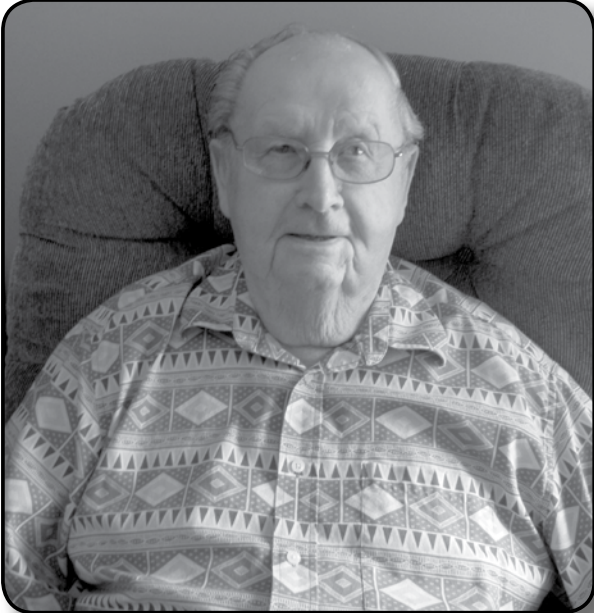




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Senior of the Week



Our senior of the week is Irv Armstrong (90) who was born in Exeter and has 3 sons, 5 grandchildren and 4 great-grandchildren.

At the urging of the Mayor, Irv was the Chairperson for the Committee for the planning of Exeter Villa which opened in 1986.

If you would like to nominate someone for Senior of the Week, Contact us at 519-282-9595 (Phone) or 519-284-0042 (Fax), or info@exeterexaminer.com.

Business Of The Week

Premium Transportation



Our Business of the Week is Premium Transportation, your local international freight carrier, located at 39978 Crediton Road, Centralia and owned by founder Mike Hogan. Coming up in the trucking industry working in London, Exeter and Oakville, Hogan got experience in all facets of the business, from trucking to dispatching. He said these experiences definitely helped him when he decided to start his own business in 1997.

Over the past 18 years, Premium Transportation has grown from a one-man operation housed in a single office, to a company employing 28



drivers as well as an office staff based in the company's new 10,000 sq. ft. warehouse and office building two miles south of Exeter. Hogan's oldest son Kevin is also general manager of the family-owned business.

"Almost all of our trailers are temperature-controlled,

safely at temperatures as low -20 F. In the winter, fresh produce can be kept at temperatures as high as 80 F, Hogan said.

Premium Transportation handles both Full-Trailer-Load (FTL) and Less-than-truckload (LTL) freight, as well as offering dry storage at their warehouse and cross-docking services.

but have the capability of hauling dry freight as well," said Hogan, adding that Premium Transportation hauls freight from B.C. to Quebec in Canada, as well as through all 48 contiguous U.S. States.

In the summer, they can move frozen food products in their trailers

"We may not be the cheapest, but we're the best value around," Hogan said.

To reach Premium Transportation, call 519-228-7779 or toll-free at 888-875-0030. The office is open from 8:00 am – 5:00 pm Monday to Friday.

The Ex Files

- The Loonie closed on Wednesday at a level not seen in nearly 11 years. The dollar dropped more than a half-cent to end the day at 76.70 cents US which is its lowest close since September 2004, it was driven down, in part, by another drop in the price of oil.

- Melanie McCann of Mount Carmel recently participated in Toronto's Pan-Am Games from July 10-26. McCann represented Canada in the Modern Pentathlon participating in 5 different events on July 18. Her best event of the games was a 2nd place in the Riding Show Jumping category. She also had a 5th, 6th, 8th and 11th place finishes in her remaining events which combined for an overall finish of 5th place. Congratulations Melanie!

- The beautiful sunset in Grand Bend is once again receiving praise, this time number 1 in all of Canada. The website Notable.ca has ranked the top 17 best sunsets in Canada, and Grand Bend tops the list. The Grand Bend sunset was also once ranked on the top 10 sunsets in the world by National Geographic.

- The Kirkton Woodham Optimist Club will be sponsoring free swimming on Saturdays and Sundays for the entire month of August at the Kirkton Woodham Pool. The free swims will run from 2:00 pm to 8:00 pm.

* Sudoku *

Medium difficulty rating

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

Solutions on page 19

* Sudoku *

Hard difficulty rating

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

Solutions on page 19