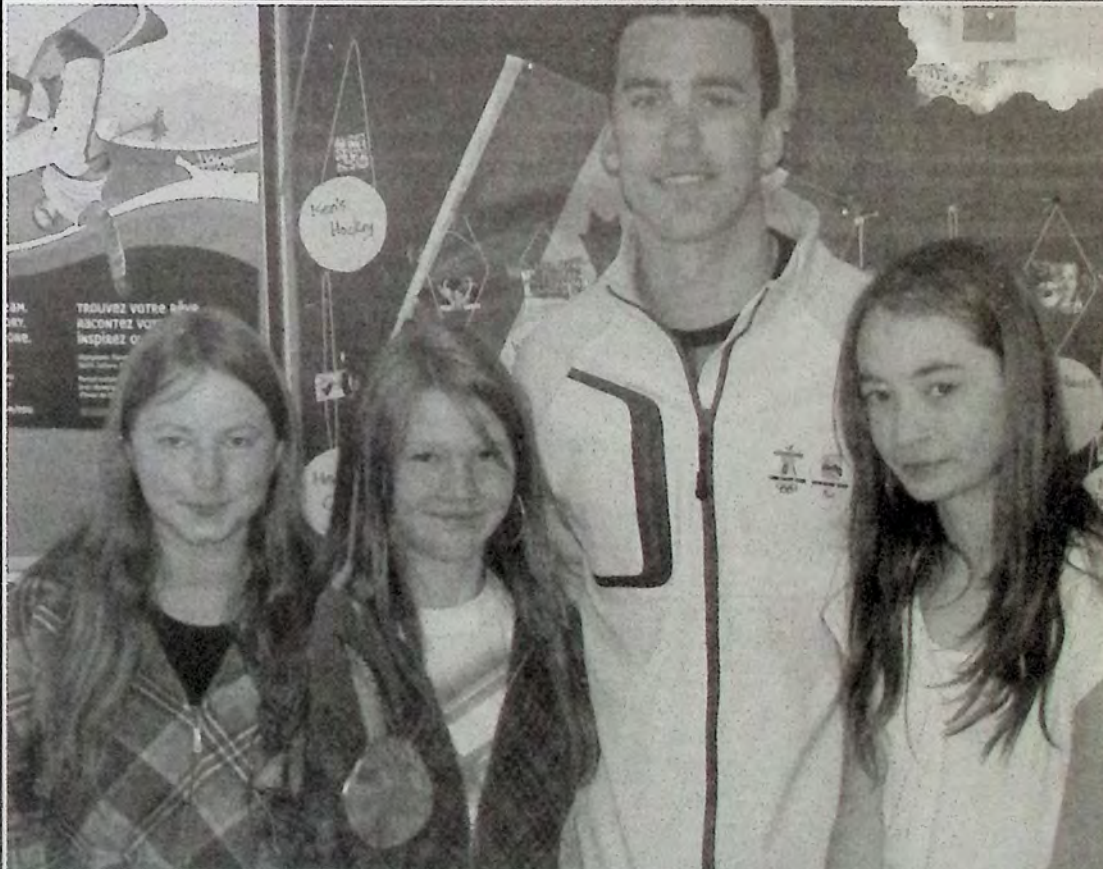
ActNow BC is the provincial healthy living program that supports British Columbians to make healthy lifestyle choices, including healthy eating, physical activity and quitting smoking.

For more information about healthy living, go to [www.actnow-bc.ca](http://www.actnow-bc.ca).

Similkameen **News Leader**

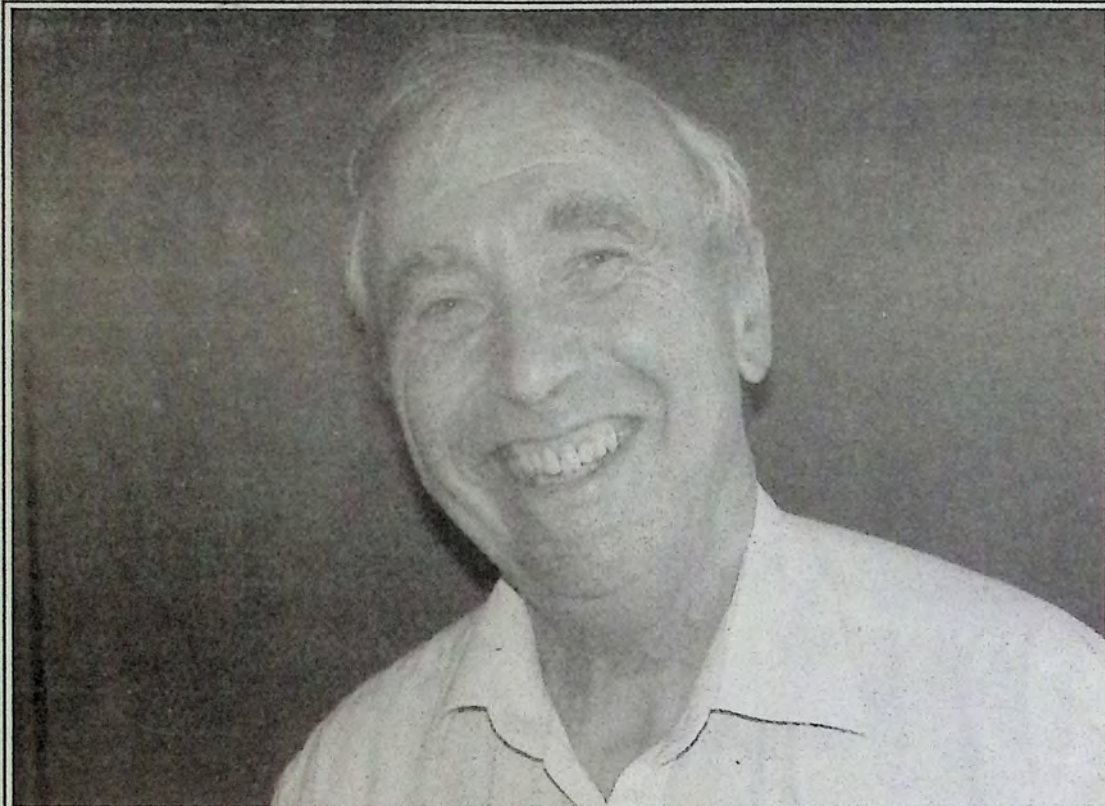
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2010 Winter Olympic Gold Medalist Denny Morrison thanks Danika Whelpton, Zoe Douglas and Caitlynn Pateman for their work on the Vermilion Forks Olympic Medal Chart. Missing from photo is Bailey O'Donnell who also worked on the project. The girls updated the chart daily. \*





Nick Mills is leaving Princeton at the end of the month. Mills has been very actively involved in the Princeton Museum & Archives Society. All of us at Similkameen News Leader wish Nick much happiness and success as he enters the next phase of his life - semi-retirement (again) in Chilliwack. \*

## Small Business News

### CFIB - Canadian Federation of Independent Business

#### Princeton makes worst offender list

As property tax bills land in mailboxes across the province, small businesses continue to face excessively high tax bills compared to residents for the same value property, says a new study from the Canadian Federation of Independent Business (CFIB).

"Small businesses are unreasonably burdened with paying almost three times the property taxes of residents, on average. In North Saanich, the worst in the province, it's almost seven times more. Our local economies and jobs are at stake if this continues," stated Brian Bonney, Director of Provincial Affairs.

Among BC's 30 largest municipalities, where 82 per cent of the population live, the average gap is 3.30 to 1. The worst offenders are Coquitlam (4.98 to 1), Vancouver (4.84 to 1) and North Vancouver City (4.09 to 1). This means that for an average property in Vancouver worth \$44,916, a resident pays \$3,950 and a business pays \$18,376 in total taxes.

The Town of Princeton comes in as the 15th worst municipality in BC for how much tax businesses are charged over residential. For example, on an average Princeton property valued at \$167,046 a resident pays \$1,132 in municipal taxes where a business owner would pay \$3,557 or 4.16 times more. The provincial average is 3.30.

The trend exposed in CFIB's report, *The Case for a cap on the property tax gap*, shows why small businesses have reached their breaking point. In 1990, the average property tax gap was 1.80. In

2009, the gap has reached 2.94 to 1, a slight improvement from 2008, when the gap was 2.97 to 1. Since CFIB started monitoring the property tax gap regularly in 2003, 74 per cent of municipalities increased their municipal property tax gaps while only 14 per cent decreased their tax gaps; 12 per cent stayed the same. Today, businesses pay more municipal property taxes than residents on the same valued property in 157 of 160 BC municipalities.

To start reversing this trend, CFIB is recommending that municipalities freeze what they charge business properties until the tax gap falls into a more acceptable range - a maximum of 2 to 1. If municipalities do not make significant progress by 2012 the province should step in to legislate a cap on municipal business property taxes as they did for railway and port properties.

"Introducing a fair cap to business municipal property tax rates has been done in Ontario, and it can be done in BC," remarked Bonney.

"In fact, Toronto was where Vancouver is now, and they have committed to a 2.5 to 1 ratio in 2013. Saskatoon also made a commitment to cut the gap to 1.75 to 1 in 2010, and they've just achieved it."

Reducing the burden on small businesses doesn't mean that residents pay more. Municipalities can choose to control municipal operating spending at the sustainable rate of growth of population and inflation growth.

"As businesses and residents struggled to make ends meet during the recession, most municipalities

in BC continued with tax and spend policies," said Bonney.

However, it's not just municipalities that overtax businesses in BC. The total tax bill is composed of many other levies that also place a disproportionate burden on small businesses. The province must show leadership and make the necessary changes to ensure that 'cap the gap' is applied to the total tax bill.

"With the political will and a long-term vision for a sustainable local economy, BC municipalities and the province can get this done," added Bonney.

CFIB represents 10,000 small and medium-sized businesses in British Columbia, including the Similkameen News Leader, and has 105,000 members across Canada. The full study is available on CFIB's web site: [www.cfib.ca/bc](http://www.cfib.ca/bc).

..... .. continued from Front Page  
The fund does not go to the building, as the building belongs to the Town of Princeton, which will cover the cost of structural changes. Visitors to the museum are arriving at about the same rate as most years. Nick Mills has done some reference to past numbers and says the museum is on track this year, with a few more Americans registering in the guest book. Mills went back six years and discovered slightly more than 29,300 visitors have registered during those years.

The next meeting of the Museum Society is not until September 14. Anyone wishing to contact the Museum Society executive should contact President Kathy Clement, or Secretary Lori Thomas who manages the Tourist Information Centre.

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## INVITATION

Please join us for afternoon tea to thank Nick Mills, our Museum Manager for his years of dedication and service to the Princeton Museum & Archives.

2:00 - 5:00 PM - Saturday, June 26

Belaire Restaurant

Everyone Welcome!

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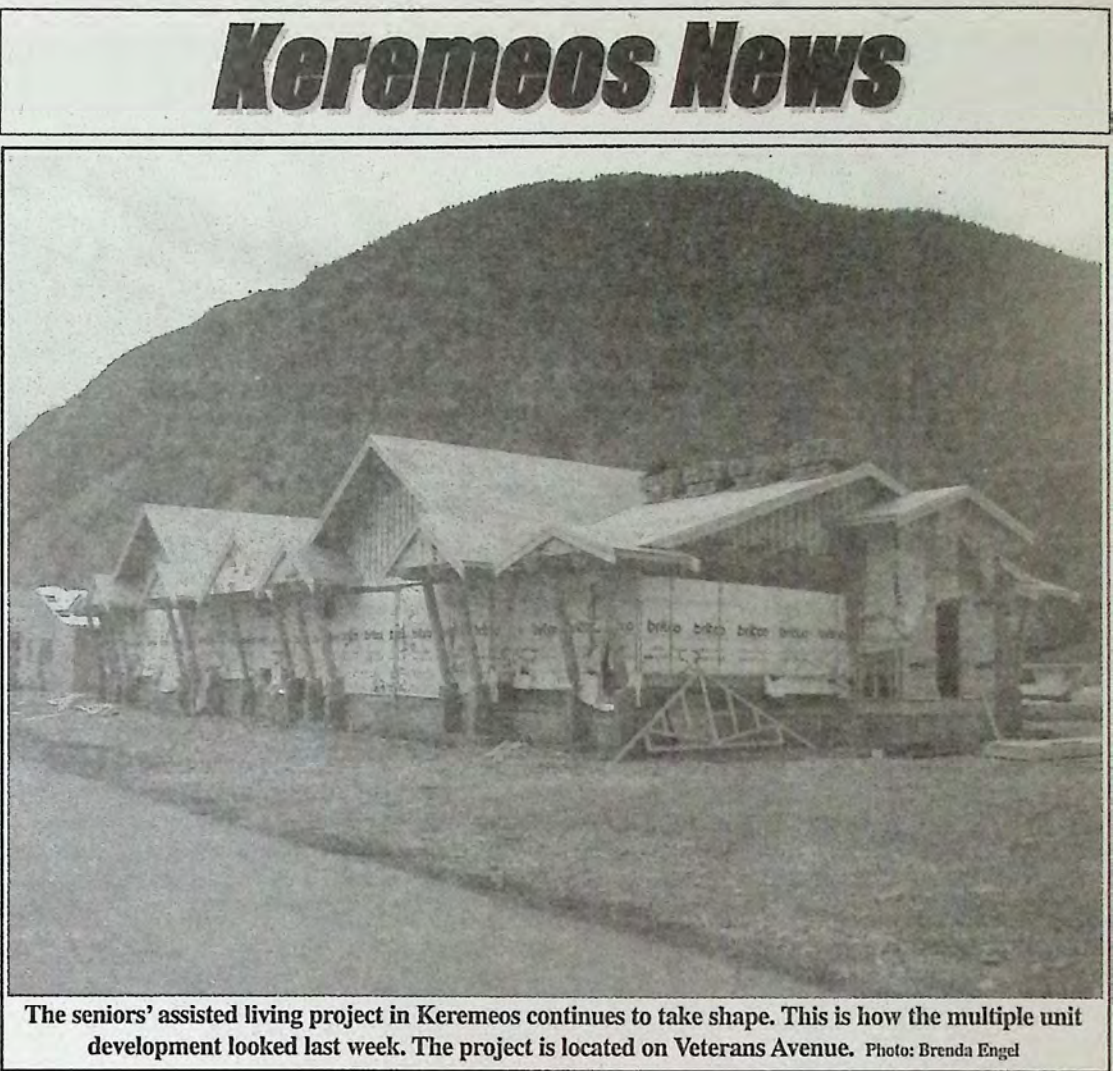
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Similkameen Sizzle - Keremeos Pepperfest  
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 Memorial Park, Keremeos

[www.gotpeppers.info](http://www.gotpeppers.info)

Chili Cook-Off - Sear Factor  
 Live Entertainment  
 Vendors - Raffles  
 Childrens Activities



The seniors' assisted living project in Keremeos continues to take shape. This is how the multiple unit development looked last week. The project is located on Veterans Avenue. Photo: Brenda Engel

# Pepperfest plans sizzle

The annual pepperfest in Keremeos known as Similkameen Sizzle is scheduled for Saturday, September 18th.

The ninth annual day-long event takes place at Memorial Park and will feature popular entertainer Matt Duffus. Duffus, probably best known as a regular at Princeton's Agricultural Fall Fair, brings his brand of 'folk music for all ages' to Similkameen Sizzle for the first time.

Also coming to Keremeos to perform for the first time is Gary Comeau and the Voodoo Allstars. Comeau's style is described as "hot

and spicy Cajun-infused rockin' roots and blues – an irresistibly exuberant, potent cocktail that will have your head spinning and your feet dancing."

Comeau and the Voodoo Allstars will perform throughout the day.

Other events planned for this year's Similkameen Sizzle include the popular Chili Cook-Off and Sear Factor Pepper Eating Contest.

In addition to these featured events there are children's games, vendor booths, raffles, prize draws, souvenir sales, a refreshment garden and much more.

There is no charge to enter

Memorial Park for any of the activities during Similkameen Sizzle and activities are planned to create a family atmosphere throughout the afternoon.

Similkameen Sizzle would not be possible without the support of many area businesses and corporate partners providing funding to cover costs. The event would also not be possible without the efforts of a dedicated crew of volunteers who plan and assist with the activities during the day. More information on the 9th annual pepperfest in Keremeos can be found online at [www.gotpeppers.info](http://www.gotpeppers.info).



A look at the information sign at the seniors' assisted living project in Keremeos. Photo: Brenda Engel



# Princeton BC News

03 - Summer '10 The History of Princeton, British Columbia - In Print! FREE!



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Gordon Currie and Chuck Bond take a quick break, and pose in front of the convey of trucks hauling Princeton Brewery beer over the Hope-Princeton Highway in 1950. Photo: Princeton Museum

## Play Ball!

"Sporting Memories"

By Nick Mills  
Princeton Museum & Archives

In its past Princeton has always been able to boast a successful and diverse sports record, but Community sporting events have tended to rise and fall in tandem with the rise and fall of the fortunes of the area's mining industry.

An example of this is the game of lacrosse, so popular at the time that in 1913 a league was formed involving Princeton, Hedley and Keremeos. Records show that in 1914 a team from Hope travelled on horseback over the Hope-Princeton Trail to play Princeton who they promptly beat 6-3. Keremeos fared no better than their Similkameen neighbours losing 19-2 to the visitors! Unfortunately World War I intervened and after

the cessation of hostilities in Europe the game was rarely again played in the Valley.

Riceball had boomed before the Second World War, but in the years immediately following the Princeton Royals, so called because of the popular brand of beer brewed in Town, and who were coached by George Schuler, dominated the game throughout the Okanagan. In the three years 1946 - 1948 they played a total of 72 games of which they only lost 9! Such was their success that G. M. McKeown, manager of the Hedley Gold Mine, imported an entire baseball team from Vancouver so that Hedley residents could claim bragging rights over their new neighbours. The game was scheduled to be played on July

continued on Page 2

## The story of Princeton's brewery

"The Brewery"

by Nick Mills  
Princeton Museum & Archives  
The founder of the Brewery in

1951 and is based in Nelson. Edward Gosnell is also based in Princeton, having purchased his

Vancouver, following which during 1976 an improved plant was built in Princeton and the resulting new product was Old Gold Lager. In

solvent, they had been waiving annual sinking fund payments of \$20,000 on \$700,000 worth of series B bonds, the first of these

man Coleman E. Hall, Calgary brewing had bought their large amount of shares in order that Caribou might buy the Princeton

Princeton BC News Volume 5 is now available. It was printed last week. \*

## News Leader releases fifth historic paper

With demand still high for anything related to the history of Princeton, Similkameen News Leader released Volume 5 of 'Princeton BC News' last week.

"It's a historic information guide that sort of took a life of its own," explains Similkameen News Leader Owner/Publisher George Elliott.

"The first couple of issues, publishing in summer '08 and fall '08 were to test the water and we were pleasantly surprised with the response." For years the News Leader published both a summer and winter Tourist Information Guide titled, 'Discover The Similkameen' and eventually phased out the winter edition. Soon after the summer issue was squeezed out of the market.

"We were just going to just give up on trying to publish a second project

on the side until one day a conversation with Nick Mills of Princeton Museum led to the historic information guide concept."

Princeton BC News was born and support from local businesses has been tremendous ever since.

"We couldn't do it without advertising support and the idea of an information guide focusing entirely on the past was unique enough that local businesses embraced it almost right away."

What amazes Elliott most is where the guides end up going.

"Primarily we wanted them to be distributed through various locations to reach tourists, and although that is happening, many locals pick up copies for themselves as well as sending to locations all over the world, which we never expected."

The guides usually follow a theme of some kind and Volume #5 features stories and photos of landmarks that have since disappeared or are no longer being used as there were originally intended.

The Princeton Brewery and Princeton Cement Plant the main feature articles with stories also on the establishment of Princeton Museum and sporting memories of team sports no longer played in the area.

"The information available just never ends and we could easily publish new editions on a regular basis, which we had hoped we could do from the start."

Princeton BC News is free and available at the News Leader office as well as at various Princeton area businesses.



Princeton Brewery as it appeared in the 1930s. Photo: Princeton Museum

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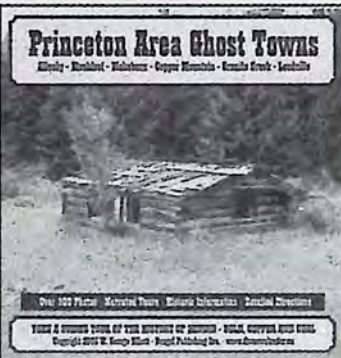
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# Health / Lifestyle News

## Epilepsy Awareness - How to respond to a seizure

(NC)—Epilepsy is the second most common neurological disorder next to migraines. More than 300,000 Canadians, or one in 100, have active epilepsy. It is defined as a tendency to suffer from seizures, which are temporary alterations in one or more brain functions.

Nothing is more difficult than feeling helpless when someone you love is suffering a seizure. The following tips from Epilepsy Canada can help you be better prepared to respond to seizures safely and appropriately.

During a seizure, an unusual electrical discharge occurs in the brain. Many people with epilepsy lead normal lives and have no symptoms between seizures. Some can tell when an attack is imminent as they experience an aura (a restless, irritable or uncomfortable feeling) shortly before a seizure.

*These can also be described as the common signs of a possible seizure activity and are as follows:*

- Brief staring spells (5-10 seconds)
- Periods of confusion
- Head dropping
- Sudden loss of muscle tone
- Episodes of rapid blinking, or of the eyes rolling upwards
- Inappropriate movements of the mouth or face, accompanied by a blank expression
- Aimless, dazed behavior, including walking or repetitive movements that seem inappropriate to the environment
- Involuntary jerking of an arm or leg

*Not all of these signs occur every time or with every seizure. While responding to seizures may differ for the various types of seizures, there are general guidelines to follow:*

### Basic seizure first aid

- Stay calm
- Ease person to floor
- Loosen any neckwear
- Cushion head

- Do not restrain or hold the person down.

- Do not put anything in the person's mouth.

- Clear immediate area of any furniture or other objects that may cause injury.

- If person turns blue, stops breathing, or begins to vomit, immediately roll the person onto his or her side.

- When seizure subsides, roll person onto his or her side.

- When person regains consciousness, talk gently and stay with him or her until well enough to return to usual activities.

Benzodiazepines are usually the first line treatment in these types of emergencies. Physicians may also prescribe these agents to be used for at home intervention. One such agent is Diastat, a proven portable form of benzodiazepine for use by

family members and non-medical caregivers in the management of selected people with refractory epilepsy (2 years of age and older) who are on stable regimens of seizure medicines and who require intermittent use of diazepam to control bouts of increased seizure activity. It's intended for use by caregivers to treat patients in the home setting.

Administered rectally, Diastat is quickly absorbed and provides a safe and effective means of stopping continuous or multiple seizures between five to 15 minutes.

A fast-acting rescue treatment such as Diastat is an important part of the "Seizure Preparedness Plan" doctors and parents discuss when treating a child with epilepsy.

For more information, speak to your doctor or visit [epilepsy.ca](http://epilepsy.ca).

## Living Past 100

### Eat Well For Long Life

There is not much point in wishing to live a long life if you're not going to be healthy. Fortunately, living longer in good health is a growing trend. The number of people living past 70, 80, and 90 is growing, and so is the number of people living past 100.

Doctors who have studied longevity say the most important factor in living a long healthy life is preserving the immune system. All of us live in a really dangerous world. We come into contact with thousands of viruses every day, along with hundreds of thousands of bacteria. Without an immune system, we would die from simple infections, just as AIDS patients die easily from infections that would not kill most of us.

Your ability to preserve a strong immune system is directly dependent on what you eat. Food is medicine. Anyone suffering from a vitamin or mineral deficiency begins to experience illness fairly rapidly after levels drop. Some foods are not good for us, although they taste good and we like them. Too much sugar or fat or alcohol has an immediate effect on the immune system.

Eating a well-balanced daily diet is your best method of preserving a healthy immune system. A diet rich in a variety of proteins and antioxidants is the best diet. Proteins come from many sources: beans, peas, lentils, eggs, milk and milk products, fish and all meats. Antioxidants come from fruits and vegetables. The things to go easy on are the starches found in bread, cake, cookies, grain cereals of every kind, and all grains: wheat, spelt, corn, barley, rye, and oats. All grains are rich sources of starches as well as some proteins and minerals, but too much grain in your diet can put on pounds and put stress on your body. Sugary foods, such as icing, soft drinks, candy, ice cream and supersweet coffee drinks put more stress on your body, and can lead to serious illnesses.

Perhaps the least understood foods are those with fats. There are three kinds of fats: unsaturated, saturated and trans fats. The first thing you need to understand is the danger of trans fats. A trans fat is a fat that has been processed with heat, then heated again. Trans fats include margarine, lard, shortening and a number of cooking oils. When you go to a restaurant where potato chips are cooked in oil that is heated all day long, you are getting a dose of trans fat.

An unsaturated fat is liquid at room temperature. The best is olive oil, particularly extra virgin olive oil. Flax seed oil is another good oil. If you cook something with these oils, you are not getting any trans fat. If you re-heat the oil you used for cooking, you have turned it into a trans fat.

Saturated fat is the fat you get from meat, some fish, butter and eggs. Researchers now believe these fats are important to your body, providing you do not eat too much of any of these fats. Butter and eggs contain nutrients of high quality, and the protein from meat and fish is high quality.

For a healthy immune system, make sure you eat plenty of vegetables, fruits, and sensible amounts of grain products and meat or fish. You may want an occasional treat of ice cream or candy or a frappachino or a soft drink, but occasional means maybe once a week, not once a day. Eat for long life and good health.

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# This Week - 12 Years Ago

## Celebrating Princeton's 150<sup>th</sup>

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - June 23, 1998

### Shortage of horses, ambulance staff

**NEWS LEADER** 75 CENTS  
VOLUME 1 ISSUE 25 Published Weekly in Princeton, B.C., Canada 295-4149 TUESDAY, JUNE 23, 1998

## One day may be last blast for Racing Days

Racing Days will be just one day this year, Sunday, June 28. George Elliott, President of Princeton Racing Days Association, made the announcement at a meeting held June 18 at Sunflower Downs.

The reason for the single day is the lack of horses available for two days of races, the same reason Racing Days ran only one day last year. There are only 90 horses on the circuit. For a two day event, we would need nearly double that number, as a percentage of available horses will always be unfit on any particular day.

The B.C. Horse Racing Commission controls the number of races, and will not allow less than five per day. If Princeton chose to run five per day, the Department of Agriculture would charge them for eight races anyway. The Racing Commission did not recommend this solution to Princeton, and the Racing Days Association did not feel they had enough money to run two small days. They need \$32,000 to put on the races, and sponsorships are down this year. Pledges for sponsorships are coming in slowly. In terms of money in the bank, the Racing Days account is less than half of what it should be this close to the deadline.

"Everything is down this year," said Past President Laurie Curve. "Sometimes people don't see what we're trying to do for the community."

More people are needed at the admission gate and in the paddocks. Anyone wishing to put in a couple of hours, please call Carol Roush at 295-7691. Admission at the gate will be \$2, children 12 and under are free. Free child care will be offered in a supervised play and games area.

### Police check shooting spree

Police are investigating a shooting spree that occurred during the weekend of May 23. It would appear that someone has been taking

efforts and donations went to a fund to establish a basketball camp for young people in Princeton in memory of Heuser.

A shortage of staffed ambulances based in Princeton was in the news twelve years ago this week.

Justin Smith, a Princeton ambulance worker, attended the June 15, 1998 Town Council meeting to call Council's attention to the ambulance situation. He stated that jobs were being lost locally to Keremeos simply because the Lower Similkameen community had two manned ambulances to Princeton's one.

Ambulance activity for the previous month showed Princeton lost ten calls due to having only one ambulance crew available. Statistics also showed that for half of the month only one ambulance was available in Princeton with seven where the second car was only available for half a day.

At the time Princeton had a total of five local attendants and twelve non-local attendants providing ambulance service.

Princeton Secondary School student John Bowden was awarded the Medal of Excellence at the annual inspection of Air Cadet Squadron 259 in Princeton. Flight Sergeant Bowden went on to attend Camp Borden in Ontario as part of his summer cadet training.

One day of horse racing? Could it be a trend?

The headline story in the June 23, 1998 Similkameen News Leader was about Racing Days. After weeks of promoting a full weekend of races the association had to cut back to a single day event.

"The reason for the single day is the lack of horses available for two days of races," the article stated.

"The same reason Racing Days ran only one day last year (1997)."

With only 90 horses on the circuit it was impossible to fill a two day race card.

There were a total of seven 1998 Princeton Royalty Candidates. They included Alison Aspinall (Miss Weyerhaeuser), Tina Costa (Miss Rotary), Lauren Gibson (Miss Santo's Restaurant), Trish McElhinney (Miss Dairy Queen), Renee Roche (Miss Pharmasave), Amber Swanson (Miss Lions Club) and Laine Westran (Miss Valley First Credit Union).

Okanagan-Coquihalla MP Jim Hart was appointed Official Opposition Chief Justice Critic at this time twelve years ago. The announcement was made by Leader of the Official Opposition Preston Manning.

Riverside Intermediate School students held a penny drive between May 27 and June 13, 1998 and raised \$117.26 for the Aaron Heuser Bursary Fund. That amount was added to the \$450 collected from a car wash held the same week.

"This takes us to over the halfway mark," Jesse McLean told the News Leader.

The proceeds of fundraising

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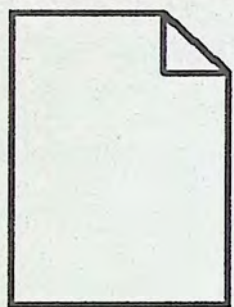
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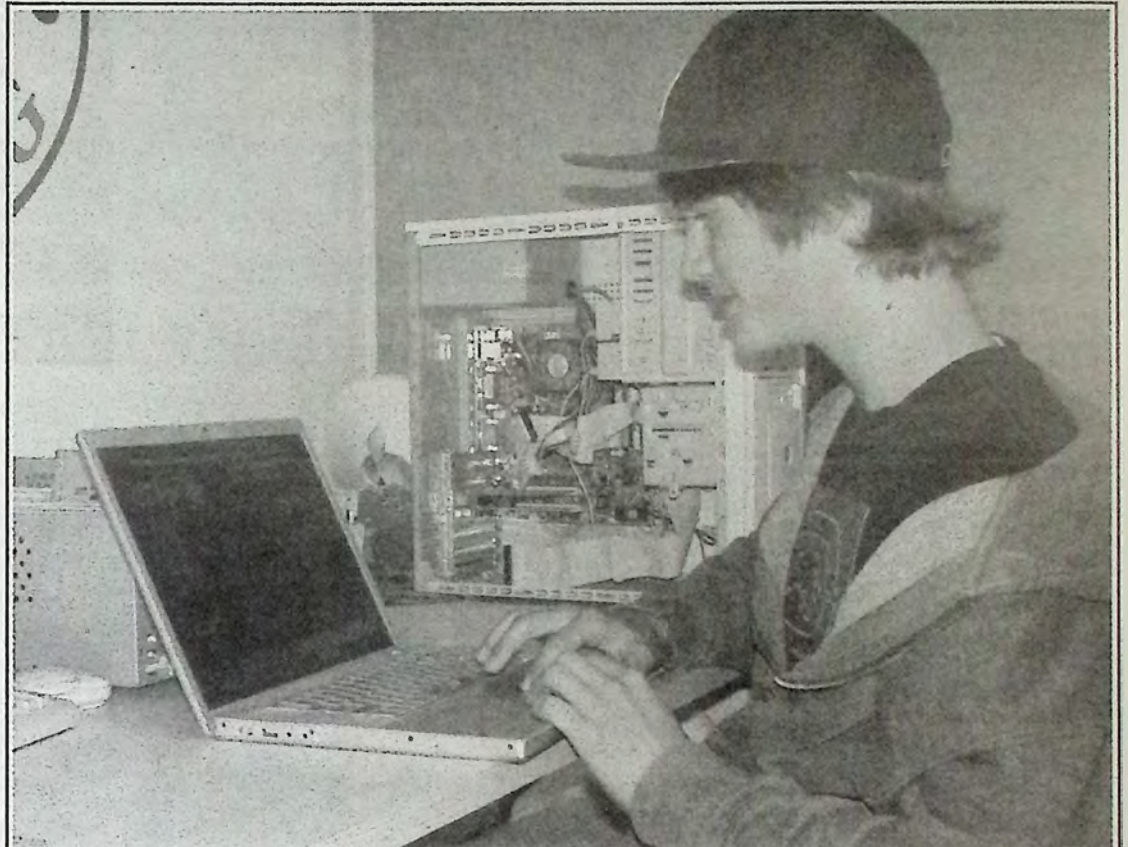
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Adam Gullason tweaks his new website (www.similkameenteen.com) at the News Leader office. \*

## Welcome to similkameenteen.com

Similkameen Valley teens now have a place they can gather, chat and play games online.

It's called Similkameen Teen.

"The original idea dates back a few years when we tried to link a high school student with the News Leader providing news and information of interest to that age group," explains Similkameen News Leader Owner/Publisher George Elliott.

The concept, which came from the News Leader's Brenda Engel, never took flight.

"I guess we didn't realize at the time that what thought was a great idea, just didn't seem to spark much interest from the market we were trying to target."

A few weeks ago the idea resurfaced in the News Leader office as a website for teens.

"It's not hard to figure out that young people are very much connected to each other now with cell phones and text messaging so it just seemed the right time to try to funnel all that activity to the same place."

Engel's contributions to the concept were significant.

"Brenda came up with the website name and chose Adam Gullason as the guy to build the website," Elliott explains.

Gullason, a 15-year old student at PSS, has been spending a lot of time on various internet and music projects. He got to know Elliott and Engel through his involvement in music and youth activities at Living Water Foursquare Church.

"I knew Adam was the guy," Engel says.

"So we basically gave him a project - a sort of challenge - where he was to build a website that would be interesting to him, his friends and other young people," Elliott explains.

Both Engel and Elliott offered suggestions but left the design elements to Gullason to work out.

The finished product went online last week and can be found at www.similkameenteen.com. The Similkameen News Leader 'sponsors' the site by funding a portion of it. Online advertising and PayPal donations will generate revenue, which will be split between the creators.

"We're excited with what Adam has done with this and see it as a possible career path he may explore in the future."

Cell phone and mobile device users can find the site at www.similkameenteen.mobi.

The website contains a chat window, streaming music, links to popular online games, jokes and homework assistance with more items to be added.

## PXA reviews workload

The management organization that plans and supervises maintenance at the fairgrounds is called Princeton Exhibition Association (PXA).

This board of management is made up of volunteers and one Town Council representative. The PXA met on Tuesday, June 15, to review work done and work to be done in preparation for horse racing on July 3.

The PXA is responsible for renting the grounds and for ensuring the grounds are in good condition for whatever event is to take place. There are four major events yet to take place this year: horse racing on July 3, the ATV jamboree in July, the Fall Fair August 27, 28 & 29, and the BC Bull Riding Finals on September 11 & 12. Each of these events earns money for the PXA and is barely enough to cover the cost of utilities and small repairs.

Smaller events, such as the July 10 and August 7 Junior Fair yard sales will require much less preparation.

At the June meeting, Secretary/Treasurer Carol Ruoss advised that one of the people renting stall space had been in arrears for several months, but had finally paid.

The condition of stalls was a major concern as all of the stalls must be cleaned before the thoroughbreds are brought to Princeton for Racing Days.

As nearly all of the work is done by volunteers, President John Bey arranged for stall cleaning to take place.

Wayne Hooper, a professional painter who has given countless hours of free labour to the PXA, said he will be working on the false fronts of the buildings this summer. Some painting needs to be done on the portable bleachers as well.

A four-horse starting gate, used for training horses for races, has been donated to the PXA. It needs some repairs, but is in pretty good condition. Members discussed what work needs doing and when it might be done.

There was some good news: the Town of Princeton gave the PXA the annual \$20,000 grant which helps defray some of the costs of maintaining the grounds (the Town of Princeton owns the fairgrounds). The Town crew will do some weed removal prior to the upcoming race meet.

The next PXA meeting will take place at the fairgrounds office on July 20.





# News Leader Entertainment

Similkameen News Leader TV Guide Listings - June 22 - 28, 2010



The group is called 'Deafening' and they played their 'final' public gig June 17th as part of a music recital at Riverside Theatre. From left, Adam Gullason, Adam Dobbs, Morgan Dobbs and Sam Kastor. \*

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## Racing Days releases conditions

In the world of horse racing it's called a condition sheet. It basically outlines the eligibility requirements designated for each race.

Princeton Racing Days is no exception. The condition sheet for races set for Saturday, July 3rd features a total of eight races with four extra races. Horse owners are expected to call in their entries Monday, June 28 between 9:00 AM and 12 Noon at 250.295.3250.

Race 1 is the 440 yard Interior John Deere Bonus Challenge. It's a Quarter horse allowance race for 3 year olds and up with a 126 pound weight. Three year olds allowed 3 pounds. The purse is set at \$7,250. Only AQHA members are allowed to compete in this challenge race.

Race 2 is the 4 - 5 1/2 furlong 4th running of the Sport of Kings Sprint with a \$4,000 purse. This thoroughbred allowance race is for BC bred 3 year olds and up at 126 pounds. Three-year-old allowed 3 pounds.

Race 3 is the 5 1/2 - 7-furlong thoroughbred allowance for non-winners 3 years old and up of 2 races lifetime. The purse is \$4,000 with a 126-pound weight and a 3-pound allowance for 3 year olds.

Race 4 is the 38th running of the Luke Gibson Memorial. This 5 1/2 to 7 furlong race is for thoroughbred fillies and mares 3 years and up with

a weight of 126 pounds. The purse is \$5,000 with three year olds allowed 3 pounds.

Race 5 is the 15th running of the Bob Beale Memorial Tulameen Cup. This thoroughbred allowance race is 7 furlongs for 3 year olds and up with a weight of 126 pounds. Three year olds allowed 3 pounds.

Race 6 is the 6th running of the Sunflower Derby, the Currie Cup. This 5 1/2 to 7-furlong thoroughbred allowance for 3 year olds, non-winners of three or four races lifetime with a weight of 126 pounds. Three year olds allowed 3 pounds.

Race 7 is the 39th running of the Similkameen Cup with a \$7,500 added purse. The 1 1/16 mile thoroughbred allowance race is for 2010 Interior starters, 3 year olds and up with a weight of 126 pounds. Three year olds allowed 3 pounds. This race also has a \$100 entry fee.

Race 8 is a 4 to 5 1/2 furlong thoroughbred claiming race. The purse is \$4,000 and interior horses are preferred. Three year olds and up with a 126 pound weight and three year olds allowed 3 pounds.

Extra Race 1 is an Arabian allowance optional claiming \$5,000. The purse of the 5-1/2 furlong race is \$4,000. It's for three year olds and up, weighing 126 pounds and three year olds allowed 3 pounds.

Extra Race 2 is a 4 to 5 1/2 furlong thoroughbred allowance for non-winner in 2010 aged 3 years and up at 126 pounds. Three year olds allowed 3 pounds. The purse for this race is \$4,000.

Extra Race 3 is a 4 to 5 1/2 furlong thoroughbred claiming \$2,500 race for three year olds and up, weighing 126 pounds. Three year olds allowed 3 pounds. This race has a \$4,000 purse.

Extra Race 4 is a quarter horse allowance with a \$25 entry fee. The 440-yard race is for 3 year olds and up, weighing 126 pounds. Three year olds allowed 3 pounds. The added purse is \$3,000.

In mixed races mares are allowed 5 pounds.

For more information the Race Secretary is Denise Rogers and she can be reached at 250.542.0150 or by fax at 250.542.0154.

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# GamesTown 2010!



2010 Winter Olympic Gold Medalists Ashleigh McIvor and Denny Morrison spent all day June 15th in Princeton. Their first stop was at Vermilion Forks Elementary to visit with students. \*

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2010 Winter Olympic Gold Medalist Ashleigh McIvor autographs a chair which became a prize. Both McIvor and Morrison signed a variety of items from clothing to souvenirs during their day long visit. \*

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2010 Winter Olympic Gold Medalist Denny Morrison autographs shirts in the Vermilion Forks Elementary school field. The school conducted a relay race to demonstrate healthy lifestyles. \*



TUESDAY, JUNE 22, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Thomas	News (N)	News	CSI: Miami "Bunk"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News	Being Ian	(5:00) Tennis: Wimbledon.	Canada AM	Daily Planet	Henry's	CityLine	CSI: Crime Scene	6 Degrees
7 AM	Cosby		Clifford the Big Red Dog	Arthur (EI)	Today Fast food and children;	The Early Show (N)	CSI: Miami	Good Morning America (N)			(6:45) World Cup Soccer: Group Stage: Mexico vs. Uruguay.	Viva Piñata	Day 2. From Wimbledon, England.		Mayday "Fire Fight"	Mickey	The Tyra Show	CSI: Crime Scene	End/Leash
8 AM	Harvey		(DVS) Curious	Martha	Ashley Greene. (N)		Cold Case Files			100 Huntley Street		Invasion League	(8:15) (Live)		Sci-Superman	Manny Handy	Rachael Ray	CSI: Crime Sen	TV-Torrens
9 AM	Fam. Feud	100 Huntley Street	Science Kid tools.	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	World Cup Soccer	Rolie Polie		Live With Regis & Kelly	Daily Planet	Agent Oso	Role	CSI: Crime Scene	Colin-Justin
10 AM	Reba	PLAN Canada	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	PLAN Canada	Room		Berenstain		The View (N)	How-Made	M. Mouse	The O.C.	CSI: Crime Scene	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie	Clifford	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	(11:15) World Cup Soccer:	George S.	Motoring 2010	Fashion	Megabuilders	Phineas	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Paid Prog. Babar	News Bold	CSI: Miami "Bunk"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	Group Stage: Argentina vs. Greece.	(12:05) Kid Rollbots	NASCAR Racing	etalk	Dirty Jobs	Wizards	The Bonnie Hunt Show	CSI: Crime Scene	Fr. Prince
1 PM	King Friends	As the World Turns (N)	(1:02) Wibbly Pig	Your Brush Quilting	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	FIFA	(12:55) Viva	Score Golf	Sue Thomas: F.B.Eye	American Loggers	Cory Recess	Jdg Judy	CSI: Crime Sen	Seinfeld
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	Cold Case Files	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around	MythBusters	Replacemn School		CityLine	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl	Judge B.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Wheel Jeopardy!	(2:50) Kid League	Off-Record	(2:59) The Dr. Oz Show	Destroyed	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	Interruption	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Hell's Kitchen A twist surprises everyone.	CSI: Crime Scene	Colin-Justin
5 PM	MLB Baseball: Atlanta	Early News	(4:57) Martha	BBC World Business	News (N)	News	Intervention "Greg"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	OddParent	CTV News at Five (N)	How-Made	Suite/Deck	Zoey 101	Deadliest Warrior	Wife Swap (N)
6 PM	Braves at Chicago White Sox. (Live)	Global Nat.	Taste Buds	PBS NewsHour (N)	Millionaire	Access H.	Intervention "Amy P."	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly		CTV News (N)	Destroyed	Hannah	America's Got Talent Audition continue. (N)	Deadliest Warrior (N)	Wife Swap (N)
7 PM	Seinfeld	Wipeout	No. 57: History-House	Emperors of the Ice	Losing It With Jillian (N)	NCIS "Flesh and Blood"	Paranormal	Wipeout (N)	Wipeout	Wipeout (N)	Laughs	Weird	SportsCenter	etalk	Deadliest Catch (N)	Sonny Suite Life		Deadliest Warrior (N)	Restaurant Makeover
8 PM	Seinfeld										World Cup Soccer: Korea Republic vs. Nigeria.	Chris	Off-Record	The Mentalist	Daily Planet	Overruled!	News	BlueMount	Last 10
9 PM	Law & Order: SVU	NCIS: Los Angeles	Movies: "The Jazz Baroness" (2009)	Frontline (DVS)	America's Got Talent Audition	NCIS: Los Angeles	(9:01) Intervention "Greg"	(9:01) Downfall (N)	NCIS: Los Angeles	NCIS "Flesh and Blood"	8 Rules	Family Biz	Motoring 2010	(9:01) Downfall (N)	Destroyed	Wizards	Daisy of Love	DEA	Seinfeld
10 PM	Movie: "The Contender" (2000) Joan Allen.	The Good Wife	P.O.V. Edén	Attorney William	continue. (N)	The Good Wife	(10:01) Intervention "Amy P."	(10:01) Primetime: Mind	The Good Wife	News Hour Final (N)	National	Indie	Score Golf	(10:01) Criminal Minds	Deadliest Catch	School Stone	Coach Judge B.	CSI: Crime Scene	Wife Swap
11 PM	Allen.	CHBC News Final (N)	Toxic Trespas	Kunstler. (N)	News (N)	News	(11:01) Intervention Ashley.	News	News Hour Final (N)	Ent	(11:05) World Cup Soccer	Prank Ptl Fries That?	SportsCenter (Live)	CTV News	How-Made	So Raven	Judge B. Paid Prog.	Star Trek: Voyager	Wife Swap

WEDNESDAY, JUNE 23, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Bob Build	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News	Being Ian	(5:00) Tennis: Wimbledon.	Canada AM	Daily Planet	Henry's	CityLine	CSI: Crime Sen	End/Leash
7 AM	Cosby		Clifford the Big Red Dog	Arthur (EI)	Today Adam Sandler; David	The Early Show (N)	CSI: Miami	Good Morning America (N)			(6:45) World Cup Soccer: Group Stage: England vs. Slovenia.	Viva Piñata	Day 3. From Wimbledon, England.		Mayday	Mickey	The Tyra Show	CSI: Crime Scene	Project Runway Canada
8 AM	Harvey		(DVS) Curious	Martha	Spade. (N)		Cold Case Files			100 Huntley Street		Invasion League	(8:15) (Live)		Junk Raiders	Handy	Rachael Ray	CSI: Crime Scene	Inside Hollywood
9 AM	Fam. Feud	100 Huntley Street	Science Kid	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	PLAN Canada	World Cup Soccer	Rolie Polie		Live With Regis & Kelly	Daily Planet	Agent Oso	Role	CSI: Crime Sen	Colin-Justin
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Green		Berenstain		The View (N)	How-Made	M. Mouse	The O.C.	CSI: Crime Scene	Whatever
11 AM	Jim Name Earl	Canada	Rolie Polie	Clifford	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	Canada	(10:59) Noon News Hour (N)	(11:15) World Cup Soccer:	George S.	World Champ. of Darts	Fashion	Destroyed	Phineas	CityLine	CSI: Crime Sen	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Paid Prog. Turbo	News Bold	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	Group Stage: Germany vs. Ghana.	(12:05) Kid Rollbots	Speed	etalk	Mayday	Wizards	The Bonnie Hunt Show	CSI: Crime Scene	Fr. Prince
1 PM	King Friends	As the World Turns (N)	(1:02) Wibbly Pig	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	FIFA	(12:55) Viva	Score Golf	Sue Thomas: F.B.Eye	Deadliest Catch (N)	Cory Recess	Jdg Judy	CSI: Crime Scene	Seinfeld
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	Cold Case Files	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around	MythBusters	Replacemn School		CityLine	CSI: Crime Sen	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl	Judge B.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Wheel Jeopardy!	(2:50) Kid League	Off-Record	(2:59) The Dr. Oz Show	Constructio n	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	Interruption	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Law & Order: SVU	CSI: Crime Sen	Colin-Justin
5 PM	MLB Baseball: Atlanta	Early News	(4:57) Martha	BBC World Business	News (N)	News	Dog	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	OddParent	CTV News at Five (N)	Mighty Ships (N)	Suite/Deck	Zoey 101	America's Got Talent	UFC Unleashed
6 PM	Braves at Chicago White Sox. (Live)	Global Nat.	Creatures	PBS NewsHour (N)	Millionaire	Access H.	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly		CTV News (N)	Deadliest Catch	Hannah	America's Got Talent	Best of PRIDE Fighting	Runaway
7 PM	Seinfeld	House	Made in China	Harp Dreams (N)	America's Got Talent	How I Met Rules	Billy	The Middle	House	House	World Cup Soccer	Weird	SportsCenter (Live)	etalk	Salvage Code Red (N)	Sonny Suite Life	Family Cougar	UFC Unleashed (N)	Parking
8 PM	Seinfeld										NHL Awards (N)	Chris	Golf: Telus Skins Game. Day One.	So You Think You Can Dance (Same-day Tape)	Daily Planet	Overruled!	News	UFC Unleashed	TV-Torrens
9 PM	Law & Order: SVU	Glee "Preggers"	Movie: "Knowledge Is the Beginning" (2005)	Tuba U	America's Got Talent	Criminal Minds	Dog	Family Cougar	Glee "Preggers"	Currents: Jackpot		Malcolm	Survive	Salvage Code Red	Wizards	I Love Money	DEA	Seinfeld	
10 PM	Movie: "Good Will Hunting" (1997) Matt Damon.	Currents: Jackpot	Picturing a People	Charlie Rose (N)	News (N)	News	CSI: NY	(10:01) Dog the Bounty Hunter	News Jimmy Kimmel	News Hour Final (N)	National	Indie	Score Golf	(10:01) Criminal Minds	Mighty Ships	School Stone	Coach Judge B.	CSI: Crime Sen	Hoarders
11 PM	Allen.	CHBC News Final (N)	Toxic Trespas	Kunstler. (N)	News (N)	News	(11:01) Intervention Ashley.	News	News Hour Final (N)	Ent	(11:05) World Cup Soccer	Prank Ptl Fries That?	SportsCenter (Live)	CTV News	How-Made	So Raven	Judge B. Paid Prog.	Star Trek: Voyager	Runaway



# Similkameen News Leader - Horoscopes

June 23 - 29, 2010

**Aries** - Your focus will shift now to your home and family, but you will have to guard against using harsh words. Watch out for fatigue and colds. Pay attention to children and young people. Work hard but sensibly.

**Taurus** - You want to go places and do things in your own neighbourhood. You may be involved in errands, short trips, and discussions with a variety of people you know. Home life is enjoyable, and you may want to beautify your home.

**Gemini** - You're all about talking to others, letting your ideas prevail, but avoid arguments or harsh words when dealing with siblings and neighbours. What you say now can make enemies. Spend carefully.

**Cancer** - You face challenges now about who you really are in terms of family elders and your career and mate. You are going to have to get a clearer idea of who you are. In fact, you may be turning into somebody new. It's for the best.

**Leo** - All is well in your world this week except for your bank account. You still have to spend carefully and be practical despite the urge to spend. Some expenses may arise. Somebody you like could come to visit. Enjoy.

**Virgo** - You have a lot more ego energy these days, and a lot more physical energy. Don't let your ego get the best of you. Watch out for a liar telling stories about you in your career. Be ready to prove the truth if challenged.

**Libra** - Surprises continue to come from friends, associates, spouse or partner. This can be very beneficial, but will challenge your career. Pay attention to new ideas, new methods. Elder may surprise you in a big way.

**Scorpio** - You may want to take a vacation now, as things are going smoothly in your career. Pay attention to debts, bills, bank account. You may receive surprising news on the job, or good news about your job and your health.

**Sagittarius** - Your concerns focus on debts, mortgage, investments. You could receive a surprising benefit from a share in some enterprise. Your career is hectic and holds you down just when you'd like to play. Hang in.

**Capricorn** - Surprises come in the form of a new friend or partner, and from activities of family members. Changes occur in your home and family. These changes are all for the better. You can benefit from an investment or winning.

**Aquarius** - New things are happening in your neighbourhood and among your siblings. Focus on health for the next month. Message from bank, government, or investment may not be good. Avoid youngster's problem.

**Pisces** - Watch out for problems in your home, especially safety hazards and plumbing problems. Be considerate of partner. Focus on values, what you value and what you own. Group you associate with may be changing. Go with flow.

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## Tuesday Movies

EVENING

9:00 pm KNOW (5) "The Jazz Baroness" (2009, Documentary) Narrated by Helen Mirren. Premiere. The story of a British heiress's love for Thelonious Monk. [E]

10:00 pm WTBS (3) ★★★ "The Contender" (2000, Suspense) Joan Allen. A vice presidential nominee refuses to testify at her confirmation hearing after an adversary smears her with a college incident. [E]

## Wednesday Movies

EVENING

9:00 pm KNOW (5) "Knowledge Is the Beginning" (2005) A renowned conductor uses music to show the want and need for peace in the Middle East. [E]

10:00 pm WTBS (3) ★★★ "Good Will Hunting" (1997, Drama) Matt Damon. A therapist, a mathematician and working-class roughs vie for the soul of a janitor with a genius IQ. [E]

## Thursday Movies

EVENING

8:00 pm WTBS (3) ★★★ "Dan in Real Life" (2007, Romance-Comedy) Steve Carell. A widower advice-columnist faces a personal and professional challenge when he falls in love with his brother's girl-

friend. [E]  
10:00 pm WTBS (3) ★★★ "Dan in Real Life" (2007, Romance-Comedy) Steve Carell. A widower advice-columnist faces a personal and professional challenge when he falls in love with his brother's girlfriend. [E]

## Friday Movies

EVENING

7:00 pm YTV (18) ★★★ "The Sisterhood of the Traveling Pants" (2005, Comedy-Drama) Amber Tamblyn. Four teenage friends keep in touch during their summer apart by passing along a cherished pair of blue jeans. (In Stereo) [E]

8:00 pm FAM (26) "Vacation With Derek" (2010, Comedy-Drama) Michael Seater. Premiere. With help from her stepbrother, a girl must save her grandmother's resort from a land developer. (In Stereo) [E]

9:30 pm FAM (26) ★★★ "Johnny Tsunami" (1999, Drama) Brandon Baker. A teenage Hawaiian surfer moves to Vermont, where his grandfather helps him become a first-class

snowboarder. (In Stereo) [E]  
10:00 pm WTBS (3) ★★★ "About Schmidt" (2002, Comedy-Drama) Jack Nicholson. A 66-year-old retiree, deals with his wife's sudden death and tries to stop his daughter from marrying a salesman. [E]  
KNOW (5) ★★★ "Buena Vista Social Club" (1999, Documentary) Luis Barzaga. Filmmaker Wim Wenders shows a number of renowned Cuban musicians of all ages who gathered to create a Grammy-winning album.

11:00 pm FAM (26) "Junior Pilot" (2004, Adventure) Jordan Garrett. A boy obsessed with airplanes jumps into action when terrorists hijack his flight. (In Stereo) [E]

# Similkameen News Leader - Recipe Corner

Recipe #328

## Double Peanut Granola (PEANUT POWER BREAKFAST)

(NC)—Dish it up with milk or sprinkle it on yogurt, this not-too-sweet granola is delicious. It freezes easily too.

Ingredients:

- 6 cups (1.5L) large flake oatmeal
- 1 1/2 cups (375mL) peanuts, preferably unsalted
- 1 cup (250mL) wheat bran
- 1/2 cup (125mL) pumpkin or sesame seeds
- 1/4 cup (50mL) ground flax
- 1 tsp (15mL) cinnamon
- 1 tsp (5mL) salt
- 3/4 cup (175mL) pure maple syrup
- 1/3 cup (75mL) vegetable oil
- 1/3 cup (75mL) peanut butter
- 1 tsp (15mL) vanilla
- 1/2 cup (125mL) each raisins, thinly sliced dried apricots and dried cranberries
- 1/4 cup (50mL) finely diced candied ginger (optional)

Directions:

1. Preheat oven to 300° F (140° C). Lightly oil two large baking sheets. Granola should be spread out in a single layer. 2. In a large bowl, stir oatmeal with peanuts, bran, pumpkin seeds, flax, cinnamon and salt until mixed. Pour syrup and oil into a medium pot. Add peanut butter. Set over medium heat and stir until peanut butter is melted and mixture is hot. Stir in vanilla. 3. Pour over oatmeal mixture and stir until well combined. Spread on to baking sheet(s) in a single layer. Bake in preheated oven, stirring every 15 minutes until golden and toasty, 40 to 45 minutes. Stir in dried fruit and ginger. Makes about 10 cups (2.5 L).

Nutrients per 1/2 cup (125 mL) serving: 338 calories, 16 g total fat (2 g saturated fat, 0 g trans fat, 6 g monounsaturated fat, 7 g polyunsaturated fat), 0 mg cholesterol, 10 g protein, 44 g carbohydrates, 7 g fibre, 13 g sugars, 141 mg sodium, 348 mg potassium, 45 mg calcium (4 % DV), 3 mg iron (21 % DV).

More great recipes can be found online at [www.peanuthub.com](http://www.peanuthub.com).

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THURSDAY, JUNE 24, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Thomas	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News	Being Ian	(5:00) Tennis: Wimbledon, Day 4. From Wimbledon, England.	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: Crime Scene	Whatever
7 AM	Cosby		Clifford the Big Red Dog Pop band.	Arthur (E1)	Today Maria Bello; David Mizjewski. (N)	The Early Show (N)	CSI: Miami "Dispo Day"	Good Morning America (N)			World Cup Soccer: Group Stage: Italy vs. Slovakia. (Live)	Viva Piñata	Invasion		Mayday "Gimli Glider"	Mickey M. Mouse	The Tyra Show	CSI: Crime Scene	Reality
8 AM	Harvey		Sid the Science Kid	Curious	Sid		Cold Case Files		100 Huntley Street			(8:15)	(8:45) Kid		License to Drill	Manny	Rachael Ray	CSI: Crime Scene	Comeback
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why!	Dinosaur	The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	World Cup Soccer	Rolie Polie		Live With Regis & Kelly	Daily Planet	Agent Oso	Role	CSI: Crime Scene	Colin-Justin
10 AM	Reba	World Vision	Sesame Street (E1)			The Price Is Right (N)	The First 48	The View (N)	World Vision	Room		Berenstein		The View (N)	How-Made	Mickey	The O.C.	CSI: Crime Scene	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie	Clifford	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	(11:15) World Cup Soccer:	George S.	World Champ. of Darts	Fashion	Mighty Ships	Phineas	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	Group Stage: Cameroon vs. Netherlands.	(12:05) Kid Rollbots	Boxing	etalk	Breaking Point	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scene	Fr. Prince
1 PM	King Friends	As the World Turns (N)	(1:02) Wibbly Pig	Painting	Days of our Lives (N)	As the World Turns (N)	CSI: Miami "Dispo Day"	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	FIFA	(12:55) Viva		Sue Thomas: F.B. Eye	Salvage Code Red	Cory	Jdg Judy	CSI: Crime Scene	Seinfeld
2 PM	Friends Name Earl	Young & Restless	Franklin	Barney	The Bonnie Hunt Show	Let's Make a Deal (N)	Cold Case Files	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Around	Dr. Phil	MythBusters	Replacemn	CityLine	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl	Judge B.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Wheel	League	Off-Record	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	Fetch! Ruff	Jdg Judy	Oprah Winfrey	The First 48	Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	OddParent	NHL Draft Countdown Special	Ellen DeGeneres Show	Daily Planet	Phineas	Law & Order: SVU	UFC	Colin-Justin	
5 PM	Payne	Early News	(4:57) BBC World	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	ET Canada	CBC News: Vancouver (N)	SpongeBob	CTV News at Five (N)	Mayday! Bering Sea	Suite/Deck	Community	UFC	Seinfeld	
6 PM	Law & Order: SVU	Global Nat.	Heads Up	PBS NewsHour (N)	News (N)	News	The First 48	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly	Oil Change	CTV News (N)	Bermuda Triangle	Hannah	How I Met	TNA Wrestling (N)	Family Guy
7 PM	Seinfeld	Ent	Frontiers of	Northwest Profiles	Jeopardy!	The Doctors	The First 48	Ent	Ent	Melrose Place	Laughs	Kids' Choice Awards 2010	SportsCenter (Live)	etalk	MythBusters	Sonny	Curb		'70s Show
8 PM	Movie: "Dan in Real Life" (2007)	Wipeout (N)	Martin Clunes	Poirot	Community	CSI: Crime Scene	Manhunter	Wipeout (N)	Wipeout (N)	Wipeout (N)	Group Stage: Denmark vs. Japan.	10 Things	Golf: Telus Skins Game, Day Two.	So You Think	Mayday! Bering Sea	Wizards	Jim	Disorderly Con.	Family Guy
9 PM	Steve Carell	Rookie Blue (N)	The Aga Khan	MI-5	The Office	CSI: Crime Scene	(9:01) The First 48	Rookie Blue (N)	Rookie Blue (N)	Rookie Blue (N)	Family Biz			The Mentalist	Bermuda Triangle	School	Coach	(10:08)	Seinfeld
10 PM	Movie: "Dan in Real Life" (2007)	Melrose Place	On Screen "Shivers"	Legends & Lyrics	The Office	The Mentalist	(10:01) The First 48	Boston Med (N)	Melrose Place	News Hour Final (N)	National	Indie		The Mentalist	Bermuda Triangle	Stone	Judge B.	(10:38)	Seinfeld
11 PM	Steve Carell	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	News (N)	News	(11:01) The First 48	News	News Hour Final (N)	Ent	(11:05) World Cup Soccer	Prank Ptl Fries That?	SportsCenter (Live)	CTV News	MythBusters	So Raven	Judge B.	(11:08)	'70s Show
					Jay Leno	Letterman			ET Canada					CTV News	Life Derek	Paid Prog.			King

FRIDAY, JUNE 25, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Bob Build	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News	Being Ian	(5:00) Tennis: Wimbledon, Day 5. From Wimbledon, England.	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: Crime Scene	Inside Hollywood (N)
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (E1)	Today Maxwell performs. (N)	The Early Show (N)	CSI: Miami	Good Morning America			World Cup Soccer: Group Stage: Brazil vs. Portugal.	Viva Piñata	Invasion		Mayday "Ghost Plane"	Mickey Mickey	The Tyra Show	CSI: Crime Scene	Inside Hollywood
8 AM	Harvey		Sid the Science Kid "My Ice Pops"	Curious	Sid		American Justice	Alicia Keys performs. (N)	100 Huntley Street			(8:15)	(8:45) Kid		Breaking Point	Handy	Rachael Ray	CSI: Crime Scene	Tooned
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why!	Dinosaur	The 700 Club	American Justice	Live With Regis & Kelly	100 Huntley Street	Nature	World Cup Soccer	Rolie Polie		Live With Regis & Kelly	Daily Planet	Agent Oso	Role	CSI: Crime Scene	Colin-Justin
10 AM	Reba	World Vision	Sesame Street (E1)			The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Room		Berenstein		The View (N)	How-Made	M. Mouse	The O.C.	CSI: Crime Scene	Whatever
11 AM	Jim Name Earl	Children	Rolie Polie	Clifford	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	Children	(10:59) Noon News Hour (N)	(11:15) World Cup Soccer:	George S.	Oil Change	Fashion	Dirty Jobs	Phineas	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	Group Stage: Chile vs. Spain. (Live)	(12:05) Kid Rollbots	NASCAR Racing	etalk	Mayday! Bering Sea	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scene	Fr. Prince
1 PM	King Friends	As the World Turns (N)	(1:02) Go, Diego, Go!	Watercolor	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	FIFA	(12:55) Viva		Sue Thomas: F.B. Eye	Bermuda Triangle	Cory	Jdg Judy	CSI: Crime Scene	Seinfeld
2 PM	Friends Name Earl	Young & Restless	Franklin	Barney	The Bonnie Hunt Show	Let's Make a Deal (N)	American Justice	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Around	Dr. Phil	MythBusters	Replacemn	CityLine	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl	Judge B.	Dr. Phil	American Justice	Rachael Ray	The Doctors	Young & Restless	Wheel	(2:50) Kid	Off-Record	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	Biz Kid\$	Jdg Judy	Oprah Winfrey	Criminal Minds	Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	NHL Entry Draft (Live)	Ellen DeGeneres Show	Daily Planet	Phineas	Murdoch Mysteries	CSI: Crime Scene	Colin-Justin	
5 PM	Baseball: Detroit Tigers at Atlanta Braves. (Live)	Early News	(4:57) BBC World	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	ET Canada	CBC News: Vancouver (N)	Penguins	CTV News at Five (N)	Salvage Code Red	Suite/Deck	Mantracker (DVS)	Community	(5:09) CSI: Crime Scene	Seinfeld
6 PM		Global Nat.	Animals	PBS NewsHour (N)	News (N)	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly	CTV News (N)	Man vs. Wild	Wizards	Murdoch Mysteries	Investigatio	Family Guy	
7 PM	Seinfeld	Ent	Lynching of Louie Sam	Wash. McLaughlin	Jeopardy!	The Doctors	Criminal Minds	Ent	Ent	ReGenesis "Prions"	Laughs	Movie: "The Sisterhood of the Traveling Pants" (2005)	SportsCenter (Live)	etalk	Unusual	The Suite Life on Deck	Warehouse 13	The Ultimate Fighter	Tooned
8 PM	Law & Order: SVU	Friday Night Lights (N)	Poirot	Need to Know (N)	Friday Night Lights (N)	Medium	Criminal Minds	Wife Swap	Friday Night Lights (N)	Friday Night Lights (N)	Group Stage: Honduras vs. Switzerland.	Survive		Access H.	Unusual	Movie: "Vacation With Derek"	News	6 Degrees	
9 PM	Family Guy	90210	Dalziel & Pascoe	News	Dateline NBC	Flashpoint "Custody"	(9:01) Criminal Minds	20/20 (N)	90210	"Life's a Drag"			NASCAR Racing	Flashpoint "Custody"	Man vs. Wild	King of Hill	King of Hill	Family Guy	
10 PM	Movie: "About Schmidt"	ReGenesis "Prions"	Movie: "Buena Vista Social Club" (1999)	Great Divide		Miami Medical	(10:01) Criminal Minds	ReGenesis "Prions"	News Hour Final (N)	National	Indie	Family Biz	Speed	Miami Medical (N)	Salvage Code Red	"Johnny Tsunami" (1999)	Coach	Trailers	'70s Show
11 PM	(2002) Jack Nicholson.	CHBC News Final (N)	Charlie Rose (N)	News (N)	News	News	(11:01) Criminal Minds	News	News Hour Final (N)	Ent	(11:05) World Cup Soccer	Prank Ptl Fries That?	SportsCenter (Live)	CTV News	Unusual	Movie: "Junior Pilot"	Judge B.	Ways Die	Seinfeld
					Jay Leno	Letterman			ET Canada					CTV News	Unusual	Paid Prog.			Ways Die



# News Leader Puzzle Page

## 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 #305 - Rated Medium

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

THIS WEEK'S SOLUTION:  
Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2010 Carter Boswell, Princeton, BC and published by Similkameen News Leader

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## Saturday Movies

### MORNING

8:00 am WTBS (3) "Into the Blue 2: The Reef" (2009, Suspense) Chris Carmack. Two professional divers fight for their lives when they encounter criminals in Hawaiian waters. (D)

10:00 am WTBS (3) ★★½ "The Guardian" (2006, Drama) Kevin Costner. A trainer in a Coast Guard program for rescue swimmers turns a cocky recruit into his protege and takes him on a mission to the Bering Strait. (D)

### AFTERNOON

12:00 pm FAM (26) "Vacation With Derek" (2010, Comedy-Drama) Michael Seater. With help from her stepbrother, a girl must save her grandmother's resort from a land developer. (In Stereo) (D)

1:30 pm FAM (26) ★★ "Camp Nowhere" (1994, Comedy) Jonathan Jackson. Youths dupe their parents into sending them to an unsupervised summer camp. (In Stereo) (D)

5:00 pm WTBS (3) ★½ "Batman &

Robin" (1997, Action) Arnold Schwarzenegger. Batgirl joins the caped crusaders to stop Mr. Freeze and Poison Ivy from wreaking revenge upon the world. (D)

### EVENING

6:00 pm CITY (29) ★★½ "See Grace Fly" (2003, Drama) Gina Chiarelli. People search for a schizophrenic who disappeared after the death of her mother. (D) (DVS)

7:00 pm CITY (12) "Unthinkable" (2007, Suspense) Michelle Forbes. A policewoman becomes embroiled in a cat-and-mouse game with a killer who murdered her son's fiancée. (D)

7:30 pm WTBS (3) ★★½ "The Longest Yard" (2005, Comedy) Adam Sandler. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards. (D)

8:00 pm CHBC (4) BCTV (11) "Unthinkable" (2007, Suspense) Michelle Forbes. Premiere. A policewoman becomes embroiled in a cat-and-mouse game with a killer who murdered her son's fiancée. (D)

KSPS (6) ★★½ "High Society" (1956, Musical Comedy) Bing Crosby. A socialite's ex-husband and a magazine writer show up for her wedding and cause havoc. VTV (22) "My Own Private Oshawa" (2002, Comedy) Jonathan Wilson. An actor recalls how an openly gay classmate helped him come to terms with his sexuality in 1970s Canada. (In Stereo) (D) (DVS)

9:00 pm FAM (26) ★★½ "Driving Miss Daisy" (1989, Comedy-Drama) Morgan Freeman. An Atlanta widow and her chauffeur reflect the changing times, from 1948 to 1973. (In Stereo) (D)

10:00 pm WTBS (3) ★★½ "The Longest Yard" (2005, Comedy) Adam Sandler. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards. (D)

10:39 pm FAM (26) ★★½ "Superman III" (1983, Science Fiction) Christopher Reeve. Ersatz kryptonite laced with tobacco tar splits Superman in two: good Clark Kent and bad Man of Steel. (In Stereo) (D)

11:00 pm KNOW (5) ★★½ "Buena Vista Social Club" (1999, Documentary) Luis Barzaga. Filmmaker Wim Wenders shows a number of renowned Cuban musicians of all ages who gathered to create a Grammy-winning album. (D)

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## Sunday Movies

### MORNING

9:00 am WTBS (3) ★★½ "Grosse Pointe Blank" (1997, Romance-Comedy) John Cusack. An assassin on assignment attends his high-school reunion. (D)

11:00 am WTBS (3) ★★ "Eurotrip" (2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal. (D)

### AFTERNOON

12:00 pm FAM (26) "Stuck in the Suburbs" (2004, Comedy-Drama) Danielle Panabaker. Two friends set out to reveal the true persona of a pop star whose flashy image was manufactured by his record company. (In Stereo) (D)

1:00 pm WTBS (3) ★★½ "Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancée. (D)

1:30 pm FAM (26) "Minutemen" (2008, Comedy) Jason Dolley. Three

high-school outcasts face unexpected problems when they use a time machine to change the past. (In Stereo) (D)

2:00 pm YTV (18) ★★½ "Catch That Kid" (2004, Adventure) Kristen Stewart. With help from her two friends, an adventurous 12-year-old plots to rob a bank to pay for her father's surgery. (In Stereo) (D)

3:00 pm VTV (22) "Terry" (2005, Docudrama) Shawn Ashmore. Supported by his friend and brother, amputee Terry Fox strives to run across Canada to raise money for cancer research. (In Stereo) (D) (DVS)

4:00 pm WTBS (3) ★★½ "Forrest Gump" (1994, Drama) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (D)

YTV (18) ★★ "The Adventures of Sharkboy and Lavagirl" (2005, Adventure) Taylor Lautner. A 10-year-old and his imaginary friends try to save a distant planet from the forces of darkness. (In Stereo) (D)

5:00 pm CBC (13) ★★½ "The Wizard of Oz" (1939, Fantasy) Judy

Garland. After a tornado whisks Kansas farm girl Dorothy to a magic land, she must travel to the Emerald City for help in getting back home. (In Stereo) (D)

### EVENING

6:00 pm YTV (18) ★★½ "Zathura" (2005, Adventure) Josh Hutcherson. Two young brothers play a mysterious game that propels them into an outer-space adventure. (In Stereo) (D)

7:00 pm WTBS (3) ★★½ "Forrest Gump" (1994, Drama) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (D)

9:00 pm FAM (26) "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-roping. (In Stereo) (D)

9:30 pm SPIKE (44) ★★½ "Midnight Run" (1988, Comedy) Robert De Niro. A scruffy bounty hunter has five days to bring a fussy embezzler from New York to Los Angeles. (In Stereo)

10:00 pm WTBS (3) ★★½ "Jerry Maguire" (1996, Romance-Comedy) Tom Cruise. A Los Angeles sports agent finds love with a pretty accountant after an attack of conscience costs him his job and fiancée. (D)

10:30 pm FAM (26) ★★ "Around the World in 80 Days" (2004, Adventure) Jackie Chan. With help from his two sidekicks, an eccentric inventor bets he can circle the globe in less than three months. (In Stereo) (D)

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SATURDAY, JUNE 26, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their details.

SUNDAY, JUNE 27, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their details.



MONDAY, JUNE 28, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	Obsessed "Traci; Judi"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News (6:45) World Cup Soccer: Round of 16: 1E vs. 2F. (Live)	Erky Perky Ruby	Tennis: Wimbledon, Round of 16, From Wimbledon, England.	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: Crime Scn	Comeback
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today (N)	The Early Show (N)	Obsessed	Good Morning America (N)				Willa's Timothy			Blueprint for Disaster	Mickey M. Mouse	The Tyra Show	CSI: Crime Scn	Carlawood
8 AM	Harvey		Sid the Science Kid	Curious Sid			Intervention		100 Huntley Street			George S. Rolie Polie			Canada's Worst Driver	Manny Handy	Rachael Ray	CSI: Crime Scn	Re-Vamped
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	Intervention "Phillip"	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News (9:25) Kid	SpongeBob	(Live)	Live With Regis & Kelly	Daily Planet	Feet Agent Oso	Role Amazing	CSI: Crime Scn	Collin-Justin
10 AM	Reba	Hospital for Sick Kids	Spider (10:36)	Sesame Street (EI)	Tennis: Wimbledon, Men's and Women's Round of 16. (Same-day Tape)	The Price Is Right (N)	Intervention "Vinnie"	The View (N)	Hospital for Sick Kids	Green ET Canada	CBC News Special	League Invasion	Tennis: Wimbledon, Round of 16, From Wimbledon, England. (Live)	The View (N)	How-Made Cash Cab	M. Mouse Manny	The O.C.	CSI: Crime Scn	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit		Young & Restless	Obsessed	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	(11:15) World Cup Soccer: Round of 16: 1G vs. 2H. (Live)	(11:10) Kid (11:40) Kid	From Wimbledon, England. (Live)	Fashion etalk	Greensburg Junk Raiders	Phineas Suite Life	CityLine	CSI: Crime Scn	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose		News Bold	Obsessed "Traci; Judi"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)		Pokemon Rollbots		Sue Thomas: F.B. Eye	I Could Do I Could Do	Cory Recces	Jdg Judy	CSI: Crime Scn	Fr. Prince
1 PM	Friends	As the World Turns (N)	(1:02) Wibbly Pig	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	Obsessed	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	FIFA	Team Gal		Dr. Phil	MythBusters	Replacemn School	Jdg Judy	CSI: Crime Scn	Seinfeld
2 PM	Friends Name Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	Intervention	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion					CityLine	CSI: Crime Scn	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Jane Judge B.	Dr. Phil	Intervention "Phillip"	Rachael Ray	The Doctors	Young & Restless	Wheel Jeopardy!	(2:50) Kid	Off-Record	(2:59) The Dr. Oz Show	License to Drill	Life Derek Sulte Life	CityNews at 6 (N)	CSI: Crime Scn	Restaurant Makeover
4 PM	MLB Baseball: Washington Nationals at Atlanta Braves. (Live)	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey	Intervention "Vinnie"	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Tennis: Wimbledon, Round of 16	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	UFC 116: Countdown	Collin-Justin
5 PM	Nationals at Atlanta Braves. (Live)	Early News	(4:57) News	BBC World Business	News (N)	News	Intervention "Marquel"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	CTV News at Five (N)	MythBusters	Sulte/Deck Zoey 101	The Bachelorette (N)	(5:07) Movie: "Cradle 2 the Grave" (2003, Action) Jet Li, DMX.	Wipeout	
6 PM	Seinfeld	Ent Eden	'Allo, 'Allo!	PBS NewsHour (N)	Millionaire	Access H.	Intervention (N)	News	(5:59) News Hour (N)	Ent	Coronation Indie	Survive	SportsCentre (Live)	etalk	American Loggers (N)	Sonny Suite Life	(7:02) True Beauty (N)	Entourage	Parking
7 PM	Seinfeld	ET Canada	Landscape	Europe Fortune		The Doctors	Obsessed (N)	Ent The Insider	Ent ET Canada	In Plain Sight	World Cup Soccer: Match of the Day.	Survive	Off-Record	Access II.	Hiccups (N)	Daily Planet	OVERRULED! Hannah	News EP Daily	Carlawood
8 PM	Law & Order: SVU	Lie to Me (N)	Monarchy	Antiques Roadshow	Last Comic Standing Semifinals	How I Met Rules	Obsessed "Richie"	The Bachelorette (N)	Lie to Me (N)	Lie to Me (N)		In Real Life						(6:05) Carlawood	
9 PM	Payne Family Guy	The Good Guys "S3.52"	Coming to Light	History Detectives (N)	begin. (N)	Two Men Big Bang	(9:01) Intervention "Marquel"		The Good Guys "S3.52"	The Good Guys "S3.52"		Survive	College Basketball	Two Men Big Bang	MythBusters	Buzz	King of Hill	Entourage	Seinfeld
10 PM	Family Guy Movie: "Crocodile Dundee" (1986)	In Plain Sight	49 Degrees	Wall-World	Persons Unknown (N)	(10:01) CSI: Miami	(10:01) Intervention	(10:02) True Beauty (N)	In Plain Sight	News Hour Final (N)	National	Indie		(10:01) CSI: Miami	American Loggers	School Stone	Coach Judge B.	(9:46) DEA	Wipeout
11 PM	Family Guy	CHBC News Final (N)	Lynching of Louie Sam	Charlie Rose (N)	News (N)	News Wimbledon	(11:01) Obsessed	News Letterman	News Hour Final (N)	Ent ET Canada	World Cup Soccer	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven Life Derek	Judge B. Paid Prog.	CSI: Crime Scn	Wipeout

# Monday Movies

**AFTERNOON**

5:07 pm SPIKE (44) ★★ "Cradle 2 the Grave" (2003, Action) Jet Li. A Taiwanese intelligence agent and a thief try to recover stolen diamonds and the latter's kidnapped daughter. (In Stereo)

**EVENING**

10:30 pm WTBS (3) ★★★ "Crocodile Dundee" (1986, Comedy) Paul Hogan. A rich reporter tours outback Australia with a crocodile hunter, then brings him to Manhattan.

[www.thenewsleader.ca](http://www.thenewsleader.ca)

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2 bedroom, 1,000 sq ft home on Upper Bench Road, Keremeos. Available July 1st. Asking \$500.00 per month. Call 250.295.3357. Jun 09-23

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Saturday, July 3  
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Jun 15-20

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*Applications will be accepted until June 25th*

We thank all applicants for their interest in Valley First; however, only short listed candidates will be contacted.

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182	569	374
376	214	859
961	743	285
245	981	736
837	652	941
624	835	197
598	127	463
713	496	528

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CELEBRATE PRINCETON'S 150<sup>th</sup> WITH THIS UNIQUE SOUVENIR





Vermilion Forks Elementary School promoted healthy lifestyles June 15th with a race while 2010 Winter Olympic Gold Medalists Ashleigh McIvor and Denny Morrison watched and cheered. \*

## Arts Council works on promotion

The Mission of Princeton Community Arts Council is to promote arts and culture in the Princeton area. To that end, the Arts Council has been involved in a project to set up an Arts Council website. Sharon Anderson made a presentation to the June 16 Arts Council meeting explaining how the website looks and how it functions, as well as how to provide her with new information to place on the website.

Arts Council members were very pleased with the website. It highlights the activities of all of the member groups and has a calendar of all of the events of all of the groups. The Arts Council is also on Facebook, maintained by Ed Staples.

The community mural is going well. This is a ceramic mural which will be mounted on the north wall of Riverside Centre on September 5th as part of the Princeton 150 celebration. It is in the form of a tree and will represent the roots, branches and leaves of our community history. The tiles are cut for the 200 leaves, and people from the community have attended workshops to decorate the leaves in various colours. The most recent group to help build the tree were at Ridgewood Lodge. The next workshop will be at Veterans Square on July 3 from 2:00 to 5:00 PM.

Other Princeton 150 murals are in the planning stage. The Legion wall facing Veterans Square will

have a historic trails mural painted on it. Herb Castle working with a SWAT team (Students With Art Tools team) will be doing a mural on the walls of the Fire Hall.

Arts Council members discussed a plaque for the Legion building front wall to go under the painting of Susan Allison, who has been named a person of national significance. A special plaque from the federal government will be presented to Princeton during the September 4 Princeton 150 celebration. For this mural, Herb would appreciate donations of any exterior acrylic paint, regardless of colour. Donations of paint may be left at the arena.

The GamesTown grants were announced on June 15. The money will go to a bike park, the Riverside outdoor basketball court, the Rotary Park playground and lighting for the Bridge of Dreams.

Princeton Community Band put on a performance on June 12 at Veterans Square, and will do another concert at the square as part of the Canada Day celebration beginning at 11:00 AM.

On July 10, at Veterans Square, a youth group traveling through Princeton will be giving a presentation on "green" living. This is a very interesting group of young people.

Princeton Performing Arts had a lot of fun doing "Dirty Work at the Crossroads" but did not make a lot of money.

The theatre group is now talking

about doing a series of one act plays for the fall, or doing "Under Mill Wood", a take-off on a radio show. This play may be a bit too steamy for youngsters as it is an English version of Peyton Place. They are planning their annual gala at Rock Ridge Canyon on November 5.

Princeton Garden Club enjoyed a guided tour of Summerland Experimental Farm.

Vermilion Artists is hosting two art shows in July. The first is in the library July 1 - 4, and the second is the show of work done by two Princeton Secondary School students who won bursaries last year. This show will be on July 10.

Vermilion Forks Field Naturalists have a busy summer ahead of hikes to a number of points of interest. For further information, consult their website.

Bunchgrass Quilters are working on a big quilt show for September 4 as part of the Princeton 150 celebration. Sharon Rose told Arts Council members 30 quilts have been accepted to date.

Local artist Tim Hall has won a prestigious international award for his painting of a bay near Tofino.

The Arts Council will not meet in July. The next meeting is August 18 at 11:00 AM in the Arts Council room at Riverside Centre. The annual general meeting is scheduled for September 15. Anyone interested in the arts and cultural life of the community is welcome to attend.

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Grade 12 and a valid BC driver's license Class 5 with a safe driving record is required. A driver's extract may be requested. A valid first aid certificate is an asset.

This position is within the jurisdiction of the Town of Princeton and CUPE Local 608 Collective Agreement. The rate of pay is \$22.80 (April 1, 2009). Successful candidates will be selected based on their education, experience and skills.

Please forward your resume by June 28, 2010 to:

Town of Princeton  
Public Works Labourer  
PO Box 670  
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Princeton, BC V0X 1W0

The Town of Princeton thanks all applicants for their interest and advises that only those to be interviewed will be contacted.





# Editorial Page News Leader

Similkameen News Leader, 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0

## My Turn...

### I Have An Addiction

A couple weeks ago I had what I like to call an 'a-ha' moment. I get them frequently, but this one was one of those that forced me to rethink one of my previous beliefs.

For years I was convinced I was a workaholic.

What made me look at this differently was something I saw on my desk.

The article I read in one of the business magazines I subscribe to described the difference between a 'workaholic' and a 'work addict' and I was pleased to discover I'm actually the latter rather than the former.

I know, I thought at first the term 'work addict' was someone's idea of turning 'workaholic' into politically correct terminology, but based on the definitions they are two different things.

For example, if you work countless hours on the job and do so primarily because you really, really like working all the time and aren't doing it to be a suck-up than you are likely a work addict.

While I often spend an average of 55 hours a week working on the weekly News Leader, I don't remember grumbling about it anytime recently. I know I really enjoy what I do and have accepted the fact that it takes time to get the job done. Mind you, if I were an employee working here I'd expect a bit more than 15-cents an hour, but that's a whole different Editorial.

I'd also want to point out every now and then that the Owner is often a pinhead.

Oh, and he's a bit of a goof.

And that he's really not as funny as he thinks he is, but I probably wouldn't have the guts to actually say those things to his face. I'd probably resort to inter-office sabotage using e-mails and blogs to my advantage.

Only if I had the smarts to figure those things out instead of working all the time for that before-mentioned pinhead.

However, if your work consumes you so much that it is getting in the way of every other aspect of your life and all you eat, drink, think and dream about is work you could very likely be a workaholic.

I know in my life I think I drift back and forth between the two, but when I sit down and really examine what I do with the time I'm not at the office it makes me realize I'm not completely consumed by work.

But I do sense every now and then co-workers think I'm a pinhead.

What I haven't been able to determine is whether or not paranoia comes with being a workaholic or a work addict.

And with that in mind I shall return to my workstation and finish another section of this week's issue.

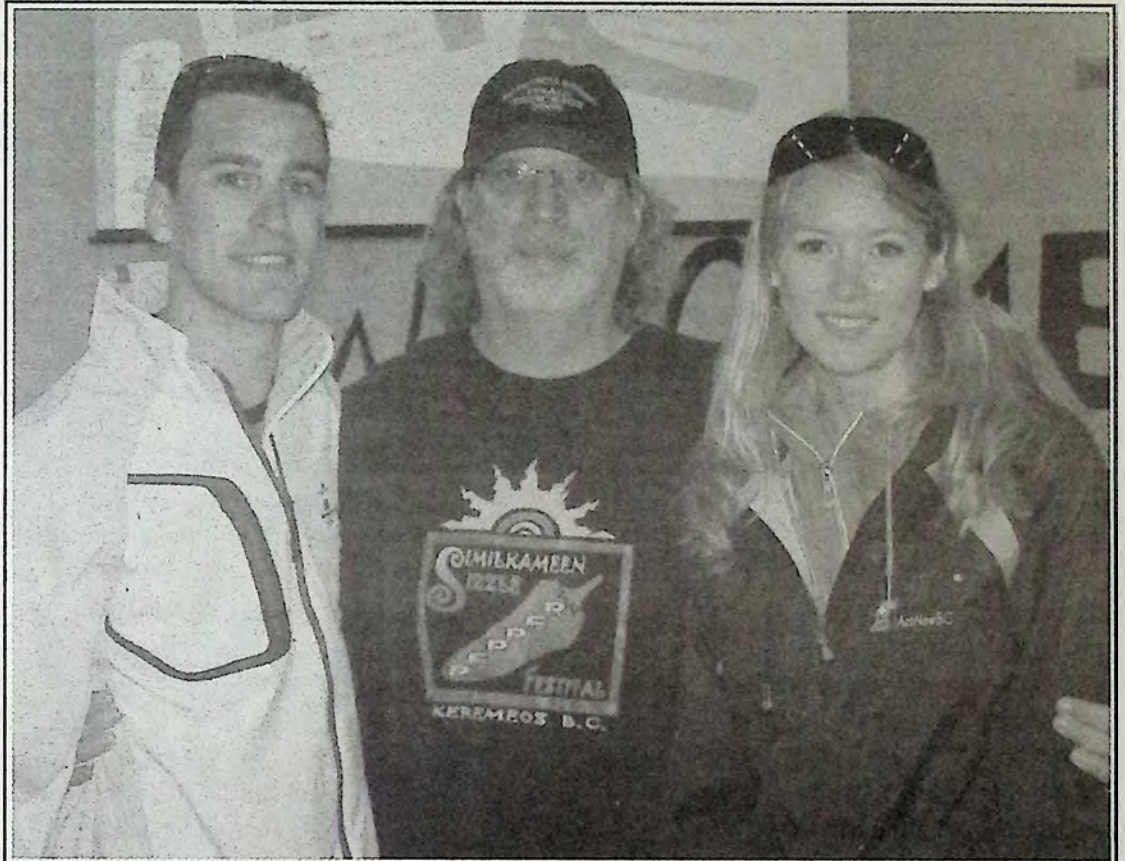
Maybe I'll try to finish a couple more pages before the day is over and have a late dinner and if I'm not too tired I'll come back to the office for a bit tonight and try to bang off a couple more stories to fill up some more space...

#### 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 Owner/Publisher George Elliott gets up close and personal with 2010 Winter Olympic Gold Medalists Denny Morrison and Ashleigh McIvor June 15th. \*

## Princeton RCMP News

### Semi Blocks Highway 5A

On June 15th at 9:00 AM Princeton RCMP responded to a motor vehicle accident on Highway 5A approximately 37-kilometres north of Princeton at the Gulliford Rest Area.

"A tractor trailer unit was southbound on Highway 5A and while going around a left curve tipped on it's side blocking both the northbound and southbound lanes," explains Cpl. Kevin McCracken of Princeton Detachment.

"The flatdeck trailer was carrying a motorized man lift which came

off the trailer and ended up in the lake."

The driver was taken to Princeton hospital by ambulance with minor injuries and was later released.

Traffic flow resumed once the tractor trailer unit was removed and Provincial Emergency Program (PEP) officials were notified to deal with environmental concerns that may have arisen from the equipment resting in the lake.

"Police would like to thank those persons who were at the scene and assisted with traffic control," Cpl. McCracken adds.

### RCMP bust Hedley Grow-Op

Princeton RCMP executed a search warrant under the Controlled Drugs and Substance Act and removed a small marijuana grow operation from a private residence on Richter Avenue in Hedley.

The incident took place on Thursday, June 17th.

Police are recommending charges of Production of a Controlled Substance and Possession of a Controlled Substance against a 57-year old male and his 17-year old son reports Princeton RCMP Detachment Sgt. Dave Clare.

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# Current Comment

## Let's Liberate The Liberation Procedure



Dawn Johnson  
editor@thenewsleader.ca

There is a treatment for Multiple Sclerosis (MS) that has been used in Italy and other countries for more than two years. It has been successful. It is called the Liberation procedure, but Canadians MS sufferers are not allowed to be liberated.

MS is a disease in which the coating protecting the nervous system begins to break down. Those who have the disease begin to suffer fatigue, numbness in the extremities, and general weakness. The disease cripples those who have it and ultimately kills people. Each flare-up of MS tends to leave its victim with less mobility, less sensitivity for fine muscle activity. It puts a person who was once functioning well into a wheelchair taking heavy medication which may have serious side effects.

With that said, you would think any treatment which alleviated the suffering and disability would be greeted by our medical practitioners and our government with joy. This is not the case. No, they want to study it for a couple of years to try to determine some scientific basis for why the treatment works. During this study period, those people who might have benefited from the treatment may sink even deeper into disability. In short, you can get the treatment in Italy and Poland, but not here in Canada.

The procedure developed in Italy

is quite simple. It consists of unblocking a vein draining the brain. Although the procedure is relatively new, the concept behind it is at least 50 years old. I watched a documentary on how the veins are unblocked, and it is much the same as unblocking arteries that are clogged. It is not major surgery. It is a simple surgical technique that could be done by any surgeon.

The science behind it is pretty clear, too. Doctors inject a blood dye into the patient and check the veins for blockages. When the location of the blockage is identified, a small surgical incision is made and the vein is widened. Guess what? The blood begins to flow freely down the vein and the patient begins to feel better immediately.

I do not know why Canadians suffering from MS cannot have this procedure without further study. Italian doctors have done the studies and have patients walking around for the past two years who were formerly disabled. What's the hold-up? Pardon me, but do we have to wait to re-invent the wheel? For goodness sake, we import every other damned thing; why not a medical procedure with a proven track record?

Even if the procedure does not "cure" MS, isn't it better to relieve suffering than deny treatment? Wouldn't you say a doctor (or doctor's) "College" that denied a patient relief of suffering would be deliberately doing harm? Wouldn't that violate the famous Hippocratic oath that says "first, do no harm"?

Let's face it: medical practitioners regularly recommend patients with cancer undergo radiation, but

this treatment is not a "cure" for cancer.

I remember, after my mother died of cancer in 1981, when I was going through her things, I found a form she had signed at the BC Cancer Clinic. She agreed to free the clinic of any responsibility if she underwent radiation because it was and "experimental" procedure. Did you get that? After about 40 years of giving people radiation for cancer, it was still in its experimental stage. It wouldn't surprise me if it is still classified as experimental, and I would be really surprised if they could prove radiation and chemotherapy do no harm.

There is no scientific proof as to how acupuncture works, but I have had it to stop a condition our regular physicians said could not be helped, and science or not, the acupuncture worked. In fact, up until about a century ago, there was no scientific proof as to how most medical treatments worked. Doctors just knew it worked. That's all they needed to know. Their job was to make the problem go away, and if something worked, they used it.

So why the big fuss about the Liberation treatment for MS? Is somebody going to lose too much money if MS patients can suddenly get better? I had a Social Studies teacher who said the solution to most problems was to "follow the money trail". Is anybody doing that?

One thing I do know for sure: if I or any of my family had MS and I could get them a treatment that would stop the suffering, I would do anything it took to get the money to get to Italy or Poland as soon as I could get an appointment.

Wouldn't you do the same?

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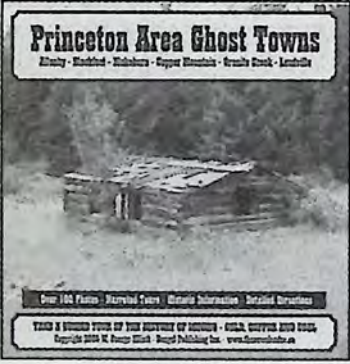


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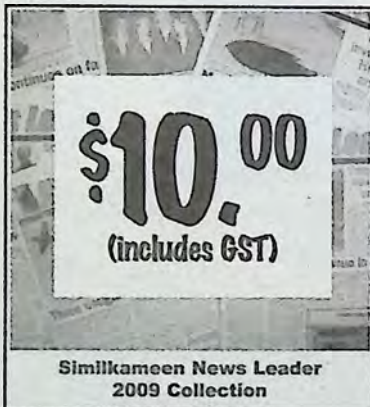
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# GamesTown 2010!



2010 Winter Olympic Gold Medalist Denny Morrison autographs a chair at Vermilion Forks Elementary School June 15th. Ashleigh McIvor, also a gold medalist, waits her turn to sign. \*



2010 Winter Olympic Gold Medalist Ashleigh McIvor cheers on runners in a race at Vermilion Forks Elementary School June 15th as part of a morning spent visiting local schools. \*



It's an impressive chunk of metal - the 2010 Winter Olympics Gold Medal! \*





Residents in South Princeton watched this huge container get dropped off along the Trans-Canada Trail June 16th. Many residents don't like it there although the Vermilion Trails Society has indicated it will be used as a storage shed and possibly be painted. We suggest a mural on all four sides making it look like a rail car would make more sense than how it currently looks. What do you think? Photo: Brenda Engel

## China Ridge hosts film night

Riverside Theatre was full last Wednesday evening as China Ridge Cross Country Ski Association hosted an evening of storyboard film compiled by Sharon Anderson. Photographs were displayed on a large screen to tell stories about the activities of the China Ridge club.

Kelly Cook and Bob Coyne were the official "hosts" for the evening. They described some of the history of China Ridge. Kelly Cook thanked everyone for their support during the years.

The first film was used at the BC Street booth during the Olympics. Thousands of people came every day to watch a remarkable tourism promotion film of the Princeton area. There were still photos of the town, the scenery and recreation opportunities in the area, including China Ridge in winter with the bike trails in summer. Photos ranged from swimming in Otter Lake to hiking in the mountains to historic trails, horseback riding, and lots of great scenic views.

The second film was a compilation of photos from the GamesTown celebration, including the Olympic torch relay and the presentations at Veterans Square. The photos led to the activities at China Ridge for the remainder of the day. Part of the fun was the Inuit exchange, as well as the skiing, snowshoeing, sliding, mini-marathon and dog sledding.

The last film focused on the 25 year history of the development of China Ridge. Photos showed the first small efforts right up to last winter. The Slovenian Olympic cross-country ski team trained for the World Cup at China Ridge in 2009, and was a high spot for the club.

There were some presentations made at the end of the storyboard films. Cards of appreciation were

given to the volunteers who ran the Saturday ski program last winter. Then Ernie Lawrence, dressed in Olympic hat and scarf, told about a gift from the Slovenian team on the last day of the Olympics. The gift was for the China Ridge Long House, two competitor number jerseys signed by every member of the Slovenian team. Nat Brown, a world class waxer and coach, presented a Slovenian flag to China Ridge. These gifts will be on display at China Ridge next season.

## Performing Arts keeps showing talent

by Dawn Johnson

The recent Dirty Work at the Crossroads production by Princeton Performing Arts Society was another successful venture for the group of talented amateurs.

The old-time melodrama was a hoot, and drew good crowds for every performance of the play.

My chuckles began to erupt when the delightful Ida stole the stage as the saloon girl from Hedley. References to the Hedley saloon were just part of the very local setting and references to Princeton, Granite Creek, the Similkameen, the Kettle Valley Railway and John Fall Allison. What a splendid way to celebrate 150 years of Princeton history.

Those attending the play received an excellent program showing how well local businesses have supported the production. There were advertisements from nearly every business in our area.

The sets designed for the play were the work of Grace Trusdell. They were very cleverly done to allow for not only the dwellings, but the Similkameen River, the railroad in motion and the tunnel. Grace did a great job, assisted by Martin Riel, who constructed the set.

Brown told the audience teams from eight countries had trained at China Ridge and six Olympians had emerged from those teams. He said, "China Ridge has tremendous potential."

China Ridge has held its first mountain bike race of 2010, but the club is in its slow season. Activity will pick up again next year.

The evening ended with some unique desserts prepared by Sandra Dixon, enjoyed along with coffee, tea and juice.

Dawn Gardner showed a lot of talent in the creation of the costumes. They were well done and the designs were appropriate for that period in history. She outfitted a dandy, a blacksmith, a country girl, a city matron and her daughter, a widow, and a child.

Alyssa Larson played the lead female role, with Jason Earle as her love interest and Britt Fraser as the villain. Miranda Mezzatesta played the part of the saloon girl, and Sylvia Fowler was the unfortunate murder victim. Dick Bird played the part of a simple country man with an interesting turn of phrase, and Jaquine Manet-Babier was the coquettish French maid. PattyAnn Peal Harrower was the rich lady from New York accompanied by her lovely daughter played by Leonie Gibb. The only child in the play was performed by Kate Allison and Shelby Nylund. Entertainment during a set change came from Dick Bird and PattyAnn Peal Harrower with a rendition of There's a Hole in My Bucket.

The theatre company of local talent has produced plays for adults, for children and hosted a talent show and a gala dinner. We can expect a great many more productions from this very active group in the future.

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