



# Similkameen News Leader

INCLUDES HST! \$1

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Tuesday, July 12, 2011

Who's Working For You? See Below!



From left: Laurie Gullason, Don Bishop and Frank Armitage present a \$10,000.00 cheque from Copper Mountain Mining Corporation July 8th to Princeton Museum's Kathy Clement, Lori Thomas, Evelyn McCallum and Dawn Johnson in front of the mining display in the renovated museum building. \*

## Museum hits motherlode

Princeton's Copper Mountain Mining Corporation delivered on their promise of supporting Princeton Museum July 8th with a \$10,000 cheque.

The money represents proceeds from the highly successful Princeton Mining Day celebration held in Veterans Square May 3rd in association with the Mining Association of British Columbia and the Town of Princeton.

One of the events held during the celebration was an evening Games Night and Casino where all proceeds were earmarked for Princeton Museum.

Town of Princeton Museum Representative, Councillor Frank

Armitage presented the cheque on behalf of Copper Mountain Mining Corporation to Princeton Museum Past President Kathy Clement.

Armitage told the News Leader the fundraiser was a huge success and a 'top up' donation from CMMC rounded the figure out to an even ten thousand.

Laurie Gullason, Christine Woodward, Don Bishop and Don Ibey were all credited with making major contributions to the organization of Princeton Mining Day events.

Princeton Chamber of Commerce Manager and Museum Director Lori Thomas said it best with the comment; "We couldn't do any of this without contributions like this."

## Highway project upsets fishermen

The design of the Yellow Lake Highway Improvement project does not sit well with at least one Similkameen Valley group.

Doug Boulton, President of Keremeos-Cawston Sportsmen Association (K-CSA) says the project will actually restrict fishing access at the lake.

"At the completion of the project, the five current highway pullouts allowing access to the lake will be downsized to three. The north and south end recreation areas as well as a small pump house access. The two other large pullouts will be blocked off by concrete roadside barriers (CRB), making safe lake access to these locations difficult."

Why is K-CSA interested in the

lake located at the far eastern end of the Similkameen?

"Yellow Lake is an extremely important, highway access lake in the Southern Interior, with unique shore fishing opportunities. Hundreds of anglers spend thousands of fishing days on this lake year round. Cutting off mid-lake access would, without question, limit the ability of local residents and tourists alike to enjoy what this lake has to offer."

Boulton says that the Keremeos-Cawston Sportsmen Association as well as the Okanagan Region of the B.C. Wildlife Federation, feel that this is unacceptable.

The group is planning an informational meeting with concerned

organizations to take place at the Keremeos-Cawston Sportsmen Association Clubhouse (2486 Upper Bench Road in Keremeos)

## Valley hosts plenty of events

July is a busy month from one end of the Similkameen Valley to another. With the Coalmont Centennial and Canada Day celebrations just behind us, this weekend offers more activity.

This Saturday, July 16, is the Princeton Air Show, always an exciting event, and for something totally different, the Grist Mill in Keremeos offers a barbecue cook-off. This special event is hosted by Similkameen Wineries Association and features eight chefs at the barbecues, vying to be number one.

July 23 is the date when Princeton

later this month.

The project manager, Rampaul Dulay of the Ministry of Transport and Infrastructure has been invited

welcomes Little Britches Rodeo 2011. Youngsters try their rodeo skills in competition at Princeton's rodeo grounds.

The concession will be open, there will be vendors, and spectators can expect to see some very strong young athletes.

This month ends with Tulameen Days and a special event at Manning Park, the opening of the new horseback riding facility. Princeton Rodeo Club will participate, and will take the Welby Stage

to attend.

"This is an important issue for all residents of the South Okanagan and Similkameen."

to Manning Park on July 31 for this occasion, part of the celebration of 100 years of B.C. Parks.

Keremeos hosts the annual Kars Under the K on July 31. This is a great show and shine event which includes tractors from the past. It takes place at Memorial Park and includes musical entertainment, a concession, and a refreshment garden.

There is something to do every weekend this month somewhere in the Similkameen Valley.

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# Students Say YES2IT!



The YES2IT (Youth Exploring Skills to Industry Training) Program at Princeton Secondary School had students take a project from start to finish. Site preparation was the first order of business in the school court yard. Photos: John Kitts



YES2IT is a joint initiative of the Industry Training Authority (ITA) and the Ministry of Education. PSS has had great success with the program thanks to support from numerous local tradesmen and corporate donations of supplies and materials.



Once the site has been measured and grass removed, it is levelled which involves a lot of teamwork and organization. YES2IT teaches students these and other skills.



As one of the components of YES2IT is to introduce students to different career opportunities in trades it is not a gender exclusive program - girls are included.



Before concrete can be poured to make a foundation pad, forms need to be cut and installed. Students show Principal Sandee Blair how to secure the foundation frame.

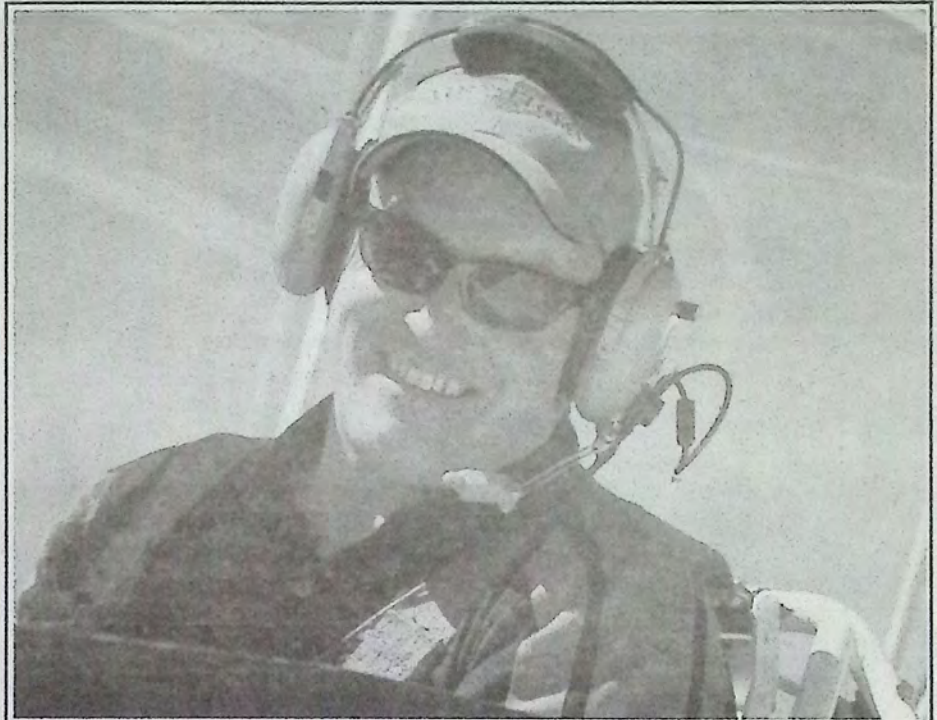


Rebar adds strength to any concrete project. Students learn the importance of this and YES2IT provides hands-on instruction so they gain a full understanding.

# Team Rocket Joins Airshow!



Eric Hansen is one half of Team Rocket appearing this weekend at Princeton Airshow. They flew into town July 6th to promote the event. Photos: Patrick Robins



Ken Fowler is also part of Team Rocket. He was at Princeton Airport July 6th as part of a promotional event for this weekend's airshow. Photos: Patrick Robins

### Meet The Team Rocket Pilots!

#### Eric Hansen

Eric comes from a flying family, having been introduced to aviation at an early age by his father, a commercial helicopter pilot.

Hansen remembers flying, at the controls, long before he was tall enough to reach the rudder pedals (he had a little help in the turns

from his father).

A pilot for 20+ years, he has over 3,200 hours in a variety of aircraft, over 35 different types at last count. When he's not flying, Eric resides in Cold Lake, Alberta where he is a full time dentist as well as a CFI and aerobatic flight instructor.

#### Ken Fowler

Ken grew up in British Columbia

and started his aviation career by first earning his glider license in 1977. In 1978 he joined the Canadian Military as an airframe technician and worked on T-33's, CF-101 Voodoos, and CF-18's before becoming a flight engineer in 1988.

Fowler has built five of his own aircraft, and is now building one of his

own designs. To date he has over 5,000 hours of flying experience as a commercial pilot and flight engineer.

He retired from the military on May 15, 1998 with 20 years of service, and is now the Airport Manager at Rocky Mountain House, Alberta.

During his last five years with the

military Fowler toured the air show circuit with the Skyhawk Parachute Team as one of the crew members of the Buffalo aircraft.

Ken has flown air shows from coast to coast, and can be seen throughout the U.S. and Canada he has also been a board member of the Northwest Council of Airshows for the last 4 years.

## Princeton Town Hall News

### GREAT SUMMER ADVENTURE TOURS

Princeton Parks, Recreation & Culture has partnered with the Princeton Posse in offering fantastic day trips out of town to a kid-youth-family friendly destination. Sign up today for a great mini-vacation. We'll handle the driving, group admission and fun with our recreation staff. Youth aged 10-18 can participate on their own. Families with children younger than 10 or older are welcome to sign up as well. Register a minimum of 10 days prior—low registration will result in cancellation. Register at Town Hall.

#### LET'S FILL THE BUS!

July 21	Cultus Lake Water Park	\$55.00
Aug 3	H2O Aquatic Centre—Kelowna	\$40.00
Aug 16/17	Vancouver Aquarium Sleepover	\$140.00

Must register for the Aquarium sleepover before July 21st.

To learn more view the Summer Leisure Guide at [www.princeton.ca](http://www.princeton.ca) Recreation & Events tab or call the Recreation Office at 250-295-6067.

### 2011 PROPERTY TAX NOTICES

Tax Notices for 2011 have been mailed. If you have not received a Tax Notice please contact the Town Office at 169 Bridge Street or telephone 250-295-3135. Owners are responsible for 2011 Taxes and applicable penalties, regardless of whether or not a Tax Notice is received. Payments and/or Provincial Home Owner Grant applications must be in the hands of the Collector at the Town Office by close of business on Tuesday, August 2, 2011 to avoid the Penalty of 10%. Postmarks are NOT accepted as date of payment.

### WATER RESTRICTIONS

By conserving today, we reduce the need for expanded facilities and costly upgrades to the water system.

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



Bylaw Enforcement Officers will enforce all levels of the water restrictions bylaw. A person who contravenes the bylaw commits an offence under the Offence Act and is subject to a fine.

For more information visit Town hall during regular business hours.

### ITS COMING !!! SATURDAY JULY 16TH



[princetonairshow.ca](http://princetonairshow.ca)

### CALL FOR VOLUNTEERS

#### VOLUNTEERS NEEDED

The Princeton Air Show is looking for dynamic volunteers to assist in a variety of positions. Security, parking, gate, children's area, lunch hosts, program seller, volunteer host, aircraft ramp/hanger, entrance greeter and more.

#### VENDORS WELCOME

Vendors and community organization are a welcomed addition to the Princeton Air Show each year. Sell your wares, advertise your organization, promote upcoming events or perform.

Check out our website at [www.princetonairshow.ca](http://www.princetonairshow.ca) to learn more about the variety of opportunities available at the Princeton Air Show or to register as a volunteer or vendor. Call the Princeton Parks, Recreation and Culture Department at 250-295-6067 to discuss air show opportunities further.

### SIDEWALK RAMP ENHANCEMENT

The Town has called for quotations (RFQ) for the repairs and enhancement of Bridge Street sidewalk wheelchair ramps and curbs.

Quotations are due July 22<sup>nd</sup>.

It is expected that the work will begin immediately following the end of tourist season and be completed before the first frost.

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# Keremeos News



Natasha Guenther just graduated from SESS this month and is currently working in the Similkameen Country Tourist InfoCentre. She plans to go to Thompson Rivers University in Kamloops for culinary arts. "Working here is a great experience for me to learn about the valley and its history." \*

## Village issues Council highlights

Here are the highlights from the July 4, 2011 regular meeting of Village Council as released by the Village of Keremeos:

Council heard from Brad Clements, Project Lead for "Our Okanagan", a partnership initiative that has developed a website to provide a resource to businesses throughout the Okanagan and Similkameen valleys to encourage a "buy local" approach.

The intent of the website is to provide information to the areas' businesses regarding what services and products other businesses in the Okanagan and Similkameen provide so that services and products can be accessed on a more local level where they are available.

"Our Okanagan" is asking for support from all local governments by way of a link from their websites to the "Our Okanagan" web-

site, and to provide printed materials to the public and to businesses as stuffers in business license renewals.

Council considered a request from the Keremeos Community Church for a donation toward their upcoming 'kids camp' in Memorial Park - Council approved a donation of \$100.

Council considered a request that ..... continued on Page 5



Jenifer Sparkes is going into Grade 11 in September at Similkameen Elementary Secondary School in Keremeos. Her summer job is at Keremeos Museum, which she started July 5th. You are invited to stop by and say 'hello' and tour the facility Tuesdays to Saturdays between 9:00 AM and 5:00 PM. \*



Two of our favourite 'Fortis Gals' were at it again last week in Keremeos. FortisBC PowerSense Community Ambassadors Brigitte Leyland, left, and Alice Reynolds were giving away clotheslines July 6th in front of the Similkameen Country Tourist InfoCentre. \*

## Village Council highlights

..... continued from Page 4 had been tabled from the June 20, 2011 Council meeting, that being a request from the family of a deceased property owner in Keremeos for an extension to the deadline for connection to the Upper Bench Sewer main.

The deadline is July 15, 2011, and the family is currently in the process of appointing an Administrator to deal with the affairs of the estate and is unable to access estate funds to pay for the sewer connection.

Council voted to provide an extension to September 30, 2011.

Village Council gave third reading to a Zoning Bylaw that will ensure that all setbacks and lots sizes are completely accurate for the strata lot subdivision at 435 Highway 3A.

It has been discovered after the zoning was originally put in place for the development that there were minor discrepancies in some of the lot sizes and setbacks – the current Zoning Bylaw corrects those discrepancies.

SIMILKAMEEN SIZZLE ONLINE  
[www.gotpeppers.info](http://www.gotpeppers.info)

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

#### NOTICE OF APPLICATION AND WORKSHOP

Date:	Friday, July 22, 2011
Time:	9:00 am
Location:	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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## Health / Lifestyle News



River Road Theatre is now performing Barefoot In The Park at Riverside Theatre. Marcus Stusek plays Paul Bratter with Chelsea Turner in the role of his newlywed wife Corie. - photo submitted

## Living Past 100

### Dealing With Gluten In Your Food

Gluten is a protein found in wheat, rye and barley. It is becoming a problem for hundreds of thousands of people in North America. The people who cannot tolerate gluten at all have celiac disorder, and the number of celiac has doubled in the past 50 years. In addition to those who suffer from celiac disorder are the millions who have symptoms of gluten sensitivity. The usual symptoms are bloating, cramps and digestive problems of all sorts, and weight gain that does not respond to the usual forms of dieting.

The effects of gluten may go deeper than just the digestive disorders. Archaeological studies of pre-agricultural people, as well as studies of existing hunter-gatherer tribes, indicates people are healthier if they eat fewer grains containing gluten.

Bread has been a staple food for humans for thousands of years, but bread and pasta have changed. Gluten content has increased in grains used to make bread and pasta because gluten makes a smoother, stickier dough and a softer, more appealing product. Grain producers have bred strains of wheat, rye and barley that make softer, smoother breads, cakes and cookies. The increase in gluten appears to be the basic cause of the increase in celiac disorder and gluten sensitivity. This gluten increase may also be the cause of the huge increase in obesity in North America, where sandwiches, burgers, cookies and cakes are consumed in huge amounts.

The relationship between obesity and gluten have not been well defined, but some nutritionists have noted a major improvement in the health of some obese people when they are forbidden gluten products. In addition to losing weight, people on gluten-free diets experience better digestion and general improvement in how they feel and how they function.

Doing without gluten products takes some adaptation, but positive results will show in approximately one month. Weight loss is not rapid, but steady, while improvement in the digestive system is quite noticeable in just a week or two. Bloating subsides, cramping disappears, constipation goes away, and some people say they have less joint and muscular pain.

If you suspect you might be gluten sensitive, or just want to try a gluten-free diet, there is no need to give up cakes and breakfast cereals. You can still bake with oats, corn and rice flours, have buckwheat cereal (kasha) or buckwheat pancakes. Rice cakes and rice crackers are available in most supermarkets. Rice pasta and corn pasta are available. Do not give up carbohydrates completely, as these are energy foods. When it comes to that hamburger, just order it with no bun. What you get is a hamburger patty, the lettuce and tomato on the side, and if you eat French fries, they will be on the side. Better still, have a taco salad or a grilled chicken salad, available at most burger outlets.

If you do not experience weight loss and digestive improvement after one month, perhaps gluten is not a problem for you. However, if you feel better without gluten in your food, then join the ranks of the growing number of people who have found ways to get away from gluten.

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For further information contact:

Aaron Mahoney, Unit Chief, 330 Princeton  
Phone: 250.295.7127

or;

BCAS Regional Human Resources Office, Interior Region,  
Address: 1257 Dalhousie Drive, Kamloops, BC  
Phone: 250.828.5855 - Fax: 250.371.5232

Please visit our website: [www.bcas.ca](http://www.bcas.ca)



A sign of things to come? This Aggressive Transport Ltd. trailer at the Yellow Lake road block is sporting skirting that reduces wind resistance, thereby increasing fuel economy. Jim Jansen of Aldergrove drives this rig from there and advised that the skirting is law in California. He hadn't bothered to remove the skirting since returning from a recent trip across the border. Interestingly, another Aggressive Transport Ltd. trailer spied at the Yellow Lake road block a few days later did not sport the skirting. Photo: Arlene Arlow

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

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

Decide for yourself. Learn more at [HSTinBC.ca](http://HSTinBC.ca)



# Thank you

K<sup>w</sup>uSuk<sup>w</sup>na?qinx Canoe Family



Volunteer Billie Kruger and the K<sup>w</sup>uSuk<sup>w</sup>na?qinx Canoe Family step forward and lead by example in their aim to show the world and other indigenous youth that "impossible is nothing".

FortisBC supports over 200 community initiatives, like the K<sup>w</sup>uSuk<sup>w</sup>na?qinx Canoe Family, each year. We appreciate Billie Kruger and the K<sup>w</sup>uSuk<sup>w</sup>na?qinx Canoe Family, whose efforts are making our communities a brighter place.

Volunteer Billie Kruger

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[www.fortisbc.com](http://www.fortisbc.com)

## Broadway returns to Princeton

Fasten your seatbelts - another hit Broadway show is coming to Princeton's Riverside Centre! River Road Theatre is following up the highly successful run of their musical comedy *I Love You, You're Perfect, Now Change* with a production of Neil Simon's classic screwball comedy *Barefoot in the Park*.

Similkameen audiences can experience the fun and flair of this 1963 rom-com every weekend to July 24th.

*Barefoot in the Park* tells the story of newlyweds Paul and Corie Bratter and their experience of living in a tiny hole-in-the-wall apartment in Greenwich Village. Their married bliss soon begins to crumble in the face of overprotective in-laws, crazy upstairs neighbours, a crumbling apartment, and one wild drunken trip to Staten Island.

"This play is timeless, and has been a favourite of audiences around the world for more than fifty years," says Chelsea Turner.

Turner is one of River Road Theatre's five co-founders, and will also be playing the leading role of

Corie in the play.

"It's a story about finding love in unexpected places and learning to take a chance. It's funny and heart-warming, and the characters are all so relatable and engaging- they're people you can really root for."

River Road Theatre has been in rehearsals for *Barefoot* for the past three weeks while performing *I Love You, You're Perfect, Now Change* on the weekends.

"It's quite a feat creating an entire show from the ground up in just three weeks on top of performing the musical," says director Rachel Hart. "It's the ultimate challenge of multi-tasking. None of us had ever been in *Barefoot* in the Park before this, so we're learning everything from scratch."

Marcus Stusek - who will be playing the role of Paul Bratter - is designing and building *Barefoot* in the Park's extensive set.

"It's been a lot of fun creating the look of a tumbledown, eclectic 1960's New York loft apartment," Stusek has many years of experience in professional set design in his hometown of Victoria B.C., but admits, "I've never had to pull off designing and building a set while also learning the part of a leading man."

"This is a great show for all ages," adds Hart.

"Many will remember the 60's film version starring Robert Redford and Jane Fonda. But it's also a show that younger audiences can enjoy discovering for the first time - it has a very youthful energy and the story is about growing up and making choices in the real world."

*Barefoot in the Park* is River Road Theatre's second production of the summer. It will run every weekend until July 24th. Then the company's production of the mystery/farce *The 39 Steps* opens, and this final production will run until August 14th.

"Reaction from audiences has been sensational," says Turner.

"Everyone says how much fun the shows are, and what a wonderfully enjoyable evening it is. We try to keep the pacing of the shows quick and the material light and fresh. We've been lucky enough to have audiences coming from Keremeos, Penticton, Merritt and even Vancouver, and we want to keep them coming. This is a really great offering of summer entertainment and we don't want anyone to miss out."

Tickets for *Barefoot in the Park* are available at the Princeton Shopper's Drug Mart, by phone at 250.293.6152, or at the door. Shows are running every Friday, Saturday and Sunday at 7:30 PM - and also at 2:00 PM on Saturdays - at the Riverside Centre. Tickets are \$18 for adults and \$15 for students.



# HST REFERENDUM

JUNE 13 - AUGUST 5, 2011

Extended

To vote in the referendum, you should know the following:

Two key dates of the 2011 HST Referendum have been extended,

- the deadline to request a voting package is extended to midnight (local time) July 22, 2011. Call 1-800-661-8683 (toll-free).
- and, the close of voting is extended to 4:30 p.m. August 5, 2011.
- an HST Referendum Voting Package will be mailed to each registered voter through July 7, 2011.



- voting packages will include a ballot and instructions on how to vote and return your ballot package.
- you can vote if you are:
  - a Canadian citizen
  - 18 years of age or older on July 22, 2011
  - registered as a voter in British Columbia
  - a resident of B.C. for at least six months before July 22, 2011
  - not disqualified by law from voting

- ballot packages must be received by Elections BC, a Service BC Centre or an Elections BC Collection Centre before 4:30 p.m., Friday, August 5, 2011. Locations are listed on the Elections BC website at [www.elections.bc.ca](http://www.elections.bc.ca) or call 1-800-661-8683 (toll-free).
- HST Referendum Voting Packages are provided in English. Translations of the materials are available on the Elections BC website at [www.elections.bc.ca](http://www.elections.bc.ca).

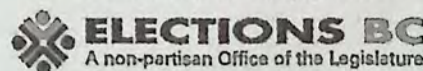
#### Ballot

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

Yes

No

For more information, contact:



[www.elections.bc.ca](http://www.elections.bc.ca)

1-800-661-8683

TTY 1-888-456-5448





# News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 12 - 18, 2011



Transporting concrete to the job site involved a lot of work with wheelbarrows as part of the YES2IT Program at Princeton Secondary School. Students hauled concrete from the main entrance and across a hallway to the courtyard where a greenhouse was being built. Photo: John Kitts

## Program introduces students to trades

The program is called Youth Exploring Skills to Industry Training, but it is better known as just YES2IT. It has been a regular part of the Princeton Secondary School lesson plan for a number of years.

In a nutshell, YES2IT is designed to raise awareness of trades amongst students (typically grades 6 to 9) as well as their parents, teachers and local community.

The program traces a building project from start to finish. This year the YES2IT Program created a greenhouse in the courtyard of PSS. Students were involved in all parts of the construction from site preparation to completion of the structure.

The success of the program in Princeton comes from various sources and includes donations of materials and supplies from Weyerhaeuser, Irly Bird, Princeton Redi-Mix and Reichert Rentals and Construction and regular participation of tradesmen.

This year trade partners included Glaziers Lloyd Allen (Princeton Glass), Wayne Heimen and Dylan Thompson (Everlast Greenhouses & Solariums, Oyama), Contractor Tom Reichert (Tulameen) and Carpenter Ryan O'Neil (School

District 58). PSS teacher John Kitts coordinates the YES2IT Program at the school and says there are even more successes measured at the end of the program.

"It increases student self-esteem, pride and increased their interest in construction, cement finishing and glazier trades."

Kitts says the highly visible construction project also created a heightened awareness of trades in

the school and increased awareness of career opportunities in trades.

"It also increased child-parent communication concerning school programs."

Although only a few parents got involved as volunteers during the program, Kitts is encouraged by the end results of YES2IT.

The completed greenhouse, which took a total of four school days to complete, will be auctioned off on the School District website.

## PGSAR awards rifle

Rod Carlson of Princeton was named the Princeton Ground Search & Rescue 2011 Gun Raffle Winner last week.

Carlson's prize, a Thompson Centre 7mm .08 rifle was presented to him by Arnie Powell president of PGSAR.

Princeton Ground Search and Rescue's (PGSAR) annual gun raffle was a success once again. Funds raised were used to purchase 3 Garmin GPS units with maps.

PGSAR thanks to everyone who bought a ticket, and thank to Ron and Loretta Young of the Princeton Outdoor Supply store for supplying the rifle.

Princeton Ground Search and Rescue Society is a team of unpaid volunteers who donate their time to provide Search and Rescue services to the people and visitors of the Upper Similkameen and the rest of the province when needed 24/7. For more info visit, [www.bcsara.com](http://www.bcsara.com)

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# Similkameen News Leader - Horoscopes

July 13 - 20, 2011

**Aries** - Home and family take top priority now and you find yourself being more content. You like activities that are fun and make you happy. You want to socialize more. You still need to resist the temptation to overspend.

**Taurus** - You are inclined to put on weight now, and you may over-indulge in just about anything that makes you feel good. This can lead to big problems. Watch out for saying the wrong thing to family members. Drive safely.

**Gemini** - Still full of energy, and still feeling confident, you may come on too strong for some people. Spend wisely, too, because you want to spend on gaudy things. You do not have the best taste in clothes, furnishings now.

**Cancer** - Life is good. You feel good, you enjoy the people you associated with, and you feel kind and generous. You want to think about and discuss what you value most in life. Home still demands a lot of work and family responsibility.

**Leo** - You are full of ideas these days and you want to talk about them. You are very optimistic, too. When you talk to people, your ideas are serious. Career matters advance now, but associates can be problems due to ego.

**Virgo** - Travel will go smoothly now. People with whom you share resources are not likely to be generous, and banks and insurance companies want their money. Do not make any debt obligations at this time. Spend conservatively.

**Libra** - You are focused on career in a very positive way. Travel can be troublesome to the first week of August. You tend to be serious and responsible, but give some thought to people who want to hear love talk.

**Scorpio** - People are going to be good to you and generous for the next few months. You could find a mate and get married, or make a whole lot of new friends, or both. Look forward to enjoying social activities through October.

**Sagittarius** - You can still run into opposition from friends, partner, spouse until after the August long weekend. Show consideration for the egos of others and remember to praise work well done. Show appreciation!

**Capricorn** - Have fun, make a point of showing how much you care for your friends, and look for opportunities to make new friends. You job may cause some problems or just be too hectic for the rest of this month. Enjoy youngsters.

**Aquarius** - Home and family are more agreeable these days, but young people or pets may be problems. Focus attention on improving your work environment and your relationship with the people you work with

**Pisces** - Events concerning family and home may be upsetting at times but try to focus on the positive side. Associating with younger people in some kind of fun activity will make you feel better, or use your creative talents for pleasure.

## Tuesday Movies

### EVENING

8:00 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.  
9:00 pm KNOW ch.5 "Unmistaken Child" (2008, Documentary) Nepalese monk Tenzin Zopa scours his country's Tsum Valley for the reincarnation of revered Buddhist master,

Geshe Lama Konchog. (CC) 10:30 pm WTBS ch.3 "An American Werewolf in Paris" (1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pursues her and gradually discovers her dark secret.

## Wednesday Movies

### AFTERNOON

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

### EVENING

10:00 pm WTBS ch.3 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure.

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### TUESDAY, JULY 12, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig (6:37) HI-5	Thomas Between	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Belgian Rollbots	SportsCentre	Canada AM	Worst Handyman	Henry's Franny	CityLine (N)	CSI: NY	Real Renos
7 AM	Cosby		Arthur	Arthur	Today Rosie Pope; Colbie Callait; Cat Cora. (N)	The Early Show (N)	The Sopranos	Good Morning America (N)			Artzooka	Super Evil	SportsCentre		Salvage Code Red	Mickey Manny	The Nate Berkus Show	CSI: Crime Scene	Buy Me
8 AM	Cash Cab		Magie Bus	Curious			Criminal Minds			100 Huntley Street	Bo On/Go	Sidekick	SportsCentre		American Chopper	Phineas	Rachael Ray	CSI: Crime Scene	Torrens
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vison	Super Why! News	Timothy Berenstein	SportsCentre	Live With Regis & Kelly	Cash Cab	Phineas	Role	CSI: Crime Scene	Restaurant Makeover
10 AM	The Investigators	World Vison	Mag Fero Spider	Sesame Street (E)		The Price Is Right (N)	The First 48	The View (N)	World Vison	End/Leash Debt/Part	Poko	Little Bear	Fish Flats	The View (N)	Nerve Center	Phineas	EP Daily	CSI: NY "Yahrzeit"	The Nanny
11 AM	Forensics Evidence	World Vison	Rolle Polle Babar	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Dog	Paid Prog. Best Bral	World Vison	Noon News Hour (N)	Razzberry dirtgirl	G. Shrinks	Drag RACING: NHRA O'Reilly Auto	Marilyn Denis	Blueprint for Disaster	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	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)	Puppies	Parts Route 66 Nationals (Taped)	etalk	Mighty Ships	Wizards Hannah	General Hospital (N)	Auction Hunters	Pregnant in Heels
1 PM	King Earl	Days of our Lives (N)	Dinosaur Wibbly Pig	Painting	Days of our Lives (N)	The Talk	The Sopranos	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Redakai	Kid vs. Kat	Marilyn Denis	American Chopper	Hannah	Jdg Judy	Auction	Love Handles: Couples
2 PM	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	Off Record	Dr. Phil	Auction	Hannah	Access Hollywood Live	Auction	Gold Girls
3 PM	Family Guy	The Doctors	Little Bear	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes 22 Minutes	Sidekick	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Hannah	CityNews at 5 (N)	Auction	Restaurant Makeover
4 PM	The Office	Oprah Winfrey	Rob Robot	Fetch! With G. Shrinks	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News Global Nat.	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Worst Handyman	Phineas	How I Met	Auction	Buy Me
5 PM	Browns Payne	Early News	Dino Dan	News	News (N)	News	The First 48	News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	2011 Tour de France: Stage 10. From Aurillac to Carmaux.	CTV News at Five (N)	Auction	Wizards	America's Got Talent	Repo	Pregnant in Heels
6 PM	Law & Order: SVU	Global Nat.	Dogs	PBS NewsHour (N)	News (N)	News	Storage	News	(5:59) News Hour (N)	ET Canada	Coronation	Mr. Young	CTV News (N)	River Monsters (N)	Suite/Deck	Wizards	America's Got Talent (N) (Live)	Repo	Love Handles: Couples
7 PM	Seinfeld	Ent	Hope for Wildlife	NOVA "Ape Genius"	Jeopardy!	The Dr. Oz Show	Family Jewels	Ent	Ent	NCIS: Los Angeles	Wheel	Weird	SportsCentre (N) (Live)	etalk	Deadliest Catch (N)	Sonny		Repo	Glamour
8 PM	Movie: *** "The Last Castle" (2001) Robert Redford.	NCIS: Los Angeles (DVS)	Going to Extremes	History Detectives (N)	America's Got Talent (N)	NCIS: Los Angeles (DVS)	Family Jewels	Wipeout	NCIS: Los Angeles (DVS)	NCIS: Los Angeles (DVS)	Jeopardy!	Indie	Can Dance	Worst Handyman	Suite/Deck	Kings	EP Daily	Repo	ET Canada
9 PM		NCIS: Los Angeles	Movie: *** "Unmistaken Child" (2008)	Frontline (DVS)	America's Got Talent (N Same-day Tape)	NCIS: Los Angeles	(9:01) The First 48	Game Show	NCIS: Los Angeles	Combat Hospital (N)	The Pillars of the Earth	Home Imp. India	Million Dollar	Game Show	River Monsters	Debral	Real Chance of Love	Ways Die	Pregnant in Heels
10 PM	"An American Werewolf in Paris"	Combat Hospital (N)	POV Cambodia's Khmer	Rouge (N)	News (N)	News	Family Jewels	News	News Hour Final (N)	Ent	Calgary Stampede	Prank Ptrl	SportsCentre (N)	CTV News	Auction	Ned's	Paid Prog.	Unsolved Mysteries	Glamour
11 PM		CHBC News Final (N)	Unconquered People	Sky Island	Jay Leno	Letterman								CTV News	Auction	Life Derek	Paid Prog.		Glamour

WEDNESDAY, JULY 13, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM) showing TV schedules for Wednesday, July 13, 2011.

THURSDAY, JULY 14, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM) showing TV schedules for Thursday, July 14, 2011.

# Coalmont Centennial Celebration



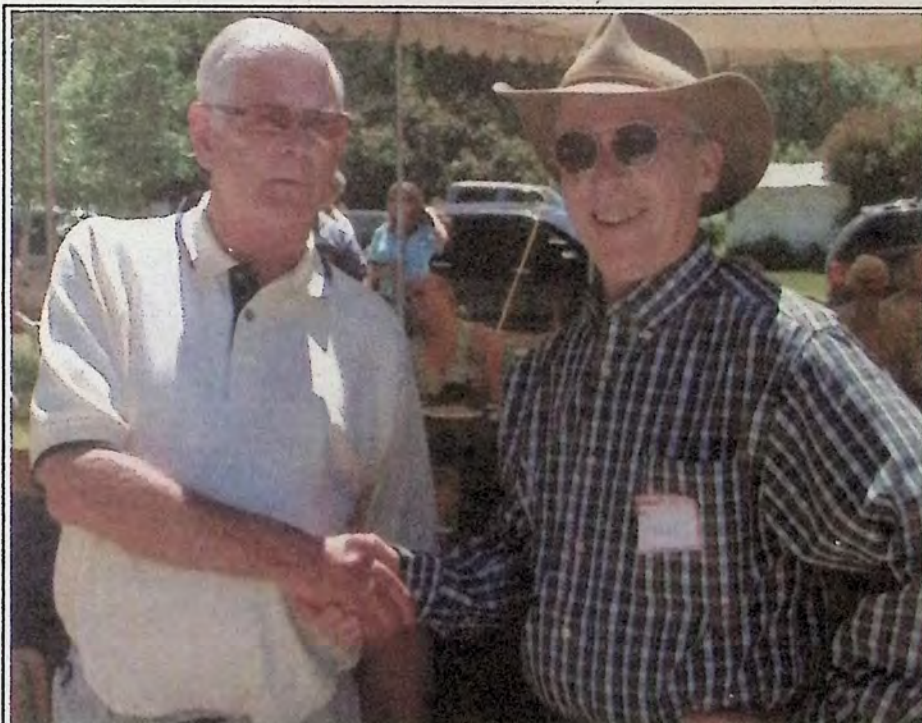
Lillian Young has organized the annual Blakeburn Reunion for years. 2011's event took place over the weekend along with Coalmont's Centennial celebration.\*



Historic Coalmont photos, courtesy of the Mozey-On-Inn, were on display during an afternoon barbecue in downtown Coalmont on July 9th behind the Coalmont Hotel.\*



With the use of the Fall Fair tent, those who attended the Coalmont Centennial BBQ were able to stay out of the sun. Donations went to Tulameen Fire Department.\*



Princeton Town Councillor Frank Armitage congratulates Blakeburn historian Terry Malanchuk on his work on preserving and promoting local history.\*



July 9th was a perfect day - a perfect day to enjoy a quiet ice cream cone along the KVR just across the street from the historic Coalmont General Store building.\*



There were signs everywhere in Coalmont that there was going to be a celebration! July 9th was the date chosen to celebrate Coalmont's Centennial.\*

# Princeton Traditional Music Festival

by Jon Bartlett & Rika Ruebsaat

## What is Traditional Music?

The Fourth Annual Princeton Traditional Music Festival is coming up on August 19th to 21st -- just six weeks away! Over a hundred musicians will be in town that weekend. Over the course of the next few weeks, this column will introduce a few of them and their music.

A lot of folk have asked what is meant by traditional music. Today's column will try to clarify what it means.

Before there was commercial music, there was traditional music and classical music. Classical music (though it wasn't called that in those days) was music for the court, bought and paid for by the king's or the aristocracy's ministers or servants. The church, too, was a great patron of this kind of music.

It wasn't the stuff sung or hummed by the peasantry while

milking cows -- they had never heard of it. What they sang and played when they got the chance was what we now call traditional music. When they sang, it was almost always unaccompanied, and when musicians played tunes, it was almost always for dancing.

This held true right across Europe. Every country or region had songs, and some songs were known across many regions.

The ideas behind some of the songs were known from Ireland to India. Each of the songs had an original author, but that person is so lost in the mists of time, or the song has been so changed in its passing from one person to another over the course of centuries, that it has become anonymous. The same is true of tunes.

The songs we hear on the radio have all been composed by someone and each time a song

gets played the composer gets paid what's called a royalty. The composers of traditional songs are not known so no one gets

paid; they are what the music industry calls 'public domain' -- they are owned by us all.

This is the kind of music you'll

hear at the Festival, and next week this column will tell you about some of the performers appearing at the Festival.



Here's what we thought was an unusual sight - a porcupine up a tree. This photo was taken Sunday, July 3rd on Highway 40 (Princeton-Summerland Road). Photo: Margaret Fraser

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FRIDAY, JULY 15, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N) 30	Wibbly Pig (6:37) HI-5	Builder Between	News (N) 30	News	CSI: Miami 30	News	(5:30) Morning News (N) 30	(4:30) Morning News (N) 30	CBC News Now 30	Being Ian Rollbots 30	(4:00) 2011 British Open Golf Championship: Second Round.	Canada AM 30	Breaking Point 30	Henry's Franny	CityLine (N) 30	Pros vs. Joes: All Stars	Top Chef Canada 30
7 AM	Cosby		Arthur 30	Arthur	Today Ryan Seacrest; Chris Brown performs. (N) 30	The Early Show (N) 30	The Sopranos 30	Good Morning America Brad Paisley performs.			Artzooka 30	Super Evil Kid vs. Kat			America's Lost	Stella-Sam Never Land	The Nate Berkus Show	Pros vs. Joes: All Stars	Torrens
8 AM	Cash Cab		Maglo Bus	Curious			Criminal Minds 30			100 Huntley Street 30	Bo On/Go	Sidekick Kid vs. Kat	From Royal St. George's Golf Club in Sandwich, England. (N) (Live) 30		Mighty Ships	Phineas Random	Rachael Ray 30	Pros vs. Joes: All Stars	Torrens
9 AM	Family Fd	100 Huntley Street 30	Clifford	Super Why!		The 700 Club 30	Criminal Minds 30	Live With Regis & Kelly	100 Huntley Street 30	World Vi-sion	Super Why! News	To School		Live With Regis & Kelly	Cash Cab	Warthogs!	Role	Pros vs. Joes: All Stars	Restaurant Makeover
10 AM	The Investigators	World Vi-sion	Mag Fero Spider	Sesame Street 30 (E)		The Price Is Right (N)	Criminal Minds 30	The View (N) 30	World Vi-sion	End/Leash Debt/Part	Poko 30	Little Bear Fly Rhino		The View (N) 30	Machines	Fish Hooks	EP Daily	Pros vs. Joes: All Stars	Torrens
11 AM	Forensics Evidence	PLAN Chef	Rolie Polle Babar	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Dog	PaId Prog.	PLAN Chef	Noon News Hour (N)	Razzberry dirtgirl	Babar Rescue		Marilyn Denis	Breaking Point 30	Suite Life	CityLine 30	Pros vs. Joes: All Stars	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur Dinosaur	Charlie Rose 30	PaId Prog.	News Bold	CSI: Miami 30	All My Children (N) 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Almost Pokemon	Darts: 2010 Grand Slam.	etalk 30	Swarm Chasers "Rats"	Wizards Hannah	General Hospital (N) 30	Pros vs. Joes: All Stars	'70s Show
1 PM	King Earl	Days of our Lives (N)	Dinosaurs Wibbly Pig	Painting Scrapbook	Days of our Lives (N)	The Talk 30	The Sopranos 30	One Life to Live (N) 30	Days of our Lives (N)	The Talk 30	Heartland "Gift Horse"	Yu-Gi-Oh! Kid vs. Kat		Marilyn Denis	Swarm Chasers	Debra! 30	Jdg Judy	Pros vs. Joes: All Stars	King
2 PM	Browns Payne	Young & Restless	Princess Mr. Moon	Barney WordWorld	Judge B.	Let's Make a Deal (N)	Criminal Minds 30	General Hospital (N) 30	Young & Restless	The Doctors	Steven and Chris 30	Monster Kid vs. Kat	Off Record Interruption	Dr. Phil 30	Myth-Busters 30	Debra! 30	Access Hollywood Live	Disorderly Conduct	Gold Girls
3 PM	Family Guy	The Doctors 30	Little Bear WordWorld	WordGirl Electric	The Doctors 30	Dr. Phil 30	Criminal Minds 30	Rachael Ray 30	The Doctors 30	Young & Restless	Recipes 22 Minutes	Sidekick Super Evil	SportsCenter (N) 30	(2:59) The Dr. Oz Show	Cash Cab	Debra! 30	CityNews at 6 (N) 30	Disorderly Conduct	Restaurant Makeover
4 PM	The Office	Oprah Winfrey	Rob Robot George S.	Biz Kids Wild Kratts	Jdg Judy	Oprah Winfrey	Criminal Minds 30	Seinfeld	Oprah Winfrey	Early News Global Nat.	Ghost Whisperer	SpongeBob	CFL Pre	Ellen DeGeneres Show	Nerve Center 30	Phineas Fish Hooks	Murdoch Mysteries 30	Disorderly Conduct	Torrens
5 PM	Browns Payne	Early News	Dino Dan	News	News (N)	News	Criminal Minds 30	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N) 30	Parents SpongeBob	CTV News at Five (N)	CTV News at Five (N)	How/Made	Wizards Kings	Murdoch Mysteries 30	Gangland "Assassins"	'70s Show
6 PM	Law & Order: SVU	Global Nat. News	Dogs Parks	PBS News-Hour (N) 30	News	News	Criminal Minds 30	News	(5:59) News Hour (N)	ET Canada	Ent	121	CTV News (N) 30	Keith Barry	Random Shake It	Mantracker 30 (DVS)	UFC Un-leashed 30	King	
7 PM	Seinfeld	Ent	For King and Country	Wash. News	Jeopardy!	The Dr. Oz Show 30	Criminal Minds 30	Ent	Ent	90210 30	Wheel Jeopardy!	Movie: ** "The Next Karate Kid" (1994) Hilary Swank. 30	SportsCenter (N) (Live) 30	etalk 30	Oddities	Good Luck	My RONA Home	UFC Un-leashed 30	Family Guy
8 PM	Movie: *** "Phenom-enon" (1995).	Bones 30	New Tricks 30	Need to Know (N) 30	Friday Night Lights	Flashpoint "Good Cop"	The Glades 30	Shark Tank 30	Bones 30	Bones 30	Ron James	Brooms	Flashpoint "Good Cop"	Flashpoint "Good Cop"	Parks	"Agent Cody Banks 2"	News EP Daily	UFC Un-leashed 30	Family Guy
9 PM	Drama John Travolta.	House "Bomb-shells"	New Tricks 30	Lark Rise to Candleford	"Always" 30	CSI: NY	(9:01) Criminal Minds	Primetime: What Would ABC News	House "Bomb-shells"	House "Bomb-shells"	Winnipeg Comedy	Splatalot	Boxing: Friday Night Fights. (N Same-day Tape)	CSI: NY 30	Keith Barry	Buttowski	Law Order: CI	MANswers	Family Guy
10 PM	Movie: *** "The Queen"	CHBC News Final (N)	Tina In Mexico 30	Charlie Rose (N) 30	News (N)	News	(11:01) Criminal Minds	News	News Hour Final (N)	Ent	Calgary Stampede	The Next Star 30	SportsCenter (N) 30	CTV News	How/Made	(10:03) ** "The Thirteenth Year"	Justice Judge B.	Movie: *** "Tak-ing Lives" (2004)	Family Guy
11 PM				Jay Leno	Letterman			Nightline						CTV News	Oddities	Life Derek	Paid Prog.		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 #359 - Rated Medium

8	3							
	5			9				1
			8	5		6	2	
7	6	4		2				
	1		6		2			
		8		1	5	7		
7	3		1	5				
1			2			3		
6						1	8	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 "What Planet Are You From?" (2000, Comedy) Garry Shandling. An alien is sent to Earth to impregnate a woman, but he finds dating much harder than he imagined.  
9:00 pm KNOW ch.5 "The Ballad of Ramblin' Jack"

(2000, Documentary) Jack Elliott. The daughter of legendary folk singer Ramblin' Jack Elliott examines her elusive father's life and career. (CC)  
10:00 pm WTBS ch.3 "Mimic" (1997, Horror) Mira Sorvino. Married scientists battle killer cockroaches with the ability to assume human form.

## Friday Movies

### EVENING

7:00 pm YTV ch.18 "The Next Karate Kid" (1994, Action) Hilary Swank. Mr. Miyagi teaches karate to an angry orphan being bullied at her high school. (In Stereo) (CC)  
8:00 pm WTBS ch.3 "Phenomenon" (1996, Drama) John Travolta. An amiable, small-town Everyman is inexplicably transformed into a genius with telekinetic powers.  
FAM ch.26 "Agent Cody Banks 2: Destination London" (2004, Adventure) Frankie Muniz. A 16-year-old CIA agent poses as a clarinet prodigy while trying to recover stolen mind-control software. (In Stereo) (CC)

10:00 pm SPIKE ch.44 "Taking Lives" (2004, Suspense) Angelina Jolie. A top FBI profiler alienates Montreal detectives as she tries to help them catch a serial killer. (In Stereo)  
10:03 pm FAM ch.26 "The Thirteenth Year" (1999, Drama) Chez Starbuck. As a boy approaches adolescence he grows scales and fins, communicates with fish and breathes underwater. (In Stereo) (CC)  
10:30 pm WTBS ch.3 "The Queen" (2006, Biography) Helen Mirren. Queen Elizabeth II and Prime Minister Tony Blair try to reach a compromise in determining the royal family's public reaction to Princess Diana's death.

# Saturday Movies

### MORNING

8:00 am WTBS ch.3 "Daddy Day Camp" (2007, Comedy) Cuba Gooding Jr. Chaos reigns when two clueless fathers take charge of a dilapidated summer camp and its ill-behaved attendees.  
10:00 am WTBS ch.3 "Freedom Writers" (2007, Drama) Hilary Swank. A dedicated Los Angeles teacher inspires her class of at-risk students to believe in themselves and achieve academic success.  
11:00 am 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)

### AFTERNOON

12:00 pm CITV ch.12 "Saved!" (2004, Comedy-Drama) Jena Malone. Premiere. A student at a Baptist school faces ostracism and demonization after becoming pregnant. (CC)  
5:00 pm WTBS ch.3 "We Are Marshall" (2006, Drama) Matthew McConaughey. Jack Lengyel, the new coach at West Virginia's Marshall University,

FAM ch.26 "George of the Jungle" (1997, Romance-Comedy) Brendan Fraser. A man raised by apes in fictional Bukuvu saves an heiress from death and travels with her to the United States. Keith Scott narrates. (In Stereo) (CC)  
1:00 pm CHBC ch.4 BCTV ch.11 "Saved!" (2004, Comedy-Drama) Jena Malone. Premiere. A student at a Baptist school faces ostracism and demonization after becoming pregnant. (CC)  
KREM ch.8 "Four Weddings and a Funeral" (1994, Romance-Comedy) Hugh Grant. An English charmer and a lusty American make love over a course of surprising events.  
3:00 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)  
5:00 pm WTBS ch.3 "We Are Marshall" (2006, Drama) Matthew McConaughey. Jack Lengyel, the new coach at West Virginia's Marshall University,

vows to rebuild the school's football program after a plane crash claims the lives of 75 players, staff and fans.  
SPIKE ch.44 "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. Premiere. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his blood-thirsty army. (In Stereo)

### EVENING

6:00 pm CITY ch.29 "Guilt by Association" (2002, Drama) Mercedes Ruehl. A woman and her family suffer severe consequences when she is unjustly caught in the web of mandatory sentencing laws. (CC) (DVS)  
7:00 pm CITV ch.12 "Fireball" (2009, Suspense) Ian Somerhalder. Premiere. A psychopath uses his mind to shoot fire and lay siege to a small town. (CC) (DVS)  
7:30 pm WTBS ch.3 "Vertical Limit" (2000, Suspense) Chris O'Donnell. A climber must rescue his sister stranded by an  
..... continued on Page 19

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[www.upnrunnin.com](http://www.upnrunnin.com)

# Sunday Movies

### MORNING

8:00 am WTBS ch.3 "The Queen" (2006, Biography) Helen Mirren. Queen Elizabeth II and Prime Minister Tony Blair try to reach a compromise in determining the royal family's public reaction to Princess Diana's death.  
10:00 am WTBS ch.3 "The Prince & Me" (2004, Romance-Comedy) Julia Stiles. A premedical student falls in love with a Danish prince who keeps his identity a secret.  
A&E ch.9 "Wyatt Earp" (1994, Biography) Kevin Costner. The portrait traces him from Southern boy to Western lawman defending boomtowns with his brothers and Doc Holliday. (CC)

### AFTERNOON

12:00 pm CITV ch.12 "Sleepover" (2004, Comedy) Alexa Vega. Premiere. Four teenage friends find adventure after a popular girl challenges them to a scavenger hunt. (CC)  
FAM ch.26 "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (In Stereo) (CC)  
1:00 pm CHBC ch.4 BCTV ch.11 "Sleepover" (2004, Comedy) Alexa Vega. Premiere. Four teenage friends find adventure after a popular girl challenges them to a scavenger hunt. (CC)  
KREM ch.8 "The Princess

Diaries" (2001, Comedy) Julie Andrews. A woman gives etiquette lessons to her reluctant granddaughter who is heir apparent to a throne.  
2:00 pm YTV ch.18 "Shredderman Rules" (2007, Comedy) Devon Werkheiser. A 14-year-old creates a superhero alter ego to avenge father-and-son bullies. (In Stereo) (CC)  
3:00 pm VTV ch.22 "Broken Lullaby" (1994, Romance) Mel Harris. A Russian count and an art expert involve a genealogist in a family feud and murder in Europe. (In Stereo) (CC)  
4:00 pm YTV ch.18 "The Master of Disguise" (2002, Comedy) Dana Carvey. A genial waiter tries to rescue his parents from a criminal mastermind by assuming various identities. (In Stereo) (CC)  
5:00 pm WTBS ch.3 "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.  
CBC ch.13 "The Wizard of Oz" (1939, Fantasy) Judy Garland. After a tornado whisks Kansas farm girl Dorothy to a magic land, she must travel to the Emerald City for help in getting back home. (CC)

"RocketMan" (1997, Comedy) Harland Williams. A clumsy, impulsive scientist is chosen to go aboard NASA's first manned flight to Mars. (In Stereo) (CC)  
7:30 pm WTBS ch.3 "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.  
9:00 pm FAM ch.26 "101 Dalmatians" (1996, Adventure) Glenn Close. London fashion maven Cruella DeVil steals pups for her newest creation, a Dalmatian coat. (In Stereo) (CC)  
10:43 pm FAM ch.26 "The Neverending Story" (1984, Fantasy) Barret Oliver. An imaginative boy is transported to a magical kingdom in danger of destruction. (In Stereo) (CC)  
11:00 pm WTBS ch.3 "The Prince & Me" (2004, Romance-Comedy) Julia Stiles. A premedical student falls in love with a Danish prince who keeps his identity a secret.  
KNOW ch.5 "The Ballad of Ramblin' Jack" (2000, Documentary) Jack Elliott. The daughter of legendary folk singer Ramblin' Jack Elliott examines her elusive father's life and career. (CC)

### EVENING

6:00 pm YTV ch.18

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SATURDAY, JULY 16, 2011

Table with columns: Time, Channel, Program Name, Description. Rows include AM 6:00, 7:00, 8:00, 9:00, 10:00, 11:00, PM 12:00, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00.

SUNDAY, JULY 17, 2011

Table with columns: Time, Channel, Program Name, Description. Rows include AM 6:00, 7:00, 8:00, 9:00, 10:00, 11:00, PM 12:00, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00.

MONDAY, JULY 18, 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 (6:37) Hi-5	Bulldog 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 "Cold Case"	Henrys Fanny	CityLine (N)	CSI: NY	Spotted
7 AM	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	Cash Cab		Magie Bus	Curious			Criminal Minds			100 Huntley Street	Bo On/Go	Sidekick	SportsCentre		Machines	Phineas	Rachael Ray	CSI: Crime Scene	Torrens
9 AM	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!	To School	SportsCentre	Live With Regis & Kelly	Canada's Worst Driver	Wingin' It	Role	CSI: Crime Scene	Restaurant Makeover
10 AM	The Investigators	World Vision	Mag Fero	Sesame Street (E)		The Price Is Right (N)	The First 48	The View	World Vision	End/Leash	Poko	Little Bear	Sportfish	The View	Nerve Center	Wingin' It	EP Daily	CSI: NY	Just Shoot
11 AM	Forensics Evidence	World Vision	Rolie Polle	Sid	Ellen DeGeneres Show	Young & Restless	Dog the Bounty Hunter	Paid Prog.	World Vision	Noon News Hour (N)	Razzberry	Babar	Million Dollar	Marilyn Denis	Extreme Peril	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Sidekick	Boxing	etalk	License to Drill	Wizards	General Hospital (N)	Repo	Wipeout (N)
1 PM	King Earl	Days of our Lives (N)	Dinosaurs	Paint This	Days of our Lives (N)	The Talk	The Sopranos	One Life to Live (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Beyblade		Marilyn Denis	Dirty Jobs (N)	Good Luck	Jdg Judy	Repo	Wipeout (N)
2 PM	Browns	Young & Restless	Princess	Barney	Judge B.	Let's Make a Deal (N)	Criminal Minds	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Monster	Off Record	Dr. Phil	Flying Wild Alaska	Good Luck	Access Hollywood Live	Repo	Gold Girls
3 PM	Family Guy	The Doctors	Little Bear	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat	SportsCentre (N)	(2:59) The Dr. Oz Show	Canada's Worst Driver	Good Luck	CityNews at 6 (N)	Repo	Restaurant Makeover
4 PM	The Office	Oprah Winfrey	Rob Robot	Fetch! With George S.	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	2011 World Series of Poker: Down to 27, Part I. From Las Vegas. (Taped)	Ellen DeGeneres Show	Mighty Ships	Phineas	Hell's Kitchen	Ways Die	Instant
5 PM	Browns	Early News	Dino Dan	News	News (N)	News	Hoarders	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents		CTV News at Five (N)	Myth-Busters	Wizards	The Bachelor (N)	Ways Die	Wipeout
6 PM	MLB Baseball: Atlanta Braves at Colorado Rockies (N) (Live)	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Hoarders (N)	News	(5:59) News Hour (N)	ET Canada		Carly		CTV News (N)	Dirty Jobs	Suite/Deck		Ways Die	Wipeout
7 PM		Ent	Be the Creature	Outnumbr	Jeopardy!	The Dr. Oz Show	Intervention (N)	Ent	Ent	Hawaii Five-0	Wheel	The Next Star	SportsCentre (N) (Live)	etalk	American Chopper	Sonny	Extreme Makeover	Ways Die	Instant
8 PM	Seinfeld	In Plain Sight	Francesco's Italy	Antiques Roadshow	America's Got Talent	How I Met Mike	Intervention "Cassie"	The Bachelor (N)	In Plain Sight	In Plain Sight	Mosque	ICarly		So You Think You Can Dance	Mighty Ships	Suite/Deck	News	Ways Die	Bob-Doug
9 PM	Seinfeld	The Kennedys	Alex Colville	Antiques Roadshow	Law Order: CI	Two Men Mike	(9:01) Hoarders		The Kennedys	The Kennedys	Being Erica (DVS)	8, Rules	Boxing	Canada (N)	Myth-Busters	Sonny	Real Chance of Love	Ways Die	Parking
10 PM	Law & Order: SVU	Hawaii Five-0	Architects of Change	Abraham-Mary	Harry's Law "Pilot"	Hawaii Five-0	(10:01) Hoarders	Extreme Makeover	Hawaii Five-0	News Hour Final (N)	National	Splatat		Law & Order: SVU	American Chopper	Princess	Justice	MANswers	Wipeout
11 PM	Evidence	CHBC News Final (N)	Fixing My Brain	Charlie Rose (N)	News (N)	News	(11:01) Intervention	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (N)	CTV News	Dirty Jobs	Ned's	Paid Prog.	Ways Die	Wipeout

Monday Movies

NO MOVIES

www.thenewsleader.ca

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

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**sudoku**

**CARTER'S  
Sudoku  
Challenge**  
SOLUTIONS TO PUZZLES ON PAGE 14

**CHALLENGE #359**

283	614	759
465	721	835
917	385	462
576	432	918
891	567	243
342	891	576
739	158	642
158	246	397
642	973	185

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# Prince Town 1826 - 1926

W. George Elliott

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Similkameen  
**News Leader - Recipe Corner**  
Recipe #381

**Mushroom, Walnut and Barley Pilaf**

- 2 tbsp olive oil (25 mL)
- 3/4 cup chopped onions (175 mL)
- 12 oz sliced fresh mixed Mushrooms - white, crimini, portabella, shiitake (375 g)
- 1 tbsp chopped fresh thyme (15 mL)
- 2 large cloves garlic, minced
- 1/2 cup pearl barley (125 mL)
- 2 cups chicken, vegetable or beef broth (500 mL)
- 1/2 cup toasted walnut pieces or pine nuts (125 mL)
- 2 tbsp grated Parmesan cheese (25 mL)
- 1/2 cup chopped fresh parsley (125 mL)

In a large skillet or sauce pan heat oil over medium heat; add onion and sauté 3-4 minutes or until softened. Add mushrooms and sauté 5-7 minutes or until starting to brown. Stir in thyme, garlic and barley and cook 1 minute. Add broth and bring to boil; reduce heat to simmer. Cover and cook for 35-40 minutes or until liquid is almost absorbed and barley is tender. Stir in nuts and cheese. Stir in parsley just before serving.

Makes 6 side serving or 4 main course servings.

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 avalanche.

**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)

8:00 pm CHBC ch.4 BCTV ch.11

**"Fireball"** (2009, Suspense) Ian Somerhalder. Premiere. A psychopath uses his mind to shoot fire and lay siege to a small town. (CC) (DVS)

9:00 pm **FAM ch.26 "Whale Rider"** (2002, Drama) Keisha Castle-Hughes. Premiere. A Maori girl defies her grandfather and 1,000 years of tradition to prove she can lead their tribe. (In Stereo) (CC)

9:30 pm **SPIKE ch.44 "The Chronicles of Riddick"** (2004, Science Fiction) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army. (In Stereo)

10:00 pm **WTBS ch.3 "Vertical Limit"** (2000, Suspense) Chris O'Donnell. A climber must rescue his sister stranded by an avalanche.

10:41 pm **FAM ch.26 "The Secret Garden"** (1993, Drama) Kate Maberly. An English orphan discovers her bitter uncle's garden with her sickly cousin, and it is magical. (In Stereo) (CC)

11:30 pm **CBC ch.13 "Marple: Why Didn't They Ask Evans?"** (2009, Mystery) Julia McKenzie. Miss Marple and an amateur sleuth try to solve the mystery surrounding a dying man's last words. (In Stereo) (CC)

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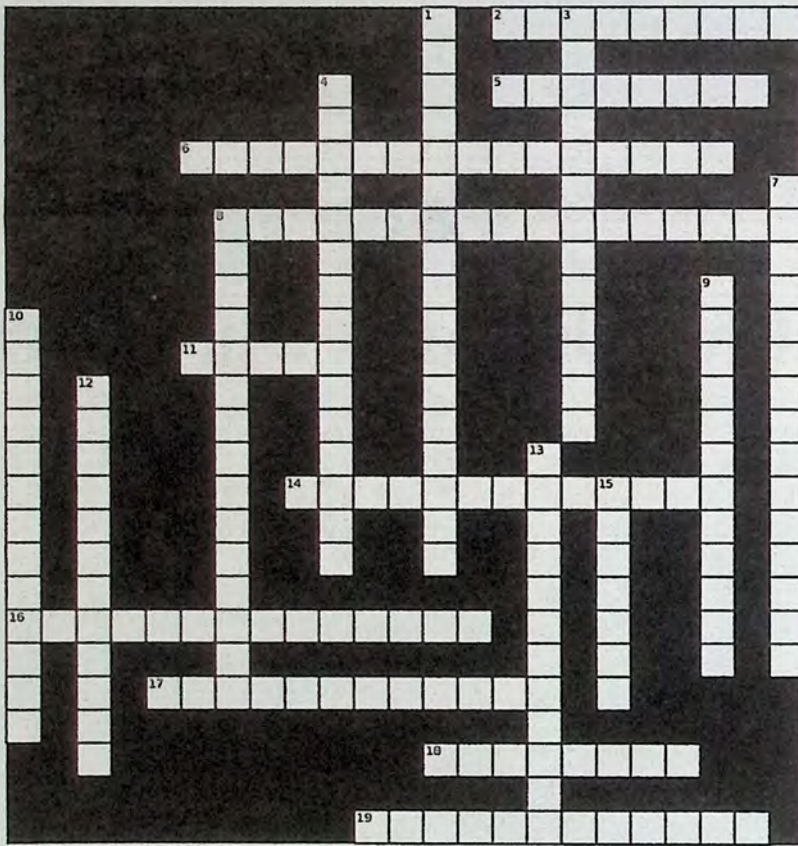
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## Similkameen News Leader Puzzler

Use the July 5th News Leader to find Answers Below...



**Across**

- 2 Name the horse owned by Princeton's Dusti Henwood.
- 5 Name the village celebrating 100 years.
- 6 Who hosted an Art Show during Racing Days weekend?
- 8 Name the horse owned by Princeton's Renee Willis.
- 11 Name the eldest Gillespie sister.
- 14 Who is developing the Miner Mountain Project?
- 16 Who assisted Dawn Johnson in cutting the ribbon to re-open Princeton Museum?
- 17 Princeton Posse Executive members were glad to see her!
- 18 Bert and Grace celebrated 70 years of marriage.
- 19 They won 3rd Place in the Parade Cars & Floats Category.

**Down**

- 1 Locals used to know this company as PetroBank.
- 3 Name the horse owned by Princeton's June Dunte.
- 4 Which local facility had a grand re-opening July 1st?
- 7 2011 Princeton Friendship Ambassador.
- 8 2011 Princeton Vice Ambassador.
- 9 2011 Princeton Youth Ambassador.
- 10 2010 Princeton Youth Ambassador.
- 12 Who delivered a \$5,000 cheque from FortisBC to Princeton Posse?
- 13 This happens the Sunday of Fall Fair.
- 15 Name the youngest Gillespie sister.



An important part of any concrete project is securing rebar. Princeton Secondary School students learned this and many more valuable skills as part of the YES2IT Program. Photo: John Kitts

## Get ready to win at the fair

Princeton's annual Fall Fair is not far in the future. Now is the time to think about getting organized to put your entries in the fair, along with your children's entries. Children need help organizing what they will take to the fair so Mom and Dad can help with the project. Besides, it is a good way to keep kids busy when summer starts to turn boring.

If you are a gardener, what flowers, fruits and veggies do you grow? Take them to the fair, win a prize, and show folks what good gardeners we are in Princeton.

Perhaps you do quilting, embroidery, or woodworking. Maybe you take photographs or paint pictures. There are categories for all of these things at the fair.

Homemakers have plenty of scope to show off. Baking, canning, jams,

jellies, sauces and pickles have a place at the fair.

Do you raise chickens and gather their eggs? There is a category for both the chickens and the eggs.

Do you make your own wine? You might want to set aside a couple of bottles to challenge other wine makers at the fair.

Children should start planning to enter the contest for the best decorated bicycle, or the pet parade.

If you raise sheep, goats, cattle, hogs or any kind of poultry, why not bring them to the fair? Even if there are not enough to compete, people will appreciate seeing what our rural area produces.

Exhibitor's booklets are available at a variety of shops in Princeton. Look for them, read them carefully, and make your plans.

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

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**PUZZLER #21**  
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# Editorial Page News Leader

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

## My Turn...

### The Dinosaur In Me

Standing in line at the grocery store checkout the other night was when she asked the question.

"Why don't we use the self-serve lane?"

I looked at the almost full grocery cart before me and the overflowing one in line ahead of ours.

Then two more customers got in line behind us and we all started looking at each other probably wondering why there's only one checkout open.

"Well?" She jabbed at me for an answer.

"Nope. Not going to do it," was the best I could do.

"Look ahead of you, we're going to be here all night and we're in the only line and..."

I quickly assessed the situation confirming all the facts already presented to me, just in case something was missed, and came up with the exact same assessment.

So I did what anyone else would do in my situation. I started up a conversation with the guy with one item we just let go ahead of us.

"You could have used the self-serve checkout, you know," was what I wanted to say but didn't, in fact, he told me he didn't like using it.

It was the opening I needed.

"Well, I can't bring myself to do it," I said.

He looked at me quizzically probing for more – or at least that's what I thought his expression said.

"I think with self-serve you should get a discount, like when you had a choice between full-serve and self-serve gas," I explained.

He nodded.

She jabbed at me again trying to pull our cart out of line to the self-serve checkouts.

"There's even a girl there to help us in case we have a problem," I heard her say.

I was still mulling over my discount-for-self-serve-checking-out-of-my-groceries idea.

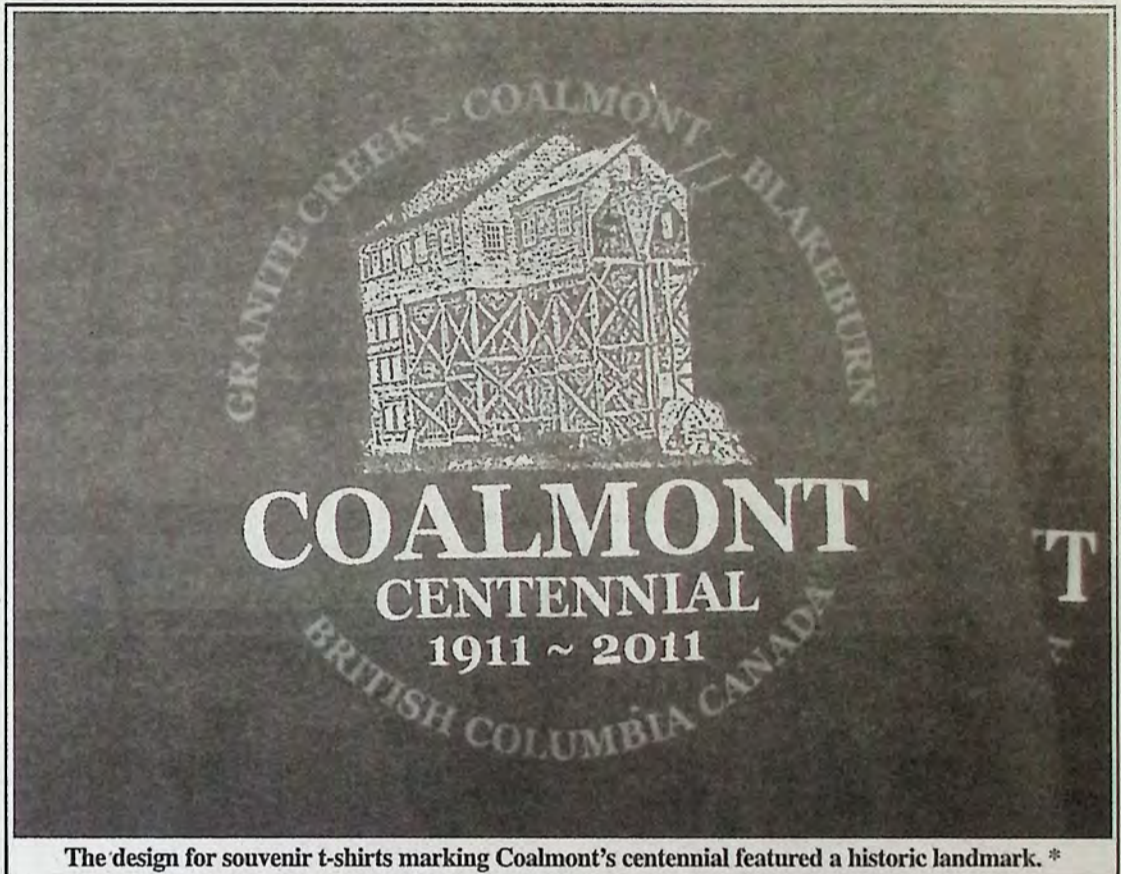
I was already designing the ad campaign in my head along with radio ads and a slick jingle with a tag line about 'save money, avoid all the annoying chatter' when it dawned on me I actually like the chatter and don't find it annoying at all.

It's why I like dealing with the bank tellers instead of the bank machine on some of my transactions. It's why I dislike voice mail and answering machines. I want human contact.

In my mind self-serve checkouts go against that.

And that's what I find annoying.

And if that makes me a dinosaur, then I'm fine with that.



The design for souvenir t-shirts marking Coalmont's centennial featured a historic landmark. \*

## ...Your Turn

### Give Us Back Our Identity!

To The Editor;

While we hold Britain's Prince William and his bride Kate in great admiration and respect, their present visit to Canada would be a marvellous time for

the transition of Canada's head of state from a foreign British Monarchy to a Canadian, as we haven't been a colony of the British United Kingdom for some time.

During this recession may we respectfully ask what the total cost to the Canadian taxpayer is of their visit and what do we get out of it?

- Joe Schwarz, Princeton



The former Coalmont Meat Market building still stands in the tiny village. \*

## Similkameen News Leader

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Lynette Boyd - Office Assistant

Desiree Cosman - Youth Rep

Adam Gullason - Website Development

#### EDITORIAL GUIDE

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



# Current Comment

## Americans Fear Nuclear Accidents



**Dawn Johnson**  
editor@thenewsleader.ca

Hundreds of thousands of Americans live near a nuclear power plant. After what happened in Fukushima, most worry about what will happen to them if a nuclear accident occurs in the local power plant. Worries increased after a year-long study done by Associated Press (AP) discovered federal regulators have been relaxing safety standards in order to extend the life of older nuclear power plants. AP found that 75 percent of nuclear power plants leak radioactivity. Aging reactors are operating at higher output levels, increasing the risk of nuclear accidents.

At Fort Calhoun, Nebraska, worries mount as flooding invades the area around the local nuclear power plant. Residents told the press the reactors were built in 1973 and were not meant to last this long.

A 'no fly' zone was ordered in the air space above the district where the plant is located, and although residents are told the plant is still safe, the press is not permitted near the plant and very little information is available about what is happening in the plant behind berms and sandbags meant to keep out the flood waters.

Another concern of most Americans living near nuclear power plants is how they can evacuate the area in a nuclear emergency situation. Since the Fukushima disaster, awareness is heightened by news of the plight of Fukushima residents who were forced to leave the area due to nuclear contamination. Most reactors were built in rural areas in which the population was low.

Today, things have changed. In most areas, the population has grown significantly. Ft. Calhoun residents say they have only one highway out and it would be chaos trying to evacuate the area.

Adding to the problems of safe, orderly evacuation is the fact the most evacuation plans are more than 20 years old, and have not been updated to meet the needs of increased population. South of Miami, population has quadrupled around the Turkey Point nuclear power plant.

The existing evacuation plans leave local residents wondering not only how they would leave, but where they would go. Regulations call for evacuees to go at least 10 miles away from the power plant, but congested highways and lack of knowledge about where to go would make evacuation difficult. Residents of southern California are in the same situation. In the event of a nuclear accident, they fear the highways would become just a big traffic jam as people tried to leave.

Lack of rapid, effective evacuation is evident in what has happened to survivors of the Fukushima disaster. Urine samples taken from people who fled the Sendai area of Fukushima province are showing radioactive contamination. This is an indication that radioactive particles have been inhaled or consumed in food, and the body is not able to throw the contamination off. Children whose urine is contaminated must now wear a yellow patch on their clothing during school hours.

The suicide rate among Fukushima survivors is escalating as evacuees confront the fact that they can never return home, and have been exposed to radioactive contamination. As they face the facts, many choose suicide.

However, the damage has gone far beyond Fukushima province. Ground water contamination has been detected in various locations south of Fukushima, and radioactive particles have shown up as far south as Tokyo.

The sea around Fukushima has been contaminated along with the air all around the northern hemisphere. Two health authorities, one in Seattle and one in

Philadelphia, report a sudden increase in the number of infant deaths since the radioactive fallout from Fukushima. In Philadelphia, the number of deaths of newborns has doubled. Doctors cannot prove it was fallout from Fukushima, but they do not believe in coincidence, either.

Professor Benjamin Sovacool, well-known author of books about energy policy and practice, told the American press recently that nuclear energy is the "deadliest, costliest form of energy on record". He has shown there has been one nuclear accident causing at least \$330 million in damage every year for the past 30 years.

Americans are justifiably worried about their lives in the event of a nuclear accident. They are seeing the very high price paid by people and the planet when a nuclear power plant has a disaster. Nobody factored all of these concerns into the price of electricity from nuclear sources. There is one other concern not being dealt with: disposal of spent fuel rods and radioactive wastes from other sources.

Most storage facilities will last 300 years, but the radioactivity will last thousands of years. Nobody is thinking that far ahead, and despite all of the worries in the here and now, American residents are taking no real action to put an end to their fears. Unlike Americans, Germans are phasing out their nuclear power plants, and Italians have passed a referendum banning nuclear power.

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

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Jim Murphy, Truck Captain (left), Kevin Klippenstein and Joe Cottrill took part in the weekly firemen's practice in Keremeos July 5th. The crew and other volunteer firefighters were practicing pumping and water shuffling in an effort to get ready for the annual grass fire season. The firemen make full use of the fire hydrant on 9th Street to fill and refill the fire trucks each Tuesday evening. Photo: Arlene Arlow

## Artists announce voting results

Vermilion Artists hosted their annual Art Show over Racing Days weekend.

They have since released the results of the People's Choice voting.

**1st Place** (51 votes) "October Sky" acrylic by Joann Esselink,  
**2nd Place** (28 votes) "The Hikers" watercolour by Kathy Schneider,  
**3rd Place** (27 votes) "The Big Tree" watercolour by Kathy Schneider,

**4th Place** (27 votes) "Blowing Flowers" watercolour by Kathy Schneider,

**5th Place** (23 votes) "Aspen Rose" acrylic by Joann Esselink,

**6th Place** (18 votes) "Yoshi Paradise" watercolour by Jordyn Senger.

Organizers say the quality of all the art work submitted for this year's show was outstanding and added up to a magnificent display.

"Everyone who entered con-

tributed to the general effect and deserves our congratulations and our thanks," said Mary Bedford, on behalf of Vermilion Artists.

Bedford says the event would not have been as successful without the support of the Town of Princeton who providing the library conference room for the show with thanks also to Robin, Kathy and Jessica who did the hanging and arranging of art work on display.

"Well done all!"

## PRINCETON IS A GREAT SOURCE OF ENERGY FOR PEOPLE

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Through our research in the area, we found that the majority of people believe clean-burning fuels are important. They share with us a belief that companies such as PetroBakken can safely produce energy for people while minimizing the impact we have on the space around us.

Many people also know that energy development can have a positive impact on the local economy. For this reason, it is also disappointing that current technology isn't allowing us to explore what those economic benefits may be.

Today, we turn our efforts to find other sources of energy for people in British Columbia. Thank you for your frank discussion and support over the past few years.



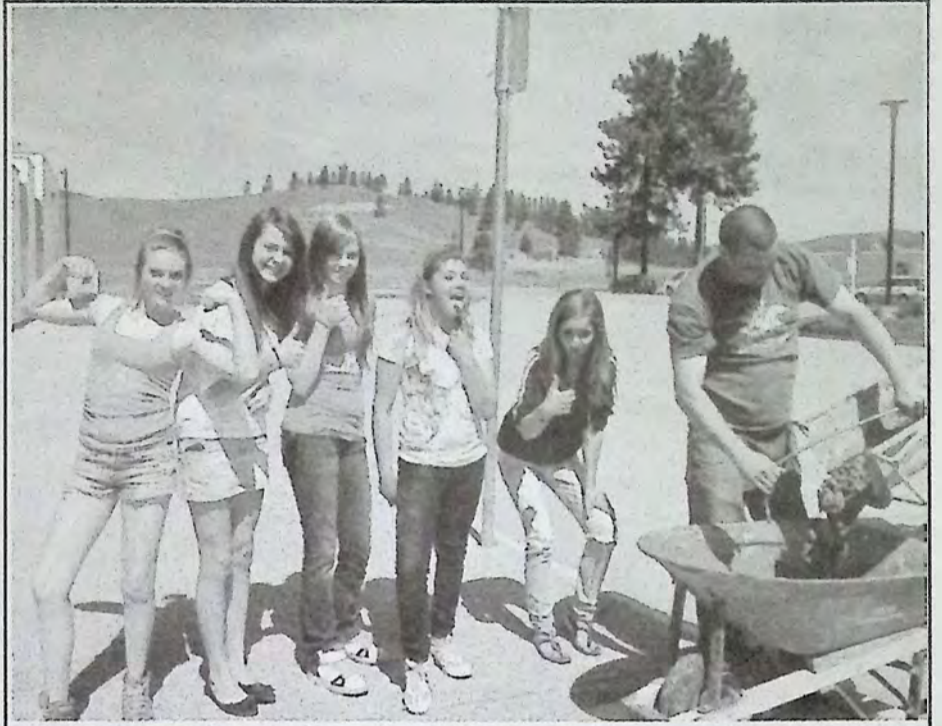
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# Students Say YES2IT!



The YES2IT Program is designed to raise awareness of trades amongst younger students, typically grades 6 to 9, as well as their parents, educators and community residents. At PSS the program achieves all those goals each year. Photos: John Kitts



Girls just wanna have fun! These five take a chance to take a break from the learning part of the program to just be themselves while a wheelbarrow gets filled with concrete.



Students receive instruction on how to use various power and hand tools then get to put that knowledge to the test with small projects as part of YES2IT.



The major YES2IT project this year at PSS was to construct a greenhouse, which is being sold on the School District 58 (Nicola-Similkameen) website.



Students followed this project from site preparation to the finished product. Many local trades people were involved which added to the experience for students.



Princeton Secondary School Teacher John Kitts says the YES2IT Program not only brings awareness to students on possible career choices in different trades, but it also increases the self-esteem and pride of those who participate within the program.

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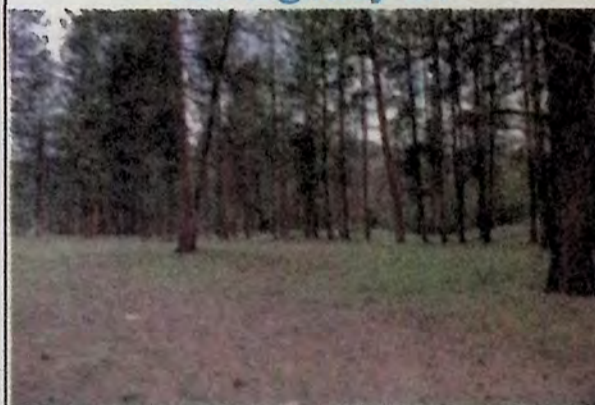
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