



Similkameen News Leader

10 PAGES OF AMUSEMENT FOR JUST A BUCK \$1.00 INCLUDES TAXES

Volume 13 Issue 30 #640 ISSN 1712-090X

Tuesday, July 27, 2010



Water balloon skills were tested July 21st at Centennial Pool during 'A Minute To Win It' theme night. *

Mayor ticked at job loss

"This isn't over yet!" Mayor Randy McLean told Town Council at the July 19 meeting.

Mayor McLean attended a meeting with representatives of the Ministry of Forests to question why the three Forest Service employees remaining in Princeton lost their jobs. He was told it was part of the cutbacks to meet budget restraints. He was not satisfied with the answers.

Mayor McLean recalled there used to be 15 Forest Service jobs in Princeton. These were cut down to three, and now there are none, even though the majority of future harvestable timber in the Cascades Forest District is located in the Princeton area. As a result of all of these personnel cutbacks, the entire Cascades District staff is located in Merritt. When working in the Princeton area, Forest Service personnel must drive to the sites.

"They probably get four hours work for a day's pay," Mayor McLean commented, noting the

inefficient use of time and money. The Town of Princeton owns the Court House, where the Forest Service was located. Mayor McLean stated the rent charged was very reasonable.

Area H Director Brad Hope attended the same meeting and talked about the impact on local ranchers. The Forest Service supervises rangeland and addresses problems connected with rangeland. Hope pointed out there is now a reduction in assistance to local ranchers.

Mayor McLean said he warned the Ministry representatives there will be political repercussions from the decision to cut Forest Service jobs in Princeton. He will look for the financial figures that show how much revenue is generated out of the Princeton area forest lands. The government revenue from Princeton area will be used to support his argument in favour of retaining Forest Service jobs in Princeton.

How creative are you?

The Fall Fair is just a month away, and the exhibitors booklets are in a variety of shops downtown. If you are a creative person, or if you grow a garden, take a look at what you can enter in the fair. The prize money is pretty good this year, and if you are clever, you may win a few dollars.

The most popular area of exhibits is photography. Please read the booklet well in advance to make sure you submit your photos in the right way in the right category.

Woodworking, needlework and sewing entries have been down the past few years. Due to so few items entered, nearly every entry won a prize.

Home canning is a popular area for the ladies to exhibit, but in recent years, there have been some gentlemen who have walked off with some good prize money. Home baking is still the venue for the ladies exclusively since Ron White

quit baking pies.

If you raise chickens, why not bring your chickens and your eggs to the fair?

The dates of the fair are in late August again this year. These dates at the end of August work very well for gardeners, especially those who grow flowers. Rose Flegel and Terry Inglis have challenged each other to see who can grow the biggest dahlia. Two years ago, Inglis walked away with top prize, but we will see if he can be beaten this year.

Vegetable gardening remains a highly competitive area for exhibitors. Rumour has it that Spencer Coyne plans to run away with the trophy for top exhibitor in the vegetables, but he will have to beat Ben Mazzarella, who has won the top prize for vegetables for many years. Glow Lemon, Dawn Johnson and Mary Mogge have been serious competitors in the past, making Top Exhibitor a tough title to win.

The scarecrow contest is back this

year. Read the rules and show just how creative you can be.

Junior Fair - plan now!

Princeton's annual fair is one of the few that offer a special division for junior exhibitors. The youngsters depend on their parents to help them get their exhibits ready and take them to the fairgrounds. The Fall Fair Association asks parents to please pick up the exhibitors booklet early and help the kids plan and assemble their entries. The prizes for the juniors have increased as of last year and entering could mean a few spare dollars for your youngster just in time for school.

Rules of the Fair

The exhibitors booklet contains all of the rules for the fair in general and for every category of entry. The booklet also contains an entry form. If you are entering more items than there is space for on the form, feel free to photocopy the form. For faster service when entering your exhibits, fill in your own entry form before going to register your entries.

Council approves meeting room rules

A public meeting room has been included in the public library. Use of the room is free to non-profit groups, educational programs and activities that benefit the community. Council has permitted use of Council Chambers for this purpose, but now that there is a public meeting room in the library, Council has made some rules as to how these rooms may be reserved and used.

No activities will be permitted that result in more than normal wear, or cause disruption or pose a safety hazard.

If meeting rooms are not left in their original condition, a cleaning fee may be charged. No products or services may be advertised, solicited or sold in the meeting rooms.

No smoking or alcoholic beverages are permitted.

Booking of the meeting rooms is done at Town Hall, and Town Hall will issue the key. A key deposit of

\$50 will be charged and will be refunded when the key is returned. Only one key will be issued, and the room must be locked when vacated. Those using the meeting room must check the washroom to ensure it is vacated before leaving the building.

There are a few more rules. Anyone wishing to use the meeting rooms should ask for a complete list of rules.

Every group wishing to use the rooms must fill out an application form and sign a waiver and indemnity form.

Similkameen News Leader
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Similkameen News Leader THIS WEEK:



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Youth Ambassadors 2010 are sworn into office by Mayor Randy McLean at the July 19 Town Council meeting. Left to right: Friendship Ambassador Jordyn Senger, Vice-Ambassador Katelin Marshall, and signed her pledge, Ambassador Taylor Kostiuik with Mayor McLean, who said how proud he was of past Youth Ambassadors and believes the new Ambassadors will do an equally fine job. Photo: Dawn Johnson

Music Festival includes numerous workshops

by Jon Bartlett,

Traditional Music Society

This is the second in a series of stories about some of the music at the Princeton Traditional Music Festival. The festival takes place August 20th to 22nd right in town. In celebration of Princeton's 150th birthday the Festival kicks off at about 6:00 PM on Friday the 20th with the arrival in town of 70 horse riders of the Back Country Horsemen of BC who will have ridden to Princeton over historic trails from Hope. This will be followed by the opening ceremony on Veterans' Way.

At 7:00 PM there will be an Irish country dance right on the street. The dance is open to everyone; no experience is required - the caller will teach all the dances - and there's no need to bring a partner. On Saturday and Sunday, August 21st and 22nd there will be non-stop music from 10:00 AM to 6:00 PM on two stages - one in front of the Museum and one on Veterans' Square.

As well as the regular concerts by individual performing groups there will also be theme concerts called

workshops.

Over the next few weeks this column will feature descriptions of some of the workshops being offered at the Festival. A workshop is focused on a particular topic and is presented by a group of singers or musicians who are on the stage at the same time. This year there will be eleven workshops: "The Blues", "Celtic Harp", "Free Reed Instruments", "Protest Songs of the 60's", "Mining Songs", "Railway Songs", "Sea Shanties", "Songs in French", "Spoken Word", "Traditional Ballads", and a "Celtic Jam".

Canada has two main railway systems - the CPR and the CNR - as well as many regional and local railways scattered across the country. The workers who built and worked on these railways made up songs about their working lives and the "Railway Songs" workshop will feature many of these songs. Leading the workshop will be Barry Luft from Calgary who has put out an album of Canadian railway songs. Joining him will be Ed Peekeekoot from the Duncan and Princeton's Jon Bartlett and Rika

Ruebsaat who will be singing railway songs from BC including one about the Kettle Valley Line.

The newly finished Veterans' Square was a real hit at last year's Festival. Many of the musicians and visitors commented on how attractive it was and how perfectly it fitted with the Festival. The gazebo was heaven-sent for singing - the high ceiling has acoustics like a cathedral. The sea shanty workshop was held in the gazebo and the people who participated in the singing thought they had died and gone to heaven. The resonance of the harmonies made their skulls vibrate.

Sea shanties are songs that sailors on the tall ships sang while raising sails or hauling up the anchor. The songs were sung rhythmically and with gusto. This year the Sea Shanty workshop will again take place in the gazebo where performers and audience will be mixed together, singing rhythmically and with gusto.

These are just two of the workshops being presented on August 20th to 22nd at the third annual Princeton Traditional Music Festival. And the best thing about it is, it's free!

The reason it's free is because it's run entirely by volunteers and the performers are donating their talents. To make the festival a success the organizers will need lots of volunteers. If you'd like to get involved, please contact them. Even if you have only a couple of hours available your help would be most welcome. Give them a call and they'll welcome you aboard.

To find out more, visit the Festival's weblog at princetonfestival.wordpress.com or give Jon and Rika a call at 250.295.6010.

Council praises air show

Councillor Ray Jarvis, along with Nadine McEwen and Patrick Robins and their crew of volunteers, received a great deal of praise from Town Council for the success of the third annual Princeton Air Show. McEwen said she counted 1,023 people attending the event, but she reckoned there were more.

On the evening before the event, a get-acquainted social was held for the pilots, and everyone enjoyed this gathering.

Since the air show, pilots have e-mailed Town Hall to express how much fun they had at the show, saying it was one of the best shows they had participated in.

www.similkameenteen.com

Fairgrounds management group looks at fairgrounds

Princeton Exhibition Association, the volunteer management group for the fairgrounds facility, met July 20 at the fairgrounds office.

The most recent activity at the fairgrounds was the ATV/BC poker run weekend. According to all reports, everything went well, and

the group left the grounds quite clean.

This does not mean there is nothing to do at the grounds. There is a problem with weeds in the infield, which needed to be addressed before the long weekend as the Tulameen Turtles geo-caching

group will be on site. In addition to the weed problem, there are a number of chores that need to be done before the Fall Fair.

The Fair Association will be holding work parties to do some of the work, but there is a lot to be done in general grounds upkeep. A really

big job is replacement of the perimeter fence between the south corner and the barn entrance road. President John Bey estimated \$30,000 to do the job right.

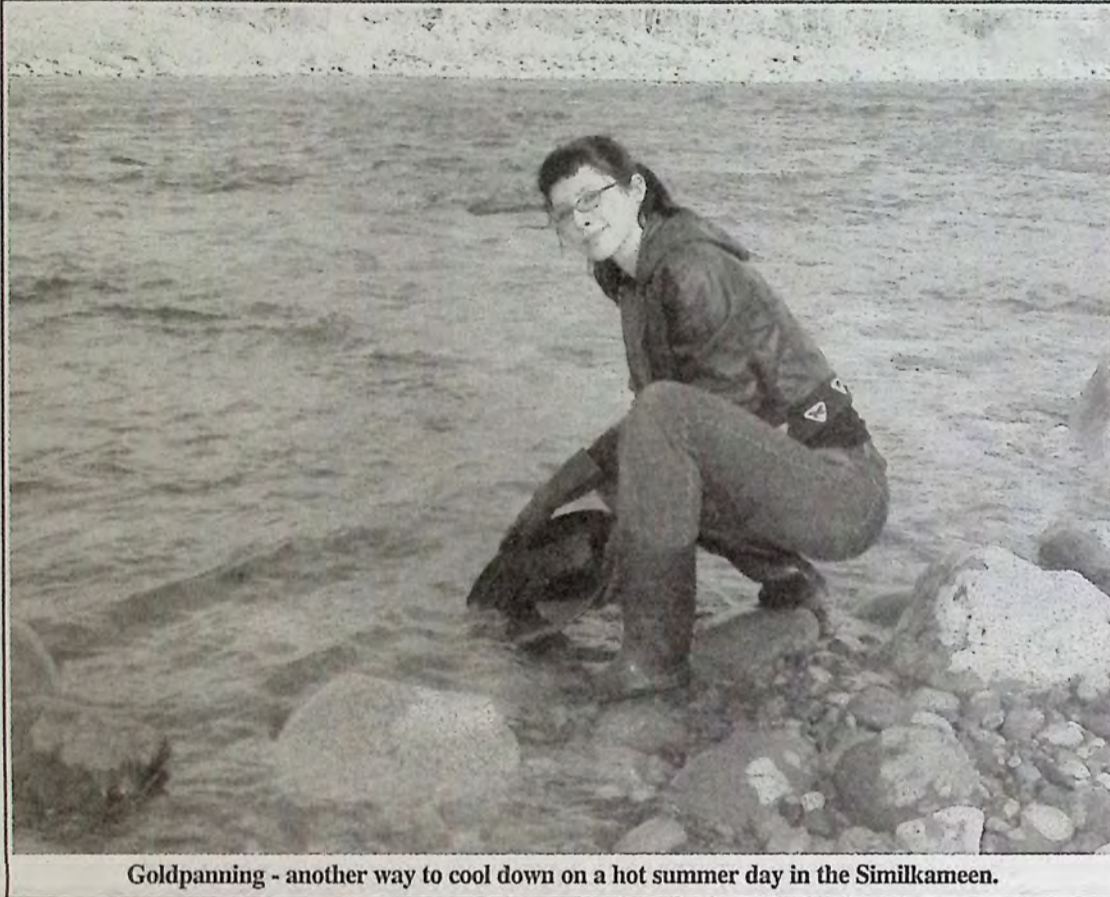
There was a lot of discussion regarding why the PXA has to pay insurance on the grounds, as the PXA does not put on any events. Councillor Jason Earle, Town Council liaison with the PXA, said the reason is that municipal insurance does not cover the grounds, despite the fact that the grounds are owned by the Town of Princeton. This has been an ongoing discussion for several years, and there never seems to be an answer that

satisfies the PXA.

As the bull riding finals will not be held in Princeton this year, Fall Fair President Keith Olson asked for permission to use the grounds on September 11 for a major flea market/garage sale. Permission was granted.

The Fall Fair Association has met with success in holding these community sales, and the one planned for September 11 will be the last of the year.

The next meeting of the PXA will be held on August 17 at the fairgrounds office at 7:00 PM. Anyone interested in the operation of the fairgrounds is welcome to attend.



Goldpanning - another way to cool down on a hot summer day in the Similkameen.

Council raises camp rates

On July 19, Town Council gave first, second and third readings to a bylaw to increase rates at the municipal campground. The new rates will be more in line with current rates charged at other commercial campgrounds.

An RV or tent site with power and

water will cost \$25 a night, or a tent site without services will cost \$20 a night.

A monthly rate will be \$450. There are rates set for individual services such as sani-dump, showers, extra vehicles or extra persons. A picnic site costs \$2.50 per person.

VISIT THE TOWN OF PRINCETON WEBSITE AT:
www.princeton.ca

Town of PRINCETON Princeton Town Hall News

THANK YOU

Sincere thanks to all our volunteers that made the Princeton Airshow a huge success. Thank you to all of the volunteers who helped with gate entrances, souvenir booth, children's area, hostess, security, setup and cleanup.

Thanks too, to Princeton organizations who volunteered including: the Princeton Volunteer Fire Department, Highway Extraction, RCMP, C.O.P.S, BC Ambulance, and our town crew.

To the many sponsors, thank you for your generous financial contributions in assisting the Town in bringing a fabulous event to our community.

If we've forgotten you, thank you.

2010 PROPERTY TAX NOTICES

Tax Notices for 2010 have been mailed. If you have not received a Tax Notice please contact the Town Office at 169 Bridge Street or telephone 250-295-3135. Owners are responsible for 2010 Taxes and applicable penalties, regardless of whether or not a Tax Notice is received.

Payments and/or Provincial Home Owner Grant applications must be in the hands of the Collector at the Town Office by close of business on Tuesday, August 3, 2010 to avoid the penalty of 10%.

BC DAY OFFICE CLOSING

Princeton town hall will be closed Monday, August 2, 2010 for BC Day. Regular office hours will resume on Tuesday, August 3, 2010. For water and sewer emergencies please call 250-295-6134.

REGISTER TODAY-SUMMER RECREATION

Summer Day Camps for children and youth are available through out July and August. Families qualify for the children's fitness tax when registering children for a full week at camp.

Summer Adventure Camp Ages: 6-11 years
Each week participate in camp-crafts, games, sports, day trips and swimming. Start the day at VFE and end the day at a local venue or park. Weekly until August 19. Min. 8 kids
4 days/\$80 or drop in/\$20 9:00 am-3:30 pm Mon-Thurs

Rocket Camp Ages: 10-14 years
Count down to fun while learning the basics of rocketry. End the day watching your rocket shot up to 100ft in the air.
1 day/\$25.00 9:30 am-2:00 pm Riverside Centre

Pre-registration is a must to guarantee your place in camp and to ensure great programs do not get cancelled. Register at Town Hall or Riverside Centre Monday to Friday from 8:30 am to 4:30 pm. Call the Princeton Parks, Recreation and Culture Department at 250-295-6067 to learn more.

PUBLIC NOTICE

In accordance with Sections 24 and 26 of the *Community Charter*, the Town of Princeton gives public notice that it intends to enter into a lease agreement with the Princeton Fish and Game Association for the lease of property located at Laurie Currie Way for the purpose of a rifle range. That portion of the property legally described as:

Parcel Identifier: 023-558-342
Lot A, District Lot 932
Kamloops Division Yale District
Plan KAP57388

currently used as a rifle range.

The term of the lease is for five (5) years with the option of renewal for one (1) additional five (5) year term. Rent for the term and for each renewal of the term will be \$10.00.

STAGE ONE WATER RESTRICTIONS

Stage 1 restrictions are in effect.

- Even numbered civic addresses may water on Wednesdays, Fridays and Sundays.
- Odd numbered civic addresses may water on Tuesdays, Thursdays and Saturdays.
- No watering is permitted between Noon and 6:00 pm.
- Watering is not permitted on Mondays.
- Washing of boats or motor vehicles with a hose is permitted only if using a hose with an automatic shut-off device.
- Public sector entities are restricted to three days per week at any time.

Bylaw Enforcement will enforce all levels of the water restrictions bylaw. A person who contravenes the bylaw commits an offence under the Offence Act and is subject to a fine. For more information visit Town hall during regular business hours.

EMPLOYMENT OPPORTUNITY

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

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

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

Interested applicants should forward their resume to Town Hall (169 Bridge Street or mail at PO Box 670, Princeton, BC V0X 1W0) no later than August 13, 2010.

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



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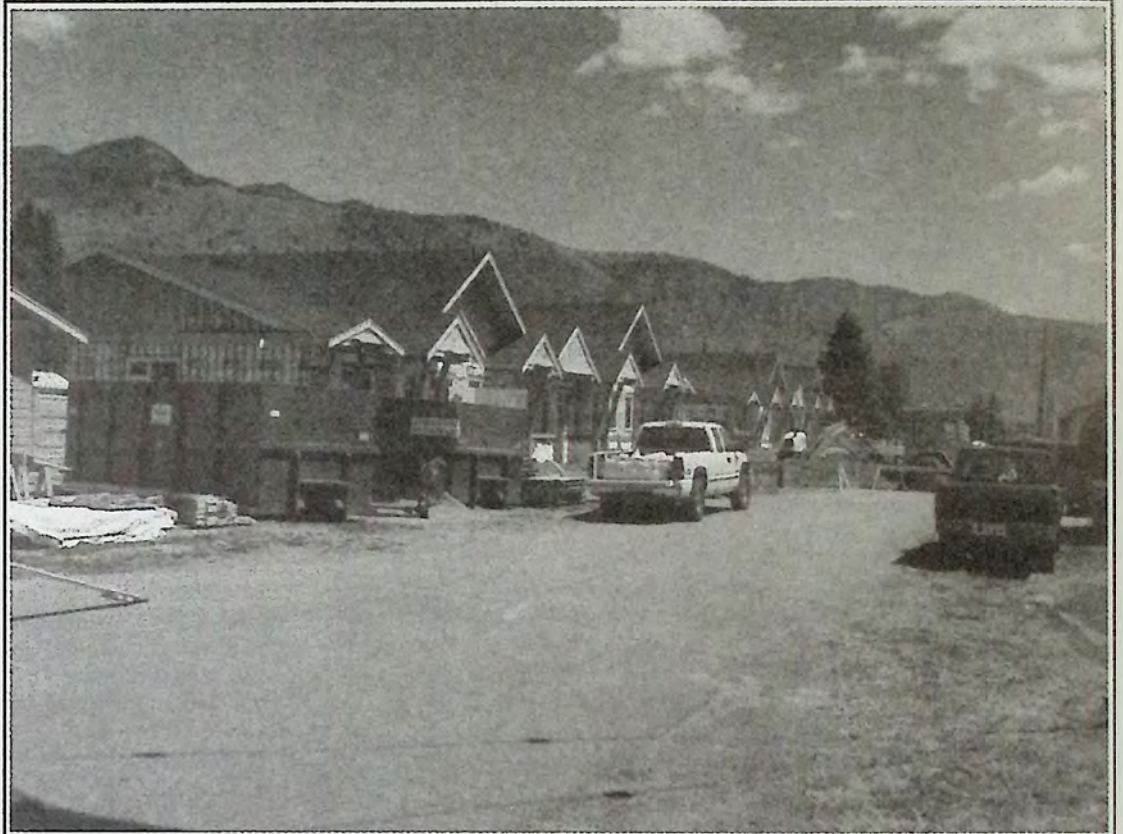


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Keremeos News



The seniors' assisted-living complex on Veterans Avenue continues to take shape. Photo: Brenda Engel

A downed power line is deadly

by Melanie Bagley

Keremeos Volunteer Fire Dept.

On Tuesday July 13th a vehicle drove into a power pole on Highway 3 near Coulthard Rd, Cawston. Fortunately the driver appeared to be uninjured but was checked out by BC Ambulance as a precaution. The power pole, however, was not so fortunate and was down and out for the count having been sheered off part way up with electric wires barely preventing it from crashing to the ground. The resulting damages to the power pole and system were severe enough to cause power outages in Cawston for several hours.

So what do you do if you see a downed power line?

It is not possible to tell whether a

downed power line is live or not so it is best to treat them as if they are live. In the case of the power line in Cawston, it was live.

The Electrical Safety Authority (www.powerlinesafety.info) gives the following information. Electricity seeks the easiest and shortest path to the ground - when people or objects touch and electrical wire, or even come too close to an electrical wire, they can become a part of an electrical circuit which can result in an instant flow of electricity through them to ground.

The flow of electricity through the human body can kill - less than one ampere of electricity can burn, severely injure or cause death. Electricity is fast - electricity trav-

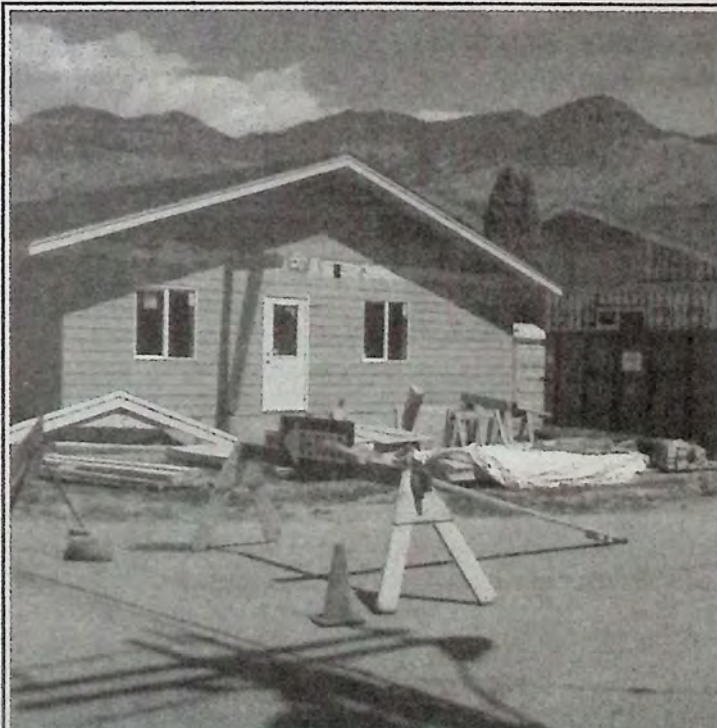
els at approximately 299,330 km per second. That leaves no room for mistakes - never put yourself into electricity's path.

The Cooperative Safety Program (www.coopsafetyprogram.ca) gives advice about safety around power lines. A downed power line is deadly. A downed power line doesn't always spark and dance around like in the movies so even if it looks safe keep back about 15 metres.

What if you're in a vehicle that has been in an accident and a power line is in contact with your vehicle?

Remain inside your vehicle if possible. Your car will be charged with the same power carried in that line. As long as you are in your vehicle you will be relatively safe. If you try to exit your car however, as soon as you step on the ground the power will flow through you to the earth causing injury or death.

If you must exit your vehicle due to fire or injury, open the door and remove your seatbelt. Stand at the edge of the door without making any contact with the ground. Jump with both feet at once and land on both feet. As you jump, remove all contact from the car. It is important that you do not touch the vehicle and the ground at the same time. The ground around you may be charged with power. As you move away from the area, bunny hop with both feet together. Keeping your feet together limits your exposure to the charge around you. Once you are away from the area do not approach it again until the power line is removed.



This is the front of one unit in the seniors' assisted-living complex on Veterans Avenue in Keremeos. Photo: Brenda Engel

KVFD responds to fire near 'Pickers Campground'

by Melanie Bagley

Keremeos Volunteer Fire Dept

Fifteen Keremeos volunteer firefighters and two forestry crews were used to fight a grass fire which started near the pickers campground located by the river at

the east end of Veterans Avenue, Keremeos. RCMP and ambulance also attended.

The fire, which started at 5.45 PM on Monday, July 12th, spread to approximately 50 metres by 50 metres. It was quickly brought

under control by the firefighters and forestry crews preventing it from spreading into the campground itself.

Currently the campground has around 30 campers. No one was hurt in the fire.

An excavator was brought in to help with mop up. Mop up involves a careful search of the burn area and surrounding areas for hotspots that could potentially flare up again.

Firefighters spent approximately four hours at the scene and cleaning hoses back at the fire hall.

The incident illustrates the current vulnerability of the Lower Similkameen to fire especially now

the fire danger rating is increasing.

Current burning regulations prohibit all open fires except for campfires no bigger than 0.5 metres wide by 0.5 metres high.

People lighting a campfire must maintain a fireguard by removing flammable debris from the campfire area, and must have a hand tool or at least eight litres of water nearby to properly extinguish the campfire.

Compost bins available in the Similkameen

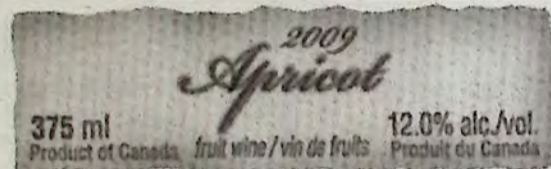
The Town of Princeton and the Village of Keremeos are selling subsidized backyard compost bins during the month of July.

Priced at \$39, all taxes included, these bins help convert food and yard waste into beautiful compost for your house plants and garden. In Princeton, residents can pre-order their compost bins at Town Hall at 169 Bridge Street, open weekdays from 8:30 AM to 4:30 PM.

The bins will be available for collection on a pre-set day in July at the Princeton & District Arena.

In Keremeos, residents can purchase bins at the Village Office at 702 4th Street, open on weekdays from 8:30 AM to 12 Noon and 1:00 PM to 4:00 PM. Compost Bins are also available for \$39, all taxes included, at the Keremeos, Oliver, Campbell Mountain and Summerland Landfills.

Similkameen Sizzle
www.gotpeppers.info



Rustic Roots Winery in Cawston recently released the first of their Pioneer Series with an informational label on the Manery Family - featuring Samuel James Manery who was born in 1888. *

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Health / Lifestyle News

Playing it Safe with Food this Summer

by Dr. David Butler-Jones MD,
Chief Public Health Officer of
Canada

Public Health Agency of Canada

Each year, the arrival of summer is synonymous with spending increased time outside. For many of us, these months mean sharing moments with family and friends, and when it comes to entertaining, nothing compares to sitting around a picnic table or grilling on the barbecue!

Unfortunately, leaving the confines of our kitchen can pose a food safety challenge and as people move to cooking outside, the risk of food-borne illness increases. Public health experts estimate that there are approximately 11 million cases of food-borne illness in Canada every year. Many of these cases can be prevented by using safe food preparation practices: before and after preparing food, wash hands, cutting boards, utensils and countertops thoroughly and often with warm and soapy water; cut and prepare raw meat, fish and poultry on a separate cutting board from that used to cut ready to eat vegetables, fruit or other foods; refrigerate perishable foods promptly; and cook food to its recommended temperature.

As with any type of food preparation, when cooking outside, it's important to follow safe food handling guidelines to prevent harmful bacteria from spreading and causing food-borne illness. When preparing for a barbecue or packing a picnic, these few simple measures will help you stay healthy this summer:

Smart Planning

Raw meat should be stored in the original packaging in the refrigerator immediately after you return home from the grocery store. If you don't plan to cook raw meat right away, it should be placed in the freezer.

While it may take longer, thawing should be done in the refrigerator. Alternatively, sealed packages can be thawed in cold running water. Remember that meat should be completely thawed before grilling so that it cooks more evenly.

If you plan to take your food to another location, refrigerate or

freeze the food the day before, so that it will already be cold when you are ready to pack your cooler. Wash fruits and vegetables before you leave home because you may not have access to clean water where you're going.

Cooler Competence

When transporting food to a picnic site, make sure to use a cooler with freezer ice packs. Loose ice or cubes can melt and then drip and possibly transfer contaminants from one food to another.

Separate raw food from cooked food and place raw meat and poultry in sealed containers packed at the bottom of the cooler. This will keep their juices from dripping onto other food.

If you are driving to your destination, place your cooler in the coolest part of your vehicle and, on hot days, consider using air conditioning.

Don't forget to wash and sanitize your cooler before and after each use!

Skilful Grilling

Marinate meat in the refrigerator, not on the counter. If you want to save some of the marinade to baste cooked meat or use as a dipping sauce, make sure to set some aside that hasn't touched uncooked meat and keep it refrigerated.

Raw meat must be cooked properly to a safe internal temperature to avoid food-borne illness. Colour alone is not a reliable indicator that meat is safe to eat; therefore, a digital food thermometer should be used. When checking the tempera-

ture of meat, take it off the grill and place it on a clean plate. Insert the thermometer through the thickest part of the meat. For hamburgers, insert the thermometer through the side of the patty, all the way to the middle. As the heat on a barbecue can be uneven, make sure to check each piece of meat individually. Remember to always clean the thermometer in warm, soapy water between temperature readings to avoid cross-contamination.

All food should be kept hot until you are ready to eat. Place cooked meats to the side of the grill, not directly over coals where they can overcook.

Our Responsibility

The risk of food-borne illness increases during the summer when temperatures are warmer and people are more likely to be cooking outside or picnicking. The Government of Canada and its food industry partners work together to maintain a safe food supply. However, once food is purchased, the safe handling, storage and preparation of the food is the responsibility of each one of us.

For more information, please visit the Public Health Agency of Canada's website at www.phac-aspc.gc.ca, the Health Canada website at www.hc-sc.gc.ca/index-eng.php, or the newly launched food safety portal at www.foodsafety.gc.ca.

Dr. David Butler-Jones is Canada's Chief Public Health Officer and is head of the Public Health Agency of Canada.

Living Past 100

Eat Plenty Of This For Long Life

If you want to live a long, healthy life, eat plenty of the one fruit that protects your heart, your sex organs, your eyesight and fights infections. The people of the Tashkent, who live past 100 on a regular basis, claim apricots are their treasure that keeps them young and healthy.

According to legend, apricots originated in ancient Iraq and were prized then. It is said people who left Iraq took young apricot trees with them to plant in a new land. Certainly, apricot trees reached the Orient. Chinese brides, so the story goes, ate apricots to increase their fertility.

Apricots contain a mineral needed for the production of sex hormones, but few people stock up on apricots for that purpose. Perhaps most important to health, apricots protect against infection. As well, apricots contain a lot of lycopene, a substance which is needed to maintain a healthy heart. Apricots have a blend of substances that promote heart health, but lycopene, on its own, helps prevent cholesterol from building up in the arteries.

A diet rich in carotenoids is known to prevent blindness. Apricots are rich in carotenoids. In fact, apricots top the list of foods rich in carotenoids. Eating plenty of apricots also prevents the formation of cataracts in the eye.

Apricots have been used as a cosmetic to make the skin look and feel soft. A mash of raw apricots is used as a face mask. Actually, eating plenty of apricots will improve the skin from the inside out, as those same carotenoids good for your eyes and heart are good for the skin.

Apricots belong to the prune family of plants, and contain as much fibre as prunes. If you don't like prunes, eat apricots for regularity.

Apricots can be used in many ways. While apricots are in season, you could can them, or stew and freeze them, and eat apricots all year.

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Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - July 30, 2002

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We introduced you to the "Time-Of-Use" Program.

Professor Meter and Peter Plug have been teaching local children about energy.



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P.A.S.S. Energy Management Services

P.A.S.S. Energy Management Services

Believe it or not, Princeton's locally-owned and operated power company was on the cutting edge with its 'Power By The Hour' energy education program. Princeton Light & Power Company Limited used the 'Time-Of-Use' colour coded system on fridge magnets and in this newspaper's TV Guide section to show customers they could reduce their power bills by learning to identify peak periods where energy costs were higher. The program ran for years in Princeton and was highly successful. The ad above ran in the July 30, 2002 Similkameen News Leader promoting the program and the benefits available through it.

PGH records high number of accidents

Teen crashes were the focus of a front page story eight years ago in the July 30, 2002 Similkameen News Leader.

At the time a total of 21 young people had been admitted to Princeton General Hospital in the previous 90-day period, with two of them dying in crashes.

Marilyn Harness, Similkameen Health Administrator expressed concern over the high number of young people involved in crashes and told the News Leader, "that nurses in Princeton General Hospital had checked the files to count the number of young people injured in crashes and compared the number with previous years and found this year's figures high."

Princeton RCMP Detachment Sgt. Warren Dosko told the News Leader, "It's an excessive number. I don't know what the underlying factors are."

He suspected speed and driver inexperience contributed to three of

the crashes which resulted in minor injuries.

"They need to slow down," Dosko stated, "A good portion of it is speed related."

Princeton's local entry in the KIJHL, the Posse, was preparing for their first season on ice at Princeton Arena this week in 2002.

Head Coach Dave Dupas moved to Princeton the previous week from Bay City, Michigan. Helping Dupas was Assistant Coach Tom McConnell. The pair were busy recruiting players for the team and needed a total of twenty-five with twenty dressed for each game.

Team Manager Blair Noel had been busy recruiting people himself to fill positions on the team executive which included Randy McLean (Ticket Sale Coordinator), Sally Nault (Billet Coordinator), Brenda Engel (Bookkeeper), Clayton Hamilton (Office Manager), Wes Russell (Equipment Manager), Marv Carlson (Booster Club),

Derek Lilly (Trainer) and Carol McDonald (School Liaison).

REALTY EXECUTIVES PRINCETON - Gateway to the Okanagan

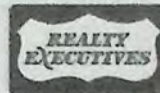


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Thank you

Okanagan Falls Parks and Recreation Commission



Bob Daly, Mike Pearce and other volunteers in Okanagan Falls developed the Kenyon Park playground through the "Let Them Be Kids" program to ensure that children have a safe and imaginative place to play and simply "be kids".

FortisBC supports over 200 community initiatives, like the Kenyon Park playground volunteers, each year. We appreciate Bob Daly and Mike Pearce, whose efforts are making our communities a brighter place.

Volunteer Mike Pearce

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Princeton Recreation Summer Day Camp



Jessica Dennis demonstrates the real meaning behind the term 'pump organ' for participants of the Summer Day Camp at Princeton Museum July 21st. *



Princeton Summer Day Camp visited Princeton Museum July 21st. The display on Granite Creek fascinated everyone in the group. *



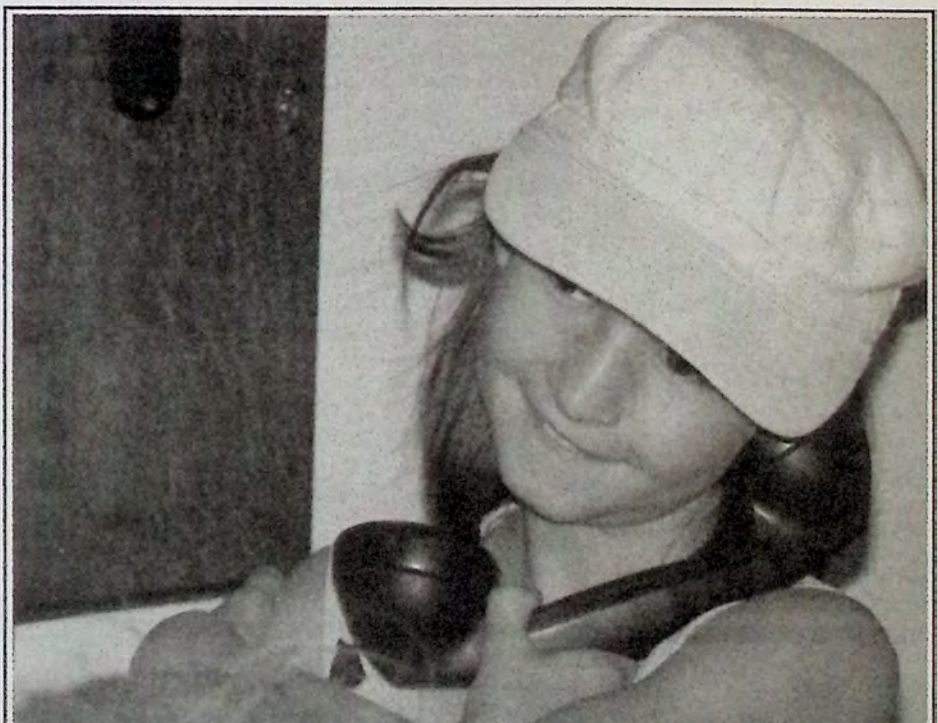
Fossils are cool. Some minerals glow in the dark. It's all part of the discovery one can make in the Joe Pollard Wing of Princeton Museum. *



Yup. The Princeton Museum is a pretty interesting place to visit. For more information on Princeton's Summer Day Camp program call 250.295.6067. *



The butterfly collection at Princeton Museum is about as interesting as the fossil collection. If you haven't seen either, check out your local museum! *



Long before cell phones you had to use a wall phone you cranked to make a call. Princeton Museum has a pair of them and they always get attention. *



News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 27 - August 2, 2010

Arts Council celebrates gallery opening



The Princeton Arts Council is excited to announce the opening of the Sunflower Gallery next to the library on Vermillion Avenue on Friday, July 30th from 12 Noon to 4:00 PM.

The Arts Council is excited to have a number of talented local artists and artisans showing work in the gallery for the next month. Del Hall, President of the Arts Council, said, "We are extremely excited to have the opportunity to help showcase our local artists and their work and to be part of the wonderful new Veterans Square with a space that is run by the community, for the community. We hope that you will drop

by to see our new space."

The Princeton Arts Council enjoyed the exposure that the temporary use of the former Goldion Restaurant provided and feels that the new space is a way to be part of the downtown community again.

At the suggestion of the Town Council, the arts council developed a business plan for a gallery space for local artists and artisans to show their wares that would also help to promote Riverside Centre and community events. The store will feature work including paintings, photography, glass, ceramic and wood as well as jewellery, music and art cards and will serve as a ticket

agency for the community.

Doors open at the gallery on Friday, July 30th at 12 Noon and anyone who is interested in selling their work in the gallery should e-mail for an application at sunflowergallerypac@gmail.com.

Alternatively, people may drop by the store on Thursday, July 29th, between 12 Noon and 4:00 PM to fill out an application form and drop off up to four pieces of work they want to submit for consideration. Work will be chosen on a first come first served basis in each medium to ensure variety in work and price.

The mandate of the Princeton Community Arts Council is to support and encourage artistic creation and production in the area of the performing arts, the visual arts, arts and crafts, literature, and recreational arts. It seeks to broaden its influence by providing inter-generational opportunities to all those seeking to explore and develop their artistic interests. Their vision is to be an exemplary arts council with member organizations cooperating to enhance, stimulate, explore and develop the artistic spirit in the community.

- submitted

Town hosts festival Labour Day weekend

The Town of Princeton and the Princeton 150 Anniversary Committee invites everyone to attend the Princeton 150 Festival on the Labour Day weekend. Invite your family, friends and neighbours to attend a great weekend of celebrating Princeton's 150th Birthday from 8:30 AM to 9:00 PM Saturday, September 4th and from 2:00 to 4:00 PM Sunday, September 5th.

Vermilion Avenue will be closed from Veterans Square to the Museum on the Saturday. The main stage at Veterans Square will host a variety of professional musicians and entertainers. Princeton Highland Dancers Pancake Breakfast, Legion Barbecue, Street Dancing and the Susan Allison Dedication and Pioneer Tea will be hosted at that venue throughout the day and into the early evening.

Princeton Museum will host a smaller stage in front of the Livery Stable with local artists performing, telling stories and playing music from 10:30 AM to 3:00 PM. The Museum will be open and children's games will take place. The Rotary Taste of Ales will run from 4:00 to 8:00 PM on the

Museum grounds.

A variety of activities will also take place around town. Vermilion Trails Society will host the Last Spike at the Weyerhaeuser Roundhouse, Gold panning at Two Rivers Park, Fire Hall Commemorative Mural Dedication and Vermilion Avenue will be alive with vendors, displays and demonstrations.

The Princeton 150 Festival continues on Sunday, September 5th with

the Vermilion Forks Field Naturalists hosting heritage trail hikes beginning at 9:00 AM. Princeton Arts Council is hosting the community 'Art In Public Places' mural unveiling at Riverside Centre from 2:00 to 4:00 PM with a concert.

To find out more about the Princeton 150 Festival contact Princeton's Community Recreation and Culture Department at 250.295.6067 or e-mail recreation@princeton.ca.

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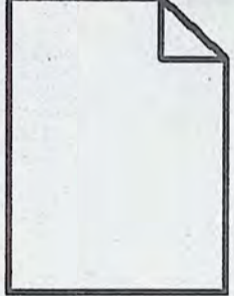
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Princeton Centennial Pool



It was all fun and games July 21st at Princeton Centennial Pool as part of 'A Minute To Win It' where participants raced against time to win donated prizes. *



Centennial Pool's Alyssa Larsen demonstrates the skill, accuracy and sheer determination required to knock a rubber duck off a pole with a flying disk. *



It took 'A Minute To Win It' on July 21st at Centennial Pool and the News Leader's George Elliott got hit by more flying disks than the intended targets. *



Another winner during 'A Minute To Win It' at Centennial Pool July 21st. Prizes were donated by Rick Hudson. The next special event is 'Trick Or Treat' on August 4th. *



For some reason many of the timed games as part of 'A Minute To Win It' at Centennial Pool July 21st involved the tossing and catching of water balloons. *



The best part of any fun theme night event at Princeton's Centennial Pool is always either the winning of prizes or the great snacks and candy available on site. *

TUESDAY, JULY 27, 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.	Thomas Lions	News (N)	News	Jewels	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	SportsCentre	Canada AM	How-Made	Henry's Feet	CityLine	The Unit "Silver Star"	6 Degrees
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (EI) Martha	Today Ice cream: Zac Efron; Carl Hiaasen. (N)	The Early Show (N)	Jewels	Good Morning America (N)			dirtygirl Animal	Willa's Timothy	SportsCentre		Mighty Ships	M. Mouse M. Mouse	The Tyra Show	CSI: NY "The Closer"	End Leash Last 10
8 AM	Harvey		The Maple School Bus	Curious Sid			Jewels		100 Huntley Street	100 Huntley Street	Bo on Go Busytown	George S. Rolie Polie	SportsCentre		Mayday	Handy Manny	Rachael Ray	CSI: Crime Scene	Torrens
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why! Dinosaur		The 700 Club	Jewels	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	SpongeBob (9:25) Kid	Fishing Bowling	Live With Regis & Kelly	Cash Cab	Phineas	Role	CSI: Crime Scene	Colin-Justin
10 AM	Reba	Hospital for Sick Kids	Spider (10:35)	Sesame Street (EI)		The Price Is Right (N)	Jewels	The View (N)	Hospital for Sick Kids	Room ET Canada	Poko Doodlebob	Super Evil Invasion	Motorcycle Racing	The View (N)	How-Made	TBA	The O.C.	CSI: Crime Scene	Whatever
11 AM	Jim Name/Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Sexy-Legs Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette dirtgirl	(11:10) (11:40) Kid	Drag Racing: NHRA	Fashion	Austin Stevens	TBA	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Free Grill! Bold	News	Jewels	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon Rollbots	Mopar Mile-High Nationals.	etalk Bold	Canada's Worst Driver	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scene	Prince
1 PM	King Friends	As the World Turns (N)	(1:03) Wibbly Pig	Your Brush Quilting	Days of our Lives (N)	As the World Turns (N)	Jewels	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	Hawks Team	From Denver. (Taped)	Sue Thomas: F.B. Eye	American Loggers	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)	Jewels	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruption	Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear Scary wind; goblin story.	WordGirl Electric	Judge B. Judge B.	Dr. Phil	Jewels	Rachael Ray	The Doctors	Young & Restless	Recipes Mercer	(2:50) Kid Super Evil	Off-Record Sports	(2:59) The Dr. Oz Show	Destroyed	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S. Cyberch'e	Fetch! Ruff Jdg Judy	Jdg Judy	Oprah Winfrey	Jewels	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob Parents	Wide World of Fights	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law & Order: SVU	Deadliest Warrior	Colin-Justin
5 PM	Payne	Early News	(4:57) BBC World	News (N)	News	News	Jewels	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Movie: "Bull Durham"	CTV News at Five (N)	How-Made	Suite/Deck Zoey 101	Hell's Kitchen (N)	Deadliest Warrior	Wife Swap (N)
6 PM	Law & Order: SVU	Global Nat. News	Taste Buds Dogs With	PBS NewsHour (N)	News (N) Millionaire	Access H.	Jewels	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	(1988) Kevin Costner.	CTV News (N)	Destroyed	Hannah Wizards	America's Got Talent	Deadliest Warrior	Wife Swap
7 PM	Seinfeld	Ent	Frontiers of (DVS)	NOVA	Jeopardy! Fortune	The Doctors	Twisted	Ent	The Good Wife "Bang"	The Good Wife "Bang"	Fortune Jeopardy!	Malcolm Chris	SportsCentre (Live)	TMZ (N) Access H.	Deadliest Catch (N)	Sonny Suite Life	News EP Daily	Deadliest Warrior (N)	Restaurant Makeover
8 PM	Movie: "Dumb & Dumber"	Wipeout	Riddles of the Dead	Wild Lives Breakthrough	NCIS "Obsession"	Twisted	Twisted	Wipeout Couples tackle the obstacle course.	Wipeout Couples tackle the obstacle course.	Wipeout Couples tackle the obstacle course.	Mercer 22 Minutes	Malcolm Chris	Off-Record	Castle	Daily Planet	Overruled! Hannah	News EP Daily	Pros vs. Joes	Last 10 ET Canada
9 PM	(1994) Jim Carrey.	Movie: "Etre et Avoir"	Carrier "Squared Away"	America's Got Talent	NCIS: Los Angeles	Jewels	Jewels	Twelve more acts perform.	The Good Wife "Bang"	News Hour Final (N)	National	Indie	Boxing: Friday Night Fights.	The Mentalist	Destroyed	Wizards Buzz	Daisy of Love Pasts.	Sports	Seinfeld
10 PM	Movie: "Dumb & Dumber"	The Good Wife "Bang"	(2002) Alizé Axel.	POV "Presumed Guilty"	acts perform.	The Good Wife "Bang"	Jewels	Primetime: Fam	The Good Wife "Bang"	News Hour Final (N)	Indie	Family Biz	Criminal Minds	Deadliest Catch	School Stone	Coach Judge B.	CSI: Crime Scene	Wife Swap	
11 PM	(1994) Jim Carrey.	CHBC News Final (N)	Buchenwald	Charlie Rose (N)	News (N) Jay Leno	News Letterman	Twisted	News (11:35)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	How-Made	So Raven Life Derek	Judge B. 20 20	Star Trek: Voyager	Wife Swap

WEDNESDAY, JULY 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	Billy	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	SportsCentre	Canada AM	How-Made	Henry's Feet	CityLine	The Unit "Silver Star"	End Leash Spoiled
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (EI) Martha	Today Babies and literacy; pets; Lis Wichl. (N)	The Early Show (N)	Billy	Good Morning America (N)			dirtygirl Animal	Willa's Timothy	SportsCentre		Mighty Ships	M. Mouse M. Mouse	The Tyra Show	CSI: NY Decisions.	True Hollywood Story
8 AM	Harvey		The Maple School Bus	Curious Sid			Billy		100 Huntley Street	100 Huntley Street	Bo on Go Busytown	George S. Rolie Polie	SportsCentre		Junk Raiders	Handy Manny	Rachael Ray	CSI: Crime Scene	Inside Hollywood (N)
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why! Dinosaur		The 700 Club	Billy	Live With Regis & Kelly	100 Huntley Street	Nature	Super Why! News	SpongeBob (9:25) Kid	Champ. Darts	Live With Regis & Kelly	Cash Cab	Phineas	Role	CSI: Crime Scene	Colin-Justin
10 AM	Reba	World Vision	Spider (10:35)	Sesame Street (EI)		The Price Is Right (N)	Billy	The View (N)	World Vision	Green ET Canada	Poko Doodlebob	Super Evil Invasion	X Games Classix (N)	The View (N)	How-Made	TBA	The O.C. "The Rivals"	CSI: Crime Scene	Whatever
11 AM	Jim Name/Earl	Canada	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Billy	Paid Prog.	Canada	(10:59) Noon News Hour (N)	Gofrette dirtgirl	(11:10) (11:40) Kid	X Games Classix (N)	Fashion	Destroyed	TBA	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Paid Prog. Sexy-Legs	News	Billy	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon Rollbots	Softball: 2010 World Cup, Final.	The Middle Bold	Mayday	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scene	Prince
1 PM	King Friends	As the World Turns (N)	(1:03) Wibbly Pig	Oil Painting Sewing	Days of our Lives (N)	As the World Turns (N)	Billy	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	Hawks Team	Teams TBA.	Sue Thomas: F.B. Eye	Deadliest Catch	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)	Billy	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruption	Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge B. Judge B.	Dr. Phil	Billy	Rachael Ray	The Doctors	Young & Restless	Recipes Mosque	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Construction	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S. Cyberch'e	Fetch! Ruff Jdg Judy	Jdg Judy	Oprah Winfrey	Billy	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob Parents	2010 Poker Preview	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law & Order: SVU	UFC Unleashed	Colin-Justin
5 PM	Movie: "Eurotrip" (2004) Scott Mechlowicz.	Early News	(4:57) BBC World	News (N)	News	News	Billy	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	2010 Poker	CTV News at Five (N)	Mighty Ships "Solitaire"	Suite/Deck Zoey 101	Minute to Win It	UFC Unleashed	Hoarders "Linda; Todd"
6 PM	Mechlowicz.	Global Nat. News	Creatures Dogs	PBS NewsHour (N)	News (N) Millionaire	Access H.	Billy	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	2010 Poker	CTV News (N)	Deadliest Catch	Hannah Wizards	America's Got Talent	Ultimate Knockouts 8	Runaway
7 PM	Seinfeld	Ent	Rivers Paris	Jeopardy! Fortune	The Doctors	Billy the Exterminator	Ent	Ent	Glee "Wheels"	Glee "Wheels"	Fortune Jeopardy!	Malcolm Chris	SportsCentre (Live)	TMZ (N) Access H.	Mayday	Sonny Suite Life	Family Cougar	Pros vs. Joes (N)	Parking
8 PM	Law & Order: SVU	Big Brother (N)	Beijing Stadium (N)	Paul McCartney in	Minute to Win It	Big Brother (N)	Billy	The Middle	Big Brother (N)	Big Brother (N)	Dragons' Den	Malcolm Chris	Off-Record	So You Think You Can Dance (Same-day Tape)	Daily Planet	Overruled! Hannah	News EP Daily	Players (N) MANswers	Torrens ET Canada
9 PM	Movie: "Jerry Maguire"	Glee "Wheels"	Zarzuella Concert With Paul McCartney in	Performanc	America's Got Talent	Criminal Minds	Billy	Family Cougar	Glee "Wheels"	Revealed: No Country	The Tudors	8, Rules Survive	Softball	Mayday	Wizards Buzz	I Love Money	Sports	Seinfeld	
10 PM	(1996) Tom Cruise, Cuba Gooding Jr.	Revealed: No Country	Plácido Domingo	Law & Order: SVU	CSI: NY "Pot of Gold"	Billy	Billy	(10:01) Castle	Revealed: No Country	News Hour Final (N)	National	Indie	CSI: NY "Pot of Gold"	Mighty Ships "Solitaire"	School Stone	Coach Judge B.	CSI: Crime Scene	Hoarders "Linda; Todd"	
11 PM	CHBC News Final (N)	Five Cent War	Charlie Rose (N)	News (N) Jay Leno	News Letterman	News	Billy the Exterminator	News (11:35)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Deadliest Catch	So Raven Life Derek	Judge B. 20 20	Star Trek: Voyager	Runaway

Similkameen News Leader - Horoscopes

July 28 - August 4, 2010

Aries - Your job is a matter of great interest to you and occupies much of your mind. You gain information about it, and about your health. You may have to deal with one-on-one confrontations. Take them with good humour.

Taurus - Home is where you feel best. You can enjoy short trips for pleasure now. You may have problems with health, so get a check-up and watch out for infections, cuts, burns. Work with job problems. Seek peace of mind first.

Gemini - Life at home is very busy. Sudden trip, or unexpected visitors, can teach a lot. Young people may want you to solve their problems. Be wise, show them how to take responsibility. Take care of all of your errands.

Cancer - Life at home becomes more settled, but home may be a burden in some way, needing repairs, renovations, or a loan. Buckle down and do what needs doing. Make personal financial plan to achieve goals. Finish projects.

Leo - This is a good time to try to see yourself as others see you and improve your public image as needed. Seek financial advice to gain advantage. Don't spend a lot on appearance. Creativity shuts down.

Virgo - Unexpected financial benefit comes to you but it may not look like a benefit at the moment. Talk to banker about resources. Financial problems require a creative solution. Find it. Do some meditation on your troubles.

Libra - You now have to take on greater responsibilities. Your partner or spouse will help with creative ideas. Work with groups will bring reward. Unexpected changes take place in family, home. Some may be problem.

Scorpio - Health may become a problem now. Watch out for broken bones, problems with joints. Job may prove troublesome or too demanding. Help comes from unexpected sources, group you belong to. Focus on career.

Sagittarius - A group you belong to may prove frustrating, and you may have to take leadership role. Unexpected events involving young folk could be a challenge. Pay attention to info regarding your career. Be honest.

Capricorn - It is time to take your career more seriously and take on more responsibility. Old folks may be more demanding or have problems. Unexpected good events on home front oppose career demands. Work!

Aquarius - Siblings may have problems now. Travel is restricted. You can benefit by studying, learning info about the law. New phase begins for you. Friends are good contacts now regarding finances. Creativity brings cash.

Pisces - Previous restrictive circumstances ease now. Seek financial stability or debts will prove burden for next two years. Be creative about making money from what you own. Don't spend on impulse - your taste isn't good now. Save!

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Tuesday Movies

AFTERNOON

5:00 pm TSN (19) ★★ ★ "Bull Durham" (1988, Romance-Comedy) Kevin Costner. Premiere. A literary baseball groupie romances a pitcher and a catcher on a minor-league North Carolina team.

EVENING

8:00 pm WTBS (3) ★★ ★ "Dumb & Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's

dream girl cross country. (E) 9:00 pm KNOW (5) ★★ ★ "Etre et Avoir" (2002, Documentary) Alizé. In a one-room schoolhouse in France, a dedicated teacher instructs children from age 4 to 10 on every subject. (E)

10:00 pm WTBS (3) ★★ ★ "Dumb & Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's dream girl cross country. (E)

Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★ ★ "Eurotrip" (2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal. (E)

EVENING

9:00 pm WTBS (3) ★★ ★ "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. (E)

Thursday Movies

EVENING

7:00 pm KSPS (6) ★★ ★ "The Natural History of the Chicken" (2000, Documentary) The poultry industry generates \$40 billion in revenue each year while others choose to domesticate their birds. (E) 8:30 pm WTBS (3) ★★ ★ "An Unfinished Life" (2005, Drama)

Robert Redford. Old wounds get a chance to heal when a Wyoming rancher shelters his abused daughter-in-law and her child. (E)

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. (E)

Friday Movies

EVENING

8:00 pm WTBS (3) ★★ "Shadow Conspiracy" (1997, Suspense) Charlie Sheen. Assassins target a White House aide and a reporter who uncover a plot to kill the president. (E) YTV (8) ★★ ★ "Stomp the Yard" (2007, Drama) Columbus Short. Premiere. A troubled street dancer enrolls in a Georgia college and finds himself in the middle of a tug-of-war between fraternities, who want to use his talents in a dance competition. (In Stereo) (E) FAM (26) "Hatching Pete" (2009, Comedy) Jason Dolley. A teenager becomes a big hit when he dons a chicken suit to become a high-school mascot. (In Stereo) (E) 9:30 pm FAM (26) ★★ ★ "Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his

shoulder befriends an ill-fated killer whale at a water park. (In Stereo)

10:00 pm WTBS (3) ★★ "Dickie Roberts: Former Child Star" (2003, Comedy) David Spade. Hoping to make a comeback, a man stays with a suburban family to prepare for the lead role in a Rob Reiner film. (E) KNOW (5) ★★ ★ "Wigstock: The Movie" (1995, Documentary) Premiere. Colorful costumes and flamboyant performances highlight a spirited examination of New York City's annual drag festival. (E)

11:21 pm FAM (26) "The Little Treasure Hunters" (2004, Adventure) Molly Hall. A girl leads her friends down her beloved river in search of a legendary treasure that could save her family's home. (In Stereo)

Similkameen News Leader - Recipe Corner

Recipe #333

Salad with Triple Cheddar Fruit Kebobs

Prep time: 15 minutes

Dressing:

- 2 Tbsp. (30mL) balsamic vinegar
- 1 Tbsp. (15mL) maple Syrup
- 1/2 tsp. (2mL) Dijon mustard
- 1/3 cup (75mL) vegetable oil
- Salt and pepper, to taste

- 8 cups (2L) baby spinach (or Boston lettuce leaves), washed & dried
- Balderson Mild Coloured Cheddar Cheese
- Balderson Marble Cheddar Cheese
- Balderson Old White Cheddar Cheese
- 8 bamboo skewers
- 1 Royal Gala Apple, cut into small wedges
- 16 grapes
- 1/4 cup (50mL) toasted chopped walnuts (optional)

Dressing:

- Whisk together vinegar, maple syrup and Dijon. Slowly pour in oil, whisking continuously. Season to taste. Set aside.
- Divide greens amongst 4 dinner plates.
- Cut each cheese to yield 8 (3/4-inch / 2 cm) cubes, making a total of 24 cubes.
- Thread each skewer with 1 of each of the cheeses, 2 wedges of apple, and 2 grapes, alternating the cheese and fruit.
- Place 2 skewers on each salad. Drizzle with dressing. If desired, sprinkle with walnuts.

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THURSDAY, JULY 29, 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.	Thomas Lions	News (N)	News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	Golf: RICOH Women's	Canada AM	How-Made	Henry's Feet	CityLine	The Unit	Whatever
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (EI) Martha	Today Critters; Rob Schneider; Flo Rida. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			dirtgirl	Willa's Timothy	British Open, First Round.		Breaking Point	M. Mouse	The Tyra Show	CSI: NY	Reality
8 AM	Harvey		The Magic School Bus	Curious Sid			CSI: Miami		100 Huntley Street	Bo on Go	George S.	From Southport, England.		Forensic Factor	Handy Manny	Rachael Ray	CSI: Crime Scn	Comeback	
9 AM	Fam. Feud	100 Huntley Street	Super Why!	Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	SpongeBob (9:25) Kid	Champ. Darts	Live With Regis & Kelly	Cash Cab	Phineas	Role	CSI: Crime Scn	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	Room	Poko	League	2010 Poker	The View (N)	How/Made	TBA	The O.C. "The Truth"	CSI: Crime Scn	Whatever
11 AM	Jim Name/Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	(11:10) Kid	2010 Summer X-Games (Live)	Fashion	Mighty Ships "Solitaire"	TBA	CityLine	CSI: Crime Scn	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Naked Free Grill!	News	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon Beyblade		The Middle Bold	License to Drill	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scn	Prince
1 PM	King Friends	As the World Turns (N)	(1:03) Wibbly Pig	Painting Quilting Art	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)	Canadian Experience	Hawks Team		Sue Thomas: F.B. Eye	Mayday	Cory	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)	CSI: Miami	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruptio	Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scn	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear Mumps; harvest play.	WordGirl Electric	Judge Judge B.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Coronation	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Cash Cab	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scn	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	CFL Pre CFL	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Murdoch Mysteries	Ways Die	Colin-Justin
5 PM	Payne	Early News	(4:57) BBC World	BBC World	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	Football: Toronto Argonauts at Montreal Alouettes. (Live)	CTV News at Five (N)	Concorde's Last Flight	Suite/Deck Zoey 101	Community 30 Rock	Ways Die	Seinfeld
6 PM	Payne	Global Nat.	Heads Up	PBS NewsHour (N)	News (N)	News	The First 48	News	(5:59) News Hour (N)	ET Canada	22 Minutes	iCarly		CTV News (N)	Destroyed	Wizards	How I Met	TNA Wrestling (N)	Family Guy
7 PM	Seinfeld	Ent	Frontier of Constructio n	"Natural-Chickn"	Jeopardy! Fortune	The Doctors	Aftermath	Ent	Ent	Hawthorne	Fortune	iCarly		TMZ (N)	MythBusters	Sonny Suite Life	How I Met	King	
8 PM	Seinfeld	Big Brother	Jazz (N) (Part 4 of 10)	Polrot "Problem at Sea"	Community 30 Rock	Big Brother	Aftermath	Shark Tank	Big Brother	Big Brother	The Nature of Things	Ruby Chris		CSI: Crime Scene	Daily Planet	Overruled! Hannah	News EP Daily	Jail (N)	ET Canada
9 PM	Movie: "Unfinished Life" (2005, Drama)	Rookie Blue (N)	(DVS) MI-5	The Office	CSI: Crime Scene	(9:01) The First 48	Rookie Blue (N)	Rookie Blue (N)	Rookie Blue (N)	Rookie Blue (N)	Love, Hate	10 Things Family Biz	2010 Poker	So You Think	Concorde's Last Flight	Wizards Buzz	Jim	(9:08) (9:38)	Family Guy
10 PM	Movie: "Crocodile Dundee" (1986)	Hawthorne	On Screen "Meatballs"	blast!	Law & Order: SVU	The Mentalist	(10:01) The First 48	Boston Med (N)	Hawthorne	News Hour Final (N)	National	Indie	2010 Poker	The Mentalist	Destroyed	Stone	Judge	(10:08) (10:38)	Seinfeld
11 PM	Former Child Star	CHBC News Final (N)	Beautiful Noise Feist.	Charlie Rose (N)	News (N)	News	(11:01) Aftermath	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentr e (Live)	CTV News	MythBusters	So Raven Life Derek	Judge B. Mercury	Disorderly Con.	70s Show King

FRIDAY, JULY 30, 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	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky Ruby	Golf: RICOH Women's	Canada AM	How-Made	Henry's Franny	CityLine	The Unit	Inside Hollywood
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (EI) Martha	Today Carrie Underwood; summer camp. (N)	The Early Show (N)	Amer. Justice	Good Morning America (N)			dirtgirl	Willa's Timothy	British Open, Second Round. (Live)		Mammals vs. Dinos	M. Mouse	The Tyra Show	CSI: NY	Inside Hollywood
8 AM	Harvey		The Magic School Bus	Curious Sid			Amer. Justice		100 Huntley Street	Bo on Go	George S.	Rolie Polie		MythBusters	Handy Manny	Rachael Ray	CSI: Crime Scene	Tooned	
9 AM	Fam. Feud	100 Huntley Street	Super Why!	Dinosaur		The 700 Club	Amer. Justice	Live With Regis & Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! News	Kid vs. Kat (9:25) Kid	Champ. Darts	Live With Regis & Kelly	Cash Cab	Phineas	Role	CSI: Crime Scn	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	Room	Poko	League	2010 Poker	The View (N)	How-Made	TBA	The O.C.	CSI: Crime Scene	Whatever
11 AM	Jim Name/Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	(11:10) Kid	2010 Summer X-Games (Live)	Fashion	Dirty Jobs	TBA	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Paid Prog.	News	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon Yu Gi Oh		The Middle Bold	Concorde's Last Flight	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scn	Prince
1 PM	King Friends	As the World Turns (N)	(1:03) Go, Diego, Go!	Painting Scrapbook	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	Hawks Team		Sue Thomas: F.B. Eye	Destroyed	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)	Amer. Justice	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	30 for 30	Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear Raking leaves.	WordGirl Electric	Judge Judge B.	Dr. Phil	Amer. Justice	Rachael Ray	The Doctors	Young & Restless	Recipes Red Green	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Cash Cab	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scn	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Biz Kid\$ Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Tyson 30 for 30	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Murdoch Mysteries	CSI: Crime Scene	Colin-Justin
5 PM	Payne	Early News	(4:57) BBC World	BBC World	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Penguins	Pregame	CTV News at Five (N)	Dirty Jobs	Suite/Deck Zoey 101	Mantracker	CSI: Crime Scene	Seinfeld
6 PM	Law & Order: SVU	Global Nat.	Animals	PBS NewsHour (N)	News (N)	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	CFL Football: BC Lions at Edmonton Eskimos. (Subject to Blackout) (Live)	CTV News (N)	Man vs. Wild "Alaska"	Jonas L.A.	The Beat	Knockout	Family Guy
7 PM	Seinfeld	Ent	Doc Martin	Wash. McLaughlin	Jeopardy! Fortune	The Doctors	Criminal Minds	Ent	Ent	ReGenesis Iraq	Fortune	iCarly		TMZ (N)	Forensic Factor "Jack"	Good Luck Suite/Deck	Warehouse 13	Knockout	Tooned
8 PM	Movie: "Shadow Conspiracy" (1997)	Friday Night Lights (N)	Doc Martin	Need to Know (N)	Friday Night Lights (N)	48 Hours Mystery	The Glades	Wife Swap (N)	Friday Night Lights (N)	Friday Night Lights (N)	Ron James Mercer	Movie: "Stomp the Yard" (2007)		Law & Order	Daily Planet	Movie: "Hatching Pete" (2009)	News EP Daily	Knockout	ET Canada
9 PM		ReGenesis Iraq	Movie: "Wigstock: The Movie"	Turmoil and Triumph		Flashpoint	(10:01) Criminal Minds	20/20 (N)	ReGenesis Iraq	News Hour Final (N)	National	Indie	Wide World of Fights	Flashpoint	Dirty Jobs	James Richter.	Coach	Super	70s Show King
10 PM	Movie: "Dieckie Roberts"	CHBC News Final (N)	Average	Charlie Rose (N)	News (N)	News	(11:01) Criminal Minds	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentr e (Live)	CTV News	Forensic Factor "Jack"	"Little"	Mercury	Super	Seinfeld

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 #310 - Rated Medium

	7							8
4				5				9
3			4		8			1
		4					6	
	8		6	2	3			9
	1							2
	2	6					5	1
	5	7			9		3	4
			5		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) ★★"Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (D)
- 9:30 am WTBS (3) ★★½"No Country for Old Men" (2007, Crime Drama) Tommy Lee Jones. An aging lawman reflects on his past and laments a changing world while trying to find and protect a hunter who took the cash from a drug deal gone bad.

AFTERNOON

- 12:00 pm FAM (26) ★★"Confessions of a Teenage Drama Queen" (2004, Comedy) Lindsay Lohan. After moving to New Jersey with her mother, a teen tries to dethrone the most popular girl at her new school. (In Stereo) (D)
- 1:30 pm FAM (26) ★★"Go Figure" (2005, Drama) Jordan Hinson. A teenage

- figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. (In Stereo) (D)
- 5:00 pm WTBS (3) ★★½"300" (2007, Action) Gerard Butler. Sparta's King Leonidas and his badly outnumbered warriors fight to the death against King Xerxes' massive Persian army at the Battle of Thermopylae. (D)

EVENING

- 6:00 pm CITY (29) ★★"The Snow Walker" (2003, Adventure) Barry Pepper. A bush pilot agrees to take a young Inuit to a hospital, but the plane nosedives, and they must make their way out of the Arctic. (DVS) (D)
- 7:00 pm CITY (12) ★★"A Trick of the Mind" (2006, Suspense) Paul Johansson. A private investigator tells a woman a shocking secret about her husband. (D)
- 7:30 pm WTBS (3) ★★½"The

- Patriot" (2000, War) Mel Gibson. A pacifist farmer of South Carolina reluctantly joins the Revolutionary War and fights alongside his son. (D)
- 8:00 pm CHBC (4) BCTV (11) ★★"A Trick of the Mind" (2006, Suspense) Paul Johansson. A private investigator tells a woman a shocking secret about her husband. (D)

- KXLY (10) ★★"Flightplan" (2005, Suspense) Jodie Foster. A widow becomes frantic when her 6-year-old daughter disappears on an airplane traveling from Berlin to New York. (In Stereo)
- 9:00 pm FAM (26) ★★½"Doc Hollywood" (1991, Romance-Comedy) Michael J. Fox. An upstart plastic surgeon gets stuck in a one-doctor Southern town and falls in love with a local. (In Stereo)

- 10:30 pm WTBS (3) ★★½"Starship Troopers" (1997, Science Fiction) Casper Van Dien. Members of Earth's space fleet battle a vicious army of gigantic insects bent on destroying humanity. (D)
- CBC (13) ★★"New France" (2004, Historical Drama) Noémie Godin-Vigneau. During the battle for New France, a man falls in love with a young widow suspected of witchcraft. (In Stereo) (D)

- 10:31 pm FAM (26) ★★½"Oh, God!" (1977, Comedy) George Burns. God comes to Earth as an elderly man with a twinkle and picks a supermarket produce manager to spread his word. (In Stereo)

- 11:00 pm KNOW (5) ★★½"Wigstock: The Movie" (1995, Documentary) Colorful costumes and flamboyant performances highlight a spirited examination of New York City's annual drag festival. (D)

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Sunday Movies

MORNING

- 8:00 am WTBS (3) ★★"Into the Blue" (2005, Adventure) Paul Walker. Four divers cross paths with drug smugglers whose cargo plane has crashed near the site of underwater treasure. (D)
- 10:00 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)

AFTERNOON

- 12:00 pm WTBS (3) ★★"After the Sunset" (2004, Comedy-Drama) Pierce Brosnan. An FBI agent thinks a master thief and his girlfriend will try to steal a valuable diamond from a cruise ship. (D)
- FAM (26) ★★"Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer. (In Stereo) (D)

- 1:00 pm VTV (22) ★★"Anne of Green Gables: The Continuing Story" (2000, Drama) Megan Follows. Grown Anne returns to Avonlea, joins Gilbert in New York, meets a dashing American writer and seeks her husband, missing in action in Europe. (In Stereo) (DVS)

- 1:32 pm FAM (26) ★★½"Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park. (In Stereo)
- 2:00 pm WTBS (3) ★★½"Scream

- 2" (1997, Horror) David Arquette. A masked killer continues to pursue a California student and her friends at an Ohio college.

- YTV (18) ★★½"Air Bud 2" (1998, Comedy-Drama) Kevin Zegers. A golden retriever with a flair for sports helps a boy handle football and the new boyfriend of the boy's widowed mother. (In Stereo) (D)

- 4:00 pm WTBS (3) ★★½"What Lies Beneath" (2000, Suspense) Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door. (D)

- YTV (18) ★★½"Charlotte's Web 2" (2003, Adventure) Voices of David Berón. Animated. Zuckerman's famous pig, Templeton the rat and Charlotte's three daughters try to save a lamb. (In Stereo) (D)

- 5:00 pm CBC (13) ★★½"Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children. (In Stereo) (D)

EVENING

- 6:00 pm YTV (18) ★★½"Charlotte's Web" (2006, Drama) Voices of Julia Roberts. After learning that a young pig's days are numbered, a literate spider weaves an elaborate plan to save her friend from the butcher's block. (In Stereo) (D)

- 6:45 pm WTBS (3) ★★½"What Lies Beneath" (2000, Suspense) Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door. (D)

- 9:00 pm CBC (13) ★★½"Brokeback Mountain" (2005, Romance) (Part 1 of 2) Heath Ledger. In 1960s Wyoming two cowboys begin a secret romance that endures through many years and each one's shaky marriage. (In Stereo) (D)

- FAM (26) ★★½"The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past his deadly traps to gold. (In Stereo) (D)

- SPIKE (44) ★★½"Hard Ride to Hell" (2010, Horror) Miguel Ferrer. Premiere. Devil-worshipping bikers pursue a group of campers to an old church in a ghost town. (In Stereo)

- 9:30 pm WTBS (3) ★★"After the Sunset" (2004, Comedy-Drama) Pierce Brosnan. An FBI agent thinks a master thief and his girlfriend will try to steal a valuable diamond from a cruise ship. (D)

- 10:54 pm FAM (26) ★★½"The Mighty" (1998, Drama) Sharon Stone. Friendship develops as a physically handicapped youngster teaches a fellow outcast how to read. (In Stereo) (D)

- 11:00 pm SPIKE (44) ★★½"The Cutter" (2005, Action) Chuck Norris. A determined detective tries to rescue a diamond cutter from a murderous thief. (In Stereo)

- 11:10 pm CBC (13) ★★½"Brokeback Mountain" (2005, Romance) (Part 2 of 2) Heath Ledger. In 1960s Wyoming two cowboys begin a secret romance that endures through many years and each one's shaky marriage. (In Stereo) (D)

SATURDAY, JULY 31, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings for Saturday, July 31, 2010.

SUNDAY, AUGUST 1, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings for Sunday, August 1, 2010.

MONDAY, AUGUST 2, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Harvey Harvey	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N) [E]	News	The Sopranos [E]	News	(5:30) Morning News (N) [E]	(4:30) Morning News (N) [E]	Nanalan* Poko	Erky Perky Ruby	SportsCentr e [E]	Canada AM [E]	How/Made How-Made	Henry's Franny	CityLine [E]	CSI: NY "Zoo York"	Comeback Comeback
7 AM	Cosby Cosby	[E]	(7:02) Clifford the Big Red Dog [E]	Arthur (EI) Martha	Today (N) [E]	The Early Show (N) [E]	CSI: Miami [E]	Good Morning America (N) [E]	[E]	[E]	dirtygirl Animal	Willa's Timothy	SportsCentr e [E]	[E]	Mayday [E]	M. Mouse Mickey	The Tyra Show [E]	CSI: Crime Scn	Carlawood Carlawood
8 AM	Harvey Harvey	[E]	The Magic School Bus "Plays Ball"	Curious Sid	[E]	[E]	CSI: Miami [E]	[E]	100 Huntley Street [E]	[E]	Bo on Go Busytown	George S. Rolie Polie	SportsCentr e [E]	[E]	Canada's Worst Driver	Handy Handy	Rachael Ray [E]	CSI: Crime Scn	Re-Vamped [E]
9 AM	Fam. Feud Fam. Feud	100 Huntley Street [E]	Spider	Super Why! Dinosaur	[E]	The 700 Club [E]	The First 48 [E]	Live With Regis & Kelly	100 Huntley Street [E]	World Vision [E]	Super Why! News	SpongeBob (9:25) Kid	Sportfish Bowling	Live With Regis & Kelly	Cash Cab Cash Cab	Phineas Phineas	Role Amazing	CSI: Crime Scn	Colln-Justin
10 AM	Reba [E] Reba [E]	Hospital for Sick Kids	Spider (10:37)	Sesame Street (EI)	[E]	The Price Is Right (N)	The First 48 "Torched"	The View (N) [E]	Hospital for Sick Kids	Green ET Canada	Poko Doodlebob	League Invasion	NASCAR Racing	The View (N) [E]	How-Made Cash Cab	Hannah Hannah	The O.C. [E]	The Unit "Inside Out"	Whatever Whatever
11 AM	Jim Name/Earl	World Vision [E]	Rolie Polie Berenstein	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels Jewels	Paid Prog. Paid Prog.	World Vision [E]	(10:59) Noon News Hour (N)	Gofrette dirtygirl	(11:10) Kid (11:40) Kid	Billiards	Fashion Fashion	Greensburg "Election"	Hannah Hannah	CityLine [E]	The Unit "M.P.s" [E]	Family Guy Family Guy
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose [E]	PaId Prog. Paid Prog.	News Bold	The Sopranos [E]	All My Children (N) [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News M'ketplace	Pokemon Rollbots	30 for 30 [E]	Chris Bold	Junk Raiders	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scn	Family Guy Family Guy
1 PM	King Friends	As the World Turns (N)	(1:03) Wibbly Pig [E]	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	CSI: Miami [E]	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	Hawks Team	[E]	Sue Thomas: R.B.Eye	Mayday [E]	Cory Recess	Jdg Judy Jdg Judy	The Unit "Inside Out"	Family Guy Family Guy
2 PM	Friends Name/Earl	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	CSI: Miami [E]	General Hospital (N)	Young & Restless	The Doctors [E]	Steven and Chris [E]	Monster Invasion	Around Interruptio	Dr. Phil [E]	MythBuster s [E]	Replacemn School	CityLine [E]	The Unit "M.P.s" [E]	Family Guy Family Guy
3 PM	The Office The Office	The Doctors [E]	(3:01) Little Bear Cricket in the fire- wood.	WordGirl Electric	Judge B. Judge B.	Dr. Phil [E]	The First 48 [E]	Rachael Ray [E]	The Doctors [E]	Young & Restless	Recipes Sophie	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show [E]	License to Drill [E]	Life Derek Suite Life	CityNews at 6 (N) [E]	Sports Knockout	Family Guy Family Guy
4 PM	Family Guy Family Guy	Oprah Winfrey	George S. Cyberchas	Fetch! Ruff Jdg Judy	Jdg Judy Jdg Judy	Oprah Winfrey	The First 48 "Torched"	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer [E]	SpongeBob OddParent	Wide World of Fights	Ellen DeGeneres Show	Daily Planet [E]	Phineas Wizards	Law & Order: SVU	Entourage Entourage	Family Guy Family Guy
5 PM	Payne Payne	Early News News	(4:57) Martha	BBC World Business	News (N) NBC News	News CBS News	Intervention "Linda"	News ABC News	Early News Global Nat.	(4:59) News Hour (N) [E]	CBC News Special [E]	OddParent SpongeBob	Boxing (Taped)	CTV News at Five (N)	Man vs. Fish (N)	Suite/Deck Zoey 101	The Bachelorette (Season Finale) (N)	Entourage Entourage	Wipeout [E]
6 PM	Law & Order: SVU	Global Nat. News	Mechanics Dogs	PBS NewsHour (N) [E]	News (N) Millionaire	News Access H.	Intervention "Lorna" (N)	News News	(5:59) News Hour (N) [E]	ET Canada Ent	News Coronation	iCarly [E]	[E]	CTV News (N) [E]	Dirty Jobs [E]	Hannah Wizards	Movie: "Cobra" (1986)	Wipeout [E]	
7 PM	Seinfeld Seinfeld	Ent ET Canada	Edge of the World: BC Europe	'Allo, 'Allo! Fortune	Jeopardy! Fortune	The Doctors [E]	Obsessed (N) [E]	Ent The Insider	Ent ET Canada	In Plain Sight [E]	Fortune Jeopardy!	The Next Star (N) [E]	SportsCentr e (Live) [E]	TMZ (N) Access H.	American Loggers (N)	Sonny Suite Life	(7:02) The Bachelorette (N)	Sylvester Stallone.	Family Guy Family Guy
8 PM	Movie: "Almost Famous"	Lie to Me "Headlock" [E]	Monarchy [E]	Antiques Roadshow	America's Got Talent	How I Met Rules	Twisted Twisted	The Bachelorette (Season Finale) (N)	Lie to Me "Headlock"	Lie to Me "Headlock"	18 to Life Mosque	Chris Chris	Off-Record Hiccups	Cleveland [E]	Daily Planet [E]	Overruled! Hannah	News EP Daily	UFC 117: Countdown	Carlawood ET Canada
9 PM	(2000) Billy Crudup. [E]	The Good Guys (N)	The Blues	History Detectives [E]	Last Comic Standing	Two Men Big Bang	(9:01) Intervention "Linda"	(10:01) The Bachelorette (N)	The Good Guys (N)	The Good Guys (N)	Kids in-Hall Comedy	8 Rules Weird	Sports Oil Change	Two Men Big Bang	MythBuster s [E]	Wizards Buzz	King of Hill King of Hill	Knockout Sports	Family Guy Family Guy
10 PM	Movie: "The Mexican" (2001) [E]	In Plain Sight [E]	Edge of the World: BC [E]	History Detectives [E]	Dateline NBC [E]	(10:01) CSI: Miami	(10:01) Intervention "Lorna"	(10:02) The Bachelorette (N)	In Plain Sight [E]	News Hour Final (N)	National	The Next Star [E]	Motoring	(10:01) CSI: Miami	American Loggers [E]	School Stone	Coach [E]	CSI: Crime Scn	Family Guy Family Guy
11 PM	CHBC News Final (N)	Higher Education in BC	Charlie Rose (N) [E]	News (N) Jay Leno	News Letterman	News Letterman	(11:01) Obsessed [E]	News (11:35)	News Hour Final (N) ET Canada	Ent ET Canada	(11:05) The Hour [E]	Prank Ptr Fries That?	SportsCentr e (Live) [E]	CTV News CTV News	Dirty Jobs [E]	So Raven Life Derek	Judge B. Paid Prog.	Star Trek: Voyager [E]	Family Guy Family Guy

Monday Movies

EVENING

6:00 pm SPIKE (44) ★ "Cobra" (1986, Crime Drama) Sylvester Stallone. A Los Angeles detective and his partner protect a model from a night slasher and his neo-fascist army. (In Stereo) 8:00 pm WTBS (3) ★★ ★★ "Almost Famous" (2000, Comedy-Drama) Billy Crudup. An aspiring teenage rock

journalist gets his big break when he follows an up-and-coming band on its tour. [E] 10:30 pm WTBS (3) ★★ ★★ "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. [E]

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LOCAL NEWS/SPORTS - LETTERS TO THE EDITOR - EDITORIALS
COURT NEWS - CLASSIFIEDS - WEATHER - ROADS

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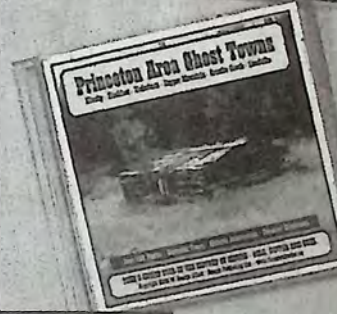
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SUN SEP 12 - vs Kelowna 2:00 PM
SAT SEP 18 - vs Spokane 7:00 PM
FRI SEP 24 - vs Kamloops 7:00 PM
FRI OCT 01 - vs Osoyoos 7:00 PM
SAT OCT 16 - vs Sicamous 7:00 PM
TUE OCT 19 - vs Osoyoos 7:00 PM
FRI OCT 22 - vs Beaver Valley 7:00 PM
SUN OCT 24 - vs Creston 2:00 PM
FRI OCT 29 - vs Kelowna 7:00 PM
SAT OCT 30 - vs Penticton 7:00 PM
FRI NOV 05 - vs Golden 7:00 PM
SUN NOV 07 - vs Osoyoos 2:00 PM
FRI NOV 12 - vs Revelstoke 7:00 PM
SAT NOV 13 - vs Revelstoke 7:00 PM
SUN NOV 21 - vs Osoyoos 2:00 PM
FRI NOV 26 - vs Kelowna 7:00 PM
FRI DEC 03 - vs N Okanagan 7:00 PM
SUN DEC 05 - vs Kelowna 2:00 PM
FRI DEC 10 - vs Columbia Valley 7:00 PM
WED DEC 15 - vs Penticton 7:00 PM
SAT JAN 01 - vs Penticton 7:00 PM
FRI JAN 07 - vs Penticton 7:00 PM
FRI JAN 21 - vs Kamloops 7:00 PM
FRI FEB 04 - vs N Okanagan 7:00 PM
FRI FEB 11 - vs Sicamous 7:00 PM

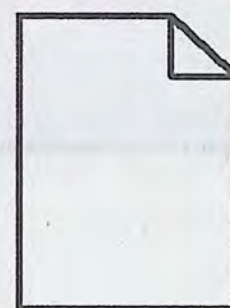
AWAY

SAT SEP 11 - at Kamloops 7:00 PM
FRI SEP 17 - at Sicamous 7:00 PM
SUN SEP 19 - at Osoyoos 2:00 PM
TUE SEP 21 - at Kelowna 7:00 PM
FRI OCT 08 - at Fernie 7:30 PM
SAT OCT 09 - at Kimberley 7:30 PM
SUN OCT 10 - at Nelson 1:00 PM
FRI OCT 15 - at N Okanagan 7:30 PM
WED NOV 03 - at Penticton 7:00 PM
SAT NOV 06 - at N Okanagan 7:30 PM
FRI NOV 19 - at Kelowna 7:00 PM
SAT DEC 04 - at Kelowna 7:00 PM
SAT DEC 11 - at Kamloops 7:00 PM
SUN DEC 12 - at Osoyoos 2:00 PM
FRI DEC 17 - at Revelstoke 7:00 PM
SAT DEC 18 - at Revelstoke 7:00 PM
FRI DEC 31 - at Osoyoos 7:00 PM
TUE JAN 04 - at Kelowna 7:00 PM
SAT JAN 08 - at Penticton 7:00 PM
WED JAN 19 - at Osoyoos 7:00 PM
SAT JAN 22 - at Sicamous 7:00 PM
SAT JAN 29 - at Castlegar 7:30 PM
SUN JAN 30 - at Grand Forks - 1:00 PM
SAT FEB 05 - at Penticton 7:00 PM
SAT FEB 12 - at Penticton

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Editorial Page News Leader

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

My Turn...

The Real Monster In A Can

I get my jolt each morning with a cup of coffee before I leave home for work. For me it does two things – it gives me a kick-start and it affords me some time with my wife before I switch into work mode.

On a typical day we will also have another cup of coffee mid-morning in the office. Again, it gives me a few minutes away from work matters and a bit of time with my wife while I'm in work mode.

Usually that's all the caffeine I'll put into my system on any given day. If I have a coffee after 12 Noon, my general rule of thumb is that it's decaf. My daily limit – which I'm rather strict about – is no more than two cups of regular coffee a day.

What we've noticed in the past few months is the volume of energy drinks young friends of ours consume in an average day.

One such fellow (I'll refer to him as simply Subject #1) has a two, sometimes three can habit of these huge cans of energy drinks.

No wonder he has trouble sleeping at night, his system can't shut down if it wanted to.

So we have been looking into the contents of these drinks to try to figure out the attraction. First off, they aren't cheap. I still cringe if I pay more than a buck for a can of pop. These energy drinks run an average of \$3.50 per can!

Secondly, the ingredient list on the back of at least one brand states a "recommended daily dosage."

Think about it. A daily dosage? I thought only drugs had recommended daily dosages.

Then there's the actual ingredients.

Brenda asked Mr. Google a lot of things about these chemical sounding names we couldn't identify in a dictionary and found at least one ingredient is the equivalent of bile! Forget the urban legend we've heard about bull semen being in another popular brand (we haven't started researching that one yet).

Then there's the taste. I tried a couple (for research purposes, of course) and once I got past the sweetest tasting sugary syrup I've ever experienced in my life I found out a couple of interesting things about myself.

I peed a lot.

A lot more than I used to.

I also couldn't remember why I was in bed at 2:00 AM.

Wide awake.

Nor could I identify why I was so tired the following day at 1:00 PM.

I'm sure I probably shouldn't eat or drink some of the things I do on a normal day, but I do know things I should steer clear of and energy drinks fall onto that category.

All we have to do is convince Subject #1 and most of his friends of the same thing.

Unless they like being twitchy, jittery and peeing a lot.



The fossil and mineral collection at Princeton Museum is a popular feature of any tour of the facility. *

Your Turn...

Cawston resident votes for OCP

To The Editor;

Cawston, which is Area B Regional District Okanagan Similkameen, has no community plan in the works and there are no local bylaws.

The BC Local Government Act allows us to make local bylaws like those suggested in a questionnaire now in circulation and is due back at the Penticton RDOS office by August 3rd. Suggested are a burning bylaw and a "good neighbour" or unsightly premises bylaw.

Also suggested are the making of a Community Plan.

In April a meeting with Director George Hanson at the Cawston Hall erupted into raucous debate over unsightly premises matters.

Worthy of note is that at Highway 3 through Cawston there are parts of the old rail bed that visitors and some locals might find unsightly. Likewise the awkward and gaudy roadside signs. These are not in the Area B jurisdiction. The side-by-side highway and rail bed are subject to standards set by the Province of B C and, despite complaints; neither is attended to at all.

Turn into the side streets of Area B Cawston and we find a celebration

of independence and the live-and-let live model of the rural backwater. The trouble with that model is that it is not often conducive to real estate development and economic growth.

In a world in which property is valued by location, a landscaped lot with an upscale house overlooking a weed patch full of derelict cars or even just a chicken yard or a backyard machine shop might be a compromised property. Add the blow in of fauna like knapweed and dandelions and you risk a "no re-sale" situation.

There are some places where a clothesline across your neighbors' yard can knock the hell out of your resale value unless something can be done about it.

Enter, an Unsightly Premises ordinance. Frequently words like 'eyesore', 'substandard', 'nuisance' and 'blight' come into play. With a Good Neighbour Bylaw (read: Unsightly Premises Ordinance) one may not harbour an annoyance that will devalue the property of others.

Pretty straightforward?

Reasonable, even. Certainly so, if the main interest in community members is being in the market,

gaining ground, selling off and moving on.

If folks enjoy a sense of place in rubbing shoulders with unusual characters, enjoying independent lifestyles and tolerating various approaches to the enjoyment of property, then an Unsightly Premises Ordinance can feel like an unfair or even hostile intrusion.

If folks feel their stake is devalued, their estate degraded and their comfort thus upset on account of the way that neighbors choose to enjoy their property then the need to have law to restrain, restrict and correct those neighbours would take the form of an Unsightly Premises Ordinance.

I like the Community Plan idea. First things first. A Community Plan brings a whole lot of ideas together. At planning sessions folks can talk about what is unsightly, what is peculiar and what is just another interesting part of our neighbourhood. We can even get into making rules if we want to.

So, get those questionnaires back to Director Hanson before Tuesday, August 3rd.

- Dave Cursons, Cawston

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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.

Current Comment

We Need Each Other For Health



Dawn Johnson
editor@thenewsleader.ca

Human beings are social creatures, and socializing appears to keep us healthy. By getting out with other people, we seem to enhance our health. This is not a myth, it is reality.

A few months ago, I participated in a health survey related to general health and social networking. As I am a reasonably healthy person with a reasonably active social life, I suppose I fell into the average range for the survey.

There have been a large number of studies done linking the social network to health. Studies have been done in the United States, Britain, Australia, France and Sweden. All of them show the same kind of results: people are healthier when they get out among other people.

A close loving relationship with a mate helps us feel good and maintains our health, but even without that relationship, people stay healthier with friends and acquaintances with whom they stay connected. There is something in us that needs companionship at some level, even if we are not in an intimate relationship.

I know I enjoy going out to social events, but I also enjoy being with the people who belong to the same organizations I do. A lot of the time what we do does not feel like a social event. We work on projects which support ideals in which we believe. Even as we work together, we form bonds of friendship, not necessarily close friendships, but caring relationships.

I suspect it is the nature of the relationships that support our health. It is great to know there are people who care, who will call when you're down with the flu, who will share your sorrows, help you when help is needed, and share the fun times as well.

Naturally, most of us gravitate to groups of people who share our belief system. In some ways, this kind of group contact supports us at a different level. By sharing our ideas, we promote self-confidence, which is important for health. It is as if the group feeds back to us the statement, "You're all right."

When a group I belong to achieves some kind of success, I believe each one of us gets a boost in not only self-confidence, but in the feeling that we make a difference, that our lives on earth or in this place and time are not meaningless. We see we are worthwhile and doing something to make our community, our nation, and our planet a better place.

It's nice to think we can go out and do things good for others and we are rewarded with good health. Many people belong to a church congregation, and not only is belief supported, but there is a source of comfort, and companionship at a different level. Some people belong to sports teams, and it is more for the good feeling of doing something together for fun, for health, and to make friends.

Arts Council will open gallery

Town Council has approved a proposal of Princeton District Community Arts Council to open an art gallery next to the public library. The suite, consisting of two rooms formerly used as commercial office space, is being turned into Sunflower Gallery in keeping with the Arts Council logo.

Mayor Randy McLean described the location as "the perfect venue". The Town of Princeton owns the building, and the Arts Council will pay a nominal rent for the space on a three month trial basis.

Artists will be able to display

I don't know if there have been studies done about what happens to people who are in an organization in which there is a person or persons who criticize, or humiliate others in the group. I have seen that happen, and it is never pleasant. Most of the time, the person who has been the object of criticism simply leaves and never comes back. I wonder, does it affect that person's health? I would guess it does because I know how angry and hurt a person can become with bad treatment, and it does sort of make that person feel sick.

Perhaps our need for a secure group of supportive people is almost instinctive. We humans could not have survived without supporting each other and caring for each other. Perhaps it begins with family, then extends beyond family to community. We organize our communities to support all members of the community except those whose behaviour endangers others. Perhaps what keeps us really healthy is the security we feel when we have others in the community who care and share.

their work for sale. To be eligible to place their work in the gallery, they must be a member of the Arts Council. The Arts Council will receive a percentage of the price of any art work sold. Artists and artisans are welcome to join the Arts Council and display their work. The gallery plans to display not only paintings, but pottery, ceramics, carvings, sculpture and any other works of local artisans.

Work on the gallery is underway at this time. Any artist wishing to display work for sale should contact Arts Council President Del Hall or check at Sunflower Gallery.

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SONC Trip to Teller's Fisherman's Cove



Members of the South Okanagan Naturalists' Club ride the Trans-Canada Trail near Osprey Lake during an outing to the area June 25th to 27th. - all photo submitted



SONC members participated in a bird and flower walk while enjoying the scenery in the Osprey Lake area. They were hosted by Teller's Fisherman's Cove. *



Neighbours and friends join the SONC members for a barbeque and campfire at Teller's Fisherman's Cove. The annual SONC outing was June 25th to 27th.



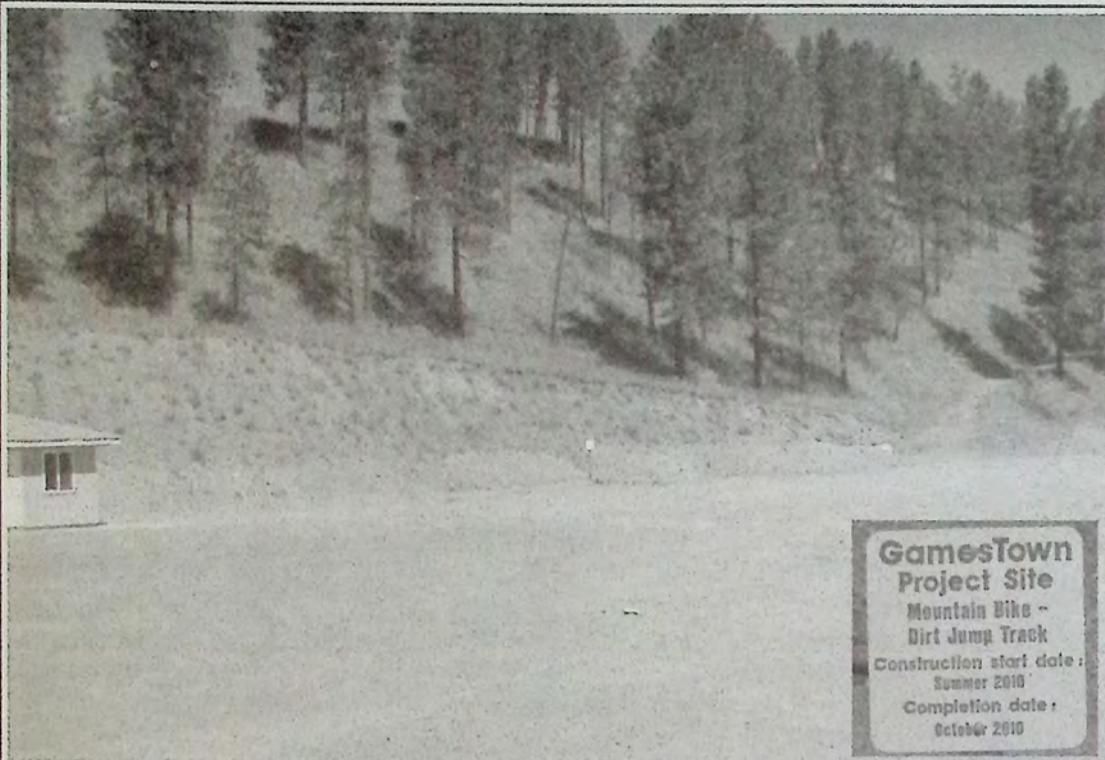
South Okanagan Naturalists' Club riders took to the Trans-Canada Trail with a support vehicle during the groups annual outing at Osprey Lake last month.



SONC members take a break from their ride along the Trans-Canada Trail to soak in the view on a former railway bridge along the trail. - all photos submitted



Cyclists emerge from the Erris Tunnel on the Trans-Canada Trail. The South Okanagan Naturalists' Club took a field trip to the area June 25th to 27th.



GamesTown Project Site
 Mountain Bike - Dirt Jump Track
 Construction start date: Summer 2010
 Completion date: October 2010

Town Council has begun the legal process to use provincial government and school district land to create a Bike Skills Park. The park will be developed on land adjacent to the arena on the east side between the Posse clubhouse and Highway 5A. Part of this land is highway right of way, and part belongs to the school district. The Bike Skills Park will utilize part of the slope down from Princeton Secondary School to construct a challenging course for bikes. *

Letter To The Editor

Resident examines her neighbourhood

To The Editor;
 Please give me a moment to explain. There have been a few stories floating around and I would like to make my intentions clear. This is not about whether you own or rent. In fact, this is not even about who you are. This has absolutely nothing to do with colour, race, religion or creed. I am an immigrant to this country and have chosen to make this my home.
 This is about having a place that functions as a safe neighbourhood for children, individual personal safety and the preservation of an environmentally sensitive area which is home to abundant wildlife. It is our task to ensure that all the above are kept safe.

An application has been made to change zoning bylaws from single family residential to multi family. In a neighbourhood where the street measures 27-feet across. There are cars and trucks parked along the curbs, now the street is down to 12-feet wide, enough for one vehicle to pass. What about children riding their bikes and playing? How narrow will this get when the snowbanks pile up?
 Will emergency vehicles be able to reach an emergency scene in an expeditious manner while navigating around parked vehicles on the road?
 What are the benefits to the neighbourhood? Does this serve the communities best interest? There will be

long-term environmental, social and economic impacts. This is an important matter and needs to be taken seriously. Should each single-family residence be rezoned to multi family?
 We are now talking about doubling or tripling the amount of traffic. This is classified as small residential property – can the neighbourhood bear the burden of high-density impact?
 Princeton has many yet unexplored and undeveloped areas. Let us form new neighbourhoods where families can thrive – the new Westridge Heights area is a beautiful example. Please think about it.
 Respectfully, Margaret Bailey, Princeton

Letter To The Editor

ATV rider says ‘thank you, Princeton’

To The Editor:
 This past weekend my wife and I attended the ATVBC Poker Ride in Princeton. On Friday we took a ride on the Kettle Valley rail right-of-way. If one is going to travel on this path it is necessary to open and close the gates.
 Because my Lady was in the lead it was her turn to open the gate, she didn't notice that the bottom hinge was out of place. She unchained the gate and it immediately fell for-

ward taking her with it. We are both semi retired and not as nimble as we once were, she wound up on the ground tangled in the gate.
 At that moment, as I rushed to assist her, from the corner of my eye I noted the passing of some motor vehicles on the road. My attention was focused completely on my wife and it came as a surprise to hear voices and see people very close to us. Much assistance was rendered and encouraging

words spoken. My wife regained her feet and after a few moments and some first aid she mounted her quad and we returned to camp.
 To the people who helped us please accept our heart felt thanks. Your concern for the well being of my Lady and your kind words speak very well of you and your community.
 Thank you very much.
 Yours sincerely,
 Trevor Anderson, Duncan, BC

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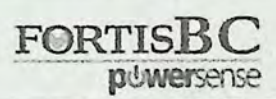
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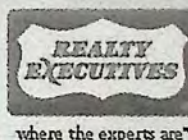


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909 Ellis Avenue



Located in the beautiful heritage village of Hedley, think - warm, wonderful and exquisite and you will be describing this home to yourself! From the foundation to the roof tops this home has been lovingly cared for and finished to the finest detail. Living in this home will mean that you have chosen to surround yourself with the finishing details of a master! **MLS © 107925 \$219,900**

285 Aspen Street



This unique duplex on the upper bench and located at the end of a quiet cul-de-sac could be a 3-bedroom family home with a 2-bedroom unit as a mortgage helper, or just a great investment opportunity. It's your call how you'll use it! One side is presently rented out at \$650.00 and the reliable tenant would like to stay. A new roof in 2007 just makes this one even better. **MLS © 107751 \$322,200**

411 Huey Road



Surround yourself with the comforts of life! This charming country style home has had all the hard work done. Hardwood oak flooring, fresh paint throughout, new kitchen countertops, appliances and the list continues! The main floor has both a living room with large picture windows and family room so everyone has a space to go to. There are 3-bedrooms up, one on the main floor. **MLS © 108503 \$498,000**

336 Old Hedley Road



So you finally decided that you want to be out of the hustle and bustle. You're looking for that little piece of heaven, where you can roast marshmallows around the campfire and have enough room for your family and friends to RV in the back yard. Well, look no further! You have found that spot. Located close to town for convenience but far enough away to enjoy the country life. **MLS © 109129 \$350,000**

2 Eagle Crescent



What a great way to live! This immaculate home sits on a large corner lot with plenty of room for RV parking and a double garage. The living room is bright and spacious with wonderful mountain views to enjoy nature year round from your favourite chair. An efficient kitchen with lots of cupboard space, reverse osmosis water system and sliding doors to the 8x16 deck. **MLS © 107842 \$299,000**

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