



Similkameen

News Leader

INCLUDES HST! \$1

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Tuesday, June 21, 2011

Who's Working For You? See Below!



Someone gimme a hand here! This little fawn, barely hours old, put a lot of effort into trying to get to his parents on Highway 5A last week near the Weyerhaeuser turn off. Photo: Greg McDougall

GearUp4CF stops in Princeton

A group of 14 dedicated road cyclists and support volunteers started a 9-day, 1,200-kilometre bike ride from Vancouver to Banff Saturday, June 18th.

The ride, GearUp4CF, is in support of cystic fibrosis (CF) research. Cystic fibrosis is the most common fatal genetic disease in North America and kills more Canadian children and young adults than any other inherited disease.

There is no cure for CF and the gene mutation which causes it is

quite common - 1 in 4 people are carriers, but few know anything about it.

Many of the participating riders have seen the devastating effects of this disease first hand and know the battle with CF is harder than climbing the highest mountain. Richard Boase, one of this year's riders, has a son with CF.

Boase and his family have a close connection with the town of Princeton and organizers are very excited to bring the GearUp4CF continued on Page 22

Program celebrates early success

While the name Community Prevention Education Continuum may not mean much to you, evidence presented June 16th in Princeton Legion Hall showed that CPEC has already met with a tremendous amount of success and support in Princeton since its introduction last November.

In simple terms CPEC is a framework with a simple message: If you want to succeed, you need to be clean and sober. Success stems from the message being repeated consistently through activities and programs offered to school-aged children.

Community stakeholders and supporters gathered last week for a barbecue to celebrate the success of the Princeton CPEC program and

to hear how the framework has taken hold in the community.

According to Regional Drugs & Organized Crime Awareness Service Coordinator Cpl. Amelia Hayden, the casual get together served as an important milestone in the lifespan of Princeton CPEC.

"We're here to celebrate the successes and to move it forward."

PSS Principal Sandee Blair spoke of the impact of one program used as part of the CPEC framework - an event called CHOICES Day, CHOICES being Choosing Health Over Injury by Caring for Every Student.

The main event on CHOICES Day was a mock accident scene with first responders on site extracting students who were 'acting' as acci-

dent victims. The students who visited the accident scene also followed the accident 'victims' into the hospital emergency ward and eventually to the morgue.

Blair said the event was "very impactful" and added, "Our vision and hope is to add two more grades in the next two years" to participate in CHOICES Day.

She added that "we need to change the mind set" related to drug and alcohol use in the community.

Princeton Youth Ambassador Taylor Kostiuik explained, "CPEC gave the Ambassadors a great opportunity to talk to other students."

She viewed the Ambassadors as good role models, which assisted in getting messages across to younger students about making healthy choices. Kostiuik added that at one school they discussed the negative

impact of peer pressure as a motivation to push some kids into making bad decisions.

"It also helped us as we know how to connect with them."

Weyerhaeuser Manager Jeff Larsen expressed confidence in the program but added "life is more complicated than when we were kids" and that is a reason why they need more support through such things as CPEC.

Larsen pointed to changing attitudes about drinking and driving as an example of progress.

"Things are changing for our town. The seed's planted in Princeton and I think it'll go beyond that. Every kid deserves our support."

Princeton RCMP Detachment

Commander Sgt. Dave Clare stated, "I felt this program would work well in this community. It's worked well in the community and we need to push it forward."


Mayor Randy McLean told the gathering that discussions take place frequently in Council Chambers about what is going on in Princeton in relation to programs used as part of CPEC.

"We're doing a good job of taking care of our kids," he said.

He added that activities that get local youth more actively involved in their community are a positive move.

"One of the reasons why this works is that it doesn't take a lot of effort if you get a lot of people involved."

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PSS Textile Class students model some of the aprons up for auction. - photo submitted

Public open house

Advanced metering

Your views are important to us

FortisBC is seeking public input into its advanced metering project also known as Advanced Metering Infrastructure (AMI) or smart-metering.

Later this year, FortisBC plans to file an application with the B.C. Utilities Commission for AMI. If approved, customers would receive numerous benefits including enhanced customer service and the ability to self-monitor electricity consumption, supporting energy conservation. AMI would also help FortisBC respond more effectively to power outages.

Visit any of the following open houses. Each begins with a presentation at 6 p.m. and FortisBC representatives will be on hand to answer questions.

- Kelowna:** June 20, 2011 | 6 to 8:30 p.m.
Holiday Inn Express, Pandosy Room, 2429 Hwy 97 N
- Princeton:** June 21, 2011 | 6 to 8:30 p.m.
Legion Hall, 170 Bridge St.
- Osoyoos:** June 22, 2011 | 6 to 8:30 p.m.
Sonora Community Centre, 8505 68 Ave.
- Creston:** June 23, 2011 | 6 to 8:30 p.m.
Creston Valley Chamber of Commerce, 121 Northwest Blvd.
- Trail:** June 24, 2011 | 6 to 8:30 p.m.
Best Western Hotel, Encore Room, 1001 Rossland Ave.

If you can't attend, please review the AMI information online and provide your input at fortisbc.com/ami.

You can also mail us written feedback to:
Attention: AMI, 1975 Springfield Road, Kelowna, BC V1Y 7V7

Feedback received on or before July 15, 2011 will be considered as FortisBC prepares its application to the Commission.

For more information, call FortisBC at 1-866-436-7847.

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Local kids raise \$\$\$ for Slave Lake kids

Princeton Secondary School students are amazing and the Textile Class is no exception.

Students in that class banded together and designed aprons they intend to auction off in a fundraiser next week.

The 2011 Fashion for the Fire fashion show is set for Wednesday, June 29th at Princeton Legion. The event will start at 7:00 PM.

The students are fundraising for the children of Slave Lake who lost all their clothing in the recent fires there.

They hope to raise funds to help them buy new clothes.

Tickets to the Fashion for the Fire fundraiser are available at Shoppers Drug Mart and at the high school for \$5.00 each.

Students are hopeful the community will come out and enjoy a great evening of entertainment and bid on some of the beautiful clothing that they will auction off.

They will not only show off their own sewing talents, they will also fashion and auction lots of clothing donated by local area retailers.

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HST Vote Begins THIS Month

As your elected representative, I want to tell you how I voted on the Liberal government's HST: I stood in the Legislature and voted against this regressive 12% HST Tax.

Remember a "YES" vote = "Scrapping the 12% HST Tax" - IF you do not like paying the B.C. Liberal Government's 12% HST Tax and want to abolish, scrap, get rid of, or "EXTINGUISH" it then you will want to vote "YES."

A "NO" vote = "Keeping the 12% HST Tax" - If you like paying the 12% HST Tax then you will want to vote "NO."

THE BALLOT QUESTION IS:

"Are you in favour of extinguishing the HST (Harmonized Sales Tax) and reinstating the PST (Provincial Sales Tax) in conjunction with the GST (Goods and Services Tax)?"

YES
NO



Harry Lali, MLA

Ten Reasons Why I am Voting "YES" to Scrap the 12% HST Tax

I will be voting "YES TO SCRAP THE 12% HST TAX" because it is a bad tax for British Columbians and hurts lower and middle-class families. By voting "YES TO SCRAP THE 12% HST TAX" I will also be standing up for the overwhelming will of my constituents who made our Fraser-Nicola Constituency the collector of the second-highest number of signatures per capita on the HST Petition Drive during the summer of 2010.

While they spend millions of your tax dollars on their misleading HST ad campaign here are "Ten Things the Liberal Government Won't Tell You":

1. Liberal Government Deception

During the 2009 Election the Liberal government said the 12% HST was "NOT on our radar." Even Christy Clark did not believe them: "I just don't think it's possible that that could be the case." (CBC News, August 13, 2009) A few weeks after winning the election the government brought in the HST. The people of B.C. justifiably feel betrayed by the Liberal government.

2. 12% HST Tax is a Job-Killer: Hurts Small Business

This 12% HST will eliminate thousands of jobs in the small business sector, especially in restaurants and pubs across B.C. - the restaurant and food services sector alone expects to lose between 14,000 and 16,000 jobs.

3. 12% HST Tax: Biggest Tax Shift in B.C. History

The 12% HST transfers \$1.9 billion in taxes from big corporations (i.e., friends of the Liberal government) and onto the backs of families, consumers and small business.

4. 12% HST Tax Hurts Families: They Pay More

The Liberal government's deceptions cannot conceal the fact many things that had 0% provincial tax are now taxed at 7% more. According to Statistics Canada, the HST costs the average British Columbian family \$735 more per year, and that is before purchases of big ticket items such as new homes, renovations and repairs. Other items families will pay 7% more on include realtor and legal fees, used and hybrid cars, energy efficient appliances, restaurant meals, haircuts and hair salons, dry cleaning, school supplies, adult-sized clothes for kids, team sports fees, taxis, telephone and cable bills, bicycles, magazines and newspapers, non-prescription drugs, vitamins, kids' camp, golf course fees, and many, many more.

5. 12% HST Tax Punishes Aboriginal People

The Union of BC Indian Chiefs opposed the unilateral implementation of the punitive 12% HST, saying it will increase the financial burden on First Nations families who are living in poverty or are working poor.

6. 12% HST Tax Creates Winners and Losers

On the one hand, the Liberal government rewarded their friends, the oil & gas companies and big corporations, with a \$1.9 billion annual giveaway, while on the other hand, the same government is punishing small business owners, consumers, single mothers, seniors, youth and children, First Nations, and lower and middle class workers who will pay more to make ends meet.

7. Liberal Government Attempting to Buy Your Votes

Premier Clark says she will drop the HST rate to 10% by 2014.THAT'S THREE YEARS FROM NOW!!! During her leadership race she said, "We aren't going to be talking about trying to reduce it (the 12% HST rate) by a point or two before the referendum. I mean, I think people will see that as buying them with their own money." Now, the Liberal government is trying to do exactly that."Buying" your vote "with your own money." The government is spending millions of your tax dollars on misleading ads to save the HST and their own political hides, but has no money for rural hospitals, ambulance coverage, paramedics, or long-term care beds for seniors.

8. Clark to Cut Health and Education to Pay for Promised HST Cut

The Liberal government's 2% HST reduction will cost \$2 billion per year, and Premier Clark has suggested making massive cuts to Health Care, Education and Seniors' Care to pay for it. In her own words, Premier Clark said: "Cutting the HST by one point is more than \$800 million out of the budget this year and every year after that, \$1.6 billion for a two-point cut....because we are going to have a \$1.6 billion bigger deficit or we're going to have \$1.6 billion fewer heart operations, special needs teachers, school facilities, hospital emergency rooms. I mean, that's where the money comes from ultimately."

9. Ottawa Will Now Set B.C. Taxation Policy

For decades the provinces had successfully fought to gain autonomy over our own Taxation Policy. Due to this "sneaky" deal, this Liberal government has given away B.C.'s sovereignty over taxation. British Columbia used to be able to have tax breaks for things like energy efficient appliances, but now our sales tax will be controlled by Ottawa.

10. Clark and Liberal Government Cannot Be Trusted

Before the 2001 Election, both Campbell and Clark said they would not privatize B.C. Rail and would not cut health care; but after the election they sold B.C. Rail and made massive cuts to health care, closed hospitals, and reduced health services and ambulance coverage. This February, Premier Clark was against how the 12% HST was brought in; but after winning the leadership race she did a complete 'flip-flop' and has become a huge supporter. The B.C. Liberal Government cannot be trusted as they will say anything and do anything to win an election.

IMPORTANT DATES

June 13-24

HST Referendum Voting Packages mailed to all registered voters in BC.

July 8

Last day to register to vote and last day to request the HST voting package.

July 22

Close of voting - all ballot packages must be received by Elections BC, a Service BC Centre, or an Elections BC Collection Centre before 4:30 PM.

Ms. Clark on HST "Double-Talk" and "Public Trust"

When she was a radio show host, Premier Clark had this to say about the HST Tax: "It's an insult to British Columbians for the Government to, first of all, have brought in this [HST] tax in what most of us regard as a very, very sneaky way. And then refuse to bother explaining why they did it properly." (CKNW, July 28, 2010)

In February, when running for Leader of her party, Ms. Clark had this to say as she lectured her leadership opponent, George Abbott: "Double-talk about the HST is the best example of why we need change. When it comes to the HST, the public wants straight answers from a government, not a position that shifts without warning. This is the kind of politics that led to the breakdown in public trust in the first place.... This type of double-talk on the HST is damaging to the public trust that government must have to be successful." (Clark's campaign news release, February 20, 2011)

Clearly, Premier Clark and the Liberal government cannot be trusted to keep their word. As Finance Minister Kevin Falcon said during the leadership race, Christy Clark's "ready, fire, aim" approach on the HST is not good for B.C. Clark's reckless decisions, policy flip-flops, and "off-the-cuff" statements are hurting B.C. families and small businesses.

It's Your Turn to Vote Now.....

In the spring of 2010, over 700,000 British Columbians signed the Anti-HST Petition that resulted in the Referendum vote over way in B.C. My reasons for voting "YES" to scrapping or "extinguishing" the 12% HST Tax are stated above. My "YES" vote to end the Liberal government's punitive 12% HST Tax is a vote for more fairness; more support for ordinary families and small businesses; more protection for health care and education; and a vote for real accountability. Now, it is YOUR TURN to vote on the Liberal Government's punitive 12% HST Tax - Vote "YES" to SCRAPPING THE 12% HST Tax, or vote "NO" to KEEPING THE 12% HST Tax. THE DECISION IS YOURS - PLEASE EXERCISE IT!!

Harry Lali, MLA Fraser-Nicola

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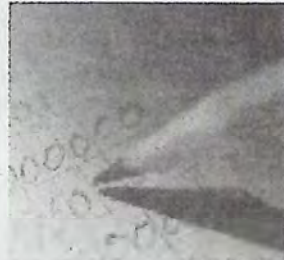
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Keremeos News



Locals have started calling this Olalla Lake. Flooding has taken place at the edge of town. Photo: Brenda Engel

Valley teachers sponsor assistants

Over the past several months, more than 350 teachers in elementary and secondary schools throughout BC's Southern Interior – including 14 South Okanagan and Similkameen area teachers – have shared their classrooms with student teachers from the Faculty of Education at UBC's Okanagan campus.

Student teachers are required to have nine to 13 weeks of practical, in-class experience to obtain teaching certification. Sponsors have opened their classrooms to more than 250 student teachers in the Okanagan-Skaha, Okanagan-Similkameen, Nicola-Similkameen, North Okanagan-Shuswap, Vernon, Central Okanagan districts, as well

as schools in Rossland, 100 Mile House, Kamloops, and as far afield as Sooke on Vancouver Island.

"It is in the schools, working with real students and experienced sponsor teachers, that our teacher candidates begin to bring to life education theory," notes Education professor Carol Scarff, Undergraduate Programs Coordinator.

"It is in the classroom that they begin to develop that sense of practical wisdom and ethical know-how."

The connections between student teachers and their sponsors are arranged by Harold Derksen and Anne MacLean, School Experience Coordinators with the Faculty of

Education.

"The practicum is mandatory for certification and relies heavily on the benevolence of sponsor teachers," says MacLean.

"It really is a generous thing they do – we have some sponsor teachers who take students every year or every other year."

The impact of sponsor teachers can be extraordinary, says MacLean.

"Students are different people when they have finished their practicum," she says.

"They have a clearer sense of purpose and an increased passion for making a positive contribution in continued on Page 5



Olalla Creek continues to pour through the tiny Similkameen community. Photo: Brenda Engel



Eliminations in the "Cactus Jalopy" class brought two drivers from Washington together on June 12th in Osoyoos. Marc Case in the '34 Ford Coupe (top) won over Robert Steusloff in his 2-door '57 Chevy. The racetrack's close proximity to Keremeos makes it a favorite summertime stop for many Lower Similkameen Valley residents who crave a little bit of speed. Photo: Arlene Arlow

..... continued from Page 4
the lives of young learners. It is often during practicum that our student teachers shift from being students to being teachers."

While the practicum is a crucial part of a new teacher's experience, the teachers who sponsor and mentor them usually don't get much recognition.

"Really, they are unsung heroes," Derksen says.

"We call them future shapers — they're investing in the next generation of teachers."

Derksen explains that many professions and trades have apprentice programs where wisdom and knowledge of experience is translated to

those with less experience.

"This is especially true in a profession such as teaching," says Derksen. "The vital link between theoretical knowledge and practical knowledge is the sponsor teacher. Student-teacher programs depend on the expertise and wisdom of competent classroom teachers to provide practical experience for teaching apprentices. We have been tremendously fortunate to have such great relationships with so many wonderful sponsors and mentors throughout the province."

The Faculty of Education offers sponsor teachers UBC library privileges and a discount at the UBC bookstore as a way of acknowledging

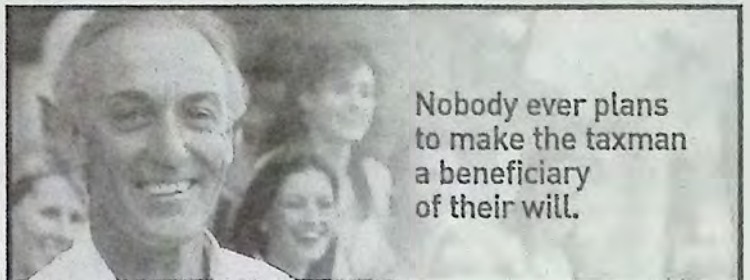
their hard work. Sponsors also receive a certificate of a limited edition print. And next fall, Derksen and MacLean hope to offer several professional development opportunities for sponsor teachers. — submitted



Steve MacOr (motorcycle) faced Dave Madsen (snowmobile) in the final heat of the "Bikes and Sleds" class on June 12th in Osoyoos. Although Dave had clocked 98.51 mph in the semi-final, Steve took the final heat with a speed of 97.40 mph. Races resume at the Osoyoos airport on September 18th with the final race day scheduled for October 2nd. Photo: Arlene Arlow

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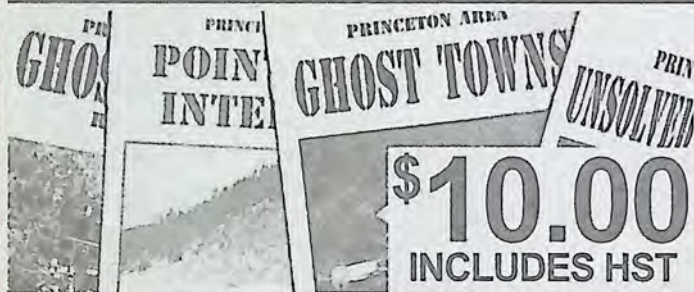
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Health / Lifestyle News

Help kids overcome a fear of needles

(NC)—Many of us don't like needles. In fact, 10 percent of the population actually have "needle phobia". So imagine what it's like for those who require regular needle injections to treat a chronic illness. Picture what it's like for children who have a natural tendency to fear needles in the first place. Overcoming this fear is essential since their quality of life depends on it.

Here are some tips offered by Jeff Tuck, a field nurse with EMD Serono, a pharmaceutical company which among other disciplines provides treatments for children with growth hormone deficiencies. In his role, Jeff provides injection support and training to hundreds of parents of children undergoing treatment annually.

• Involve the parent. Not only should parents always be present, they can help to distract the child

through conversation.

• Create a 'safe place'. This may mean choosing a location for the injection that the child is familiar and comfortable with.

• Distract the child by asking them questions, or through the use of a favourite toy, movie or video game.

• Make them feel in control. Ask if they would like to lie down; sit on your lap; which arm is best, or what you can do for them during the procedure.

• Let them express themselves. For example, give them permission to shout out loud.

• Practice. Use toy needles and bandages to explain how injections work and why they keep us healthy. Encourage your child to play doctor on a favourite stuffed animal.

• Don't let the anxiety build up. The best approach is to inform the child just a few minutes before administering the injection.

• Don't physically restrain them. This increases their anxiety, creates a negative memory and will make all future injections a challenge.

• Numb the injection site. An anaesthetic cream or spray can be purchased from most local pharmacies. They numb the skin and dull the pain.

• Apply an ice pack for 1-2 minutes pre-injection to create a similar effect.

• Reward the child for being brave with a fun band aid or sticker.

• Use an injection device. Needles have come a long way. By working with children, EMD Serono has developed an automated injection device called "easypod" that is specially designed with a hidden needle to help reduce a child's fear. The device is so easy to use that older children can administer the injection by themselves, which can increase the feeling of control that is so important to overcoming a personal phobia.

• In extreme cases, where the anxiety persists, it's always recommended to get more advice from your doctor.

"The most important thing is to understand and adapt to your own child's needs," says Tuck. "With empathy, support and a little creativity you can remove the fear and fill your child with courage."

Understanding Hearing Loss

(NC)—Hearing loss can be a tricky thing to understand. It occurs gradually over time and many affected may not even realize they need hearing assistance.

Hearing loss affects more than ten per cent of all Canadians - an estimated 3.5 million people.

When experiencing hearing loss, many facets of everyday life become more difficult. You may feel withdrawn from conversations and have trouble concentrating, being afraid of what you may be missing. You also might be experiencing physical consequences of hearing loss, like tiredness, fatigue, headaches and vertigo.

It's important to get your hearing tested early so you can receive the proper treatment to help you hear your best. Studies show that hearing aid users experience a dramatically increased quality of life as soon as they start using a hearing aid. They have more self-confidence, better relationships with family and colleagues, and experience more independence and security.

There are various degrees of hearing loss, so it's important to visit your local hearing health professional regularly. Hearing loss can range from mild, where soft noises are not heard, to profound, where only some very loud noises are heard and without a hearing aid, communication is no longer possible.

Luckily, most hearing difficulties are within the mild to moderate range, and there are a variety of new hearing aids available for help. One of the newest innovations is Lyric, an extended wear internal hearing aid that is inserted deep into the ear canal by a hearing health professional, where it sits for up to four

months. Called "the contact lens for the ear," Lyric hearing restores natural hearing and, because it can't be seen, it ensures the wearer is comfortable and self-assured.

If you think you may be experiencing some hearing loss, you can visit www.phonak-lyric.com to take an online hearing test.

Living Past 100

Europe Bans Herbal Medicines

Herbal medications used for as many as 1,000 years have been banned in most of Europe and will be banned in the United Kingdom next year. The herbs in question include herbal treatments used in Ayurvedic medicine and Traditional Chinese Medicine. Why the ban? These preparations have not been tested for safety.

It is unlikely these herbs will be tested, as the cost of testing, to meet regulatory standards, can be \$160,000 per herb. In some of the European countries, herbal preparations containing plants commonly used as foods, will be exempt from the ban. These food herbs include such plants as garlic, sage, rosemary and sweet basil.

At this point, growing banned herbs in your garden is not being policed, but that day may come, as it has in some places in the United States.

Herbalists and practitioners of traditional medicine are wondering just how far the list of banned herbs will extend and how it will impact their ability to treat patients. In some countries, licensed practitioners will still be allowed to prescribe herbal treatments, but in other countries there has been a long delay in licensing due to bureaucratic delays.

The United Kingdom justifies the ban on herbs for safety reasons, although the ban does not apply merely to those herbs deemed unsafe, but to a wide spectrum of herbs.

There has been a lot of opposition expressed to government over this sweeping legislation.

Many people have concerns about just how far the regulations will extend. Others are concerned that herbs on which they feel their health depends will be taken from them.

In Canada, efforts to control herbal preparations and herbal treatments have been met with a lot of opposition from citizens. While there is some concern about safety of self-medication with herbal preparations, there is no major lobby trying to persuade the government to disallow traditional Chinese medicines to be prescribed, nor has there been any legislation to prevent Ayurvedic medicine. However, alternative medicine has been under fire for some time, primarily through lobbying by major pharmaceutical companies.

This Week - 5 Years Ago

Celebrating Princeton's History

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - June 20, 2006

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

Volume 9 Issue 25 #431 ISSN 1712-090X Tuesday, June 20, 2006
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Similkameen News Leader This Week

Page 2, 8, 12
PSS Athletic Awards
Page 26, 27
COURT NEWS
Page 4
KEREMEOS NEWS
Pages 19-26
TV GUIDE

Board honours staff



Chairman of School Trustees Gordon Connon and retiring teacher Sylvia Adams.

Three retire and 15 receive long service pins

School District 58 (Nicola-Similkameen) hosted their annual Retirement and Long Service Celebration Tuesday, June 13th at the PSS Library. The casual event has been held in recent years to recognize retiring teachers and staff and to honour teachers and staff who have spent a number of years working in the school district. A total of three retirees were recognized and presented with a copy of Life Magazine published in or near the year of their birth.

Princeton to Coalmont race results

PXA reports major spending

Investment in Princeton's fairgrounds never seems to end. At the PXA reports major spending

The Similkameen News Leader front page from June 20, 2006. News Leader Archives

A busy week five years ago

The discovery of human bones at a construction site in Keremeos June 15, 2006 led many to believe they had stumbled on a possible native burial site.

At the time BC Coroner's Service officials from Penticton had viewed the scene and were waiting for word from an archeologist for positive identification of the site.

RCMP Cpl. Christine Makepeace said the bones discovered were thought to have been approximately 100 years old and of Aboriginal origin.

The newly formed Princeton Potters Guild applied to join Princeton Arts Council five years ago. Sue LePoidevin, President of the Guild, reported at the June 14, 2006 Arts Council meeting that five members had formed the nucleus of the new group with more expected to join.

The Potters Guild became the ninth group to join the Arts Council.

It was five years ago when Princeton lost one of its dedicated volunteers with the passing of Margaret Stoneberg. Stoneberg spent 57 years in Princeton and

was involved in the Old Age Pensioners, Business and Professional Women, Chamber of Commerce, Fall Fair Association, Women's Institute, Royal Purple and Rebekahs.

She will be best remembered for her years of work with Princeton & District Museum and Archives and BC Historical Society.

Margaret Stoneberg's legacy to the people of Princeton was the creation of extensive archives, which she built up over many years of private work as a volunteer.

A total of 69 runners participated in the 2006 Coalmont to Princeton road race five years ago with conditions at the time described by organizers as good running weather (16C with a few light rain showers and light winds).

Hans Aabye of Merritt finished first with a time of 1:10:12. Chris Torrie of Vernon was second (1:11:55) and Jack Miller of Cache Creek third (1:16:06).

A total of six local runners ran the course with John Bosomworth leading the Princeton list finishing 19th overall with a time of 1:32:02. John Henry was 29th (1:37:04),

Kelley Cook tied at 29th (first Princeton female finisher) with 1:37:04; Gordon Bibby was 38th (1:42:51), Trina Adams 45th (1:48:37) and Bill Lawrence 45th (tie) with a time of 1:48:37.

And School District 58 (Nicola-Similkameen) said good-bye to three dedicated staff members who were recognized as retirees at the annual Retirement and Long Service Celebration June 13, 2006.

They included Darrell Brewer, who retired after 34 years with the district, Jean Haugland (16 years) and Sylvia Adams (15.741 years).



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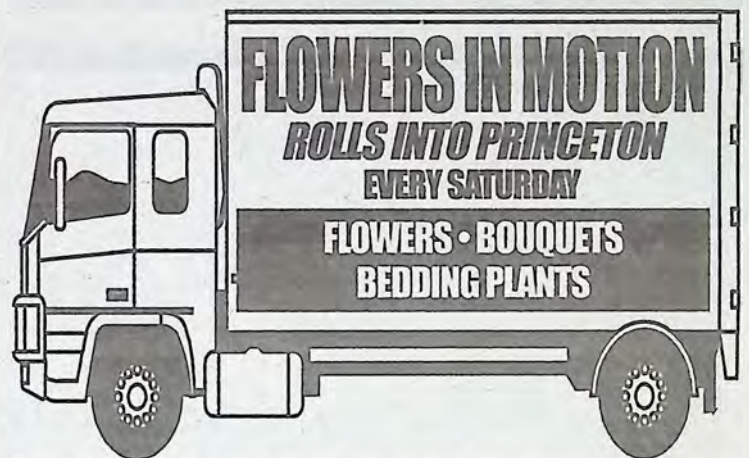
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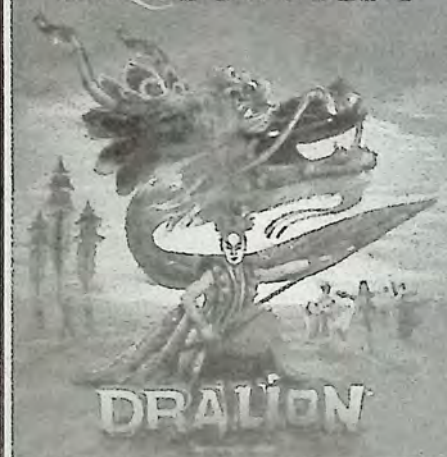
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One day there was a building and two days later it was gone. The former Princeton Freightways building was taken down last week to make way for apartment/retail development. Photo: Brenda Engel

Wrestlers come to Princeton

All-Star Wrestling returns to Princeton this weekend.

The Similkameen Battle Royale kicks off at 7:30 PM Saturday, June 25th (doors open at 6:30 PM) at Princeton Arena featuring the Thrash Wrestling Title (Collin Cutler vs.

Disco Fury), Beauty vs. The Beast (Kyle Sabastian against Gorgeous Michelle Starr), Girls Gone Wrestling (Raven Lane vs. The Waspette) and the All-Star Wrestling Cruiserweight Title Match featuring Adam Ryder against The Kasaki.

Tickets are \$15 (front row) and \$12 and are available at Princeton Arena, Shoppers Drug Mart and Keremeos Hardware. They are also available at the door. To find out more about ASW visit their website at www.aswcanada.com.

Before you vote, understand the referendum question:

Are you in favour of extinguishing the HST and reinstating the PST in conjunction with the GST?

To lower the HST from 12% to 10%, vote **NO.**

To bring back the GST & PST at 12%, vote **YES.**

Decide for yourself. Learn more at HSTinBC.ca





News Leader Entertainment

Similkameen News Leader TV Guide Listings - June 21 - 27, 2011



Singing the blues about relationships: left to right: Chelsea Turner, Heather Motut, Rachel Hart. The play is called, "I Love You, You're Perfect, Now Change." Photo: Dawn Johnson

This play is a hoot!

Put together talented actors, comedy dialogue and titillating tunes, and what have you got? You've got I Love You - You're Perfect - Now Change. This play was presented at Riverside Centre on Friday, June 17, and if you missed it last weekend, you can catch it for the next couple of weeks.

Don't take the kids! This is adult entertainment, a bit too racy for the little kids, but the teens will love it.

The play is all about our need for romantic love through all the stages of our lives, but do not think for one minute that there is a serious side to this revealing study. In a series of single acts, the foibles of dating and married couples are the stuff of humour. The humour

ranges from chuckles and grins to belly laughs.

The play plunges the audience into the comedy from the very first scene, and the fun and laughs just keep rolling along. Costume and scene changes are simple and very continued on Page 22

IMPORTANT NOTICE From Alex Atamanenko your Federal Member of Parliament

Do you need help with a passport?

Do you have a problem with a federal government service or issue?
Meet with M.P. Constituency Staff

Thursday, June 30th

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Community Skills Centre, 206 Vermilion

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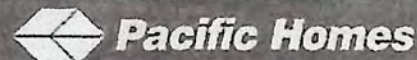
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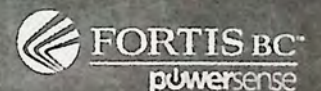
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Similkameen News Leader - Horoscopes

June 22 - 29, 2011

Aries - Your focus shifts to home and family now. You may want to relate to elders and to children, as your family feeling strengthens. Your greatest need now is to create stability and security in your home: this is a challenge.

Taurus - What you want to do now is express yourself to those closest to you - brothers, sisters, neighbours, associates. You want to spend time with them and you want to be heard. Top priority: tend to short trips for business, errands.

Gemini - Being attractive, being loving, and expressing both as values in your life mean a lot to you now. This would be a good time for a makeover of your personal appearance. Being kind and nurturing toward others is a good goal.

Cancer - This is your best time of year, so make the most of it. Express your essential self to others, reach out to friends and the public through what you have to say. Be conscious of how others see you. Sunday sees big change.

Leo - This is a good time to explore things going on in the back of your mind, things you don't want to talk about with others, or even want to think about most days. You could develop surprising insights this weekend. Meditate.

Virgo - Career can pose hectic challenges for the next month but people are pleasant. Money situation remains tight but will show gradual improvement. Conserve funds. Talk with groups you associate with. Use charm for results.

Libra - Plans made last fall can proceed now or meet dismal failure. You are the key factor and you may feel tired, stressed. Focus on career, talk with those who have experience and expertise, and listen. Travel is not advised for now.

Scorpio - If your romantic goals did not work out, shrug it off and be patient. If romance has come your way, look at what the other is willing to give. This tells what the future may hold. Travel may bring great surprises this weekend.

Sagittarius - Double check your financial position - banking, loans, insurance, taxes. Partner will be helpful but demanding. Plans you developed last winter can go ahead now, but proceed with caution. Sudden change can occur now.

Capricorn - This is your time to focus on partnerships of all kinds - mate, workmate, friends. Watch out for catching a cold or other respiratory problems. Expect major pleasant surprise this weekend and prepare for change. Enjoy.

Aquarius - Watch out for problems with pets, children or lover. Your health is good and you can do more work than usual. Sibling may bring a big surprise this weekend. Stick to ideals, don't be vague about what you value. Be firm.

Pisces - You might turn into a home improvement fanatic during the next month and challenge yourself and others to achieve your ideal for your home. Try to make your home improvement plans part of a plan to enjoy home more.

Small Business 101

June Marks 10th Anniversary of Regulatory Reform in BC

by Laura Jones

June marks the tenth anniversary of regulatory reform in B.C. The provincial government should take a moment to congratulate itself for its achievements in reducing and controlling red tape.

Ten years ago, B.C. was the laughingstock of Canada when it came to red tape.

The province was beset with mountains of ridiculous rules such as ones dictating the size of television sets for restaurants or prescribing how many patrons could be in a ski lodge based on the vertical size of the ski hill.

Today, B.C. can lay claim to the longest running, most successful regulatory reforms in Canada's history. Over the past 10 years, B.C. has reduced red tape by more than 40 per cent.

The province has become a model for the rest of Canada and for countries such as Australia and Mexico, which have asked for its advice.

How did B.C. succeed when so many previous attempts in Canada failed? It boils down to some fairly simple ingredients: leadership, measurement and accountability.

Ten years ago, then premier Gordon Campbell set a target to reduce red tape by one-third in three years and ministers were required to get rid of two rules for every new one introduced.

Everything was measured and reported publicly.

When the one-third reduction target was met, a new target of one rule out for every new rule in was set - a target which expires in 2012. The government recognized that without some constraints the gains made getting rid of dumb rules would quickly be lost as new ones were constantly dreamed up.

Dumb rules are a hidden tax on all of us as they make things cost more, spark frustration and waste our time. But complex and unnecessary rules are especially tough on small business owners.

These enterprises are on the front lines of the battle with the bureaucratic language, long wait times and unnecessary hoop-jumping triggered by thousands of rules from multiple levels of governments.

The majority of business owners say red tape takes time away from family, causes significant stress, and reduces productivity and the ability to compete with bigger businesses. Businesses notice and appreciate the work that the B.C. government has done to lighten the load.

But B.C. should not get complacent.

Business owners across this province want the government to build on its impressive record. They want this for the sake of their employees, their families and their

own sanity.

The government should:

- Extend its commitment to zero increase in regulation to 2015.

- Develop measures focusing on government customer service to complement existing measures of regulation.

- Appoint a minister of regulatory accountability to ensure the ongoing success of B.C.'s reforms.

- Pass legislation requiring annual reports of regulatory counts and customer service measures.

Where will B.C. be 10 years from now?

Celebrating another decade of achievement or looking back with regret at gains that were quickly lost because the government didn't stay committed?

That's up to Premier Christy Clark. *Laura Jones, Sr. Vice-President Research, Economics & Western Canada with the Canadian Federation of Independent Business which represents hundreds of small businesses in the Similkameen Valley including the Similkameen News Leader.*

Tuesday Movies

NO MOVIES

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From Fur Traders to Miners to the Railroad

Wednesday Movies

AFTERNOON

5:00 pm WTBS ch.3 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure.

EVENING

9:00 pm WTBS ch.3 "Entrapment" (1999, Action) Sean Connery. A woman pretends to be a burglar to catch a gentleman thief planning a big heist in Malaysia on the eve of the millennium.

Thursday Movies

EVENING

8:00 pm WTBS ch.3 "I Know What You Did Last Summer" (1997, Horror) Jennifer Love Hewitt. A killer stalks North Carolina teens who disposed of an auto accident's live victim.
CBC ch.13 "Inside Hana's Suitcase" (2009, Documentary) Two children grow up in Czechoslovakia and endure extreme hardships for being Jewish. (In Stereo) (CC)
9:00 pm KNOW ch.5

"Shadow Play: The Making of Anton Corbijn" (2009, Documentary) Bono. Anton Corbijn designs album covers and directs music videos for U2, Depeche Mode and other iconic groups. (CC)
10:00 pm WTBS ch.3 "I Know What You Did Last Summer" (1997, Horror) Jennifer Love Hewitt. A killer stalks North Carolina teens who disposed of an auto accident's live victim.

Friday Movies

EVENING

7:00 pm YTV ch.18 "The Parent Trap" (1998, Comedy) Lindsay Lohan. An 11-year-old meets her California twin, and they plot to reunite their divorced parents. (In Stereo) (CC)
8:00 pm WTBS ch.3 "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band.
FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Premiere. Five high-school students form a music group and prepare to compete against a

popular rock band. (In Stereo) (CC)
10:10 pm FAM ch.26 "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A 14-year-old deals with a coldhearted captain after she reluctantly joins a military academy. (In Stereo) (CC)
10:24 pm SPIKE ch.44 "The Hunted" (2003, Action) Tommy Lee Jones. Aided by the FBI, a retired combat-trainer searches for a former student who is killing civilians in Oregon. (In Stereo)
10:30 pm WTBS ch.3 "Zoom" (2006, Comedy) Tim Allen. A former superhero returns to work at a private academy to whip a group of ragtag youths into a new generation of heroes.

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TUESDAY, JUNE 21, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Thomas	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	(4:00) 2011 Wimbledon Championships: Early Round, Day 2. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (N)	Canada AM	Mayday	Henry's	CityLine (N)	CSI: NY	Real Renos
7 AM :30	Cosby		Hi-5	Arthur	Today La Toya Jackson; Eva Gabrielsson. (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Yt-Gi-Oh!			Salvage Code Red	Phineas	The Nate Berkus Show	CSI: Crime Scene	Buy Me
8 AM :30	Cash Cab		Maglo Bus	Curious	Gabrielsson. (N)		Dog		100 Huntley Street		Animal	Kid vs. Kat			American Chopper	Hannah	Rachael Ray	CSI: Crime Scene	Torrens
9 AM :30	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy		Live With Regis & Kelly	Cash Cab	Mickey	Role	CSI: Crime Scene	Restaurant Makeover
10 AM :30	The Investigators	World Vision	Mag Fero	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	End/Leash	Poko	Little Bear		The View (N)	Super Ships 'Top Ten'	Mickey	EP Daily	CSI: NY	The Nanny
11 AM :30	Forensics Evidence	World Vision	Rolie Polie	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	George S.		Marilyn Denis	Breakout	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies	2011 Wimbledon Championships	etalk	Mighty Ships	Wizards	General Hospital (N)	Ways Die	Pregnant in Heels (N)
1 PM :30	King Earl	Days of our Lives (N)	Dinosaurs	Painting	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Viva Piñata		Marilyn Denis	American Chopper	Cory	Jdg Judy	Ways Die	Love Handles: Couples
2 PM :30	Browns Payne	Young & Restless	The Ocean	Barney	Judge B.	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Off Record	Dr. Phil	Auction	Replacem	Access Hollywood Live	1,000 Ways to Die	Gold Girls
3 PM :30	Family Guy	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Sidekick	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	Ways Die	Restaurant Makeover
4 PM :30	MLB Baseball: Toronto Blue Jays at Atlanta Braves. (N) (Live)	Oprah Winfrey	Rob Robot	Fetch! With George S.	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Ways Die	Buy Me
5 PM :30	King	Early News	Dino Dan	News	News (N)	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Hockey	CTV News at Five (N)	Auction	Wizards	America's Got Talent	Auction	Pregnant in Heels
6 PM :30	King	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Storage	News	(5:59) News Hour (N)	ET Canada	ICarly	Into the Wind		CTV News (N)	River Monsters (N)	Suite/Deck	Murdoch Mysteries	Auction	Love Handles: Couples
7 PM :30	Seinfeld	Ent	Hope for Wildlife	NOVA "Musical Minds"	Jeopardy!	The Dr. Oz Show	Jewels	Ent	Ent	NCIS: Los Angeles	Wheel	Weird	SportsCentre (N) (Live)	etalk	Deadliest Catch (N)	Sonny	Harry's Law	Auction	Glamour
8 PM :30	Law & Order: SVU	Wipeout (N)	Going to Extremes	History Detectives	America's Got Talent	NCIS "Baltimore"	Jewels	Wipeout (N)	Wipeout (N)	Wipeout (N)	Mercer	ICarly		Game Show	Daily Planet	Suite/Deck	News	Repo	Buy Me
9 PM :30	The Office	NCIS: Los Angeles	Storyville (N)	Frontline (DVS)	The Voice The eight remaining vocalists face off.	NCIS: Los Angeles	Storage	Game Show	NCIS: Los Angeles	Combat Hospital	Turtle Island Too (N)	Home Imp.	Motoring	The Voice The eight remaining vocalists face off.	River Monsters	Wingin' It	Work	Ways Die	Pregnant in Heels
10 PM :30	Browns Payne	Combat Hospital	Bloodied But Unbowed	POV "Kings of Pastry"		The Good Wife	Storage	Combat Hospital	Combat Hospital	News Hour Final (N)	National	Family Biz	Wide World of Fights	Deadliest Catch	Princess	Justice	1,000 Ways to Die	Love Handles: Couples	
11 PM :30	The Investigators	CHBC News Final (N)	Tina: The Rendering	Forsaken	Jay Leno	Letterman	Jewels	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (N)	CTV News	Auction	Ned's	Paid Prog.	MANswers	Glamour

WEDNESDAY, JUNE 22, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Bob Build	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	(4:00) 2011 Wimbledon Championships: Early Round, Day 3. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (N)	Canada AM	Mayday	Henry's	CityLine (N)	CSI: NY	Bootcamp
7 AM :30	Cosby		Hi-5	Arthur	Today Singing-competition finalists perform. (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	BeYblade			Break-Ing Point "House"	Phineas	The Nate Berkus Show	CSI: Crime Scene	Puppy SOS
8 AM :30	Cash Cab		Maglo Bus	Curious			Dog		100 Huntley Street		Animal	Kid vs. Kat			License to Drill	Hannah	Rachael Ray	CSI: Crime Scene	Torrens
9 AM :30	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy		Live With Regis & Kelly	Cash Cab	Mickey	Role	CSI: Crime Scene	Restaurant Makeover
10 AM :30	The Investigators	World Vision	Mag Fero	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	End/Leash	Poko	Little Bear		The View (N)	Mayday	Mickey	EP Daily	CSI: NY	Roseanne
11 AM :30	Forensics Evidence	Children	Rolie Polie	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	Children	Noon News Hour (N)	Gofrette	George S.		Marilyn Denis	I Could Do	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Squirrel	2011 Wimbledon Championships	etalk	River Monsters	Wizards	General Hospital (N)	Disorderly Conduct	Fear Factor
1 PM :30	King Earl	Days of our Lives (N)	Dinosaurs	Oil Painting	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Viva Piñata		Marilyn Denis	Deadliest Catch	Cory	Jdg Judy	Disorderly Conduct	Wipeout Canada
2 PM :30	Browns Payne	Young & Restless	Charlie	Barney	Sheldon	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Off Record	Dr. Phil	Gold Rush: Alaska	Replacem	Access Hollywood Live	Disorderly Conduct: Video on Patrol	Gold Girls
3 PM :30	Family Guy	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Sidekick	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	Disorderly Conduct	Restaurant Makeover
4 PM :30	The Office	Oprah Winfrey	Rob Robot	Fetch! With George S.	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	CFL Preseason Football: Montreal Alouettes at Hamilton Tiger-Cats.	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	(4:45)	Puppy SOS
5 PM :30	Movie: "I Am Legend" (2007)	Early News	Dino Dan	News	News (N)	News	Beyond Scared Straight	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Montreal Alouettes at Hamilton Tiger-Cats.	CTV News at Five (N)	River Monsters	Wizards	Minute to Win It	Auction	Top Chef Canada
6 PM :30	Will Smith	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Storage	News	(5:59) News Hour (N)	ET Canada	ICarly	Into the Wind		CTV News (N)	Deadliest Catch	Suite/Deck	America's Got Talent	Auction	Kitchen Nightmares
7 PM :30	Seinfeld	Ent	Gardens	Secrets of the Dead	Jeopardy!	The Dr. Oz Show	Jewels	Ent	Ent	Friday Night Lights	Wheel	Weird	CFL Preseason Football: Saskatchewan Roughriders at BC Lions.	etalk	Desert Car Kings (N)	Sonny	Survivor-man (DVS)	Auction	Wipeout Canada
8 PM :30	Law & Order: SVU	Bones	Tea Road to the Sky	NOVA (DVS)	The Voice	Undercover Boss	Jewels	The Middle	Bones	Bones	2011 NHL Awards on CBC (N)	ICarly		The Voice	Daily Planet	Suite/Deck	News	UFC Unleashed	Instant
9 PM :30	Movie: "Entrapment" (1999) Sean Connery	Love Bites "Sky High"	The Art of Singing	Journey to Palomar	America's Got Talent	Criminal Minds	Beyond Scared Straight	Family Happy	Love Bites "Sky High"	Love Bites "Sky High"	Home Imp.	Indie		Criminal Minds	Desert Car Kings	Hannah	Frank the Entertainer	(9:12) UFC Unleashed	Wipeout Canada
10 PM :30	The Investigators	CHBC News Final (N)	The Rapidly Changing	Charlie Rose	News (N)	News	Storage	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre	Law & Order: SVU	River Monsters	Princess	Justice	MANswers	Top Chef Canada
11 PM :30	The Investigators	CHBC News Final (N)	The Rapidly Changing	Charlie Rose	News (N)	News	Storage	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre	CTV News	Deadliest Catch	Ned's	Paid Prog.	MANswers	Kitchen Nightmares

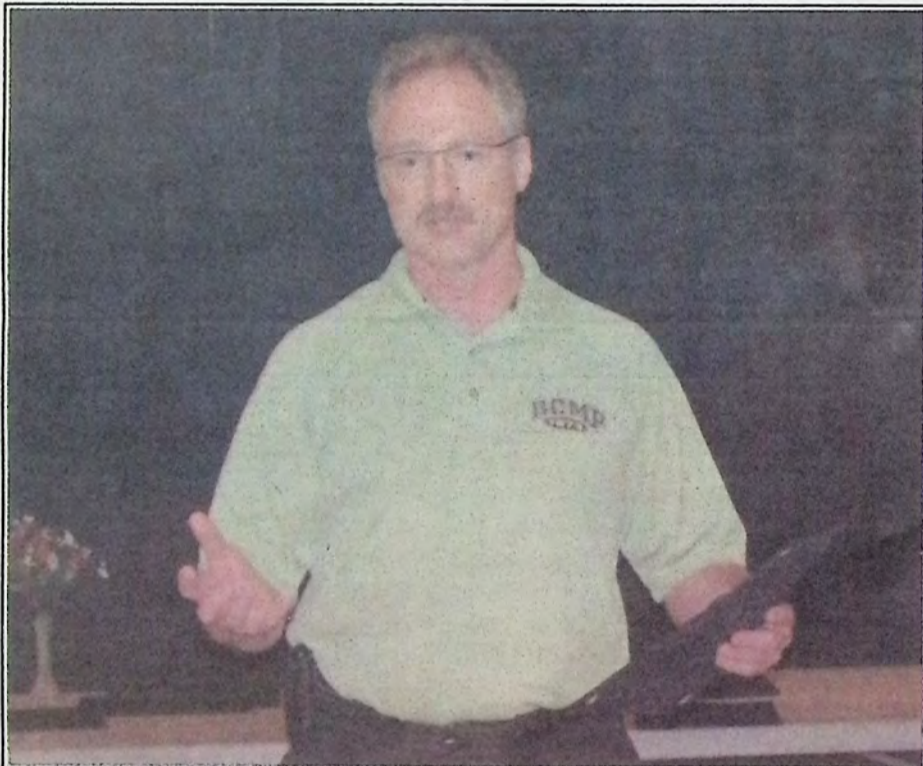
CPEC Spells Success!



Princeton RCMP Detachment Commander Sgt. Dave Clare, left, presents Regional District Director Elef Christensen (Area G - Rural Keremeos), right, with a Certificate of Appreciation for supporting the Princeton CPEC. *



Princeton RCMP Detachment Commander Sgt. Dave Clare, left, presents Frank Armitage (representing Copper Mountain Mining Corporation), centre, and Town of Princeton Mayor Randy McLean, right, with Certificates of Appreciation for supporting the efforts of the Princeton CPEC. *



Princeton RCMP Detachment Commander Sgt. Dave Clare. *



Princeton RCMP Detachment Commander Sgt. Dave Clare, left, presents Chamber of Commerce Manager Lori Thomas, right, with a Certificate of Appreciation for supporting the Princeton CPEC. *



Princeton RCMP Detachment Commander Sgt. Dave Clare, left, presents Princeton Youth Ambassador Taylor Kostiuik, right, with a Certificate of Appreciation for supporting the Princeton CPEC. *



Princeton RCMP Detachment Commander Sgt. Dave Clare, left, presents Princeton Secondary School Principal Sandee Blair, right, with a Certificate of Appreciation for supporting the Princeton CPEC. *

THURSDAY, JUNE 23, 2011

Table with 18 columns (WTBS ch.3 to TROP ch.45) and 12 rows (6 AM to 11 PM) showing TV schedules for Thursday, June 23, 2011.

FRIDAY, JUNE 24, 2011

Table with 18 columns (WTBS ch.3 to TROP ch.45) and 12 rows (6 AM to 11 PM) showing TV schedules for Friday, June 24, 2011.

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 #356 - Rated Medium

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

THIS WEEK'S SOLUTION: Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2011 Carter Boswell, Princeton, BC and published by Similkameen News Leader

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Saturday Movies

MORNING

8:00 am WTBS ch.3 "Hollow Man" (2000, Science Fiction) Kevin Bacon. A scientist becomes mentally unstable after he learns the invisibility serum he tested on himself cannot be reversed.
10:00 am WTBS ch.3 "Deja Vu" (2006, Suspense) Denzel Washington. A time-traveling federal agent falls in love with a New Orleans woman who is fated to be murdered.
A&E ch.9 "Remember the Titans" (2000, Drama) Denzel Washington. A Virginia high school hires a black football coach after undergoing integration in 1971. (CC)

AFTERNOON

12:00 pm FAM ch.26 "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (In Stereo) (CC)
12:30 pm A&E ch.9 "Titanic" (1997, Drama) Leonardo

DiCaprio. A society girl abandons her haughty fiance for a penniless artist on the ill-fated ship's maiden voyage. (CC)
5:00 pm WTBS ch.3 "The Rock" (1996, Action) Sean Connery. A one-time escaped convict leads Navy SEALs onto Alcatraz to thwart a renegade colonel's rebels who threaten the area with warheads.
A&E ch.9 "A Time to Kill" (1996, Drama) Sandra Bullock. A Southern lawyer and his legal assistant defend a black man for killing his young daughter's white attackers. (CC)

EVENING

6:00 pm CITY ch.29 "Geraldine's Fortune" (2004, Comedy) Jane Curtin. A grocery-store worker in a small Canadian town gets a chance to appear on a popular television game show. (CC) (DVS)
6:30 pm SPIKE ch.44 "Eraser" (1996, Action) Arnold Schwarzenegger. A Witness Protection Program agent hides a woman who knows about

defense-field traitors planning to sell a superweapon. (In Stereo)
7:00 pm CITV ch.12 "Journey to the Center of the Earth" (2008, Adventure) Brendan Fraser. Premiere. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface. (CC) (DVS)
7:30 pm WTBS ch.3 "Unleashed" (2005, Action) Jet Li. Enslaved by a loan shark, a violent fighter escapes and meets a blind man who teaches him humanity.
8:00 pm CHBC ch.4 BCTV ch.11 "Journey to the Center of the Earth" (2008, Adventure) Brendan Fraser. Premiere. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface. (CC) (DVS)
KSPS ch.6 "Bonnie and Clyde" (1967, Crime Drama) Warren Beatty. Acclaimed account of the gun-toting bank robbers and the trail of terror they blazed through the Southwest in the
..... continued on Page 19

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Sunday Movies

MORNING

7:30 am A&E ch.9 "Remember the Titans" (2000, Drama) Denzel Washington. A Virginia high school hires a black football coach after undergoing integration in 1971. (CC)
8:00 am WTBS ch.3 "An Unfinished Life" (2005, Drama) Robert Redford. Old wounds get a chance to heal when a Wyoming rancher shelters his abused daughter-in-law and her child.
10:00 am WTBS ch.3 "The Upside of Anger" (2005, Comedy-Drama) Joan Allen. An ex-ballplayer befriends a mother of four who has hovered in a boozy funk since her husband abandoned her.

AFTERNOON

12:00 pm FAM ch.26 "Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In

MORNING

Stereo) (CC)
1:30 pm YTV ch.18 "The Little Rascals" (1994, Comedy) Travis Tedford. For wooing Darla, Alfalfa has a falling out with Spanky and the all-boys clubhouse gang. (In Stereo) (CC)
3:00 pm VTV ch.22 "The Matthew Shepard Story" (2002, Docudrama) Stockard Channing. Parents deal with the murder of their homosexual son who was beaten and left for dead by two assailants. (In Stereo) (CC) (DVS)
3:30 pm YTV ch.18 "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past his deadly traps to gold. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Bedtime Stories" (2008, Comedy) Adam Sandler. A hotel handyman tries to make the most of the situation when he learns that the outlandish tales he tells his niece and nephew are coming true.
CBC ch.13 "Rookie of the Year" (1993, Comedy) Thomas Ian Nicholas. A boy lands a job with

the Chicago Cubs after an arm injury leaves him with major-league pitching talent. (CC)

EVENING

6:00 pm YTV ch.18 "Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists. (In Stereo) (CC)
7:00 pm WTBS ch.3 "Bedtime Stories" (2008, Comedy) Adam Sandler. A hotel handyman tries to make the most of the situation when he learns that the outlandish tales he tells his niece and nephew are coming true.
8:00 pm CBC ch.13 "Mission: Impossible III" (2006, Action) (Part 1 of 2) Tom Cruise. Now a trainer for IMF recruits, agent Ethan Hunt squares off against the toughest foe he has ever faced: a ruthless arms and information broker. (In Stereo) (CC)
9:00 pm FAM ch.26 "Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors. (In Stereo) (CC)
10:00 pm WTBS ch.3 "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other.
10:10 pm CBC ch.13 "Mission: continued on Page 19

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SATURDAY, JUNE 25, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

SUNDAY, JUNE 26, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

MONDAY, JUNE 27, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Bob Build	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	Wimbledon	Canada AM	Mayday "Ghost Plane"	Henry's	CityLine (N)	CSI: NY "The Box"	Spoiled
7 AM	Cosby		Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Artzooka	Super Evil	2011 Wimbledon Championships: Men's and Women's		Building the Biggest	Phineas	The Nate Berkus Show	CSI: Crime Scene	Tooned
8 AM	Cash Cab		Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Animal	Kid vs. Kat			Building the Biggest	Phineas	The Nate Berkus Show	CSI: Crime Scene	Tooned
9 AM	Family Fd	100 Huntley Street	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Bo On/Go	Slidekick			Machines	Hannah	Rachael Ray	CSI: Crime Scene	Torrens
10 AM	The Investigators	World Vision	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Busytown	Kid vs. Kat			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
11 AM	Forensics Evidence	World Vision	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Super Why!	To School			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
12 PM	Jim King	Noon News Hour (N)	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			News	Berenstain			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
1 PM	King Earl	Days of our Lives (N)	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
2 PM	Browns Payne	Young & Restless	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
3 PM	Family Guy	The Doctors	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
4 PM	The Office	Oprah Winfrey	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
5 PM	Browns Payne	Early News	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
6 PM	Law & Order: SVU	Global Nat. News	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
7 PM	Seinfeld	Ent	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
8 PM	Movie: "Mimic" (1997)	House "Knight Fall"	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
9 PM	Horror Mira Sorvino	House	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
10 PM	Movie: "Mimic" (1997)	Hawaii Five-0	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever
11 PM	Horror Mira Sorvino	CHBC News Final (N)	Hi-5	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Hoarders	Live With Regis & Kelly			Machines	Phineas	Rachael Ray	CSI: Crime Scene	Whatever

Monday Movies

MORNING

10:30 am SPIKE ch.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)

AFTERNOON

12:30 pm SPIKE ch.44 "The Punisher" (2004, Action) Thomas Jane. An FBI agent becomes a gun-toting vigilante after a crooked businessman orders hit men to murder his family. (In Stereo)

3:00 pm SPIKE ch.44 "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)

EVENING

6:19 pm SPIKE ch.44 "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)

8:00 pm WTBS ch.3 "Mimic" (1997, Horror) Mira Sorvino. Married scientists battle killer cockroaches with the ability to assume human form.
10:00 pm WTBS ch.3 "Mimic" (1997, Horror) Mira Sorvino. Married scientists battle killer cockroaches with the ability to assume human form.

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<p>obituary</p>	<p>obituary</p>	<p>help wanted</p>	<p>for rent</p>	<p>for rent</p>
<p>John 'Red' Welde John Welde (Red) passed away peacefully at Princeton General Hospital on June 11, 2011. He will be sadly missed by his wife, Betty and many friends. We would like to thank the hospital staff, Doctors and Nurses for their attention, compassion and consideration towards all of us during this difficult time. In lieu of flowers, donations to the Heart & Stroke Foundation of the Princeton General Hospital would be greatly appreciated.</p>		<p>Billy's Family Restaurant currently has positions available for part-time and full-time cooks. While previous experience would be an asset, we are willing to provide on-site training. Bring your resume in person to 301 Vermilion Avenue.</p>	<p>1-bedroom cabin with brand new carpet and flooring, includes shower, starchoice, internet, all hydro. \$1,000 a month. First and last month's rent required. Use of large games room, smoker and fire pit allowed. Dogs or a horse are welcome but no studs. If you have no animals rent is \$900.00 firm. First and last month's rent required. Call Gena 250.295.0775 or 250.438.0775. <small>Jun 07-21</small></p>	<p>4-bedroom house on a lake. 2-bath, fully furnished. Includes utilities and weekly house-keeping. Asking \$2,400.⁰⁰ per month. Call 250.295.7988. <small>th</small></p> <p>Luxury rooms, own jacuzzi tub, fridge and microwave. \$300 - \$350/week. Large chalet 3-bedroom plus loft, call for more information. Princeton Castle Resort. (250) 295-7988. <small>sep22-11h</small></p>
<p>for sale</p>	<p>for sale</p>	<p>Sandman Inn Princeton - couple required for manager relief. Hotel/motel experience an asset. Please drop off resume in person or send to gm_princeton@sandman.ca. <small>Jun 07-11h</small></p>	<p>Princeton Motel, non-smoking large kitchen units. All inclusive on monthly basis. \$900.00 per. Call 250.295.6906. <small>Jun 14-28</small></p>	<p>1-bedroom, recently remodeled. Laundry in suite, off street parking. Available now. Asking \$656.00/month plus utilities. Call 250.295.0141. <small>May 24-Jun 28</small></p>
<p>48-inch Sanyo big screen TV in good working order. Asking \$50.00. Call 250.273.3299. <small>Jun 21</small></p>	<p>2 TVs - cheap. Wicker stand and mirror \$35.00, dining room light fixture (new) \$60.00, table and 4 chairs \$75.00, stand-up deep freeze \$175.00, 22 oak spindles for stair railing \$200.00, new Mastercraft hardwood air powered flooring stapler with accessories \$200.00, couch, love seat and chair (good condition) professionally cleaned \$400.00. Call 250.295.6408. <small>Jun 21-Jul 05</small></p>	<p>for sale</p>	<p>3-bedroom mobile, fridge, stove, washer, dryer. \$700.00/month plus damage deposit. Call 250.292.8131. <small>Jun 14-28</small></p>	<p>2-bedroom renovated furnished apartment located downtown Princeton, includes W/D. No smoking, no pets. \$875.00 plus utilities. Available immediately. Prefer quiet professionals. References required. Call Lisa or Marshall 250.860.1667. <small>Jun 07-21</small></p>
<p>Delonghi air conditioner and humidifier with remote. Used only 2 months. Paid \$700.00. Will sell for \$350.00 OBO. Playstation 2 still in box (new). Paid \$189.00. Will sell for \$75.00 OBO. Pioneer DVD player. Used 3 months, \$50.00 OBO. Call Larry at 250.295.1299. <small>Jun 21</small></p>	<p>ADVERTISING WORKS OR YOU WOULDN'T BE READING THIS! Similkameen News Leader 250.295.4149</p>	<p>1999 Sea Breeze 5th wheel with 32.5 ft., 2 slides, fully loaded. Perfect for year round living, in excellent condition. Must see! Asking \$25,000.00 OBO. Call 250.499.5681. <small>May 24-11h</small></p>	<p>1-bedroom apartment, recently remodeled. Laundry in suite, off street parking. Available now. \$656.00/month plus utilities. Call 250.295.0141. <small>Jun 14-28</small></p>	<p>2-bedroom renovated furnished apartment located downtown Princeton, includes W/D, dishwasher. No smoking, no pets. \$1,150.00 plus utilities. Available July 1st. References required. Call Lisa or Marshall 250.860.1667. <small>Jun 07-21</small></p>
<p>ADVERTISING WORKS OR YOU WOULDN'T BE READING THIS! Similkameen News Leader 250.295.4149</p>	<p>help wanted</p>	<p>1985 Ford Motorhome, 27 1/2 ft Glendale, 460, A/C (roof). Call 250.295.7450. <small>Jun 07-21</small></p>	<p>lost</p>	<p>2-bedroom rancher for rent on 4 acres in town limits, town water and garbage pick up, wood and propane heat, covered carport and laundry. \$975.00 per month. Call 250.295.3738. <small>Jun 07-21</small></p>
<p>help wanted</p>	<p>Food Counter Attendant Food service counter attendants and food preparers perform some or all of the following duties: - Take customers' orders - Prepare food such as sandwiches, hamburgers, salads, milkshakes and ice cream dishes - Portion and wrap food or place it directly on plates for service to patrons, and package take-out food - Serve customers at counters - Stock refrigerators and salad bars and keep records of the quantities of food used - May receive payment for food items purchased. Permanent, Full Time, Shift, Weekend, Day, Evening \$11.31 Hourly, for 40.00 Hours per week. Some high school education needed. No experience needed - employer will train. How to Apply: By Mail: 158 Tipton Avenue Box 1078 Princeton, British Columbia VOX 1W0 By Email: dqpbcc@yahoo.com John Babiak Dairy Queen, Princeton, BC</p>	<p>Sharp 27" color television includes Samsung DVD player, Panasonic Genius microwave, \$35 each. Call 250.295.7582. <small>Jun 07-21</small></p>	<p>Adult goat and two kids in Manning Park. Reward offered. Call 250.295.3739. <small>Jun 21-28</small></p>	<p>1-bedroom suite, downtown. Level access, rent includes power and heat. References, D.D. Available now. Phone 604.484.2783 and leave a message with the best time to call back. <small>Jun 07-21</small></p>
<p>Kitchen Helper Kitchen helpers perform some or all of the following duties: - Wash and peel vegetables - Wash work tables, cupboards and appliances - Remove trash and clear kitchen garbage containers - Unpack and store supplies in refrigerators, cupboards and other storage areas - Sweep and mop floors, and perform other duties to assist cook and kitchen staff. Permanent, Full Time, Shift, Weekend, Day, Evening \$11.31 Hourly, for 40.00 Hours per week. Some high school education needed. No experience needed-employer will train. How to Apply: By Mail: 158 Tipton Avenue Box 1078 Princeton, British Columbia VOX 1W0 By Email: dqpbcc@yahoo.com John Babiak Dairy Queen, Princeton, BC</p>	<p>help wanted</p>	<p>Dining room table, 4 chairs and 2 armchairs, 4 leather recliners (green), ottomans, 2 night tables, dresser with mirror (9-drawers) cream boxspring (new), marble coffee table with 2 rocking chairs. Dresser (white, 5 drawers). Call 250.295.0406 or 604.796.1064. <small>Jun 14-28</small></p>	<p>notices</p>	<p>wanted</p>
<p>wanted</p>	<p>help wanted</p>	<p>35 1/2 foot 5th wheel with 3 slide outs, washer, dryer, dual air conditioning, open living style with separate bedroom. Set up in MHP. call 250.295.7950. <small>Jun 14-28</small></p>	<p>"Eat Well, Live Well" Exciting new superfood cereal blended with Okanagan fruit! 250.494.8836 www.okanaganfruitcereal.ca <small>Jun 07-21</small> FREE ONLINE CLASSIFIEDS www.thenewsleader.biz</p>	<p>wanted</p>
<p>real estate</p>	<p>real estate</p>	<p>Lot in Princeton for sale. Property is located at 249 Angela Avenue and is selling as is. Services need hook-up. Lot is duplex zone-able. Clear title. \$97K. Call 250.477.9963 (Victoria). <small>Jun 14-28</small></p>	<p>BUYING GOLD LOANS ON GOLD JEWELLERY, NUGGETS, BROKEN, UNWANTED * SILVER COINS * TESTED/APPRaised AS YOU WAIT IMMEDIATE CASH GARY - Bridge Street Family Pawn 302 Bridge Street, Princeton 250.295.7900</p>	<p>BUYING GOLD LOANS ON GOLD JEWELLERY, NUGGETS, BROKEN, UNWANTED * SILVER COINS * TESTED/APPRaised AS YOU WAIT IMMEDIATE CASH GARY - Bridge Street Family Pawn 302 Bridge Street, Princeton 250.295.7900</p>

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notices

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**Similkameen
News Leader - Recipe Corner**
Recipe #378

Mushroom Foccacia

- 1 lb. pizza dough/frozen bread dough, thawed (500 g)
- 3 tbsp olive oil, divided (45 mL)
- 3/4 lb. fresh Mushrooms, thinly sliced (375 mL) crimini, portabella, shiitake, oyster
- 1 cup thinly sliced red or sweet onion (250 mL)
- 1 1/2 tsp dried oregano or Italian seasoning (7 mL)
- 1 clove garlic, minced
- 8 black olives, pitted and sliced (optional)
- coarsely ground black pepper to taste
- 1 tbsp grated Parmesan cheese (15 mL)

Lightly grease a baking sheet and place dough on it; with floured hands press out dough to 11 x 7"(27x17 cm) oval. Brush with 2 tsp (10 mL) of the oil and let rise in warm place* for 45- 60 minutes. Meanwhile, heat remaining oil in large skillet; sauté mushrooms and onions for 4 minutes or until moisture has evaporated; add oregano and garlic, cook 1 more minute; let cool slightly. With thumb or end of wooden spoon make dimpled surface on foccacia; top with mushroom mixture, pressing lightly into dough. Top with olives if using, black pepper and Parmesan. Bake 400°F (200°C) oven for 20 to 25 minutes or until bottom is lightly browned and crisp. Cool slightly on wire rack. Cut in wedges or slices to serve. Makes 12 pieces

*To create a warm place for dough to rise, turn oven on to 200°F (100°C) for 1 minute; then turn off and place dough in warm oven.

Tips:
* Prepare your own dough using half whole wheat flour to make it more nutritious.
* Kalamata or Nicoise olives cured in oil or brine are more flavourful than canned.

Variations:
* Crumble goat cheese on top of baked foccacia and return to warm oven just to melt.
* Pass herb or spiced flavoured oil to drizzle on as desired.

Nutritional Information:
Calories: 143, Sodium: 193 mg, Protein: 3.7 g, Fat: 5.4 g, Carbohydrates: 20.3 g, Dietary Fibre: 1.3 g

For more great mushroom recipes, tips, and information visit Mushrooms Canada online at www.mushrooms.ca

If you have a favourite recipe you would like to share, contact us for details!
226A Bridge Street, Princeton

Weekend Movies

SATURDAY MOVIES

..... continued from Page 14

'30s. (In Stereo) (CC)
 9:00 pm FAM ch.26 "Raise Your Voice" (2004, Drama) Hilary Duff. A small-town teenager defies her father and heads to Los Angeles to study at a performing arts school. (In Stereo)
 9:01 pm A&E ch.9 "A Time to Kill" (1996, Drama) Sandra Bullock. A Southern lawyer and his legal assistant defend a black man for killing his young daughter's white attackers. (CC)
 9:30 pm WTBS ch.3 "The Rock" (1996, Action) Sean Connery. A one-time escaped convict leads Navy SEALs onto Alcatraz to

thwart a renegade colonel's rebels who threaten the area with warheads.

SPIKE ch.44 "Unforgiven" (1992, Western) Clint Eastwood. An old gunslinger, his ex-partner and a quick-draw kid go bounty hunting in a town called Big Whiskey. (In Stereo)
 10:30 pm CBC ch.13 "Ray" (2004, Biography) Jamie Foxx. Blind since childhood, Ray Charles overcomes poverty, hardship and addiction and becomes an American music legend. (In Stereo) (CC)
 10:46 pm FAM ch.26 "It Could Happen to You" (1994, Romance-Comedy) Nicolas Cage. A New York policeman keeps his

promise to split a \$4 million lottery prize with a waitress, but his wife objects. (In Stereo) (CC)

SUNDAY MOVIES

..... continued from Page 14

Impossible III" (2006, Action) (Part 2 of 2) Tom Cruise. Now a trainer for IMF recruits, agent Ethan Hunt squares off against the toughest foe he has ever faced: a ruthless arms and information broker. (In Stereo) (CC)
 10:30 pm FAM ch.26 "The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (In Stereo) (CC)
 11:00 pm KNOW ch.5 "Shadow Play: The Making of Anton Corbijn" (2009, Documentary) Bono. Premiere. Anton Corbijn designs album covers and directs music videos for U2, Depeche Mode and other iconic groups. (CC)

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Parking Lot Garage Sale

10:00 AM - 5:00 PM
 Sunday, July 3

Come and sell your crafts or garage sale items with us! Outbackjacks Horse Rescue Thrift Store is planning a parking lot garage sale fundraiser on Sunday, July 3 from 10 AM to 5 PM. Volunteers are required for July 3.

We are hoping to have face painting, hot dogs, dunk tank and balloons. So far we have 15 tables. If you would like to have a spot for a table it's by donation to horse rescue.

Stop by 226B Bridge Street Wednesday to Fridays between 10 AM and 4 PM to see Gena to reserve your table.

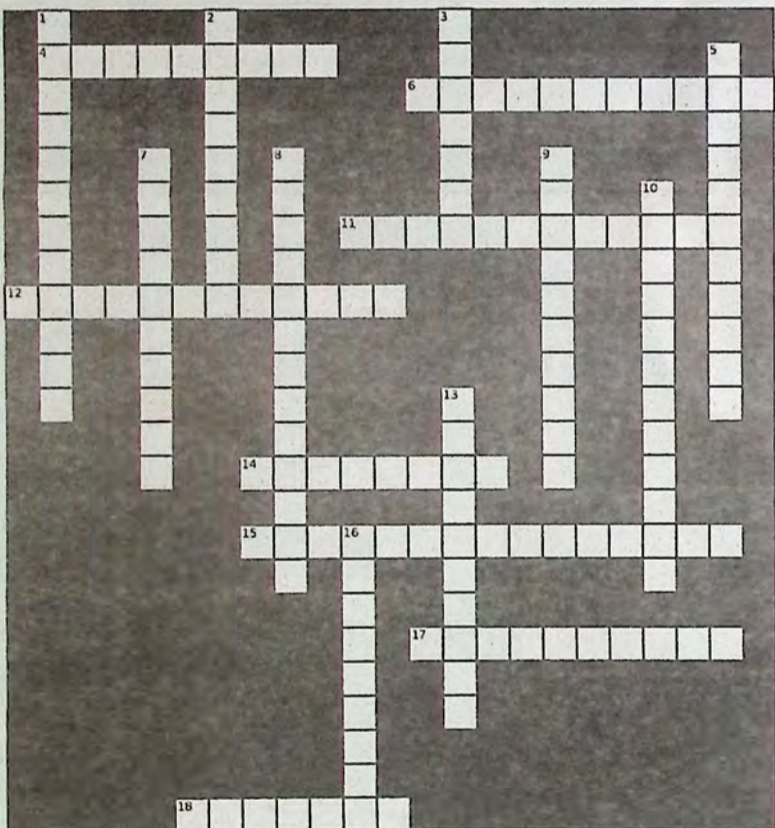
Everyone welcome!
 Donations also welcome and we'll even pick them up!

Call Gena 250.295.0775 or 250.438.0062

Similkameen
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Similkameen
News Leader Puzzler

Use the June 14 News Leader to find Answers Below...



- | | |
|---|--|
| <p>Across</p> <p>4 Chelsea Turner's Theatre Company.</p> <p>6 The Similkameen _____ Campground was flooded in Keremeos.</p> <p>11 Who retired after 17.5 years in the School District maintenance department?</p> <p>12 He owns and operates Up 'N' Adam Web Design.</p> <p>14 Name the utility company hosting an Open House June 21 in Princeton.</p> <p>15 She was honoured for 10 years service to the Town of Princeton.</p> <p>17 Name the newest street in Princeton: _____ Road.</p> <p>18 The 'Good News' quote came from this book of The Bible.</p> | <p>Down</p> <p>1 Name another School District retiree (33 years at the Board office).</p> <p>2 Which historic site in Keremeos hosted a Father's Day celebration?</p> <p>3 Name the Cirque Du Soleil performance June 29-July 3 in Penticton.</p> <p>5 She takes photos and writes articles for the Similkameen News Leader.</p> <p>7 He handles advertising sales for the Similkameen News Leader.</p> <p>8 Who in Princeton just published a Christian book?</p> <p>9 Who retired from 20 years in School District 58?</p> <p>10 Who is District 58 Board of Trustees Chairman?</p> <p>13 Who is District 58 Superintendent of Schools?</p> <p>16 "I Love You, You're Perfect, _____"</p> |
|---|--|



Editorial Page News Leader

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

My Turn...

Addiction Free At Last!

I am proud to say I have finally kicked my Coke habit! Before you start pointing fingers or making assumptions, the Coke I am referring to comes in liquid format and is usually available in plastic bottles or aluminum cans in grocery stores, gas stations and in vending machines located in most public places.

Yes, I have to admit it was not easy but it was a habit that I can trace to a humble beginning.

When I quit drinking alcohol about ten years ago I switched almost immediately to 'near beer' but that really didn't do the job. I was obviously in a state of denial and even asked bartenders and servers to pour my 'near beer' at the bar before bringing it out to me so no one would figure out I had made the switch.

After I decided that wasn't going to work for long I switched to cola. I was up to about a half-dozen cans a day – about the same volume I drank of beer on those really, really important beer drinking days.

Okay, maybe a bit less. I don't remember.

My pop bill was slowly going through the roof, along with my blood pressure. Something had to give so over the years I tried just about every alternative liquid product out there.

Nothing seemed to quench my thirst quite like a frosty cold can of fizzy liquid sugar.

I tried different varieties of cola.

You know, sugar-free, caffeine-free, ozone-free, deposit-free, lump-free and light, whatever that is.

Still I didn't get the same satisfying feeling of a gut full of bubbling liquid so I kept falling back on the old standby.

Then my life suddenly got very busy.

I didn't have time to crack open as many cool ones as I used to. Slowly my daily intake dropped down to a weekly amount. That soon dropped even more.

Maybe I was at a place where I could finally take control of this horrible habit.

I started saying 'no' to offers of a nice cold can of cola.

At first I couldn't believe the word came out of my mouth, but it did and it sounded okay.

The hunt for an alternative was back on.

A couple weeks ago my hunt was over.

I discovered flavoured water and crushed my last pop can. I'm free at last and it feels great.

It's amazing what you can do if you take control of something that's controlling you.



A number of Princeton area residents made the trip to Vancouver last week to view Game 7 of the Stanley Cup Finals from one of the 'live site' locations. Adam Gullason, left, did just that with former Princeton resident Adam Dobbs, right. Gullason tells the News Leader he was hit by two tear gas bombs, a concussion grenade and roughed up a bit by other fans on their way from the live site. Photo: Adam Gullason

...Your Turn

Rancher Likes HST

Dear Editor:

The HST is helping farmers and ranchers.

I have been ranching in BC for 24 years. My family and I run an average-sized ranch with one employee. With our HST savings, I was able to give him a raise, as well as re-invest in our day-to-day operations. The HST has made running a ranch much easier. The HST is more efficient. If the HST were to be replaced with the old PST/GST system, it would be burdensome for us and would increase our expenses.

As Chair of the Finance and Taxation Committee (with the British Columbia Cattlemen's Association), I know the HST is good for BC's agriculture industry. I ask everyone to please do what is

right for agriculture; vote No on the ballot so that we may keep the HST.

Yours truly,
Ron Buchanan, Charlie Lake, BC

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Mining is a major contributor to the economy of BC, as well as the Princeton area. We should never forget the workers who have lost their lives while working in the mines or from occupational disease related to the mining industry.

Please take the time to remember and pay tribute to those workers on this Miners Memorial Day.

CAW TCA
CANADA
Local 3022

Similkameen News Leader

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Brenda Engel - Office Manager

Dawn Johnson - Reporter

John Gillis - Advertising Sales

Lynette Boyd - Office Assistant

Desiree Cosman - Youth Rep

Adam Gullason - Website Development

EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws. The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense! The Editor reserves the right to condense any letter or to substitute proper language for improper language.



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Current Comment

How Nuclear And Cancer Go Together



Dawn Johnson
editor@thenewsleader.ca

With the Fukushima Dai Ichi plant in total meltdown and still contaminating the air and the sea, we should acknowledge the connection between radioactivity and cancer. If you scoff, ask your X-ray technician why he or she enters a protective shell while giving you an X-ray. It has something to do with prolonged or repeated exposure and the risk of cancer.

The nuclear industry began with Pierre and Marie Curie, who pioneered work on radioactivity. They worked with Henri Becquerel, whose name is now used for a measurement of radioactivity. Pierre Curie died quite young when he was run down by a carriage in Paris. Marie Curie continued her work and developed radioactive isotopes. All of these people won Nobel prizes for science. Marie Curie died of aplastic anemia from working with radioactive materials. Aplastic anemia occurs when the stem cells of the bone marrow are damaged.

Marie Curie did not know what radiation could do. She worked with no protection. In fact, her working papers are stored in lead lined boxes in Paris, and anyone wishing to review her papers must first don protective gear, because the papers are still dangerously radioactive although she died 80 years ago.

The link between radioactive fallout and cancer was not really recognized until 1979. This came about as a result of lawsuits against the American government for the devastation caused in Utah downwind from the atomic bomb test site. During the 1950s, the American military decided to test nuclear bombs in Nevada. The tests were done only when the wind blew from due west, across what the military considered as land too sparsely populated to worry about the effects of radioactive fallout.

Within that sparsely populated area, there were numerous sheep ranches. After the nuclear bomb testing began, the sheep developed blisters on their skin and lips, and inside their mouths. They had been

burnt by the grass they were eating, but nobody wanted to admit, officially, that there was a problem with radioactive fallout. The ranchers were wiped out. The ranchers were not compensated until 1980 because of a massive cover-up.

The worst effects were on children. The study released in 1979 stated, "A significant excess of leukemia deaths occurred in children up to 14 years of age living in Utah between 1959 and 1967. This excess was concentrated in the cohort of children born between 1951 and 1958, and was most pronounced in counties receiving high fallout." There were other effects from the fallout, ranging from still-born infants to malformed infants to an increased rate of miscarriages and breast cancer. Birth defects are a tragedy even today for people who lived downwind of the test site.

People who developed cancer or lost herds to cancer did not receive compensation until 1990 due to a court decision that protected the government and gave no credence to the link between radioactive fallout and cancer. (For more information, Google nuclear testing - down winders.) The people of Utah had received three times as much fallout as Europe had from Chernobyl. People in the downwind area had their hair fall out, strange tumors, miscarriages, birth defects and immune system disorders, but they were never told the reason at the time. It took 45 years for their plight to be officially recognized.

Later, it was estimated that most of the USA received fallout from the Nevada nuclear bomb testing. It is unknown how many cancers developed as a result of the fallout.

The French atomic bomb testing in the South Pacific exposed people in the islands of Micronesia and the people of Australia to radioactive fallout. Today, Australia has the highest cancer rate in the world, almost double that of Canada. Australia recorded thyroid cancer, miscarriages, and slow bone growth in children as a result of the radioactive fallout.

What is the relationship between the so-called "safe" nuclear power plants and cancer? A German study compared cancer rates in children living near nuclear power plants with children living a long distance from a nuclear power plant. The study involved 5,000 children. Going by an average cancer rate, researchers expected they would find 48 cancer cases and 17 leukemia cases. Instead they found 77 cancer cases (60 percent more) and 37 leukemia cases (117 percent more) among children living within five kilometers of a nuclear

power plant. One doctor involved in the study said they had found proof but had not expected such high levels of cancer because the radiation level was so low.

To date, there is no official recognition of cancers that develop in soldiers exposed to the "dirty" weapons used in Bosnia and later in Kuwait in Desert Storm. The military accepted projectiles made from depleted uranium. When these weapons exploded, they spread radioactive particles similar to fallout. Those particles are still in the desert air in Kuwait at rates 20 times higher than normal. British doctors treating veterans who fought in the Gulf War expect the veterans to develop cancers as a result of inhaling the particles, which remain radioactive in the chest up to 20 years.

We need to start asking ourselves why we are so silent about the nuclear industry. It is clearly not a clean nor safe industry at any level. The nuclear industry brings death through contamination of everything it touches.

I have expressed this to a number of friends who I believe are intelligent, but it takes time to get their heads around the idea that nuclear power is a safe source of power. One of the remarks was "We have to have the electricity." Yes, we do, and we could have it if we had a program for every Canadian homeowner to receive a grant to go to solar power. Think of those vast expanses of desert around the world where clouds seldom hide the sun. How much electricity could they produce from the sun?

I doubt Canada would launch such a program because Canada is the prime supplier of uranium. In fact, Saskatchewan even brags about how much money comes from uranium sales.

If everyone changed to solar or wind power, we could get rid of nuclear power plants and the threat of contamination. In addition, we would know for sure who had bad intentions toward their neighbours. If they refused to shut down their nuclear power plants and go green, then they would likely be manufacturing nuclear weapons. After all, nuclear weaponry is a by-product of nuclear power plants.

When you hang it all together - nuclear power, nuclear weapons, radioactive fallout, cancer - the picture certainly becomes enough to keep you awake at night, doesn't it?

Similkameen News Leader

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AND NOW...A LITTLE GOOD NEWS!

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight." Proverbs 3:5-6

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Kyle Sebastian



PROPERTY TAX EXEMPTION

The Regional District of Okanagan-Similkameen recognizes the significant value of volunteers, volunteer groups and agencies to the spiritual, educational, social, cultural and physical well-being of the region.

These non-profit organizations have the opportunity to apply for a Property Tax Exemption. The following criteria will determine eligibility.

The applicant(s) must:

- Qualify for an exemption under the provisions of the Local Government Act, the general authority for property tax exemptions. (Sections 809 and 810);
- Be in compliance with Regional District policies, plans, bylaws and regulations (i.e. zoning);
- Be a non-profit organization;
- Not be in competition with for-profit business;
- Provide services or programs that are compatible or complementary to those offered by the Regional District.
- Provide a service that fulfills some basic need, or otherwise improves the quality of life for residents of the Regional District.
- Not provide liquor or meal services as their primary function or source of revenue.
- Not collect rent on a caretaker or other residence located on the property.

Application forms are available online at www.rdos.bc.ca or at the RDOS office, 101 Martin Street, Penticton, BC.

The deadline for submitting completed application forms including supporting documentation is **JULY 31, 2011**.

Successful applicants may be asked to publicly acknowledge the exemption.

If you require further information, assistance completing your application or wish to view the Property Tax Exemption Policy, please call Warren Everton, Finance Manager at 250.490.4105 or e-mail at weverton@rdos.bc.ca.



Getting together: left to right; Marcus Stusek, Chelsea Turner, Rachel Hart, Benjamin Wardle, Heather Motut. The play "I Love You, You're Perfect, Now Change" is at Riverside Theatre. Photo: Dawn Johnson

..... continued from Page 9 rapid, so there is no time for the audience to become restless. It is a wonderful way to spend an evening. Laughter is good for the soul. The performers received a standing ovation at the end of the play.

The production team of River Road Theatre is made up of Marcus

GearUp4CF ride stops in Princeton

..... continued from Front Page ride through Princeton this year.

Richard and his family have some very close friends living in Princeton.

"We have always looked forward to coming to Princeton. Fly fishing or riding the Kettle Valley Rail (Trans-Canada Trail) to Tulameen or just visiting, we always enjoy our time in the Similkameen."

The cyclists will ride through the Rockies and across BC arriving in

Stusek, Chelsea Turner, Benjamin Wardle, Heather Motut and Rachel Hart. Motut is Director, and Jim Hill does the musical accompaniment. Everybody helps with the props, but Sue Turner is in charge, while Jeff and Logan Turner take care of lighting and sound.

I Love You - You're Perfect - Now

Change runs Friday, Saturday and Sunday at 7:30 PM (2:00 PM matinee Saturdays) through July 3 except on Canada Day.

The troupe is here for the summer and will shift to Barefoot in the Park on July 8 to 24, then shifts again to The 39 Steps on July 29 through August 14.

Princeton this Friday, June 24th.

A welcoming reception is scheduled to take place at Veterans Square beginning at 5:00 PM. Thomasina's will host a pasta dinner at that time.

The GearUp4CF 2011 ride will come to an end on the weekend when the cyclists arrive at their final stop, BC Children's Hospital in Vancouver on Sunday, June 26th.

Cystic Fibrosis Canada is a

national health charity that funds CF research and care. In 2010, the Foundation supported more than 50 research projects which were exploring all aspects of the CF puzzle; from investigating new methods of fighting infection and inflammation in the lungs to finding new therapies that target the basic defect at the cellular level.

To find out more about the ride or to donate online visit this website: www.gearup4cf.org.



Getting ready for that first date, the hopeful beginning that will lead to love. Left to right: Marcus Stusek, Chelsea Turner, Rachel Hart, Heather Motut, Benjamin Wardle. Photo: Dawn Johnson



Highway 3 near Wolfe Creek received some extra material recently to keep Similkameen River from eroding away at it. The high water forced repairs of this nature throughout the valley. Photo: Brenda Engel



Vermilion Artists

YOU are invited to visit and enjoy
OUR ANNUAL ART SHOW
10:00 AM - 6:00 PM

Thursday, Friday & Saturday June 30, July 1 & 2
at the **LIBRARY BUILDING**
INCLUDING WORK BY THE
Princeton Secondary School Bursary Winners



Bring Your Friends!
Info: 250.295.6778



Arts Council plans fall concerts

A series of four concerts is being planned for this fall at Riverside Centre. Princeton Arts Council is hoping to schedule a ballet, harpist Ingrid Schellenberg, a silent movie with piano accompanist, and Ian Tyson! The series ticket will sell for \$90.

Summer plans are set. Arts Council members toured the site at Manning Park for the Arts in the

Park performances at Lightning Lakes on August 18. A stage will be erected at the public picnic area at Lightning Lake.

Arts Council members will show paintings, provide musical entertainment, naturalist displays and displays from Princeton Museum. This event takes place August 18 and is part of the celebration of 100 years of BC Parks.

Similkameen

News Leader

www.thenewsleader.net

Similkameen Stump Grinding Service



Randy Jenssen - zuzuhed@persona.ca
250.295.3133 - 250.295.3184

HOST FAMILY SERVICES FOR PERSONS WITH DEVELOPMENTAL DISABILITIES

Princeton & District Community Services provides a number of accredited services to adults with developmental disabilities. We are exploring opportunities for possible home-share placements for some of the persons we support.

Experience working with developmentally disabled adults is considered an asset. As a home share provider you will support the individual to experience a good life in a welcoming community. Funding to support these individuals is provided by Community Living BC and the individual. Remuneration is based on the needs of the individual.

If you are interested in providing a home to adults with developmental disabilities or learning more about the opportunities available, please send a resume or letter of interest to:

PDCSS
Attention: Lynn Pelly, Executive Director
Box 1960, Princeton, BC V0X 1W0
Phone: 250.295.6666 Fax: 250.295.6214 e-mail: mail@pdcss.com

They're Off



On The 43rd Running

Thursday June 30th 2011 Post Time 3:00 pm

Up to \$38,000.00 in Purse Money FREE Admission

Horse Racing with Pari-Mutuel Betting: Contacts John Bey 295-3970: Lisa Carleton 295-3535

Princeton Racing Days

Interior John Deere Bonus Challenge QH Race
Purse \$6,000.00

Entertainment
The Trubador

Dance in the Beer Gdn
to Dale Seaman & 50/50 Draw
Hwy 97

WHAT A WEEKEND !!!

<p>Crowning of The Ambassadors</p> <p>Racing Days</p> <p>Parade</p> <p>Rotary Club, July 01, 2011 all entrants welcome Judy Short 295-0217 Theme: Humour on Parade</p>	<p>Pancake Breakfast & Duck Race</p> <p>Lions Club July 02, 2011 Gerry St.Laurent 295-0871 Rotary Park 8:00 am to 11:00 am</p>	<p>Golf Tournament</p> <p>Mixed Golf Tournament July 1st - 2nd & 3rd 2011 Pro Shop 295-6123 Princeton Golf Course</p>
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Concession & Refreshments

SWEEPSTAKE TICKETS

ROTARY SWEEPSTAKE TICKETS ON THE
40TH RUNNING OF THE SIMILKAMEEN CUP

A SPECIAL INVITATION



YES.....

where the experts are™

WE CAN

Help send worthy kids from our communities to camp!

Drop by our office to enter your name for a chance to win a summer-fun gift basket via donations.

Draw is Saturday, July 23rd at our Customer Appreciation Day!

PLEASE, LET'S ALL HELP SEND A KID TO CAMP!

1725 Princeton/S'land Rd



NEW!

Out of sight, out of mind. Less than 20-minutes from Princeton, you'll find all the wide-open spaces your heart desires because the wiring is all underground and the views are BEAUTIFUL! The home has an open layout with great windows and sky lights to brighten the darkest day and is sparkling clean to every corner! MLS © 131345 \$489,000

Lot 14-2058 Osprey Lake Rd



NEW!

Own a little piece of Heaven at Thistle Mountain Guide Camp. This 5 acre share has a 324 square foot main cabin complete with a gas stove for cooking, a sleeping loft and room to lounge around with a wood stove as well as a screened-in porch and an exposed deck to enjoy the sunshine. MLS © 131350 \$115,000

231 Link Lake Road



NEW!

Lakeview cabin under \$200,000! Wow, a cozy cabin just steps to Link Lake, Osprey Lake around the corner, as well as the KVR! It just doesn't get much better. Limitless recreational opportunities are here for the outdoor enthusiast. The cabin is an open plan with loft area for sleeping or extra guests. MLS © 131344 \$189,900

311-8th Avenue



NEW!

Contingent Sale - Yes, you can still find affordable housing in Princeton with the potential to increase its value! This home sits on a large lot only a few minutes from town with a newer septic system and deck so you can enjoy the mountain views and clear blue skies from your own back yard! MLS © 131206 \$159,000



Realty Executives Princeton

#8-136 Princeton Plaza

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Each office independently owned and operated