



Similkameen

News Leader

14 PAGES OF AWESOMENESS FOR JUST A BUCK \$1.00 INCLUDED TAXES

Volume 13 Issue 31 #641 ISSN 1712-090X

Tuesday, August 3, 2010



No one was exempt from the wrath of the Tulameen Sheriff and Deputies during Tulameen Days July 31st - even this visitor from Australia served a term in the infamous Tulameen jail. She did receive a pardon. *

Wildfire near Keremeos fills valley with smoke

Smoke and flames may be visible from Highway 3 because of a 35 hectare wildfire in Tweddle Creek, west of Keremeos.

Limited action has been taken on this wildfire due to unsafe terrain for ground personnel and inoperable ground for heavy equipment. High temperatures and low relative humidities contributed to an increase in fire behaviour the afternoon of July 31st. Airtankers were brought in to lay retardant in an attempt to slow the spread of the fire and steer it towards some natural fireguards.

The lightning-caused fire was reported July 28, and has been monitored daily. Helicopters have been

used to cool hot spots on the fire perimeter. Wildfire Management Branch personnel are monitoring the situation to ensure it does not pose a threat to people, communities or other identified values.

Resources from the Kamloops Fire Centre have responded to 15 lightning-caused fires since July 28th. Due to drought-like conditions, lightning fires may be burning underground for weeks and become visible with daytime heating. The general public can be of assistance by reporting any suspected wildfires by calling *5555 on your cell phone or toll free 1-800-663-5555.

All open burning is currently prohibited. Helicopters have been continued on Page 23

Fall Fair feels pressure

With just one month to put the finishing touches on Fall Fair plans, members are beginning to feel the pressure. At the July 27 meeting, a long list of items was covered, from details about needs for the refreshment garden and concession to security, prizes, trophies, and entertainment.

There will be plenty of animals on display: draft horses, saddle horses, dairy calves to be bottle fed, and a number of other farm animals. This display is always a hit with kids. Matt Duffus is back this year. He is well-known for his ability to entertain youngsters.

Councillor Jason Earle and his wife, April, are once again in charge of children's activities, and have purchased a lot of special goods for the children.

Hearts of the West trick riders will put on a show, along with the Peruvian horse show, some fancy

horsemanship by some young ladies, and the final part of the horsemanship show will be a bull whip competition between Hearts of the West, Nelson Patry, and Lyn Melnechenko. Patry is bringing his hay wagon and team to give youngsters a wagon ride during the fair.

Raffle tickets are available from Fall Fair members. The grand prize is a sling load of 2 X 4's.

Bunchgrass Quilters are putting on a special show this year of their baby and children's quilts. These quilts are made for children who are victims of domestic violence, motor vehicle accidents, and other traumatic events.

These quilts are part of a charitable community service done by Princeton's quilters. Their show at the Fall Fair will be smaller this year because they are hosting a major quilting show as part of the Princeton 150 celebration a week after the fair.

A couple of people have put for-

ward their names as volunteers to help with the fair. Anyone wishing to volunteer can contact Keith Olsen at Everything Pets during regular business hours. Anyone needing exhibitors booklets can contact Keith, who has a good supply.

Fall Fair meetings will take place every Tuesday evening before the fair. A work party is planned for Sunday, August 15, at 9:00 AM to do whatever can be done in advance, but the major work of setting up the fair begins the week of the fair.

Anyone interested in entering an item to be judged should keep in mind that exhibits can be registered one day only, the Thursday before the fair.

Judging will be done Thursday evening, and the top exhibitors will be announced at the opening ceremony on Friday at 4:00 PM. Friday evening this year will be devoted to a dinner, music and dancing (more details later).

Campfires banned throughout district

Effective at noon July 29th, all open burning, including campfires and fireworks, were prohibited across the Kamloops Fire Centre's jurisdiction to help prevent human-caused wildfires and protect public safety.

The fire danger rating is currently high to extreme across the Kamloops Fire Centre making the risk of a campfire sparking a wildfire a concern to forest officials. Resources from the Kamloops Fire Centre have responded to 55 campfire related incidents so far this season. This takes away valuable resources that are needed to respond to naturally occurring wildfires.

This ban applies to open fires of any size, including campfires, fires with a burn registration number and industrial burning, fireworks, tiki torches and burning barrels.

The ban does not apply to cooking stoves that use gas, propane or briquettes, or to portable campfire apparatus with a CSA or ULC rating using briquettes, liquid or gaseous fuel, as long as the flame is kept under 15 centimetres in

length.

The ban covers all of the Kamloops Fire Centre's jurisdiction. Details are available at <http://bcwildfire.ca/hprScripts/WildfireNews/Bans.asp>

Within this area, the ban covers all BC Parks, Crown and private lands, but does not apply within the boundaries of local governments that have forest fire prevention bylaws and are serviced by a fire department. Please check with civic authorities for any restrictions before lighting a fire.

Anyone found in violation of an open fire ban, including campfires, may be issued a ticket for \$345. Should a wildfire occur as a result of recklessness, a person can be fined up to \$1 million or spend continued on Page 23

Similkameen News Leader THIS WEEK:



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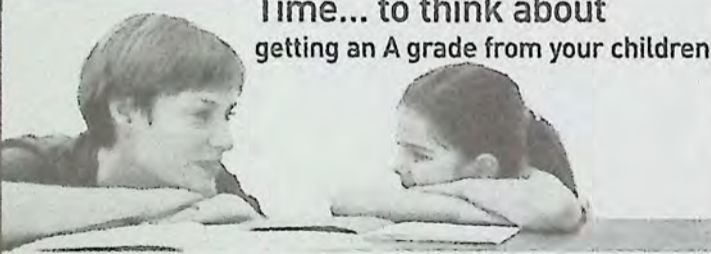


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A fire near Blakeburn close to the coal mining site operated by Compliance Energy was spotted last week by Coalmont-area residents. The main concern about the fire is that it is in an area surrounded by dry forest. At press time forestry officials were looking into the situation. Photo: Terry Malanchuk

MP Alex Atamanenko
BC Southern Interior Monthly Report

Session Review

One of the things I really enjoy about my job as your federal representative is taking part in community events. I must congratulate the many volunteers who work so hard to create opportunities that bring people together in united cause. Whenever I attend events such as the Osoyoos Volunteer Awards, Transition Nelson, the world premiere of a film about the Sinixt called 'Bringing Home the Bones', the Grand Forks Agricultural Society's AGM, the re-opening ceremony of the Brilliant Bridge, it brings home to me how rich we are in community spirit.

In addition to assisting people on a daily basis with immigration, EI, Canada Revenue, student loan and other issues, my staff and I work closely with local and provincial representatives on key issues. The ill-conceived stimulus-spending to widen the highways both in the Nelson and the Oliver /Osoyoos corridor caused much concern locally, and my efforts to try to reach an accommodation for local fruit stand owners along Highway 97 met with some success. When Oliver was hit hard by the enormous mudslide, I again met with

local constituents and carried their concerns forward to the federal government to try and solicit a fair and adequate compensation for damages to crops, farmland, businesses and residences.

Despite the sideshows and shenanigans that took place in the last session of Parliament I am pleased to say that none of it affected the important and relevant work my caucus colleagues and I were able to achieve. Months after Canada's embarrassing performance at the Copenhagen conference, our New Democrat Climate Change Accountability Act was passed by the House of Commons - setting firm targets for real action on the environment. And among other things we passed a motion in the House of Commons demanding that any future prorogation longer than seven days be first approved by a majority of MP's.

A special highlight for me was the release of the report on my "Food For Thought" tour. After two years of work and visits to twenty-eight communities, we have provided a blue-print that may now form part of the discussion towards the development of a Canadian Food

Policy.

Another highlight for me was being successful in advancing my private member's bill C-474, which deals with the economic impact of genetically engineered seeds and crops. The bill is currently at the Committee stage, and will come back to the House of Commons for third reading and final vote in the late fall.

Instead of working alongside the democratic and legitimate efforts of the United Nations to solve the myriad of crises facing all countries, we saw our Prime Minister spend over a billion dollars, mostly on a failed security strategy, to host an exclusive gathering, in downtown Toronto, of G8/G20 leaders who actually work to undermine those efforts. At the end of these provocative summits we were left with trashed storefronts, a tarnished democracy and the promise of deep cuts to our treasured social programs. In other words, we must all pay for the actions of the global financial institutes responsible for bringing the world to its knees. And despite the overwhelming evidence that free trade has had a negative influence on Canadian manufacturing, agriculture, forestry and public sectors, we are told there is no other choice but to have more of it.

I invite you to visit my website regularly for information on upcoming town hall meetings, disability tax information sessions and other events I will be hosting this fall.

I hope you are managing to enjoy a relaxing summer.

Similkameen
News Leader

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BC Southern Interior MP Alex Atamanenko performed during the first annual Traditional Music Festival. *

Festival celebrates Princeton's 150th

This is the third 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", "Songs of the 'Sixties", "Mining Songs", "Railway Songs", "Sea Shanties", "Songs in French", "Spoken Word", "Traditional Ballads", and a "Celtic Jam".

Princeton started off as a ranching community 150 years ago but it was the discovery of coal, copper, gold and platinum that made it mushroom into a town. The

Mining Songs workshop at the Festival honours this history. In the workshop Jon Bartlett and Rika Ruebsaat from Princeton will be singing mining songs from the Similkameen Valley and other parts of BC. Charlie Baum and Lisa Null from Maryland will share Appalachian mining songs and Judith Heather from Gabriola Island will be singing songs about mining from a woman's perspective.

Last year there was a half-hour workshop of songs in French, which was so much fun and so well received that it was decided to expand it to an hour this year. Princeton's own Maggie Desbiens will be bringing her vitality and musicality to this workshop as she did last year. Joining her will be the multi-talented Chris Roe from Seattle, Lyn Pinkerton from Vancouver and newcomer, Danielle Arcand, from the coast. With roots in Quebec, Danielle has been active in BC's francophone community for over 25 years where she has been a passionate advocate for French language education and culture. Danielle's repertoire includes traditional songs many of which depict women's tales of love, life and adventure.

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 webblog at princetonfestival.wordpress.com or give Jon and Rika a call at 250.295.6010.

We're different, and we like that.

Similkameen News Leader



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 property legally described as:

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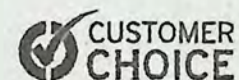
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Keremeos News

Vicki Morgan, Keremeos branch manager, Nyree Minshull, member service representative and Ingrid Percival, Cawston and Area Food Bank representative. - photo submitted

Feed The Valley raises \$\$ for food bank

Since its launch in March, Valley First's Feed the Valley program has raised \$2,575 for the Cawston and Area Food Bank. The \$2,575 was raised through employee, member and community donations. In addition to this cash donation, employees from Valley First's Keremeos branch have also collected and delivered more than 200 pounds of food to the food bank. On July 29, Valley First Keremeos branch manager Vicki Morgan and member service representative Nyree Minshull presented food bank representative Ingrid Percival with the first of what Valley First hopes will be many sizeable cheques. "The way our employees, members and communities have embraced Feed the Valley has been amazing," says Valley First president Paulette Rennie.

"Along with our already well-established community support initiatives, Feed the Valley represents a long-term commitment for Valley First and we are aiming to raise more than \$1 million for local food banks over the next decade." Developed as a corporate citizenship program at Valley First, Feed the Valley aims to eliminate hunger by raising food, funds and awareness for local food banks. Since its March 16 launch, Feed the Valley has raised more than \$45,000 for food banks across the Okanagan, Similkameen and Thompson areas. Community members can support the Feed the Valley program

by donating non-perishable food items or making cash donations at their nearest Valley First branch. All donations are tax-deductible and can be made as one-time contributions, through regular, pre-authorized payments or online through www.feedthevalley.ca. Valley First is a division of First West Credit Union, B.C.'s third-largest credit union, which has 37 branches and 29 insurance offices throughout the Lower Mainland, Fraser Valley, Kitimat and Okanagan, Similkameen and Thompson valleys. First West has approximately \$5.6 billion in assets under administration, 167,000 members and more than 1,150 employees.

Susap Creek fire under control

A wildfire discovered Monday, July 26th near Keremeos is now under control. BC Forest Service reports that fire K50242 was near Susap Creek, about 8-kilometres south of Keremeos. Crews are currently on site mopping up. The 31.8-hectare fire was

reported as being 100% contained as of July 29th. The Wildfire Management Branch states it was not an interface fire and the cause is still under investigation. A total of 19 firefighters, with two helicopters, fought the fire.

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The enlarged image of the Keremeos Grist Mill commemorative stamp issued as part of the Canada Post 'Under The Flag' series celebrating Canada's remaining water-driven mills. Photo: Dave Cursons

Family Literacy at Grist Mill

by Dave Cursons, Coordinator
 Similkameen Family Literacy
 This August 16th to 19th kids will be collecting ideas and creating their own books at the old mill on Keremeos Creek.

It's a free program for 8 to 12 year olds with four mornings of fun and learning story-telling, writing, games and crafting at the Keremeos Grist Mill and Gardens.

Similkameen Family Literacy has organized the program and is putting together materials so that each participant can make their story book in words, drawings, paint and an assortment of paste in pieces.

There will be time to do play acting with some of the story ideas. Some run around games will happen as well.

There are no fees.
 All materials are provided. Space

is limited. Parent participation is much appreciated.

A program description and Registration information is at the

RDOS announces fire ban

Due to the current High to Extreme fire hazard rating in the regional area and the anticipated continuation of unfavourable weather conditions, the Regional District of Okanagan-Similkameen (RDOS) has implemented a Temporary Campfire Ban.

Effective 12 Noon July 29th and until further notice, all open burning, including campfires and fireworks, will be prohibited in the RDOS in conjunction with the municipalities of Penticton, Summerland, Oliver, Osoyoos, Princeton and the Ministry of Forests and Range, BC Forest

Keremeos Library.
 Pre-registration is accepted weekdays at 250.499.2352 (Local 4) before August 12th.

Service – Kamloops Fire Centre Campfires Prohibited.

“This campfire ban is in effect to protect public safety and to limit the risk of person-caused wildfires,” says RDOS Chair Dan Ashton.

“This ban does not restrict fires in stoves using gas, propane or briquettes, but does restrict fires in portable wood burning fireplaces and campfires.”

The RDOS thanks the public for their cooperation in complying with the temporary ban. For further information contact Dale Kronebusch – Emergency Services Supervisor at 250.490.4139.



Jon Bartlett and Rika Reubsaat of the newly revived Similkameen Branch of The Okanagan Historical Society offered some traditional songs from the early pioneer days in the Similkameen. They entertained at the dedication of a stamp series that depicts Canadian water driven mills including the Keremeos Grist Mill, the only one now turning in Western Canada. Photo: Dave Cursons

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FINANCIAL FOCUS

Keeping Your Balance When The Investment World Turns

You're probably aware that the investment world seems somewhat "out of balance" lately. Following a year of steady gains, the stock market has dropped, and day-to-day price swings have been extreme. Over in Europe, debt problems have gripped several nations, leading to severe budget cuts and austerity measures. Meanwhile, here at home, our faster-than-expected economic rebound may lead the Bank of Canada (BoC) to start raising short-term interest rates in the second half of 2010. As an investor, how can you make sense of all this?

For starters, don't be alarmed by any of these events. Consider the stock market's recent performance. While it was certainly nice to see the market keep on rising, it wasn't typical - in fact, we generally experience stock market declines more than once a year, so the recent downturn marked more of a return to "normalcy" than anything else. As for the events in Europe, they are certainly serious, but actions taken by European Union Leaders, the International Monetary Fund and the European Central Bank should help lower interest rates, ease credit conditions and provide time for the affected governments to take needed steps to help "balance the books." Finally, even if the BoC raises short-term rates, they are likely to still remain quite low by historical standards.

To sum up: There may be some temporary dislocation in the financial world, but the sky is not falling. Even more importantly, you as an individual investor, can take steps that can help you continue making progress toward your long-term goals, such as a comfortable retirement.

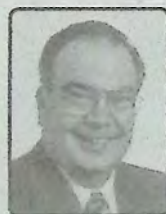
Consider these suggestions:

- Stay invested. The stock market can turn around quickly and unexpectedly - and if it takes a positive turn, you'll want to be invested, because investors' biggest gains typically occur in the early stages of a rally.
- Diversify. At any given time, different investments may move in different directions. For example, stocks may be up while bonds are down, or vice versa. Consequently, if you owned all stocks, or all bonds, your portfolio could take a big hit if a downturn primarily affected either of these types of investments. That's why you're better off diversifying your holdings among stocks and bonds. Keep in mind, though, that diversification, while helping reduce the effects of volatility on your portfolio, can't guarantee a profit or protect against loss.
- Build a bond ladder. Rising or falling interest rates can affect the prices of your bonds. But by building a bond "ladder" that consists of bonds of varying maturities, you can benefit in all rate environments. When market rates are low, you'll still have your longer-term bonds - which generally pay higher rates - working for you. And when market rates rise, you can use the proceeds of your shorter-term bonds to purchase new ones issued at the higher rates.
- Consider government bonds. As part of your bond ladder, you may want to own some Canadian and US government bonds. This strategy may be particularly appealing to you if you're concerned about the current situation in Europe.

Finally, during times like these, when successful investing may mean more challenging than usual, get some help. A professional financial advisor can analyze your situation and make appropriate recommendations.

The financial news these days may seem dizzying in a variety of ways - but by making the right moves, you can still help keep your balance.

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Health / Lifestyle News

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(NC)— Taking out a mortgage is a big financial commitment — probably one of the biggest you'll ever make.

From deciding whether to go with a fixed or variable rate, to determining how long you'll need to pay off your mortgage, to figuring out how much you can afford to borrow and how much money you'll need to buy and maintain your home, there are many factors to consider.

The Financial Consumer Agency of Canada (FCAC), offers online tools and material to make your research easier.

You'll find tips and calculators to help you avoid stretching your budget to the limit when you buy your home. There's also information on areas you may not have considered: how to pay off your mortgage faster,

Be fraud-smart: learn how to protect yourself against fraud

(NC)— You receive a phone call or e-mail from someone who says they work for your financial institution. The caller informs you that there has been suspicious activity on your account, and asks you to confirm some personal information such as your credit card number. Later, you notice someone is making purchases on your account, leaving you financially and emotionally devas-

how to borrow on your home equity and what to consider when renewing and renegotiating your mortgage.

Sleep well knowing you've made the right choices

A mortgage is only one of your financial commitments. You may want to travel, start a family or spend money on entertainment. You may also want to save money for retirement, major purchases or post-secondary education.

You can start with our Mortgage Qualifier Tool to help you determine whether you can qualify for a home mortgage based on your income and expenses. The Mortgage Calculator Tool works out your mortgage payment and provides you with a mortgage payment schedule. The calculator also shows how much money and how many years you can save by

making prepayments.

Here are other useful resources you can find by visiting FCAC's website, fcac.gc.ca.

- Choosing an Amortization Period: What is the Impact on Your Mortgage?
- Understanding Variable Interest Rate Mortgages
- Buying and Maintaining a Home: Planning Your Housing Budget
- Protect Yourself from Real Estate Fraud
- Shopping Around for a Mortgage
- Understanding Reverse Mortgages

FCAC protects and informs consumers of financial services. It was established in 2001 by the federal government to strengthen supervision of the financial industry and expand consumer education in the financial sector. - www.newscanada.com

tated. You have just become a victim of fraud.

That kind of fraud happens frequently in Canada. There are many other types of fraud, as well: credit card, debit card, e-mail, telephone and real estate fraud, as well as identity theft. Unfortunately, criminals invent new fraud schemes all the time, and every year, Canadians lose millions of dollars to fraud. That is why it is important that Canadians learn how to quickly recognize fraudulent behaviour and know what to do to reduce the risk of becoming victims of this type of criminal activity.

You can help avoid fraud with some simple everyday habits — such as protecting your debit card PIN at the bank machine and shred-

ding your credit card statements before disposing of them. And most importantly, never share personal information over the phone unless you know for certain whom you are speaking with.

The Financial Consumer Agency of Canada (FCAC) has been working to educate and protect Canadians since its establishment by the federal government in 2001. Its tip sheets, publications and other resources help Canadians avoid fraud and learn about managing their finances. You can find Protect Yourself from Credit Card Fraud, Protect Yourself From E-Mail and Telephone Fraud: Phishing and Vishing, as well as many other sources of information, through moneytools.ca. - www.newscanada.com

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Living Past 100

The Healthy Summer Salad

During the hot weather of a typical local summer, our appetites tend to respond differently than in winter. We love the cool, fresh salads of summer, and we don't want the heavy hot meals of the cold months. This is a really good thing, because so many of our "summer" foods actually do help us beat the heat.

For example, watermelon is an excellent food for beating the heat. It is full of water, of course, but it is also full of minerals that help us keep well.

Salads are made up of many ingredients, but mostly vegetables. These vegetables are consumed raw, and they are good for us. We eat lettuce, green onions, green and red peppers, zucchini, spinach, tomatoes, radishes, cucumbers, and so on, foods we may not feel inclined to eat in winter. These summer foods are good for us.

Many people like fruit salads, too, combining fresh raw summer fruits with cottage cheese, ice cream or whipped topping. Some people like to put the fruit through a blender, add some ice cream, and make a delicious slushy. As long as you don't go overboard on the ice cream, these treats are very good for your health.

Some people like a jelly salad, combining vegetables, chopped fine, or fruits, with gelatin. These are good, too.

There is nothing like the health benefits of the fresh fruits and vegetables of salad season. Whether it is a pasta salad, a bean salad, a salad with grilled chicken on top, a rice salad, or a fruit salad, or even a chow mein salad, the big benefits come from the raw fruits and vegetables. These raw foods contain a huge amount of plant vitamins and enzymes we may not get the benefit of in colder weather. Eat these and enjoy the cool bounty of summer.

This Week - 7 Years Ago

Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - August 5, 2003

THE SIMILKAMEEN NEWS LEADER *Locally owned and operated*
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 VOLUME 6 ISSUE 31
 Canadian Publications Mail Agreement No. (122926)
 Published Weekly in Princeton, B.C. 295-4149 August 5 2003



Jerry's Riders, from Hedley, led the Tulameen Days parade and won first for Horse category.

Tulameen celebrates summer!

Tulameen Days draws a huge crowd

The annual Tulameen Family Fun Days drew more people than ever to enjoy summer fun beside the lake and river. There were people camped in nearly every yard, and on the shoreline in Tulameen River, and at the edge of the river. The sandbar is very large this year, and not much river was left for jumping in and cooling off, but there was enough to keep people happy. The fun began with the cake decorating contest, held Friday night. The cakes were used Saturday in the cake walk, and many young

Coalmont coal may fire power
 There could be a coal and wood fired power plant in Coalmont by 2006, if the B.C. government approves. In the July 20 issue of The Province, in the Sunday Money section, Compliance

Youth dies in crash

A 15 year old Coquitlam male died Sunday as a result of severe head injuries sustained in a crash seven kilometres west of Manning Park resort on Saturday, August 2. He had been travelling with a 17 year old Maple Ridge male when

Burnt-out relief fund

indicates the vehicle may have had mechanical problems which caused the accident. Forest fire stopped
 A forest fire was narrowly averted last week when a motor home caught fire near Fairby Creek, 25 km west of

The August 5, 2003 Similkameen News Leader front page featured a large photo and story on the August long weekend tradition in these parts: Tulameen Days!

The power of coal, wildlife and council

Compliance Energy was on the front page of the August 5, 2003 Similkameen News Leader in an article titled, "Coalmont coal may fire power" which stated, "There could be a coal and wood fired power plant in Coalmont by 2006, if the BC Government approves."

The company, which had been featured two weeks before in the Sunday Money section of The Province, also operated a coal-cleaning unit located between Envirogreen's plant and the old Similco Mines mill building west of Princeton.

The coal-mining site near Blakeburn was in the news this week with the discovery of a fire near there.

Elsewhere in the news from eight years ago, three motor vehicle accidents occurred in the Princeton area involving deer or moose.

In an attempt to avoid hitting wildlife in Manning Park, the driver of a tractor-trailer unit hit the soft shoulder and overturned in the ditch. The mishap occurred at 11:30 PM on Tuesday, July 29th. The series of accidents prompted Princeton RCMP to issue a reminder to motorists to watch roadsides for wildlife, especially during the evening and night. Princeton Town Council agreed to

forgive the municipal portion of the 2003 taxes for the Thrift Shop property on Vermilion Avenue. Council responded to a request from Princeton Hospital Auxiliary, which had submitted a financial statement for 2002 showing their financial position as of December 31st.

The Hospital Auxiliary was expected to pay all other taxes on their property.

Princeton's Citizens On Patrol (COPS) were credited with keeping the crime rate low in Princeton. In an article from the August 5, 2003 Similkameen News Leader the group was described as having, "had a strong impact on property crimes during their first three years of operation."

The group was established in Princeton with little in the way of equipment but with a strong determination to stop the break-ins costing businesses and homeowners money.

Princeton RCMP statistics showed a 72% decrease in business break-ins and a 50% reduction in residential B&Es since COPS started patrolling local streets. Mischief crimes were also down 35%, thefts under \$5,000 were down 23% and bicycle theft dropped 14%.



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PRINCETON RACING DAYS SAYS THANK YOU!

The Executive & Directors would like to take this opportunity to let all of our volunteers know how much their help meant to making this past horse race meet the success it was. Without all the volunteers' dedication in wanting this event to succeed we could not do what we did. Everything went smoothly, the horse owners were happy, the patrons were happy and, of course, Princeton Racing Days was thankful for everyone's hard work. IT TAKES PEOPLE WORKING TOGETHER TO MAKE A SUCCESSFUL EVENT!

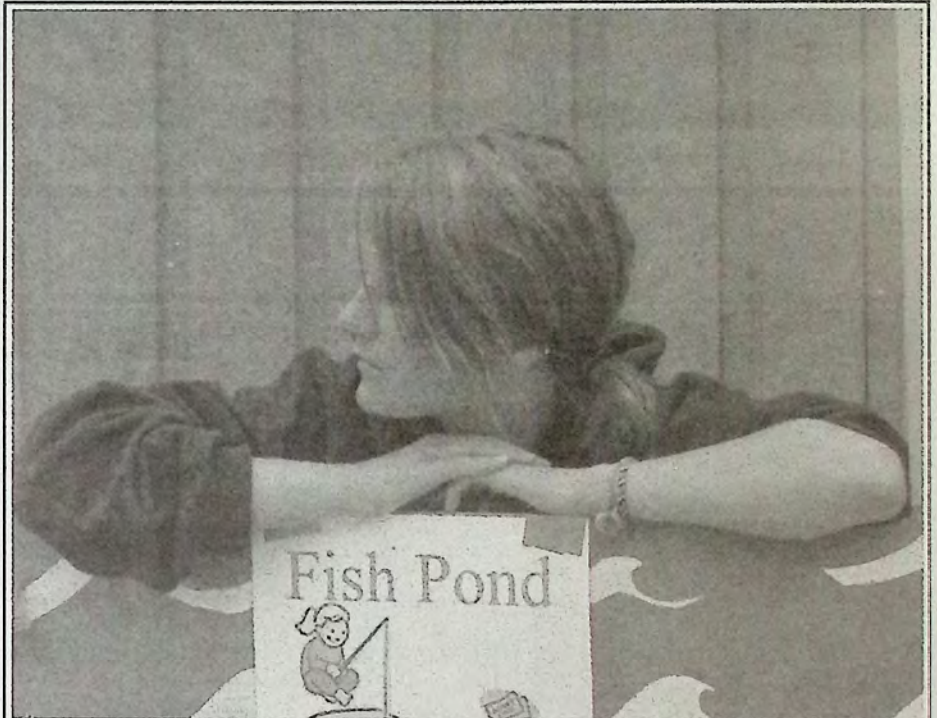
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**THE TOWN OF PRINCETON - THE TOWN CREW
 THE ARGO MAINTENANCE CREW - THE PONY BOYS (OUTRIDERS)
 THE CREW ON THE STARTING GATE
 AND, OF COURSE,
 OUR PATRONS WHO ALWAYS COME OUT AND SUPPORT US
 IF WE HAVE MISSED ANYONE, WE ARE TRULY SORRY - THANK YOU!**

Tulameen Days - 2010



There was no shortage of ball action during the annual Tulameen Days Slo-Pitch Tournament. Games ran all weekend at the Tulameen elementary school field. *



Carnival games were held during the Street Fair at Tulameen Days July 31st. All proceeds collected went to the Tulameen Community Club. *



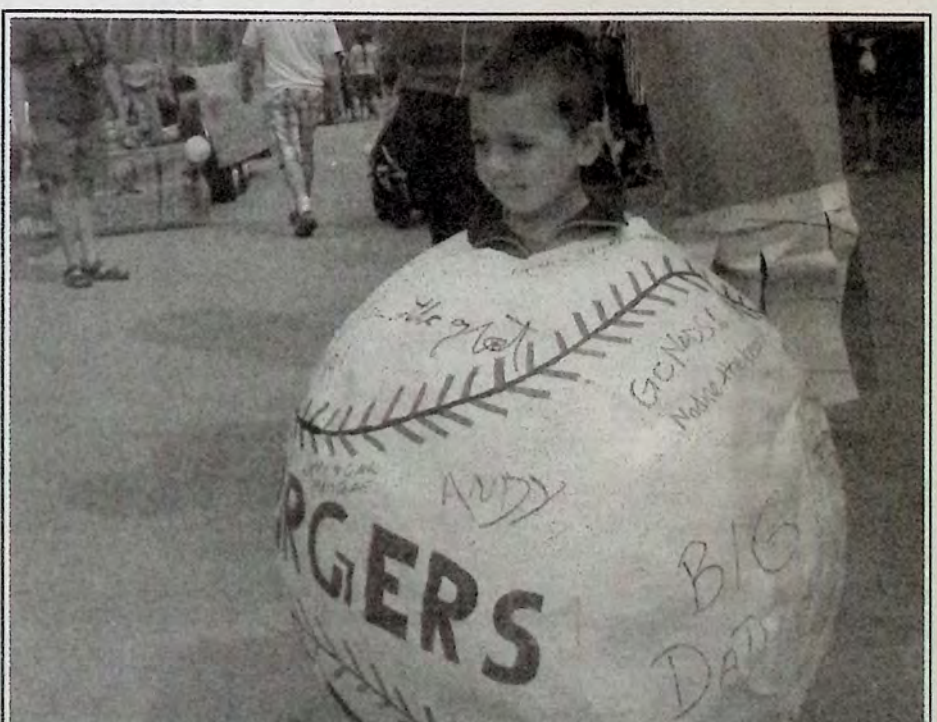
The News Leader's George Elliott ended up in Tulameen Jail (on charges of plagiarism!) July 31st. He managed to buy his way out and was pardoned. * Photo: Brenda Engel



This is what it looks like when you're safe at second base. Slo-pitch action from the annual Tulameen Days Slo-Pitch Tournament in the school field. *



Many of the carnival games tested skill and accuracy. The games were part of the Street Fair which included vendors and was in the centre of downtown Tulameen. *



Each year the Tulameen Days parade features interesting entries from many of the ball teams participating in the annual slo-pitch tournament during the weekend. *



News Leader Entertainment

Similkameen News Leader TV Guide Listings - August 3 - 9, 2010



Princeton Kokanee Summer Swim Club coach, Jon Davies, is all smiles as his swimmers rack up the points and ribbons. Swimmers are preparing for the Regionals. Photo: Sharon Anderson

Swim Club ready for Regional meet

The Kokanee Summer Swim Club (KSSC) is heading into Regionals well prepared. They have spent long hours in the pool and have been waking up at the crack of dawn in preparation. Head Coach Jon Davies is confident that the Kokanee swimmers will perform well. "We've seen a lot of improvement this year. For a small club, we have a lot of strong, successful swimmers," says Davies.

In fact, KSSC is far from a small club in terms of registration numbers this year. Davies thanks the Town of Princeton for its part in this.

"We've definitely seen our numbers go up. We've practically doubled in size thanks to the town cutting our costs in half. With this, we've been able to offer a lower priced introductory rate for new swimmers.

The club is so thankful to the town for saving us this money — we look forward to similar treatment next year. We can now compete with bigger neighbouring towns in terms of size. We have more kids registered than Merritt and even represent better at some meets than Kamloops. It's an exciting time for the kids and especially for me."

Davies comes from Red Deer, Alberta, where he coaches winter swimming in Central Alberta.

"I come from a more competitive background. However, I've felt very welcomed by the swimmers and their families. There is a lot of excitement with the kids. We have a huge number of younger, developmental swimmers that I look forward to seeing in the coming years. They'll really break out into strong swimmers. We've made swimming

fun and competitive for these swimmers, including our Black and Blue meet. It was a huge success and everyone had a great day," says Davies.

As for his senior swimmers, Davies is certain they can perform well at the upcoming meet.

"We've had some strong swims this year at other meets. We have a smaller number of senior swimmers, but they are quite close and understand the pressure. They have that to share. I'm sure we'll see some strong technical swims at the Regionals in Kamloops."

KSSC are in Kamloops August 7 and 8 for the Regional meet. For more information on the Kokanee Summer Swim Club, call Patty Allison at 250.295.6754 or visit the Kokanee's webpage located at www.bcssa.bc.ca/ok/pri/. -submitted

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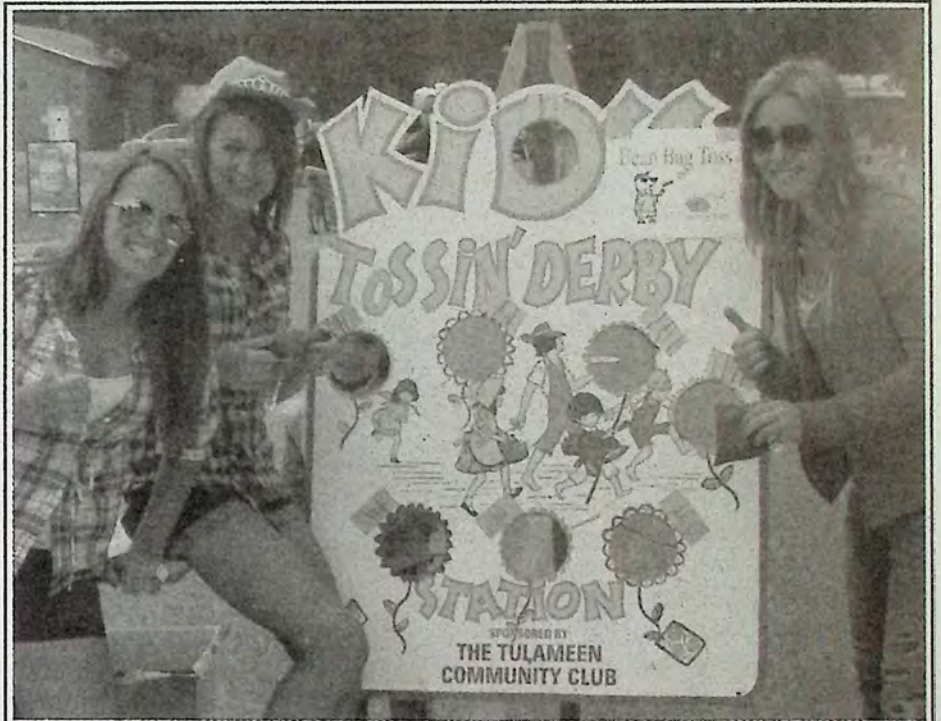
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Tulameen Days - 2010



Ed Reichert rides a classic in the Tulameen Days Parade July 31st. Reichert Sales & Service continues to set the pace for all other snowmobile dealers in BC. *



They were having as much fun as the participants! Carnival games at the street fair in downtown Tulameen raised funds for the Tulameen Community Club. *



They tried to make a break for it and couldn't get away. Another creative and fun entry in the annual Tulameen Days Parade held at 11ish (Tulameen Time) July 31st. *



He didn't hit it out of the park but he did tag it pretty good. Slo-pitch action from the annual Tulameen Days Slo-Pitch Tournament. *



It's all about keeping your eye on the ball. And having the proper arc in your pitch. The Tulameen Days Slo-Pitch Tournament ran all weekend. *



We don't know their names. We don't know where they came from. What we do know is they had the moves to entertain everyone during the Tulameen Days Parade. *

TUESDAY, AUGUST 3, 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	Harvey	(5:30) Morning News (N)	Franklin	Thomas	News (N)	News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky	SportsCenter	Canada AM	How-Made	Henry's	CityLine	Married...	6 Degrees
6:30 AM	Harvey		George S.	Lions								Ruby			How-Made	Franny		Married...	6 Degrees
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (El)	Today Tony Duny; dieting; shampoo. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			dirtgirl	Willa's	SportsCenter		Man vs. Fish	Mickey	The Tyra Show	CSI: NY	End/Leash
7:30 AM	Cosby			Martha							Animal	Timothy				Mickey			Last 10
8 AM	Harvey		The Magic School Bus	Curious			CSI: Miami			100 Huntley Street	Bo on Go	George S.	SportsCenter		Mighty Ships	Manny	Rachael Ray	CSI: Crime Scen	Torrens
8:30 AM	Harvey			Sid							Busytown	Rolie Polie				Manny			Torrens
9 AM	Fam. Feud	100 Huntley Street	Super Why!			The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	SpongeBob	SportsCenter	Live With Regis & Kelly	Cash Cab	Phineas	Role	CSI: Crime Scen	Colin-Justin
9:30 AM	Fam. Feud		Dinosaur								News	(9:25) Kid		Cash Cab	Phineas	Amazing			
10 AM	Reba	PLAN Canada	Spider (10:37)	Sesame Street (El)		The Price Is Right (N)	The First 48	The View (N)	PLAN Canada	Room	Poko	League	Fishing	The View (N)	Man vs. Fish	Hannah	The O.C.	CSI: Crime Scen	Whatever
10:30 AM	Reba									ET Canada	Doodlehop	Invasion	Bowling			Hannah			Whatever
11 AM	Jim	World Vision	Rolie Polie	Clifford	Ellen DeGeneres Show	Young & Restless	Jewels	Money	World Vision	(10:59) Noon News Hour (N)	Gofrette	(11:10) dirtgirl	Motorcycle Racing	Fashion	Sharkbite Summer	Hannah	CityLine	CSI: Crime Scen	Gold Girls
11:30 AM	Name/Earl		Berenstain	Sit-Be Fit								(11:40) Kid		Fashion					Gold Girls
12 PM	Just Shoot	Noon News Hour (N)	Mag Fero	Charlie Rose	Reshape	News	The Sopranos	All My Children	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon	2010 Poker	Chris	Canada's Worst Driver	Wizards	The Bonnie Hunt Show	CSI: Crime Scen	Prince
12:30 PM	King		(12:37)									Rollbots		Bold		Hannah			Prince
1 PM	King	As the World Turns (N)	(1:03) Wibbly Pig	Your Brush	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	2010 Poker	Sue Thomas: F.B. Eye	American Loggers	Cory	Jdg Judy	CSI: Crime Scen	Seinfeld
1:30 PM	Friends			Quilting							Team				Recess	Jdg Judy			Seinfeld
2 PM	Friends	Young & Restless	Franklin	Barney	The Bonnie Hunt Show	Let's Make a Deal (N)	CSI: Miami "Darkroom"	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Around	Dr. Phil	MythBusters	Replacem	CityLine	CSI: Crime Scen	Gold Girls
2:30 PM	Name/Earl		BluesClues	WordWorld							Invasion	Interruptio			Ned's				Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl	Judge B.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid	Off-Record	(2:59) The Dr. Oz Show	Destroyed	Life Derek	CityNews at 6 (N)	CSI: Crime Scen	Restaurant Makeover
3:30 PM	The Office			Electric	Judge B.						Mercer	League	Sports		Destroyed	Suite Life			
4 PM	MLB Baseball: New York	Oprah Winfrey	George S.	Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	Interruptio	Ellen DeGeneres Show	Daily Planet	Phineas	Law & Order: SVU	Ways Die	Colin-Justin
4:30 PM	Mets at Atlanta Braves.										Deal No	Deal No				Wizards			
5 PM	(Live)	Early News	(4:57)	BBC News	News (N)	News	Jewels	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	"Any Given Sunday" (1999) Al Pacino. Premiere.	CTV News at Five (N)	Day of the Shark 3 (N)	Suite/Deck	Hell's Kitchen (N)	Ways Die	Wife Swap (N)
5:30 PM												SpongeBob				Zoey 101			
6 PM	(Live)	Global Nat.	Taste Buds	PBS NewsHour (N)	Millionaire	Access H.	Jewels	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	CTV News (N)	Destroyed	Hannah	America's Got Talent (Live)		Ways Die	Wife Swap
6:30 PM														Destroyed	Wizards			Ways Die	
7 PM	Seinfeld	Ent	Frontiers of	Nova	Jeopardy!	The Doctors	Twisted	Ent	Ent	The Good Wife "Heart"	Fortune	iCarly	SportsCenter (Live)	TMZ (N)	Deadliest Catch (N)	Sonny	CityNews at 6 (N)	CSI: Crime Scen	Restaurant Makeover
7:30 PM	Seinfeld	ET Canada		(DVS)	Fortune		Twisted	The Insider	ET Canada		Jeopardy!	Weird		Access H.		Suite Life			Scrappers
8 PM	Law & Order: SVU	Wipeout (N)	Riddles of the Dead	Wild Lives	Breakthrou gh	NCIS	Twisted	Wipeout (N)	Wipeout (N)	Wipeout (N)	Mercer	Chris		Castle	Daily Planet	Overruled!	News	(8:03)	Last 10
8:30 PM							Twisted				22 Minutes	Chris	Off-Record			Hannah	EP Daily	Scrappers	ET Canada
9 PM	Payne	NCIS: Los Angeles	Movie: "Spellbound" (2002)	Carrier Persian Gulf	America's Got Talent (Same-day Tape)	NCIS: Los Angeles	Jewels	(9:01) Shaq VS (N)	NCIS: Los Angeles	NCIS: Los Angeles	Being Erica (DVS)	8 Rules	Boxing: Friday Night Fights.	(9:01) Shaq VS (N)	Day of the Shark 3	Wizards	Daisy of Love	Knockout Sports	Seinfeld
9:30 PM	Family Guy											Family Biz			Buzz				Seinfeld
10 PM	Family Guy	The Good Wife	Documentar y	R.O.V. "The Way We Get By"	The Good Wife "Heart"		Jewels	Primetime: Fam	The Good Wife "Heart"	News Hour Final (N)	National	Indie		(10:01) Criminal Minds	Deadliest Catch	Ned's	Coach	CSI: Crime Scen	Wife Swap
10:30 PM	Movie: "Mother's Boys" (1994)	CHBC News Final (N)	Edge of the World: BC		News (N)	News	Twisted	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl	SportsCenter	CTV News	How-Made	So Raven	Judge B.	Star Trek: Voyager	Wife Swap
11:30 PM				Circus	Jay Leno	Letterman	Twisted	(11:35)				Fries That?		CTV News	How-Made	Life Derek	Paid Prog.		

WEDNESDAY, AUGUST 4, 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	Harvey	(5:30) Morning News (N)	Franklin	Bob Build	News (N)	News	Criss	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Erky Perky	SportsCenter	Canada AM	How-Made	Henry's	CityLine	Married...	End/Leash
6:30 AM	Harvey		George S.	Lions			Angel					Ruby			How-Made	Feet		Married...	Spoiled
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (El)	Today Second marriages; chef Nigella Lawson. (N)	The Early Show (N)	Criss Angel Mindfreak	Good Morning America (N)			dirtgirl	Willa's	SportsCenter		Day of the Shark 3	Mickey	The Tyra Show	CSI: NY	True Hollywood Story
7:30 AM	Cosby			Martha							Animal	Timothy				Mickey			
8 AM	Harvey		The Magic School Bus	Curious			Criss			100 Huntley Street	Bo on Go	George S.	SportsCenter		License to Drill	Manny	Rachael Ray	CSI: Crime Scen	Inside Hollywood
8:30 AM	Harvey			Sid			Angel				Busytown	Rolie Polie				Manny			Hollywood
9 AM	Fam. Feud	100 Huntley Street	Super Why!			The 700 Club	Criss	Live With Regis & Kelly	100 Huntley Street	PLAN Canada	Super Why!	SpongeBob	SportsCenter	Live With Regis & Kelly	Cash Cab	Phineas	Role	CSI: Crime Scen	Colin-Justin
9:30 AM	Fam. Feud		Dinosaur				Criss				News	(9:25) Kid		Cash Cab	Phineas	Amazing			
10 AM	Reba	World Vision	Spider (10:37)	Sesame Street (El)		The Price Is Right (N)	Criss Angel Mindfreak	The View (N)	World Vision	Green	Poko	League	Motoring	The View (N)	Day of the Shark 3	Hannah	The O.C.	CSI: Crime Scen	Whatever
10:30 AM	Reba									ET Canada	Doodlehop	Invasion	Bowling			Hannah	"The L.A."		Whatever
11 AM	Jim	Canada	Rolie Polie	Clifford	Ellen DeGeneres Show	Young & Restless	Dog	Paid Prog.	Canada	(10:59) Noon News Hour (N)	Gofrette	(11:10) dirtgirl	Wide World of Fights	Fashion	Destroyed	Hannah	CityLine	CSI: Crime Scen	Gold Girls
11:30 AM	Name/Earl	Canada	Berenstain	Sit-Be Fit			Dog	Paid Prog.	Canada			(11:40) Kid		Fashion	Destroyed	Hannah			Gold Girls
12 PM	Just Shoot	Noon News Hour (N)	Mag Fero	Charlie Rose	Paid Prog.	News	Dog	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon	College Basketball	Chris	License to Drill	Wizards	The Bonnie Hunt Show	CSI: Crime Scen	Prince
12:30 PM	King		(12:37)				Dog					Rollbots		Bold		Hannah			Prince
1 PM	King	As the World Turns (N)	(1:03) Wibbly Pig	Oil Painting	Days of our Lives (N)	As the World Turns (N)	Dog	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	Hawks	2010 Poker	Sue Thomas: F.B. Eye	Deadliest Catch	Cory	Jdg Judy	CSI: Crime Scen	Seinfeld
1:30 PM	Friends			Sewing			Dog				Team				Recess	Jdg Judy			Seinfeld
2 PM	Friends	Young & Restless	Franklin	Barney	The Bonnie Hunt Show	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Around	Dr. Phil	MythBusters	Replacem	CityLine	CSI: Crime Scen	Gold Girls
2:30 PM	Name/Earl		BluesClues	WordWorld			Dog				Invasion	Interruptio			School				Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl	Judge B.	Dr. Phil	Dog the Bounty Hunter	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid	Off-Record	(2:59) The Dr. Oz Show	Constructio n	Hannah	CityNews at 6 (N)	CSI: Crime Scen	Restaurant Makeover
3:30 PM	The Office			Electric	Judge B.						Mosque	League	Sports			Hannah			
4 PM	MLB Baseball: New York	Oprah Winfrey	George S.	Cyberchas	Jdg Judy	Oprah Winfrey	Dog	Deal-Deal	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	Sports	Ellen DeGeneres Show	Daily Planet	Hannah	Law & Order: SVU	UFC 117: Countdown	Colin-Justin
4:30 PM	Mets at Atlanta Braves.						Dog	Deal No			Deal No	Deal No				Hannah			
5 PM	(Live)	Early News	(4:57)	BBC News	News (N)	News	Dog	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	Prizefighter: Super Middleweigh ts.	CTV News at Five (N)	Shark Bite Beach (N)	Hannah	Minute to Win It (N)	UFC Unleashed	Hoarders
5:30 PM							Dog					SpongeBob				Hannah			
6 PM	(Live)	Global Nat.	Creatures	PBS NewsHour (N)	Millionaire	Access H.	Dog	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	CTV News (N)	Deadliest Catch	Hannah	America's Got Talent		Ultimate Knockouts 6	Runaway
6:30 PM														Destroyed	Wizards				Runaway
7 PM	Seinfeld	Ent	Rivers	Great Performanc es at the Met Elina Garanca sings the title role.	Jeopardy!	The Doctors	Criss Angel Mindfreak	Ent	Ent	Glee "Ballad" (PA)	Fortune	iCarly	SportsCenter (Live)	TMZ (N)	Mayday	Sonny	Family	Pros vs. Joes (N)	Parking
7:30 PM	Seinfeld	ET Canada	Wild		Fortune			The Insider	ET Canada		Jeopardy!	Weird		Access H.		Suite Life	Cougar		Parking
8 PM	Law & Order: SVU	Big Brother (N)	Inside! (E)	Met Elina Garanca sings the title role.	Minute to Win It (N)	Big Brother (N)	Criss Angel	The Middle	Big Brother (N)	Big Brother (N)	Dragons' Den	Chris		So You Think You Can Dance (Same-day Tape)	Daily Planet	Overruled!	News	Knockout	Torrens
8:30 PM								The Middle				Chris	Off-Record			Hannah	EP Daily	Knockout	ET Canada
9 PM	Payne	Glee	Rolando Villazon	America's Got Talent	Criminal Minds	Dog	Family	Glee	100 Mile Challenge	100 Mile Challenge	The Tudors (DVS)	8 Rules	30 for 30	Shark Bite Beach	Wizards	I Love Money	Knockout Sports	Seinfeld	
9:30 PM	Family Guy						(9:31) Dog the Bounty Hunter	Cougar				Survive			Buzz				Seinfeld
10 PM	Family Guy	100 Mile Challenge	Don Giovanni	American Masters	Law & Order: SVU	CSI: NY	Dog	(10:01) Castle	100 Mile Challenge	News Hour Final (N)	National	Indie	Wide World of Fights	CSI: NY	Mighty Ships "Becruz"	School	Coach	CSI: Crime Scen	Hoarders
10:30 PM	Star Trek: Next						Dog					Family Biz				Stone	Judge B.		
11 PM	PM	CHBC News Final (N)	A Flag for Canada	Charlie Rose (N)	News (N)	News	(11:01) Criss Angel Mindfreak	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl	SportsCenter (Live)	CTV News	Deadliest Catch	So Raven	Judge B.	Star Trek: Voyager	Runaway
11:30 PM	Cheers				Jay Leno	Letterman		(11:35)				Fries That?		CTV News	How-Made	Life Derek			

Similkameen
News Leader - Horoscopes
August 4 - 11, 2010

Aries - You may feel friends and/or spouse seem demanding or opposed to you. All relationships are being tested. It's because you're a success, an achiever. Define what you expect from others, what they expect from you.

Taurus - You may feel tired, lazy, out of sorts. Check your health. Focus on home, property, providing for the future. Talking to young folk is important now. Work on a creative project for relaxation. You could be inspired.

Gemini - Your life seems full of running errands these days, and cleaning house. It seems you don't have much fun. You can enjoy traveling or welcoming people from far away. Family members want to hear from you.

Cancer - Maybe life isn't all about money, what you own and what you owe, but it feels that way right now. Your home and property may seem dull. You need to be creative about improving what you own. Clean house, garden.

Leo - You may suddenly become aware of problems with siblings or neighbours. Be sympathetic and helpful. What is occurring will be beneficial over the long term. An unexpected journey may be needed.

Virgo - Some financial benefit can come to you due to shared resources but you are going to have to work at the sharing. You don't get anything without effort. Now is a good time to look into the past 29 years and evaluate your learning.

Libra - A partner or friend may seem to be going to extremes. Don't be angry, be steady and work hard. You can be loving and supportive but if you don't agree, be sensible and hold the fort. Be patient, not depressed.

Scorpio - You need to take care of your health now and for the next two years be especially health conscious. Watch out for people working against you to fulfill their own agendas. Be alert. A creative job could bring a lot of cash.

Sagittarius - Groups you belong to can seem dull or hard work. Use your natural creative gifts to put a spark of humour into the group so you can have more fun. Pay close attention to information about your career.

Capricorn - Your career may be a source of problems, hard work, and may seem dull or a burden, but be patient. What is happening is a steadying out. If you feel you must change careers, explore possibilities, look for opportunities.

Aquarius - Siblings, neighbours bring excitement and surprises into your life now. This is not a good time for you to travel long distances. If you must, it will be a hassle. Spend time with friends, partner, one to one.

Pisces - Resources you share with another become more secure now. A bank or insurance company could actually be helpful now. Death of a female friend could cause you to be angry and sorrowful. Learn from a distant teacher.

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Tuesday Movies

AFTERNOON

4:30 pm TSN (19) ★★★ "Any Given Sunday" (1999, Drama) Al Pacino. Premiere. A football head coach and an aging quarterback clash with the new, contemporary, money-oriented owner of their team. (E)

★★★ "Spellbound" (2002, Documentary) Filmmaker Jeff Blitz follows eight diverse children to the finals of a spelling bee in Washington, D.C. (E)
10:30 pm WTBS (3) ★½ "Mother's Boys" (1994, Suspense) Jamie Lee Curtis. A deserter returns to Los Angeles, determined to win back her husband and three sons.

EVENING

9:00 pm KNOW (5)

Wednesday Movies

Similkameen
News Leader

Thursday Movies

EVENING

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

Friday Movies

EVENING

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

Canada in the summer of 1970. (E)
11:00 pm FAM (26) "My Brother The Pig" (2000, Comedy) Scarlett Johansson. When a spell turns an 8-year-old boy into a swine his sister and best friend race to find the cure. (In Stereo) (E)

9:30 pm FAM (26) ★★ "Space Jam" (1996, Comedy) Michael Jordan. Live action/animated. NBA star Michael Jordan helps the good Looney Tunes take on the bad Monstars in a basketball game. (In Stereo) (E)

10:00 pm WTBS (3) ★★½ "Vertical Limit" (2000, Suspense) Chris O'Donnell. A climber must rescue his sister stranded by an avalanche. (E)
KNOW (5) ★★★ "Festival Express" (2003, Documentary) Janis Joplin. The Grateful Dead, Janis Joplin, the Band and a host of other musicians embark on a railway tour of

Similkameen
News Leader - Recipe Corner
Recipe #334

Cheddar and Onion Mini-Muffins

(NC)— Warm, tasty breakfast bites – for when guests stay over.

- 1 1/2 cups (375mL) all-purpose flour
- 1 tsp (5mL) baking powder
- 1 tsp (5mL) baking soda
- 1/4 tsp (1mL) salt
- 1 cup (250mL) grated Balderson Heritage 5 Year Old Cheddar Cheese
- 1/3 cup (75mL) granulated sugar
- 1 egg, beaten
- 1/2 cup (125mL) Beatrice milk
- 3 tbsp (45mL) melted Lactantia butter
- 1/3 cup (75mL) finely chopped green onion

Prep Time: 20 minutes

Baking Time: 12 minutes

Makes 18

Preheat oven to 400°F (200°C) and grease 18 mini muffin cups.

Combine flour, baking powder, baking soda, salt and grated Balderson Heritage 5 Year Old Cheddar Cheese in a bowl. Make a well in the centre. Combine remaining ingredients. Add to dry ingredients and gently fold together until just mixed and somewhat lumpy. Spoon batter into greased muffin cups.

Bake 10 to 12 minutes or until golden.

- News Canada

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THURSDAY, AUGUST 5, 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	Harvey	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	The First 48	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	CityLine	Married... Whatever	Whatever	
7 AM	Cosby	(7:02) Clifford the Big Red Dog	Arthur (EI)	Today Pets; Today's Kitchen;	The Early Show (N)	The First 48	The First 48	Good Morning America (N)	(7:02) Clifford the Big Red Dog	(7:02) Clifford the Big Red Dog	dirtgirl	Willa's Timothy	SportsCentre	Shark Bite Beach	Mickey	The Tyra Show	CSI: NY	Reality	Reality	
8 AM	Harvey	The Magic School Bus	Curious Sid	Melina Bellows. (N)	The 700 Club	The First 48	The First 48	100 Huntley Street	Bo on Go	George S.	SportsCentre	Forensic Factor	Manny	Rachael Ray	CSI: Crime Scene	Comeback	Comeback	Comeback	Comeback	
9 AM	Fam. Feud	100 Huntley Street	Super Why!	Dinosaur	The Price Is Right (N)	The First 48	The First 48	The View (N)	World Vision	Room	Poko	League	Global Golf	The View (N)	Shark Bite Beach	Hannah	The O.C. "The Nana"	CSI: Crime Scene	Whatever	
10 AM	Reba	World Vision	Spider (10:37)	Sesame Street (EI)	Young & Restless	The First 48	The First 48	The View (N)	World Vision	Room	Poko	League	Global Golf	The View (N)	Shark Bite Beach	Hannah	The O.C. "The Nana"	CSI: Crime Scene	Whatever	
11 AM	Jim Name/Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The First 48	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	(11:10) Boxing; Friday Night Fights.	Fashion	Mighty Ships "Beerus"	Hannah	CityLine	CSI: Crime Scene	Gold Girls	Gold Girls	
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Heal Power-Juicing	News	The First 48	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon	2010 Poker	Chris Bold	Wizards	The Bonnie Hunt Show	CSI: Crime Scene	Prince	Prince	
1 PM	King Friends	As the World Turns (N)	(1:03) Wibbly Pig	Painting Quilling Art	Days of our Lives (N)	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	Hawks Team	Oil Change	Sue Thomas F.B.Eye	Mayday	Cory	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)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruptio	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.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes 22 Minutes	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover	
4 PM	MLB Baseball: San Francisco Giants at Atlanta Braves. (Live)	Oprah Winfrey	George S.	Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Wide World of Fights	Ellen DeGeneres Show	Daily Planet	Phineas	Murdoch Mysteries	Jail	Colin-Justin	
5 PM	Francisco Giants at Atlanta Braves. (Live)	Early News	(4:57) BBC News	News (N)	News	News	The First 48	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	2010 Poker	CTV News at Five (N)	Ultimate Air Jaws	Suite/Deck	Community	Jail	Seinfeld	
6 PM	Braves. (Live)	Global Nat.	Heads Up	PBS NewsHour (N)	Millionaire	Access H.	The First 48	News	(5:59) News Hour (N)	ET Canada	Ent	Coronation	Indie	CTV News (N)	Into the Shark Bite	Hannah	How I Met	TNA Wrestling (N)	Family Guy	
7 PM	Seinfeld	Ent	Frontier of Constructio	Halrworld-Purs	Jeopardy!	The Doctors	The Squad	Ent	Hawthorne "Trust Me"	Fortune	Jeopardy!	Weird	SportsCentre (Live)	TMZ (N)	MythBusters	Sonny	How I Met	King	King	
8 PM	Law & Order: SVU	Big Brother	Jazz (N) (Part 5 of 10)	Polrot "Incredible Theft"	Community	Big Brother	The Squad	Wipeout "World Cup"	Big Brother	Big Brother	The Nature of Things	Ruby	Off-Record	CSI: Crime Scene	Daily Planet	Overruled!	News	Scrappers	Comeback	
9 PM	Family Guy	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)	Love, Hate	10 Things	Sports	So You Think	Ultimate Air Jaws	Wizards	Jim	(9:08)	Family Guy	
10 PM	Movie: "The Guardian" (2006)	Hawthorne "Trust Me"	On Screen	Dudu Fisher: In Concert	Law & Order: SVU	The Mentalist	(10:01) The First 48	Boston Med (N)	Hawthorne "Trust Me"	News Hour Final (N)	National	Indie	Family Biz	Global Golf	The Mentalist	Into the Shark Bite	School	Coach	Swimsuit Pageant	Seinfeld
11 PM	Kevin Costner.	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	News (N)	News	The Squad	News	News Hour Final (N)	Ent	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	MythBusters	So Raven	Judge B.	Disorderly Con.	King	

FRIDAY, AUGUST 6, 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	Harvey	(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	SportsCentre	Canada AM	How-Made	Henry's	CityLine	Married... Inside Hollywood	Inside Hollywood
7 AM	Cosby	(7:02) Clifford the Big Red Dog	Arthur (EI)	Today Train performs. (N)	The Early Show (N)	American Justice	American Justice	Good Morning America (N)	(7:02) Clifford the Big Red Dog	(7:02) Clifford the Big Red Dog	dirtgirl	Willa's Timothy	SportsCentre	Ultimate Air Jaws	Mickey	The Tyra Show	CSI: NY	Inside Hollywood	Inside Hollywood
8 AM	Harvey	The Magic School Bus	Curious Sid	Melina Bellows. (N)	The 700 Club	American Justice	American Justice	100 Huntley Street	Bo on Go	George S.	SportsCentre	Forensic Factor	Manny	Rachael Ray	CSI: Crime Scene	Tooned	Tooned	Tooned	Tooned
9 AM	Fam. Feud	100 Huntley Street	Super Why!	Dinosaur	The Price Is Right (N)	The First 48	The First 48	The View (N)	World Vision	Room	Poko	League	Sports	The View (N)	Ultimate Air Jaws	Hannah	The O.C.	CSI: Crime Scene	Whatever
10 AM	Reba	World Vision	Spider (10:37)	Sesame Street (EI)	Young & Restless	The First 48	The First 48	The View (N)	World Vision	Room	Poko	League	Sports	The View (N)	Ultimate Air Jaws	Hannah	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) Boxing; Friday Night Fights.	Fashion	Into the Shark Bite	Hannah	CityLine	CSI: Crime Scene	Gold Girls	Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero (12:37)	Charlie Rose	Heal Power-Juicing	News	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Pokemon	2010 Poker	Chris Bold	Wizards	The Bonnie Hunt Show	CSI: Crime Scene	Prince	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)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Think Who Do	Hawks Team	2010 Poker	Sue Thomas F.B.Eye	Dirty Jobs	Cory	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)	American Justice	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Invasion	Around Interruptio	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.	Dr. Phil	American Justice	Rachael Ray	The Doctors	To Be Announced	Recipes Red Green	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George S.	Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	CFL Football: Saskatchewan Roughriders at Montreal Alouettes. (Live)	Daily Planet	Phineas	Murdoch Mysteries	CSI: Crime Scene	Colin-Justin	Colin-Justin
5 PM	Francisco Giants at Atlanta Braves. (Live)	Early News	(4:57) BBC News	News (N)	News	News	Criminal Minds "Jones"	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Penguins	2010 Poker	CTV News at Five (N)	Best Bites: Shark Week	Suite/Deck	Mantracker (DVS)	(5:12) CSI: Crime Scene	Seinfeld
6 PM	Braves. (Live)	Global Nat.	Animals	PBS NewsHour (N)	Millionaire	Access H.	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Ent	Coronation	Indie	CTV News (N)	Man vs. Wild	Wizards	The Beat	Investigatio	Family Guy
7 PM	Seinfeld	Ent	Doc Martin "Old Dogs"	McLaughlin	Jeopardy!	The Doctors	Criminal Minds	Ent	ReGenesis	Fortune	Jeopardy!	Big Time Rush (N)	CFL Football: Toronto	TMZ (N)	Forensic Factor (N)	Good Luck	Warehouse 13	Knockout	Tooned
8 PM	Seinfeld	Friday Night Lights (N)	Doc Martin "In Loco"	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	Argonauts at Edmonton Eskimos. (Live)	Law & Order	Daily Planet	Movie: "Vacation With Derek"	News	Knockout Sports	6 Degrees	ET Canada
9 PM	Family Guy	Capt Cook	Dalziel and Pascoe	News	Dateline NBC	Medium "Baby Fever"	(9:01) Criminal Minds	Primetime: What Would	Capt Cook	Captain Cook	Republic of Doyle	10 Things Survive	Medium "Baby Fever"	To Be Announced	Movie: "Space Jam" (1996)	King of Hill	Trailers	Family Guy	Family Guy
10 PM	Movie: "Vertical Limit" (2000) Chris O'Donnell.	ReGenesis	Movie: "Festival Express" (2003)	The Supreme Court	Flashpoint	(10:01) Criminal Minds	(10:01) Criminal Minds	News	News Hour Final (N)	Ent	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Forensic Factor	"My Brother The Pig"	Judge B.	Knockout	Seinfeld
11 PM	Kevin Costner.	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	News (N)	News	The Squad	News	News Hour Final (N)	Ent	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Forensic Factor	So Raven	Judge B.	Disorderly Con.	King

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 #311 - Rated Medium

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

THIS WEEK'S SOLUTION:
Page 18

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

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Saturday Movies

MORNING

- 8:00 am WTBS (3) ★★½ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. (E)
- 10:00 am WTBS (3) ★★½ "The Ringer" (2005, Comedy) Johnny Knoxville. Special Olympians train a man, who is pretending to be mentally impaired, to go toe-to-toe with the hated champion of the games. (E)
- SPIKE (4) ★★ "Hard to Kill" (1990, Action) Steven Seagal. A policeman, who was pronounced dead but lived, eventually recovers with the help of a gorgeous nurse, and years later he seeks revenge. (In Stereo)

AFTERNOON

- 12:00 pm FAM (26) "16 Wishes" (2010, Comedy) Debby Ryan. The wishes of a teenager magically come true on her 16th birthday. (In Stereo) (E)
- 1:30 pm FAM (26) "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. A teenage vocal group attends a music festival in Spain. (In Stereo)
- 4:00 pm SPIKE (4) "Driven to Kill" (2009, Action) Steven Seagal. A former Russian gangster springs into action when his family becomes the target of violence. (In Stereo)
- 5:00 pm WTBS (3) ★★½ "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (E)

EVENING

- 6:00 pm YTV (18) ★★½ "Nanny McPhee" (2005, Comedy) Emma Thompson. A widower hires a mysterious woman who uses magic to control his seven unruly children. (In Stereo) (E)
- CITY (29) "A Winter Tale" (2007, Drama) Peter Williams. Six men form a support group after the shooting death of a young boy. (E) (DVS)
- 7:00 pm WTBS (3) ★★½ "Flesh and Bone" (1993, Suspense) Dennis Quaid. An evil man who killed a family 25 years earlier meets a survivor, his son's girlfriend.
- CITY (12) "Poison Ivy: The Secret Society" (2008, Drama) Ryan Kennedy. A woman becomes a pawn in a revenge scheme against another's ex-boyfriend. (E)
- 8:00 pm CHBC (4) BCTV (11) "Poison Ivy: The Secret Society" (2008, Drama) Ryan Kennedy. Premiere. A woman becomes a pawn in a revenge scheme against another's ex-boyfriend. (E)
- KXLY (10) ★★ "Red Eye" (2005, Suspense) Rachel McAdams. A plane passenger forcibly involves his seatmate in a plot to assassinate a government official. (In Stereo) (E)
- CBC (13) ★★ "Pirates of the Caribbean: The Curse of the Black Pearl" (2003, Adventure) Johnny Depp. A swashbuckler must rescue a governor's daughter from a pirate and his mates, who turn into skeletons by moonlight. (In Stereo) (E)
- SPIKE (4) "Urban Justice" (2007,

- Action) Steven Seagal. A former government agent begins a relentless pursuit of his son's murderer. (In Stereo)
- 9:00 pm FAM (26) ★★ "Little Big League" (1994, Comedy) Luke Edwards. A 12-year-old boy inherits the Minnesota Twins and takes over as team manager. (In Stereo) (E)
- 9:30 pm WTBS (3) ★★½ "The Ringer" (2005, Comedy) Johnny Knoxville. Special Olympians train a man, who is pretending to be mentally impaired, to go toe-to-toe with the hated champion of the games. (E)
- 11:00 pm KNOW (5) ★★ "Festival Express" (2003, Documentary) Janis Joplin. The Grateful Dead, Janis Joplin, the Band and a host of other musicians embark on a railway tour of Canada in the summer of 1970. (E)
- FAM (26) ★★½ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. (In Stereo)
- 11:30 pm CBC (13) ★★½ "The World of Henry Orient" (1964, Comedy) Peter Sellers. Two rich Manhattan schoolgirls become infatuated with a pianist and follow him around. (In Stereo) (E)

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Sunday Movies

MORNING

- 8:00 am WTBS (3) ★★ "Father of the Bride" (1991, Comedy) Steve Martin. A harried patriarch faces separation anxiety, exorbitant costs and more as he prepares for his daughter's wedding. (E)
- 10:00 am WTBS (3) ★★½ "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter. (E)
- SPIKE (4) ★★ "GoodFellas" (1990, Crime Drama) Robert De Niro. In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. (In Stereo)

AFTERNOON

- 12:00 pm WTBS (3) ★★ "Bewitched" (2005, Romance-Comedy) Nicole Kidman. An actual witch and a neurotic movie star land the lead roles in a television remake of the 1960s sitcom. (E)
- FAM (26) ★★ "The Neverending Story" (1984, Fantasy) Barret Oliver. An imaginative boy is transported to a magical kingdom in danger of destruction. (In Stereo) (E)
- 1:00 pm VTV (22) "Zeyda and the Hitman" (2004, Comedy) Judd Hirsch. Denied access to his grandson, a man hires a gangster to kill his mouthy son-in-law. (In Stereo) (E) (DVS)
- SPIKE (4) ★★ "Platoon" (1986, War) Tom Berenger. Two sergeants and a private join others lost in war along the 1967 Cambodian border. (In Stereo)
- 1:34 pm FAM (26) ★★ "The Rookie" (2002, Drama) Dennis Quaid. A high-school baseball coach makes it to the major leagues as a middle-aged relief pitcher. (In

EVENING

- 2:00 pm WTBS (3) ★★ "28 Days" (2000, Comedy-Drama) Sandra Bullock. When a court order sends a New York journalist to a rehabilitation center for substance abusers, she meets a ballplayer. (E)
- KXLY (10) ★★ "Around the World in 80 Days" (2004, Adventure) Jackie Chan. With help from his two sidekicks, an eccentric inventor bets he can circle the globe in less than three months. (In Stereo) (E)
- YTV (18) ★★ "The Flintstones in Viva Rock Vegas" (2000, Comedy) Mark Addy. Young Fred Flintstone courts heiress Wilma Slaghoople, while Barney Rubble romances Betty O'Shale during a weekend in Rock Vegas. (In Stereo) (E)
- 3:00 pm VTV (22) "In God's Country" (2007, Drama) Kelly Rowan. A determined woman flees her polygamous husband, taking her children with her. (In Stereo) (E) (DVS)
- 4:00 pm WTBS (3) ★★ "Titanic" (1997, Drama) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage. (E)
- YTV (18) ★★½ "The Flintstones" (1994, Comedy) John Goodman. Betty's Barney helps Wilma's Fred move up the ladder at Slate & Co. in Stone Age Bedrock. (In Stereo) (E)
- 5:00 pm CBC (13) ★★½ "Chitty Chitty Bang Bang" (1968, Fantasy) Dick Van Dyke. An inventor takes his kids and a candy tycoon's daughter for a musical ride in a flying car. (In Stereo) (E)
- 5:30 pm SPIKE (4) ★★ "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

EVENING

- 6:00 pm YTV (18) ★★½ "Nacho Libre" (2006, Comedy) Jack Black. To raise money for an orphanage, a Mexican cook named Ignacio moonlights as a professional wrestler. (In Stereo) (E)
- 7:30 pm SPIKE (4) ★★ "Platoon" (1986, War) Tom Berenger. Two sergeants and a private join others lost in war along the 1967 Cambodian border. (In Stereo)
- 8:00 pm WTBS (3) ★★ "Titanic" (1997, Drama) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage. (E)
- CBC (13) ★★ "My Big Fat Greek Wedding" (2002, Romance-Comedy) Nia Vardalos. Family tensions arise after a woman falls in love with a man who is not Greek. (In Stereo) (E)
- 9:00 pm FAM (26) ★★ "Hometown Legend" (2002, Drama) Terry O'Quinn. Retired for 12 years, a high-school football coach returns to his former team and resurrects their spirit. (In Stereo) (E)
- 10:00 pm SPIKE (4) ★★ "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)
- 10:45 pm FAM (26) ★★ "Practical Magic" (1998, Comedy-Drama) Sandra Bullock. Raised by their aunts, two sisters use different means to avoid a family legacy of witchcraft. (In Stereo) (E)

SATURDAY, AUGUST 7, 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 (6 AM to 11:30 PM) listing TV programs and their details.

SUNDAY, AUGUST 8, 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 (6 AM to 11:30 PM) listing TV programs and their details.

MONDAY, AUGUST 9, 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	(5:30) Morning News (N)	Franklin	Bob Build	News (N)	News	The Sopranos	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	CityLine	Married	Comeback
6:30 AM	Harvey		George S.	Lions											How-Made	Feet		Married	Comeback
7 AM	Cosby		(7:02) Clifford the Big Red Dog	Arthur (EI)	Today (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			dirtygirl	Willa's	SportsCentre		Mayday	Mickey	The Tyra Show	CSI: NY Parts	Carlawood
7:30 AM	Cosby			Martha							Animal	Timothy			Mickey				Carlawood
8 AM	Harvey			Curious			CSI: Miami			100 Huntley Street	Bo on Go	George S.	SportsCentre		Canada's Worst Driver	Manny	Rachael Ray	CSI: Crime Scene	Re-Vamped
8:30 AM	Harvey		The Magic School Bus "For Lunch"	Sid						Busytown	Rolie Polie				Manny				
9 AM	Fam. Feud	100 Huntley Street	Super Why!	Dinosaur		The 700 Club	Intervention "Richard"	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	SpongeBob	SportsCentre	Live With Regis & Kelly	Cash Cab	Phineas	Role	CSI: Crime Scene	Colin/Justin's Heist
9:30 AM	Fam. Feud									News	(9:25) Kid			Cash Cab	Phineas	Amazing			
10 AM	Reba	Canada	Spider	Sesame Street (EI)		The Price Is Right (N)	Intervention "Rob"	The View	Canada	Green	Poko	League	ATP Tennis: U.S. Open Series	The View	How-Made	TBA	The O.C. "The Shower"	CSI: Crime Scene	Whatever
10:30 AM	Reba	Canada	(10:37)						Canada	ET Canada	Doodlebop	Invasion			Cash Cab	TBA			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) dirtgirl	Rogers Cup. From Toronto.	Fashion	Greensburg	TBA	CityLine	CSI: Crime Scene	Gold Girls
11:30 AM	Jim Name/Earl									News Hour (N)	(11:40) Kid		(Live)	Fashion					Gold Girls
12 PM	Just Shoot King	Noon News Hour (N)	Mag Fero	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 Rollbots		etalk	Austin Stevens	Wizards Hannah	The Bonnie Hunt Show	CSI: Crime Scene	Prince
12:30 PM	King		(12:37)		Paid Prog.	Bold								Bold					Prince
1 PM	King	As the World Turns (N)	(1:03) Wibbly Pig	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Who Do You Do	Hawks		Sue Thomas F.B.Eye	Blueprint for Disaster	Cory	Jdg Judy	CSI: Crime Scene	Seinfeld
1:30 PM	Friends										Who Do You Do	Team				Recess	Jdg Judy		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	Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scene	Gold Girls
2:30 PM	Friends Name Earl												Interruptio						Gold Girls
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl	Judge B.	Dr. Phil	Intervention "Richard"	Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Record Sports	(2:59) The Dr. Oz Show	To Be Announced	Life Derek Sulte Life	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
3:30 PM	The Office			Electric	Judge B.														
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey	Intervention "Rob"	Deal-Deal	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Interruptio	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Murdoch Mysteries	Entourage	Colin/Justin's Heist
4:30 PM	Family Guy													DeGeneres Show					
5 PM	Payne	Early News	(4:57)	BBC News	News (N)	News	Intervention	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	U.S. Open Series: Rogers Cup. From Toronto.	CTV News at Five (N)	MythBusters	Suite/Deck Zoey 101	Bachelor Pad (Series Premiere)	Entourage	Wipeout
5:30 PM	Payne	News	Martha	Business	NBC News	CBS News		ABC News	Global Nat.	ET Canada		SpongeBob		CTV News (N)	Dirty Jobs	Hannah Wizards	(N)	Movie: "Rambo" (2008)	Wipeout
6 PM	Law & Order: SVU	Global Nat.	Mechanics	PBS NewsHour (N)	News (N)	News	Intervention "Joe" (N)	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie		CTV News (N)					Wipeout
6:30 PM	Law & Order: SVU		Dogs	Millionaire	Access H.														
7 PM	Seinfeld	Ent	Eden	'Allo, 'Allo!	Jeopardy!	The Doctors	Obsessed (N)	Ent	Ent	In Plain Sight	Wheel Jeopardy!	The Next Star (N)	SportsCentre (Live)	etalk	American Loggers (N)	Sonny Suite Life	(7:01) Dating in the Dark	CSI: Crime Scene	Parking
7:30 PM	Seinfeld	ET Canada	Landscape	Europe	Wheel			The Insider	ET Canada					Access H.					Parking
8 PM	Movie: "Dead Man on Campus" (1998)	Teen Choice 2010 (N)	Monarchy	Antiques Roadshow	America's Got Talent	How I Met My Rules	Obsessed (N)	Bachelor Pad (Series Premiere)	Teen Choice 2010 (N)	Teen Choice 2010 (N)	18 to Life	Chris		Cleveland	Daily Planet	Overruled!	News	(8:08)	Carlawood
8:30 PM	Movie: "Dead Man on Campus" (1998)													Hiccups					
9 PM	Movie: "Dead Man on Campus" (1998)	Eileen Gray: Invitation	History Detectives (N)	Last Comic Standing The winner is revealed.	Two Men Big Bang	(9:01) Intervention					Kids in-Hall Comedy	8 Rules	Boxing: Friday Night Fights. (Taped)	Two Men Big Bang	MythBusters	Wizards	King of Hill	Knockout	Seinfeld
9:30 PM	Movie: "Dead Man on Campus" (1998)													Big Bang					Seinfeld
10 PM	Movie: "Dead Man on Campus" (1998)	In Plain Sight	Polygamy's Lost Boys	Latrobe-First Architect	(10:01) CSI: Miami	(10:01) Intervention "Joe"			In Plain Sight	News Hour Final (N)	National	The Next Star		(10:01) CSI: Miami	American Loggers	School Stone	Coach Judge B.	CSI: Crime Scene	Wipeout
10:30 PM	Movie: "Dead Man on Campus" (1998)																		
11 PM	CHBC News Final (N)	Leaving the Lights	Charlie Rose (N)	News (N)	News	(11:01) Letterman	Obsessed		News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptl Fries That?	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven	Judge B.	Star Trek: Voyager	Wipeout
11:30 PM	CHBC News Final (N)													CTV News		Life Derek	Paid Prog.		

Monday Movies

EVENING

6:00 pm SPIKE (44) ★★"Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)
 8:00 pm WTBS (3) ★★"Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to

receive an automatic 4.0 grade average.
 10:00 pm WTBS (3) ★★"Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average.

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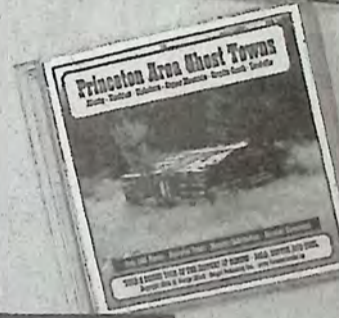
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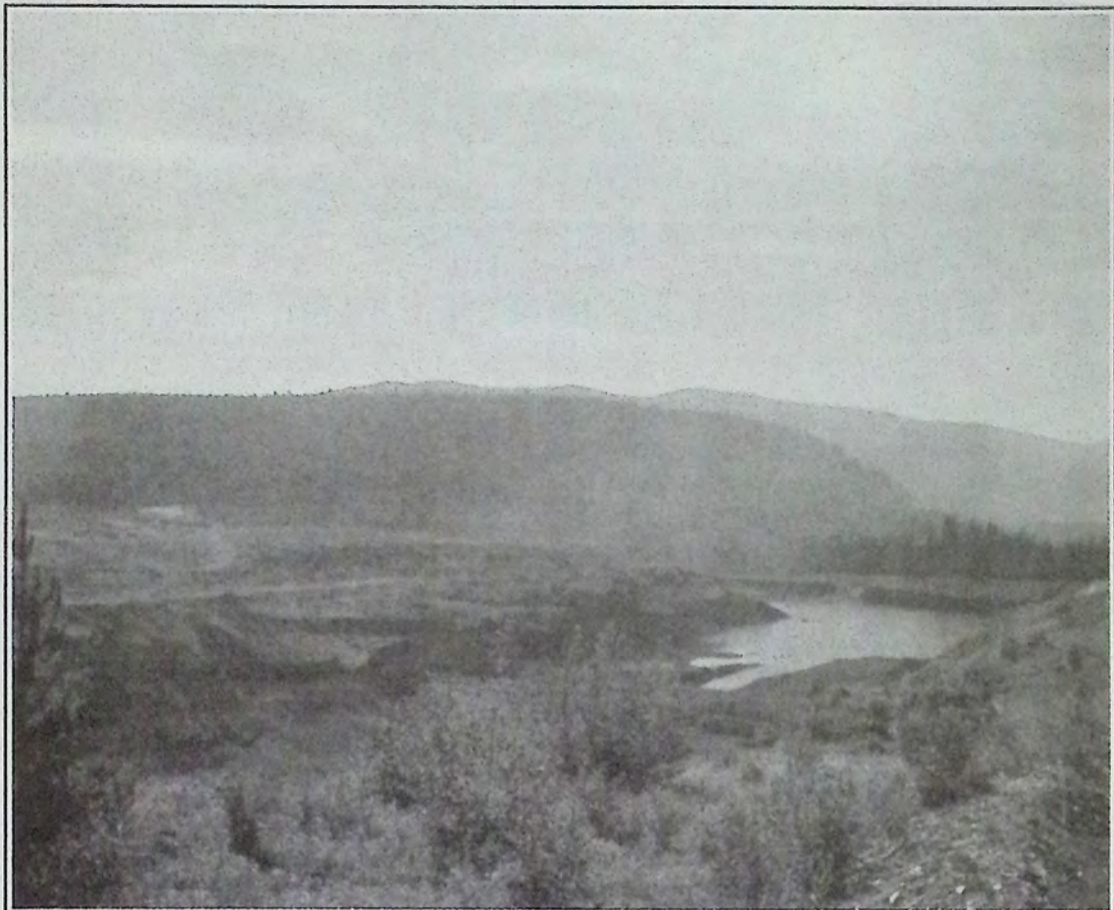


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The view is spectacular from the Basin Coal Mine - even with the smoke. Photo: Terry Malanchuk

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Princeton Posse 2010/11

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Game Schedule
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HOME

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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My Turn...

Band-Aid Solutions

I had a bad dream the other night. I found myself standing in line wearing my pajamas with three items under my arm and the sense of panic that I forgot to grab my debit card before I left home.

The line seemed to get longer and longer and the checkout clerk was working faster and faster but I wasn't moving closer to the head of the line. "But I only have three items!" I screamed.

Then it dawned on me.

I wasn't in the express lane.

I was in the waiting room at Princeton Hospital and it was the Friday of a holiday long weekend and things were spinning out of control.

At least at Overwaitea when the lines get a little long they'll open another checkout. They'll even phone for back up.

And you rarely bump into someone working there stocking shelves only because they can't practice their specialty.

With Interior Health it's a completely different situation.

That fear was enough to snap me out of my dream and made me realize how thankful I am that I rarely get sick anymore. I think it's because God knows I live in Princeton and that with my luck I'd need emergency help on one of those days when the ER is closed for 24-hours so He's been keeping me healthy.

But what about those whizzing by Princeton on their way to somewhere else and they discover Whipsaw Bridge is not as easy to get around at 110 kph as it may look on Google Earth?

It sort of makes me envy those standing in line at Overwaitea all of a sudden.

Anywhere in BC if you as much as whisper the words 'doctor shortage' automatically you get tagged as being from Princeton.

What would make things so much easier at Princeton Hospital is simple, but IHA doesn't understand the word so we will find the complicated answer and make the suggestion from it.

The complicated solution is to book your accident and emergency visit in advance.

If you've ever said to yourself, "I think I'm going to race through Manning Park dodging wildlife and other vehicles today," then you should book your ER visit right away for later today.

If you're lucky a lot of other people didn't pick the same time as you and you'll be golden.

The pre-booked accident/emergency visit would also give the over-worked staff a chance to catch up or at least sneak in a bathroom break between fixing broken bodies and whatnot.

Maybe drop Interior Health a note the next time you're on your computer supporting this new system. If enough of us do it they may actually listen and make a change of some kind.

Or at the very least they'll follow the Overwaitea model by opening up another checkout. Just don't forget your debit card!



Regional District of Okanagan-Similkameen Chair Dan Ashton recounted how, as a lad, he and his pals would visit the then derelict Keremeos Grist Mill. Ashton joined Keremeos Mayor Walter Despot, MLA John Slater and sixty other visitors and guests at a Canada Post dedication July 23rd of an Under The Flag series featuring The Keremeos Grist Mill Photo: Dave Cursons

Your Turn...

She Speaks For The Animals

To The Editor;

I watched a documentary that aired on Global television on July 28, 2010 titled No Country for Animals with great expectation that this would be a major turning point for educating the public on how animals raised for meat consumption are treated. I was very disappointed. This documentary was very Canadian and very polite in my view. I was hoping that practices the general public are unaware of would be exposed. There is so much more information that the public deserves to know in order to make moral decisions on how they will spend their money on food. Canada is falling behind the rest of the industrial nations of the world in the treatment of food animals and needs to catch up. I myself have just started to learn about the deplorable things that are done to defenceless animals in order to produce cheap food. Our laws are archaic being almost 150 years old; dating from the mid 1800's and need to be updated.

Every day animals on factory farms are subjected to treatment that is all based on the dollar not the comfort of the animal. Here are a few of the things that I have learned lately. One of the most disturbing is that it is legal for five out of every one hundred cattle or horses that are

processed for meat to be butchered while still alive! How is this acceptable on any level?

If you love your eggs in the morning you should know that the baby chicks are sorted on a huge conveyor belt where the male chicks are either tossed into a garbage can where they suffocate as the ones thrown on the top squash the ones on the bottom, or in some plants the males are tossed in to a large meat grinding pipe where they are ground up alive.

At cattle auctions it is standard procedure to give an abortion drug to heifers (females) to abort any unborn calves that they may be carrying. There are numerous reasons for this that all have to do with the costs of caring for the heifer and the final price received on the carcass at slaughter. These calves are sometimes almost ready to be born and can survive if someone cares enough to take them home and bottle feed them. Otherwise they are just disposed of.

The documentary did talk about transport of animals but it did not go far enough. Here is a statistic for you - in three months between Oct 9, 2009 and Jan 9, 2010 635,000 chickens died in transport mostly from freezing to death. When animals pass the border from the US into Canada any hours that the ani-

mals have already been on the trucks is erased and the clock goes back to zero. So if they arrive at the border close to the time that they would legally have to be given a rest, food and water this no longer counts and they can then enter Canada and go another 52 hours without food, water or rest.

We do not condone this type of treatment for cats and dogs why do we accept it for horses, cattle, sheep, pigs and chickens?

These are just a few of the things I am learning about how food animals are raised and treated. I have read many letters lately about the treatment of animals in circuses please give just as much thought about the animal on your plate and how its life was spent and how it died.

Remember talk is not enough we must take action in the form of writing to our MPs, our leaders in the agricultural industry and most importantly with our dollars. Ask questions at the grocery store, the local fast food restaurants anywhere you spend money to eat meat or animal products you are entitled to know how that animal lived and died and to have a say in whether you approve.

After all you are the end of the food chain and the most important link!
- Theresa Nolet, Penticton

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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

Loyalty And Gang Mentality



Dawn Johnson
editor@thenewsleader.ca

Very few of us do not have a sense of loyalty. We develop an understanding of loyalty in the family.

We need each other, we care for each other, and we learn the value of belonging to a group that protects us and gives us a sense of security.

As we grow older, we develop loyalty to our friends and to the social group to which our family belongs, including the ethnic, cultural, financial, religious and racial group.

This identification with a group is particularly noticeable among immigrants. They socialize within a group speaking the same language, having the same religion and the same cultural background.

I have seen this among immigrants from China, India, Italy, England and just about anywhere you can name. There is comfort and security in being with one's own group.

To greater and lesser degrees, group members have a loyalty to their own group. A lesser degree would be an English person taking personally an insulting remark about the English. An extreme degree is exemplified by a father and son strangling a female member of the family whose behaviour does not conform to the family culture.

Nations, churches, clubs, politi-

cal parties and employees of a corporation may be expected to be loyal or be ousted. Each of these groups have some sort of ritual behaviour expected of each member. Nations demand allegiance. A church demands baptism, confirmation, and regular church attendance. A club has an initiation ceremony. Political parties want a guaranteed vote of support and a financial contribution. Corporations have rituals such as the Christmas party or the summer picnic, along with rewards for devoted employees and at all levels, secrecy regarding company business.

At the basis of this loyalty is what we can call a "tribal" or "gang" mentality. I say "gang" because gangs and gangsters demand a depth of loyalty which, if violated, can result in death, just as in "honour" killings in some cultural groups.

In most instances, this gang mentality calls for blind loyalty to the group.

The rules, customs and rituals of the group must not be questioned or criticized.

Those who do so face punishment. A church may excommunicate a member of the congregation, a corporation can fire an employee who blows the whistle on corporate behaviour and a political party will kick out a member who blows the whistle on political crime. A family may disown a member who steps outside family custom or belief, and a team may bench a dissenting player.

The majority of us take all of this kind of behaviour for granted because we grew up within a small gang and gradually expanded to a larger gang related by custom ethnic origin, school mates, religion, or other associations.

We may even think the behaviour of our own gang is fair and right. Yet, from the viewpoint of modern psychologists and spiritual teachers, the gang mentality represents the lowest level of intellectual and spiritual development. As an individual matures, he or she should question and criticize any group, any set of arbitrary rules that appear to serve no purpose, and any customs that may cause harm. Even Pope John XIII stated the church should welcome those who doubt and question.

Let's face it: nobody's perfect, and no group made up of us imperfect people will be perfect. We need the critics, the dissenters, the whistle blowers, and those who dare to question whether the rules, the customs or the rituals make sense or serve any just purpose. Isn't this what democracy is all about - the right to dissent, to protest, to point out flaws?

We need to re-learn the pitfalls of blind loyalty. Remember: Hitler demanded blind loyalty, and look where loyalty took his followers.

Each of us must think as a mature individual or we become just a part of a tribe at the lowest level of social evolution.

Oh, I know thinking for ourselves, daring to question or blow the whistle, takes us out of our comfort zone, but that's how we learn, and that's how we advance.

Blind loyalty leads to a closed mind. A closed mind is dangerous. Fanatics are notorious for having closed minds.

Their blind loyalty leads them to do things like shooting school children for a political cause, or blowing up a market place, or crucifying a man who did no harm.

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Tulameen Days - 2010



Princeton Youth Ambassador Taylor Kostiuk represented the Princeton ambassador program in the annual Tulameen Days Parade July 31st. *



Another ball team, another unusual dance routine. All part of the fun of the Tulameen Days Slo-Pitch Tournament and Parade.



Looks like a base hit from here! Early morning sports action July 31st at Tulameen Elementary School during the annual slo-pitch tournament. *



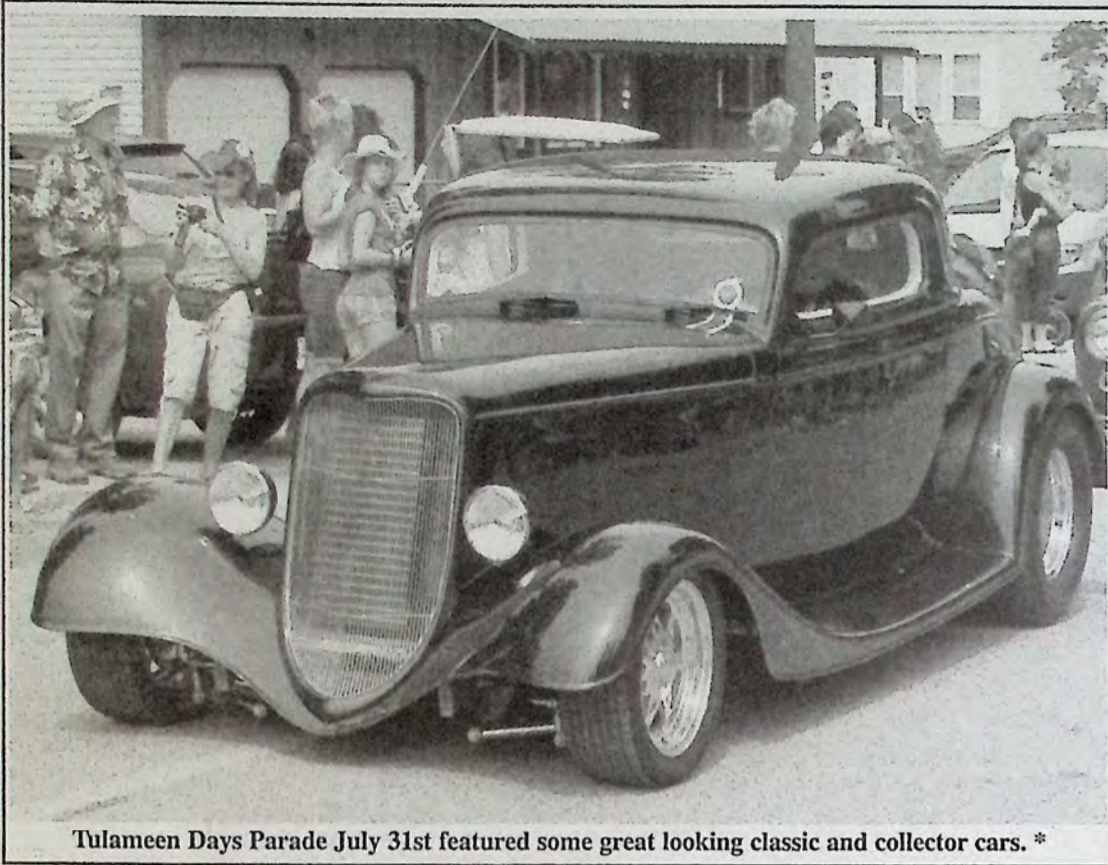
The best part of the Tulameen Days Parade? There's categories for all age groups to participate. These two cyclists were part of a larger group in the parade. *



She wanted us to walk the plank. Good thing she didn't ask us for any money as we spent it all to get out of Tulameen Jail during Tulameen Days July 31st. *



The News Leader's George Elliott celebrates freedom from Tulameen Jail July 31st. "The living conditions were brutal," Elliott says. Photo: Brenda Engel



Tulameen Days Parade July 31st featured some great looking classic and collector cars. *

Hedley youth joins BC team



BC Summer Games competitor Morgan Kruger. - photo submitted

Morgan Kruger, formerly of Hedley and currently living in Penticton, has become a member of the BC rugby team. Kruger competed in the BC Summer Games in early July in Langley, playing for the Thompson-Okanagan regional team. Although his team did not win gold, Kruger and six others from this region were invited to join the BC rep team. Kruger had earned a Most Valuable Player award during the Summer Games.

Last week Kruger went into training at UBC for one week before hitting the road for Calgary to compete against teams from Alberta, Saskatchewan, and Ontario.

Kruger, age 13, has been attending Skaha Middle School, where he played rugby on the senior team. He begins at Princess Margaret Secondary School in September.

Keremeos fire fills valley with smoke

..... continued from Front Page -hibited within the Kamloops Fire Centre, including fireworks and burning barrels of any size or description. A campfire ban went into effect July 29th at noon. This ban does not prohibit the use of portable campfire apparatus that are CSA or ULC approved, which the operator maintains with a flame no longer than 15 centimetres.

For the latest information on fire activity, bans and restrictions and current conditions, visit the Wildfire Management Branch website at www.bcwildfire.ca. For Facebook and Twitter updates, as well as details about evacuation orders and alerts, road conditions and air quality advisories, go to www.firesafebc.ca.

Campfires banned in District

..... continued from Front Page three years in prison and be ordered to pay all firefighting and associated costs.

The ban will be in place until September 30, 2010, or until the public is otherwise notified.

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

Lumby.

To report a wildfire or unattended campfire please call *5555 on your cell or toll-free 1 800 663-5555.

For the latest information on fire activity, conditions and prohibitions, visit the Wildfire Management Branch website at www.bcwildfire.ca.

For Facebook and Twitter updates, as well as details about evacuation orders and alerts, road conditions and air quality advisories, go to www.firesafebc.ca.

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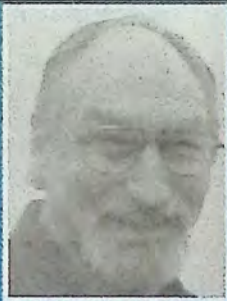
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When only the best will do! Then this luxurious custom built home on 20 private acres is waiting for you! Spectacular open 18x17 kitchen with maple cabinetry overlooks Hayes Creek Valley and majestic mountain views. Sliding doors off the dining room lead to a patio/sitting area, a great place for morning coffee. Currently run as a bed and breakfast. **MLS @ 110441 \$695,000**

460 Corina Avenue



NEW!

Large lot backing down to the Tulameen River means easy access to fun in the sun and fishing, too! This large home has had recent updates with flooring, tile, paint and fixtures and there is a great mother-in-law suite in the basement if you so choose to invite her! Walking distance to John Allison Elementary School and only minutes from downtown! **MLS @ 110435 \$350,000**

2496 Princeton-S'land Rd



NEW!

Don't miss this best buy in our rural area. 9.09 acres nicely treed, with benches affording wonderful mountain views. A new 14' wide mobile to be placed on site complete with septic, drilled well and driveway access. Low maintenance vinyl siding, fibreglass shingle roof, 2 bedrooms and open kitchen/living area. There is still lots of room for horses or a great garden! **MLS @ 110617 \$254,900**

Lot 13 Jacobsen Road



NEW!

Finally what you have dreamed about is available, a 1-acre lot in town limits! Nicely treed for privacy and beautiful mountain and town views make this a great location. South facing affords you the enjoyable and welcoming sun year round. Easy, flat site to build your dream home, while still giving you the yard to play. This rare find is zoned SH4 allowing for various uses. **MLS @ 110659 \$197,500**

379 Burton Avenue



NEW!

With this lot you can have the best of both worlds: live with-in walking distance to downtown and all the amenities it has to offer, while partaking in the many activities permitted on the Trans-Canada Trail or slip down the Similkameen River for blissful afternoon of tubing, fishing and R&R. This lot is perfect for a duplex or your dream home. Water and sewer connections are in place. **MLS @ 110473 \$ 83,000**

1032 Kingston Avenue



NEW!

Seller extremely motivated and open to any offers! This beautiful oldtimer has the solid bones and characteristics of a turn of the century home - including 9' high tongue and groove ceilings in the original structure and a very private yard with mature landscaping. Located at the end of a quiet street in historic Hedley. This property has been neglected and needs attention. **MLS @ 110436 \$106,500**

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