



Similkameen

# News Leader

INCLUDES HST! \$1

Volume 14 Issue 27 #688 ISSN 1712-090X

Tuesday, July 5, 2011

Who's Working For You? See Below!



A total of seven races filled the afternoon June 30th at Princeton's Sunflower Downs race track. \*

## Locals race to finish

The 43rd running of Princeton Racing Days on Thursday, June 30th at Sunflower Downs was truly a local horse race meet with more local horse owners involved than in recent years.

Renee Willis, Dusti Henwood, June Dunte and Dave and Lynda Gould entered a total of six horses, all trained by Gould.

Add to that figure three more horses entered by Murray Cunard, who was born and raised in Princeton and horse race fans had no less than one local horse in each of the seven races to bet on - which they did. The handle for the event totaled \$22,927.00.

Race results were as follows:

Race #1 - 440 yard Quarterhorse Allowance (Interior John Deere Bonus Challenge) was won by Pardon with a time of 22.16-seconds. Dillywahdilly finished second, Co Lani Jet third and Princeton's The Canadian Prince, owned by Renee Willis, was fourth. Reservation Boo was scratched.

Mutuels paid \$5.00 (Win), \$2.30 (Place) and \$2.40 (Show) with a \$10.30 Quinella, \$23.30 Exactor and \$40.10 Triactor.

Race #2 - 5 1/2 Furlong Thoroughbred Allowance (Fillies) ..... continued on Page 22

## Company ends coalbed gas program

Six years since its first test well was drilled, PetroBakken Energy, a Petrobank company, announced June 30 it is concluding its coalbed gas evaluation program in the Princeton area.

A comprehensive evaluation of the results of that first well plus an analysis of existing production technologies showed that the appropriate technology does not yet exist to commercially produce natural gas from this reservoir.

"It's disappointing that we will not be continuing our evaluation program," said Gregg Smith, Chief Operating Officer of PetroBakken.

"But, the facts are the facts: it's a good business decision to stop the program if the technology just isn't there yet to make it commercial."

"Of course, it's even more disappointing knowing that many people in the community support clean-burning natural gas production and see the economic value that a commercial program would bring to the area," he added.

PetroBakken commissioned in 2010 a study conducted by NRG Research Group which polled 300 residents in and around the Princeton area. Some of the findings include that:

- 97 per cent recognize the importance of energy in their life
- 86 per cent believe that natural gas is an important source of energy
- 74 per cent believe that natural gas is a clean source of energy
- 72 per cent feel energy develop-

ment will contribute to the local economy

• 70 per cent understand that oil and gas companies are searching for new sources of energy due to increased demand for energy

• 57 per cent approve of energy

development in the region

The research was conducted in May and is accurate within ±5.45%, 19 times out of 20.

Coalbed gas is just one form of natural gas that is abundant in British Columbia.

PetroBakken will continue to operate elsewhere in the province where the company is bringing the latest technologies to natural gas production to produce more energy for people while limiting environmental footprint.

## Fall Fair sets entertainment

Planning entertainment for the September 3 and 4 Fall Fair is a challenge this year due to combining the fair with horse racing. Fall Fair members have agreed to an evening dance on the first day of the fair, with Frame 313 playing after a dinner at the fairgrounds. All Things New will be playing gospel music for the Cowboy Church on Sunday morning, while Alan Kovaltsenko, The Troubadour, will alternate with Mel Berg and boys on Sunday.

The Christian Riders are doing a

pancake breakfast both days of the fair, and Jen Bernard and crew will open the concession at 11:00 AM for burgers, fries and hot dogs.

There will be a number of vendors, some already booked. Fran Murphy is arranging children's games for the fair, and negotiations are underway for more activities for the young folks.

The exhibitors booklets will be available in local businesses this week. These booklets describe all of the categories for entering fruit, vegetables, flowers, crafts, photography, paintings and livestock for both the adult exhibits and the Junior Fair. The entry form is in the booklet, and

includes the Scarecrow Contest, the Bike Parade (best decorated bicycle) and the Pet Parade, as well as a picture for the colouring contest. The rules are listed at the beginning of the booklet.

Many volunteers are always needed for the fair. If you would like to participate by volunteering, contact Dawn Johnson at 250.295.6063 and leave your name and phone number, or leave this information with Keith Olsen at Everything Pets in Princeton Plaza.

Due to so many summertime events happening in the district, the next Junior Fair will not be held until the second week of September.

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Bengel Publishing Inc.



6 27843 01719 6

Canadian Publications Mail Agreement No. (1299263) • websites: www.thenewsleader.net • www.thenewsleader.biz • www.thenewsleader.mobi

Published Weekly in Princeton, BC by Bengel Publishing Inc. 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0  
Phone: 250.295.4149 • 1-888-350-9969 • Fax: 250.295.4103

# Racing Days Weekend



A number of local horse owners entered the races June 30th at Sunflower Downs. This is The Canadian Prince, owned by Renee Willis, in the Paddock prior to racing. \*



One of the highlights of the Canada Day Celebration July 1st was the official re-opening of Princeton Museum. Terry Malanchuk, left, and Dawn Johnson, right, handled the ribbon cutting with support from Museum President Bob Wicks. \*



River Road Theatre captured 2nd Place in the Cars & Floats category in the Rotary Parade July 1st with this cross promotion of their play at Riverside Theatre. \*



A total of seven races were run on June 30th at Princeton's Sunflower Downs to kick off the annual Racing Days/Canada Day weekend celebration. \*



How can you not drool? This 1947 Buick Roadmaster was one of many incredible vehicles on display during the July 2nd Show 'n' Shine in downtown Princeton. \*



Retiring Youth Ambassadors Jordyn Senger, Taylor Kostiuk and Katelin Marshall share a peaceful moment just before the start of the Rotary Parade on July 1st. \*

# PSS Annual School Awards 2011

**Princeton Secondary School Awards presented June 20th.**

**Citizenship and Service:** Desiree Cosman, Trista Draeger, Julia Reichert, Nathan Garton, Angie Marshall, Any Brewer, Morgan Reichert, Frankie Reichert, Connor Butler, Madysen Salway, Rachel Halipchuk, Ciara Bamford, Taylor Kostiuik, Ally Myers, Mason Michaud, Brad St. Cyr, Megan Haayer, Ciara Bamford, Katelin Marshall, Courtney Hassell, Roya Massoudi, Kraig Leochko, Justin Powell, Bobby Gibb, Graham Bibby, Felicia Northway, Paige Phillips, Megan Liddicoat, Shaylyn Douglas, Cole Mcivor

**Leadership**  
*Iron Man:* Stacey Hunt

**Subject Awards**

*Math Grade 8:* Reuben Howarth, Meghan Hunt, Tierra Mcivor  
*Grade 9:* Alyssa Leiding, Andrew Silbernagel  
*Foundations Pre-Calculus 10:* Kirsten Haayer  
*Grade 10 Apprenticeship Workplace:* Austin Konst  
*Grade 11 Principals:* Alida Kleyn  
*Grade 11 Essentials:* Megan Hepting  
*Grade 11 Applications of Math:* Deanne Hatchesen  
*Grade 12 Principals:* Jessica Dennis

**English**

*Grade 8:* Meghan Hunt, Brynn Johnson  
*Grade 9:* Tierra Mcivor, Alyssa Leiding  
*Grade 10:* Kendra Leiding, Kirsten Haayer  
*Grade 11:* Alida Kleyn, Jordan Palumbo, Graham Bibby  
*Grade 12:* Rachel Halipchuk

**Socials**

*Grade 8:* Morgan Grigg, Reuben Howarth, Brynn Johnson  
*Grade 9:* Kaylee Samuelson  
*Grade 10:* Kirsten Haayer, Ally Myers, Kendra Leiding  
*Grade 11:* Alida Kleyn  
*History 12:* Jordyn Senger  
*Social Justice:* Graham Bibby, Meagan Haayer

**Science**

*Grade 8:* Morgan Grigg, Reuben Howarth, Meghan Hunt  
*Grade 9:* Alyssa Leiding  
*Grade 10:* Kirsten Haayer, Kendra Leiding  
*Biology 11:* Alida Kleyn, Jordan Palumbo  
*Physics 11:* Alida Kleyn, Jordan Palumbo  
*Chemistry 11:* Alida Kleyn, Jordan Palumbo  
*Earth Science 11:* Mark Cimbaro  
*Biology 12:* Skylar Daponte, Jessica Dennis, Rachel Halipchuk

**Chemistry 12:** Rachel Halipchuk, Jessica Dennis

*Physics 12:* Rachel Halipchuk, Jessica Dennis, Alida Kleyn, Jordan Palumbo

**French**

*Grade 8:* Meghan Hunt, Reuben Howarth, Ryan Grgich, Rebekah Salway  
*Grade 9:* Alyssa Leiding, Daniel Kostiuik

**Grade 10:** Kirsten Haayer, Andrew Silbernagel

*Grade 11:* Skylar Daponte  
*Planning 10:* Ciara Bamford, Emily Allison

**Fine Arts - Textiles**

*Junior Textiles:* Alyssa Leiding  
*Senior Textiles:* Taylor Gibb

**Visual Arts**

*Grade 9:* Andrew Silbernagel  
*Grade 10:* Angie Marshall  
*Grade 12:* Brandon Artis, Jessica Dennis (Most Growth) Calli Martin  
*Grade 8:* Reuben Howarth, Stacey Hunt, Brynn Johnson, Morgan Grigg, Rebekah Salway, Bree Lindley  
**Ceramics**  
*Grade 9:* Brennan Garrett  
*Grade 10:* Melissa Dennis  
*Grade 11:* Danielle Konst  
*Grade 12:* Katelin Marshall, Alecia Dore  
**Drama**  
*Grade 9:* Hillary Riel

**Grade 10:** Keisha Miller

*Grade 11:* Jessie Badger  
*Grade 12:* Desiree Cosman, Jessica Dennis

**Band**

*Grade 8:* Alex Burke (Classy Clarinetist)  
*Grade 9:* Andrew Silbernagel (Supportive Musician)

*Grade 10:* Ally Myers (Flashy Flutist), Brynn Johnson (Sassy Saxophonist)

*Grade 11:* Bobby Gibb (Terrific Trumpeter)

*Grade 12:* Jessica Dennis (Inspirational Musician)

*Teacher Assistant:* Skylar Daponte (Magnanimous Musician)

**Law 12**

Desiree Cosman, Shelby Wallin, Melissa Morosse

**Computers**

*Healthy Career Education 8:* Meghan Hunt, Stacey Hunt, Megan Liddicoat, Danielle MacLellan, Morgan Grigg, Brooke Kassa, Bree Lindley, Ashley Gould  
*P.S.S. Web Page:* Ben Beeler  
*Computer Applications 10:* Alyssa Leiding, Shania Bertucci  
*Animation and Video Production:* Mark Cimbaro, Kristina Elmgren, Adam Gullason, Megan Hepting  
*Year Book 11:* Felicia Northway, Kavlin Burstall, Katie Lamoureux,

Brandon Artis, Calli Martin

*IDS Animation:* Ayrton Hunt  
*Apprenticeship:* Ian McKenzie, Frankie Reichert

*TA Computers 8:* Katie Lamoureux

**Foods**

*Grade 8:* Danielle MacLellan  
*Junior Foods:* Charlie Allison  
*Senior Foods:* Desiree Cosman

**Shop Classes**

*Haker Memorial:* Ian McKenzie  
*Kristofer Lind:* Austin Konst  
*Junior Metalwork:* Dallas Earl  
*Senior Metalwork:* Joey Sandli  
*Power Mechanics:* Clayton O'Bea  
*Auto Mechanics:* Cody Wharton  
*Junior Woodwork:* Chance Clarke  
*Senior Woodwork:* Kourtney McInroy

*Junior Drafting:* Brooke Christianson

*Senior Drafting:* Adam Ali

**Physical Education**

*Grade 8:* Danielle McLellan, Rebekah Salway, Morgan Grigg, Reuben Howarth, Kolton Smith, Craig Thompson  
*Grade 9:* Lindsay McLellan  
*Grade 10:* Angie Marshall, Cody McKinnon  
*Grade 11:* Graham Bibby  
*Grade 12:* Ian McKenzie  
**Scholastic Achievement Award**  
Nick Cherot, Shaylyn Douglas,  
..... continued on Page 22

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](http://HSTinBC.ca)



# Keremeos News



Gabriel Sipponen doesn't seem altogether enthusiastic receiving a temporary Canada Maple Leaf tattoo on Canada Day. Gabriel was among a few hundred spectators, performers, volunteers and vendors who did their best to ensure Canada's annual birthday celebration went off without a hitch at Memorial Park in Keremeos. The festivities began with a pancake breakfast put on by the Elks and closed with handing out pieces of the official Canada Day strawberry birthday cake. Photo: Arlene Arlow



Gabriel Sipponen is all smiles after receiving his Canada Maple Leaf (temporary) tattoo July 1st at Keremeos Memorial Park. The tattoos are one of the handful of giveaway items provided by the Government of Canada for communities across Canada. Photo: Arlene Arlow

## Good data available on Similkameen watershed

by Melanie Bagley  
Communications Coordinator,  
Similkameen Valley Planning  
Society

The much anticipated report on what data is available on the Similkameen watershed is almost finished. Dr. Hugh Hamilton and Dr. Brian Guy of Summit Environmental Consultants presented the first draft of their report to the Similkameen Valley Planning Society, who commissioned the study.

"Compared to other watersheds of similar size and similar or larger population size the Similkameen is well served for monitoring supply of surface water," said Hamilton.

For surface water, there are good stream flow monitoring by four

active stations on the main stream of the Similkameen River and active stations on all major tributaries and two Canada-BC long-term water quality monitoring sites.

"The background information is really good. You don't have to spend five or ten years gathering data for studies," explained Guy.

"I feel somewhat encouraged by what I've heard and read," said SVPS Chair and RDOS Director Area H, Brad Hope.

"I was pleased and surprised because I thought there were going to be lots of big gaps but it seems that there's enough downstream monitoring to identify any changes."

There are six groundwater observation wells for monitoring supply. Since 2005, it has been required that

new wells are registered and the report maps all the 1,800 wells on record. The exact number of private wells is unknown. There is limited information on ground water quality.

"That's one of the gaps," said Hamilton, who recommends information is gathered on both the quality and actual use of ground water. "As the population grows it's the ground water that's going to supply it - that's the big unknown."

Summit Environmental Consultants looked at climate and changes in flow of the river. They found that the snow melt has started earlier and finished earlier with flows lower in late July into September. If this trend continues they consider there may be problems.

"We're heading in the general direc-

tion of conflict between agriculture and fish in September," cautioned Guy.

Overall the data is good for general understanding of the watershed but not for specific questions which would require detailed studies.

"It's a good beginning," said Keremeos Mayor, Walter Despot.

"If it's between the glass being half full and half empty, the glass is half full but it's still only half full. There's still work to be done," said.

As well as an inventory and assessment on actual water use, the report recommends a surface water - ground water interaction study, an initial in-stream flow needs to support fish populations, a summary of existing ground water quality data plus sampling at selected sites, an

overview assessment of water storage opportunities and a development of a database to provide easy access to reports and data.

Princeton Mayor, Randy McLean felt it was important to have practical goals for the report recommendations, for example, in sustainable planning. "What we could end up with is the equivalent of an encyclopedia we can refer to when we have development applications."

Community consultation and input will be important.

"The formation of an advisory committee or advisory committees is crucial to help define what we have to do," said Despot.

As soon as the final report is approved, it will be available to the public.



Volunteer "Cody" (left) gave JJ Little (centre) a few pointers for the bean bag toss game at Memorial Park in Keremeos July 1st. Kite flying, the bouncy castle and other kids activities marked Canada Day this year in Keremeos. Photo: Arlene Arlow



Joan McMurray, President of the Similkameen Country chamber and other directors helped dish out generous portions of the strawberry Canada Day cake at Memorial Park in Keremeos (topped with real strawberries dipped in chocolate, no less). The weather was better this year than last year which meant this year's cake disappeared fast. In 2010, inclement weather and smaller crowds saw leftover cake being given to guests at the Grist Mill. Photo: Arlene Arlow



Robert Conley and his wife are the closest neighbors to The Crossing addiction treatment centre near Keremeos. Although the prospect of the facility was not favoured by some Keremeos residents when it opened in 2009, Robert has had no problem with the centre being so close to his home. He and like-minded residents in the South Similkameen support the project and what it offers to affected youth. The Crossing will celebrate its 2nd Anniversary in July of this year. Photo: Arlene Arlow

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**FortisBC Inc. Application for 2012 – 2013 Revenue Requirements and Review of 2012 Integrated System Plan**

**NOTICE OF APPLICATION AND WORKSHOP**

<b>Date:</b>	Friday, July 22, 2011
<b>Time:</b>	9:00 am
<b>Location:</b>	Holiday Inn Express 2429 N. Highway 97 Kelowna, BC

**THE APPLICATION**

On June 30, 2011, FortisBC Inc. (FortisBC or the Company) filed its 2012 – 2013 Revenue Requirements, which includes the 2012 -2013 Capital Expenditure Plan, and its 2012 Integrated System Plan (collectively, the Application) with the British Columbia Utilities Commission (Commission).

The Company is seeking approval, among other things, of rate increases of 4.0 percent effective January 1, 2012, and 6.9 percent effective January 1, 2013. The Company states that the rate increases are required due to the need for ongoing investment in electrical infrastructure and increasing power purchases driven by customer growth. The Application outlines capital expenditures of \$106 million in 2012 and \$129 million in 2013.

The 2012 Integrated System Plan outlines FortisBC's medium term and long term strategies for meeting its customers' energy needs. The Integrated System Plan includes:

- 2012 Long Term Capital Expenditure Plan, outlining expected capital projects to sustain and upgrade the Company's generation, transmission, distribution, and other assets;
- 2012 Resource Plan, which examines FortisBC's electricity requirements and the potential generation resource options available to meet these forecast requirements; and

- 2012 Long Term Demand Side Management Plan, which describes the Company's plans to offset future load growth through energy efficiency and conservation measures.

**THE REGULATORY PROCESS**

The Commission has issued an Initial Regulatory Timetable for a public review of the Application. A Workshop will be held at the Holiday Inn Express, in the City of Kelowna, on the morning of Friday, July 22, 2011 to review the Application.

**PUBLIC INSPECTION OF THE APPLICATION**

The Application is available for inspection at the following locations:

**FortisBC Inc.**  
 Suite 100 - 1975 Springfield Road  
 Kelowna, BC V1Y 7V7  
 Telephone: 1-866-436-7847  
 web: [fortisbc.com](http://fortisbc.com)

**British Columbia Utilities Commission,**  
 Sixth Floor, 900 Howe Street  
 Vancouver, B.C. V6Z 2N3  
 Telephone: 604-660-4700  
 web: [bcuc.com](http://bcuc.com)

**REGISTERING TO PARTICIPATE**

Persons who expect to actively participate in the review process or processes should register as Interveners with the Commission. Interveners will receive copies of the Application, all correspondence and filed documents. Those not expecting to actively participate should register with the

Commission as Interested Parties and will receive a copy of the Application's summary, all Orders issued, and the Commission's Decision.

Interveners and Interested Parties should inform the Commission Secretary, in writing, by Wednesday, July 20, 2011 of their intention to become Interveners or Interested Parties, and their intention to attend the Workshop.

All submissions and/or correspondence received from active participants or the public relating to the Application will be placed on the public record and posted to the Commission's web site.

**PARTICIPANT ASSISTANCE/COST AWARDS**

Any party intending to apply for a Participant Assistance/ Cost Award is advised to review the Commission's Guidelines with respect to the requirements for eligibility. The Participant Assistance/Cost Award Guidelines may be obtained by writing to the Commission Secretary, or online at [bcuc.com/Documents/Guidelines/2010/DOC\\_5014\\_G-72-07\\_PACA\\_2007\\_Guidelines.pdf](http://bcuc.com/Documents/Guidelines/2010/DOC_5014_G-72-07_PACA_2007_Guidelines.pdf)

**FURTHER INFORMATION**

For further information, please contact Ms. Alanna Gillis, Acting Commission Secretary, as follows:

Telephone: (604) 660-4700  
 B.C. Toll Free: 1-800-663-1385  
 Facsimile: (604) 660-1102  
 Email: [Commission.Secretary@bcuc.com](mailto:Commission.Secretary@bcuc.com)

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## FINANCIAL FOCUS

### Launch Your Summertime Investment Strategy

Now that summer is officially here, you may be looking forward to vacations, barbecues, ballgames and other events of the season. But even while you're engaged in these activities, you can't forget about other aspects of your life — such as your plans to achieve your long-term financial goals. However, your summer activities can actually provide you with some valuable lessons on managing your investment strategy.

Here are a few possibilities:

**\* Plan your trip.**

If you're taking a long road trip this summer, you'll need to choose your vehicle, map out your route, determine how far you want to go each day and be quite certain of your destination. And, essentially, the same is true for your investment strategy. You need to choose the right investment vehicles, familiarize yourself with your ultimate goals (such as a comfortable retirement) and chart your progress along the way.

**\* Try to avoid getting burned.**

If you're going to spend a lot of time outdoors this summer, you may need to apply some sunscreen. But you don't have to be exposed to the sun to get "burned" — it can happen in the investment world, too. However, you can help prevent this from happening. How? By building a diversified portfolio. If most of your money is tied up in just one type of investment, and that asset class falls victim to a downturn, your portfolio could take big hit. But while some investments are moving down, others may be moving up, so it makes sense to spread your money amongst a range of vehicles appropriate for your risk tolerance, investment goals and time horizon. Of course, diversification, by itself, cannot guarantee a profit or protect against loss, but it can help reduce the effects of volatility on your portfolio.

**\* Keep yourself "hydrated."**

When you're outside on hot days, you can lose a lot of fluids, so you need to drink plenty of liquids to remain hydrated. As an investor, you also need a reasonable amount of liquidity. In the severe market downturn of 2008 and early 2009, many investors found they had insufficient amounts of the type of liquid investments — cash and cash equivalents — that held up better than other, more aggressive vehicles. Furthermore, if you are relatively illiquid, you may have to dip into your longer-term investments to pay for short-term emergency needs. Try to always keep an adequate level of liquidity in your holdings.

**\* Dress for the season.**

As you go about your summer activities, you won't always wear the same clothes. On hot days, you might want to wear shorts, but on cool, rainy days, you might need heavier items or even a raincoat. And as you go through life, you may need to adjust your investment approach depending on your individual financial "season." For example, early in your career, you might be able to afford to invest more aggressively, as you'll have more opportunities to recover from the inevitable short-term downturns. As you close in on retirement, though, you may need to take a more conservative approach so that you can lower your investment risk when you need to access your money.

So there you have them — some ideas for "summertime investing." Use them wisely, and they may be of value to you long after summer is over.



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## Health / Lifestyle News



Morgan Grigg, left, and Reuben Howarth, centre, earned Academic Excellence Awards in Socials 8 while Kaylee Samuelson earned hers in Socials 9. PSS Awards Day was June 20th. Photo: Des Cosman

### Heart health made easy with simple life changes

(NC)—Maintaining a healthy heart relies on a consistent plan of action with the right food and exercise. A daily diet-and-exercise routine is what the doctor orders to fuel the body and keep the arteries healthy, clear, and strong.

"Many risk factors contribute to the development of heart disease—and while monitoring your cholesterol level is important, so is monitoring inflammation in the arteries," says Dr. Doug Tkachuk at LifeLabs, a leading diagnostic centre. "Inflammation is involved at all stages of heart disease and if ignored, the inside wall of the artery may weaken and trigger a plaque rupture, leading to a potential blood clot and heart attack."

Research studies demonstrate that about 50 per cent of heart attacks occur in people with normal cholesterol levels, so many doctors across Canada are now adding inflammation testing too. General aging puts us at risk and so do smoking, alcohol consumption, physical inactivity, obesity, high blood pressure, high blood cholesterol, diabetes, and family history.

**Plan of action**

When it comes to diet, following the daily recommendations provided by Canada's Food Guide to Healthy Eating is an easy change to implement. In particular, select foods that are low in cholesterol and saturated fat, but high in fibre and nutrients to regulate and balance the blood stream. These choices include whole grain cereals, breads, nuts, and seeds. Eat fish plus lean red meats, turkey and chicken, plus lots of fresh fruit and vegetables. Bottom line: put only beneficial nutrients and fuel into your body.

A dedicated plan to increase physical activity every day is equally important. If you are starting from

scratch, simply walk more, take the stairs at the office and shops, or cycle so you can leave the car at home. Ideally, with doctor's clearance, everyone should aim for an accumu-

lated 30-minutes of moderate-intensity aerobic exercise on most days of the week to pump in oxygen, keep your heart muscles strong, and to reduce inflammation in the arteries.

## Living Past 100

### Dangers of Barbecue Food

It's summer time again and just about everybody likes a barbecue. However, barbecued meat does pose certain health problems. An open fire creates the formation of polycyclic hydrocarbons such as benzopyrenes which are the elements found in cigarette smoke that cause cancer.

Increased intake of fried or broiled foods can increase the risk of breast, colon, prostate and pancreatic cancers. Although there is a greater risk with preserved meats, such as fried ham, bacon and weiners, there is still a risk. The same is true for French fries, doughnuts and potato chips.

Most of us think it is somehow healthier to expose beef, pork, chicken, fish and other protein foods to the intense heat of broiling and the barbecue, but these methods of cooking do alter the nature of the fats in the food and pose a definite risk. We think of more primitive people cooking their food over an open fire and eating smoked foods as having a healthier diet, but this is not true. Cooking over an open fire is just as risky.

The greatest risks are to children, whose undeveloped systems cannot throw off the cancer-causing substances. Children five years and under should not be given these foods at all.

Carbohydrate foods, such as potatoes and doughnuts, carry that risk due to the fats in which they are cooked.

Most of us do not think of the risk of cancer in connection with having a barbecue or a weiner roast. We might think about the nitrites and other additives in meat, but not about the cooking process. There are known risks of breast, colon, prostate and pancreatic cancers due to barbecued, broiled and deep fried foods.

Perhaps the safest way to have that barbecue flavour is to slow roast meat in the oven with barbecue sauce added.

Most of us associate cancer-causing elements in food with pesticides, additives, preservative and packaging, but the mere act of cooking foods changes the chemical composition of food and does, in the case of deep frying, broiling or barbecuing, change the natural food chemicals to undesirable elements.

This does not mean you should never have a barbecue, but you should know the risks of eating barbecue food frequently. It takes an adult body more than 24 hours to clear out the undesirable elements. As for children, research has shown that young children may never clear out these elements and these cancer-causing elements may remain in their bodies for years. Do not feed French fries, potato chips, doughnuts, barbecued meats, bacon or broiled meats to young children.



The annual Vermilion Artists Art Show filled the library meeting room on Vermilion Avenue with many more pieces of art work than in recent years. It was truly an amazing collection of local art! \*

MP Alex Atamanenko

## BC Southern Interior Monthly Report

### Harper Majority Steamrolls Workers Rights

Early in June I had the honour of speaking at a public rally near to Parliament Hill that had been organized by People for Postal Workers, a network of organizations and individuals united in solidarity with our Canadian Union of Postal Workers (CUPW).

With overwhelming support from 95% of the membership, CUPW had just begun to take legal rotating strike actions after 7 months of negotiations and no deal.

Twelve days later CPC locked the doors on its employees nationwide following which the government introduced employer friendly back-to-work legislation in the House of Commons. In order to allow more time for negotiations to continue, New Democrats began a record 58 hour filibuster against a government bill that would establish a whole new blueprint from which to roll back workers rights. In a revolting display of buffoonery, 'high fives' and backslapping Harper and his majority government voted against every opposition amendment that would have brought a bit of fairness to the legislation. The bill has now passed the through the Senate and into law.

Canada Post workers are justifiably opposed to CPC demands that would put in place a two tiered wage system, effectively demolishing decades of collective bargaining to end this type of discrimina-

tion. Workers doing equal work would be paid different rates, with the corporate goal being to create resentment and divide the workforce. Also at stake was a 40 year old sick leave plan which the corporation wanted replaced with a short-term disability plan that would provide inadequate coverage and threaten workers' medical privacy rights.

CPC also wants to reduce rural service with over 50 BC communities targeted for reductions in hours, while increasing the workload to unsafe limits for the already overburdened postal workers.

Our CPC is required by law to make a profit and to pay part of this back to the government. Canada Post has made \$1.7 billion in the last 15 years and paid us \$1.2 billion in dividends and income tax. Even so we get a bargain 59 cent stamp compared to Germany at 78 cents, Austria at 88 cents and Japan at 94 cents.

Clearly, our Canada Post Corporation is both profitable and productive, and postal workers are the key drivers of that success. They deserve nothing less than full support and respect by their government and the Canadian public.

Emboldened by Harper's majority right wing government, the radical anti-union voices have become shrill, no doubt inspired by the moves of Wisconsin and other US States to strip public servants of all

collective bargaining rights. These moves are clearly meant to pave the way towards privatization of assets that belong to each and every citizen - the common wealth from which we all benefit immensely.

Studies show that countries with the strongest unions have the highest quality of life, the strongest economies and the best democracies. Compare countries like Columbia and Mexico, where just thinking of organizing into a union will get you killed, to Scandinavian countries where a strong labour movement has brought about the highest standards of living on the planet and you will see how true this is.

I believe that this horrendous attack by the government against our postal workers is a 'sneak preview' of things to come. The government's intention to use its majority power to sell off our collective assets to private interests couldn't be clearer. In fact, they've already promised to hand over the Canadian Wheat Board to their corporate pals by 2012.

I was proud to stand in the House of Commons alongside my fellow New Democrats to defend our public postal service.

Even so, it is clear that without a lot more public engagement it will be impossible to stop Harper and his gang from gutting our institutions and leaving us all poorer in the end.

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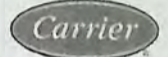
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A: Here is some information as to why all diabetic individuals should have routine eye care. Diabetes can lead to eye complications which can cause severe vision loss and in some cases even blindness.

Diabetic eye disease can include:

- 1) Diabetic Retinopathy - damage to the retinal blood vessels
- 2) Cataract - clouding of the lens inside the eye which usually occurs earlier in diabetic individuals.
- 3) Glaucoma - pressure increase inside the eye that leads to optic nerve damage and loss of side vision. A person with diabetes is nearly twice as likely to get glaucoma compared to non-diabetic adults.

Of course, individuals whose blood sugar levels are poorly controlled will develop diabetic eye disease more rapidly. However, diabetic eye disease can occur at any time and in many cases may affect a portion of the eye that does not necessarily correspond with central vision and therefore would not produce any noticeable problems at first. By the time the problem progresses enough to affect your vision, it may be too late to reverse the damage that has been done. Eye examinations for diabetics are partially insured through MSP so don't put it off any longer and have your eyes examined by a qualified eye health professional.

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Cutting the ribbon for the museum re-opening, from left, Mayor Randy McLean, Museum Past President Kathy Clement, Fraser-Nicola MLA Harry Lali, Area H Director Brad Hope, Museum President Bob Wicks, and Sgt. Dave Clare RCMP Honour Guard. Photo: Dawn Johnson

## Museum draws visitor raves

Princeton & District Museum finally re-opened after a long closure for renovations. When the building renovation was completed, the Museum Society members

and staff had just a short time to put the displays in place, but they did a wonderful job of it.

The official re-opening ceremony was held June 29. A prayer of blessing was given by Eric Goodfellow. MLA Harry Lali spoke of the importance of the work volunteers do to enhance the community. Mayor Randy McLean, dressed in a top hat for the occasion, praised the work done by the contractors who did the renovations and revamped the HVAC system. President Robert Wicks had a long list of people deserving recognition, from the Stout family contribution of \$50,000 in memory of museum founder Gloria Stout, to Sharon Anderson, manager, numerous volunteers, and Richard Simpson and Robin Lowe, who worked together on interior design. Special recognition was given to Evelyn McCallum, who has spent many, many years working on the muse-

um collection.

After a brief history of the museum, from its origins as a log cabin to the present day, Robert Wicks, Kathy Clement, Harry Lali and Mayor McLean cut the ribbon and welcomed everyone to enter and view the achievement of a new museum.

People did not wait for a second invitation. When they entered, they were not disappointed. The museum today is simply outstanding for a small community, and there is more to come. Jon Bartlett made the most of the gathering, moving from visitor to visitor to ask them to become a member of the Museum Society, which is an important component of community support.

No, the News Leader is not going to tell you everything there is to see in the museum. We would not spoil your surprise.

The museum was open daily to the general public on July 1, when the front lawn of the museum became a flea market and entertainment zone as part of the Canada Day celebration.

The museum will be staffed with students for the summer, and will be staffed with volunteers in September. Several people have stepped forward as volunteers to help with the many tasks of running a museum. Past President Kathy Clement is in charge of recruiting volunteers, so if history and artifacts are your hobby, leave your name and phone number for Kathy at the reception desk at the museum. All sorts of skills are needed in a museum, including digital photography and computer skills.

The Princeton 2011 Dry Grad Committee would like to thank the following sponsors for their generous financial support and their help in making this Dry Grad the most successful ever:



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The Dry Grad Committee would also like to thank the Chaperones: Sandee Blair, Crystal Larsen and Patrick Kaiser for their tireless efforts to ensure the success of this event.

We're different,  
and we like that.



Similkameen  
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# News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 5 - 11, 2011



FortisBC's Judith Horvath, centre, presents Princeton Posse Club President John Babiak, left, with a \$5,000.00 cheque June 28th as team Head Coach Dale 'Duner' Hladun, right, watches. The cheque represents a portion of an annual sponsorship of the local KIJHL team by the utility company. \*

## Princeton Posse 2011/12 Clip 'n' Save Game Schedule

### Similkameen News Leader

#### HOME

September 16 - Spokane  
September 30 - Penticton  
October 1 - Summerland  
October 7 - Kelowna  
October 15 - North Okanagan  
October 28 - Osoyoos  
October 29 - Summerland  
November 4 - Nelson  
November 11 - Castlegar  
November 12 - Beaver Valley  
November 16 - Kelowna  
November 18 - Osoyoos  
December 9 - Grand Forks  
December 10 - Revelstoke  
December 14 - Summerland  
December 16 - Kamloops  
December 18 - Kelowna  
January 1 - Osoyoos  
January 11 - Penticton  
January 14 - Summerland  
January 20 - Sicamous  
January 21 - Osoyoos  
January 27 - Penticton  
February 4 - Chase  
February 14 - Kelowna  
February 17 - Penticton

#### AWAY

September 17 - Penticton  
September 23 - Osoyoos  
September 24 - Summerland  
October 8 - Summerland  
October 14 - Kelowna  
October 21 - Osoyoos  
October 30 - Kelowna  
November 5 - Revelstoke  
November 6 - Chase  
November 19 - Kamloops  
November 25 - Penticton  
November 26 - Kelowna  
December 2 - Castlegar  
December 3 - Spokane  
December 4 - Grand Forks  
December 17 - Penticton  
January 6 - Nelson  
January 7 - Beaver Valley  
January 13 - Kelowna  
January 18 - Osoyoos  
January 28 - Sicamous  
February 1 - Penticton  
February 3 - Summerland  
February 10 - North Okanagan  
February 11 - Osoyoos  
February 18 - Summerland

## Posse announces schedule

The Princeton Posse 2011/12 KIJHL Regular Season schedule has been announced by the Club.

There will be a total of 52 games played in the regular season - 26 at home and 26 on the road.

The league will also expand to 20 teams with the return of two former KIJHL communities with teams - Summerland Steam and Chase Heat.

The first game of the season for Princeton will be their home opener set for Friday, September 16th against Spokane.

The team will play a total of five games that month with three road games.

October will see nine games played in total with five at home (October 1 against Summerland, October 7th against Kelowna, October 15th against North Okanagan, October 28th against Osoyoos and playing Summerland on October 29th).

November will feature ten games, with half of them on the road. Nelson comes to town November 4th, Castlegar and Beaver Valley on November 11th and 12th, Kelowna November 16th and Osoyoos visits Princeton

November 18th.

December will see nine games on the schedule with five of them at home (Grand Forks December 9th, Revelstoke December 10th, Summerland December 14th, Kamloops December 16th and Kelowna December 18th).

January has eleven games with six at home (Osoyoos January 1st, Penticton January 11th, Summerland January 14th, Sicamous January 20th, Osoyoos January 21st and Penticton January 27th).

February will have eight games scheduled with only three at home with the last game of the regular season February 18th in Summerland.

While the schedule is not completely written in stone to allow for last-minute changes, Princeton Posse Club President John Babiak and team Head Coach Dale 'Duner' Hladun say it is 99-percent complete.

Home games will once again be webcast on the KIJHL hockey broadcast system, the fourth season for the Posse and the league.

A complete clip 'n' save game schedule is on this page.



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# Similkameen News Leader - Horoscopes

July 6 - 13, 2011

**Aries** - Home and family life are good now, but you are inclined to speak in the wrong tone of voice these days, and tend to sound argumentative. Keep your voice down and be soft-spoken around others. Beware of throat, lung, and nasal infections. Keep tight rein on budget, spending.

**Taurus** - Things may cost you more money than you counted on these days, so try to find bargains. Stick around your own neighbourhood now and enjoy the company of people in your own environment. Siblings can be a lot of fun now, and maybe visiting with them can be a vacation goal. Enjoy.

**Gemini** - You are full of energy these days, and could be too full of ego. Your health is good, job runs well, and you need to do physical activity or you will become irritable. You also need to talk, so look up siblings and neighbours and discuss what's on your mind. Focus on values.

**Cancer** - This is a good time to talk about what you believe in, what you value. Let people know what means most to you. Spending time with groups you belong to can be a lot of fun this week, but don't overdo. Home life requires a lot of work. You may have to spend time doing a budget to afford repairs.

**Leo** - If you have anything on your mind that needs to be talked about, now is the time to tell people. You can speak out now, and your mind is just full of things to say. There is a lot going on in your head. This is a good time to solve old problems from the past. Take a break from clubs.

**Virgo** - Career matters continue to be hectic and/or challenging. Groups you belong to can be a source of fun, and a comfort. Money situation remains tight. Stick to budget. You have a lot of ideas floating around in the back of your mind. Write them down. People who gossip about you mean you harm.

**Libra** - Your career can go in a much more successful direction now. Talk with groups you associate with. Plans you made last winter may be viable now. You can take charge, move ahead easily if you focus on the positive aspects of your career. Your mother or a woman can be helpful.

**Scorpio** - People are going to be good to you, even generous, for the next couple of months. You are going to find them easy to get along with, so enjoy your social life. Problems can arise with insurance, banking, or resources you share with others. This ends after the August long weekend. Be alert.

**Sagittarius** - friends, partner, spouse can have problems, or you can have problems with them due to their own ego issues. Take it all with a grain of salt. If somebody wants a fight, avoid it, but if you must stand up for yourself, do so. Now is a good time to review insurance, bank accounts.

**Capricorn** - This is your season for fun. People will be friendly, and you may find love if you're looking for it. All of your relationships will be good now until the end of the month. This is a good time to make friends. Health problems may arise and you may have problems on the job. Take life easy this month.

**Aquarius** - People want to talk with you - friends, spouse, partner. This is a good time to listen. Problems may arise with children or pets or with a lover. Finding a solution may take all month but be patient. Your home and your family is your best place to enjoy life. Good time for housework.

**Pisces** - Home and family life may be challenging, perhaps due to home repairs or a need to improve your home in a big way. You could be upset by family matters related to older folk, or you could be busy trying to solve family problems. Be gracious, giving and considerate, and do not criticize or compare.

## Tuesday Movies

EVENING

9:00 pm KNOW ch.5 "Born Into Brothels" (2004, Documentary) In Calcutta, pho-

tographer Zana Briski gives cameras to children of prostitutes and shows them how to take pictures. (CC)

## Wednesday Movies

EVENING

8:00 pm FAM ch.26 "16 Wishes" (2010, Comedy) Debby Ryan. The wishes of a

teenager magically come true on her 16th birthday. (In Stereo) (CC)

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### TUESDAY, JULY 5, 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	SportsCentre	Canada AM	Worst Handyman	Henry's	CityLine (N)	CSI: NY	Real Renos
7 AM :30	Cosby		Arthur	Arthur	Today	The Early Show (N)	The Sopranos	Good Morning America (N)			Artzooka	Super Evil	SportsCentre		Salvage Code Red	Mickey	The Nate Berkus Show	CSI: Crime Scene	Buy Me
8 AM :30	Cash Cab		Rob Robot	Martha	Dominique Dawes and Cornell McClellan. (N)		Criminal Minds			100 Huntley Street	Bo On/Go	Kid vs. Kat	SportsCentre		American Chopper	Phineas	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 Vison	Women's Soccer	To School	SportsCentre	Live With Regis & Kelly	Cash Cab	Wizards	Role	CSI: Crime Scene	Restaurant Makeover
10 AM :30	The Investigators	World Vison	G. Shrinks	Dinosaur		The Price Is Right (N)	The First 48			End/Leash		Berenstain	Fish Flats	The View (N)	Nerve Center	Wizards	EP Daily	CSI: NY	The Nanny
11 AM :30	Forensics	World Vison	Mag Fero	Sesame Street (E)	Ellen DeGeneres Show	Dog the Bounty Hunter	Paid Prog.	World Vison	Noon News Hour (N)	World Cup	World Cup Soccer	G. Shrinks	Darts: 2010 Grand Slam.	Marilyn Denis	Blueprint for Disaster	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Jim King	Noon News Hour (N)	Rolle Polle	Sid	Young & Restless	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)			Rescue		etalk	Mighty Ships	Wizards	General Hospital (N)	Ways Die	Pregnant In Heels (N)
1 PM :30	King Earl	Days of our Lives (N)	Babar	Sit-Be Fit	The Talk	The Sopranos	One Life to Live (N)	Days of our Lives (N)	The Talk		World Cup	Beyblade	NASCAR Racing	Marilyn Denis	American Chopper	Good Luck	Jdg Judy	Ways Die	Love Handles: Couples
2 PM :30	Browns Payne	Young & Restless	Dinosaurs	Painting	Days of our Lives (N)	Criminal Minds	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Kid vs. Kat	Off Record	Dr. Phil	Auction	Good Luck	Access Hollywood Live	Ways Die	Gold Girls
3 PM :30	Family Guy	The Doctors	Princess	Barney	Judge B.	Let's Make a Deal (N)	Rachael	The Doctors	Young & Restless	Wheel	Sidekick	SportsCentre	(2:59) The Dr. Oz Show	Cash Cab	Good Luck	CityNews at 6 (N)	Ways Die	Restaurant Makeover	
4 PM :30	MLB Baseball: Colorado	Oprah Winfrey	Mr. Moon	WordWorld	Judge B.	Dr. Phil	The First 48	Rachael	The Doctors	Jeopardy!	Super Evil	SpongeBob	Hockey	Ellen DeGeneres Show	Worst Handyman	Phineas	How I Met	Auction	Buy Me
5 PM :30	Rockies at Atlanta Braves. (N) (Live)	Early News	WordWorld	Electric	The Doctors	Dr. Phil	The First 48	Sinfeld	Oprah Winfrey	Global Nat.	Ghost Whisperer	Scorplon	2011 Tour de France: Stage 4. (N Same-day Tape)	CTV News at Five (N)	Auction	Wizards	America's Got Talent	Auction	Pregnant In Heels
6 PM :30		Global Nat.	WordWorld	Electric	The Doctors	Dr. Phil	The First 48	Sinfeld	Oprah Winfrey	Global Nat.	CBC News: Vancouver (N)	Parents	SpongeBob	CTV News at Five (N)	Auction	Good Luck	America's Got Talent (N) (Live)	Auction	Love Handles: Couples
7 PM :30	Sinfeld	Ent	WordWorld	Electric	The Doctors	Dr. Phil	The First 48	Sinfeld	Oprah Winfrey	Global Nat.	Coronation	Mr. Young		CTV News (N)	River Monsters (N)	Suite/Deck	America's Got Talent (N) (Live)	Auction	Glamour
8 PM :30	Law & Order: SVU	NCIS: Pyramid	WordWorld	Electric	The Doctors	Dr. Phil	The First 48	Sinfeld	Oprah Winfrey	Global Nat.	ET Canada	Ent	NCIS: Los Angeles	World Cup: Canada vs. Nigeria.	Home Imp.	Million Dollar	Game Show	Deadliest Catch (N)	Sonny
9 PM :30	The Office	NCIS: Los Angeles	WordWorld	Electric	The Doctors	Dr. Phil	The First 48	Sinfeld	Oprah Winfrey	Global Nat.	ET Canada	Ent	NCIS: Los Angeles	World Cup: Canada vs. Nigeria.	Home Imp.	Million Dollar	Game Show	Deadliest Catch (N)	Sonny
10 PM :30	Browns Payne	Combat Hospital (N)	WordWorld	Electric	The Doctors	Dr. Phil	The First 48	Sinfeld	Oprah Winfrey	Global Nat.	ET Canada	Ent	NCIS: Los Angeles	World Cup: Canada vs. Nigeria.	Home Imp.	Million Dollar	Game Show	Deadliest Catch (N)	Sonny
11 PM :30	The Investigators	CHBC News Final (N)	WordWorld	Electric	The Doctors	Dr. Phil	The First 48	Sinfeld	Oprah Winfrey	Global Nat.	ET Canada	Ent	NCIS: Los Angeles	World Cup: Canada vs. Nigeria.	Home Imp.	Million Dollar	Game Show	Deadliest Catch (N)	Sonny

TUESDAY, JULY 5, 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 channels.

WEDNESDAY, JULY 6, 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 channels.

# Racing Days Weekend



And they're off! Four horses burst from the starting gate June 30th at Sunflower Downs race track. Live racing has been a tradition in Princeton for over 40 years. \*



Live entertainment during the July 2nd Show 'n' Shine was provided by 16-year old Ryleigh and 19-year old Robyn. The Gillespies came from Vancouver. \*



2011/12 Princeton Youth Ambassadors picked this car to pose in front of! From left, Friendship Ambassador Felicia Northway, Ambassador Roya Massoudi and Vice Ambassador Taylor Robillard. The Show 'n' Shine was their first appearance. \*



Vermilion Artists hosted their annual Art Show over the weekend in the Library building. We liked this one, titled "Irenna Forest" by PSS Grad Jessica Dennis. \*



Princeton Mayor Randy McLean and Centennial Pool Manager Carol Mack show their true colours during Canada Day celebrations July 1st at Princeton Museum. \*



The 11th annual Show 'n' Shine filled downtown streets with about 200 cars, motorcycles and other show vehicles. Bridge Street and Vermilion Avenue were closed off to regular traffic to allow participants to display their vehicles. \*

# Sego announces short form unit offering

Sego Resources Inc. ("Sego" or the "Company") announced June 28th they had entered into an agreement with Northern Securities Inc. ("Northern" or the "Agent"), whereby Northern has agreed to act as agent and to offer for sale on a commercially reasonable efforts basis pursuant to a Short Form Offering Document up to 4,000,000 units at a price of \$0.25 per unit for gross proceeds of up to \$1,000,000 (the "Offering"). Each unit (a "Unit") will consist of one common share and one transferable purchase warrant (a "Warrant"). Each warrant will be exercisable into one common share for a period of 60 months from closing at an exercise price of \$0.33 per share during the first 24 months, \$0.40 per share during the second 24 months, and \$0.50 per share for the last 12 months from closing.

Sego will pay the Agent a commission equal to 10% of the gross proceeds of the Offering (the "Commission") and a corporate

finance fee equal to 5% of the number of Units sold under the Offering (the "Corporate Finance Fee").

Further, Sego will issue to the Agent, at closing, non-transferable options equal to 15% of the number of Units sold pursuant to the Offering (the "Agent's Options"). Each Agent's Option will be exercisable into one Agent's Unit (having the same terms as the Units) at the price of \$0.25 per Agent's Unit at any time prior to the date that is 60 months from Closing. The Commission is a cash commission and the Corporate Finance Fee is payable in units of the Company having the same terms as the Units) at an issue price of \$0.25 per unit.

The net proceeds of the Offering will be used for continued exploration of the Miner Mountain Project and for general working capital.

Sego Resources Inc.'s primary project is the Miner Mountain Project a Copper Gold Porphyry Project near Princeton, 15 kilome-

tres north of Copper Mountain Mining Corporation's former copper producer, (closed 1996). Copper Mountain Mining Corporation is now in the commis-

sioning phase and expects full commercial production in July 2011.

The Miner Mountain Project is situated within the Traditional

Territory of the Upper Similkameen Indian Band with whom Sego has an MOU. The Miner Mountain property is 2,056.54 hectares in size.



The Columbia Tiger Lily is one of the more unusual and elusive wild flowers of the Okanagan-Similkameen. This one (and a handful of others) was recently spotted in shaded woods just off the Green Mountain Road. The plants stand about 2 1/2 feet high with up to four blooms per plant. The unusually-wet Spring and Summer have produced an abundance of wild flowers for those who have a keen eye. Photo: Arlene Arlow

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FRIDAY, JULY 8, 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	CITV 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	Builder	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Breaking Point	Henry's Franny	CityLine (N)	Pros vs. Joes	Top Chef Canada
7 AM	Cosby		Arthur	Arthur	Today Blake Shelton performs; Kevin James. (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			CBC News Special (N) (Live)	Super Evil Kid vs. Kat	SportsCentre		Alaska: Most Extreme	Stella-Sam Never Land	The Nate Berkus Show	Pros vs. Joes	Torrens
8 AM	Cash Cab		Magie Bus	Curious			Criminal Minds "P911"		100 Huntley Street			Sidekick Kid vs. Kat	SportsCentre		Mighty Ships	Phineas and Ferb	Rachael Ray	Pros vs. Joes	Torrens
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	Criminal Minds	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Timothy Berenstain	SportsCentre	Live With Regis & Kelly	Cash Cab	Really Me	Role	Pros vs. Joes	Restaurant Makeover
10 AM	The Investigators	World Vision	Mag Fero	Sesame Street (E)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	End/Leash	Poko	Little Bear	Score Golf	The View (N)	Machines	Really Me	EP Daily	Pros vs. Joes	Torrens
11 AM	Forensics	PLAN	Rolie Polie	Sid	Ellen DeGeneres Show	Young & Restless	Dog	Youthology	PLAN	Noon News Hour (N)	Gofrette	Babar	2011 Tour de France: Stage 7.	Marilyn Denis	Break-ing Point "House"	Suite Life	CityLine	Pros vs. Joes	Gold Girls
12 PM	Jim Klong	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)	Almost Pokemon	From Le Mans to Chateauroux.	etalk	Last Day of the Dinosaurs	Wizards of Waverly Hills	General Hospital (N)	Pros vs. Joes	'70s Show
1 PM	Klong Earl	Days of our Lives (N)	Dinosaurs	Painting	Days of our Lives (N)	The Talk	The Sopranos	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Yu-Gi-Oh! Kid vs. Kat		Marilyn Denis	ANT Farm	Jdg Judy	Jdg Judy	Pros vs. Joes	King
2 PM	Browns Payne	Young & Restless	Princess	Barney	Pearlie (E)	Let's Make a Deal (N)	Criminal Minds "P911"	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Kid vs. Kat	Off Record	Dr. Phil	Myth-Busters	Phineas and Ferb	Access Hollywood Live	Pros vs. Joes	Gold Girls
3 PM	Family Guy	The Doctors	Little Bear	WordGirl	The Doctors	Dr. Phil	Criminal Minds	Rachael Ray	The Doctors	Young & Restless	Recipes	Sidekick Super Evil	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Fish Hooks	CityNews at 6 (N)	Pros vs. Joes	Restaurant Makeover
4 PM	The Office	Oprah Winfrey	Rob Robot	Elz Kid\$	Jdg Judy	Oprah Winfrey	Criminal Minds	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	CFL Pre	Ellen DeGeneres Show	Nerve Center	Phineas and Ferb	Murdoch Mysteries	Pros vs. Joes	Torrens
5 PM	Browns Payne	Early News	Dino Dan	News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	CFL Football: Toronto Argonauts at Winnipeg Blue Bombers. (Live)	CTV News at Five (N)	How/Made	Wizards of Waverly Hills	Murdoch Mysteries	Pros vs. Joes	'70s Show
6 PM	Law & Order: SVU	Global Nat. News	Dogs/Job\$	PBS News-Hour (N)	News (N)	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronation	Victorious		CTV News (N)	Masters of Survival (N)	Random	Mantracker (DVS)	Pros vs. Joes	King
7 PM	Seinfeld	Ent	For King and Country	Wash. News	Jeopardy!	The Dr. Oz Show	Criminal Minds	Ent	Ent	90210	Wheel	Movie: ** "She's the Man" (2006)		etalk	Oddities	Good Luck	My RONA Home	Pros vs. Joes	Family Guy
8 PM	Movie: ** "Con Air" (1997) Nicols Cage.	Bones (PA)	New Tricks	Need to Know (N)	Friday Night Lights (N)	Flashpoint (N)	The Glades	Shark Tank	Bones (PA)	Bones (PA)	Ron James	Brooms		CFL Football: Calgary Stampeders at BC Lions. (N Subject to Blackout)	Flashpoint (N)	Parks	Movie: ** "Agent Cody Banks"	News	Disorderly Conduct
9 PM	Las Cegas	House	New Tricks	Lark Rise to Candleford	Dateline NBC	CSI: NY "Vigilante"	(9:01) Criminal Minds	Primetime: What Would	House	House	Winnipeg Comedy	SpongeBob Splatlot		CSI: NY "Vigilante"	Masters of Survival	Connor	Law Order: CI	Disorderly Conduct	Family Guy
10 PM	Movie: ** "Con Air" (1997) Nicols Cage.	90210	The Love of Money	Land Girls		Blue Bloods	(10:01) Criminal Minds	20/20	90210	News Hour Final (N)	National	Mr. Young		Blue Bloods	How/Made	(10:05) Movie: "Skyrunners" (2009)	Justice Judge B.	Disorderly Conduct	Family Guy
11 PM	Las Cegas	CHBC News Final (N)	Arnaud Maggs	Charlie Rose (N)	News (N)	News	(11:01) Criminal Minds	News	News Hour Final (N)	Ent	Stampede Wrap Up	The Next Star	SportsCentre (N)	CTV News	Oddities	Life Derek	Paid Prog.	MANswers	King

# 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 #358 - Rated Medium

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

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

## Thursday Movies

### EVENING

8:00 pm WTBS ch.3 "Collateral" (2004, Suspense) Tom Cruise. A contract killer hijacks a cab and forces the driver to transport him to his assigned jobs in Los Angeles.  
9:01 pm KNOW ch.5 "The Night James Brown Saved Boston" (2008, Documentary)

James Brown. Premiere. Two days after Dr. Martin Luther King Jr.'s assassination, singer James Brown performs at the Boston Garden. (CC)  
10:00 pm WTBS ch.3 "Collateral" (2004, Suspense) Tom Cruise. A contract killer hijacks a cab and forces the driver to transport him to his assigned jobs in Los Angeles.

## Friday Movies

### EVENING

7:00 pm YTV ch.18 "She's the Man" (2006, Romance-Comedy) Amanda Bynes. Romantic complications ensue when a student poses as her twin brother and replaces him at his boarding school. (In Stereo) (CC)  
8:00 pm WTBS ch.3 "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking.  
FAM ch.26 "Agent Cody Banks" (2003, Adventure) Frankie Muniz. Recruited by the CIA, a teen works under cover to befriend a girl whose

father is a pawn for an evil organization. (In Stereo) (CC)  
10:00 pm WTBS ch.3 "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking.  
10:05 pm FAM ch.26 "Skyrunners" (2009, Science Fiction) Kelly Blatz. A teen and his younger brother uncover an extraterrestrial plot against Earth. (In Stereo) (CC)

# Saturday Movies

### MORNING

8:00 am WTBS ch.3 "Shrek" (2001, Comedy) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess.  
10:00 am WTBS ch.3 "Shrek 2" (2004, Comedy) Voices of Mike Myers. Animated. A green ogre, his new wife and a donkey find adventure while visiting his in-laws.  
A&E ch.9 "The Pelican Brief" (1993, Suspense) Julia Roberts. A Washington reporter helps an on-the-run law student who knows too much about a government cover-up. (CC)

### AFTERNOON

12:00 pm FAM ch.26 "How to Eat Fried Worms" (2006, Comedy-Drama) Thomas Cavanagh. Bravado lands an 11-year-old boy in a predicament at a new school when he accepts the challenge of a bully to eat 10 worms in a single day. (In

### Stereo) (CC)

4:30 pm SPIKE ch.44 "Alien vs. Predator" (2004, Science Fiction) Sanaa Lathan. Premiere. Members of an expedition discover two vicious extraterrestrial species dueling to the death in the Antarctic. (In Stereo)  
5:00 pm WTBS ch.3 "The Forbidden Kingdom" (2008, Action) Jackie Chan. A teenage fan of Hong Kong cinema finds a Chinese relic and travels back in time to help legendary martial-artists free the Monkey King.

### EVENING

6:00 pm CITY ch.29 "Wicked Minds" (2002, Suspense) Angie Everhart. After returning home from college, a man embarks on a passionate affair that leads to the murder of his father. (CC) (DVS)  
6:30 pm SPIKE ch.44 "Alien vs. Predator" (2004, Science Fiction) Sanaa Lathan. Members of an expedition discover two vicious extraterrestrial species dueling to the death in the Antarctic. (In Stereo)

7:00 pm WTBS ch.3 "Deja Vu" (2006, Suspense) Denzel Washington. A time-folding federal agent falls in love with a New Orleans woman who is targeted to be murdered.  
CITV ch.12 "Black Rain" (2009, Suspense) Sara Canning. Premiere. A scientist who has abandoned the modern world traces the source of contaminated rain. (CC)  
8:00 pm CHBC ch.4 BCTV ch.11 "Black Rain" (2009, Suspense) Sara Canning. Premiere. A scientist who has abandoned the modern world traces the source of contaminated rain. (CC)  
8:30 pm SPIKE ch.44 "Grindhouse Presents: Planet Terror" (2007, Horror) Rose McGowan. A one-legged go-go dancer and her ex-lover join forces with other survivors to battle a horde of flesh-eating zombies invading their Texas town. (In Stereo)  
9:00 pm FAM ch.26 "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-..... continued on Page 19

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# Sunday Movies

### MORNING

8:00 am WTBS ch.3 "Shrek" (2001, Comedy) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess.  
10:00 am WTBS ch.3 "Shrek 2" (2004, Comedy) Voices of Mike Myers. Animated. A green ogre, his new wife and a donkey find adventure while visiting his in-laws.  
KREM ch.8 "Dirty Rotten Scoundrels" (1988, Comedy) Steve Martin. An American con man and his British rival target a soap heiress from Cleveland on the French Riviera.  
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)

### AFTERNOON

12:00 pm FAM ch.26 "Sharpy's Fabulous Adventure" (2011, Comedy-Drama) Ashley Tisdale. Sharpy and her dog, Boi, go to New York City and overcome the odds to find success in the dog-eat-dog world of theater. (In Stereo) (CC)  
2:00 pm YTV ch.18 "The Secret of NIMH" (1982, Fantasy) Voices of Elizabeth Hartman. Animated. A society of genetically altered

rats comes to the aid of a mouse whose family is threatened by civilization. (In Stereo) (CC)

3:00 pm VTV ch.22 "Loving Evangeline" (1998, Romance) Nick Mancuso. The owner of a beautiful marina helps a magnate investigate his brother's suspicious boating death. (In Stereo) (CC)  
4:00 pm YTV ch.18 "The Road to El Dorado" (2000, Musical) Voices of Kevin Kline. Animated. Two Spanish rogues find the fabled city of gold, where the natives proclaim them to be gods. (In Stereo) (CC)  
5:00 pm WTBS ch.3 "Journey to the Center of the Earth 3D" (2008, Adventure) Brendan Fraser. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface.  
CBC ch.13 "A Bear Named Winnie" (2004, Drama) Michael Fassbender. A soldier develops a strong bond with a cub before he is sent to fight in World War I. (CC)

### EVENING

6:00 pm YTV ch.18 "Wallace & Gromit: The Curse of the Were-Rabbit" (2005, Comedy) Voices of Peter Sallis. Animated. Pest controllers Wallace and Gromit must save the day when a vegetable-munching beast ravages town gardens. (In Stereo) (CC)

7:00 pm WTBS ch.3 "Journey to the Center of the Earth 3D" (2008, Adventure) Brendan Fraser. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface.  
9:00 pm CBC ch.13 "Little Miss Sunshine" (2006, Comedy-Drama) (Part 1 of 2) Greg Kinnear. Members of a dysfunctional family set out on a road trip to watch their daughter take part in a children's beauty pageant. (In Stereo) (CC)  
FAM ch.26 "Ernest Goes to Camp" (1987, Comedy) Jim Varney. Kamp Kikakee janitor Ernest finally gets to be counselor, for a bunch of juvenile delinquents. (In Stereo) (CC)  
SPIKE ch.44 "Eight Legged Freaks" (2002, Suspense) David Arquette. Premiere. Toxic waste produces a horde of giant spiders that terrorizes residents in a small Arizona town. (In Stereo)  
10:00 pm WTBS ch.3 "The Last Castle" (2001, Suspense) Robert Redford. A court-martialed general leads a revolt against a corrupt warden in a military prison.  
10:10 pm CBC ch.13 "Little Miss Sunshine" (2006, Comedy-Drama) (Part 2 of 2) Greg Kinnear. Members of a dysfunctional family set out on a road trip to watch their daughter take part in a children's beauty pageant. (In Stereo) (CC)  
..... continued on Page 19

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SATURDAY, JULY 9, 2011

Table with columns for time slots (6 AM to 11:30 PM) and channels (WTBS ch.3 to TROP ch.45). Each cell contains program titles and details for that time slot and channel.

SUNDAY, JULY 10, 2011

Table with columns for time slots (6 AM to 11:30 PM) and channels (WTBS ch.3 to TROP ch.45). Each cell contains program titles and details for that time slot and channel.

MONDAY, JULY 11, 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	CITV 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 (6:37) Hi-5	Builder Between	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	Mayday	Henry's Franny	CityLine (N)	CSI: NY	Spilled
7 AM :30	Cosby		Arthur	Arthur	Today (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Artzooka	Super Evil	SportsCentre		Building the Biggest	Mickey Manny	The Nate Berkus Show	CSI: Crime Scene	Tooned
8 AM :30	Cash Cab Lyrics!		Magic Bus	Curious			Criminal Minds		100 Huntley Street	Bo On/Go	Busytown	Sidkick	SportsCentre		Machines	Phineas Kings	Rachael Ray	CSI: Crime Scene	Torrens Whatever
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	SportsCentre	Live With Regis & Kelly	Canada's Worst Driver	Kings	Role Kings	CSI: Crime Scene	Restaurant Makeover
10 AM :30	The Investigators	World Vision	Mag Fero Spider	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	End/Leash Debt/Part	Poko	Little Bear	Fishing	The View (N)	Nerve Center	Kings	EP Daily	CSI: NY "Prey"	Just Shoot
11 AM :30	Forensics Evidence	World Vision	Rolie Polie Babar	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Dog Dog	Paid Prog.	World Vision	Noon News Hour (N)	Razzberry dirlgirl	Babar Rescue	Billiards	Marilyn Denis	Extreme Peril	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Jim King	Noon News Hour (N)	Arthur Dinosaur	Charlie Rose	Paid Prog.	News Bold	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Sidkick Pokemon	Darts: 2010 Grand Slam	etalk	License to Drill	Wizards Hannah	General Hospital (N)	Jail	Wipeout (N)
1 PM :30	King Earl	Days of our Lives (N)	Dinosaurs Wibbly Pig	Paint This Sewing	Days of our Lives (N)	The Talk	The Sopranos	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Beyblade Kid vs. Kat		Marilyn Denis	Dirty Jobs	Suite/Deck	Jdg Judy	Movie: "The Natural"	Wipeout
2 PM :30	Browns Payne	Young & Restless	Princess Mr. Moon	Barney WordWorld	Judge B.	Let's Make a Deal (N)	Criminal Minds	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster Kid vs. Kat	Off Record	Dr. Phil	Flying Wild Alaska	Suite/Deck	Access Hollywood Live	(1984) Robert Redford, Premier	Gold Girls
3 PM :30	Family Guy	The Doctors	Little Bear WordWorld	WordGirl Electric	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes 22 Minutes	Sidkick Super Evil	SportsCentre (N)	(2:59) The Dr. Oz Show	Canada's Worst Driver	Suite/Deck	CityNews at 6 (N)		Restaurant Makeover
4 PM :30	The Office	Oprah Winfrey	Rob Robot G. Shrinks	Fetch! With Wild Kratts	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News Global Nat.	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Mighty Ships	Phineas	America's Got Talent	Ways Die	Instant
5 PM :30	Browns Payne	Early News	Dino Dan	News Business	News (N)	News	Hoarders "Adella, Ter"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents SpongeBob	Boxing	CTV News at Five (N)	Myth-Busters	Wizards Good Luck	The Bachelorette (N)	Ways Die	Wipeout
6 PM :30	Law & Order: SVU	Global Nat.	Dogs Parks	PBS News-Hour (N)	News (N)	News	Hoarders	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly		CTV News (N)	Dirty Jobs "Hair Fairy"	Suite/Deck	Wizards	Ways Die	Wipeout
7 PM :30	Seinfeld	Ent	Be the Creature	Outnumbr Steves	Jeopardy!	The Dr. Oz Show	Intervention "Lalisha"	Ent	Ent	Hawaii Five-0	Wheel Jeopardy!	Splatat	SportsCentre (N) (Live)	etalk	American Chopper	Sonny Good Luck	Extreme Makeover	Ways Die	Instant
8 PM :30	Movie: "Almost Famous"	In Plain Sight	The History of Scotland	Antiques Roadshow	America's Got Talent	How I Met Mike	Intervention "Jimmy"	The Bachelorette (N)	In Plain Sight	In Plain Sight	Mosque	iCarly	Off Record	So You Think You Can Dance	Mighty Ships	Suite/Deck	Warthogs	News EP Daily	Movie: "The Natural"
9 PM :30	Movie: "Almost Famous"	The Kennedys (N)	Frank Lloyd Wright	Antiques Roadshow	Law Order: CI	Two Men Mike	(9:01) Hoarders		The Kennedys (N)	The Kennedys (N)	Being Erica (DVS)	Home Imp. Indie	Boxing: Friday Night Fights	Canada (N)	Myth-Busters	Sonny Wingin' It	Real Chance of Love	(1984) Robert Redford, Robert Duval	Parking
10 PM :30	Movie: "Almost Famous"	Hawaii Five-0	Architects of Change	Abraham-Mary	Law & Order: LA	Hawaii Five-0	(10:01) Hoarders	Extreme Makeover	Hawaii Five-0	News Hour Final (N)	National	Splatat		Law & Order: LA	American Chopper	Princess So Raven	Justice Judge B.		Wipeout
11 PM :30	Movie: "Almost Famous"	CHBC News Final (N)	Saved Geometry	Charlie Rose (N)	News (N)	News	(11:01) Intervention	News	News Hour Final (N)	Ent	Calgary Stampede	Prank Ptrl	SportsCentre (N)	CTV News	Dirty Jobs "Hair Fairy"	Ned's Life Derek	Paid Prog.	Disorderly Conduct	Wipeout

# Monday Movies

**AFTERNOON**

1:00 pm SPIKE ch.44 "The Natural" (1984, Drama) Robert Redford. Premiere. The almost mythical ability of a middle-aged baseball player rockets a major-league team toward the 1939 pennant. (In Stereo)

**EVENING**

8:00 pm WTBS ch.3 "Almost Famous" (2000, Comedy-Drama) Billy Crudup. An aspiring teenage rock journalist gets his big break when he follows an up-and-coming band on its tour.

Drama) Robert Redford. The almost mythical ability of a middle-aged baseball player rockets a major-league team toward the 1939 pennant. (In Stereo)

10:00 pm WTBS ch.3 "Almost Famous" (2000, Comedy-Drama) Billy Crudup. An aspiring teenage rock journalist gets his big break when he follows an up-and-coming band on its tour.

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### Leslie J. Shenton

SHENTON, Leslie J. passed away July 26, 2011, at the Clearwater Hospital after a long battle with cancer. He was predeceased by his wife, Alma, his brother, Arthur, his sister, Lola Vaton, and two granddaughters. Les is survived by his three daughters, Kathleen (Don) Ihlen, Deanna Churcher, Alida Irving, and two sons, Tim and Kim, his sisters, Dawn Johnson, Nina Shenton and Tara Kirschner, as well as many grandchildren, great-grandchildren, nieces and nephews.

Les Shenton was a World War II veteran, having joined as soon as he came of age, and fought in North Africa, Italy, the Battle of the Bulge, and in Holland and Germany. Following the war, he found work with Granby Mining at Allenby, later at Port McNeil, Greenwood and Houston. In 1978, he moved back to his home town and went to work for Newmont (Similco) until he retired. He was the third generation of Shentons to work in mining in B.C. Shortly after his wife died, Les moved to Barriere, B.C. to reside with his son, Kim.

A memorial service will be held at the Legion Hall in Princeton on Saturday, July 9, at 11:00 AM. His remains will be interred next to his wife's in Princeton Cemetery.

- services
- services

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Bring your resume in person to 301 Vermilion Avenue.

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. Jun 07-tfn

### notices

BC Ambulance Princeton  
Open House  
10:00 AM - 2:00 PM  
Saturday, July 9  
Princeton General Hospital  
98 Ridgewood Drive

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1985 Glendale Motorhome. Low miles, 117,000 km. Very good and clean condition. To see: 455 Billiter (and Palmer Street on 3rd Bench). Asking \$11,950.00. Call 250.295.7450. Jul 05-19

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Trailer hitch complete with anti-sway bars. If you can help out in any way call 250.295.3404. Jul 05-19

### yard sale

Adult Day Centre  
Vermilion Court  
9:30 AM - 2:00 PM  
Saturday, July 16

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1-bedroom apartment 66 Angela, \$850.00/month. Available July 1st. References required. Contact Heather Johnson Century 21 Princeton Realty 250.295.8591 or 250.295.6977. Jun 25-Jul 05

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Challenge  
SOLUTIONS TO PUZZLES ON PAGE 14

**CHALLENGE #358**

835	729	164
642	381	597
197	645	382
514	972	638
283	516	749
976	834	215
369	258	471
751	493	826
428	167	953

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Similkameen  
**News Leader - Recipe Corner**  
Recipe #380

**Easy Mushroom Ravioli**  
(WITH FOUR CHEESE SAUCE)

**Ravioli:**

- 3 tbsp butter (45 mL)
- 1 medium onion, finely chopped
- 1 lb fresh Mushrooms, finely chopped (500 g)
- 2 large cloves garlic, minced
- 2 tbsp lite soya or tamari sauce (25 mL)
- 1/4 tsp ground black pepper (1 mL)
- 1/2 tsp dried thyme (2 mL)
- 1 pkg. (400g/ 13.5 ) won ton wrappers

**Sauce:**

- 1 1/2 tbsp each butter and flour (22 mL)
- 1 3/4 cups 2 % milk (425 mL)
- 1 cup shredded Italian 4 cheese blend (250 mL)
- 1/4 tsp each salt and pepper (1 mL)
- 1/4 tsp nutmeg, optional (1 mL)

**Ravioli:**  
In large skillet melt butter over medium heat; sauté onion for 1-2 minutes just to soften. Add mushrooms sauté 4-5 minutes or until liquid is released; reduce heat to low and add garlic, soya sauce, pepper and thyme. Continue to cook, stirring often until a thick paste is formed, about 5 minutes. Cool slightly.

To assemble ravioli work in batches, place a few won ton skins on work surface (keeping other ones covered so as not to dry out); place a heaping tablespoon of filling in centre of each. Brush water around the outside edges of each wrapper; top with a second wrapper. Press out air and edges to seal. Place on a damp towel-lined baking sheet and cover with damp towel while making remaining ravioli. Refrigerate or freeze as directed below until cooking time.

**Sauce:**  
In medium saucepan melt butter; stir in flour and cook stirring constantly 1-2 minutes or until bubbling. Whisk in milk and bring to boil, whisking constantly until thickened; lower heat and stir in cheese, cook for 3-5 minutes stirring occasionally. Season with salt, pepper and nutmeg. Keep warm on low heat until ready to serve or reheat in microwave on Medium power.

In large wide saucepan or deep skillet of gently boiling water cook a few ravioli in batches (in single layers), about 4 minutes or until tender but firm. (Do not let water boil vigorously once ravioli have been added.) Remove with slotted spoon to shallow baking pans, in single layers; add about 1/2 inch cooking water to keep warm, in oven while cooking remaining ravioli. Transfer with slotted spoon, draining off excess water to warm serving plates. Spoon sauce evenly over ravioli, garnish as desired. Makes 4 servings.

**Variations:**

1. Add 2-4 tbsp crumbled Gorgonzola cheese with other cheese to sauce.
2. Substitute 300 mL pkg. four cheese pasta sauce for the homemade one above and add milk to desired consistency.
3. Drizzle sauce with truffle oil or substitute 1/4 cup (50 mL) sherry for 1/4 cup (50 mL) milk in the sauce

**Tip:** To make ahead, freeze ravioli in single layers on parchment lined baking sheets. When frozen transfer to resealable freezer bag. Cook from frozen state increasing the time to 8-10 minutes or until tender.

**Nutritional Information:**  
Calories: 607, Sodium: 1360 mg, Protein: 24.1 g, Fat: 24.1 g, Carbohydrates: 74.2 g, Dietary Fibre: 4.2 g.

For more great mushroom recipes, tips, and information visit Mushrooms Canada online at [www.mushrooms.ca](http://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 minded inventor's flying rubber creation and his fiancée. (In Stereo) (CC)

9:30 pm WTBS ch.3 "The Forbidden Kingdom" (2008, Action) Jackie Chan. A teenage fan of Hong Kong cinema finds a Chinese relic and travels back in time to help legendary mar-

tial-artists free the Monkey King. 10:30 pm SPIKE ch.44

"Grindhouse Presents: Death Proof" (2007, Suspense) Kurt Russell. A veteran stuntman uses his car to stalk and kill unsuspecting young women in the South. (In Stereo)

10:34 pm FAM ch.26 "City Slickers" (1991, Comedy) Billy Crystal. On vacation, three men get to play cowboy on a dude-

ranch cattle drive, but unexpected circumstances test their skills and stamina. (In Stereo) (CC)

**SUNDAY MOVIES**

..... continued from Page 14 10:31 pm FAM ch.26 "With Honors" (1994, Drama) Joe Pesci. The sole copy of a 100-page thesis falls into the hands of a homeless man who uses it to blackmail a Harvard student. (In Stereo) (CC) 11:00 pm KNOW ch.5 "The Night James Brown Saved Boston" (2008, Documentary) James Brown. Two days after Dr. Martin Luther King Jr.'s assassination, singer James Brown performs at the Boston Garden. (CC)

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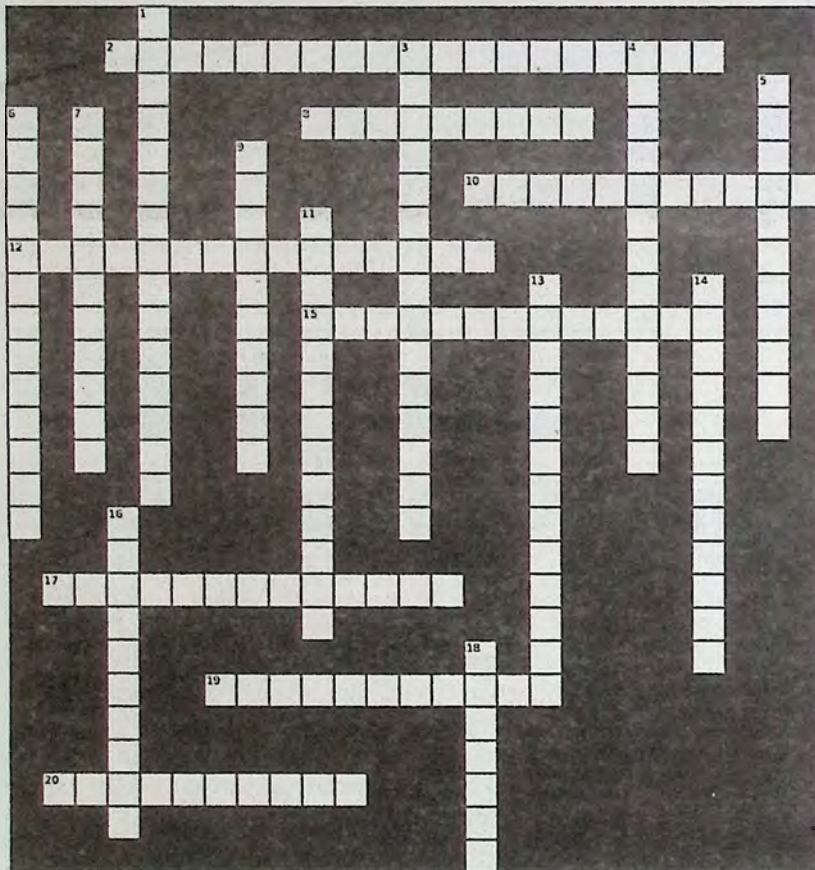
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**News Leader**

226A Bridge Street, Princeton

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## News Leader Puzzler

Use the June 28 News Leader to find Answers Below...



**Across**

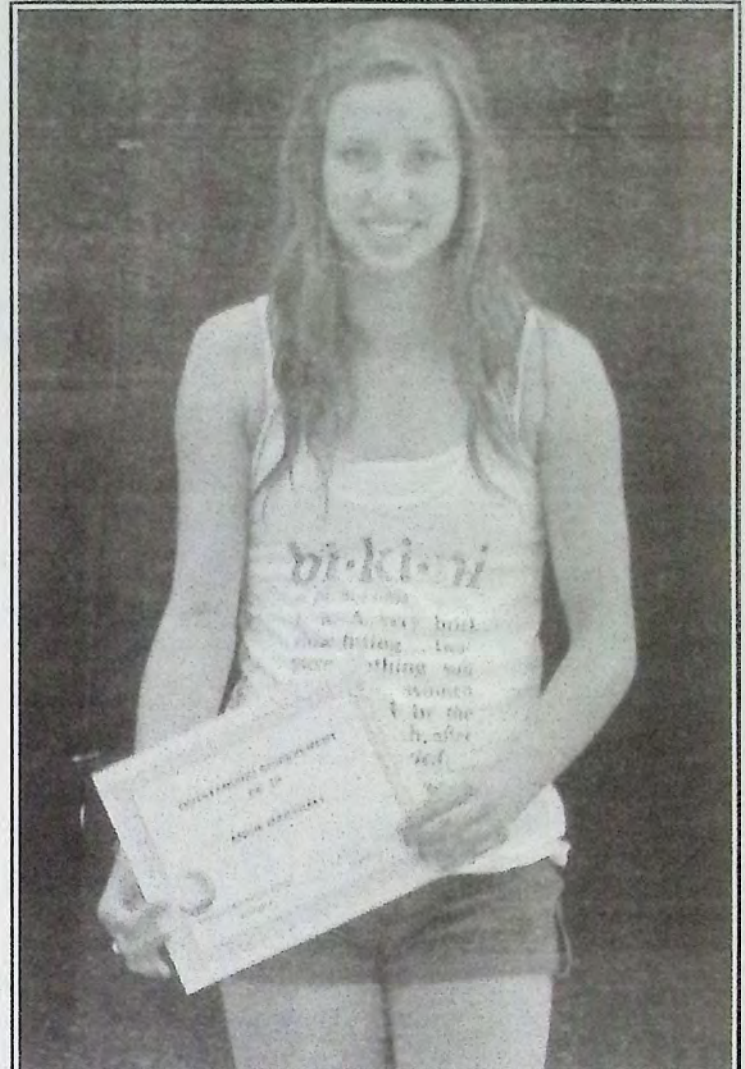
- 2 This event was scheduled for Thursday, June 30th.
- 8 This is a cost to taxpayers where everyone pays the same amount.
- 10 Who said, "Pools attract the broadest spectrum of your population?"
- 12 Which PSS Grad won the Governor General's Academic Award?
- 15 He was one of two PSS Class of 2011 Valedictorians.
- 17 She recently earned her Animal Health Technician diploma.
- 19 He recently received his Bachelor in Mechanical Engineering degree.
- 20 His title is long, but he is commonly referred to as the Rec Director.

**Down**

- 1 She also handed out free clotheslines June 23rd from FortisBC.
- 3 This Grad received the Bernice Wardle Top All-Around Student Award.
- 4 She handed out free clotheslines June 23rd from FortisBC.
- 5 The Princeton Secondary School 'school colours.'
- 6 Who on the News Leader staff graduated June 25th at PSS?
- 7 Name the Grist Mill Foundation Secretary.
- 9 BC Ambulance Service is looking for part-time
- 11 Who won PSS Grade 10 Top Academic Award?
- 13 Name the RDOS Finance Manager.
- 14 She was one of two PSS Class of 2011 Valedictorians.
- 16 Name the MLA for Fraser-Nicola.
- 18 Ralph Waldo \_\_\_\_\_.

Similkameen  
**News Leader**

**PUZZLER #20**  
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Angie Marshall received an Outstanding Achievement Award for PE 10 on Awards Day at PSS June 20th. Photo: Des Cosman



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# Editorial Page News Leader

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

## My Turn...

### Municipal Election Issue - Number 2

The crossing on Highway 3 and Burton Avenue is frustrating at the best of times.

Since I started walking to work and back home last October I have gotten very familiar with the intersection.

I use it twice a day in what I would consider non-peak traffic times. Usually I cross at about 8:30 AM and 6:00 PM. Normally it's pretty quiet and although I always flick on the crosswalk warning lights before I enter the intersection, typically I have the crosswalk to myself and rarely do I see a vehicle nearby.

However, twice in the past two weeks I've had to wave my arms to be noticed. Both times at about 6:00 PM, both times no other vehicles were around, both times it's been pickup truck drivers, both times it's vehicles coming from the West, both times the vehicles were in the inside lane and both times they didn't see me until they were two car lengths away from me.

I don't think I'm all that hard to see in the middle of a deserted highway intersection, but I suspect one day a driver is not going to see me and that concerns me.

Why should it be a local election issue although it's really a provincial highway issue?

Simple, the highway separates part of the town from the rest of the community. Also, with plans to develop massive amounts of residential property on Burton Avenue, Similkameen Avenue and throughout my neighbourhood there's going to be a lot more people using that intersection - including little kids.

As a taxpayer having to sometimes risk my life crossing the highway to get to either my business or my home I think Town Council needs to take notice that myself and the other residents in this part of town are worth more than crappy flashing lights a lot of drivers can't see.

There is no doubt in my mind if one of our elected officials lived on Burton Avenue things would be a little bit different.

So I challenge our current Town Council to start making noise about safety concerns related to the highway crossing at Burton Avenue (again) to make it safe for me and the rest of the taxpayers (and voters) living in my neighbourhood.



Bert and Grace Lawrence celebrated 70 years of marriage. They were married July 4, 1941 in Rosedale in Bert's grandmother's garden under a big cherry tree. Bert went to war for a couple of years and their oldest daughter, Darnella (Armitage), was walking and talking by the time he got back home. Other children came along, Geraldine (Waddell), Grant and Duane. Bert and Grace lived in Princeton most of their married life. They now have six grandchildren, 14 great grandchildren and 2 great-great grandchildren. A family celebration was held last weekend at Bert and Grace's home. Photo: Dawn Johnson

## ..Your Turn

### Coalmont Celebrates Centennial

To The Editor,

Saturday the 9th of July will be party time here in Coalmont! Not only will we be celebrating our 100 years of survival, but the Blakeburn reunion will be incorporated. It will be a day of reminiscing and catching up with old friends.

This is all made possible thanks to the generous sponsorship of

Coalmont Energy Corporation, which is owned by Arthon Construction Ltd. CEC is our new neighbour, and they will be developing the coal mine over the next few years. If you have any questions about their operation, there will be a representative present at the party.

Starting at 12 noon, we'll have a

BBQ with hamburgers and pop. At 4:30 PM we will be having a dinner for Coalmont residents, Blakeburn Reunion members, and all our guests. We'll have a tent set up.

Coalmontians are all adding their bit here. Especially Lillian Young who organizes the Blakeburn Reunion every year. Musicians are invited to bring instruments and play anytime. We also encourage and welcome any other festival contributions. Ideas and questions in that regard can be sent to party@coalmontcentennial.com.

- Ole Juul, Coalmont

#### ROTARY PARADE WINNERS

- NON-PROFIT CATEGORY**  
 1st - Vermilion Trails Society  
 2nd - Princeton Minor Hockey  
 3rd - Princeton Ground Search & Rescue
- BUSINESS CATEGORY**  
 1st - Princeton Bakery  
 2nd - Princeton Flower Shop  
 3rd - Princeton Castle Resort
- CARS & FLOATS CATEGORY**  
 1st - Princeton Crisis Assistance  
 2nd - River Road Theatre  
 3rd - Weyerhaeuser
- CHILDREN & HORSES CATEGORY**  
 1st - Crazy Clowns  
 2nd - Princeton Swim Club  
 3rd - Children in Blue Golf Cart

## Similkameen News Leader

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#### EDITORIAL GUIDE

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



### Princeton Highway Extrication Society SAYS...THANK YOU!

WE ARE NOT HEROES



WE ARE RESCUERS

To Brian Birmingham  
and his clan for their  
support in our goal  
of purchasing a  
new rescue vehicle.

# Current Comment

## Who Lives, Who Dies: The Evil of Tyrants



Dawn Johnson  
editor@thenewsleader.ca

What kind of leader would round up people and force them to die of starvation? I learned who when a friend loaned me a book called *Bloodlands: Europe Between Hitler and Stalin*. This is a history of what happened to people of Poland, the Ukraine, and other countries during the decade between 1933 and 1947. It is a horror story which I hope will never be repeated, but to avoid repetition, we need to know what really happened there. This book tells the real history.

We knew six million Jews were killed by the Nazis. What most of us have not known is the other eight millions killed by the Soviets and the war itself.

The killing began with Stalin as he forced farmers off their lands and into the distant gulags, where half of them died. Stalin wanted to turn Russia into a modern industrial nation, so the plan was to make the farms collectivized. He established a quota of grain each farm was to produce. The grain was sold to make cash to be used to develop factories. He took the grain from the producers, then let them starve. There were actually concentration camps set up in which the people were herded and then starved. The people were seen as useless, excess baggage on the train that would lead to industrialization.

Then, after that mass killing, Hitler made a deal with Russia to divide Poland and the Ukraine between them. Hitler saw these lands as a breadbasket to feed his industrialized homeland. As the two leaders partitioned these lands, more people had to die to achieve political goals. Russians rounded up those they thought might not adapt to

Soviet goals. Nazis rounded up those they felt would not adapt to Nazi goals. This meant more killings, particularly of the better educated or upper military echelon of Poland.

Hitler double-crossed Stalin by declaring war and seizing all of the Ukraine and Poland, along with Belarus, Estonia, Latvia and Lithuania. Hitler's inspiration was the way the Americans had dealt with Indian tribes in the push for more land. Hitler adopted a Hunger Plan, which meant the starvation of hundreds of thousands more people. He saw women and children and the elderly as "useless eaters", to be exterminated.

It was only when the Nazis began to lose the war with the Soviets that the extermination of Jews became top priority. The majority of the killing facilities were established in Poland and the Ukraine, and that was where the majority of Jews were shipped and murdered.

After the war, Stalin wanted everybody to forget he had once been allied with Hitler, and he wanted history rewritten so that it was the Russians who suffered the worst. Certain Soviet citizens, particularly Jews, and a number of Poles and Ukrainians, did not want the world to forget how they had paid the highest price, so Stalin got rid of them, not in big mass killings, but selectively.

I read the book slowly, because my emotions would often be too strong to continue reading this real life horror story of massive, deliberate human suffering and death. It was an evil too great to absorb intellectually all at once. For a week after I finished the book, I thought about it a lot, and finally arrived at some conclusions about how it happened.

The thing I learned from reading *Bloodlands* was the European ongoing belief in ethnic differences. Each person was identified according to national origins, and the Jews were seen as a different race, not a different religion. If your father was German, you were German, no matter whether you were born and raised in Poland. The same applied to all other ethnic origins, regardless of citizenship.

Much of this separation of people still exists in Europe. Remember

the atrocities of Bosnia?

There was an element of tribalism, too, in Stalin's regime. He never ever killed or deported to the gulags any person from the Russian province of Georgia, Stalin's home province. There are atrocities committed today in the name of tribalism. Remember Rwanda, Uganda, and the Kurds of Iraq? Tribalism is a primitive way of thinking that really has no place in our modern world, but it seems to persist in gangs, neighbourhoods in cities, and even in national attitudes.

One story stood out from all the others. Jews were told to meet in a certain place on a certain day, and 14 thousand of them gathered in the street. They were then marched to a certain location, and systematically shot at the edge of a canyon called Babi Yar, where they were buried. As they neared the location, they could hear gunshots and most knew what awaited them, but they did not fight back. They went like sheep to the slaughter. Yes, they were held at gunpoint, but I wondered why they did not fight. Fourteen thousand could easily have overwhelmed their oppressors, guns or no guns. Their lives were forfeit in any case. Why did they not rebel?

Then I thought about how these people were raised. They were raised to obey, first the father of the household, then their teachers, then the authorities. They were raised in a different environment from what we consider normal today. They were taught not to question authority. Only a small percentage of the population joined the partisans and fought back.

I remember when we lived in Europe and I asked a dear old Belgian woman why so many Europeans did not like Americans and Canadians.

"You walk down the street like you own it," she said.

I watched the Canadians and Americans on the streets of Paris. She was right.

You could pick out a North American very easily. I came to understand that we had grown up in freedom to be ourselves, and had no worries about who might be better than us, who had more authority, or who we might be expected to be submissive around.

I hope we never lose that quality. If we do, I fear we might go along too willingly into a political horror story generated by madmen.

# Smilkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.



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## AND NOW...A LITTLE GOOD NEWS!

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# Princeton Racing Days race results

..... continued from Front Page and Mares). 1st - Path To Home (Winning Time: 1:09.31), 2nd - Warbeast, 3rd - Balea, 4th - Image This (owned by Princeton's Dusti Henwood). Street Patrol and I Ain't Yur Honey were scratched.

Mutuels paid \$7.50 (Win), \$2.70 (Place) and \$2.40 (Show) with a \$10.80 Quinella, \$25.70 Exactor, \$56.30 Triactor and \$58.10 Daily Double.

**Race #3 - 5 1/2 Furlong Thoroughbred Allowance (Non-Winners 3 or 4 Races Lifetime).** 1st - Andthatsthe truth, 2nd - Dream Baby Dream, 3rd - My Blue Heart. Vye Me To The Moon (owned by Princeton's Dave and Lynda Gould) and Regal Promise were scratched.

Mutuels paid \$3,660.00 (Win), \$2.10 (Place) and \$2.10 (Show) with a \$2.20 Quinella, \$3.10 Exactor and \$4.50 Triactor.

**Race #4 - 5 1/2 Furlong Thoroughbred Allowance (Non-Winners 3 or 4 Races Lifetime).** 1st - Fun Deal (Winning Time: 1:09.20), 2nd - Five Bold Rings, 3rd - Go Gene Baby Go, 4th - Gil, 5th - A Lasting Peace (owned by Princeton's June Dunte). Bran Dee Select was scratched.

Mutuels paid \$11.60 (Win), \$6.50 (Place) and \$3.30 (Show) with a \$35.20 Quinella, \$44.70 Exactor

and \$306.50 Triactor.  
**Race #5 - 5 1/2 Furlong Thoroughbred (Claiming \$2,500).** 1st - Gently Bently (Winning Time: 1:07.52), 2nd - Tanya's Toad, 3rd - West Walker, 4th - Sher, 5th - Spirit Bear. Velvet Sword was scratched.

Mutuels paid \$3.50 (Win), \$3.00 (Place), \$2.50 (Show) with a \$26.20 Quinella, \$22.90 Exactor and \$232.80 Triactor.

**Race #6 - 5 1/2 Furlong Thoroughbred Maiden Allowance (Sport of Kings Sprint).** 1st - Rio Novo (DH), 1st - Pay Daddy (DH), 2nd - Sue's Boy Sue, 3rd - Iza Sweet Lass, 4th - Twolea Angle. Bold Forecast was scratched. The winning time was 1:08.84.

Mutuels paid \$2.20 (Win), \$2.50 (Place), \$2.70 (Show) with a \$3.80 Quinella, \$5.20 Exactor and Triactor payouts at \$6.70 (2-5-6) and \$5.70 (5-2-6).

**Race #7 - 1 1/16 Mile Thoroughbred Allowance Stake (40th Similkameen Cup).** 1st - Evaluate (Winning Time: 1:47.92), 2nd - Passion Red, 3rd - Lukin Awesome (owned by Princeton's Dave and Lynda Gould), 4th - Royal Classic, 5th - Dance Composer. Psammead (owned by Princeton's Dave and Lynda Gould) was scratched.

Mutuels paid \$3.00 (Win), \$2.50 (Place), \$2.10 (Show) with a \$13.10 Quinella, \$16.70 Exactor and \$18.80 Triactor.

# Awards Day Winners

..... continued from Page 3  
 Morgan Grigg, Reuben Howarth, Meghan Hunt, Brynn Johnson  
**School Spirit (LA Room)**  
 Trevor McIvor, Meghan Hepting, Dillon Mervyn

**Most Improved**  
 Grade 8: Kayla Dore, Brett Herrick  
 Grade 9: Tierra McIvor, Quinn Murray

Grade 10: Skye Davis, Adam Ali  
 Grade 11: Jessie Badger, Colton Callihoo

Grade 12: Amethyst Cavalier, Trevor McIvor

**Top Academic**  
 Grade 8: Reuben Howarth  
 Grade 9: Alyssa Leiding  
 Grade 10: Kirsten Haayer  
 Grade 11: Alida Kleyn  
 Grade 12: Rachel Halipchuk

**Top Academic Contender(s)**  
 Grade 8: Reuben Howarth,

Meghan Hunt, Rebekah Salway, Brynn Johnson, Morgan Grigg  
**Grade 9:** Alyssa Leiding, Cassandra Montgomery, Charlie Allison, Trista Draeger, Shania Bertucci

**Grade 10:** Kirsten Haayer, Kendra Leiding, Clayton Jung, Angie Marshall, Ally Myers

**Grade 11:** Alida Kleyn, Jordan Palumbo, Dylan Lueke, Graham Bibby, Mia Crawford

**Grade 12:** Rachel Halipchuk, Skylar Daponte, Jessica Dennis, Megan Haayer, Jordyn Senger

**Top All-Around Student**  
 Grade 8: Reuben Howarth, Meghan Hunt

Grade 9: Alyssa Leiding  
 Grade 10: Ally Myers  
 Grade 11: Taylor Robillard, Nathan Garton

Grade 12: Rachel Halipchuk

# CONGRATULATIONS!

Similkameen News Leader  
 Cirque du Soleil Dralion  
 Opening Night Ticket Winners

Elizabeth Pelly, Pamela Ottas, Laurenne Koller

# Princeton Centennial Pool

## What's Happening At The Pool

MAKE A SPLASH AT THESE EVENTS

AQUA SIZE - Begins July 7 at 7:15 PM  
 Continues every Tuesday/Thursday 7:15 PM

SENIOR APPRECIATION DAY

12 Noon - 2:00 PM July 6  
 FREE - FREE - FREE

SWIMMING LESSON REGISTRATION

Next Set - Session D

LIFE SAVING COURSES

Bronze Star - July 18-29  
 Bronze Medallion - August 2-12  
 Bronze Cross - August 15-26

FOR INFORMATION CALL: 250.295.6535

Highway 3, Memorial Park

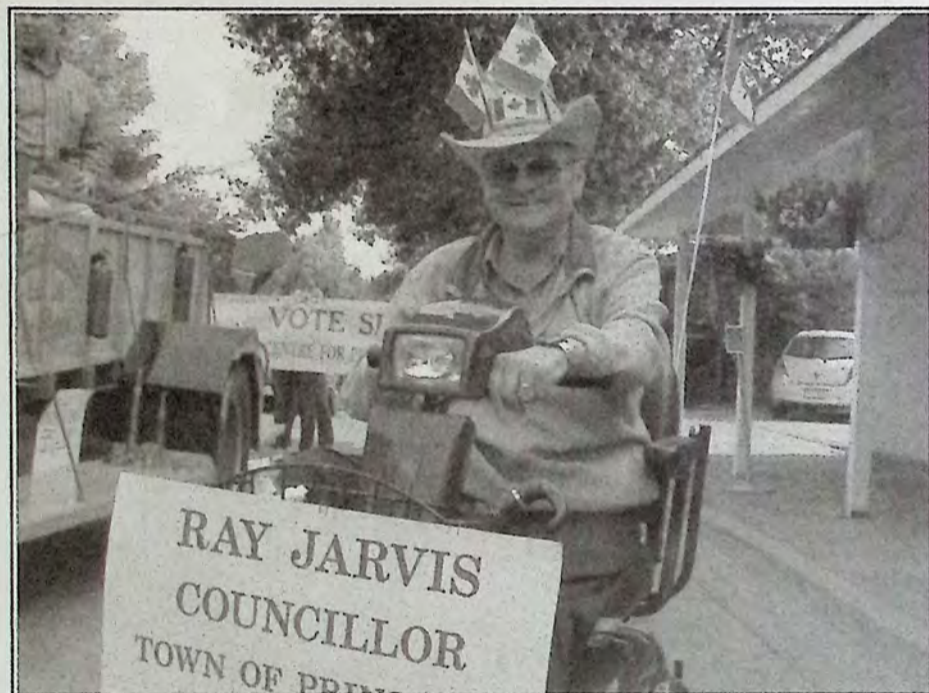
# Racing Days Weekend



Princeton Racing Days brings different people together to celebrate. From left, Fraser-Nicola MLA Harry Lali, Racing Days President John Bey and Mayor Randy McLean. \*



Talk about putting on your game face! This is the new face of hockey in Princeton. The Minor Hockey Association has become the Princeton Minor Posse and took 2nd Place in the Non-Profit category with this entry in the Rotary Parade July 1st. \*



Councillor Ray Jarvis did not ride with the rest of the elected officials and dignitaries on the Town Fire Truck in the Rotary Parade July 1st opting to use his trusty scooter for the entire parade route. Way to go, Ray! \*



Local horse owner, Dusti Henwood, right, entered Image This into the races June 30. Other local horse owners included Renee Willis, June Dunte, Dave and Lynda Gould. \*



This was the view outside the front door of the Similkameen News Leader during the Show 'n' Shine July 2nd. Cars lined Bridge Street and Vermilion Avenue. \*



Princeton Crisis Assistance Society earned 1st Place in the Non-Profit category of the July 1st Rotary Club parade with this entry featuring a hillbilly band. \*

A SPECIAL INVITATION


**REALTY  
EXECUTIVES**

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!**

**104 Missezula Lake Road**



**NEW!**

Run, don't walk to call and view this wonderful Missezula Lake home! Solidly built, with large picture windows that make it light and bright. Galley kitchen with spacious eating bar, custom cabinetry, open eating/living area, great for entertaining. Covered entry through single carport keeps you dry when the weather isn't ideal. MLS © 131825 \$289,000

**#21-406 Brandlmayr Gate**



**NEW!**

This home is absolutely amazing - in 2008 it received a complete update including a 264 square foot family room, new kitchen, bath, windows, flooring - you name it and it has been done...with all the paperwork to support the updates. You will be surprised by the amount of natural light, open floor plan, kitchen island and much more! MLS ©131826 \$113,800

**3934 Princeton/S'land Road**



**NEW!**

Private getaway just minutes from three great fishing lakes all on 5 acres! Sounds too good to be true? Well, wait 'til you see! Remodeled cabin tucked away on 5 treed acres, 2 bedrooms and large loft area for extra guests or just the extras. Open plan kitchen/living room with wood stove for those chilly evenings. Lots of windows! MLS © 131765 \$248,000

**411 Lapworth Street**



**NEW!**

With summer upon us, it's time to take to the outdoors. There's nothing to love more than a fully charged patio that's dressed for success. And this house has it! Gorgeous yard with quaint little nooks everywhere you look. Huge mixed maple tree provides plenty of shade from the summer sun and offers a beautiful display in the fall. MLS ©131679 \$359,000



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