



Similkameen

News Leader

\$1
INCLUDES HST!

Volume 14 Issue 35 #696 ISSN 1712-090X

Tuesday, August 30, 2011

Who's Working For You? See Below!



It may just be an outdoor swimming pool, but Princeton's Centennial Pool is still a fun place to play during the Summer. August 24th the facility hosted it's 'Sunken Ships & Pirates Bliss' theme night. *

Pool Committee sends info

The Princeton and District Aquatic Centre Referendum Committee welcomes you to review information you need to make your personal decision regarding the Aquatic Centre referendum taking place on Saturday, September 24, 2011. Information packages will be mailed to all Princeton and Area H land owners and residents very soon.

The Frequently Asked Questions (FAQ) package contains a variety of information that the public have made inquiries about since the announcement of the Princeton and District Aquatic Centre Referendum.

These questions and answers include how to vote, aquatic centre costs, the proposed aquatic centre plan, parcel taxes, capital and operational cost breakdown.

The FAQ answers questions and

contains facts from the Regional District of Okanagan-Similkameen and the professional consultants from PERC who have 35+ years of experience in this field. Revisions to the FAQ have been made in response to questions being asked of the RDOS, Town of Princeton and/or Aquatic Centre Referendum Committee.

The Committee recognizes that cost is a contributing factor to deciding for yourself, family and community whether you will vote yes or no to the Aquatic Centre Referendum By-laws on September 24, 2011.

The annual parcel tax per residential or business property will not exceed \$361.00 per year. Please consider that the Provincial Government has mandated that we show all the expenses without revenue and that

the parcel tax of \$361.00 is the worst case scenario figure. After consulting with professionals, and a variety of towns and municipalities who operate Aquatic Centres; the Princeton and District Aquatic Centre Committee believes the "most likely" parcel tax will be \$301.00 or less per year once the Aquatic Centre is in full operation.

Included in the information package will be the referendum question, voting guidelines, and dates to vote.

For further information regarding the bylaws or the voting process, please contact the Regional District Office toll free at 1-877-610-3737 or e-mail info@rdos.bc.ca.

The Princeton and District Aquatic Centre Referendum Committee will be hosting additional open houses in both Area H and Princeton over the next month. We welcome invitations from community groups and organ-

..... continued on Page 2

Trio hooked with 500 illegal fish

In the early morning hours of August 21st, Princeton RCMP conducted a traffic check for a burned out tail light. The occupants of the vehicle were unco-operative and would not provide the police with identification or exit their truck.

After several minutes of attempting to negotiate, the three male occupants were forced out of the 1992 Dodge D350 and arrested for Obstruction. Upon further investigation 500 fresh salmon were located in three freezers in the box of the pick-up.

"Princeton RCMP contacted officials from the Department of Fisheries who responded from the Lower Mainland to take possession

of the fish and conduct a follow up investigation into the unlawfully possessed salmon," Princeton RCMP Detachment Commander Sgt. Dave Clare explains.

"The 19-year old driver is facing charges of Obstruction under the Criminal Code along with Federal Fishery charges for Possession of Fish Caught Unlawfully. The driver's 54-year old father and 26-year old step-brother were released from custody and face charges for Possession of Fish Caught Unlawfully."

All three are to make their first court appearance December 15th, 2011 in Princeton.

Seniors want renovations

Princeton Senior Citizens want to put a standard roof on the lower part of their building on Angela Avenue. This means replacing a flat roof with a peaked roof. Town Council was asked to support their project, and to renew their 25 year lease.

The Town of Princeton owns the building, so Council felt the Town should know all of the details of any renovations proposed for the building, and the building inspector

should have a look at it. Any renovations must conform to all building codes and bylaws.

As for the lease, Council cannot renew for 25 years, as municipalities cannot give more than a five year lease.

Town staff will work with Senior Citizens to resolve the situation, but it must be done quickly, as the organization wants to apply for a grant and the deadline is in September.

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From Fur Traders to Miners to the Railroad



Princeton Centennial Pool's Stacey Muise is a pirate? August 24th was 'Sunken Ships & Pirates Bliss' theme night where staff dressed up and held the facility captive under the Jolly Roger. *

Pool committee sends info

..... continued from Front Page
organizations to attend meetings or

organize an open house in your area.
For further information please con-

tact the Princeton and District
Aquatic Centre Referendum
Committee at ice@nethop.net or call
250.295.7222.

**Princeton and District Aquatic
Centre Referendum Committee:**

Chair: Tanya Ter Kers

Health Professional

Princeton Resident

Charles Weber - RDOS Resident

John Akerley - RDOS Resident

*Suzanne Holland - Swim Club/
RDOS Resident*

Judy Short - Princeton Resident

Kevin Sill - Princeton Resident

*Sgt. Dave Clare - RCMP/Princeton
Resident*

*Gordon Comeau - School District
#58/Princeton Resident*

*Dierra Maynard - Business/RDOS
Resident*

*Scott Musgrove - Youth Advocate/
RDOS Resident*

*Dr. Eva - Health Professional/
Princeton Resident*

*Kirk McConnell - School/RDOS
Residents*

*Dr. Barry Cook - Health Professional
- Area H Resident*

Staff Support:

Carol Mack

*Outdoor Pool Supervisor/Princeton
Resident*

Nadine McEwen

*Recreation Coordinator / RDOS
Resident*

Lyle Thomas

Recreation Director/RDOS Resident

- submitted

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Saturday & Sunday, September 3 & 4

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Thoroughbred Racing September 3

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Similkameen News Leader

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Rockhounds pause from digging for a photo. Photo: Terry Malanchuk

Rockhounds unite!

by Terry Malanchuk

The Princeton District is blessed with an incredible diversity of mineralization. The Princeton Rock and Fossil Club has just been formed to explore this diversity. Members with a shared interest in exploring and in studying rocks and fossils, are pooling their knowledge of this area to learn and, to just have fun.

Membership entitles you to participate in excursions, and Shop Days, where you can learn to cut and polish your finds or, just learn about about Princeton's rich geology.

The Club is affiliated with the B.C. Lapidary Society, an 1,100 member strong, non-profit society - giving us a strong support structure, and the opportunity to participate in excursions throughout the province.

Visit our information booth at the Fall Fair.

Meetings are held at 7:00 PM on the second Monday of each month, at Riverside Centre.

Upcoming Excursions:

Car pooling available. Bring good footwear, refreshments and appropriate tools.

September 8 - Agate Mountain (agate, opal, fossil), Depart 8:00 AM from A&W. Rating: Easy.

September 24 - Lamont/Whipsaw Creeks (fossil). Depart 8:00 AM from A&W. Rating: Moderate. Up to 2-kilometres of walking should be expected.

October (date pending) - Castle Resort/Old Hedley Road (bornite, fossil). Depart 9:00 AM from A&W. Rating: Easy.

October (date pending) - McCormick Flats (agate, opal, fossil). Depart 9:00 AM from A&W. Rating: Easy.

October (date pending) - Similkameen River East Bank opposite Friday Creek (chert, pegmatite, past Chinese gold claims). Depart 8:00 AM from A&W. Rating: Moderate.

**Note - Participation limited to ATV availability, registration required.*

Inquiries and reservations contact Wagonmaster, Franz Hofer at 250.295.3896 or e-mail Club President, Terry Malanchuk at tmalan@telus.net.

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TOURNAMENT SCHEDULE

GAME 1		VS		SUN, SEPT 11	4:00 PM
GAME 2		VS		SUN, SEPT 11	7:30 PM
GAME 3		VS		MON, SEPT 12	4:00 PM
GAME 4		VS		MON, SEPT 12	7:30 PM
GAME 5		VS		TUES, SEPT 13	7:30 PM
GAME 6		VS		WED, SEPT 14	4:00 PM
GAME 7		VS		WED, SEPT 14	7:30 PM
GAME 8		VS		THURS, SEPT 15	11:30 AM



WIN TICKETS TO THE



FROM SOUTH OKANAGAN EVENTS CENTRE AND SIMILKAMEEN NEWS LEADER
Draw Date - September 10

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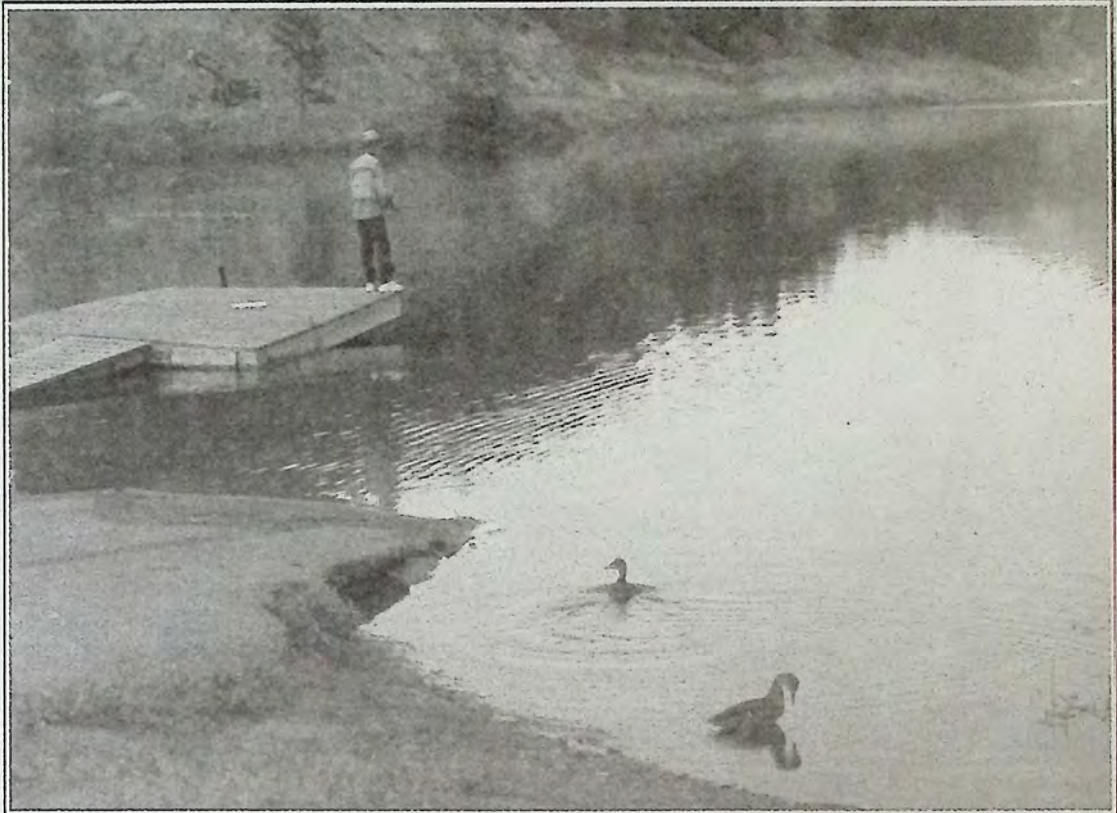
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Keremeos News



A quiet moment captured last week at the western pullout at Yellow Lake, which will remain in place, thanks to the efforts of Keremeos-Cawston Sportsmen Association. Photo: Arlene Arlow

K-CSA happy with solution

There's a lot of good news for fishing fans who frequent Yellow Lake in the far east of the Similkameen Valley following meetings organized by Keremeos-Cawston Sportsmen Association.

The K-CSA was concerned over the possible loss of pullouts and fishing access resulting from work at the Yellow Lake Highway Improvement Project.

Meetings were held with both the Ministry of Highways and Project Managers working at the site.

Doug Boulton, K-CSA President,

explains, "Kathy Strobbe, Project Technician said that only the smallest of the pullouts will be decommissioned. Members of the K-CSA (Keremeos-Cawston Sportsmen Association) advised the Ministry that both the pullout at the pump house and the pullout at the sharp curve are key fishing spots for shoreline fishing. These two spots are unique because the depth drops off quickly. The Ministry has agreed to retain these two pullouts for public use. In fact, these two pullouts may indeed end up larger and capable of holding more parked vehicles."

The News Leader's Arlene Arlow also spoke with Strobbe and reports the following: "She confirmed that the two main pullouts (one where the main washrooms are and one at the far east end of the lake) will stay in use. This means the two floating docks from which people fish will be retained. The pullout at the sharpest curve will be accessible by eastbound traffic only. This will increase safety at the curve."

Boulton adds, "The Ministry will reserve the right to close any of these pullouts, should a safety continued on Page 5



This little chipmunk lives near the western pull out at Yellow Lake and his home is now safe as a result of meetings between K-CSA, Ministry of Highways and Yellow Lake Project Managers. Photo: Arlene Arlow



Sarah Harker, left, President of Similkameen Wineries Association presents a cheque to Dave Cursons, Secretary-Treasurer of the Grist Mill Foundation. The monies were proceeds from a silent auction at the Barbecue King event at the Grist Mill and Gardens in July. The Grist Mill Foundation has also accepted a membership in the Similkameen Wineries Association. - photo submitted

Fundraiser benefits Grist Mill

by Dave Cursons

The Similkameen Wineries Association and the Grist Mill Foundation expect to benefit from mutual support in wine tourism and heritage preservation.

Kim Lawton, marketing lead for Similkameen Wineries Association remarked that, "so many people say

to me that they had never been to the Grist Mill, so I hope this event was great exposure for the mill and gardens."

The Grist Mill Heritage Club continues it's work as part of the Grist Mill Foundation, a non-profit society.

The Keremeos Grist Mill and

Gardens is a Provincial Heritage Site and is open daily from 9:00 AM to 4:00 PM until Thanksgiving. The Grist Mill Heritage Club offers annual memberships at \$25.

K-CSA happy with solution

..... continued from Page 4 need arise and they would like to have another meeting with the concerned organizations to go over these changes, sometime in early September."

Keremeos-Cawston Sportsmen Association thank both the Highways Ministry and the Yellow Lake Project Management team for listening to their concerns and for coming up with a solution.

Project loses flagman

by Arlene Arlow

On August 12th, a 50-year-old male Flagperson collapsed at the Highway 3A Yellow Lake Safety Improvements site.

The victim could not be revived.

A Coroner's report showed that Louis Chassie of Penticton, BC had died of natural causes.

It is believed Chassie was married but no official comment is available from the family.

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From Fur Traders to Miners to the Railroad

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Interior Health

**EMERGENCY DEPARTMENT
Temporary Service Changes**

Due to limited physician availability in September, there will be times when only the most urgent cases will be seen by the physician on call.

Patients with less urgent matters will be assessed by our trained nurses but, depending on their condition, may be transferred to a nearby hospital for care or offered appropriate options.

If this is the case, it's important to come prepared: Bring your wallet, shoes, clothes and make arrangements for the return home.

Times when patients can anticipate this adjusted physician response are:

- Saturday, September 3 - 12:00 AM (Midnight) to 8:00 AM
- Sunday, September 4 - 12:00 AM (Midnight) to 8:00 AM
- Tuesday, September 6 - 12:00 AM (Midnight) to 8:00 AM
- Tuesday, September 20 - 12:00 AM (Midnight) to 8:00 AM
- Tuesday, September 27 - 12:00 AM (Midnight) to 8:00 AM

Interior Health will post further dates as they are available.

Health / Lifestyle News



Kyle Cosman enjoys playing in Princeton's Centennial Pool on a hot afternoon. *

PGH faces service changes in September

Interior Health continues to issue information monthly regarding temporary service changes at Princeton General Hospital.

September is no exception as due to "limited physician availability" IHA advised residents to be aware that "only the most urgent cases will be seen by the physician on call."

The Emergency Department will remain open during these times and patients will be assessed as usual by trained nurses at the facility. Those with less urgent matters may be transferred to a nearby hospital for care or offered appropriate options.

IHA states that if this is the case, you should be prepared by bringing your wallet, shoes, clothes and have arrangements in place for your return

home.

The dates/times where service is limited at the Princeton General Hospital Emergency Department include:

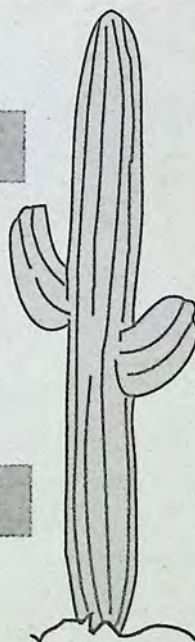
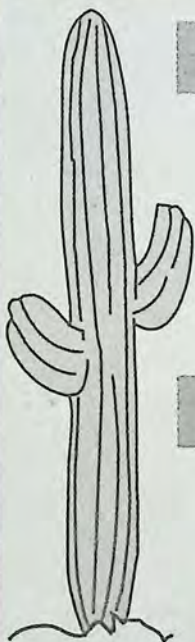
- Saturday, September 3rd
- Sunday, September 4th
- Tuesday, September 6th
- Tuesday, September 20th and
- Tuesday, September 27th.

Each day will be affected between 12:00 AM (Midnight) to 8:00 AM.



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Living Past 100

This Is The Season Of Sacred Food

The native people of the southern United States named three sacred foods: corn, squash and beans. This is the season for these sacred foods.

The reason these foods were sacred is because a tribe could survive on these three foods during the winter, when hunting was difficult and game was scarce. Undoubtedly, corn (maize) was the most valued crop for most tribes as corn can be dried, then ground fine to make flatbreads, like tortillas, or turned into cereal and such dishes as hush puppies.

Corn has no gluten, but it can thicken a gravy very well. It can be sticky, too, and if flattened thin, it will cook quickly on a hot rock or in a frying pan. After cooking, the flatbread can be left to dry and become the basis for another meal at a later time.

Corn contains oil, starch and sugar. It also contains natural estrogen, and men who drink a lot of bourbon (corn liquor) may develop soft skin and increased fat in the breasts.

Beans (dried seed, not green) and squash are good sources of protein. Squash is a good source of Vitamin A, a nutrient essential for protecting tissues. Both beans and squash contain fibre and starch, and both can be used in a variety of ways. Dried beans can be ground into flour to make bean patties, and winter squash and pumpkins can be dried and made in flour.

These three were such valuable foods that they became sacred. Although we do not regard these foods as sacred. We should take the time during harvest season to appreciate the abundance of these foods and make use of them.

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Back To School!

School District 58 (Nicola-Similkameen)



SCHOOL DISTRICT NO. 58 (Nicola-Similkameen)

Check out our District website at www.sd58.bc.ca
or the Distance Education website at www.scides.ca

SCHOOL BUS SCHEDULE PRINCETON 2011 - 2012

OLD HEDLEY ROAD 580HR	
AM	PM
7:33	Turn around #2607 4:00
7:38	Davis
	2508 Old Hedley 3:59
7:48	Harmon (#1140) 3:48
7:53	Thair (#1138) 3:46
7:54	Lueke (#1126) 3:45
7:55	McInroy (#112) 3:45
7:56	Johnson (#1092) 3:44
7:57	Kent (#1078) 3:44
7:58	Jensen (#1028) 3:43
7:59	Gobel (#1026) 3:43
8:02	Coyne (#556) 3:36
8:04	Adams 3:35
8:05	Caruso (#382) 3:34
8:06	Dobbs (#357) 3:33
8:06	Wharton 3:33
8:07	East Princeton 3:32
8:08	E Princeton/Portl'd Ave 3:31
8:11	Gould (#310) 3:19
8:12	Rainbow Lake 3:20
8:16	Martins Lake 3:23
8:18	Iron Mtn. Road 3:21
8:25	P. S. S. 3:15

Highway 5A MERRITT Highway 58MH	
AM	PM
7:48	Round Lake 3:45
7:51	Gravel Pit 3:40
8:02	#1215 3:28
8:03	7 Mile 3:27
8:05	#1056 3:26
8:08	#866 Old Merritt Hwy 3:24
8:09	Old Merritt Hwy./
	Belfort Rd. 3:23
8:12	Cedar Creek Rd. 3:21
8:13	#460 3:20
8:14	Bruneau (#423)/
	Cook (#441) 3:19
8:15	Sunflower Estates 3:18
8:19	P. S. S. 3:05

Highway 40 OSPREY LAKE 580L	
AM	PM
7:27	Link Lake Road 4:04
7:28	TeePee Lake Rd 4:01
7:30	Dodd (#3820) 3:59
7:33	Crawford (#3516) 3:57
7:37	Jellico Road 3:54
7:42	2817 Hwy 40 3:50
7:43	2803 Hwy 40 3:49
7:44	Pinewood Drive 3:48
7:48	2344 Hwy 40 3:46
7:48	2390 Hwy 40 3:45
7:49	2271 Hwy 40 3:44
7:52	2104 Hwy 40 3:42
7:53	2042 Hwy 40 3:41
7:58	Buhler (#1599) 3:37
7:58	Cromarty (#1597) 3:36
8:01	Baker Hill Road 3:34
8:04	1168 Hwy 40 3:30
8:07	975 Hwy 40 3:29
8:17	P. S. S. 3:27

Highway 3 - EAST 3580	
AM	PM
7:54	Sandli (#1269) 3:49
7:56	Old Gravel Pit
	Turn Around 3:51
8:03	Mushroom Farm 3:47
8:07	San Ang 3:44
8:10	Taylor's Mill 3:40
8:15	Pine Trailer Park 3:34
8:20	P. S. S. 3:28
8:24	Aspen Street 3:20
8:27	Auburn Playgrnd 3:23
8:35	Vermilion Forks 3:15
8:47	John Allison 3:05

Highway 3 - WEST 4581	
AM	PM
8:05	Black Mine Road 3:30
8:10	Wright Road 3:35
8:17	Westridge
	Subdivision 3:27
8:20	Vermilion Forks 3:25
8:25	Tapton Avenue 3:20
8:30	P. S. S. 3:12
8:35	John Allison 3:05

TULAMEEN - COALMONT 3581	
AM	PM
7:45	McEwen 3:47
7:50	Tulameen Store 3:50
8:00	Coalmont 3:40
8:13	Lind Road 3:28
8:15	Gibbs 3:27
8:18	Snowpatch 3:25
8:25	PSS/Lions Park 3:20
8:30	Lions Park/PSS 3:15
8:35	Tapton Avenue 3:10
8:40	Vermilion Forks 3:05

Remember to:
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This Bus Schedule



STUDENT REGISTRATION - 2011/12

PRE-REGISTRATION

For students "new" to School District No. 58 (Nicola-Similkameen), the schools are open for pre-registration Monday to Friday, August 29 to September 2, 2011 from 9:00 AM - 11:30 AM and 1:00 - 2:30 PM. Call ahead to confirm.

SCHOOL OPENING

Tuesday, September 6, 2011 - Adjusted Hours: 10:00 AM - 12:00 Noon
Wednesday, September 7, 2011 - Regular School Hours.

SCHOOLS

John Allison Elementary, K - 3 (250.295.6727), Vermilion Forks Elementary, 4 - 7 (250.295.6642), Princeton Secondary School, 8 - 12 (250.295.3218).
The following Princeton Secondary School fees can be paid on the first day:
Activity Fee: \$20.00 (supports student council initiatives and student agendas)
Lock: \$7.00 / Yearbook \$35.00 (It is recommended that you purchase your yearbook at this time as they are often sold out).

THE BRIDGE, Princeton Alternate Education School

148 Old Hedley Road. REGISTRATION DATE: September 6, 2011 - 10:00 AM to 3:00 PM.
For more information call 250.295.3180 or contact: Princeton Secondary School 250.295.3218.

BUS STUDENTS

Bus Schedule will be advertised the last week of August. Please check in the newspaper, and with your school for bussing information.
Tuesday, September 6, 2011: Busses will pick up students one hour LATER in the morning, and return students beginning at 12 Noon.
Wednesday, September 7, 2011: Busses begin the regular schedule.

KINDERGARTEN:

To register, a child must be 5 years of age, on or before December 31, 2011, and a birth certificate, immunization record, and Care Card should be presented. Kindergarten starting dates will be arranged through the school.

STRONGSTART EARLY LEARNING CENTRE - John Allison Elementary

StrongStart is a free, school-based, drop-in early learning program for children from birth to 5 years old and their parents, grandparents or caregivers. Together they share learning experiences and social interactions with other children and adults in a positive and open-ended play environment. Program starts September 12, 2011.

DISTANCE EDUCATION:

SOUTH CENTRAL INTERIOR DISTANCE EDUCATION (SCIDES) 250.378.4245 or 1-800-663-3536
SCIDES is the distance education school operated by our district that offers programs for Kindergarten through Grade 12 and adult learners, tuition free. Registration is ongoing. For an appointment call 250.378.4245 or 1-800-663-3536.

TRANSPORTATION ASSISTANCE

Families living beyond the regular school bus routes may be eligible for transportation assistance for the 2011/2012 school year and are asked to make application before **October 14, 2011** regardless of whether transportation assistance was received in the past. Applications after this date will be approved as of the date the application is received, and will not be retroactive. Please note that parents of kindergarten students who are required to pick their child up or bring them to the school at lunchtime may also qualify. Transportation Assistance forms are available at each school in Princeton.

Parents are reminded that road/weather conditions may cause delays/cancellations to the regular bus run(s). In extreme circumstances, notice of delays will be announced over the local radio station and the school will attempt to contact parents by phone, in order that children do not wait extended time periods at a bus stop.

REGISTRATION OF HOME SCHOOL LEARNERS

PARENT INFORMATION

The School Act states:

"A parent of a child who is required to enroll in an educational program under section 3 (Division 4 - Home Education) a) may educate the child at home or elsewhere in accordance with this Division, and b) must provide that child with an educational program.

Registration

A parent of a child who is required under the above section to provide the child with an educational program must register the child on or before September 30 in each year with
a) a school of the parent's choice that is operating in the school district in which the parent resides,
b) a distance education school providing services to the school district in which the parent resides or with the Ministry of Education if no distance education school provides services to that district, or
c) an independent school operating in B. C."

To register or to obtain further information, telephone the school of your choice, or write to the Superintendent of Schools, The Board of Education of School District No. 58 (Nicola-Similkameen), Box 4100, Merritt, B. C., V1K 1B8.



SCHOOL DISTRICT NO. 58 (Nicola-Similkameen)

School Calendar for the 2011/2012 School Year
Days in Session 193 - Number of Instructional Days 186

September 6, 2011 - Tuesday
October 10, 2011 - Monday
October 21, 2011 - Friday
November 11, 2011 - Friday
November 22-23, 2011 - Tue/Wed
December 16, 2011 - Friday
December 19-January 2, 2012
January 3, 2012 - Tuesday
January 25-27, 2012 - Wed-Fri
February 17, 2012 - Friday
March 13-14, 2012 - Tue/Wed
March 23, 2012 - Friday
March 26-30, 2012 - Mon-Fri
April 2-5, 2012 - Mon-Thu
April 6, 2012 - Friday
April 9, 2012 - Monday
April 10, 2012 - Tuesday
May 21, 2012 - Monday
June 25-28, 2012 - Mon-Thu
June 27-28, 2012 - Wed/Thu
June 29, 2012 - Fri

SCHOOL OPENING School Hours 10:00 AM - 12 Noon (Bus schedule to be adjusted for the first day of school)
THANKSGIVING DAY
Non-Instructional Day (Professional Development)
REMEMBRANCE DAY
All Schools - Shortened Day for Parent/Teacher interviews (Schools closed 1 hour early)
Last day of school before CHRISTMAS HOLIDAYS
CHRISTMAS HOLIDAYS
SCHOOLS REOPEN
Secondary School (only) examination days
Non-Instructional Day (Professional Development)
All Schools - Shortened day for Parent/Teacher interviews (Schools closed 1 hour early each day)
Last day of school before Spring Break
SPRING BREAK (amendment to Standard School Calendar)
Non-Instructional Days (District/in lieu)
Good Friday
Easter Monday
SCHOOLS REOPEN
Victoria Day
Secondary Schools (only) examination days
"I" days at Coquihalla Middle School
ADMINISTRATION DAY - SCHOOLS CLOSED

Back To School!

School District 58 (Nicola-Similkameen)

Similkameen
News Leader

www.thenewsleader.net

STAY SAFE THIS SCHOOL YEAR!

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& Bottle Depot



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Hard to believe we'll be looking at another group of high school Graduates in about eight months. *

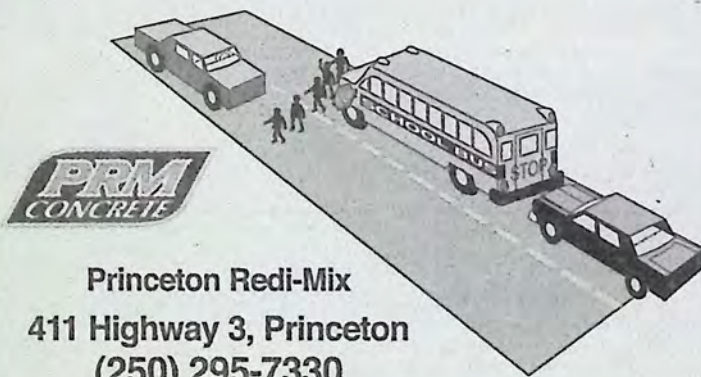
Good Luck Students!
In the Nicola-Similkameen School District



Westland Insurance

224 Bridge Street, Princeton (250) 295-6955

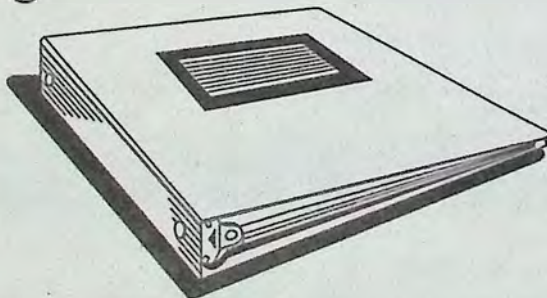
It's Time To Think About...
SCHOOL BUS SAFETY



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Year '12 Students
Congratulations and Good Luck!



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Back to School breakfast!

(NC)—We've heard time and time again that breakfast is the most important meal of the day—and it's true.

Breakfast has been shown to increase mental capacity and improve behaviour, mood, and memory. Yet it can be difficult to make sure your child gets to school with a belly full of breakfast during the morning rush. Don't give up. Whether you are short on time or dealing with a picky morning eater, here are some simple suggestions to make sure your child attends school well nourished and ready to learn:

• **Ask.** Sometimes giving a child a choice about what they want for breakfast can make a world of difference. Offer a few options and see what they prefer.

• **Drink Up.** Some kids find it easier to drink their breakfast than eat it, so pull out your blender and whip up a quick and healthy breakfast smoothie. Bonus: Pour smoothie into a travel mug and you've got breakfast to go.

• **Who doesn't like pizza for breakfast?** Healthy breakfast pizzas on English muffins are always a hit with kids. You can whip up a week's worth of pizzas at a time

and pop them in the oven or microwave for a quick morning meal.

• **Scrap tradition.** Some kids don't eat breakfast because they don't like traditional breakfast foods. Who says that breakfast has to be cereal and toast? Serve leftovers from last night's meal instead.

• **What does your school offer?** Check to see if your child's school has a breakfast program. Eating with peers is a great motivation for kids to eat breakfast.

More recipes and information on healthy eating can be found online at www.breakfastforlearning.ca.

Survive 'back to school' stresses

(NC)—Late summer and early fall can be the most challenging time of the year for busy families. Here are a few tips for surviving the 'back to school' rush.

1) **Return from vacation at few days before school starts.**

Children and teenagers need to make physical and mental adjustments when they go back to school.

2) **Help your children start going to bed at "school bedtime" a week before school begins.**

Try to have them get up earlier, too. Many teenagers become so used to staying up late that they have problems getting up in the morning when they return to school.

3) **Start limiting TV and encouraging reading a few weeks before school starts.**

For many children, the structure required for homework is a big adjustment. If children haven't been reading all summer, make a trip to the library in August to find some books of interest to them.

4) **Visit or revisit a new school.** If your child is starting a new school, the change may be especially stressful.

Try to visit the new school before the

first day of classes, so your child is familiar with where classrooms and the cafeteria are located. Teenagers may want to visit a new school on their own.

5) **If you have vacation time left, take a day off from work and spend it with your children or teenagers.**

Establish a tradition for the end of summer—a special movie day, or trip to a special place.

6) **Make sure you know the school bus route and schedule.**

Walk to the school bus stop a few times and see the route that the bus will take, including where it will drop your children off at school. Drive them along the route so that they know to anticipate landmarks.

7) **Do something fun to mark the transition back to school.**

Have a special family meal together. Look at last year's school photos to see how much everybody has grown.

8) **If you have a teenager, wait to buy some items until after school starts.**

Let them check out what their peers are wearing the first week of school, and then take them shopping.

9) **Go over new arrangements and routines at least a couple of days before school starts.**

Talk about carpool or transportation plans, what will happen before and after school, and any new providers. Some children may need to hear about these arrangements several times to feel comfortable.

10) **Find ways to include your preschooler.**

You may need to explain to preschoolers that their older brothers or sisters won't be home all day any more, but that your family will still be able to do many things together after school and on weekends.

A multi-year philanthropic commitment to programs that reduce stigma, provide early intervention and increase public awareness about children's mental health issues, the RBC Children's Mental Health Project also provides a number of trusted sources and resources available for parents online at www.rbc.com/childrensmental-health.

These tips were drafted with the assistance of Ceridian Canada, RBC's employee assistance provider. -----> More on Page 23



News Leader Entertainment

Similkameen News Leader TV Guide Listings - August 30 - September 5, 2011



Ice cream sundaes at Centennial Pool tend to get a bit messy but sure are a lot of fun! *

How to enter the Fair

Whether it is a great loaf of bread, a jar of canned peaches, your best photographs, your most beautiful flowers, or your favourite chicken, you probably have something you want to show off at the Fall Fair.

There are numerous categories, from home baking, vegetables, needlecraft and sewing, art, photography, writing, eggs, dairy, wine and beer, poultry and other livestock, and handicrafts such as woodworking, carving, jewelry making, beadwork and pottery (and more).

Junior Fair is a separate category for youngsters age 3 to 18, and has divisions for all of the above. Junior Fair divisions are further separated by age. For example, a painting by a six year old will not compete against a painting by a 10 year old.

The rules for entering exhibits in the fair are in the Exhibitors Booklet, which is available at the

Similkameen News Leader, the public library, the Tourist Information Centre, and Everything Pets, as well as most sponsoring businesses.

The entry form for exhibits is in the booklet and should be filled out before exhibits are brought to the fairgrounds.

When exhibits are entered (50 cents per item), a special tag is attached to the item. The entry form is placed in an envelope bearing the exhibitor's name. With so much paperwork involved, there are often extended line-ups, especially at the last minute, so do fill out your entry form.

If you have more items than will fit on your entry form, there are additional forms available when you bring your exhibits, or you may photocopy the entry form in your booklet.

Entries should be taken to the fairgrounds from 4:00 PM to 7:00 PM

on Thursday, September 1 and from 2:00 PM to 7:00 PM on Friday, September 2.

Entries will be judged after 7:00 PM Friday and aggregate winners will be announced on Saturday, September 3, during the official opening ceremony at noon. Prize money will be awarded to winners on Saturday after 3:00 PM.

Prize money not distributed by 5:00 PM Sunday will remain the property of Princeton Fall Fair Association.

Exhibits may not be removed from the buildings before 3:00 PM Sunday.

Many people donate their exhibits to the auction. If you wish to donate your exhibit, please indicate this on your exhibitor identification tag when your exhibit is identified.

The raffle draw will take place right after the auction. The auction begins at 3:15 PM.

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Similkameen Shotokan Karate

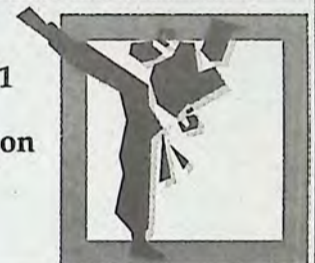
Start Up Date:

6:45 PM September 12, 2011

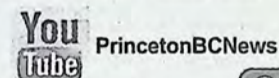
United Church Hall, Princeton

Call Paul for details

250.295.7374



Similkameen News Leader



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PRINCETON FALL FAIR
SEPTEMBER 3 & 4!

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Similkameen News Leader - Horoscopes

August 31 - September 7, 2011

Aries - This week, your focus shifts to your job and your health, but you may feel lazy and self-indulgent. Don't give in to these feelings. Your job is important, and it will run smoothly if you don't lose your focus. Keep on track.

Taurus - You are a naturally fun-loving kind of person, and you can be a romantic soul. This week and two more will enhance that fun, romantic side. You may even speak your romantic nature in a couple of weeks. Enjoy!

Gemini - You feel content about most aspects of your life, except for money. Focus on home, family, as that is where your greatest benefits are and your greatest pleasure. If doing home improvement, you can succeed well now.

Cancer - You are still a ball of energy, getting things done, but you could become very frustrated with some condition at home. You will gain benefits from a sister. Communication is important: talk to the people in your life.

Leo - You can move ahead now with plans you put on hold, but be cautious with your money. You will be tempted to spend on frivolous items you will regret in the future. Your career brings benefits. Try not to worry so much.

Virgo - Plans take an odd twist these days and you may be frustrated by a lack of progress in carrying out those plans. Problems with children or pets can come up, or problems with creative projects or sports activities. Be patient.

Libra - You can experience major problems in your career, and the challenge now is to solve those problems. Benefits can come from banks, investments or shared resources, but guard against debt. Be cautious.

Scorpio - Life is good to you and you can make plans that satisfy your inner self. Working in a group goes very well, but you may face problems due to travel restrictions. You may feel stuck in one place. Wait a month or two.

Sagittarius - You derive a lot of pleasure from your career now, but don't slack off due to complacency. You may have a problem with a bank, an insurance company or with investments. Accept temporary limitations.

Capricorn - Your partner and closest friends may bring their problems to you, and you may feel upset that you cannot be of more help due to your career obligations. The key is to find balance. Problems are temporary: be patient.

Aquarius - Your best place to be is at home tending to home improvement and enjoying what you have. Be aware of health problems and safety hazards. Benefits come from shared resources, investments, banks.

Pisces - Your partner and friends will be exceptionally good to you in many ways during the next three weeks. Others see you in a very favorable light. A problem area may have to do with youngsters, creative projects, or plans.

Tuesday Movies

EVENING

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

9:00 pm KNOW ch.5 "The English Surgeon" (2007, Documentary) A brain surgeon embarks on an errand of mercy

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

Wednesday Movies

EVENING

9:00 pm WTBS ch.3 "Body of Lies" (2008, Drama) Leonardo DiCaprio. A CIA operative hatches a dangerous plan to catch the leader of a terrorist organization, but conflicts with his two closest allies may cost him his life.

Similkameen News Leader

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TUESDAY, AUGUST 30, 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	Thomas	News (N)	News	CSI: Miami "All In"	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)	Auction	Spoiled
7 AM	Cosby	Cosby	Arthur	Arthur	Today Former Vice President	The Early Show (N)	The Sopranos	Good Morning America (N)			Artzooka	Super Evil	SportsCentre		License to Drill	Mickey	The Nate Berkus Show	CSI: NY "Young-Blood"	Debt/Part
8 AM	Cash Cab	Lyricist	Magic Bus	Curlous	Dick Cheney (N)		Criminal Minds		100 Huntley Street	Bo On/Go	Sidekick	SportsCentre		Auction	Phineas	Rachael Ray	CSI: Crime Scene	TV-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! News	Timothy	SportsCentre	Live With Regis & Kelly	Cash Cab	Kings	Role	CSI: Crime Scene	Restaurant Makeover
10 AM	The Investigators	World Vision	Mag Fero	Sesame Street (E)		The Price Is Right (N)	Billy	The View	World Vision	Dead	Poko	Little Bear	2011 U.S. Open Tennis: First Round. From the USTA National	The View	Mighty Ships	Kings	EP Daily	CSI: Crime Scene	Frasier
11 AM	Forensics	Dead	Rolle Polle	Sid	Ellen DeGeneres Show	Young & Restless	Dog the Bounty Hunter	Pa'd Prog.	Dead	Noon News Hour (N)	Razzberry	Erky Perky	Round. From the USTA National	Marilyn Denis	Mayday	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Joint	News	CSI: Miami "All In"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies	Tennis Center In Flushing, N.Y. (N) (Live)	etalk	Mighty Ships	Wizards	General Hospital (N)	CSI: Crime Scene	Roseanne
1 PM	King 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)	Redakai		Marilyn Denis	Auction	Good Luck	Jdg Judy	CSI: Crime Scene	Raymond
2 PM	Browns Payne	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		Dr. Phil	Machines	Good Luck	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	Slidekick		The Dr. Oz Show	Cash Cab	Good Luck	CityNews at 6 (N)	Auction	Restaurant Makeover
4 PM	MLB Baseball: Washington Nationals at Atlanta Braves (N) (Live)	Oprah Winfrey	Rob Robot	Fetch! With G. Shrinks	Jdg Judy	Oprah Winfrey	Billy	Seinfeld	Oprah Winfrey	Early News Global Nat.	Ghost Whisperer	SpongeBob Fanboy	2011 U.S. Open Tennis: First Round. From the USTA National Tennis Center in Flushing, N.Y. (N)	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Murdoch Mysteries	Auction	Debt/Part
5 PM	Nationals at Atlanta Braves (N) (Live)	News (N)	Dino Dan	News	News (N)	News	Billy	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	First Round. From the USTA National Tennis Center in Flushing, N.Y. (N)	CTV News at Five (N)	Auction	Wizards	Murdoch Mysteries	Auction	3rd Rock
6 PM		Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Billy	News	(5:59) News Hour (N)	ET Canada	Coronation	Mr. Young	CTV News (N)	River Monsters	Suite/Deck	America's Got Talent (N) (Live)	Auction	3rd Rock	
7 PM	Seinfeld	Ent	Hope for Wildlife	NOVA (DVS)	Jeopardy!	The Dr. Oz Show	Billy	Ent	Ent	NCIS: Los Angeles	Wheel	Mr. Young	etalk	After the Catch (N)	Shake It		Auction	Frasier	
8 PM	Movie: "Mimic" (1997, Horror) Mira Sorvino.	NCIS "Baltimore"	Cinema's Exiles: Hillier	History Detectives (N)	It's Worth What? (N)	NCIS "Baltimore"	Billy	Wipeout "All Stars"	NCIS "Baltimore"	NCIS "Baltimore"	Mercer	Mr. Young	SportsCentre (N)	Can Dance	Daily Planet	Suite/Deck	News	Repo	Debt/Part
9 PM		NCIS: Los Angeles	Movie: "The English Surgeon" (2007)	Frontline	America's Got Talent (N Same-day Tape)	NCIS: Los Angeles	Billy	Take the Money and	NCIS: Los Angeles	Combat Hospital (N)	The Pillars of the Earth	Home Imp.	30 for 30	Take the Money and	River Monsters	Debra! O	For the Love of Ray J	Auction	3rd Rock
10 PM	Movie: "Mimic" (1997, Horror) Mira Sorvino.	Combat Hospital (N)	Red Run	POV "Armadillo" (N)	News (N)	News	Billy	Combat Hospital (N)	Combat Hospital (N)	News Hour Final (N)	National	Family Biz	The Borgias (DVS)	After the Catch	Princess	Justice	Auction	3rd Rock	
11 PM		CHBC News Final (N)	Annie	Preview	Jay Leno	Letterman	Billy	Nightline	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (N)	CTV News	Auction	Ned's	Out There	Repo	Frasier

WEDNESDAY, AUGUST 31, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 19 rows (6 AM to 11 PM) showing TV schedules for Wednesday, August 31, 2011.

THURSDAY, SEPTEMBER 1, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 19 rows (6 AM to 11 PM) showing TV schedules for Thursday, September 1, 2011.

Around the Similkameen Valley



A pollen-covered critter checks out a cluster of flowers. *



Paul Uppal of Uppal's Fruit in Keremeos proudly displays some of this year's bounty. His wife Sarbjit commented that this year is the most overall bountiful harvest they have had in their 20 years of orcharding. The current fare includes late apricots and Glow Hevan peaches. Prune-plums are expected to be ready any day. Gala apples and pears are expected at the end of August. Early Fuji apples, Mac apples and Ambrosia apples will be ready in early to mid-September. Grapes will come in September and October. Late Fuji apples will be ready in October. According to Paul, all fruit is at least 2 weeks late in ripening due to our cool Spring and Summer. Photo: Arlene Arlow



Did someone scream for ice cream? Sometimes the service gets a bit messy when pool staff are dishing out ice cream sundaes at Centennial Pool. *



Alyssa Larsen, Carol Mack, Karmen Whitbread, Stacey Muise and Sarah Whitbread make up a nasty crew of pirates as part of the fun at Centennial Pool August 24th. *



Tank cells in the concentrator building at Copper Mountain Mine are used to separate concentrates. Visitors got an up-close view August 18th at the mine. *



One scoop of ice cream, a blast of whipped cream and a squirt of chocolate syrup. That's how you make an ice cream sundae at Centennial Pool. *

MP Alex Atamanenko

BC Southern Interior Monthly Report

Crisis In The Forestry Industry - Part 2

As a follow up to my previous column, I want to take a brief look at some of our local communities, see how that ties in with the other forest-reliant regions in B.C. and connect to the positive solutions offered in the report. Although each community and region has its own response to difficulty, province-wide policy tends to affect us all similarly.

Specifically in our riding, in Castlegar, the local pulp mill, Zelstoff Celgar, has had to deal with numerous issues related to the cost of chips, railway complications and unpredictable variation in the Canadian and U.S. dollar exchange rate. Nearby Interfor operations have gone from full operations to essentially a total shut-down, resuming production at a reduced level only fairly recently.

Springer Creek Forest Products in Slocan has been temporarily closed and is working on various options in order to keep jobs in the community. Forest-related production in Grand Forks has been dramatically reduced in the last decade and many residents of Midway have committed their own funds in an effort to bring mill production back to their communi-

ty. Some participants reported that decision-making on land use has deteriorated, and opportunities to participate in planning have become very limited. Many jobs are being lost to other parts of the world due to lack of "value-added" operations and unemployment in the whole region has skyrocketed since 2007. Low stumpage rates result in much lower returns to the province in exchange for access to a resource that belongs to us all.

This report makes it clear that stewardship methods have deteriorated to such a point that research is under-resourced, tracking of forest inventory is not up to date and, although desperately needed, reforestation is lacking in the wake of the mountain pine beetle attack. Care of the forests is being overlooked while more and more forests are simply seen as a source of profit. It was noted that the "results-based" system is not specific about what the term "results" might actually mean. The number of various activities taking place in B.C.'s forests without coordination or adequate supports in terms of people and funding is also of significant concern.

The situation is clearly dire but solutions are offered. These focus on the need to enhance, not reduce, services including monitoring, enforcement, stewardship, forest management and reforestation. Management of watersheds needs to be locally-driven, tenure reform undertaken, and policy designed

so as to encourage greater care and planning to increase the inherent value of our forests, as well as the industry's financial viability. Change may involve incorporating some beneficial practices from the past with new management methods for the well-being of our forests and for the benefit of all.

The report's conclusion states, "A groundswell of alarm is emerging about the health of B.C.'s forests, and the lack of public oversight in the woods. British Columbians – the owners of these incredibly valuable and precious forest

resources – deserve better." In my view, this groundswell is the result of the growing awareness of just what's happening to this critical public resource.

The final lines of B.C. Forests in Crisis call upon the provincial government to implement its recommendations immediately. I support this call and ask you to consider doing the same. Our government must stop fostering the destruction of our woodlands and instead, adopt a model of stewardship that allows our forests to return to being "the future for our kids".



A Steller's Jay stops by a South Princeton home looking for a snack.*

FRIDAY, SEPTEMBER 2, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Bob Bulld	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Mayday	Henry	CityLine (N)	Pros vs. Joes	TV-Torrens
7 AM	Cosby	Cosby	Arthur	Arthur	Today Leny Kravitz performs. (N)	The Early Show (N)	The Sopranos	Good Morning America	Artzooka	Super Evil	Animal	Kid vs. Kat	SportsCentre	What's That About?	Stella-Sam	The Nate Berkus Show	Pros vs. Joes	Tracked	
8 AM	Cash Cab	Lyrics!	Magic Bus	Curious	Miss BG	Cat In the	Criminal Minds "P911"	100 Huntley Street	Bo On/Go	Sidekick	Bustown	Kid vs. Kat	SportsCentre	Mighty Ships	Phineas	Rachael Ray	Pros vs. Joes	TV-Torrens	
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!	G. Shrinks	Dinosaur	The 700 Club	Criminal Minds	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy	SportsCentre	Cash Cab	Fish Hooks	Role	Pros vs. Joes	Restaurant Makeover
10 AM	The Investigators	World Vision	Mag Fero	Sesame Street	Splder	The Price Is Right (N)	Criminal Minds	The View	World Vision	Poor	Poko	Little Bear	2011 U.S. Open Tennis: Men's Second Round and Women's	The View	Mega Builders	Warthogs!	EP Daily	Pros vs. Joes	Frasler
11 AM	Forensics	Poor	Rolle Polle	Sid	Ellen DeGeneres Show	Young & Restless	Dog the Bounty Hunter	Paid Prog.	Poor	Noon News Hour (N)	Razzberry	Erky Perky	Marilyn Denis	Inventions That Shook	Suite Life	CityLine	Pros vs. Joes	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)	House "Joy"	CBC News Now (N)	Almost	Third Round From the USTA National Tennis Center in Flushing, N.Y. (N)	etalk	River Monsters	Wizards	General Hospital (N)	Pros vs. Joes	Roseanne
1 PM	King 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	Dragon's Den	Yu-Gi-Oh!	Kid vs. Kat	Marilyn Denis	Curiosity	Phineas	Jdg Judy	Pros vs. Joes	Raymond
2 PM	Browns	House "Birthmarks"	Princess	Barney	Pearle (E)	Let's Make a Deal (N)	Criminal Minds "P911"	General Hospital (N)	House "Birthmarks"	The Doctors	Steven and Chris	Monster	Kid vs. Kat	Dr. Phil	Myth-Busters	Wizards	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	House "Birthmarks"	Recipes	Sidekick	The Dr. Oz Show	Cash Cab	Kings	CityNews at 6 (N)	Pros vs. Joes	Restaurant Makeover	
4 PM	The Office	Oprah Winfrey	Rob Robot	Blz Kid\$	Jdg Judy	Oprah Winfrey	Criminal Minds	Selinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Sports	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Disorderly Conduct	TV-Torrens
5 PM	Baseball: Los Angeles Dodgers at Atlanta Braves (N) (Live)	News (N)	Dino Dan	News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Football: BC Lions at Toronto Argonauts. (N Subject to Blackout)	CTV News at Five (N)	How/Made	Wizards	Murdoch Mysteries	Disorderly Conduct	'70s Show
6 PM	Seinfeld	ET Canada	Dogs	PBS News-Hour (N)	Millionaire	Access H.	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Ent	Coronation	iCarly	CTV News (N)	Man vs. Wild	Random	Karaoke	Movie: * "Black Dog" (1997) Ray Liotta. Premiere.	'70s Show
7 PM	Seinfeld	Glee "Prom Queen"	New Tricks	Wash.	Jeopardy!	The Dr. Oz Show	Criminal Minds	Ent	Ent	90210	Wheel	iCarly	The Extra Yard	etalk	Monster Quake:	Good Luck	My RONA Home	King	
8 PM	Law & Order: SVU	House "The Fix"	New Tricks	Lark Rise to Candleford	Dateline NBC (N)	CSI: NY	(9:01) Criminal Minds	Karaoke Battle USA (N)	House "The Fix"	House "The Fix"	Just for Laughs	Movie: * "The Benchwarmers" (2006)	SportsCentre (N)	CSI: NY	Man vs. Wild	"Lemonade Mouth" (2011, Musical)	Seinfeld	Movie: ** "Black Dog" (1998) Patrick Swayze. Meat Loaf. Premiere.	ET Canada
9 PM	Browns	90210	New York: A Documentary Film	Garrow's Law	Blue Bloods	(10:01) Criminal Minds	20/20	90210	News Hour Final (N)	National	George S	The Next Star	SportsCentre (N)	Blue Bloods	How/Made	Good Luck	Justice	King	
10 PM	The Investigators	CHBC News Final (N)	Charlie Rose	News (N)	News	Letterman	(11:01) Criminal Minds	News	News Hour Final (N)	Ent	Track	The Next Star	SportsCentre (N)	CTV News	Monster Quake:	Out There	Out There	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 #366 - Rated Medium

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

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 "Becoming Jane" (2007, Biography) Anne Hathaway. Though her parents expect her to marry a wealthy suitor, young Jane Austen becomes involved with a penniless lawyer who inspires her future writings.
SPIKE ch.44 "Last Cup: Road to the World Series of Beer Pong" (2008, Documentary) Premiere. Filmmaker Daniel Lindsay follows four competitors in the World Series of Beer Pong in Nevada. (In Stereo)
9:00 pm KNOW ch.5 "Good Rockin' Tonight: The Legacy of Sun Records" (2001,

Documentary) A history of the music label shows it launching the careers of many rock icons, including Elvis Presley, Carl Perkins, Johnny Cash, and Jerry Lee Lewis. (CC)
10:00 pm WTBS ch.3 "Unleashed" (2005, Action) Jet Li. Enslaved by a loan shark, a violent fighter escapes and meets a blind man who teaches him humanity.

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Saturday Movies

MORNING

9:30 am A&E ch.9 "Fried Green Tomatoes" (1991, Drama) Kathy Bates. A nursing-home resident regales a visitor with tales of the close friendship between two women in 1930s Alabama.
10:00 am SPIKE ch.44 "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "The Suite Life Movie" (2011, Comedy) Dylan Sprouse. A research project leaves twin brothers Zack and Cody with the ability to sense each other's thoughts and feelings. (In Stereo) (CC)
12:30 pm CITV ch.12 "Catwoman" (2004, Action) Halle Berry. Premiere. A shy artist acquires feline speed, agility and keen senses following a brush with death. (CC)
1:11 pm SPIKE ch.44 "Star

Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)
1:30 pm CHBC ch.4 BCTV ch.11 "Catwoman" (2004, Action) Halle Berry. Premiere. A shy artist acquires feline speed, agility and keen senses following a brush with death. (CC)

4:37 pm SPIKE ch.44 "Star Wars: Episode III - Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo)

5:00 pm WTBS ch.3 "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead.

7:00 pm WTBS ch.3 "Blindness" (2008, Suspense) Julianne Moore. A doctor's wife is one of the only individuals immune to a strange epidemic

EVENING

8:00 pm KHQ ch.7 "Game Time: Tackling the Past" (2011, Drama) Premiere. Unexpected circumstances force a professional football player to re-evaluate his life. (CC)
YTV ch.18 "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past his deadly traps to gold. (In Stereo) (CC)
SPIKE ch.44 "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)
9:00 pm WTBS ch.3 "D.O.A.: Dead or Alive" (2006, Action) Devon Aoki. Four rivals at an invitation-only martial-arts tournament join forces against a sinister threat.
FAM ch.26 "You're So Cupid!" (2010, Romance-Comedy) Lauren Holly. Once inseparable, the twin daughters of Cupid

that causes people to lose their eyesight.

..... continued on Page 19

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Sunday Movies

MORNING

8:00 am WTBS ch.3 "Galaxy Quest" (1999, Comedy) Tim Allen. Aliens, believing actors to be real heroes, enlist cast members of a sci-fi TV series to help save their people.
9:30 am SPIKE ch.44 "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)
10:00 am WTBS ch.3 "Mr. Holland's Opus" (1995, Drama) Richard Dreyfuss. Life steers a passionate musician away from composing and toward a teaching career.

AFTERNOON

12:00 pm FAM ch.26 "Phineas and Ferb: The Movie: Across

the 2nd Dimension" (2011, Comedy) Voices of Vincent Martella. Animated. Along with their pet platypus, stepbrothers Phineas and Ferb battle evil Dr. Doofenshmirtz. (In Stereo) (CC)
12:58 pm SPIKE ch.44 "Star Wars: Episode III - Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo)

2:00 pm YTV ch.18 "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)
3:00 pm VTV ch.22 "Derby" (1995, Drama) David Charvet. A female jockey rides in the Kentucky Derby, with a long-time friend and a trainer by her

side. (In Stereo) (CC)
4:00 pm YTV ch.18 "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip. (In Stereo) (CC)
4:26 pm SPIKE ch.44 "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)
5:00 pm WTBS ch.3 "Unfaithful" (2002, Drama) Richard Gere. A man becomes increasingly distraught after he discovers his wife is having an affair with a Frenchman.
CBC ch.13 "TMNT" (2007, Action) Voices of Chris Evans. Animated. Though Leonardo, Donatello, Raphael and Michelangelo have grown apart since their last adventure, they must join forces again to battle an army of monsters. (In Stereo) (CC)

Friday Movies

EVENING

6:00 pm SPIKE ch.44 "Turbulence" (1997, Suspense) Ray Liotta. Premiere. A scuffle aboard a 747 bound for New York frees a murderer-in-transit, kills the pilot and puts a stewardess at the helm. (In Stereo)
8:00 pm FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school students form a music group and prepare to compete against a popular rock band. (In Stereo)
8:30 pm SPIKE ch.44 "Black Dog" (1998, Action) Patrick Swayze. Premiere. A trucker

with a vehicular manslaughter conviction agrees to drive a suspicious shipment for his boss. (In Stereo)

9:00 pm YTV ch.18 "The Benchwarmers" (2006, Comedy) David Spade. A millionaire helps three nerdy buddies form a baseball team to compete against all the mean Little Leaguers. (In Stereo) (CC)
10:19 pm FAM ch.26 "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (In Stereo) (CC)
7:00 pm VTV ch.22 "Paradise City: Degraasi Goes Hollywood" (2009, Drama) Raymond Ablack. Students travel to Los Angeles to score roles in a musical directed by actor Jason Mewes. (In Stereo) (CC) (DVS)
7:30 pm WTBS ch.3 "Unfaithful" (2002, Drama) continued on Page 19

SATURDAY, SEPTEMBER 3, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

SUNDAY, SEPTEMBER 4, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

MONDAY, SEPTEMBER 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)	Arthur	Builder	News (N)	News	Criminal Minds	News	(5:30) Morning News (N)	(4:30) Morning News (N)	Razzberry	Kid vs. Kat	Sports	Canada AM	Mayday	Henry's	CityLine (N)	Movie: *** "Star Wars: Episode II - Attack of the Clones" (2002)	Puppy SOS
7 AM :30	Cosby		Martha	Arthur	Today (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Poko	Super Evil	SportsCentre		Mighty Ships	Phineas	The Nate Berkus Show		Two Guys
8 AM :30	Cash Cab		Hi-5	Curious		2011 U.S. Open Tennis: U.S. Open, Men's and Women's Fourth Round. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live)	Criminal Minds	Live With Regis & Kelly	100 Huntley Street	World Vision	Bo On/Go	Pokémon	SportsCentre		Mega Builders	Hannah	Rachael Ray		Two Guys
9 AM :30	Family Fd	100 Huntley Street	Garth-Bev	Super Why!			Criminal Minds "Lucky"		100 Huntley Street	World Vision	Super Why! News	SpongeBob: Atlantis	SportsCentre	Live With Regis & Kelly	Canada's Worst Driver	Mickey	Access Hollywood Live	(9:25) Movie: *** "Star Wars: Episode III - Revenge of the Sith" (2005)	Two Guys
10 AM :30	The Investigators	World Vision	Numbrjack	Sesame Street			Criminal Minds	The View	World Vision	Poor	Poko	SpongeBob	CFL Football: Montreal Alouettes at Hamilton Tiger-Cats. (Live)	The View	Breaking Point "Boat"	Mickey	EP Daily		Two Guys
11 AM :30	Forensics	Poor	Save-Ums!	Sid	PGA Tour Golf: Deutsche Bank Championship, Final Round. From Norton, Mass. (N) (Live)		Criminal Minds	Paid Prog.	Poor	Noon News Hour (N)	Animal	ICarly	Victorious	Marilyn Denis	License to Drill	Suite Life	CityLine		Two Guys
12 PM :30	Jim King	Noon News Hour (N)	Peep	Charlie Rose			Criminal Minds	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News	Victorious	etalk	How Sharks Hunt	Wizards	General Hospital (N)			Two Guys
1 PM :30	King Earl	House "Joy"	Doggy	Paint This			Criminal Minds	One Life to Live (N)	House "Joy"	House "The Itch"	Dragons' Den	ICarly	CFL Pre	Marilyn Denis	Summer of the Shark	Sonny	Jdg Judy	(12:47) Movie: **** "Star Wars IV: A New Hope" (1977) Mark Hamill.	Two Guys
2 PM :30	Browns Payne	House "The Itch"	Back to School	Barney			Criminal Minds	General Hospital (N)	House "The Itch"	The Doctors	Steven and Chris	Big Time Rush	CFL Football: Edmonton Eskimos at Calgary Stampaders. (Live)	Dr. Phil	Rogue Sharks	Random	CityNews at 5 (N)		Two Guys
3 PM :30	Family Guy	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	Criminal Minds	Rachael Ray	The Doctors	Young & Restless	Recipes	SpongeBob		The Dr. Oz Show	Great White Invasion	Random	CityNews at 6 (N)		Two Guys
4 PM :30	MLB Baseball: Atlanta Braves at Philadelphia Phillies. (N) (Live)	Young & Restless	Arthur	Fetch! With Wiggles	Jdg Judy	Oprah Winfrey	Criminal Minds	Seinfeld	Young & Restless	Early News	Mosque	SpongeBob		Ellen DeGeneres Show	Killer Sharks	Random	America's Got Talent	(3:46) Movie: **** "Star Wars V: The Empire Strikes Back" (1980)	Two Guys
5 PM :30		News (N)	Where the Babar	News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	World, Poker	CTV News at Five (N)	Jaws Comes Home	Random	Bachelor Pad (N)		Two Guys
6 PM :30		Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronation	ICarly	World, Poker	CTV News (N)	Shark City	Random			Two Guys
7 PM :30	Seinfeld	Ent	Be the Creature	Preview	Jeopardy!	The Dr. Oz Show	The Glades "Breakout"	Ent	Ent	Hawaii Five-0	Coronation	The Next Star (N)	SportsCentre (N) (Live)	etalk: Ellen	Auction	Random	Murdoch Mysteries	(6:47) Movie: *** "Star Wars VI: Return of the Jedi" (1983)	Two Guys
8 PM :30	Law & Order: SVU	In Plain Sight	Francesco	Antiques Roadshow	America's Got Talent	How I Met	The Glades "Breakout"	Bachelor Pad (N)	In Plain Sight	In Plain Sight	Mosque	ICarly	Off Record	You Think You Can Dance	How Sharks Hunt	ANT Farm	News		Two Guys
9 PM :30	The Office	House "After Hours"	Mary Pickford: Muse	Antiques Roadshow		Two Men Mike	(9:01) Criminal Minds		House "After Hours"	House "Selfish"	Being Erica (DVS)	Funniest Home Videos	World Poker Tour: Sea	Mike	Summer of the Shark	Sonny	Seinfeld		Two Guys
10 PM :30	Browns Payne	Hawaii Five-0	Architects of Change	"Forgotten Ellis Island"	Children of 9/11 (N)	Hawaii Five-0	(10:01) Criminal Minds	Castle "Pretty Dead"	Hawaii Five-0	News Hour Final (N)	National	Home Imp.	World Poker Tour: Sea	Castle "Pretty Dead"	Rogue Sharks	Princess So Raven	Justice Judge B.	MANswers	Two Guys
11 PM :30	The Investigators	CHBC News Final (N)	For King and Empire	Charlie Rose (N)	News (N)	News	(11:01) The Glades	News Nightline	News Hour Final (N)	Ent	George S	Laughs	SportsCentre	CTV News	Great White Invasion	Ned's	Out There	Disorderly Conduct	Two Guys

Monday Movies

MORNING

6:00 am SPIKE ch.44 "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)

9:25 am SPIKE ch.44 "Star Wars: Episode III - Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo)

AFTERNOON

12:47 pm SPIKE ch.44 "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)

3:46 pm SPIKE ch.44 "Star Wars V: The Empire Strikes Back" (1980,

Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo)

EVENING

6:47 pm SPIKE ch.44 "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)

9:00 pm KNOW ch.5 "Mary Pickford: The Muse of the Movies" (2008, Documentary) Narrated by Michael York. Archival film footage and interviews illustrate the life and work of the silent-film star. (CC)

10:00 pm KSPS ch.6 "Forgotten Ellis Island" (2008, Documentary) Narrated by Elliott Gould. Doctors and nurses examine immigrants as they arrive on Ellis Island.

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IMPORTANT DIRECTORS MEETING
All Board of Directors for the Princeton Posse Junior B Hockey Club are urged to attend an Important Directors Meeting to make Constitutional Changes regarding MasterCard/Borrowing Issues.
7:00 PM Tuesday, August 30 Posse Lounge

Ralph & Lynne Anderson would like to thank our friends and family for joining us to celebrate our 50th Wedding Anniversary. Thanks to all for the cards and best wishes, also to Rich and Elaine for the beautiful flowers and Leona for the lovely cake. A special thank you to Al and Sharleen for organizing the get together and working so hard to make the day so special for us!
- Ralph & Lynne Anderson

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August 27, 2011

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with special moments shared
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Safe home environment billet homes urgently required for Posse Junior Hockey Team. Call Lynda 250.295.6117 or Dorothy 250.295.4030.

Log house - country setting, Allison Lake. Available October 1st. Asking \$1,200.00 per month plus utilities. Please contact Heather Johnson Century 21 Princeton Realty 250.295.6977 or 250.295.8591. Aug 30-tfn

Apartment in Princeton. Available now. Excellent references and damage deposit required. No pets, can furnish if needed. Phone 250.295.1006 for details or leave a message with the best time to call back. Aug 23-Sep 20

for sale

Truck & Trailer REDUCED! 2007 Chevy Colorado extended cab P/U with custom canopy and trailer package, only 19,000KM and 2008 R-Vision Trail Lite 14-foot trailer with toilet, furnace, air, 3-way fridge and lots more. Will sell as a package for \$23,000.00 or separately - Truck: \$17,000.00 or Trailer: \$7,500.00. Will entertain offers. Call 250.295.1577 for more details and viewing. Aug 23-Sep 06

1-bedroom house downtown on Harold Avenue. Available October 1st. Asking \$600.00 per month plus utilities. Please contact Heather Johnson Century 21 Princeton Realty 250.295.6977 or 250.295.8591. Aug 30-tfn

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IMPORTANT DIRECTORS MEETING
All Board of Directors for the Princeton Posse Junior B Hockey Club are urged to attend an Important Directors Meeting to make Constitutional Changes regarding MasterCard/Borrowing Issues.
7:00 PM Tuesday, August 30 Posse Lounge


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IMPORTANT DIRECTORS MEETING
All Board of Directors for the Princeton Posse Junior B Hockey Club are urged to attend an Important Directors Meeting to make Constitutional Changes regarding MasterCard/Borrowing Issues.
7:00 PM Tuesday, August 30 Posse Lounge

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SOLUTIONS TO PUZZLES ON PAGE 14

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814	529	673
796	834	215
167	298	534
589	341	726
342	675	198
651	987	342
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Recipe #387

Baja Salmon with Mushrooms

- 1 tbsp olive oil, divided
- 6 oz white button mushrooms, quartered or halved
- 1 packet dry citrus marinade
- 3/4 cup frozen white sweet corn kernels, thawed
- 1/2 cup red onion, diced, run under cold water
- 1/2 cup red bell pepper, diced
- 1/4 cup cilantro leaves, minced
- 2 tbsp lime juice, freshly squeezed
- 1/2 tsp kosher salt 4 salmon filets (about 5 ounces each)
- 1/4 cup water

Heat a large sauté pan over medium high heat. Add 2 teaspoons oil and swirl to coat bottom of pan. Add mushrooms and sauté 2 minutes. Add 1 tablespoon of dry citrus marinade mix to the mushrooms and continue cooking another 3 minutes.

Remove mushrooms from the pan and place in a large mixing bowl. Add the corn, onion, red pepper, cilantro, lime juice and salt to the cooked mushrooms and toss to combine. In same sauté pan, add remaining teaspoon of oil and swirl to coat pan.

Sprinkle the top of each salmon filet with 1 teaspoon dry citrus marinade mix. Add salmon, seasoned side down, to hot pan and sear 1 minute. Flip over and add water to the pan. Cover and cook another 2 minutes, or until done to taste preferences. Remove from the heat and uncover.

Place a spoonful of the mushroom salsa on each serving plate, top with a salmon filet. Garnish with a sprig of cilantro and a lime wedge.

Nutritional Information:
Calories: 366, Sodium: 23 mg, Protein: 8.2 g, Fat: 29.7 g, Carbohydrates: 22.4 g, Dietary Fibre: 3.9 g

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

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

Weekend Movies

SATURDAY MOVIES

..... continued from Page 14

become bitter rivals when they both fall in love with the same guy. (In Stereo) (CC)

CITY ch.29 "Boiler Room" (2000, Drama) Giovanni Ribisi. Eager to win the approval of his demanding father, a young man begins working for a dubious stock firm. (CC)

10:30 pm CBC ch.13 "Brokeback Mountain" (2005, Romance) Heath Ledger. In 1960s Wyoming two cowboys begin a secret romance that endures through many years and each one's shaky marriage. (In Stereo) (CC)

10:32 pm FAM ch.26 "It Could Happen to You" (1994, Romance-Comedy) Nicolas Cage. A New York policeman keeps his promise to split a \$4 million lottery prize with a waitress, but his wife objects. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Payback" (1999, Action) Mel Gibson. A

man seeks revenge on his wife and crime partner, who shot him and left him for dead.

KXLY ch.10 "Becoming Jane" (2007, Biography) Anne Hathaway. Though her parents expect her to marry a wealthy suitor, young Jane Austen becomes involved with a penniless lawyer who inspires her future writings.

SUNDAY MOVIES

..... continued from Page 14

Richard Gere. A man becomes increasingly distraught after he discovers his wife is having an affair with a Frenchman.

7:38 pm SPIKE ch.44 "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo)

8:15 pm KHQ ch.7 "Indiana Jones and the Kingdom of the

Crystal Skull" (2008, Adventure) Harrison Ford. Indy and a young adventurer must ferret out a powerful artifact and keep it out of the hands of a deadly Soviet agent. (CC)

9:00 pm VTV ch.22 "Deglassi Takes Manhattan" (2010, Drama) Miriam McDonald. Two best friends find adventure and romance while spending the summer in New York. (In Stereo) (CC) (DVS)

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

CITY ch.29 "Boiler Room" (2000, Drama) Giovanni Ribisi. Eager to win the approval of his demanding father, a young man begins working for a dubious stock firm. (CC)

10:41 pm FAM ch.26 "Opal Dream" (2005, Drama) Vince Colosimo. An Australian girl, who is overly attached to a pair of imaginary friends, reacts

badly when her father tells her he lost them in a mine. (In Stereo)

10:53 pm SPIKE ch.44 "Army of Darkness" (1992, Fantasy) Bruce Campbell. Because of a time warp, a supermarket worker finds himself fighting in medieval England with a chainsaw and a '73 Oldsmobile. (In Stereo)

11:00 pm WTBS ch.3 "What Lies Beneath" (2000, Suspense)

Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door.

KNOW ch.5 "Good Rockin' Tonight: The Legacy of Sun Records" (2001, Documentary) A history of the music label shows it launching the careers of many rock icons, including Elvis Presley, Carl Perkins, Johnny Cash, and Jerry Lee Lewis. (CC)

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

News Leader

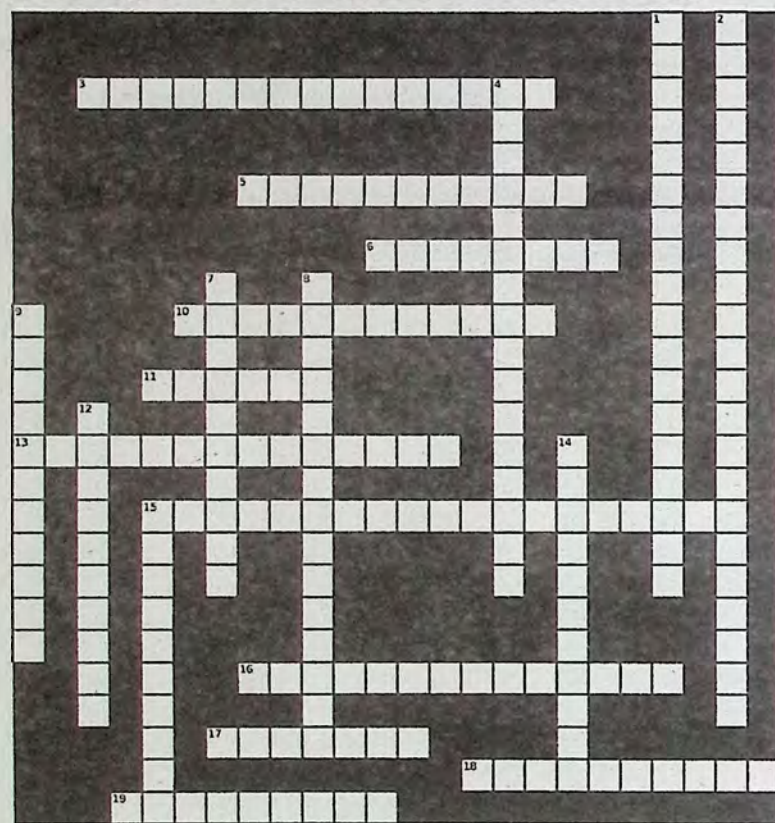
Date	Time	Away	Home
Sun Sep 4	1:00 PM	Squamish @	Princeton
Wed Sep 7	7:00 PM	Osoyoos @	Princeton
Fri Sep 9	7:35 PM	Princeton @	Osoyoos
Sat Sep 10	7:00 PM	Penticton @	Princeton
Wed Sep 14	7:00 PM	Princeton @	Penticton

Regular Season

Fri Sep 16	7:00 PM	Spokane @	Princeton
Sat Sep 17	7:00 PM	Princeton @	Penticton
Fri Sep 23	7:35 PM	Princeton @	Osoyoos
Sat Sep 24	7:00 PM	Princeton @	Summerland
Fri Sep 30	7:00 PM	Penticton @	Princeton
Sat Oct 1	7:00 PM	Summerland @	Princeton
Fri Oct 7	7:00 PM	Kelowna @	Princeton
Sat Oct 8	7:00 PM	Princeton @	Summerland
Fri Oct 14	7:00 PM	Princeton @	Kelowna
Sat Oct 15	7:00 PM	N Okanagan @	Princeton
Fri Oct 21	7:35 PM	Princeton @	Osoyoos
Fri Oct 28	7:00 PM	Osoyoos @	Princeton
Sat Oct 29	7:00 PM	Summerland @	Princeton
Sun Oct 30	7:00 PM	Princeton @	Kelowna
Fri Nov 4	7:00 PM	Nelson @	Princeton
Sat Nov 5	7:00 PM	Princeton @	Revelstoke
Sun Nov 6	2:00 PM	Princeton @	Chase
Fri Nov 11	7:00 PM	Castlegar @	Princeton
Sat Nov 12	7:00 PM	Beaver Valley @	Princeton
Wed Nov 16	7:00 PM	Kelowna @	Princeton
Fri Nov 18	7:00 PM	Osoyoos @	Princeton
Sat Nov 19	7:00 PM	Princeton @	Kamloops
Fri Nov 25	7:00 PM	Princeton @	Penticton
Sat Nov 26	7:00 PM	Princeton @	Kelowna
Tue Nov 29	7:00 PM	Summerland @	Princeton
Fri Dec 2	7:30 PM	Princeton @	Castlegar
Sat Dec 3	7:00 PM	Princeton @	Spokane
Sun Dec 4	2:00 PM	Princeton @	Grand Forks
Fri Dec 9	7:00 PM	Grand Forks @	Princeton
Sat Dec 10	2:00 PM	Revelstoke @	Princeton
Wed Dec 14	1:00 PM	Summerland @	Princeton
Fri Dec 16	7:00 PM	Kamloops @	Princeton
Sat Dec 17	7:00 PM	Penticton @	Princeton
Sun Dec 18	2:00 PM	Kelowna @	Princeton
Sun Jan 1	2:00 PM	Osoyoos @	Princeton
Fri Jan 6	7:00 PM	Princeton @	Nelson
Sat Jan 7	7:30 PM	Princeton @	Beaver Valley
Wed Jan 11	7:00 PM	Penticton @	Princeton
Fri Jan 13	7:00 PM	Princeton @	Kelowna
Wed Jan 18	7:35 PM	Princeton @	Osoyoos
Fri Jan 20	7:00 PM	Sicamous @	Princeton
Sat Jan 21	7:00 PM	Osoyoos @	Princeton
Fri Jan 27	7:00 PM	Princeton @	Sicamous
Sat Jan 28	7:00 PM	Princeton @	Penticton
Wed Feb 1	7:00 PM	Princeton @	Penticton
Fri Feb 3	7:00 PM	Princeton @	Summerland
Sat Feb 4	7:00 PM	Chase @	Princeton
Fri Feb 10	7:00 PM	Princeton @	N Okanagan
Sat Feb 11	7:35 PM	Princeton @	Osoyoos
Tue Feb 14	7:00 PM	Kelowna @	Princeton
Fri Feb 17	7:00 PM	Penticton @	Princeton

News Leader Puzzler

Use the August 23rd News Leader to find Answers Below...



- Across**
- Name the organizers of the Fall Fair Pancake Breakfast.
 - He co-founded the Traditional Music Festival.
 - They celebrated their 50th Anniversary last week. Lynne & Ralph _____.
 - She co-founded the Traditional Music Festival.
 - Name the Consul General for Japan (Vancouver).
 - She was one of the feature performers at Arts in the Park.
 - This band played during the August 19th street dance.
 - Name the singing MP from BC Southern Interior.
 - Name a language MP Alex Atamanenko can speak.
 - Name the hockey tournament you could win tickets to from the News Leader?
 - Name the RDOS Pest Control Assistant who lives in Cawston.

- Down**
- Crushed ore travels by conveyor to this.
 - They performed August 18th during Arts in the Park.
 - They sang songs at Arts in the Park in Manning Park.
 - He's the CEO & President of Mitsubishi Minerals Corp.
 - The name to search on YouTube for News Leader videos.
 - Now you see him, now you don't. He's a magician!
 - Name the CEO of Copper Mountain Mining Corporation.
 - He's the Minister of Energy and Mines for BC.
 - The _____ and _____ Parades are for children at Fall Fair.



Editorial Page News Leader

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

My Turn...

Until Debt Do Us Part

After spending a large part of my life in debt I learned some valuable lessons. Probably the most important of which was the loss of freedom one experiences when bill collectors are chasing after you.

It's as if you have a giant target painted on your back that won't rub off.

Now that I am living virtually debt-free with only a mortgage to pay off, I see things very differently.

While most of the debts I had were self-inflicted, I viewed interest and overdue payments as part of the punishment for bad judgment decisions I had made on my own.

However, when someone else imposes the debt you are paying off, it just doesn't seem fair.

For example, the Aquatic Pool Proposal.

Sure, we all get a chance to vote in a few weeks on whether or not we really want to be saddled with part of a \$6-million debt for the next twenty years, but that's not what I would consider self-inflicted.

Sure, we get to have some input on the design, although a 'preferred' design has been picked out and used as the subliminal model we are basing a future of debt on.

Ask the average person what a lazy river feature is, and chances are they have no clue what it is, which could mean they lack the interest in checking it out.

How anxious are you to try brain surgery if you don't fully understand it nor have the time or money to invest in learning how to do it?

At least when I racked up personal debt on my credit card I knew before I swiped my card exactly what I was getting and whether or not it was big enough, the right colour and had all the do-dads attached that I wanted.

I also didn't spend the following twenty years paying for it.

I used to think carrying a debt load was good for me. It built character, defined responsibilities and forced me to budget wisely.

Now I see debt very differently and wish to stay as far away from it as I can possibly be.

Especially when the debt is being forced on me and I am expected to share the load with others who feel as I do and many who don't.

I'd much rather not have that target on my back again.

Total Expenditures	\$706,200	\$ 730,250	\$ 755,250
REVENUE			
General Admission	140,000	142,800	145,656
Programs/lessons/events	35,000	35,700	36,414
Merchandise/concession	5,000	5,000	5,200
Rentals	13,000	13,000	13,500
Total revenue	\$193,000	\$196,500	\$200,770
Net cost	513,200	533,750	554,480
Recovery (approx)	27%	27%	26%

The 'bottom line' of the three-year anticipated operating budget submitted to the RDOS by the Princeton & District Aquatic Pool Committee. This information was provided to the News Leader by the RDOS.

...Your Turn

Jumping Into The Pool Issue

To The Editor,

According to the official Town of Princeton website the proposed aquatic centre is projected to run at an operating deficit of \$597,000 per annum.

To service this operating deficit and the loan required to fund the actual construction of the aquatic centre it is proposed that a Parcel Tax, estimates for which vary significantly but which have been put as high as \$361.00 per property per annum, will have to be levied against all eligible properties in Princeton and some 3,344 eligible properties in Area "H".

Recently a petition presented to the RDOS in which over 900 of the residents of Area "H" indicated their opposition to the proposed \$361.00 per property Parcel Tax by asking the RDOS to allow the referendum votes from Area "H"

to be counted separately from those of Princeton itself. This request was approved by the RDOS.

In just over a week a large majority of the property owners in Area H will be closing their properties for the season before heading home for the winter - property owners that businesses in Princeton rely on for a significant portion of their annual income. Area H summer residents buy their groceries and produce here, their gasoline and perhaps their summer clothes. They have their vehicles serviced and repaired here - they buy their newspapers here too.

"Have we deliberately waited until after the summer residents have gone to hold a referendum they don't want"? Some might feel that it's too much of a coincidence

to be otherwise.

Mayor McLean has removed himself from a "front and centre hands on" role in this whole issue by indicating that he would rely on the decisions of the "independent committee of experts". To my mind that amounts to nothing more than an abdication of responsibility on the Mayor's part.

As the Major he has the obligation to be "front and centre" and he has the obligation to lead from the front.

An aquatic centre is a great idea - it's a nice thing to have - if it is affordable. Proposing a fiscal annual operating deficit of \$597,000 in today's economy for a town the size of Princeton and then pursuing a convoluted and time consuming referendum to approve it when a significant number have already indicated their disapproval makes no sense.

In an era of increasing fiscal responsibility Mayor McLean must now take the leadership role - he must step in, apply impartial common sense to this whole matter and put a stop to a costly and largely unwanted referendum before the residents of this area are saddled with an overwhelming debt for generations to come.

- Brian FitzGerald, Missezula Lake

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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.



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Current Comment

A Male Tradition: Dancing



Dawn Johnson
editor@thenewsleader.ca

During Princeton's Traditional Music Festival, I had the pleasure of watching the Morris dancers, and enjoyed talking to one member of the Vancouver Morris Men. He gave me a brochure about the tradition of this dance for men.

These days, we tend to see dancing as something women want to do, and most men hesitate to do. I notice younger men, especially, who are reluctant to dance. I don't know what started this trend, but it certainly contradicts the long tradition of dancing. Most of the men of my generation were proud of their dancing skills. We learned many different kinds of dance in school, as part of our physical education classes. Dancing is good exercise!

Dancing is a physical as well as social skill, but traditionally, the dance belongs to men. The Morris dancers go far back in the history of Europe, when men acted out hunting and combat as a dance. A wide variety of costumes and dance routines were developed in keeping with local traditions, but the dance itself was known eight hundred years ago and was a regular part of folk music.

All over the world, men have led

the art of dancing. Perhaps dancing, like drumming and singing, is somehow engraved in our DNA. Certainly, all people seem to react to the beat of music and begin to move with it.

In Greece, there are a number of dances in which only men participate. They join in a circle, their arms extended over the shoulders of the nearest men. The music begins, they take a couple of short steps, then the circle begins to move, and they sing their folk songs as they dance.

In Spain, and in all former Spanish colonies, the men will dance to guitar music, clicking their heels to form the rhythm, and will often sing or shout out a few words. They take great pride in their ability to do the dance, but they have a lot of fun dancing.

Cossack dancing was part of the folk tradition of Poland, Russia, the Ukraine and the Slavic nations of Central Europe. This dance is strictly for men, particularly young men. You may have seen this dance on television. The men squat, and kick out one leg and then the other in time with the music. This dance is very challenging and energetic, and quite amazing to watch. I have had the pleasure of seeing it live, and wondered how those men had the strength to do the dance.

Many folk dances in Russia, China and Japan call for male dancers to take turns making huge leaps as part of the dance. These are not the round dances or set dances with which we are familiar. Often, they are performed in a line as part of a story about some kind of warlike conflict. The dancers take turns during the dance to be the hero who takes the leap. In China, Japan and other nations of southeast Asia, men

will perform these leaps with swords in their hands, sometimes two coming from opposite directions and pretending to try to slay each other.

Among the many tribes of Africa, traditional dances would often be about hunting and war, and involve a lot of great leaps and aggressive actions, always to the beat of drums. The Polynesian men, such as the Maoris of New Zealand and the Hawaiians, have always danced to show their masculine skill. One dance in Hawaii involves the dancer stepping between two horizontal poles which are being clapped together to the beat of the drums. If the dancer missteps, he could have his ankles broken!

Most of us have seen young ladies dancing the Scottish Highland sword dance. What is seldom explained is this: it was a victory dance for men, and the swords were real, and very sharp. The sword dance was done after a battle and if the dancer was not agile, the blade that killed the enemy might slice his foot. Those Scots had to be confident of their dancing skills.

In North America, the native people have many dances that are exclusive to men. These are the dances that re-enact hunting, for the most part, but there are dances to honour a fallen comrade, and there are dances to prepare for war. The women do not participate in these dances. The dancers take years to learn the steps to these dances, just as the drummers and singers take years to learn the songs. The regalia for some of these dancers is quite elaborate, and each dancer is expected to make his own outfit, whether it is a turkey feather bustle, a wolf pelt headdress, or a grass skirt.

Masculine dancing is not a rare thing in history. In fact, it is the rule rather than the exception. Today, few young men are involved in dancing of any sort, and the Morris dancer I spoke with told me there are few young men today interested in learning the dances. What a shame!

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AND NOW...A LITTLE GOOD NEWS!

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Ecclesiastes 1:18

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One community project the School District participates in is a reading program where a community leader, such as Posse Head Coach 'Duner' Hladun, above, is invited into classrooms to read to students. *

Survive 'back to school' stresses

..... continued from Page 8
 buy some items until after school starts.

Let them check out what their peers are wearing the first week of school, and then take them shopping.

9) **Go over new arrangements and routines at least a couple of days before school starts.**

Talk about carpool or transportation plans, what will happen before and after school, and any new providers. Some children may need to hear

about these arrangements several times to feel comfortable.

10) **Find ways to include your preschooler.**

You may need to explain to preschoolers that their older brothers or sisters won't be home all day any more, but that your family will still be able to do many things together after school and on weekends.

A multi-year philanthropic commitment to programs that reduce

stigma, provide early intervention and increase public awareness about children's mental health issues, the RBC Children's Mental Health Project also provides a number of trusted sources and resources available for parents online at www.rbc.com/childrensmentalhealth.

These tips were drafted with the assistance of Ceridian Canada, RBC's employee assistance provider. - www.newscanada.com

PXA looks at future projects

Princeton Exhibition Association (PXA) met Tuesday, August 16, to discuss progress to date and major items for consideration for the

future.

Projects completed to date include repairs to the ag building roof, clean-up of the barns area and repairs to the barns, construction of a Fall Fair office in Building #1.

There are repairs to be made to leaking water lines, and painting to be done in buildings used by the Fall Fair. Fall Fair members have been holding work parties to get the work done before the horse races and fair.

There was a lot of discussion about the future of the fairgrounds complex. Princeton Exhibition Association is the management board for the fairgrounds and rents the facilities as well as maintaining the facilities, making needed repairs and improvements. This year, the PXA Board has lost two valuable members, Peter Ruoss and Stan Thompson, who worked tirelessly for 31 years on maintenance and major improvements to the grounds.

The once-vibrant ranks of volun-

teers managing the community facility and doing the required work have dwindled to just a few dedicated people, with half of the Board over age 65. Few younger people have shown any real interest in volunteering to serve on the PXA Board.

In addition to discussing the manpower future of the Board, members of the Board discussed projects that should be done in the near future, and the funding required to complete these projects. Operating expenses are as high as income from month to month, despite efforts of the PXA Board to continue increasing revenue.

The PXA Board raised a lot of issues, but did not come to any resolution. A special meeting to outline a plan of action for the future will be held at the fairgrounds office on September 8.

All Board members and user group representatives are expected to attend.

Princeton Child-Care Services Society presents:
FREE Summer Fun!!

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 9:00 AM - 12 Noon @ J.A.E.

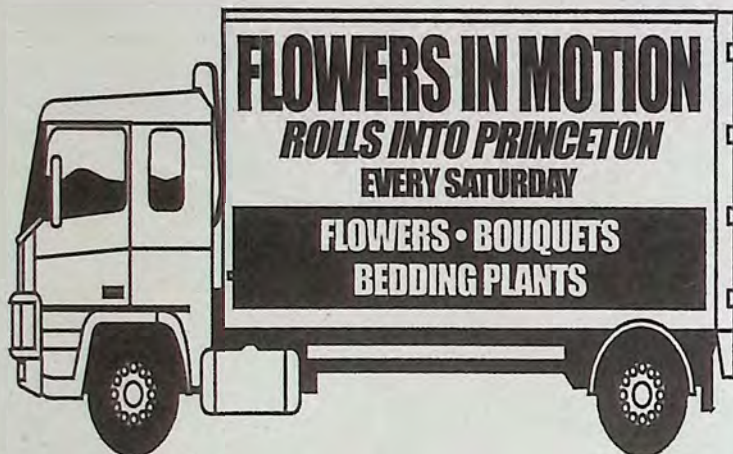
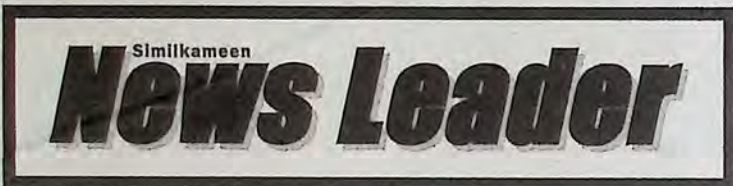
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 (starts July 21st)
 Will meet @ Living Water Foursquare Church

For more information and to register please contact:
 Princeton Child-Care @ 250-295-3126



Saint Paul's United Church welcomes a new Minister - Rev. Nick Judson who joins the church September 11th. St. Paul's extends an open invitation to meet their new Minister on Sunday, September 18 at 9:30 AM with a Coffee/Brunch following the service. - photo submitted



Princeton Centennial Pool

A BIG Thank You from the Staff of Princeton Centennial Pool to the businesses that supported our Special Theme Event Nights this season:

The Loonie Bin, Husky, The Source, Round the Corner Cafe, Cooper's Foods, CJM Plumbing and Princeton Farm, Garden & Pet Supply.

SEPTEMBER LONG WEEKEND HOURS:
 Public Swims: 2:00-4:00 PM Daily
 Evenings: Friday 7:00-8:30 PM, Saturday & Sunday 6:00-7:30 PM
 Adult Hours: Friday 1:00-2:00 PM, Saturday & Sunday 4:00-5:00 PM
 Labour Day Last Day: Adults 12:00-2:00 PM, Public Swim 2:00-4:00 PM

Thank you to all our Patrons...without you it would have been just another Summer. The best of health and see you in the Spring of 2012.

Princeton Centennial Pool Staff
FOR INFORMATION CALL: 250.295.6535

Highway 3, Memorial Park



REGIONAL DISTRICT OF OKANAGAN-SIMILKAMEEN



**NOTICE OF OTHER VOTING
 PRINCETON AND DISTRICT AQUATIC CENTRE SERVICE
 for ELECTORAL AREA 'H' (PRINCETON RURAL) and TOWN OF PRINCETON**

PUBLIC NOTICE is given to the electors within the Proposed Princeton and District Aquatic Centre Service Area comprising Electoral Area 'H' (Princeton Rural) and the Town of Princeton, that a vote will be held on the following question:

The purpose of Bylaw No. 2564, 2011 is to establish a service for the purpose of providing an aquatic centre in the Town of Princeton including without limitation the acquisition of all necessary interests in property and the construction and maintenance, with a maximum annual requisition by way of parcel tax of \$1,206,491.

The purpose of Bylaw No. 2565, 2011 is to authorize the Regional District to borrow a sum not to exceed \$6,000,000 (six million dollars) for the purpose of providing an aquatic centre in the Town of Princeton under the Princeton Aquatic Centre Service, including without limitation the acquisition of all necessary or desirable interests in property and the construction of the aquatic centre facilities.

Are you in favour of the Regional District of Okanagan-Similkameen enacting Bylaw No. 2564, 2011 and Bylaw No. 2565, 2011?

General Voting will be held on:

Saturday, September 24, 2011

8:00 AM to 8:00 PM

Riverside Centre, 148 Old Hedley Road, Princeton, BC
 Tulameen Fire Hall, 131 - 1st Street, Tulameen, BC

Advance Voting opportunities will be held on:

Wednesday, September 14, 2011

8:00 AM to 8:00 PM

Riverside Centre, 148 Old Hedley Road, Princeton, BC

Elector Registration

There is no need to pre-register to vote as the registration of all electors for voting will take place at the time of voting. You will be required to make a declaration that you meet the following requirements:

- 18 years of age or older
- Canadian citizen
- resident of BC for at least 6 months immediately preceding voting day (Thursday, March 24, 2011)
- resident of OR registered owner of real property in the Electoral Area 'H' (Princeton Rural) and Town of Princeton service area for at least 30 days immediately preceding voting day (Thursday, August 25, 2011)
- not otherwise disqualified by law from voting.

Non-Resident Elector Registration

Non-Resident Electors meeting the requirements above, may register in advance or at the voting place. However, if you choose to register at the time you vote, you must produce proof that you are the registered owner of the property and that you have consent, in writing, from the majority of all owners to vote as the non-resident elector for the property.

Check with the Regional District for more detailed explanation of registration procedures.

Mail-In Ballot

Electoral Area "H" (Princeton Rural) voters in the Regional District of Okanagan-Similkameen are eligible to vote using a mail in ballot if they:

- a) Have a physical disability, illness or injury that affects their ability to vote at another voting opportunity
- b) If voters expect to be absent from the Regional District on voting day and at the times of all advance voting opportunities
- c) Voters who reside in East Gate Manning Park of Electoral Area 'H' are eligible to use mail in ballot, with out meeting the above two requirements, as it is remote from the voting places.

Before 4:00 PM September 22, 2011 eligible electors must submit the following information to the Regional District office by mail, telephone, fax or email (info@rdos.bc.ca):

- a) Full name
- b) Residential address
- c) Address of the property in relation to which they are voting (for non-resident electors),
- d) Method of delivery of the mail ballot package:
 - a. Pick up at Regional District office, OR
 - b. Regular lettermail through Canada Post to residential address, OR
 - c. Regular lettermail through Canada Post to an alternate address provided when requesting the ballot package
- e) Electors must indicate whether they will be voting as a resident or non-resident property elector.
- f) Applicants must provide a photocopy of two pieces of identification that together prove who you are and where you live. One of them must have your signature on it (i.e., Driver's License).

On September 7, 2011 until 4:00 PM, September 22, 2011, mail ballot packages will be sent to electors who have submitted a request with the required information as noted above.

**Mail in packages must be received by the
 Chief Election Officer by the close of the polling station(s) September 24, 2011 — 8:00 PM**

Identification

All electors will be required to produce two pieces of identification that **TOGETHER** prove who they are and where they live. One of the pieces of identification **MUST** have a signature on it.

**SYNOPSIS OF PROPOSED BYLAWS
 PRINCETON AND DISTRICT AQUATIC CENTRE SERVICE
 for ELECTORAL AREA 'H' (PRINCETON RURAL) and TOWN OF PRINCETON**

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The purpose of Bylaw No. 2565, 2011 is to authorize the Regional District to borrow a sum not to exceed \$6,000,000 (six million dollars) for the purpose of providing an aquatic centre in the Town of Princeton under the Princeton Aquatic Centre Service, including without limitation the acquisition of all necessary or desirable interests in property and the construction of the aquatic centre facilities.

The estimated annual debt payment on \$6,000,000.00 over 20 years is \$456,500.

The annual parcel tax per Residential or Business property will not exceed \$361.

The maximum tax rate is set by bylaw and is subject to elector assent.

TAKE NOTICE that the above is a synopsis of the proposed bylaws and that this synopsis is not intended to be and is not to be understood as an interpretation of the bylaws. The full bylaws may be inspected at the Regional District office, 101 Martin Street, Penticton, BC or the Town of Princeton, 169 Bridge Street, Princeton, BC during regular office hours, 8:30 AM to 4:30 PM, Monday to Friday. Additionally the bylaws are available on the Regional District website at www.rdos.bc.ca click on News & Events > Other Voting.

For further information on the bylaws or the voting process, please call either at (250)492-0237:

Cathy Cowan, Chief Election Officer

Diane Vaykovich, Deputy Chief Election Officer

Chief Election Officer

Brenda Crawford



brenda@bcland.net
(250) 295-8182

Susan Collins



susan_collins@nethop.net
(250) 295-5359

April Earle



april@bcland.net
(250) 295-5346

Sandra Simpson



sandra@bcland.net
(250) 499-9414

Happy Labour Day Weekend!



From all of us at Realty Executives.

The difference between "FOR SALE" and "SOLD" is just a phone call away!

#2-263 Highway 3



NEW PRICE!

There aren't many mobile homes like this one in our area - just 4 years old and shows like new! An open lay out with plenty of large windows makes this one bright and feeling spacious - the skylight in the bathroom is another note of quality throughout. You will appreciate the coziness of this home with warm colours and finishing touches. MLS © 110726 \$105,500

518 Dagur Way



NEW PRICE!

This beautiful Cape Cod home is incredibly bright and spacious with many fine features - hardwood floors, fine finishing, updated counter tops and flooring in two of the bathrooms, and owners that take pride at keeping a warm and cozy home throughout. Only four minutes to town, you can still enjoy the peace of rural life. MLS © 111330 \$475,000

3785 Princeton/S'land Rd



NEW PRICE!

Welcome to the country! 12.55 rolling acres are the perfect size for a small hobby farm, some fencing is in place. Land is all useable and has sparkling Hayes Creek running through it. Very private, drilled well gets 5 GPM so lots of water for irrigating or gardens. The home needs some work, but the basics are there. MLS © 109740 \$299,000

909 Ellis Avenue



NEW PRICE!

Over 1,000 square feet of pure 'Home!' Nothing left to do but enjoy fishing, hunting and hiking the Okanagan and Similkameen valleys. Sitting quietly on a corner lot in the village of Hedley, this home boasts updates and detailed finishing that is evident from the foundation to the crown moldings. MLS © 111174 \$208,500

179 Link Lake Road



Don't Miss This One!!! Run, don't walk you will want to be here first or it will be too late! Turn Key recreation property within 1 minute of both Link and Osprey Lakes and the KVR! Totally private 1.24 acres with paths for strolling through the trees by 2 streams, and several sitting areas for enjoying the great outdoors. MLS © 132943 \$369,000

Lot 13 Jacobsen Road



NEW PRICE!

Finally what you have dreamed about is available, a 1 acre lot in town limits! Nicely treed for privacy and beautiful mountain and town views make this a great location. South facing affords you the enjoyable and welcoming sun year round. Easy, flat site to build your dream home, while still giving you the yard to play. MLS © 111180 \$179,900

REALTY EXECUTIVES PRINCETON
Gateway to the Okanagan

#8-136 Tapton Avenue (Princeton Plaza)
Office: (250) 295-1811 Fax: (250) 295-1851 www.bcland.net
EACH OFFICE INDEPENDENTLY OWNED AND OPERATED



PRINCETON