



Fun and games describe the Rock 'n' Roll Night at Centennial Pool on July 18th. More photos on Page 12. *

Work continues for Fall Fair

Fall Fair members are busy preparing for the fair on September 8 and 9. The prize list should be available the first week of August. Ruby Bey is selling advertising space to help pay for the booklet. Other fair members are reviewing their supplies of ribbons, and renovating display areas. Silver Cloud Peruvians made a presentation to members at the July 17 meeting and received a big round of applause. They are prepared to contribute demonstrations and public information about their remarkable horses, famed world-

wide for the smoothness of their ride. Members were delighted to accept the offer. Look for their show at the fair this year. The question of a stage for entertainment at the fair has not been resolved. Town Council representative Jim Manion suggested buying a mobile unit equipped with wiring for sound and light. Members thought this was out of the Fall Fair price range, but Councillor Manion said he would try to find out whether some other local groups would be interested in continued on Page 8

Petrobank continues local project

Petrobank Energy and Resources Ltd. is planning to drill two wells in the Princeton area and will increase dialogue with the community about its plans for these coalbed gas (CBG) evaluation wells. This continuing work

is part of a thorough study of the local CBG basin that began with a test well 4.5-kilometres south-east of Princeton in 2005. "We learned a lot about the composition of this basin with our last well," says Gregg Smith,

Vice President Canada, Petrobank. "We are about to start the next leg of our journey and we want to be sure that the community clearly understands our plans." Petrobank will soon be contact-

ing affected landowners about the company's plans. Once done, the company will release its plans in greater detail with a local open house and will continue to provide the Princeton media with news releases and interviews along with publishing information advertisements. In April Petrobank visited Princeton officials to provide an update and answer questions from Town Council.

record," says Smith. "In our entire history in Princeton, whenever we said we'd do something, we did it and did it well." Over the past 18 months, Petrobank has purchased advertising in the local newspapers sharing information about the company's activity in the area and CBG drilling in general. The company maintains a dedicated toll-free line (1-866-764-4571) for Princeton residents to ask questions about CBG and the company's role in the community. The company also posts information about the project on its website.

BC continues to age

New census data on age and sex released last week reveals that British Columbia continues the aging trend. Between 2001 and 2006, the number of seniors aged 65 and over increased by 12.5% while that of children under 15 decreased by 3.7% in BC. Similar trends were observed across the nation.

BC was the fifth oldest province in Canada in 2006 - 14.6% of its population, or roughly one in seven, was 65 or older, compared with 13.7% for Canada as a whole. People under the age of 15 made up only 16.5% of the population. The national average was 17.7%. Saskatchewan was the oldest province in the nation, with 15.4% of its residents aged 65 and older. Manitoba, on the other hand, was the youngest, with 19.6% of its population under the age of 15.

The complete breakdown for Princeton shows 100 residents between the ages of 0-4 years; 135 (5-9 years); 145 (10-14 years); 140 (15-19 years); 100 (20-24 years); 70 (25-29 years); 100 (30-34 years); 120 (35-39 years); 175 (40-44 years); 205 (45-49 years); 200 (50-54 years); 260 (55-59 years); 220 (60-64 years); 210 (65-69 years); 170 (70-74 years); 150 (75-79 years); 105 (80-84 years) and 70 (85 years and over).

"It is our goal to share all the facts about our work in Princeton and we want to do that in a very public fashion," says Smith. "Our experience in Princeton has been very positive and this is in part because of our open communication with the community."

Further information about CBG can be found through the Canadian Society for Unconventional Gas at www.csug.ca. Petrobank operates under the British Columbia Coalbed Gas Code of Practice which can be found on the Ministry of Environment website through www.gov.bc.ca.

The new data also shows that the median age of BC's population surpassed the 40-year mark in 2006, which means that over half of British Columbians are now older than 40.

In local terms, Princeton's population increased 2.6% from 2,610 in 2001 to 2,677 in 2006. That breaks down to 1,305 men and 1,370 women in 1,366 total private dwellings, 1,290 of which are occupied by usual residents.

This puts Princeton's population

"We're proud of our local track

More information about Petrobank and its operations can be found at www.petrobank.com.

CARTER'S Sudoku Challenge
PAGE 16 - IN YOUR TV GUIDE SECTION

Similkameen **News Leader** Page 4
Keremeos receives \$272,000 Grant Page 9
THIS WEEK REGULAR FEATURES
Page 22 - Editorial / Page 23 - Current Comment

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website: www.thenewsleader.ca - visited by 957* people daily in June 2007 * average figure according to AWStats

BC 4-H hosts agri-career adventure

From May 4 to 8 youth from around the province, including 16-year old Miranda Newman of Princeton, met to learn about agriculture careers at Agri-Career Adventure 2007. Thirty-five participants from 16 to 22 years of age joined the charter bus tour in Abbotsford and explored agriculture opportunities throughout the Fraser Valley and Thompson-Okanagan regions.

Tour stops showcased the diversity of agriculture in BC and ranged across all areas of the industry, including production, processing, niche marketing, research, equipment and the public sector. One participant, Kamela Cosacchi discovered, "There's more to agriculture than just farming."

In addition to seeing BC agriculture and career options, participants enhanced career-planning skills. Sessions included effective self-marketing through resumes and presentation, and expectations for job interviews. The last day of the tour allowed participants to meet one-on-one with agriculture professionals to learn about their stories as well as practice professional networking skills.

Marina Out, a program participant, said, "The experience was fantastic. Networking with the professionals was the best kind of research I've done for my career."

In its first year. The program had a successful beginning. Participant Kristi Dryden concluded that, "Agri-Career Adventure 2007 gave me an opportunity to explore careers in agriculture. I was able to meet new friends and learn about my career path all in four days."

Thank you to all of the tour hosts, guest speakers, and professionals for taking the time to share their passion of agriculture and inspire youth towards a future in agriculture. We would also like to thank our generous sponsors for their support: BC Ministry of Agriculture and Lands, BC 4-H Provincial Council, BC 4-H Foundation, Canadian 4-H Council, Women in Agriculture – Agri-Food Futures Fund and Westgen.


- submitted

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The Bar Street and Waterfront Avenue neighbourhood continues to grow with the addition of new homes constructed by Grgich Contracting. The five home subdivision contains two finished homes and two more under construction. Century 21 Princeton Realty has the listings. *

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Keeping West Nile at bay

by Jill Rhynard, BScN, MPH,
Coordinator of Health Promotion
Population Health, Interior
Health

West Nile virus is NOT yet in BC, but we shouldn't ignore the fact that it does exist.

Mosquitoes become infected with the West Nile virus when they feed on infected birds. Infected mosquitoes can then transmit the virus to humans and animals while biting to take blood. The virus is not spread from person to person or from animal to human.

Most people who become infected experience no symptoms or have flu-like symptoms that last only a few days. In rare cases people infected with the virus get encephalitis (inflammation of the brain).

Individuals who have a chronic disease, are immuno-compromised, or are over 50 are at greatest risk of serious illness.

In our area (temperate zone) West Nile virus cases occur primarily in the late summer or early fall. In southern climates, where mosquitoes are active all year long, West Nile virus can be transmitted year round.

So what can we do to prevent West Nile infection?

Avoid mosquito bites:

- Whenever possible wear light-coloured, protective clothing such as long sleeves, long pants, hat and socks when you are outside.
- Consider staying indoors between dusk and dawn, which is peak mosquito biting time.
- Avoid activities in areas where mosquitoes are plentiful.
- Fix or install window and door screens to keep mosquitoes out of your house.
- Use an insect repellent when you go outdoors. The most effective repellents contain DEET. Be sure to read and follow directions and precautions on the label. Although not as long lasting, you may wish to use Oil of Lemon Eucalyptus as an alternative to a product containing DEET.
- Spray your clothing with a repellent as mosquitoes may bite through thin clothing.
- Ensure that mosquitoes don't breed:**
 - Eliminate any type of standing water outdoors.
 - Dispose of, turn upside down, or drill holes in tin cans, plastic containers, old flowerpots or similar water holding containers.
 - Empty or drill holes in discarded tires.

- Change the water in birdbaths twice a week.
 - Aerate ornamental pools, stock them with fish, or change water twice a week.
 - Throughout the summer clear leaves and twigs from eaves troughs, storm and roof gutters.
 - Make sure drain ditches are not clogged.
 - Fill in low depressions in your lawn.
 - Clear out dense vegetation and long grasses where mosquitoes like to breed and eliminate decaying debris.
 - Report dead crows, ravens, magpies, or jays:**
 - If there is no obvious injury to the bird, it is not lying by the road or at the bottom of a telephone pole, and it is not decaying, call 1-866-300-0520.
 - Avoid touching any dead birds with your bare hands. (Important: Interior Health is only interested in crows, ravens, magpies, and jays - they are considered 'indicator' species)
 - Support disease-tracking activities**
 - By reporting dead crows, ravens, magpies, or jays to the above toll free number, you may be assisting in the tracking of the virus.
- For more information visit our website at www.interiorhealth.ca.

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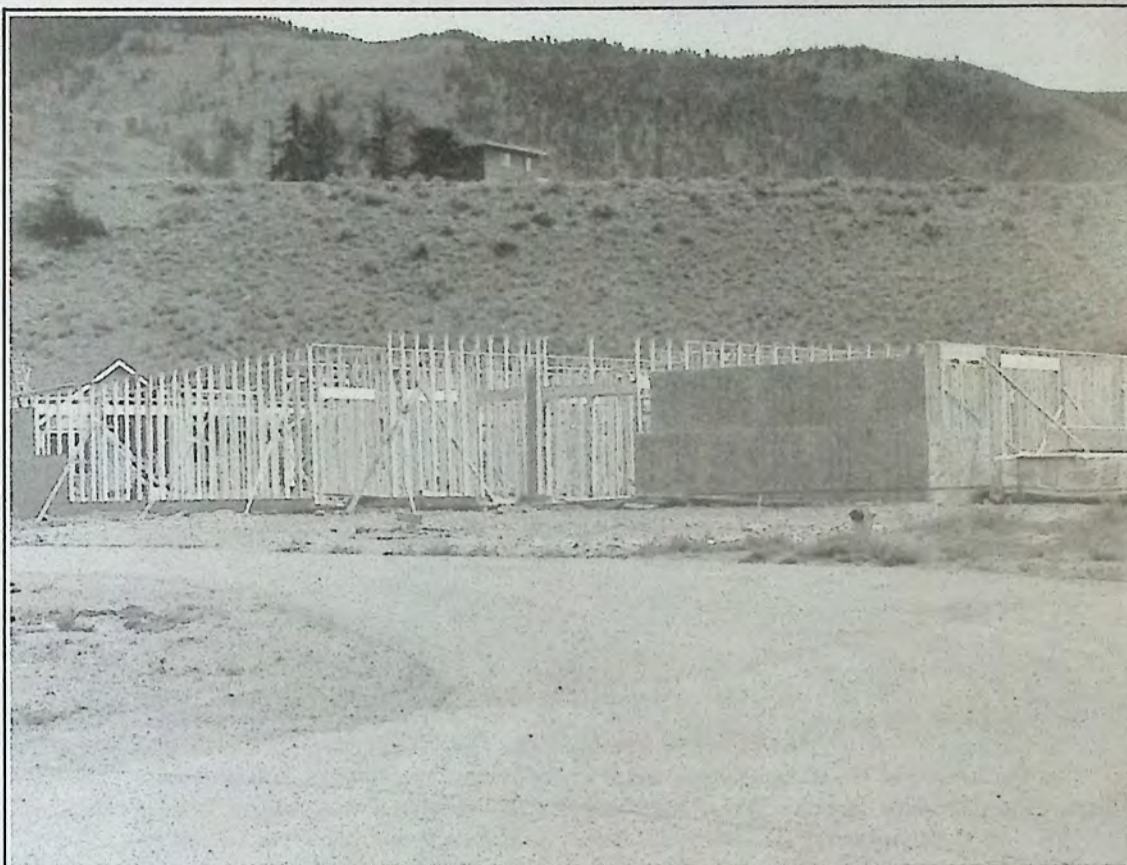


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keremeos and area news



New construction in Keremeos includes this mini storage facility located at 901-9th Street next to Mountainview Estates which also had an expansion completed recently adding more townhouses. *

Village continues to age

Last week's release of new census data on age and sex shows Keremeos contains the oldest median population in the Similkameen Valley.

The population of Keremeos has increased 7.7% from 1,197 in 2001 to 1,289 in 2006 in 654 total private dwellings, 619 of which are considered private dwellings occupied by usual residents. The population density of Keremeos was measured at 612.1 per square kilometre (compared to Princeton's

261.3) over the Village size of 2.11 square kilometres of land area.

Of the population of 1,290, 605 are men and 685 are women with the median age of Keremeos being 59.4 (59.9 - men, 58.8 - women) compared to Princeton's median age of 50.9 and British Columbia's 40.8.

The percentage of Keremeos population aged 15 and over is 88.0 (86.8% - men, 89.1% - women) compared to Princeton's 86.0% and the provincial total of

83.5%.

The complete population breakdown for Keremeos shows 40 residents between the ages of 0 and 4 years; 55 (5-9 years); 50 (10-14 years); 40 (15-19 years); 25 (20-24 years); 40 (25-29 years); 40 (30-34 years); 35 (35-39 years); 65 (40-44 years); 70 (45-49 years); 85 (50-54 years); 100 (55-59 years); 115 (60-64 years); 120 (65-69 years); 135 (70-74 years); 125 (75-79 years); 70 (80-84 years) and 75 (85 years and over).

Goldcliff appoints new director, grants stock options

Leonard W. Saleken, Chairman of Goldcliff Resource Corporation (GCN.TXS.V) announced last week the appointment of Gary Robert Moore to Goldcliff's Board of Directors effective July 16th.

Moore, with his corporate and management skills, strengthens the Company's management team. The present Directors are Leonard W. Saleken, PGeo, George W. Sanders, Edwin R. Rockel, PGeo and Paul F. Saxton, PEng.

Gary Robert Moore, B. Comm, MBA, is a graduate from the University of British Columbia in 1976 with Faculty of Commerce (B. Comm, finance and transportation) and a Masters of Business Administration (MBA) in 1982. From 1982 to 1986, Moore was in the Corporate Development group at Agra Industries Ltd., a TSE listed company based in Saskatoon.

In 1987 he became Operations

Manager for Canuck Resources Corp. and in 1989 became Vice President, Finance and CFO for Trionics Technology Ltd., a VSE listed company specializing in credit card payment technology.

In 1994, Moore co-founded AFT Trivest Management Inc., an Investment Counselling firm, as the company's President in Vancouver. In 1996, he joined Global Securities Corporation, Vancouver, as Manager, and then as the Vice President, Corporate Finance.

In 2000, Moore was appointed the Assistant Vice President, Corporate Finance, for Pacific International Securities Inc. in Vancouver. In 2004, he was appointed Vice President and Branch Manager, Pacific International Securities Inc., Calgary. In 2006, Moore became the President and a Director of HTI Ventures Corp. (HTX.H.TSX). HTI Ventures

Corp. is currently pursuing opportunities in the Canadian oil and gas exploration industry. Moore is active in community services and is an avid sportsman.

The Company also announced that as of July 16th the granting of a total 1,935,380 incentive stock options at an exercise price of \$0.25 to directors, officers, employees and consultants for a period of two to five years.

In 2007, Goldcliff Resource Corporation has active exploration projects throughout southern British Columbia.

The Panorama Ridge gold property is located four kilometres east of the historic Nickel Plate-Mascot mines that produced 2.5 million ounces of gold in the Hedley gold district and is at the gold-resource-drill-evaluation stage. The Ainsworth property is being explored for silver and molybdenum potential. The Big Sheep Creek property is a uranium discovery.

For further information contact George Sanders, President at (250) 764-8879 or toll free at 1-866-769-4802.

- submitted

keremeos.net



Technician Shannon Carver prepares a patient for her screening mammogram on the existing machine in use in Penticton. Fundraising efforts are underway to replace it with newer technology. Photo submitted

Foundation requires your support

The Imagine the Best...in Breast Cancer Detection Campaign is a \$1 million dollar fundraising campaign for a new Digital Stereotactic Mammography machine that will be located at the Penticton Regional Hospital to serve the South Okanagan and Similkameen region.

Why is it important to have Digital Stereotactic Mammography and why now?

The following excerpts were written by Zeno Cescon, R ACR, Director, Diagnostic Imaging from the Okanagan Health Service Area.

Penticton Regional Hospital's existing mammogram machine is an eight year old, technologically challenged, film-based piece of equipment.

The breast imaging clinic demands the best possible images; film based mammography has limited sensitivity for the detection of breast cancer in women with radiographically dense breast tissue. Digital mammography is more accurate as a means of breast screening and especially in women under the age of 50. Breast Cancer mortality is second only to that of lung cancer and for women ages 40 - 55, it is the leading cause of death. These are disturbing statistics.

These statistics are the driving force behind efforts to refine existing mammography technologies and develop new ones offering improved detection of cancer. Some of the more promising new breast technologies include full-field digital mammography (FFDM), computer-aided detection (CAD), full-field tomosynthesis, and new uses for breast magnetic resonance imaging (MRI) and ultrasound.

FFDM (Full Field Digital Mammography) uses traditional x-ray generators and tubes to produce an x-ray beam just like conventional film mammography. The difference is that the radiation strikes a digital plate. The x-ray signal is converted into digital information that can be stored electronically, transmitted, displayed, analyzed, and manipulated in

a number of ways. The systems allow image processing and offer ease of image storage and retrieval.

Acquisition of multiple images from many angles, typically around 11 at about plus/minus 15 degree range, with the data processed to generate tomographic slices. These images will exhibit reduced interference from overlapping structures. Studies show that these acquisitions can be performed with radiation doses similar to screening mammography, and that the images offer information improved lesion visibility not available with conventional 2D film imaging.

Breast Tomosynthesis takes a series of low dose exposures that are mathematically processed into a series of one millimeter slices that show the tissue structure in three dimensions. The spatial ambiguity goes away and it becomes possible to see where a given feature really is. Early clinical trials suggest that breast tomosynthesis could revolutionize the way we think of mammography. In laymen's terms, obtaining CT like images is now possible and the images are simply..... phenomenal.

There are many exciting new technologies being applied to the problem of breast cancer detection. Digital mammography is one such important technology. Our goal here is to improve breast cancer detection in the South Okanagan, the Okanagan, throughout Interior Health, etc. We are starting this process right here in Penticton and the South Okanagan Similkameen.

The stereotactic portion of this equipment allows for breast core biopsies to be performed right in the Diagnostic Imaging department, thereby, reducing the need for suitable candidates to have this procedure performed in the Operating Room.

We are very fortunate to have a very talented group of radiologists located in Penticton Regional Hospital, serving the entire South Okanagan

Similkameen. There is no doubt that digital mammography is a very important tool in breast cancer detection and our radiologists are very keen to play an important role in digital mammography.

With donations from the entire region more than \$712,879.00 has been raised to date. If all of the funds can be raised by December 31, 2007 it is possible that the machine may be fully operational by June 1, 2008.

To hear more about the Campaign or make a donation call (250) 492-9027. Will you be a part of the success?

- submitted by Janice Perrino

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news leader health and lifestyle page

Enjoy barbeque season safely

Summer weather is perfect for backyard barbequing, but there is nothing fun about getting sick from an undercooked hamburger. Food-borne illness is more common during the summer months and Interior Health would like to remind people how important it is to fully cook their burgers to avoid illness.

The Canadian Food Inspection Agency issued a warning earlier this month notifying the public of possible contaminated beef products on the shelves of some Canadian supermarkets.

"Even when there are not recalls or warnings in place, there is always the potential of a few nasty bugs in undercooked hamburger," says Ken Cooper, Health Protection Specialist with Interior Health.

"E. coli, Salmonella and Campylobacter are just some of the bacteria in raw meats that can make you very ill. Fortunately, there are things you can do to prevent these bugs from spoiling your summer meals."

Tips for a Safe Summer BBQ

- Refrigerate foods right away. Keep raw meat well wrapped and on lower refrigerator shelves so blood does not drip onto other foods.

- Thaw poultry and meat in the refrigerator, microwave, or under cold running water, and not at room temperature.

- Do not eat raw or undercooked poultry or meats.

- To make sure poultry and meats are well-cooked use a meat thermometer and measure the internal temperature of the meat by putting the thermometer into the thickest part of the meat. You must achieve the following temperatures:

- The minimum internal temperature for poultry is 74° C (165° F).

- The minimum internal temperature for other meats is 71° C (160° F).

- If you do not have a thermometer available, use the general rule of cooking meat until there is no hint of pink and the juices run clear.

- Avoid direct contact between raw meats and ready-to-eat foods. When cooking or barbequing, use separate plates and utensils for raw and cooked poultry and meat.

- Use a separate cutting board for raw meats. If a separate cutting

board is not available, cut all other ingredients first before cutting raw meats.

- Wash and sanitize items that do not go in the dishwasher such as cutting boards, utensils, counters, kitchen sinks and tap handles:

1. Wash with warm, soapy water.
2. Rinse with warm, plain water.

3. Sanitize with a mild bleach solution - one teaspoon of bleach per litre of water. Immerse items in the solution or spray solution onto surfaces and soak for at least two minutes to kill any bacteria.

Following these simple tips can help keep you and your family safe during the barbeque season!

TELEMARKETING FRAUD:

It isn't who you think it is

(NC) - You may think it could never happen to you - you'd never fall for a pitch from a telemarketing scam. But according to research, fraud victims are likely to be educated, informed, relatively affluent and involved in their communities.

Scam artists gain your trust using professional marketing materials and well-crafted telephone scripts. Their friendly tone puts you at ease. Their answers to your questions are believable - but they'll say anything to get your money. They easily impersonate legitimate businesses, charities and causes. They'll use your own emotions against you.

"People often don't recognize a fraudulent telemarketing pitch when they first hear it," says Chris Ferguson, director of Ontario's Consumer Protection Branch. "But if you take a moment to think about the offer or ask for written information or valid references you can check out, you can do a lot to protect yourself."

Smart consumers can protect

themselves against telemarketing fraud by learning to recognize it:

- ☛ The caller is more excited than you are.

- ☛ The caller demands an immediate response, but refuses to provide you anything in writing.

- ☛ You're asked to pay a fee or buy a product or provide personal or financial information before you can collect a prize.

- ☛ The caller asks you to pay by wire service or courier.

- ☛ The price for the goods or services is much lower than you would expect to pay on the open market.

- ☛ You are offered a large payment or reward for allowing your bank account to be used for transferring money.

If you suspect that you've been the target of a scam, report it.

For information about telemarketing fraud and your rights under the Consumer Protection Act go to www.mgs.gov.on.ca or call 1-866-351-5655.

- News Canada

living past 100

Is A.D.D. a deficiency disorder?

With report cards due this month, many parents will be grappling with results of children struggling to overcome attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD). The short attention span of these children interferes with the learning process.

In the old days, there was a saying "fish is brain food". Sometimes these old beliefs turn out to be true. This seems to be the case with ADD and ADHD. Recent studies show the majority of children with ADD have a deficiency of omega-3 fatty acids, as do most adult North Americans. These acids come primarily from fish, particularly cold water ocean fish, such as salmon, tuna and halibut. The number of children diagnosed with this disorder has grown by 1,000 times in the past two decades.

In children with ADHD, the situation was worse. They did not have enough essential fatty acids for normal brain function.

To go along with these brain function disorders, most of these children suffer from allergies such as eczema and asthma.

Encouraging children to eat fish is a good start toward ensuring they are getting these essential fatty acids. Tuna or salmon sandwiches and tuna or salmon in salads and casseroles is a way to gain fatty acids in the average daily diet. This may not be enough for children with brain function disorders.

Health Canada says children should have a minimum of 500 mg. of omega-3 fatty acids up to one year old, and increasing amounts as they become older. A child age 2 - 3 years needs 700 mg., a child 4 - 6 years needs 1,000 mg. and children age 7 - 9 need 1,200 mg. for boys and 1,000 mg for girls. Add another 200 mg. for children age 10 through teens.

There are omega-3 supplements for children, some of them in a form that can be added to a milkshake. Older children can handle capsules, but younger children may need the liquid form.

For a child with ADD or ADHD, the recommended daily dosage may not be enough. These children are very active. For further information, consult a health care specialist.

Thank You For Two Great Years Of Support!

Peoples Pharmacy is celebrating its second anniversary and Pam and I would like to thank everyone in the Princeton community for the wonderful and very much appreciated support for the past two years. We look forward to helping everyone with their health needs and to building more relationships and friendships.



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459 Huey Road , 3 bedroom, 1 bath home at Martins Lake.	MLS 39455	\$58,000
406 Brandlmayr Gate , located in quiet park on fenced lot and a half.	MLS 37929	\$69,900
125 Fenchurch Avenue , 2 bedrooms/2 baths. Great investment!	MLS 40104	\$85,000
211 Allison Avenue , Solid corner location with many updates.	MLS 36442	\$124,900
2960 Crestview Road , Cute as a button 2 bedroom mobile at Allison Lake.	MLS 38686	\$149,900
313-8th Avenue , Immaculate modular on it's own land.	MLS 40575	\$174,900
210 Penryn Avenue , Looking for heritage? Here's a 2-bedroom, 1-bath keeper.	MLS 39368	\$179,900
436 Mayne Avenue , 3-bedroom home on Third Bench.	MLS 40745	\$205,000
136 Angela Avenue , 1 1/2 storey fully renovated home downtown.	MLS 40907	\$229,000
104 Ridgewood Drive , 4-bedroom, 3-bath home with tile and laminate floor.	MLS 40493	\$285,000
100 Summers Creek Road , Very private lot at Missezula Lake.	MLS 39498	\$295,000
2285 Arcat Road , Riverfront 2-bedroom, 1-bath cabin.	MLS 39865	\$298,300
2263 Bromley Crescent , Designed for easy country living.	MLS 39728	\$308,300
199 Angela Avenue , Exceptional development property.	MLS 34801	\$330,000
106 Beaver Lane , 3-bedroom home, detached garage, big corner lot, view deck.	MLS 40914	\$359,900
1385 Coalmont Road , Well maintained 3-bedroom home. Beauty, peace, privacy!	MLS 40882	\$365,000
287 Lawless Creek Road , Big value in Tulameen. Great getaway.	MLS 41008	\$369,900
2837 Old Hedley Road , 3-bedroom home on Similkameen River.	MLS 38140	\$383,000
202 Placer Mtn. FS Road , One year old house on 32 acres.	MLS 39090	\$399,900
2972 Allison Lake Road , Best value lakefront in BC.	MLS 41007	\$525,000
2729 Highway 3 , 3-bedroom, 3-bath home with almost a mile of highway frontage.	MLS 38065	\$538,800
800 Copper Mtn. Road , 4-bedroom home overlooks Princeton.	MLS 35533	\$548,800
337 Tulameen River Road , Beautiful riverfront in Tulameen.	MLS 40808	\$579,900
3313 Coalmont Road , 1 acre of lakefront in tranquil setting.	MLS 40724	\$1,300,000
615 Cedar Creek Road , 145 acre ranch, 5 miles from Princeton.	MLS 39772	\$1,388,300

PROPERTY FOR SALE

Lot A Charles Road , 1.79 acres, great acreage to build your dream home.	MLS 40931	\$120,000
308 E Highway 3 , 3.23 acres with highway exposure.	MLS 36791	\$149,900
189 Angela Avenue , .17 acres overlooking Tulameen River.	MLS 33314	\$150,000
181 Luard Avenue , .75 acre riverfront property.	MLS 30842	\$158,300
Lot 2 Nicola Avenue , .13 acres, steps away from Otter Lake.	MLS 39324	\$169,900
Lot 1 Highway 3 , Rare opportunity for a riverfront commercial lot.	MLS 41039	\$219,900
2844 Old Hedley Road , 12.33 acres on the desirable Old Hedley Road.	MLS 40263	\$279,900
Placer Mt. FS Road , 120.75 acres, most of it riverfront property.	MLS 38373	\$349,900
Lot C Highway 3 E , Fantastic .71 acre commercial building lot.	MLS 35383	\$423,800
Coalmont Road , 8.60 acres. Come build your dream here!	MLS 40081	\$438,300
2692 Highway 5A , Gorgeous lakefront 176.95 acre property.	MLS 38062	\$858,300

COMMERCIAL PROPERTIES FOR SALE

301 Coalmont Road , Highway frontage at a great buy!	MLS 38500	\$123,800
Lot 2 Highway 3 W , Only pub in town, overlooks Similkameen River.	MLS 36998	\$1,138,000



Heather Johnson
295-8591



Doug Haayer
295-1585



Dean Stinson
295-8537



Marty Gray
295-5044



Carol Bertrand
295-5341



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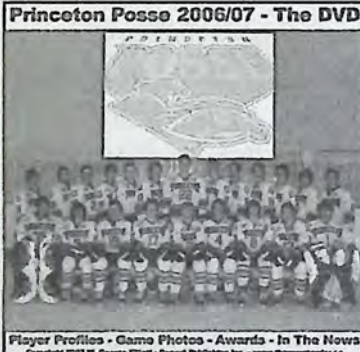
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* average figure according to AWStats



Princeton recently had a boys team in the PeeWee Provincials. Here's a team photo. Photo: Crystal Larsen

Fall Fair plans for 2007 event

..... continued from Front Page contributing, as a mobile stage could be used downtown or at the ball park or other locations. Fall Fair members voted to support such an initiative.

Service groups are invited to apply for a table to promote their activities or recruit new members.

Volunteers are needed. If you have some time to contribute to the success of the fair, please attend the August 7 meeting at the fairgrounds office at 7:00 PM.

Members had considered having a

logging show, but found that booking such a show would cost thousands of dollars more than the fair could afford.

Highway signs advertising the fair will go up next month. These new signs look good, and are simple and straightforward.

Princeton Fall Fair also wants local businesses to do creative advertising at the fair on September 8 and 9. The Fall Fair members want businesses (including employees) to build a scarecrow designed to promote the business. For example, a

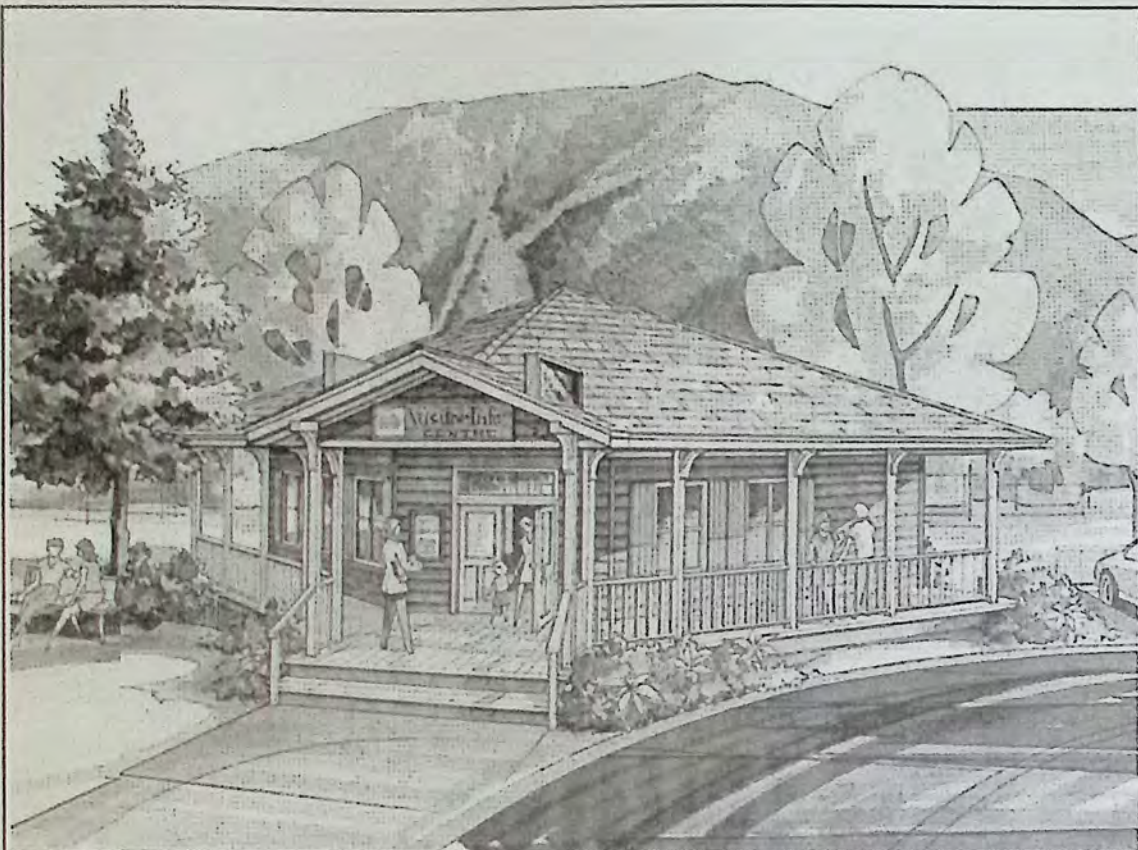
pharmacy might dress the scarecrows as a pharmacist dispensing medicine, swabs or other products. A hairdresser might contribute a scarecrow as a woman with a fancy new hairdo.

Each scarecrow will be put on display with a tag identifying the business and people attending the fair will judge which is the best. The winning business will receive a trophy.

For further information about making a scarecrow, contact Jason Earle.



Princeton PeeWee Boys action at the PeeWee Provincials. Pitcher Brandt Fenrick, left, tags out a Hope runner at home plate with help from catcher Drayden Larsen, right. Photo: Crystal Larsen



This sketch shows what the new Community Resource Centre in Keremeos will look like.

\$272,000 grant goes to Keremeos

The Village of Keremeos is the recipient of a \$272,000.00 Towns for Tomorrow grant.

The money is for construction of a Community Resource Centre. Rural Areas B and G supported the application and the Centre is an asset for the entire Lower Similkameen.

Towns for Tomorrow is a Provincial program that targets funding to BC's smaller communities. The program will provide \$21-million over three years. Funds may be used for water quality improvements, to develop recreation and cultural amenities, undertake environmental energy improvements, or invest in protective and emergency services infrastructure and community development.

The Honourable Rick Thorpe, Minister of Small Business and Revenue, presented the award to Mayor Walter Despot of Keremeos and to Area B and G Directors Joe Nitsch and George Hanson at a ceremony Monday, July 23rd at the

site of the future Centre.

Keremeos and the adjacent rural Areas B and G are members of the Similkameen Valley Planning Society. The Society and Similkameen Country combined efforts to develop the project concept, raise local support and prepare the Towns for Tomorrow application on their behalf.

SVPS Economic Development Officer Michael McLaughlin is certain the Community Resource Centre will benefit the area's economy and strengthen community identity.

The Centre will be located in Memorial Park. Memorial Park is the site of most community events and is an access point for the Village trail system. A digital reader board will provide community information. The Fire Chief and head of search and rescue will have access to the reader board from their home and office computers. Accurate state of emergency information will be provided rapidly.

George Hanson, Chair of the SVPS, thanked Similkameen Country Directors and Manager Colleen Christiansen for their efforts.

"It is (Similkameen Country's) hard work and belief in the project that made the application successful."

Mayor Despot points out that, "while the new Centre is located in the Village, it will benefit the whole Lower Valley, and the Upper Valley, too."

This grant is the second large infrastructure award the SVPS has successfully applied for this year. In May, the Upper Similkameen Indian Band received \$250,000.00 from the Olympic-Paralympic Live Sites program for renovations to the Snaza'ist Centre in Hedley.

The new Keremeos Centre will also house a new Visitor Information Centre. The building will be operated by Similkameen Country, the Lower Similkameen business association.



This is what the present Similkameen Country Visitor Information Centre looked like this past January. The new project will replace this building and will occupy land to the right of this photo, which would be across the street from Village Office. The Similkameen News Leader is a member of Similkameen Country. *

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e-mail: Randy.Clark@telus.net

LET'S TALK!

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What Is An RRSP?

An RRSP is simply a contract or plan between you, the plan "annuitant," and the plan "issuer," usually a financial institution. You make contributions to the plan over a period of years; these contributions are invested and earn income, providing you with savings to live on your retirement.

RRSPs provide three main benefits in helping you save for your retirement:

- 1) You get a tax deduction for the amounts contributed (up to certain limits). Therefore, you can effectively set aside a part of your income each year to save for retirement on a pre-tax basis.
- 2) Earnings on the assets in your RRSP accumulate tax-free. This helps the size of your RRSP grow faster - savings compound much more quickly if the return is not subject to tax.
- 3) RRSP funds are only taxed when withdrawn. This can mean real savings if you withdraw the funds in years when your income (and marginal tax rate) is lower, such as when you retire.

There are many different RRSP investment alternatives available to you. Through banks, trust companies, credit unions, and other financial institutions, you can put your money in interest-bearing investments such as guaranteed investment certificates (GICs) and daily interest savings accounts. As well, you can invest in mutual funds through most financial institutions and mutual fund companies. If you want to hold a wider variety of investments in a plan, you can use a self-directed RRSP.

THESE TIPS AND INFORMATION ARE INTENDED TO HIGHLIGHT GENERAL TAX RULES AND PLANS AND SHOULD NOT BE USED AS A SUBSTITUTE FOR APPROPRIATE PROFESSIONAL ADVICE RELATED TO YOUR SPECIFIC CIRCUMSTANCES.

Accountant & Business Advisor


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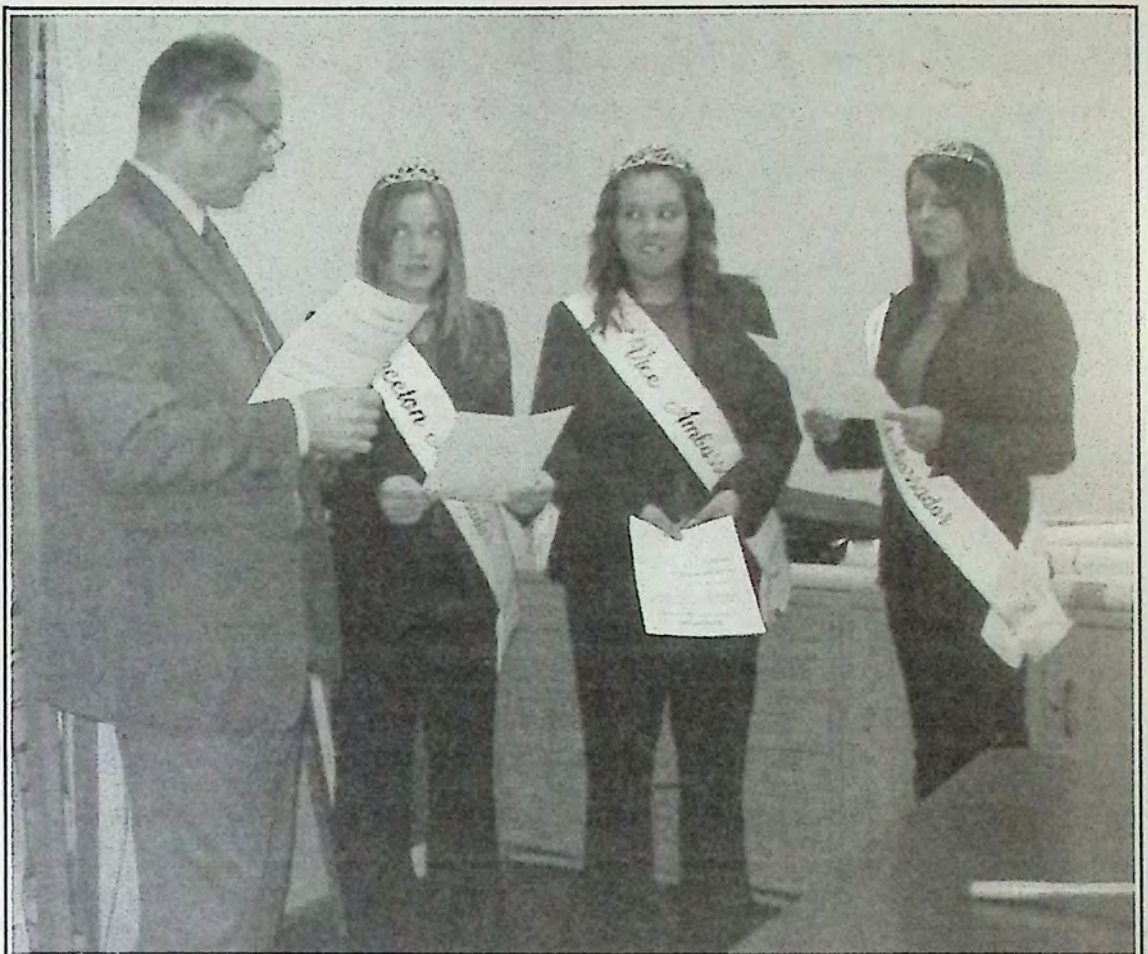


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Mayor Randy McLean conducts the official swearing into office of the Youth Ambassadors. Left to right: Mayor McLean, Youth Ambassador Madison Johnson, Vice-Ambassador Michelle Derkson and Friendship Ambassador Samantha Wasylenchuk. The ceremony took place July 16 at Town Hall. Photo: Dawn Johnson


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Town wants gas money

There is \$2.7 million in federal gas tax revenue sharing to be distributed by the Union of B.C. Municipalities. Princeton Town Council wants some of this money for local projects. Town Council is applying, through Regional District, for funding for three projects: Two Rivers Park "Bridge of Dreams", Solid Waste

Management Plan Update and Heritage Park Development and Foot Bridge.

The first project, the Bridge of Dreams, is a project for a foot bridge across the Tulameen River to link the TransCanada Trail ends. Now, people walking the trail must leave it and cross the Highway 5A bridge, an awkward and potentially dangerous route. The estimated cost of this project is \$580,000.

The Solid Waste Management Plan Update is estimated at \$35,000, and is meant to update the Princeton & District Landfill Operating and Closure Plan.

The Heritage Park and Foot Bridge has been a dream of Mayor Randy McLean for at least a

decade, and has the support of Upper Similkameen Indian Band. The concept is to link Two Rivers Park, via a footbridge across the Similkameen River, to the area where the Tourist Information Centre is located. This is estimated to cost \$675,000. In addition, Council would like \$25,000 for the development of a heritage park plan.

The plan would utilize the space between Upper Similkameen Indian Band forestry office and the Tourist Information Centre. Part of this area is owned by the Indian Band. The concept is to provide a tourist attraction in the form of an educational park outlining the early history of the Princeton area.

RCMP report rash of break-ins

Princeton RCMP advise residents and recreational property owners in the Princeton-Summerland Road area near the Three Lakes region to watch out for suspicious activity or persons in the area.

"There has been a rash of break, enter and thefts of late in which several residences have been entered and property stolen while no one was home," explains Princeton RCMP Sgt. Gary Macahonic.

"Police would like to remind everyone that it is prudent to ensure your premise or property is secured as best as possible."

Macahonic says neighbourhood patrols; alarms that are pro-

grammed to phone a nearby neighbour and alarms that have unreachable sirens are deterrents.

Police also required assistance in locating a 'vehicle of interest' described as a white late model Chevrolet pickup truck, possibly with an extended cab or four door, 2500 model with a large silver coloured box in the back.

There may be some type of sign or marking on the side of the pick-up.

"At this time this is not a suspect vehicle but police would like to speak with the owner/driver."

Anyone with information is asked to call Princeton RCMP at (250) 295-6911.

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weekly entertainment guide

TUESDAY, JULY 24, 2007 THROUGH MONDAY, JULY 30, 2007



All it took was a conversation two weeks ago with Assistant Coach Kevin Robillard and a chat last week with Assistant Coach Peter McDonald for us to start missing the Princeton Posse. *

Got ideas? The Posse needs you

The Valley First Princeton Posse hasn't hosted a camp yet and already the team is looking for help.

The Club has come to the conclusion they need an 'idea person' to help create and develop sales and marketing opportunities for the local KIJHL hockey franchise.

They've also determined they will have to pay that person for their services.

The Posse announced this week they are now accepting resumes for the position of Sales and Marketing Manager - until August 3rd.

"This is a paid part-time position starting early August 2007," says team Assistant Coach Kevin Robillard.

"Duties include sales and marketing, office administration and game night presentation."

The team has not indicated what they are willing to pay the right person but all indications are the club is looking forward to some extra help with development and execution of sales and marketing plans.

To find out more, or to forward your resume, either e-mail Robillard at robilk@telus.net or mail the Valley First Princeton Posse at P O Box 2457, Princeton, BC, VOX 1W0.



Have you picked up your Posse DVD yet? It contains over 400 photos, many of them game photos like this one from action last season. The DVD's are available at the News Leader. *

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The first theme night of the season at Centennial Pool was Rock 'n' Roll night July 18th. In addition to fun 50's style music, a number of games were played until a thunderstorm brought the evening to an early end. The next theme night is Tikki Tikki Hawaiian Night on August 8th. *



One of the games played at Rock 'n' Roll Night was a relay race. *



Even theme night coordinator Nadine McEwen got into the fun of Rock 'n' Roll Night by jumping into the pool - fully clothed - to cool off and give hands on direction in the games portion of the evening. *

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6 AM	Dawson's Creek (E)	News (N) Room	Elliot Jakers	Body Elec. Caillou (E)	News (N) (E)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Monster	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	V.I.P. (E)	Counterstrike (E)
7 AM	Movie: "Bandits" (2001) Bruce Willis, Billy Bob Thornton. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Plain White T's; Daniel Silva; Nancy Schulman; Ellen Bimbaum. (N)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)	100 Huntley Street (E)	(4:30) News (N) (E)	Arthur (E) Lunar Jim	Jane Monsters	SportsCentre (E)	News (E)	Frontiers of (E)	K. Possible (7:24)	CityLine (E)	V.I.P. "Aqua Valva" (E)	Night Heat (N) (E)
8 AM	Willis, Billy Bob Thornton. (E)	2nd Chnce Body	Hi-5 Berenstain	Curious Clifford	Dragon	Discover Discover	American Justice	Regis and Kelly	100 Huntley Street (E)	World Vision	Curious Pinky	George S. Beasts	SportsCentre (E)	News (E)	Dirty Jobs (E)	Weekend Lilo Stitch	Star Trek: Voyager (E)	Disorderly Con. (E)	Due South (E) (DVS)
9 AM	NewsRadio	Taste	Rolie Polle	Big World	Dragon	Discover	Investigative Reports	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	Flamingo LazyTown	Off-Record Fishing	Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	Most Amazing Videos (E)	FANatical Inside Box
10 AM	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami (E)	The View (N) (E)	World Vision	Design House	Ums! (E) Doodlehop	Viva Pinata Ruby	Bowling Bowling	The View (N) (E)	Air Dogs Machines	Mickey Bear	Movie: "Undercover Angel" (1999) (E)	Most Amazing Videos (E)	Mad Abt. Grace
11 AM	Cosby Strokes	Thane Seinfeld	CG Kids Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Jacob Mischieff	Bowling Triathlon	eTalk (E) MTV e2	Zapped (E)	Higglytown (11:25) King	Star Trek: Next Gener. (E)	The Nanny Frasier	
12 PM	Still Std Still Std	News (N) (E)	Water Undersea	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News CBC News	Pokémon Flamingo	Billiards	Degrassi	The Blasters (E)	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener. (E)	Seinfeld Seinfeld
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Macphee Quilting	Your Brush America	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Fashion Dinner	George S. Beasts	Billiards	Twice in a Lifetime (E)	Dirty Jobs (E)	Dragon Emperor	Making It Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King King	Guiding Light (N) (E)	Gaslight Animals	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Viva Pinata Jacob	Strength	General Hospital (N)	How-Made How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Fetch! With Judge	Judge Judge	Dr. Phil (E)	Investigative Reports	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Off-Record Sports	Dr. Phil (E)	Super Tools "Bridge"	Weekend Lloyd	News (N) (E)	CSI: Crime Scn (E)	Due South (E) (DVS)
4 PM	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Mercer	Phantom Robot Boy	MLB Baseball: Minnesota Twins at Toronto Blue Jays. (Live)	Daily Show Colbert	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn (E)	FANatical Inside Box
5 PM	Raymond Raymond	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N)	Dog Dog	News (N) ABC News	News (N) Global	News (N) (E)	Simpsons Arrested	OddParent SpongeBob	Twins at Toronto Blue Jays. (Live)	News (N) (E)	How-Made How-Made	Suite Life Montana	Videos Behind	CSI: Crime Scn (E)	Seinfeld Seinfeld
6 PM	Bill Engvall Raymond	Body Caitlin	CG Kids Heads Up	News-Lehrer	News (N) Raymond	News (N) Hollywood	Dog Dog	News (N) News (N)	News (N) (E)	ET Canada Entertain	CBC News: Vancouver	Being Ian Frank Ptrl	News (N) (E)	News (N) (E)	Futureweap ons (E)	Zoey 101 Naturally	Movie: "Harvard Man" (2001) Adrian Grenier.	CSI: Crime Scn (E)	Married... Frasier
7 PM	MLB Baseball: Atlanta	That News Jeopardy!	Working Eden	Nova (N) (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Angel Angel	Entertain The Insider	Entertain ET Canada	The Best Years (N)	Coronatr Rumours	Nick Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	Extreme Machines (N)	So Raven Smart Guy	News (N)	CSI: Crime Scn (E)	Extreme-Home
8 PM	Braves at San Francisco	NCIS (E)	Masterpiece	Wild!	America's Got Talent (N) (E)	NCIS (E)	Angel Angel	Videos Laughs	House (PA) (E)	House (PA) (E)	Mercer Mosque	Fresh Pr. Yvon	Boxing: Arturo Gatti vs. Alfonso Gomez. (E)	America's Got Talent (N) (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: NY (E)	ET Canada FANatical
9 PM	Giants. (Live) (E)	Inside Box Singing	Freedom Classical	Wide Angle (E)	Big Brother 8 (N) (E)	Dog Dog	Shaq's Big Challenge	Big Brother 8 (N) (E)	Big Brother 8 (N) (E)	Second City	Mystery Ghost	Mystery Yvon	Boxing: Arturo Gatti vs. Alfonso Gomez. (E)	Can. Idol	Futureweap ons (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn (E)	Seinfeld Seinfeld
10 PM	Movie: "Space Cowboys" (2000) Clint Eastwood. (E)	The Shield (N) (E)	Notes Landscape	Albert Schweitzer	Law & Order: SVU (E)	Pirate Master (N) (E)	Dog Dog	Primitime	The Best Years	News (N) (E)	National Weird	Prank Ptrl Weird	Pirate Master (N) (E)	Extreme Machines	Popular (E)	(10:06) Movie: "Tyus" (2000) Dennis Hopper.	Star Trek: Voyager (E)	Married... Frasier	
11 PM	News (N) Room	Reach-Top Moving On	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Angel Angel	News (N) (11:35)	News (N) (E)	Entertain ET Canada	(11:05) The Hour (E)	Bob 15/Love	SportsCentre (Live) (E)	News (N) News (N)	How-Made How-Made	8 Rules Life Derek	News (N) Hopper.	Deep Space 9	Grace The Nanny	

WEDNESDAY, JULY 25, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Dawson's Creek (E)	News (N) Room	Elliot Jakers	Body Elec. Caillou (E)	News (N) (E)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Monster	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (N) (E)	Movie: "Witness" (1985)	Counterstrike (E)
7 AM	Movie: "Alfie" (2004) Jude Law, Omar Epps. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Wedding couples; Catherine Zeta-Jones; undercover plastic surgery.	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)	100 Huntley Street (E)	(4:30) News (N) (E)	Arthur (E) Lunar Jim	Jane Monsters	SportsCentre (E)	News (E)	Raw Nature (N) (E)	K. Possible (7:24)	CityLine (E)	Harrison Ford, Kelly McGillis.	Night Heat (N) (E)
8 AM	Law, Omar Epps. (E)	Homes	Hi-5 Berenstain	Curious Clifford	Dragon	Discover Discover	American Justice	Regis and Kelly	100 Huntley Street (E)	World Vision	Curious Pinky	George S. Beasts	SportsCentre (E)	News (E)	American Chopper	Weekend Lilo Stitch	Star Trek: Voyager (E)	Real TV	Due South "The Edge"
9 AM	NewsRadio	Body	Bus	Dragon	plastic surgery.	Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	Flamingo LazyTown	Off-Record X Games	Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	Most Amazing Videos (E)	That News Inside Box
10 AM	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami (E)	The View Cheryl Ladd.	World Vision	Design House	Ums! (E) Doodlehop	Viva Pinata Ruby	NHRA Drag Racing: Schuck's Auto Supply Nationals. (E)	The View Cheryl Ladd.	Mayday (E)	Mickey Handy	Farscape: The Peacekeeper Wars (E)	Most Amazing Videos (E)	Mad Abt. Grace
11 AM	Cosby Strokes	Seinfeld Thane	CG Kids Scattering	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Jacob Mischieff	Auto Supply Nationals. (E)	eTalk (E) MTV e2	Perfect Disaster (E)	Higglytown (11:25) King	Star Trek: Next Gener. (E)	The Nanny Frasier	
12 PM	Still Std Still Std	News (N) (E)	Reach-Top Edge	Charlie Rose (E)	Hip Hop Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News CBC News	Pokémon Flamingo	Boxing: 2007 Evander Holyfield vs. Lou Savarese.	Degrassi	Mayday (E)	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener. (E)	Seinfeld Seinfeld
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Planet Safe Pass	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Fashion Dinner	George S. Beasts	Evander Holyfield vs. Lou Savarese.	Twice in a Lifetime (E)	Extreme Machines	Dragon Emperor	Speakers Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King King	Guiding Light (N) (E)	Gaslight Moving On	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Viva Pinata Jacob	Strength	General Hospital (N)	Futureweap ons (E)	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Fetch! With Judge	Judge Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Weekend Lloyd	News (N) (E)	CSI: Crime Scn (E)	Due South "The Edge"
4 PM	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Just-Gags	Phantom OddParent	NASCAR	Daily Show Colbert	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn (E)	That News Inside Box
5 PM	Family Guy Family Guy	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N)	CSI: Miami "Slow Burn"	News (N) ABC News	News (N) Global	News (N) (E)	Simpsons Arrested	SpongeBob	Boxing: Friday Night Fights. (Taped) (E)	News (N) (E)	Prehistoric Park (E)	Suite Life Montana	Movie: "Forrest Gump" (1994). Drama Tom Hanks.	CSI: Crime Scn (E)	Seinfeld Seinfeld
6 PM	Payne Payne	Body Caitlin	Mechanics Creatures	News-Lehrer	News (N) Raymond	News (N) Hollywood	CSI: Miami (E)	News (N) News (N)	News (N) (E)	ET Canada Entertain	CBC News: Vancouver	Movie: "Rudolph and Frosty's Christmas in July"	News (N) (E)	News (N) (E)	Prehistoric Park (E)	Zoey 101 Sadie	Robin Wright. (E)	The Kill Point	Married... Frasier
7 PM	MLB Baseball: Atlanta	That News Jeopardy!	Meerkat Wild	Hairworld-Purs	Jeopardy! Fortune	Friends Scrubs	The Sopranos (E)	Entertain The Insider	Entertain ET Canada	1 vs. 100 (E)	Coronatr Rumours	Christmas in July"	SportsCentre (Live) (E)	eTalk (E) Hollywood	MythBusters (E)	So Raven Smart Guy	News (N)	The Nanny ET Canada	Extreme-Home
8 PM	Braves at San Francisco	King King	Oh Baby "To Feel" (E)	American Masters (N)	Moments King	King King	Dog	Next Best Thing	1 vs. 100 (E)	American Inventor (N) (E)	Dragon's Den (E)	Fresh Pr. Yvon	Off-Record	So You Think You Can Dance (N)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	That News	
9 PM	Giants. (Live) (E)	Last Comic Standing	Scientists Past	At Close Range	Last Comic Standing	Criminal Minds (E)	CSI: Miami "Slow Burn"	American Inventor (N) (E)	American Inventor (N) (E)	News (N) (E)	fifth estate	Mystery Ghost	Poker Champ	MythBusters (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn (E)	Seinfeld Seinfeld	
10 PM	Movie: "The Running Man" (1987) (PA) (E)	Dateline NBC (N) (E)	Landed: Six New Lives	Second City	Dateline NBC (N) (E)	CSI: NY (E)	CSI: Miami (E)	News (N) (E)	News (N) (E)	News (N) (E)	National Weird	Prank Ptrl Weird	Poker Champ	CSI: NY (E)	Prehistoric Park (E)	Popular "Big Bertha"	(10:06) Movie: "Forrest Gump" (1994) Tom Hanks. (E)	Star Trek: Voyager (E)	Married... Frasier
11 PM	News (N) Room	Scattering Dotto Tech	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	The Sopranos (E)	News (N) (11:35)	News (N) (E)	News (N) (E)	Entertain ET Canada	(11:05) The Hour (E)	Bob 15/Love	SportsCentre (Live) (E)	News (N) News (N)	Prehistoric Park (E)	8 Rules Life Derek	Deep Space 9	Grace The Nanny	

Horoscopes

July 25 - August 1, 2007

Aries - You are definitely in the mood for fun. You feel creative, and you may spend more time with youngsters. Home and family keep you busy. You may feel deprived of goods.

Taurus - You want to enjoy life more, and you have more energy. You may feel a little depressed or frustrated this weekend. What you really need is to do some hard work around home.

Gemini - Home life runs more smoothly now. You need to focus on how you communicate. Be pleasant. Worries may depress you this weekend, and you may feel tired. Rest.

Cancer - Plans can move ahead if you planned well. A short trip will work out for you, but will demand a lot of energy. You are in a jovial frame of mind and people respond well to you.

Leo - You feel great these days. Your confidence soars, but do not be over-confident about finances or you will regret next month what you spend now. Save your money now.

Virgo - Your health is good, and you feel and look good. Be careful to think things through factually before acting. Do not be angry when things do not go your way. It's temporary. Think!

Libra - Health is better, but you need to keep nose to grindstone. This is your month for planning. Clear up unfinished business, get ready for change of direction in life. Be alert!

Scorpio - Focus must be on career goals. Evaluate where you are and where you want to be. Partner/spouse may be troubled or unwell this weekend. Be practical, stay focused. Plans flop.

Sagittarius - Keep your mind on your career. Big temptation to take off for fun, but things running smoothly will reverse next week. Weekend will bring problems on the job.

Capricorn - Watch out for problems regarding shared resources such as mortgages, insurance, partnered funds. Take time to assess position. Youngster may be a problem. Make a change.

Aquarius - Family problems are caused by unrealistic notions. Try to get to the truth. Talk with friend, partner. Somebody offers a gift. Don't take it. He/she changes mind.

Pisces - Try to keep the peace and take things lightly. Weekend may be to stressful otherwise. Focus must be on job and health. Work is demanding. Keep mind alert, focused and realistic.

Regular Meetings

- Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- Princeton Writers Group meets every second and fourth Thursday 7pm at Riverside Wellness Centre
- Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- Hedley Library open 2-7pm Thursdays
- Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in GSAR Hall, Rocklin Avenue.
- Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church
- Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM PSS Gym

thursday movies

MORNING

- 6:00 am SPIKE (44) ★★ "Youngblood" (1986, Drama) Rob Lowe. An aspiring hockey star leaves the family farm for a minor-league Canadian team.
- 7:00 am WTBS (3) ★★½ "Best in Show" (2000, Comedy) Michael Hitchcock. Pampered pooches and their quirky owners converge on Philadelphia to compete in a prestigious dog show. (E)
- 9:00 am SPIKE (44) ★★ "Youngblood" (1986, Drama) Rob Lowe. An aspiring hockey star leaves the family farm for a minor-league Canadian team.

EVENING

- 7:00 pm WTBS (3) ★★½ "Under Siege" (1992, Action) (PA) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a cook. (E)

- 8:00 pm CHBC (4) ★★½ "Contact" (1997, Science Fiction) Jodie Foster. A scientist seeks alien beings after receiving mysterious messages from deep space via radio telescope dishes. (E)
- 10:06 pm CITY (29) ★★½ "Love & Basketball" (2000, Romance) Sanaa Lathan. From childhood to early adulthood, two friends fall in love while trying to establish basketball careers. (E)
- 10:10 pm WTBS (3) ★★½ "Under Siege" (1992, Action) (PA) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a cook. (E)
- 11:00 pm SPIKE (44) ★★½ "Blue Thunder" (1983, Action) Roy Scheider. A Los Angeles police pilot commandeers a helicopter equipped with snooping gadgets and trick weapons.

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friday movies

MORNING

- 7:00 am WTBS (3) ★★½ "The Bodyguard" (1992, Drama) Kevin Costner. An ex-Secret Service agent falls for his client, an actress/singer someone wants dead before the Academy Awards. (E)
- 10:00 am CITY (29) ★★½ "Air Bud" (1997, Comedy-Drama) Michael Jeter. Abandoned by a disagreeable clown, a golden retriever with a knack for basketball befriends a lonely boy. (E) (DVS)

AFTERNOON

- 5:00 pm CITY (29) ★★½ "Austin Powers in Goldmember" (2002, Comedy) (PA) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world. (In Stereo) (E)

EVENING

- 6:00 pm SPIKE (44) ★★½ "Clear and Present Danger" (1994, Suspense) Harrison Ford. An acting CIA chief learns the president has triggered a war with Colombian drug cartels.
- 7:30 pm FAM (26) "Cow Belles" (2006, Comedy) Alyson Michalka. Forced to work for their wealthy father, two teenagers try to save his business when money goes missing.
- 8:00 pm KNOW (5) "The Fifteen

- Streets" (1991, Drama) Owen Teale. Bigotry and class divisions factor in the turn-of-the-century romance between a laborer and a shipbuilder's daughter. (E)
- 9:00 pm FAM (26) ★★½ "Phenomenon" (1996, Drama) John Travolta. An amiable, small-town Everyman is inexplicably transformed into a genius with telekinetic powers.
- 9:30 pm WTBS (3) ★★½ "Cocktail" (1988, Romance) (PA) Tom Cruise. The hottest bartender in Manhattan leaves his partner, goes to Jamaica and falls for a nice girl. (E) (DVS)
- 10:06 pm CITY (29) "Erotic Daydream" (2002, Adult) Eric Stratton. Virtual reality enables three friends to enjoy a variety of erotic encounters. (E)
- 11:00 pm SPIKE (44) ★★½ "China Strike Force" (2000, Action) Aaron Kwok. A rogue cop draws a bead on a ruthless Asian gangster and his American partner in a drug-smuggling ring.
- 11:03 pm FAM (26) ★★ "Snow Dogs" (2002, Comedy) Cuba Gooding Jr. A Miami dentist travels to Alaska to claim his inheritance, a mischievous team of sled dogs.
- 11:30 pm WTBS (3) ★★½ "The Bodyguard" (1992, Drama) Kevin Costner. An ex-Secret Service agent falls for his client, an actress/singer someone wants dead before the Academy Awards. (E)

Similkameen News Leader

Recipe Corner (Recipe #177)

Brought To You By: Similkameen News Leader

Spicy Sweet Potato Spears

- 1/3 cup (75 ml) Diana Sauce, Spicy or Original flavour, divided
- 1 tsp (5 ml) all-purpose flour
- 1/2 tsp (2 ml) chili powder
- 1/2 tsp (2 ml) salt
- 2 sweet potatoes, peeled and cut into wedges
- 1/4 cup (50 ml) light mayonnaise
- 1/4 tsp (1 ml) lime zest

1. Preheat the grill to medium. Measure out the barbeque sauce and remove 1 tbsp. (15 ml) and reserve. Combine the remaining sauce with the flour, chili powder and salt. Toss with the sweet potatoes.
2. Lay the sweet potato wedges, two deep, in a row on a large piece of heavy-duty foil. Fold over the foil and seal tightly.
3. Cover the grill and cook the packet, turning often, for 30-minutes or until the potatoes are tender and well browned. Stir the reserved sauce with the mayonnaise and the lime zest. Serve with the potato wedges. Makes 4 to 6 servings.

- News Canada

If you have a favourite recipe you would like to share, contact us for details!

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THURSDAY, JULY 26, 2007

	WTBS 3	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E 9	KXLY 10	BCTV 11	CITY 12	CBC 13	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45	
6 AM :30	Dawson's Creek	News (N) Room	Elliot Jakers	Body Elec. Caillou (EI)	News (N)	News (N)	Crossing Jordan	(5:00) News	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentre	News (N) Canada AM	Daily Planet	Henry's King	Rachael Ray	Movie: "Youngblood" (1986, Drama)	Counterstrike	
7 AM :30	Movie: "Best in Show" (2000)	Life Today	BluesClues	Barney	Today (N)	The Early Show (N)	Crossing Jordan	Good Morning America (N)			Arthur	Jane	SportsCentre		Blue Realm Manta rays	K. Possible (7-24)	CityLine	Drama: Rob Lowe	Night Heat (N)	
8 AM :30	Michael Hitchcock	Taste	Berenstain	Clifford			American Justice			100 Huntley Street	Curious	George S. Beasts	SportsCentre		Extreme Machines	Weekend Lilo Stitch	Star Trek: Voyager	Disorderly Con.	Due South (DVS)	
9 AM :30	NewsRadio	Body	Bus	Dragon		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Poko	Flamingo	Golf: Senior British Open -- First Round.	Regis and Kelly	Daily Planet	Feet	News (N)	Movie: "Youngblood" (1986, Drama)	Whatever Inside Box	
10 AM :30	Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami "Invasion"	The View (N)	World Vision	Design House	The Save-Ums!	LazyTown	Viva Pinata	Round. (Live)	The View (N)	Westminster Kennel Club Dog Show	Mickey Sprites	Farscape: The Peacekeeper Wars	Drama: Rob Lowe	Mad Abt. Grace
11 AM :30	Cosby	Seinfeld	CG Kids	Thomas	Dr. Keith Ablow (N)	Young and the Restless	24	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob	Lumberjks	eTalk	MTV e2	Higglytown (11:25) King	Star Trek: Next Gener.	The Nanny Frasier		
12 PM :30	Still Stnd	News (N)	Spirit Wind	Charlie Rose	Paid Prog.	News (N)	Crossing Jordan	All My Children (N)	News (N)	Days of our Lives (N)	CBC News	Pokémon	PGA Golf: Canadian Open -- First Round.	Degrassi	Bold & B.	(11:49)	CityLine	Star Trek: Next Gener.	Seinfeld	
1 PM :30	Yes, Dear	Diva Dime	Classical	Painting	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Fashion	George S. Beasts	Round. (Live)	Twice in a Lifetime	Prehistoric Park	Dragon Emperor	In Fashion	Star Trek: Voyager	Beverly Hills, 90210	
2 PM :30	King	Guiding Light (N)	Gaslight	Reading	Passions (N)	Guiding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Viva Pinata		General Hospital (N)	Prehistoric Park	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager	Extreme-Home	
3 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (EI)	Judge	Dr. Phil	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	Food	Mystery	Off-Record	Dr. Phil	How-Made	Weekend	News (N)	CSI: Crime Scn	Due South (DVS)	
4 PM :30	MLB Baseball: Atlanta	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Invasion"	Millionaire	Oprah Winfrey	News (N)	Frasier	Phantom	CFL	Daily Show	Daily Planet	Barbarian	Friends	CSI: Crime Scn	Whatever Inside Box	
5 PM :30	Braves at San Francisco	News (N)	George S.	BBC World	News (N)	News (N)	CSI: Miami	News (N)	News (N)	News (N)	Simpsons	OddParent	Alouettes at Toronto Argonauts.	News (N)	World's Greatest Mys	Suite Life Montana	Ugly Betty "Brothers"	CSI: Crime Scn	Seinfeld	
6 PM :30	Giants. (Live)	Body	(8:10) Spellz	News-Lehrer	News (N)	News (N)	The First 48 (N)	News (N)	News (N)	ET Canada	CBC News: Vancouver	Being Ian	(Live)	News (N)	Guinea Pig	Zoey 101	Supernatural	TNA Wrestling Impact!	Married... Frasier	
7 PM :30	Movie: "Under Siege" (1992) (PA)	That News Jeopardy!	Profiles of Nature	Secret World of Haute	Jeopardy!	Friends	Dallas SWAT (N)	Entertain	Entertain	Ground Up	Coronatn Rumours	Nick	SportsCentre (Live)	eTalk	Mayday	So Raven	(7:01) Men in Trees	UFC Unleashed	Extreme-Home	
8 PM :30	Movie: "Contact" (1997) Jodie Seagal.	Movie: "Contact" (1997) Jodie Seagal.	Whoever You May Be	Mystery! (DVS)	Name Earl	Big Brother 8	Michael Johns	Ugly Betty "Brothers"	Big Brother 8	Big Brother 8	René Lévesque (Part 1 of 3)	Fresh Pr.	Yvon	Off-Record	CSI: Crime Scn	Daily Planet	Suite Life	News (N)	UFC Unleashed	ET Canada
9 PM :30	Raymond	Foster, Matthew	Adven-English	Globe Trekker	The Office	CSI: Crime Scn	CSI: Miami	Grey's Anatomy	Ground Up	Shark "In the Grasp"	(DVS)	Mystery	World Combat League	You Can Dance	Guinea Pig	8 Rules	(9:06) Jimmy Kimmel	Sports	Seinfeld	
10 PM :30	Movie: "Under Siege" (1992) (PA)	News (N)	World Stopped	Charlie Rose (N)	News (N)	News (N)	Dallas SWAT	News (N)	News (N)	Entertain	(11:05) The Hour	Bob	SportsCentre (Live)	News (N)	World's Greatest Mys	8 Rules	Basketball (2000) Sanan Lathan.	Movie: "Blue Thunder"	Grace	
11 PM :30	Steven	Room	Stopped	Charlie Rose (N)	Tonight	Late Show	SWAT	(11:35)	ET Canada											

FRIDAY, JULY 27, 2007

	WTBS 3	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E 9	KXLY 10	BCTV 11	CITY 12	CBC 13	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45	
6 AM :30	Dawson's Creek	News (N) Room	Elliot Jakers	Body Elec. Caillou (EI)	News (N)	News (N)	Crossing Jordan	(5:00) News	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentre	News (N) Canada AM	Daily Planet	Henry's King	Rachael Ray	Sports	Counterstrike	
7 AM :30	Movie: "The Bodyguard" (1992, Drama)	Life Today	BluesClues	Barney	Today Marc Anthony. (N)	The Early Show Patti Smith. (N)	Crossing Jordan	Good Morning America			Arthur	Jane	SportsCentre		Champions	K. Possible (7-24)	CityLine	Sports	Night Heat (N)	
8 AM :30	Kevin Costner.	Catering	Berenstain	Clifford			American Justice: Hate	Sugarland. (N)		100 Huntley Street	Curious	George S. Beasts	SportsCentre		MythBusters	Weekend Lilo Stitch	Star Trek: Voyager	Sports	Due South "Starman"	
9 AM :30	NewsRadio	Body	Bus	Dragon		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Poko	Flamingo	Golf: Senior British Open -- Second Round.	Regis and Kelly	Daily Planet	Feet	News (N)	Disorderly Con.	Big Screen	
10 AM :30	Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami "Wannabe"	The View (N)	Fighting for Canada	Design House	The Save-Ums!	LazyTown	Viva Pinata	Round. (Live)	The View (N)	Canada's Worst Driver	Mickey JoJo	Movie: "Air Bud" (1997) Michael Jeter.	Disorderly Con.	Mad Abt. Grace
11 AM :30	Cosby	Seinfeld	Rivers	Bob Build	Dr. Keith Ablow (N)	Young and the Restless	24	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob	Lumberjks	eTalk	How Do	Higglytown (11:25) King	Star Trek: Voyager	The Nanny Frasier		
12 PM :30	Still Stnd	News (N)	Canada-History	Charlie Rose	Paid Prog.	News (N)	Crossing Jordan	All My Children (N)	News (N)	Days of our Lives (N)	CBC News	Cybertron	PGA Golf: Canadian Open -- Second Round.	Degrassi	MythBusters	(11:49)	CityLine	Disorderly Con.	Seinfeld	
1 PM :30	Yes, Dear	Diva Dime	Router	Painting	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Fashion	George S. Beasts	Second Round. (Live)	Twice in a Lifetime	World's Greatest Mys	Dragon Emperor	At Movies	Disorderly Con.	Beverly Hills, 90210	
2 PM :30	King	Guiding Light (N)	Gaslight	Reading	Passions (N)	Guiding Light (N)	American Justice: Hate	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Viva Pinata		General Hospital (N)	Mayday	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager	Extreme-Home	
3 PM :30	Seinfeld	Room	Hi-5	Arthur (EI)	Judge	Dr. Phil	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	Food	Mystery	Off-Record	Dr. Phil	How-Made	Weekend	News (N)	CSI: Crime Scn	Due South "Starman"	
4 PM :30	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Wannabe"	Millionaire	Oprah Winfrey	News (N)	Frasier	(4:05) Robot	Boxing	Daily Show	Daily Planet	Barbarian	Friends	CSI: Crime Scn	Big Screen	
5 PM :30	Friends	News (N)	George S.	BBC World	News (N)	News (N)	CSI: Miami "Deadline"	News (N)	News (N)	News (N)	Simpsons	El Tigre	CFL	News (N)	Hazard Pay (N)	Suite Life Montana	Movie: "Austin Powers in International Man of Mystery"	CSI: Crime Scn	Seinfeld	
6 PM :30	MLB	Body	Lilly (N)	News-Lehrer	News (N)	News (N)	CSI: Miami "The Oath"	News (N)	News (N)	ET Canada	CBC News: Vancouver	AmiYumi Team	Tiger-Cats at Winnipeg Blue Bombers. (Live)	News (N)	Walking With Dinosaurs	Zoey 101	Goldmember (2002)	Movie: "Clear and Present Danger" (1994) Harrison Ford, Willem Dafoe.	Married... Frasier	
7 PM :30	Baseball: Atlanta Braves at Arizona Diamondbacks. (Live)	That News Jeopardy!	Life of Mammals	Seasoned McLaughlin	Jeopardy!	Friends	Intervention "Ryan"	Entertain	Entertain	Friday Night Lights	Coronatn Just-Gags	Mar	Bombers. (Live)	eTalk	A Haunting	School	The Collector	Danger (1994) Harrison Ford, Willem Dafoe.	Extreme-Home	
8 PM :30	Movie: "Cocktail" (1988) (PA)	Movie: "The Wild Card" (1991) Owen Teale.	Movie: "The Fifteen Streets" (1991) Owen Teale.	Wash Wk NOW (N)	1 vs. 100	Ghost Whisperer	Intervention	Set for Life (N)	Friday Night Lights (N)	NUMB3RS	Air Farce Comedy	Naruto	SportsCentre (Live)	Set for Life (N)	Daily Planet	"Cow Belles" (2006)	News (N)	Party	ET Canada	
9 PM :30	Movie: "Cocktail" (1988) (PA)	Psych	(1991) Owen Teale.	Bill Moyers Journal (N)	Las Vegas	Las Vegas	CSI: Miami "Deadline"	Greek "The Rusty Nail"	Las Vegas	Las Vegas	Intelligence (DVS)	Inuyasha	Triathlon	To Be Announced	A Haunting	Movie: "Phenomenon" (1996)	John Travolta.	Elimination	Seinfeld	
10 PM :30	Tom Cruise.	20/20	The Last Detective	Chicago-Earth	Law Order: CI	NUMB3RS	CSI: Miami "The Oath"	20/20	NUMB3RS	News (N)	National	Alchemist	X-Games Classix	Law Order: CI	Guinea Pig	(10:06) John Travolta.	Movie: "Erotic Daydream" (2002) Eric Stratton.	Game	Married... Frasier	
11 PM :30	"Body	Room	History	Austin City Limits	News (N)	News (N)	Intervention "Ryan"	News (N)	News (N)	(11:03) ECW (N)	(11:05) The Hour	Eureka 7	SportsCentre (Live)	News (N)	Walking With Dinosaurs	(11:03) Movie: "Snow"	"China Strike Force"	Grace	The Nanny	

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 #7 - Rated Easy

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

CHALLENGE #8 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

- 7:00 am WTBS (3) ★★★ "Father of the Bride" (1991, Comedy) Steve Martin. A harried patriarch faces separation anxiety, exorbitant costs and more as he prepares for his daughter's wedding. (E)
- SPIKE (44) ★★ "Boondock Saints" (1999, Crime Drama) Willem Dafoe. Two brothers, believing themselves to be on a mission from God, begin killing members of Boston's underworld.
- 9:20 am WTBS (3) ★★½ "EDtv" (1999, Comedy) Matthew McConaughey. A video-store clerk allows a TV executive to film every aspect of his life for 24 hours a day. (E) (DVS)
- 11:00 am SPIKE (44) ★★★ "Clear and Present Danger" (1994, Suspense) Harrison Ford. An acting CIA chief learns the president has triggered a war with Colombian drug cartels.

AFTERNOON

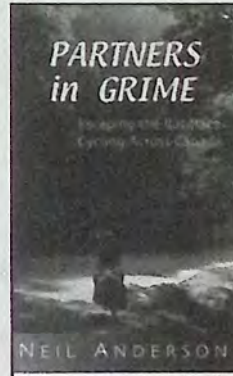
- 12:00 pm FAM (26) ★★½ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her. (E)
- CITY (29) ★★½ "Austin Powers in Goldmember" (2002, Comedy) (PA) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world. (In Stereo) (E)
- 12:05 pm WTBS (3) ★★ "Miss Congeniality" (2000, Comedy) (PA) Sandra Bullock. An image consultant transforms a tomboyish FBI agent into a beauty queen so she can work under cover. (E)
- 1:40 pm FAM (26) "My Brother The Pig" (2000, Comedy) Scarlett Johansson. When a spell turns an 8-year-old boy into swine his sister and best friend race to find the cure. (E)
- 5:00 pm WTBS (3) ★★★ "Shanghai Knights" (2003, Comedy) (PA) Jackie Chan. With

help from his sister and a friend, a martial-arts master travels to London to find his father's murderer. (E)
- CITY (29) ★★ "The Burial Society" (2002, Suspense) Rob LaBelle. After a large sum of money disappears, an accountant must convince his brother and his boss that he is innocent. (E) (DVS)

EVENING

- 7:00 pm WTBS (3) ★★★ "Shanghai Knights" (2003, Comedy) (PA) Jackie Chan. With help from his sister and a friend, a martial-arts master travels to London to find his father's murderer. (E)
- YTV (18) ★★½ "National Lampoon's Vacation" (1983, Comedy) Chevy Chase. The Griswolds and family head by station wagon for the California fun park Walley World. (In Stereo)
- 8:00 pm KXLY (10) ★★ "The Princess Diaries 2: Royal Engagement" (2004, Romance-Comedy) Anne Hathaway. Premiere. While living with her royal grandmother, a young princess must find a suitable husband in 30 days or give up the throne. (In Stereo) (E)
- 9:00 pm WTBS (3) ★★½ "Rumble in the Bronx" (1995, Action) (PA) Jackie Chan. A Hong Kong policeman in New York defends a woman

shopkeeper against bikers who want protection money. (E)
- CHBC (4) "Cheater's Club" (2006, Drama) The female patients of a controversial therapist begin to die after she tells them to become adulterers. (E)
- FAM (26) ★★½ "The Horse Whisperer" (1998, Drama) Robert Redford. A New Yorker takes her daughter and the girl's horse, both traumatized in an accident, to a Montana healer.
- CITY (29) ★★½ "Higher Learning" (1995, Drama) Omar Epps. Premiere. The harsh realities of identity, sex, politics and racism greet the incoming freshmen of Columbus University. (E)
- 10:00 pm CBC (13) ★★½ "Ararat" (2002, Historical Drama) David Alpay. A filmmaker works on an epic movie about Turkish atrocities committed against Armenians in 1915. (E)
- 11:00 pm WTBS (3) ★★½ "Payback" (1999, Action) (PA) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (E) (DVS)
- 11:30 pm CITY (29) ★★½ "Arlington Road" (1999, Suspense) Jeff Bridges. A U.S. history professor, obsessed with radical groups, thinks his new neighbors may be domestic terrorists. (E)



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sunday movies

MORNING

- 11:00 am CITY (29) ★★★ "Stand by Me" (1986, Comedy-Drama) Wil Wheaton. Premiere. A boy and his three buddies set out in the summer of 1959 on a hike to find a dead body. (E)
- AFTERNOON
- 12:00 pm FAM (26) "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope.
- 1:33 pm FAM (26) "Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. A popular teen learns she is the reincarnation

of a Chinese warrior who must save the world from an evil villain.

- 3:00 pm VTV (22) "Bookfair Murders" (2000, Mystery) Samantha Bond. Two friends put their sleuthing skills to work after a highly sought-after author is murdered. (In Stereo) (E)
- 4:00 pm YTV (18) ★★ "Kart Racer" (2003, Drama) Randy Quaid. A teenager and his estranged father rekindle their relationship by trying to win a race. (In Stereo)
- 5:00 pm WTBS (3) ★★½ "Forrest Gump" (1994, Drama) (PA) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (E)

EVENING

- 6:00 pm YTV (18) ★★ "Racing Stripes" (2005, Comedy) Bruce Greenwood. A former horse trainer prepares his daughter to race a baby zebra against Thoroughbreds. (In Stereo)
- CITY (29) ★★★ "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac with a dangerous past dodge assassins as he tries to regain his memory. (E)
- 8:00 pm WTBS (3) ★★½ "Forrest Gump" (1994, Drama) (PA) Tom Hanks. JFK, LBJ, Vietnam,

Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (E)

- CBC (13) ★★½ "The Aviator" (2004, Biography) (Part 1 of 2) Leonardo DiCaprio. During the 1930s and '40s, wealthy industrialist Howard Hughes gains fame as a movie producer, airplane designer and pilot. (E)
- 9:00 pm FAM (26) ★ "Gone Fishin'" (1997, Comedy) Joe Pesci. Two lifelong friends have disastrous misadventures after winning a fishing trip to the Everglades.
- 10:10 pm CBC (13) ★★½ "The Aviator" (2004, Biography) (Part 2 of 2) Leonardo DiCaprio. During the 1930s and '40s, wealthy industrialist Howard Hughes gains fame as a movie producer, airplane designer and pilot. (E)
- 10:50 pm FAM (26) "The Trial of Old Drum" (2000, Drama) Randy Travis. A boy's golden retriever faces death after being blamed for the slaughter of a sheep in 1955 Missouri.
- 11:00 pm WTBS (3) ★★½ "Best in Show" (2000, Comedy) Michael Hitchcock. Pampered pooches and their quirky owners converge on Philadelphia to compete in a prestigious dog show. (E)

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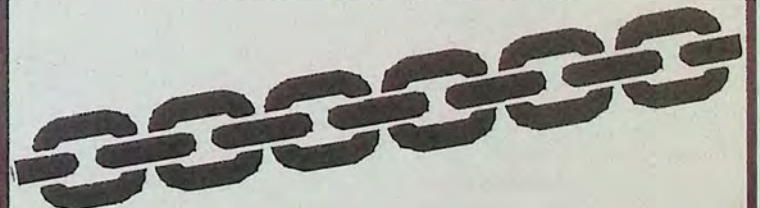
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SATURDAY, JULY 28, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM	TBS Storyline	News (N)	Pioneers	Zoboo	Trek	(5:00) Today (N) [E]	(5:00) Saturday Early Show	Biography	Good Morning America	Adventure Hunter	Fishing	Lunar Jim	Gadget	SportsCentre [E]	OWL/TV Kingdom	How Do Machines	Star Rcr	About You	Reality Racing (N)	What Paid Prog.
7 AM	Movie: "Father of the Bride" (1991) Steve Martin. [E]	Gold Trails	Sagwa	MotorWeek	News (N)	Madeline	Sell House	Good Morning	News (N)	News (N)	Wilbur [E]	Robot Boy	NASCAR Racing: Nextel Cup - Allstate 400 Qualifying	Katie-Orbie	Walking With Dinosaurs	Yin Yang (7:20)	Eye on Asia	Movie: "Boondock Saints" (1999) Willem Dafoe.	Mad Abt. Friends	
8 AM	Body	George S.	Travel	Trollz [E]	Sell House	Montana	Horseland	Spender	Suite Life	Arthur	SpongeBob	World Og	OddParent	Good Morning Canada [E]	A Haunting	Suite Life (8:43) Zoey	Polish Studio [E]	(1999) Willem Dafoe.	Ned Stacy	
9 AM	Eagle Communications	(9:32)	Old House	Revolution	Design	So Raven	Cake [E]	Design	So Raven	Driving TV	Goldfish	Phantom	Fishing	How-Made	Cory	Speakers	Hrsepwer	Ellen [E]		
10 AM	Movie: "EDiv" (1999) Matthew McConaughy. [E]	Room	Upside	Ask This	Babar [E]	Discover	Airline [E]	Montana	Paid Prog.	Energy TV	Angela	Tu-Titans	Motoring	PLAN Canada [E]	Extreme [E]	Phil	Xtreme 4x4	Seinfeld		
11 AM	Divi Dime	MacPhee	Barbecue	Paid Prog.	The JB Awards (N) [E]	Airline [E]	Emperor	Energy TV	Fishing	FIVB Beach Volleyball: World Tour	Avatar	Track and Field	Daily Planet [E]	Zapped [E]	School	Chum Chart [E]	Movie: "Clear and Present Danger" (1994) Harrison Ford, Willem Dafoe.	Married...		
12 PM	Movie: "Miss Congeniality" (2000) (PA) Sandra Bullock. [E]	PGA Golf: Canadian Open --	Italian	Recipes	Adv. Sports	PGA Golf: Canadian Open --	Airline [E]	Old House	News (N)	PGA Golf: Canadian Open --	Y-Gi-Oh!	CFL Pre	Let's Shop [E]	Mayday [E]	Movie: "Cadet Kelly" (2002) [E]	Movie: "Austin Powers in Goldmember" (2002)	Movie: "My Brother The Pig" (2000)	CSI: Crime Scn	Deal or No Deal [E]	
1 PM	Congeniality (2000) (PA) Sandra Bullock. [E]	Third Round. (Live) [E]	Router	Painting	ATP Tennis: Indianapolis Championships	Third Round. (Live) [E]	Sell House	Horse Racing: Whitney Handicap	Fishing	Fins Skins	FIVB Beach Volleyball: World Tour	Pokémon	Football: Edmonton Eskimos at Saskatchewan Roughriders. (Live) [E]	Amnesty International	American Chopper	Dirty Jobs [E]	MuchOnDemand [E]	CSI: Crime Scn	Deal or No Deal [E]	
2 PM	King	Powerboat	Dora	Europe	Fortune	Discover	Sell House	NBA Ace	Seinfeld	Simpsons	Sat. Report	Mystery	Sports	MTV Shuffle [E]	How-Made	Lizzie	News (N)	CSI: Crime Scn	What	
3 PM	Raymond	HeartCity	(3:35) Go, Diego, Go! [E]	Wild Things [E]	3 2 1 Pen	Access Hollywood (N)	Sell House	Simpsons	Simpsons	CFL Pre	Inspector Gadget's Last Case	Boxing	Sue Thomas: F.B. Eye	Greatst Myst.	Suite Life	Bravo! Fact	CSI: Crime Scn	Vanity Insanity		
4 PM	Raymond	Foodies	Wild Things [E]	3 2 1 Pen	Access Hollywood (N)	Sell House	Simpsons	Simpsons	CFL Pre	Inspector Gadget's Last Case	Boxing	Sue Thomas: F.B. Eye	Greatst Myst.	Suite Life	Bravo! Fact	CSI: Crime Scn	Vanity Insanity			
5 PM	Movie: "Shanghai Knights" (2003) Jackie Chan.	News (N)	George S.	Summer	News (N)	News (N)	Flip This House [E]	News (N)	Simpsons	News (N)	Calgary Stampede. (Live) [E]	Mystery	Twice in a Lifetime [E]	Dirty Jobs New Orleans.	K. Possible	Movie: "The Burial Society" (2002) Rob LaBelle.	CSI: Crime Scn	Friends		
6 PM	Jackie Chan.	Design	Wild	Lawrence Welk Show	Raymond	Scrubs	Flip This House (N)	The Insider	Andromeda [E] (DVS)	Andromeda [E] (DVS)	To Be Announced	Movie: "National Lampoon's Vacation" (1983)	W-Five	Angel	So Raven	Funnest Home Videos	CSI: Crime Scn	Married...		
7 PM	Movie: "Shanghai Knights" (2003) Jackie Chan.	Can Files	National Geographic	Time Goes My Family	CSI: Miami [E]	Without a Trace [E]	Match	Entertainment Tonight	Andromeda [E] (DVS)	Andromeda [E] (DVS)	To Be Announced	Movie: "National Lampoon's Vacation" (1983)	W-Five	Angel	So Raven	Funnest Home Videos	CSI: Crime Scn	Married...		
8 PM	Jackie Chan.	As We Appear: Story	Heartbeat [E]	Dionne Warwick: Live	Singing America's Got Talent [E]	Without a Trace "911"	Flip This House [E]	Royal Engagement	ReGenesis [E] (DVS)	To Be Announced	Naruto	Inuyasha	Comedy Now (N)	Angel	Movie: "The Horse Whisperer" (1998) Drama) Robert Redford, Sam Neill.	Movie: "Higher Learning" (1995) Omar Epps. Premiere.	Disorderly Con.	Married...		
9 PM	Movie: "Rumble in the Bronx" (1995) (PA) [E]	Inspector Morse "Day of the Devil" [E]	Red Green	Medium [E]	48 Hours	Mystery [E]	Flip This House [E]	Funnest Home Videos	To Be Announced	News (N)	Movie: "Ararat" (2002)	Naruto	Inuyasha	Comedy Now (N)	Angel	Movie: "Higher Learning" (1995) Omar Epps. Premiere.	Disorderly Con.	Married...		
10 PM	Movie: "Payback" (PA) [E]	Mad TV [E]	Wild	Doctor Who	News (N)	News (N)	Match	News (N)	News (N)	(11:03) J.R.	David Alpay. [E]	Gundam	SportsCentre (Live) [E]	News (N)	Machines	"Arlington"	TNA Wrestling Impact!	Mad Abt.		

SUNDAY, JULY 29, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	(4:45) "Miss Congeniality"	Antique	Berenstain	Today (N) [E]	Discover	Private Sessions (N)	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre [E]	Acorn	Mayday [E]	Star Racer	Mix TV	Xtreme 4x4	J.R. Digs	
7 AM	My Boys	In Touch-Dr	Jakers	Bob Build	Jane	CBS News Sunday Morning	Airline [E]	News (N)	Foodies	World Vis	Arthur [E]	Winx Club	Reporters	Good Morning Canada [E]	Prehistoric Park [E]	Yin Yang (7:20)	Eye on Asia	MuscleCar	Mad Abt.
8 AM	My Boys	Van Impe	George S.	Jakers	Meet the Press (N) [E]	Nation	Bio.: Coreys	News (N)	TribalTrail	Coronatn	Viva Pinatn	Fishing	Prehistoric Park [E]	Suite Life (8:43) Zoey	Festival	MuscleCar	The Nanny		
9 AM	My Boys	Gold Trails	The Magic School Bus	Maya	Paid Prog.	Video Games	Harry Potter: Secrets	This Week With George	Hour of Power [E]	Moving On	Flamingo	NASCAR Racing	PLAN Canada [E]	Funnest Animals	Cory	Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen [E]	
10 AM	My Boys	Jovan [E]	Upside	Foreign	Paid Prog.	Cycling	Intervention [E]	Golf: Senior British Open -- Final	Driving TV	Catering	Sunday Encore [E]	SpongeBob	NASCAR Racing: Nextel Cup - Allstate 400 at the Brickyard.	PLAN	Dino Lab [E]	Phil	The Kill Point	Seinfeld	
11 AM	My Boys	Biker TV	Fetch! With	NOW (N)	Paid Prog.	PGA Champ	Intervention "Anthony"	Round.	Hour of Power [E]	Driving TV	Marketple	Ruby	World Vis	Prehistoric Park [E]	School	Movie: "Stand by Me" (1986)	You Smarter?		
12 PM	My Boys	PGA Golf: Canadian Open --	CG Kids	Quartetto Gelat	CORR Off Road Racing	PGA Golf: Canadian Open --	Intervention "Leslie"	Arena Football: Arena Bowl XXI -- Destroyers vs. SaberCats	News (N)	PGA Golf: Canadian Open --	MLS Soccer: Chicago Fire at Toronto FC. (Live) [E]	Unfabulous	From Indianapolis Motor Speedway in Indianapolis. (Live) [E]	Question Period [E]	Prehistoric Park [E]	Movie: "Jump In!" (2007, Drama)	World Poker Tour [E]	CSI: Crime Scn	Friends
1 PM	My Boys	Final Round. (Live) [E]	Wild	Globe Trekker [E]	ATP Tennis: Indianapolis Championships	Final Round. (Live) [E]	Gene Simmons	Simmons	GetUpGrow	Andromeda [E]	Moving On	Ghost	Twice in a Lifetime [E]	How-Made	Homecoming Warrior	CSI: Crime Scn	Deal or No Deal [E]		
2 PM	Baseball: Atlanta Braves at Arizona Diamondbacks. (Live) [E]	Strange	Dora	Consumer	Paid Prog.	Discover	Simmons	Paid Prog.	Andromeda [E]	Seinfeld	Land Sea	Game	SportsCentre (Live) [E]	Movie: "Bookfair Murders" (2000, Mystery) [E]	MythBusters s Testing Hollywood shark myths.	Suite Life	Funnest Home Videos	CSI: Crime Scn	Ground Up
3 PM	Home Imp.	Energy TV	Rolie Polie	Hometime	CSI: Miami [E]	Without a Trace [E]	Simmons	Matthews	Seinfeld	Global	David Beckham [E]	Randy Quaid.	Instant	Alice	K. Possible	Montana	Behind	CSI: Crime Scn	That News
4 PM	Movie: "Forrest Gump" (1994, Drama) (PA) Tom Hanks.	News (N)	George S.	Workshop	News (N)	News (N)	Simmons	News (N)	Simpsons	News (N)	Brothers & Sisters [E]	Be the Creature [E]	Movie: "Racing Stripes" (2005, Comedy) Bruce Greenwood.	News (N)	Ocean of Fear: Worst Shark	Sadie	Movie: "The Bourne Identity" (2002) Matt Damon. [E]	The Kill Point (N)	Vanity Insanity
5 PM	Robin Wright. [E]	Doe "Safety First" (N)	National Geographic	Nature [E] (DVS)	Dateline NBC (N) [E]	60 Minutes [E]	Coreys	Funnest Home Videos	Amer Dad	Amer Dad	The Nature of Things	SportsCentre (Live) [E]	On the Lot [E]	Attack Ever (N)	So Raven (7:25) Zoey	Life Derek	News (N)	CSI: Crime Scn	Big Screen
6 PM	Movie: "Forrest Gump" (1994, Drama) (PA) Tom Hanks.	Extreme-Home	The Royal "Letting Go"	Mystery! (N) [E] (DVS)	Big Brother 8 (N) [E]	Match	Extreme-Home	Big Brother 8 (N) [E]	Big Brother 8 (N) [E]	Movie: "The Aviator" (2004) Leonardo DiCaprio.	Game	Golf: Senior British Open -- Final Round.	Cold Case [E]	Ocean of Fear: Worst Shark	Movie: "Gone Fishin'" (1997)	Movie Ent	The Kill Point	Friends	
7 PM	Robin Wright. [E]	"Til Death Comes	The Last Detective	Everyday	Law & Order [E]	Cold Case [E]	Simmons	Desperate Housewives	Family Guy	Family Guy	Ghost	Law & Order: SVU	Attack Ever	Movie: "The Trial of Old Drum"	Hollywood	Mad Abt.			
8 PM	Robin Wright. [E]	One Tree Hill [E]	(10:15) Africa [E]	P.O.V. [E]	Law & Order: SVU	Shark [E]	Simmons	(10:01) Brothers & Sisters [E]	News (N)	News (N)	Can Files	Movie: "The Aviator" (2004) Leonardo DiCaprio.	Law & Order: SVU	Attack Ever	Movie Ent	The Kill Point	Friends		
9 PM	Robin Wright. [E]	News (N)	Sustain	World Cafe	Paid Prog.	McCarver	Coreys	Van Impe	House	Paid Prog.	Oracle	Mystery	SportsCentre (Live) [E]	News (N)	MythBusters s [E]	(10:50) "The Trial of Old Drum"	Hollywood	Mad Abt.	

MONDAY, JULY 30, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Dawson's Creek (E)	News (N) Room	Elliot Jakers	Body Elec. Caillou (E)	News (N) (E)	News (N) (E)	Crossing Jordan (E)	(5:00) News (E)	News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N) (E)	Gadget Monster	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	V.I.P. "Molar Ice Cap" (E)	Counterstrike (E)
7 AM	Movie: "Air America" (1990) Mel Gibson. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today (N) (E)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)			Arthur (E) Lunar Jim	Jane Monsters	SportsCentre (E)		A Machine to Die For (E)	K. Possible (7:24) (E)	CityLine (E)	V.I.P. (E)	Night Heat "Punk" (N) (E)
8 AM		Collectors	Hi-5 Berenstain	Curious Clifford			American Justice		100 Huntley Street (E)		Curious Clifford	George S. Beasts	SportsCentre (E)		How-Made (E)	Weekend Lilo Stitch	Star Trek: Voyager (E)	V.I.P. "Val's Big Bang" (E)	Due South (E) (DVS)
9 AM	NewsRadio	Body Taste	Bus Rolie Polie	Dragon Big World		Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	Flamingo LazyTown	Off-Record Fishing	Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	V.I.P. "21 Val Street" (E)	Ad Pers Inside Box
10 AM	Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami (E)	The View Sugarland. (N)	Hospital	Design House		"Pippi Longstocking" (E)	Track and Field	The View Sugarland. (N)	True Crime Scene (E)	Mickey Tigger	Movie: "Stand by Me" (1986) (E)	V.I.P. "Chasing Anna" (E)	Mad Aht. Grace
11 AM	Cosby	Seinfeld	CG Kids	Bob Build	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog. (E)	Judge J. House	News (N) (E)	The Gill Deacon Show	Adrenalini Mew Mew	Bowling	Balance-TV Diary (E)	The New Detectives (N) (E)	Higglytown (11:25) King (E)	Wil Wheaton. (E)	Star Trek: Next Gener. (E)	The Nanny Frasier
12 PM	Still Std	News (N) (E)	Canada-History	Charlie Rose (E)	Paid Prog. (E)	News (N) (E)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N) (E)	CBC News (E)	Pokémon Flamingo	NASCAR Racing	Degrassi Bold & B. (E)	Mayday (E)	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener. (E)	Seinfeld
1 PM	Yes, Dear	Diva Dime	Planet Moving On	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Fashion Dinner	George S. Beasts	Motoring Rings	Twice in a Lifetime (E)	How Do Machines	Dragon Emperor	Hollywood Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	Guiding Light (N) (E)	Gaslight Journal	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Viva Pinata Jacob	NASCAR Interruption	General Hospital (N)	How-Made Proud	Lilo Stitch	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld	Room Design	Hi-5	Arthur (E) Fetch! With Judge	Judge Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Off-Record Sports	Dr. Phil (E)	How Do Machines	Weekend Lloyd	News (N) (E)	CSI: Crime Scn (E)	Due South (E) (DVS)
4 PM	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (N) (E)	Global	Frasier Red Green	Movie: "The Wild Thornberrys" (2002) (E)	MLB Baseball: Toronto Blue Jays at Tampa Bay Devil Rays. (Live) (E)	Veronica Mars (E)	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn (E)	Ad Pers Inside Box
5 PM	Friends	News (N) (E)	George S. (5:32)	BBC World Business	News (N) (E)	News (N) (E)	CSI: Miami "Rap Sheet" (E)	News (N) (E)	News (N) (E)	News (N) (E)	Simpsons Arrested	Being Ian (E)	News (N) (E)	Maneating Sharks: The (E)	Suite Life Montana	Stargate SG-1	CSI: Crime Scn (E)	Seinfeld	
6 PM	Friends	Body Caitlin	Fetch! With Creatures	News-Lehrer	News (N) (E)	News (N) (E)	The Sopranos (E)	News (N) (E)	News (N) (E)	ET Canada Entertain	CBC News: Vancouver	Ruby	News (N) (E)	American Chopper (N) (E)	Zoey 101 Sadie	Hell's Kitchen (N) (E)	Movie: "Fire Down Below" (1997) (E)	Married... Frasier	
7 PM	My Boys	That News	Sustain	Served	Jeopardy!	Friends	(7:13) The Sopranos (E)	Entertain	Entertain	Without a Trace (E)	Coronatn Just-Gags	Nick Malcolm	SportsCentre (Live) (E)	Corner Gas Hollywood	Dirty Jobs Salt mining.	So Raven Smart Guy	Godiva's (E) (DVS)	(1997) Steven Seagal.	Extreme-Home
8 PM	Sex & City	How I Met Christine	Africa (E)	Antiques Roadshow	Age of Love (E)	How I Met Christine	Wife Swap (E)	Name Earl The Office	Name Earl The Office	Doctor Who (N) (E)	Fresh Pr. Yvon	Off-Record	Corner Gas Robson	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: Crime Scn (E)	ET Canada Ad Pers	
9 PM	Seinfeld	Two Men	Polio Hunters (E)	History Detectives (N)	Age of Love (N) (E)	Two Men Rules	CSI: Miami "Rap Sheet" (E)	Six Degrees of Martina McBride (N) (E)	Age of Love (N) (E)	Age of Love (N) (E)	Hustle "The Ghost" (E)	Mystery Ghost	Bowling	Canadian Idol (N) (E)	American Chopper (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn (E)	Seinfeld
10 PM	Movie: "Paycheck" (2003) (PA)	Big Day (N) Help Me	Reporters/Iraq	Power of Art	Dateline NBC (E)	CSI: Miami (E)	The Sopranos (E)	Without a Trace (E)	News (N) (E)	National	Prank Ptrl Weird	NASCAR Racing	CSI: Miami (E)	Dirty Jobs Salt mining.	Popular "Round One" (E)	(10:06) Movie: "Frequency" (E)	Star Trek: Voyager (E)	Married... Frasier	
11 PM	Ben Affleck. (E)	News (N) Room	Whoever You May Be	Charlie Rose (N) (E)	News (N) (E)	News (N) (E)	(11:13) The Sopranos (E)	News (N) (11:35)	News (N) (E)	Entertain ET Canada	(11:05) The Hour (E)	Bob 15/Love	SportsCentre (Live) (E)	News (N) (E)	Maneating Sharks: The (E)	8 Rules Life Derek	(2000) Dennis Quaid. (E)	Deep Space 9	Grace The Nanny

monday movies

MORNING

7:00 am WTBS (3) ★★½ "Air America" (1990, Action) Mel Gibson. CIA-funded pilots hit drug traffic while flying supplies for the covert war effort in Laos. (E)

10:00 am YTV (18) ★★ "Pippi Longstocking" (1997, Musical) Voices of Melissa Altro. Animated. An independent Swedish child lives alone, foils crooks and astounds neighbors in her seafaring father's absence. CITY (29) ★★ "Stand by Me" (1986, Comedy-Drama) Wil Wheaton. A boy and his three buddies set out in the summer of 1959 on a hike to find a dead body. (E)

AFTERNOON

4:00 pm YTV (18) ★★½ "The Wild Thornberrys Movie" (2002, Comedy) Voices of Lacey Chabert. Animated. Eliza, who communicates with animals, tries to stop deadly poachers with the help of a chimp, Darwin. (In Stereo)

EVENING

6:00 pm SPIKE (44) ★★ "Fire Down Below" (1997, Action) Steven Seagal. A lone environmental agent takes on ruthless industrialists dumping toxic waste in the Kentucky hills.

10:00 pm WTBS (3) ★★ "Paycheck" (2003, Science Fiction) (PA) Ben Affleck. After learning his memory has been erased, a technical wizard goes on the run to piece together clues from his past. (E)

10:06 pm CITY (29) ★★ "Frequency" (2000, Fantasy) Dennis Quaid. A policeman tries to alter the past after making radio contact with his father, a firefighter who died 30 years earlier. (E)

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Parkview Funeral Home, 1258 Main Street, Penticton



100% natural beef for sale. No implants. \$1.50 per pound + cutting and wrapping. Call Ernie Willis (250) 295-7345 or Terry Wright (250) 295-8121. Nov 28-07n

APPALOOSA MARES; Registered broodmare, needs secure yard, \$1,200.00. 4-year old, no training, \$1,500.00. Loud colour. DWARF GOATS, kids, buck, 2 bred does, \$200.00 - \$400.00; ewe lambs, \$200.00. (250) 499-5143. Jun 21-07n

Must sell. Recently acquired fully loaded heavy duty, well maintained, one owner, 1996 GMC 1500 4X4, ext. cab, short box, gas Vortec 350 engine, 305 auto OD, headers, air shocks, mags, \$6,500.00. (250) 295-0627. Jul 10-24***

Solid oak entertainment centre. Will hold 23" TV, stereo, lots of storage. Asking \$150.00. Call (250) 295-6339.

Pacemaster treadmill. Has heart monitor, calorie counter, built-in exercise programs. Asking \$500.00. Call (250) 295-6339.

obituary

Theodore 'Ted' Ralph Howarth

September 27, 1947 - July 15, 2007



It is with great sadness that we mourn the passing of our loving father, grandfather, brother and uncle.

Theodore 'Ted' Ralph Howarth, passed away peacefully July 15th at Penticton General Hospital with his loving family by his side. He was 59.

Ted was a loving father of five children - 3 sons (Troy, Daljeat and Cory) and 2 daughters (Katie and Becky). He also leaves behind the mother of his children Amarjit Howarth and daughter-in-law Mary Bowden (and Cortni Aitchison). Ted was a cherished Papa to his 2 grand-daughters - Jasmine, 5 and Madison, 2 - and will also be missed by sisters Catherine Loveless, Olive Howarth and brothers Raymond and Mark Howarth. Uncle Teddy will be missed by his many nieces and nephews. Ted will be remembered for his dedication to both work and home. He loved the outdoors, dancing and, of course meeting new people. He always had a smile on his face and was always there to help. Ted will always occupy a special place in all our hearts and will never ever be forgotten.

Funeral services will be held at Princeton Secondary School on Saturday, July 28th, 2007 at 11:00 AM with Eric Goodfellow officiating. The family invites you to join them following the service at the Legion Hall.

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WOOD PELLET SALES & DELIVERY
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(250) 295-6545

Kenmore Upright Freezer. \$350.00. Call (250) 295-4149 or 295-7754. 07n

Hunter special. 1975 Ford Motorhome, 22-feet, dual wheels, had lots of work, boat rack. \$3,500.00 OBO for quick sale. Call (250) 295-0627. Jul 10-24***

help wanted

Athina's Desert Day Spa in Oliver, BC is looking for estheticians and Nail technicians to join our team. Great wages, friendly environment and a very loyal clientele. Please phone (250) 498-3363 for more information. Jul 10-24

Housekeeping/chambermaids needed. Apply in person at Villager Inn, Princeton. Call (250) 295-6996. Jul 17-31

obituary

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Jul 06-07n

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notices

Looking for 2-3 bedroom rentals for qualified tenants. Call RE/MAX country at (250) 295-3222. Feb 13-07n

lost

Little black book, somewhere around town on June 15th. Please call (250) 295-0031. Jun 26-07n

Lexar Media USB Jump Drive 2 between Cawston and Keremeos. Contact (250) 499-7818 or e-mail imoada@yahoo.ca Jul 05-07n

real estate

Immaculate 4-bedroom, 2-bath home for sale in popular Mine Subdivision. Beautiful view of valley from oversized back deck. Treed-in, private yard featuring gardens, well-maintained shed, fenced area for pets and single vehicle carport. Residence completely renovated with an inviting recreation room on lower level. \$265,000.00. By Appointment Only. (250) 295-6453 Jul 31

garage sale

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9:00 AM - 3:00 PM
Saturday, July 28
2035 Osprey Lake Road
(21 kilometres past race track)
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Tools, small and large appliances, kitchen items, sewing machine, furniture, curtains, assorted linens, antiques, books, toys, games, outdoor furniture, gym equipment, craft items...You name it, we have it!

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for rent

4-bedroom home at 79 Harold Avenue. \$1,200.00 a month + utilities. Call Heather (250) 295-6977. Jul 03-07n

Storage unit available behind liquor store. Suitable for car or boat, etc. Call Sharon at (250) 295-3521 or Richard at (250) 492-8503 for details. Jul 17-31

Long-term responsible tenants wanted. Two-bedroom house in downtown Princeton. Available September 1st, 2007. No stairs. \$530.00 per month plus utilities. Phone (604) 484-2783 and leave a message. Jul 24-07n

card of thanks

Princeton GSAR thanks Osprey Lake Ratepayers Association for their generous \$2,000.00 donation. The donation will be used to purchase advanced first aid supplies and training. Thanks again, from PGSAR.

for sale

Oliver OC-3 track bulldozer, \$2,500.00. Harris Powerhorse rubber-tired bulldozer with winch, \$3,500.00. View at 4274 Princeton-Summerland Road or call (604) 294-0505 after August 1st. Jul 24

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Got Ideas? The Posse Wants You!



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resumes for the position of Sales and
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This is a paid part-time position starting
early August 2007. Duties include sales and
marketing, office administration and game
night presentation. Send resume via e-mail to
robilk@telus.net or mail to Princeton Posse,
PO Box 2457, Princeton, BC V0X 1W0

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SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #7 - Easy

482	931	657
735	648	912
196	572	348
678	154	239
954	823	761
321	769	584
513	479	826
867	215	493
249	386	175

CHALLENGE #8 - Hard

768	149	523
215	736	489
934	285	761
643	857	192
592	413	876
187	692	354
426	571	938
859	364	217
371	928	645

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my turn

A lesson in census math

StatsCan has finally finished analyzing another huge chunk of the 2006 Census and released information related to age and sex last week.

We were interested in comparing figures from Princeton and Keremeos because, well, that's sort of what we do and, well, we do it in both communities.

Oh, and sometimes we learn stuff when we do it, which we feel sort of obligated to share with you.

What did we learn?

You better be sitting down for this.

There are more women than men in the Similkameen Valley.

Sure, not a lot more, but in Princeton there's 65 more gals than guys. The up side is there are 80 more women than men in Keremeos and based on the population totals, that's a far higher percentage of gals in the Organic Capital of Canada.

Thank you, StatsCan for putting that argument finally to bed, so to speak.

What else did we learn from the Census?

Aside from it being a rather long and boring form to fill out, the median age of Princeton sits at 50.9 years. In Keremeos it's 59.4 years. Close to the time it took for us to understand parts of the Census form. At least the mail-in portion of it.

As easy as it is to make the assumption this means the Similkameen Valley population is just getting older, which someone will likely twist to mean a greater strain on a variety of services and those sorts of things, we see a totally different picture.

We put our own spin on that gem and determined it means we seem to live a lot longer in the Similkameen Valley.

It's got to be all that good clean air, the rural way of life and, of course, because there's more women than men in this valley.

Admit it, that's some pretty significant data right there.

Back to the living long part of the equation.

According to the number crunchers at StatsCan there were 70 Princetonians in the 85 years and older category. We have to point out 40 of them were women!

Not to be left out of the party, a total of 75 Keremeosians were older than 85 at the time of the Census. A total of 40 were women.

Our crack news team and consumer affairs department could only say one thing about that. Not only are there more women in the Similkameen Valley, but also they live a really, really long time.

It was the guy who makes coffee who added this piece of information: For some of us men that could easily translate into a very long and painful time.

Too bad the Census did not reveal how good the memories were on the women in the Valley, which we view as crucial data.

It'll be just our luck that Similkameen women, who live so long because of the good clean air, the rural way of life and the fact that they outnumber the men will also possess your average elephant's memory.

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!

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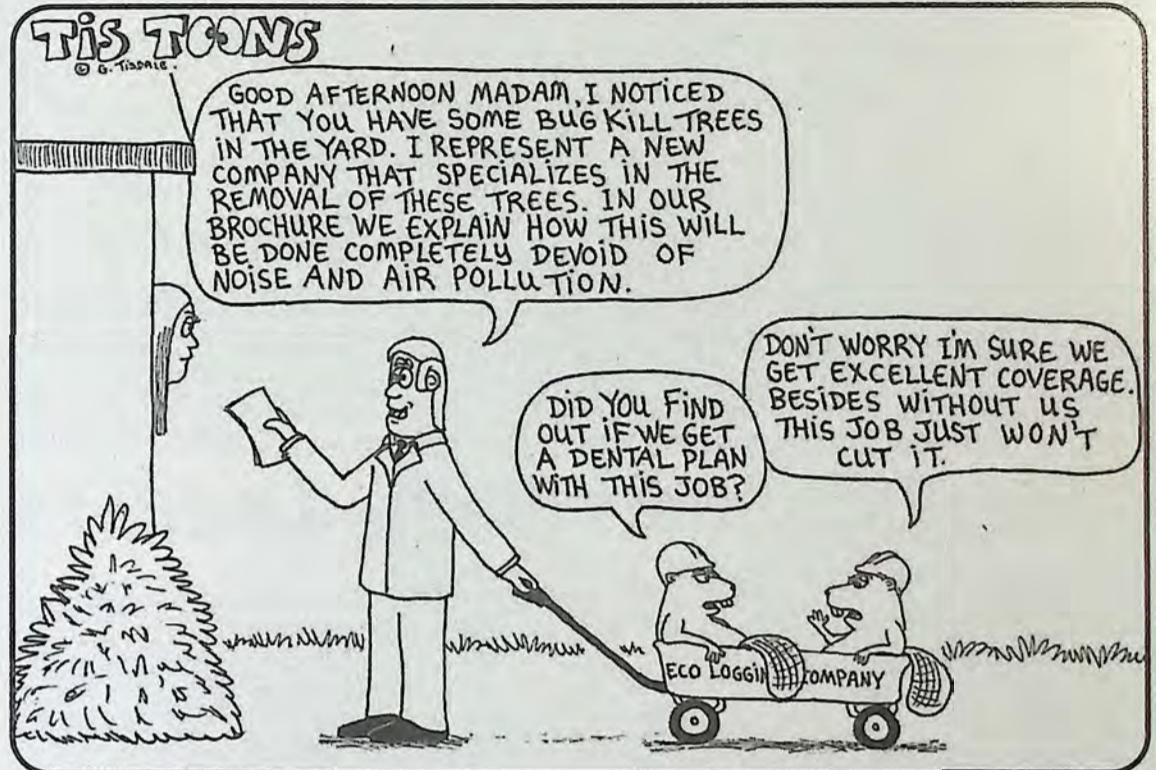
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George Elliott
Brenda Engel
Dawn Johnson



your turn

RDOS starts air quality survey

The BC Conservation Corps., in partnership with Ministry of Environment (Air Quality Section), the Regional District of Okanagan Similkameen (RDOS) and the BC Lung Association have put together a program to help us all breathe a little easier.

This summer through to the fall, BC Conservation Corps (BCCC) students are conducting a door-to-door survey and awareness campaign in the rural and agricultural areas within municipalities throughout the RDOS. They will first be visiting agriculturalists to inform them of air quality programs. Students administer an air quality survey and distribute an information package.

It's a program where everyone benefits. Agriculturalists become better informed and are given the options and guidelines on how to safely dispose of agricultural waste. Students and recent graduates are provided work opportunities that help them gain valuable, first-hand experience in a wide variety of scientific and technical roles that will contribute to conserving and enhancing British Columbia's environment. In the end we all get cleaner, healthier air.

One focus of the program is better burning practices. It starts with changing out old inefficient wood

stoves. Modern certified wood stoves burn hotter and cleaner and can produce up to 90% fewer emissions than an old stove. Even a new stove can emit substantial air pollution if it or a chimney is not installed correctly or if the wood is burned wet rather than dry. Anyone with a wood stove should be gathering and drying their wood at least six months before burning.

Students also inform the public on the hazards of burning rubber, plastics, treated wood and other garbage. Open burning has traditionally been accepted as a way to dispose of household garbage and farm waste. We now know there are serious health hazards involved as toxic chemicals are released when these items are burned. All are affected but this poor practice is especially dangerous for the very young, the elderly and those with heart problems. Dioxins, furans, and other toxic carcinogens such as formaldehyde can be released from burning all sorts of waste, including treated/painted wood, plastic, and rubber. Even plain white paper releases chlorine gas when burned.

Another smoke reduction program is the RDOS chipping program that chips orchard wood waste instead of having it burned.

Orchardists can apply for this program by contacting the RDOS. Agricultural wood waste can also be taken to RDOS landfills where it is accepted free of charge. Stumps have to be separated and cleaned of most dirt and rocks. Other materials including treated fence posts also need to be separated.

BCCC students also inform agriculturalists of the agricultural plastic waste recycling program.

Orchardists can recycle their waste agricultural plastics for free at all RDOS and Municipal landfills as long as the program guidelines are followed. Items need to be bundle tied or bagged into their correct categories before delivering to the landfills. Chemical containers are not part of the program and instead must be cleaned well and returned to the dealer.

Currently there is an air quality reference guide in the works and once complete it will be distributed to RDOS residents. The Ministry of Environment's "Air Knows No Boundaries" display can be seen at regional libraries in Keremeos, Naramata, Oliver, Osoyoos and Summerland. They will rotate to other communities in August.

If anyone witnesses illegal dumping or burning, they are encouraged to call the toll free Report All Poachers and Polluters (RAPP) line at 1-877-952-7277. The ventilation index toll free number is 1-888-281-2992.

For more information about the RDOS and its air quality programs contact RDOS at (250) 490-4212 or toll free at 1-877-610-3737.

LETTERS TO THE EDITOR ARCHIVES

www.thenewsleader.ca

Current Comment:

Deadly dog food is just one more example



Dawn Johnson
editor@thenewsleader.ca

When we see, via TV, protests against globalization, we tend to shrug it off as being just one more silly fringe group doing its thing. Wrong: there should be more of us protesting.

Globalization hits us right at home, and just recently, globalization killed a lot of pets and hit their owners right in the heart.

I know you did not hear about globalization as part of the pet food problem, but globalization is at the root of the problem. We know now that our pet food comes from across the Pacific Ocean and we know it was contaminated by melamine. Our big question should be: why do we import pet food from across the Pacific Ocean?

We North Americans produce an awful lot of the world's livestock and we have higher standards for it than most countries have. We have the manufacturing capabilities to process our own pet food, so why are we importing it from countries which may not meet our standards?

You may be wondering whether somebody deliberately put melamine into the pet food. This is not necessarily the case. Melamine in its purest form is used in many countries as a cheap fertilizer. Livestock is the end of the food chain for absorption of melamine. We do not allow melamine as a fertilizer in North America because melamine is poisonous. However, as has been shown in the case of pet food, we might be importing foods contaminated by this poisonous substance.

Globalization is proving to be a serious problem, not only for pet food consumers, but for wasteful use of resources and pollution of our environment.

We do not know what melamine is doing to our environment, but we do know that shipping pet food across an ocean 5,000 km. wide is a wasteful use of fuel resources and a needless pollution of our air. Why do it?

There has been a deliberate effort by the G-8 nations to continue the push toward globalization. The idea is to get every country so dependent on trade (and therefore

banks and insurance companies and major corporations) that more control can be exerted from the top, and some necessary standards of quality can be ignored.

There is now a deliberate effort to counteract globalization, not through protest demonstrations but through an idea called The Hundred Mile Challenge.

The challenge is this: try to buy everything you need from within a hundred mile radius of where you live. This way, you reduce pollution, but more important, you know where your food is coming from and that somebody is monitoring what goes into it.

Those of us who live in the Similkameen Valley are blessed with a great neighbourhood food supply. We can buy food from our own valley. We can store it in the form of fruit and vegetables we preserve at home by canning or freezing.

We can buy locally grown turkeys, lamb and beef. We can buy locally produced eggs.

Every time you buy a product, think about how much transportation went into getting it to you. I like to think of the sardines example. I can go to the grocery store and choose between sardines from Portugal, or from Norway, or from

New Brunswick. It makes sense to buy the New Brunswick sardines, doesn't it? They are processed to Canadian standards and the least transportation went into getting them here.

This is a new way of looking at your shopping list, isn't it?

There is another way. You can look at things like mangoes, bananas, and yams and ask yourself how far they had to travel to get to you, and how these stack up against foods available in your own neighbourhood. I am not saying you should never buy imported fruits and vegetables, but you should think about the quality of what you are getting. So often, a food from a distant place appeals to me, and when I eat it, I discover it was picked so green it will never taste right. What a waste of resources!

After I learned about the pet food contamination from a fertilizer we are not allowed to use in North America, I began to wonder which countries use melamine and whether I had unknowingly consumed melamine, maybe just a trace, in some of those imported products. Makes one wonder, doesn't it?

Really, our pets should be eating raw meat anyway. Most pet foods

contain things your pet would never eat if given a choice. My dog is really picky and so is my cat. They do not care for a lot of

brands of pet food with corn and other grain fillers. Maybe they are telling me and you that they do not want unhealthy dinners.

www.thenewsleader.ca

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Marketplace Ministry by Jim Caruso

A Lesson On Forgiveness

Lee Iacocca brought the Chrysler Corporation out of near financial disaster with the invention of the K car, at the same time plunging my small family into near bankruptcy and severe mental distress. The K stands for kurse or kash. It looked like such a good family car, nice lines, a station wagon and lots of windows room for the whole family and even the kids friends. The yellow colour should have tweaked my discerning skills, but I was hooked, by good looks and so I just had to have it.

To listen to the salesman who was representing this soon to be financially draining curse mobile, you would have thought that I had been given some inside trader information that was privy only to the two of us. I wonder why if it was such a good deal and such a dependable car, why he was not keeping this treasure for himself.

PART ONE: MINOR INCONVENIENCES

My wife and I were traveling home to Saltspring Island from Vancouver. When we boarded the local ferry to travel the two and one half hours back home, we were loaded on the ramp at the front of the ship. The ramp is the worst place to be parked as you are facing downhill at about 30 degrees and the side rails on the ramp do not allow for human being to exit any normal sized vehicle with doors unless you weigh a total of 23 pounds with your clothes on. So we borrowed the large shoe horn and extricated each other from the car, opening the door a few inches.

Upon entering the car when we reached our destination, being a gentleman I opened the door for my wife and it came off the car. The pins that hold the door on had somehow, fallen out and the door now was not a part of the original vehicle. The shock alone of having a door in my hands and the ferry starting to unload around me, took away any emergency decision making that I may have had before. Noting that there were lots of people in the other cars around me having seen me holding a car door separate from the car that it once was attached to, I calmly asked my wife to enter the car through a much larger opening on the passenger side than what she had exited from. Once safely seated in the car, she connected her seat belt and I handed her the door. Other than looking at a right angle to the front of the car and the strained expression on her face, it was hard to tell that she was holding her own door close the car as we disembarked the ferry.

Finding a safe place to pull out of the emerging traffic, I stopped in the parking lot and rushed to the other side of the car. Looking through the window, I could see the expression on my wife's face that indicated to me that the purchase of this new family car maybe wasn't such a good idea. I pulled the door loose from her white clenched hands; I reassembled it in the dark of the parking lot in one of the worst monsoon rains that we had that year on our small island. This was only the first of many adventures with our K-car. Life is full of opportunities, some we purchase. Right after teaching the Lords Prayer to His disciples, Jesus adds these very important words, "In prayer there is a connection between what God does and what you do. You can't get forgiveness from God, for instance, without also forgiving others. If you refuse to do your part, you cut yourself off from God's part. In this case it was an opportunity to forgive. (Matt. 6:13, 14) Ps. The part in the Lords Prayer came to my mind as well, lead us not into temptation, but deliver us from evil. I have forgiven the salesman, but as you will see in Part II next week, I was able to glean many spiritual lessons from this car.

Jim Caruso, Pastor
Oceanside Community Church, Parksville, BC
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The new Arts Council executive, left to right: Secretary Jon Bartlett, Treasurer Nick Mills, President Rika Ruebsaat, Vice-President Paul Huycke and Directors Del Hall, Sue Alton and Mary Bedford. Photo: Dawn Johnson

Arts Council welcomes new president

A new year begins for Princeton & District Community Arts Council following the annual general meeting held July 18. Rika Ruebsaat, who has been involved in many aspects of the arts, was elected President, with Paul Huycke continuing as Vice-President. Nick Mills was re-elected as Treasurer and Jon Bartlett as Secretary. Directors are Mary Bedford and Del Hall, with newcomer Sue Alton.

Nick Mills presented the year end financial statement showing the Arts Council is in good shape financially.

He advised the Arts Council member groups they must have their applications for BC Arts Council grants in his hands no later than the date of the next meeting, September 19.

Retiring President Dawn Johnson thanked the past executive for their support and commended member groups for their achievements dur-

ing her term in office.

Johnson was presented with a beautiful bouquet, a mug and a

card in thanks for her work as Arts Council President during the past three years.

Committee look for help

Have you ever dreamed of becoming a bona-fide superhero? Well here's your chance:

The community of Princeton is in need of a Run Organizer for this year's Terry Fox Run. Come to the rescue by ensuring the Run's survival in your area and help to keep Terry's dream of finding a cure for cancer alive.

Don't want to take it on alone? No problem! The Terry Fox Foundation encourages groups or teams of individuals to volunteer together, so you could get a few friends together, approach some colleagues or ask your service club if they would like to take it on. We would be delighted to assist you to set-up a committee of volunteers to oversee the event.

What is involved if I accept this challenge, you ask? Well, the Race Organizer, is responsible for overseeing all aspects of a Terry Fox Community Run. This includes recruiting volunteers, setting up the route, seeking donated items, event administration and promotion. As a Race Organizer, you will be supported by The Terry Fox Foundation's provincial office and will communicate with our office on a regular basis, as you will be the main contact person for the community.

The time commitment required by

this position all depends on how you choose to organize your event. Planning a successful run usually begins in early summer and organizers should be all finished with post-Run administration by the end of September.

So why become a SUPER HERO? Well, aside from the fact that its every kid's dream, organizing a Terry Fox Run is a terrific way to get involved in your community and contribute significantly to cancer research.

With one of the lowest cost ratios compared to other cancer charities, The Terry Fox Foundation proudly gives over 87 cents of every dollar raised to cancer research, so you can be assured that your hard work in raising the funds is matched by our hard work in protecting it. Terry Fox is a national and international hero, who dreamed of a world without cancer. With your help we can get closer to that reality.

Help us to defeat cancer - a real-life villain.

If you have any questions or would like more information please don't hesitate to contact The Terry Fox Foundation. Website: www.terryfoxrun.org or e-mail: bcadmin@terryfoxrun.org.

Phone: toll free 1-888-836-9786 or (604) 464-2666. -submitted

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Family drop-in centre opens

Opening this week (Monday, July 23rd), the beautifully renovated Princeton Family Centre is offering a drop-in time for families with children newborn to six years old.

This free drop-in is offered Mondays, Wednesdays and Thursdays from 11:00 AM to 2:00 PM and will be available all year round.

The goal of the centre is to provide a caring, casual environment

for families with young children to interact, share ideas and have fun! Activities offered during the drop-in time include arts and crafts, play time, reading, cooking and baking of healthy snacks and meals.

Mondays and Wednesdays a healthy snack will be made and enjoyed.

A healthy lunch will be made with the help of the families and will be offered every Thursday.

We welcome families to take advantage of this free program and join Renee Hartwell at Kenley Hall (behind Princeton Legion) for some casual fun with kids.

For more information contact Renee at (250) 295-3186 or 295-3812.

The facility is still in need of high chairs and playpens in good condition. If you have any you would like to donate to the centre, call the numbers noted above.

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Steven McCrae-Gibson leaves Pharmasave this week as he and his family move into the Okanagan. The Similkameen News Leader wishes Steve good luck in his new role at Zellers in Westbank. *

Local seniors weather the heat

One sizzling hot day last week residents and Day Care persons were taken by bus to Rainbows End.

We took hats, sunglasses and wet wash cloths as we anticipated the heat to become overwhelming. However, we were seated under a gazebo with a gentle mist of water which kept us very comfortable while enjoying cool drinks and fresh mini doughnuts.

We then walked about in the gift shop and purchased some interest-

ing articles. All were most impressed by the beautiful displays inside and in the garden. So many colourful and different flowers as well as plants.

Thanks Jill, Barb and Anne for being such gracious hosts, and for the bags of doughnuts we were given to take home.

Another day we were invited to Audrey's home where we were again spoiled.

Tables were arranged on her large veranda and 15 people were treat-

ed to a delicious tea - wine, fresh fruits and dips, cream puffs, shortbread, chocolate cup cakes and strawberries, chiffon cake and much more. Of course we had tea and coffee.

Today we stayed in and did our routine morning round table talk but in the afternoon we painted and decorated small picture frames, also played Bingo.

Next week's activities depend on the weather. I'll let you know.

- submitted by D. Stenvold

RDOS puts Olalla on boil water notice

Through consultation with the Interior Health Authority, the Regional District Okanagan Similkameen has placed a Boil Water Notice on the Olalla Water System. A lightning strike damaged electronic equipment causing failure. As a precaution, chlorination of the water system and water quality testing is currently being done.

This Boil Water Notice remains in effect until further notice for the entire Olalla Water System.

For updates view the information boards located at the entrances to the community.

Residents are advised to use bottled water or to boil for all drink-

ing, oral hygiene and food preparation/cooking purposes. Water should be brought to full boil and allowed to boil for at least one minute to reduce the risk of infection from bacteria, parasites and other organisms that may be found in the water.

The RDOS would also like to remind all business owners/opera-

tors including bed and breakfasts and public facility operators that it is the responsibility of said establishments to notify their customers of the Boil Water Notice.

For further information contact the Public Works Department at (250) 490-4106, (250) 490-4135 or toll free 1-877-610-3737.

- submitted by RDOS

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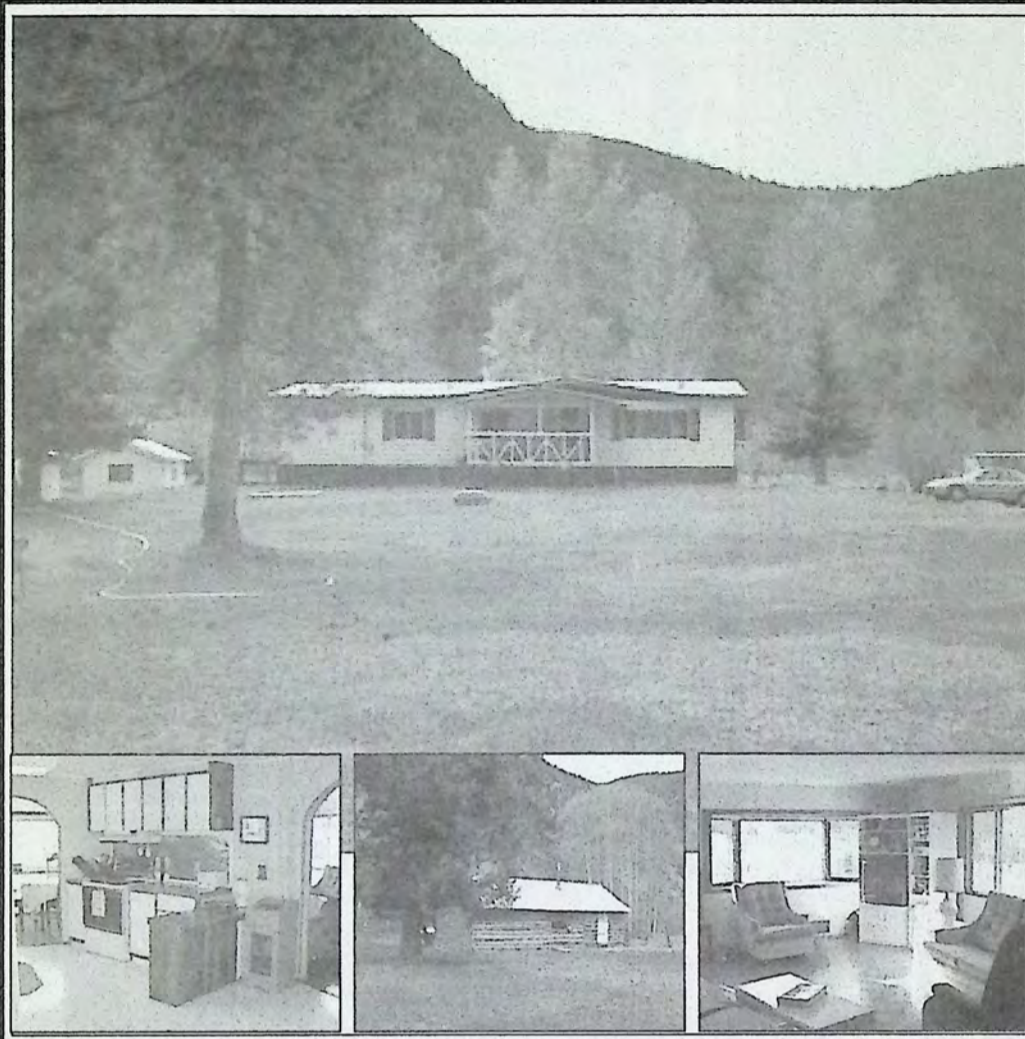
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<p>Don't Lose Out!</p>  <p>2336 Highway 40 \$344,900 Bring your bikes, trikes and sleds! 3-bedroom home backing onto Crown Land and TCT. Only 24km from town. mls.ca#40710</p>	<p>Stress - What Stress?!</p>  <p>2809 Old Hedley Rd \$177,500 Watching the river run has proven to reduce stress in most individuals. Don't miss out on your own personal stress reliever! mls.ca#40748</p>	<p>Have It Your Way!</p>  <p>971 Highway 5A \$269,900 7.22 acres approx. 10-minutes from town! Level benches for horses or to build on. Mobile has large addition and deck. mls.ca#40811</p>	<p>Peaceful Country Living!</p>  <p>2270 Highway 40 \$234,900 Remodeled mobile situated on 5 park-like acres with easy access to KVR. Hayes Creek across the street. mls.ca#40854</p>	<p>Yes you can!</p>  <p>1826 Hope Street \$128,000 Take a step back from the hustle and bustle. Enjoy the quiet of Coalmont and easy access to Tulameen River any day! mls.ca#39980</p>
<p>A Rare Find!</p>  <p>4096 Lakesyde \$224,900 Cozy cabin at picturesque Osprey Lake. Bright and sunny with enclosed porch. Don't delay. mls.ca#40973</p>	<p>Need Some Space?!</p>  <p>270 Cement Street \$259,900 You'll find it here! Only minutes to town, this 4-bedroom, 2-bath home has central air and large yard. mls.ca#40974</p>	<p>Street name says it all</p>  <p>293 Waterfront Ave \$235,000 Enjoy the pleasures of the river and proximity to town every day! mls.ca#40976</p>	<p>Looking For A Bargain?!</p>  <p>101 Missezula Lk \$277,000 Find a bargain in this new 2-bedroom home at Missezula Lake. Comes with porches on 3 sides, travel trailer + sani dump. mls.ca#NEW</p>	<p>Live Your Dream!</p>  <p>Tee Pee Lakes Rd \$153,900 Rare find in rec paradise. Close to Osprey, Link & Chain Lakes. Bring your cabin/house plans and live your dream! mls.ca#41048</p>

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