



Paul Gabriel connects on a pitch from Wayne Harrop in Memorial Park last Tuesday night. *

PXA looks at work plan

Princeton Exhibition Association (PXA) received a \$100,000 grant from Princeton Community Forest Corporation this year. Planning is underway to begin the grounds and facilities improvements the grant will fund.

There is a lot of work to be done. Improvements include everything from new fencing to electrical work. The work will begin in September, after the Fall Fair is

over.

A large sign is being prepared to advise horse owners that they must have BC Horse Council insurance if they wish to use PXA facilities. Any horse owner with a horse on the PXA grounds should be prepared to prove insurance.

This is not a new regulation, but the new sign serves as a reminder to users and advises any new users of the horse facilities.

Weyerhaeuser and museum create jobs

When Julia Halipchuk started looking for her first summer job, it was easy for the Princeton Museum to see how this outgoing young woman would thrive in a public setting.

"We had a great group of students who applied for the job. Any one of them could have done it but Julia certainly came across as a very personable, determined person with a great work ethic," said Nick Mills, operations manager at the Princeton & District Museum & Archives Society.

It's the fifth year in a row that the museum has accessed funds from Weyerhaeuser's Jobs for Youth Program to hire students for the busy summer season when over 6,000 people will visit the museum.

Founded in 1957, the museum has a large collection of rocks, fossils and minerals, in addition to a copy of every newspaper ever printed in Princeton's 150 year

history.

Halipchuk works as a tour guide during her afternoon shift and helps to catalogue the Joe Pollard collection that was donated to the museum in 1997.

"I highly recommend the experience. It's an absolutely wonderful way to get to know the history of where you're from and meet some really interesting people who come into the museum," said Halipchuk.

This September Halipchuk will be entering grade 12 at Princeton Secondary School and plans to use her earnings to finance her school trip to France and Spain next spring.

While graduation is still a long way off, she hopes to study engineering and architecture at the University of British Columbia.

"This program is a creative way for Weyerhaeuser to give something important back to Princeton," said Jeff Larsen, manager at Weyerhaeuser's Princeton sawmill.

"We hope the students will walk away at the end of the summer with new skills and a sense of how critical the non-profit sector is to

creating the type of communities we all want to live in," he said.

Weyerhaeuser also provided grants to other Princeton-based organizations including Princeton & District Community Services Society, Princeton & District Chamber of Commerce, and the Tulameen Community Club.

Across Canada, grants of up to \$2,500 were awarded to 73 non-profit organizations, including health and child care centres, First Nations initiatives, environmental efforts, arts and sports groups, and animal welfare programs.

Students are gaining work experience in a wide range of positions, such as tour guides, summer camp leaders, website designers, conservation crews, watershed technicians, curatorial officers, peer mentors and animal care workers.

Since the program was launched nationally in 2002, more than \$1.4 million has been awarded to 713 organizations, creating 957 summer jobs for young people.

Princeton Museum Background

The Princeton Museum has been operated by the Princeton & District Museum & Archives

Society for the past 50 years. Situated near the centre of Princeton it offers a rare insight to over 150 years of history.

Displays show the rich heritage of the area, including the First Nations, the Pioneer way of life, two long gone Railways - the KVR (CP) and the VV&E (GN), local Ghost Towns - including Blakeburn, Granite Creek, Copper Mountain and Allenby and the links to Coal, Copper and Gold Mining, through to present-day Lumber and Ranching industries.

The Archives house over 10,000 photographs and a copy of every newspaper published in the Area from March, 1900.

In August 2000, The Pollard wing of Princeton Museum was opened to house the World famous Joe Pollard collection of Minerals, Gems and Fossils. This legacy was donated to the Museum by Joe's widow, Shirley, upon his death in 1997.

Weyerhaeuser Background

Weyerhaeuser Company (NYSE: WY), one of the world's largest integrated forest products companies, was incorporated in 1900.

In 2006, sales were \$24.8 billion (\$21.9 billion US). It has offices or operations in 18 countries, with customers worldwide.

Weyerhaeuser is principally engaged in the growing and harvesting of timber; the manufacture, distribution and sale of forest products; and real estate construction, development and related activities.

Weyerhaeuser Company Limited, a wholly owned subsidiary, has Exchangeable Shares listed on the Toronto Stock Exchange under the symbol WYL.

Additional information about Weyerhaeuser's businesses, products and practices is available at <http://www.weyerhaeuser.com>.

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LET'S TALK!

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Should you pay down a mortgage before making RRSP contributions?

This is not an easy question. You will probably want to discuss your situation with your Tax advisor.

Mathematically, you can calculate which alternative is better, given assumptions about mortgage rates and the rate of return in your RRSP. Most analyzes conclude that it is better to pay off your mortgage first, assuming that the rate of return of the investments in your RRSP does not exceed your mortgage rate. However, there are many other factors that you should consider as well. Will you be able to "catch-up" on your RRSP contributions once you have paid off your mortgage? Will you need the funds in your RRSP for emergencies? Do you want to diversify your investments rather than placing all your available cash in your home? These are all questions that should be asked when making this decision.

Keep in mind, however, that having the discipline to save money, either by paying down your mortgage or putting money in your RRSP, will mean that you will increase your net worth in the long run. Paying off your mortgage and saving for your retirement are important components of any good financial plan.

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.

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Hon. Greg Thompson, Minister of Veterans Affairs, presents Maria Sadegur with the Minister of Veterans Affairs Commendation on July 27th in Vancouver. - photo submitted by Bud Sadegur

Sadegur receives commendation

Reprinted from Royal Canadian Legion Branch 56 'The Bugler'

On July 27th, Maria Sadegur was awarded the Minister of Veterans Affairs Commendation for her service to veterans and the Royal Canadian Legion.

Maria, already a Life Member of our Branch and a recipient of the Legion's Meritorious Service Medal, was completely surprised when she was notified by Ottawa of their intention to present her with this award.

In April 2001, Her Majesty the Queen approved the design of a special bar to be worn with decorations

to be known as the Minister of Veterans Affairs Commendation.

The Governor General has issued a Warrant creating this award, and the governing policies call for it to be "awarded to individuals who have performed commendable service to the veteran community and/or individuals who represent commendable role models for their fellow veterans."

The award is intended primarily for veterans, though in rare circumstances non-veterans may be considered for an Honorary Commendation.

The Commendation consists of a certificate, a lapel pin for civilian wear, and a bar for wear with decorations. The design is a gold maple leaf resting on a red poppy, a flower long associated with the sacrifices of war, with the Royal Crown on top of the pin.

The ceremony took place in the ballroom at the Richmond Executive Inn.

There were 18 recipients from all over Western Canada along with their spouses in attendance. A buffet lunch was served following the presentation.

The Minister of Veterans Affairs, Hon. Greg Thompson presented the Commendation which reads:

"Whereas Her Excellency, the Right Honourable Adrienne Clarkson, Governor General of Canada, did authorize the creation of a Minister of Veterans Affairs Commendation and the Insignia thereunto pertaining to be presented to those Veterans and others who, in an exemplary way, have contributed either to the care and well being of Veterans or to the remembrance of the sacrifices and achievements of Canadians in armed conflict.

And whereas Maria Sadegur, MSM, has made such exemplary contributions by generously giving of herself and so both benefitting veterans and making manifest of the principle that Canada's obligation to all who have served in the cause of Peace and Freedom, must not be forgotten.

This same Minister of Veterans Affairs Commendation and Insignia are hereby granted; Given under my hand in the city of Vancouver this 27th day of July 2007."



A close up view of the Minister of Veterans Affairs Commendation lapel pin (civilian wear) and bar for wear with decorations.



Peter Antonick lets one fly from the mound under the watchful eye of the News Leader's Yogi Bear. Antonick and some pals meet every Tuesday and Thursday night at 7:00 PM at Memorial Park. *

Community Services receives accreditation

CARF announced last week that Princeton & District Community Services has been accredited for a period of three years for its Community Services; Community Housing; Community Integration and Respite Services programs.

This is the first accreditation that the international accrediting commission has awarded to PDCSS.

This accreditation outcome represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the standards established by CARF. An organization receiving a Three-Year Accreditation outcome has put itself through a rigorous peer review process and had demonstrated to a team of surveyors during an on-site visit that its programs and services are of the

highest quality, measurable and accountable.

Princeton & District Community Services is a non-profit organization with offices at 47 Harold Avenue. It has been providing services in Princeton since 1973.

CARF is an independent, non-profit accrediting body whose mission is to promote the quality, value and optimal outcomes of services through a consultative accreditation process that centres on enhancing the lives of persons served.

Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and ser-

vices. The Board, staff and service recipients are all very proud to have achieved this level of accomplishment. - submitted

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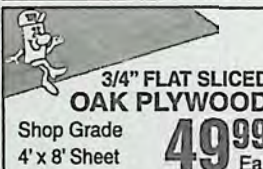
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keremeos and area news

Keremeos hosts sod turning ceremony



A groundbreaking ceremony was held August 15th in Keremeos for the expansion to Orchard Haven. From left: Interior Health Board Chair Alan Dolman, Minister Rick Thorpe and Keremeos Mayor (and SSRHD Chair) Walter Despot. Photo: Jodie Ganske

MLA Rick Thorpe joined Interior Health and community officials to celebrate the groundbreaking of the expansion to Orchard Haven, a seniors' care facility for the community of Keremeos.

"I am pleased to help celebrate this significant development for seniors in the Keremeos region," said Okanagan-Westside MLA Rick Thorpe.

"These additional beds will help meet the care needs of local seniors, and are part of our government's commitment to provide 5,000 residential care beds and assisted living units across British

Columbia by 2008."

Thirteen residential care beds are being built as an addition to Orchard Haven in Keremeos, bringing the total number of residential care beds upon completion to 38. The addition to the building is being designed as a single-storey cottage.

All residents will have their own bedroom and washroom, and will share the dining area, activity lounge and laundry facilities.

"Breaking ground for these new residential care beds means seniors in Keremeos will have more options for receiving the

most up-to-date residential care services in a comfortable and home-like setting," said Interior Health Board Chair Alan Dolman. "We're very pleased to also have the support of the Okanagan-Similkameen Regional Hospital District in this community project."

The 13 new residential care beds are valued at \$3.4 million. The Okanagan-Similkameen Regional Hospital District (OSRHD) is contributing 40 per cent of the total project cost, with the Government of British Columbia, through Interior Health, funding the remaining 60 per cent.

"These additional beds will benefit our local seniors and their families," said Walter Despot, OSRHD Chair.

"We welcome the addition and upgrading of facilities in the smaller communities of the Okanagan Similkameen Regional District to enable seniors to age in their home communities."

With the needs of all Interior residents in mind, Interior Health is striving to provide better care, to offer more choices for care and to improve access to services.

These additional residential care beds create capacity that will benefit the entire continuum of care. This can range from services that support seniors to live independently to inpatient care and resources such as 24/7 professional nursing care and specialized palliative services.

The 13 residential care beds added to Orchard Haven in Keremeos are part of the province's commitment to develop 5,000 new residential care beds and assisted living units throughout B.C. by the end of 2008. To date, 8,839 new and replacement beds and units have been built including 3,411 net-new beds and units.

Project completion is targeted for summer 2008.

- submitted

Volunteers add to local event

New volunteers are invited to join veteran volunteers at the Sixth Annual Similkameen Sizzle on Saturday September 15th at Memorial Park in Keremeos.

The late summer event has a friendly country fair atmosphere

celebrating the last days of the season and the harvest of our own colorful and tasty varieties of peppers.

This year's Sizzle events include the Celebrity Chefs cooking demonstration with lively colour commentary, the Valu-Plus Chili Cook-Off to tingle and tantalize the chili connoisseur and the ever popular Similkameen News Leader Sear Factor, hot pepper eating contest.

An evening Dinner and Dance at Victory Hall will see the return of the popular latin dance combo, Mojo Zydeco.

The Sizzle Volunteers Crew help with set up and take down at Memorial Park and for the Victory

Hall Dinner and Dance on Saturday night. Volunteers fetch and carry, sell tickets and assist at the different event sites in the park.

"Being a Sizzle Volunteer is a great way to get to know your community," says Dave Cursons of the Sizzle Organizing Committee.

Volunteers support children's activities, assist vendors and artisans and help out at the beverage gardens. Volunteers are supported by generous financial contributions to the Sizzle from local and regional businesses.

Volunteers, vendors, artisans and event participants can contact Colleen at (250) 499-5417 or email at siminfo@nethop.net.

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Valencia tomatoes on the vine at Harker's Fruit Ranch in Cawston.*

Our Economy

by: EDO Michael McLaughlin

My last column was three weeks ago, so I want to refresh. In fact, I want to summarize the series of six columns that came before this one. That is because I am following a line of presentation.

I began by using stats the SVPS gathered to show the Similkameen's dependence of forestry and agriculture. I said we need to nurture these industries, along with all of our sectors. I introduced tourism as a sector that can be grown fairly quickly, but not one to be relied on for building an economy.

Then I used BC Stats to show that manufacturing jobs are decreasing, while service jobs are increasing. Communities fortunate enough to have resource-based industries should hold on to them and try to increase their value (value-added). Communities should go after manufacturing jobs, as Princeton is actively doing with its industrial park.

However, growth is not in those sectors. So, a diversified economy needs to include service sector jobs: specifically higher paying jobs.

We need to think about the economy differently than before. Some people no longer have to go to work or have a store front. There are hundreds of occupations that earn decent wages that can provide services around the world. People who provide these services can live anywhere they choose.

We need to think of the growing mobile service sector as an industry. And ask the same questions we would of any industry. How do we

attract it? What economic benefits will be gained? What negative impacts need to be foreseen?

Let's deal with the first question. How do we attract the mobile higher-paying service sector? Dozens of research results from the U.S. provide a fairly consistent picture, of which I will cite two examples.

Forty percent of businesses in the tri-State Greater Yellow Region are owned by people who first came to the area as a tourist or on business. When polled, these immigrant business owners listed, in order of importance, conserved landscapes, scenery, access to outdoor recreation and the slower pace of life as reasons for relocating. Access to an airport and a higher education institute were also ranked highly. Business advantages, such as lower taxes or land values, were very important to only 2% of those polled.

A study across eleven western States gives a similar picture of why mobile business owners relocate to mountainous areas. It also showed, simply by comparing U.S. census data, that communities, counties and States that are resource dependent are generally the poorest. Fastest economic growth is occurring in jurisdictions that attract high-wage service jobs. Stats Canada reports similar trends on this side of the border.

Does the Similkameen have what it takes to attract these 'foot loose' businesses? It has the most important attributes: conserved landscapes, great scenery and outdoor recreation opportunities.

Detriments are distance to nearest airport, but new service into Penticton improves that. The Valley does not have a post-secondary institution and broad-band is missing in some places.

Are we attracting these people with mobile businesses? I think we are, but the SVPS is conducting a survey to find out. We will also learn what economic impact these 'amenity migrants' bring, how involved they become socially and what their development pattern is. Do they produce jobs in our economy? How much do they invest in homes and businesses? What is their environmental impact? All questions to ask of a growth industry.

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news leader health and lifestyle page

Algorithm helps in menopause treatment

(NC)—If you're confused about the treatment options for your particular menopause symptoms, now there's an authoritative guideline, an algorithm, for your doctor or health professional to use.

As estrogen declines in our middle years, the symptoms of discomfort vary greatly from woman to woman and often evolve slowly through a complex range, which if left unchecked, could lead to osteoporosis, bone fractures, and heart disease. It's this complexity per

Butt out and kick the habit for good

(NC)—When it comes to quitting smoking, many people find it very difficult to stop. There are many options available to help smokers quit, from patches and gums to prescription medications. The latest quit strategy approved by Health Canada, Reduce-to-Quit™ (RTQ), offers smokers an approach to quitting that helps address nicotine addiction by substituting cigarettes with nicotine gum gradually. Nicotine addiction is an impossibly tough challenge for most smokers. New strategies like RTQ, offer an alternative to quitting abruptly, allowing smokers to gradually reduce their cigarette consumption and slowly lead them to a smoke-free life. If you think you are ready to kick the habit and lead a smoke-free life, try these six tips:

1. Pick a quit date

Your quit date should not be too far in the future, and it should be on a day that's fairly stress-free.

2. Control your surroundings

Avoid people, places or activities that make you feel like smoking (at least for the next while), and ask family and friends not to smoke around you.

3. Always remind yourself why you're quitting

Carry a list of reasons why you are quitting with you at all times and read them when you are tempted to light up. Also, to help keep cravings in check, use nicotine replacement therapies such as the patch or gum, as they have been clinically proven to help reduce cravings and control withdrawal symptoms.

4. Avoid triggers

Avoid places where people smoke a lot, and avoid alcohol, coffee, or other beverages you associate with smoking.

5. Change your habits

When you feel like smoking, go for a walk, practice deep breathing or call a friend. Instead of smoking after a meal, try brushing your teeth.

6. Reward yourself for being smoke-free. Put your cigarette money aside and save it for something special instead.

More information about quit strategies is available by speaking with your doctor or online at www.reducequit.ca. Make this your time to become smoke free.

- News Canada

woman that makes it such a challenge for health professionals to advise and prescribe just the right treatment.

The algorithm available now was developed by eight, internationally renowned scientists and women's health experts, led by Dr. Lila Nachtigall, professor of obstetrics and gynecology, New York University's School of Medicine and Dr. Nancy Durand at the University of Toronto. It prescribes a hierarchy of treatment options, based on whether you are mildly, moderately, or severely symptomatic. Treatments include:

- Changes in lifestyle, including exercise, avoiding caffeine, giving up cigarette smoking, and more.
- Complementary alternative therapy using dietary supplements, like patented red clover.
- Regimens, in which several therapies are used in conjunction with one another.

With so much to consider now regarding hormone replacement therapy, some research indicates that North American use of botanicals has increased by 380 percent in the last 10 years. Plant estrogens, called isoflavones, are particularly helpful. These isoflavones are able to mimic the effects of estrogen because their structures are remarkably close to those we produce naturally and the body accepts them as such. Researchers found that

women from countries with diets rich in isoflavones, such as Asia, experience a significantly lower rate of hot flashes during menopause.

Isoflavones are found mainly in legumes, such as lentils, split peas, chickpeas, broad beans and soy. Not all legumes contain all four of the most important isoflavones however. Red clover does and as a result of several successful clinical trials, it is now standardized as a valuable treatment option. Red clover (sold as Promensil) contains all four of the necessary isoflavones and contains 10 to 20 times the quantity found in soy, making it an effective remedy for menopause symptoms. Sold in the form of Promensil After-Menopause, this botanical is particularly effective for post-menopausal women, or when estrogen reaches its lowest level.

When deciding about over-the-counter botanicals, be sure to check labels, or ask the pharmacist which ones are credible and substantiated by scientific research in terms of efficacy and safety and which ones aren't. In Australia, for example, all black cohosh product labels are required by law to caution consumers about the potential for liver damage. If you want to know more about how to treat your particular menopause symptoms, including dietary supplements, be sure to speak to your doctor or pharmacist.

- News Canada

living past 100

Good medicine from your kitchen

Few people think there is big medicine in their spice rack, but it is true. Many of those herbs we use to flavour soups, stews and salads were used as medicine in ancient times when no other medications were available. Best of all, these medicines taste good and have no side effects except better health.

Basil is one of the most powerful herbs and should be a top choice by diabetics. Basil helps control blood sugar levels. It is also good for control of bad breath, headaches, constipation and indigestion.

Chives are a herb of choice for people with high blood pressure. Chives help digest fatty foods, and contain a lot of Vitamin A and C. Chives are antibiotic and antiseptic. Dill is good for combating colic. It has a calming effect on the digestive system and helps get rid of intestinal gas. Anyone with a hiatus hernia should eat plenty of dill. Some people like kelp in soups and snack foods. Kelp is excellent for helping to balance metabolism.

Parsley is an ordinary way to add flavour, but it has extraordinary powers. Parsley gets rid of bad breath, just for starters, but it has more important qualities. Parsley is essential for good health in the male reproductive organs, helps calm asthma, and eases difficult menstruation.

Every Italian cook keeps a good supply of oregano. It combats candida, aids digestion, fights bacteria and microbes in the intestines, and if you put it on an infected sore, it gets rid of the infection. It can get rid of athlete's foot.

If you suffer from hardening of the arteries, Alzheimer's disease, candida or rheumatoid arthritis, you will want to use rosemary frequently, as it helps relieve these problems. The Greeks, who eat a lot of lamb and goat, never cook these meats without a good sprinkling of rosemary, thyme and garlic. The lamb chops become a source of medicine.

Thyme soothes the stomach. It is antiseptic. Thyme helps prevent blood clots that can cause heart attacks. It prevents gingivitis, helps heal whooping cough and bronchitis, and you could use it on a cut or burn to prevent infection.

Cooks add savoury to soups and stews. There are two kinds of savoury - winter and summer. Summer savoury helps ease chest colds, and winter savoury prevents flatulence.


There are many other herbs that can help heal a wide variety of ailments, but they are not commonly used for cooking. The importance of adding these herbs to foods we eat is due to the effect of giving us an added advantage not only in flavour, but in good health and protection against disease.



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RESIDENTIAL PROPERTIES FOR SALE

459 Huey Road , 3 bedroom, 1 bath home at Martins Lake.	MLS 39455	\$58,000
137 Tipton Avenue , Older 1+2 bedroom downtown home.	MLS 40650	\$169,900
313-8th Avenue , Immaculate modular on it's own land.	MLS 40575	\$169,900
210 Penryn Avenue , Looking for heritage? Here's a 2-bedroom, 1-bath keeper.	MLS 39368	\$179,900
136 Missezula Lake Road , Recreational lot tucked into corner along creek.	MLS 41145	\$198,000
436 Mayne Avenue , 3-bedroom home on Third Bench.	MLS 40745	\$205,000
121 Halliford Avenue , Opportunity knocks! 2 titles/lots. One with house.	MLS 41027	\$225,000
136 Angela Avenue , 1 1/2 storey fully renovated home downtown.	MLS 40907	\$229,000
403 Lapworth Street , 5-bedroom large lot backing China Creek.	MLS 41148	\$239,900
286 Panorama Crescent , 4-bedroom home in excellent location.	MLS 41332	\$269,900
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
369 Old Hedley Road , 3-bedroom rancher on an acre, minutes from town.	MLS 41046	\$298,000
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
2972 Allison Lake Road , Best value lakefront in BC.	MLS 41007	\$525,000
800 Copper Mtn. Road , 4-bedroom home overlooks Princeton.	MLS 35533	\$548,800
337 Tulameen River Road , Beautiful riverfront in Tulameen.	MLS 40808	\$549,000
2729 Highway 3 , Almost 1 mile of highway frontage.	MLS 41309	\$558,300
2207 Princeton-Summerland Road , Privacy and miles of creekfront.	MLS 4144	\$725,000
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 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
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

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



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295-8591



Doug Haayer
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MESSAGE FROM THE TOWN OF PRINCETON

The Town of Princeton is excited to announce the kick-off for the preparation of the Town's new Official Community Plan (OCP). The existing Official Community Plan was adopted in 1993 and is out of date. Given the differing circumstances of today, a complete reworking of the plan is necessary.

The Official Community Plan (OCP) is a comprehensive policy document of Council that outlines the preferred municipal guidelines to manage the development of land and subsequent change within the Town of Princeton. In a traditional sense, the Official Community Plan policies are to provide a "blueprint" for land use management. At the local level in a community such as Princeton, the policies are also intended to represent an expression of the broad community desires of local residents and an assessment based upon an extensive evaluation of the factors that influence the municipality's growth. The Official Community Plan further attempts to identify current and future community objectives and needs. In essence, the Official Community Plan provides a thorough sense of direction of how it is envisioned that Princeton will expand and evolve during the next five-year period and into the longer-range future.

THE TOWN OF PRINCETON
invites you to attend a
PUBLIC MEETING & WORKSHOP

Wednesday, September 19, 2007
6:30 PM

Princeton & District
Community Skills Centre
206 Vermilion Avenue

If you have any questions please contact:

Patrick Robins, Chief Administrative Officer
Town of Princeton
Phone: (250) 295-3135

Stepping Up... Taking Princeton to New Heights!

back to school



Although Summer vacation is nearly over, these students will have interesting stories to tell from this field trip and tour of Weyerhaeuser. They were participating in the Weyerhaeuser sponsored Pre-Teen Camp, part of the Town of Princeton Summer Recreation Program. - photo submitted

Kids' back-to-school needs change by age

(NC)—Regardless of whether their kids are just starting primary school or entering their latter years of high school, most parents are already starting to think about their children's back-to-school needs.

Though it will soon be back-to-school for all of them, students have very different needs in terms of school supplies depending on their age.

"Back-to-school shopping is certainly a universal experience, but some of the specific educational needs can be very different from one stage of schooling to another," said Pete Gibel, Vice President of Merchandise, Staples Business Depot.

"While every student needs pens and pencils and notebooks, other items will come and go in importance depending on what stage of

schooling they're in."

Staples Business Depot makes it easy for parents by highlighting some of the different school supplies in popularity based on students' grade levels:

As noted, every pupil needs pens, pencils and notebooks. But in the younger elementary grades, art-related supplies such as glue sticks, 24-pack pencil crayons, erasers, markers and an 8.5 by 11-inch sketch book are also important items to add to the back-to-school shopping list.

Ditto for first sets of implements such as rulers and geometry sets. Pencil sharpeners, scissors (safety scissors for younger elementary students) and a pencil case or box are also good ideas for children at this stage.

In later elementary school years,

more advanced items come into play, including a dictionary and math set (compass, protractor, triangles). And when given their first lockers, combination locks and locker organizer accessories will be new items on the list.

Moving on into high school, school supplies become more specialized and sophisticated. The pens, pencils and paper needs remain, but added into the mix are calculators, mini staplers, binders (and page reinforcements), a three-hole punch, highlighters, dividers and agendas to keep class assignments and deadlines clearly organized. As classroom technology continues to advance, even some digital media supplies like blank CD's and electronic organizers come into play.

"Parents shouldn't be daunted by back-to-school shopping," says Pete Gibel. Good sales associates are well-versed in the varying needs that change as students move up through their school years.

"And the best preparation for back-to-school shopping still lies in communication," Pete Gibel says. "Talk to your children, and to their teachers about the kinds of activities they'll be involved in during the upcoming school year. A little advance planning before heading out shopping can make the whole experience that much smoother and more enjoyable, both for the parents and the kids," Pete Gibel said.

- News Canada

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Soon this empty classroom will be full of activity.

The ABC's of back to school allergies

(NC)—Did you know that one in fifty Canadian children has a severe allergy to peanuts? Parents of allergic children are understandably anxious when it comes to the new school year, and many seek guidance on how to work with school personnel to keep their child safe.

The danger of a life-threatening reaction from exposure to an allergen can be found beyond obvious places like the school lunchroom. Schools and families of children at risk must continually be on guard when food is present, such as on field trips, school celebrations, and even in science, and arts and craft projects.

"It's vital for parents to meet with school personnel ahead of time to set up an action plan for their children," says Laurie Harada, executive director of Anaphylaxis Canada.

"They should discuss ways to reduce the risk of exposure and what to do in case of an emergency."

Here are some ABC's of food allergy management to keep in mind:

A- Ask questions

Parents need to ask as many questions as possible about their child's activities in school and who will take on what role in an emergency. Some particular areas to watch out for are as follows:

- Special guests in the classroom - ensure that any special guests are aware of the child's allergies. One mother of a nut-allergic child learned that as part of a presentation on the rainforest, a parrot was brought into the classroom. To keep it calm, the parrot was fed nuts during the presentation.

Fortunately the child did not come in contact with the parrot, but this situation could have been avoided if the presenter had been advised about the allergy in advance.

- Bake sales - it is difficult to monitor homemade goods at bake sales. Even if no allergens are apparent in a product, it is impossible to tell if any contact was made in the kitchen or during transport. It is best for children with food allergies to bring their own treats from home to avoid temptation.

- School field trips - depending on the trip, it's important to ensure that staff members at the destination are aware of the child's allergies. Always pack a lunch for the child since food on site may not be carefully screened for allergens.

B- Be prepared

Children with allergies should always carry an epinephrine auto-injector, or EpiPen, and it's a good idea to have a back up device at the

school too. Know how to use it, and ensure that your child's teacher does too - it's a good idea to practice using it every few months, because in an emergency, every moment counts! Remember that EpiPens expire, so check the expiry date on a regular basis.

C- Choose Peanut-Free Snacks

Read labels and ingredient lists carefully, and avoid foods that have a "may contain traces of peanuts" warning. Look for products like Mars Peanut Free with the peanut free logo. "The Mars Canada plant in Newmarket, Ontario is a peanut free facility," said Melodie Nash, brand manager, Mars Canada. "Strict quality control measures have been put in place to ensure the integrity of the peanut free facility and product from raw materials to finished product."

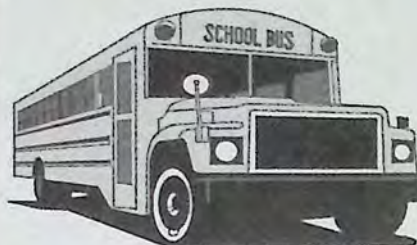
For more information on anaphylaxis, visit this website: www.anaphylaxis.ca.

- News Canada

www.thenewsleader.ca

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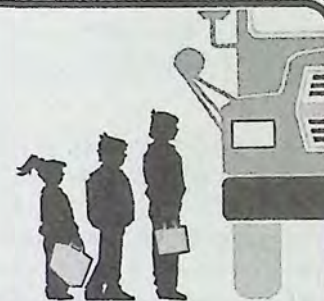
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MOTORISTS:

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Management and Staff



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Schools stand up against bullying

(NC)—Last fall, when Family Channel asked its viewers, "tell us how you and your school stand up against bullying," the children's broadcaster was inundated with thousands of responses. There was some incentive — the chance to win a Bullying Awareness Week stand UP! rally hosted by the stars of the popular sitcom Life With Derek — but the responses also seemed to indicate that many schools across

Canada are successfully engaging students on the issue of bullying. Here's a sample of what the kids had to say:
 - We have a community called E.S.P. (empowered student partnership) to help stop bullying.
 - My school has a program called Tribes, which is based on mutual respect, attentive listening and no put-downs.
 - Our school teaches the STAR

model for resolving conflict. Stop, Talk, Agree and Resolve.
 - We use our W.I.T.S — walk away, ignore, talk it out, seek help. Our school motto is, "Safety is your right. Kindness is your responsibility."
 - We have a D-Bug system at our school. We try to work things out on our own but if that doesn't work we find a teacher or an adult.
 - My mom started a team at my school called the Bully Busters. We

put on pep rallies and other activities to spread the message Stand Up, Don't Stand By.
 - We solve problems using the Story, Plan and Consequences model. Students discuss what happened and agree on a positive plan that they should have used or will use next time they encounter this problem. Once a student realizes what they have done is wrong, they lose privileges if they do it again.

November 19 to 25 marks the 5th annual Bullying Awareness Week, a national campaign initiated by Family Channel in partnership with Bullying.org Canada. Once again, students will have the opportunity to nominate their schools for a stand UP! rally.
 Nominations will be accepted from September 21 to October 19, 2007, and are available online at www.family.ca. - News Canada

SCHOOL DISTRICT NO. 58 (Nicola-Similkameen)



SCHOOL BUS SCHEDULE PRINCETON 2007 - 2008

OLD HEDLEY ROAD 580HR	
AM	PM
7:41	Bromley Cres (#226) 4:05
7:54	Lueke (#1126) 3:52
7:54	McInroy 3:51
7:55	Johnsen (#1092) 3:50
7:56	Hayes Cr (#1070) 3:49
7:57	Gubel (#1026) 3:48
8:05	Coyne (#556) 3:41
8:06	Adams 3:40
8:08	East Princeton 3:37
8:15	Martins Lake 3:29
8:18	Iron Mtn Road 3:26
8:19	Rainbow Lake 3:25
8:25	P. S. S. 3:20
8:35	Vermilion Forks 3:05

Highway 5A MERRITT Highway 58MH	
AM	PM
7:45	Round Lake 3:53
7:49	Gravel Pit 3:50
7:57	Peaker (#1290) 3:45
8:02	7 Mile 3:41
8:04	#1056 3:40
8:06	Summers Cr Rd 3:35
8:09	Old Merritt/Belfort 3:37
8:10	Cedar Creek Road 3:36
8:12	Bruneau (#423) 3:33
	Cook (441) 3:33
8:13	Sunflower Estates 3:31
8:15	Wilkinson (#103) 3:30
8:19	Airport Road 3:25
	Jalbert (#268) 3:25
8:24	P. S. S. 3:20

Highway 40 OSPREY LAKE 580L	
AM	PM
7:27	Link Lake Road 4:20
7:28	Hunt 4:19
7:34	Crawford 4:13
7:35	Chain Lake 4:11
7:37	Jellico Road 4:08
7:44	Edwards/DaPonte 4:03
7:45	Pinewood Cr. 4:01
7:50	Wilson 3:55
7:51	Miller 3:54
7:52	Kopola 3:53
7:53	Philips 3:51
7:54	Elmgren 3:50
7:56	Senger 3:48
8:01	Cromarty/Sperling 3:44
8:02	Buhler 3:43
8:05	Baker Hill Road 3:35
8:09	Crimmon 3:32
8:11	Hilton 3:30
8:20	P. S. S. 3:20

Highway 3 - EAST 58H3E	
AM	PM
7:56	(old gravel pit) 3:51
7:58	Turn Around 3:50
8:00	Whites 3:49
8:00	Robbins 3:49
8:03	Mushroom Farm 3:47
8:07	San Ang 3:44
8:10	Taylor's Mill 3:40
8:15	Pine Trailer Park 3:34
8:20	P. S. S. 3:28
8:24	Aspen St 3:20
8:27	Auburn Playgrnd 3:23
8:35	Vermilion Forks 3:15
8:47	John Allison 3:05

Highway 3 - WEST 58H3W	
AM	PM
8:05	Black Mine Road 3:33
8:10	Wright Road -
8:17	Westridge Sub 3:50
8:20	Vermilion Forks 3:30
8:25	Tapton Avenue 3:25
8:30	P. S. S. 3:20
8:35	John Allison 3:05

KINDERGARTEN TRANSPORTATION 58KP	
Arrive	Leave
11:30	John Allison 11:35
11:40	Vermilion Forks 11:45
11:52	John Allison

TULAMEEN - COALMONT 58TUL	
AM	PM
7:57	McEwen 3:47
8:00	Tulameen Store 3:50
8:10	Coalmont 3:40
8:22	Lind Road 3:27
8:25	Snowpatch 3:25
8:30	John Allison 3:20
8:35	PSS 3:15
8:40	Tapton Avenue 3:10
8:45	Vermilion Forks 3:05



Clip 'n' Save This Bus Schedule

STUDENT REGISTRATION - 2007/08

REGISTRATION For students "NEW" to School District No. 58 (Nicola-Similkameen), the schools are open for pre-registration from Monday to Friday, August 27-31, 2007, from 9:00 AM - 11:30 AM and 1:00 - 2:30 PM.. Call ahead to confirm.

SCHOOL OPENING Tuesday, September 4, 2007 - Adjusted Hours: 10:00 AM - 12:00 Noon
 Wednesday, September 5, 2007 - Regular School Hours.

SCHOOLS - John Allison Elementary, K - 3 (295-6727), Vermilion Forks Elementary, 4 - 7 (295-6642), Princeton Secondary School, 8 - 12 (295-3218), The Bridge, Centre for Lifelong Learning (295-3180).

BUS STUDENTS Please check in the newspaper and with your school for bussing information.
 Tuesday, September 4, 2007: Busses will pick up students one hour LATER in the morning, and return students beginning at 12 Noon. Wednesday, September 5, 2007: Busses begin the regular schedule.

KINDERGARTEN: To register, a child must be 5 years of age, on or before December 31, 2007, and a birth certificate, immunization record and Care Card should be presented.

THE BRIDGE - CENTRE FOR LIFELONG LEARNING

148 Old Hedley Road.
 REGISTRATION DATE: September 4, 2007
 For more information, call (250) 295-3180 or fax: (250) 295-3192 or contact Princeton Secondary School (250) 295-3218.

TRANSPORTATION ASSISTANCE

Families living beyond the regular school bus routes may be eligible for transportation assistance for the 2007/2008 school year and are asked to make application before **October 15, 2007** regardless of whether transportation assistance was received in the past. Applications after this date will be approved as of the date the application is received, and will not be retroactive. Please note that parents of kindergarten students who are required to pick their child up or bring them to the school at lunchtime may also qualify. Transportation Assistance forms are available at each school in Princeton.

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

REGISTRATION OF HOME SCHOOL LEARNERS PARENT INFORMATION

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

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

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



SCHOOL DISTRICT NO. 58 (Nicola-Similkameen)

School Calendar for the 2007/2008 School Year
 Days in Session 194 - Number of Instructional Days 187

September 4, 2007 - Tuesday

October 8, 2007 - Monday
 October 19, 2007 - Friday
 November 12, 2007 - Monday
 November 20, 2007 - Tuesday

November 26-27, 2006 - Mon/Tue

December 21, 2007 - Friday
 December 24-January 6, 2008
 January 7, 2008 - Monday
 February 1, 2008 - Friday
 February 4, 2008 - Monday
 February 22, 2008 - Friday
 March 14, 2008 - Friday
 March 17-23, 2008
 (Note: Schools will be closed from March 17-23 which includes Spring Break and Non-Instructional Days)

March 21, 2008
 March 24, 2008
 March 25, 2008
 March 26, 27, 28, 2008
 March 31, 2008 - Monday
 April 1 & 2, 2008 - Tues/Wed

April 11, 2008 - Friday
 April 17, 2008 - Thursday

April 18, 2008 - Friday
 May 19, 2008 - Friday
 June 27, 2008 - Friday

SCHOOL OPENING School Hours 10:00 AM - 12 Noon
 (Bus schedule to be adjusted for the first day of school)

THANKSGIVING DAY
 District - Non-Instructional Day

REMEMBRANCE DAY
 Merritt - Shortened Day for Parent/Teacher interviews
 (Schools closed 2 hours early)

Princeton - Shortened Day for Parent/Teacher interviews
 (Schools close 1 hour early each day)

Last day of school before WINTER VACATION

WINTER BREAK

SCHOOLS REOPEN

Semester Change Day - Princeton Secondary AND Merritt Secondary

Start of Semester 2 - Princeton Secondary AND Merritt Secondary

District - Non-Instructional Day

Last day of school before Spring Break

SPRING BREAK March 17-21

(Note: Schools will be closed from March 17-21 which includes Spring Break and Non-Instructional Days)

Good Friday
 Easter Monday
 Day in lieu of Stat, Holiday

District - Non-instructional Days (in lieu)

SCHOOLS REOPEN

Princeton - Shortened Day for Parent/Teacher interviews
 (Schools closed 1 hour early each day)

District - School Improvement/Focus on Literacy

Merritt - Shortened Day for Parent/Teacher interviews
 (Schools close 2 hours early)

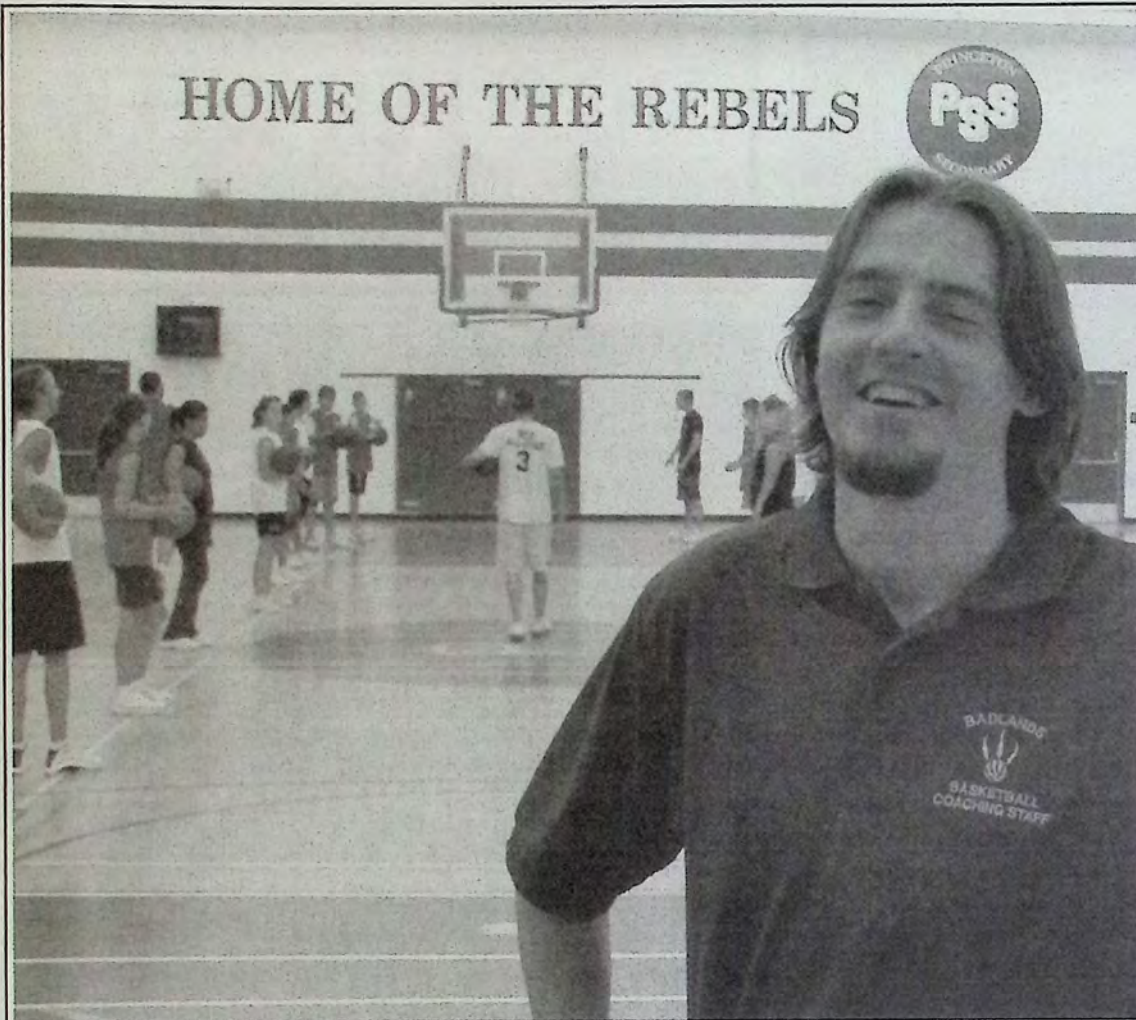
Middle School Day - Coquihalla Middle School

Victoria Day

ADMINISTRATION DAY - SCHOOLS CLOSED

weekly entertainment guide

TUESDAY, AUGUST 21, 2007 THROUGH MONDAY, AUGUST 27, 2007



Former PSS student Jesse McLean brought his Badlands Basketball Camp to his old school gym last week. *

School hosts basketball camp

Twenty-three young basketball players from Princeton participated in the camp that took place at Princeton Secondary School from Monday August 13th to Friday August 17th. The players worked on their passing, shooting, defense, rebounding and ball handling skills with coaches Ryan Wade, Chad Pidhaichuk and Jesse McLean. The three run basketball camps in both Alberta and BC and have done so for the past four summers.

"The camps are a great way to keep young people playing basketball, improving their skills and having a good time." Said Coach McLean, a former Princeton Rebels basketball player, "We found that with our program in Drumheller, the players required the extra time to work on their skills and become better players. The camps had a great impact on the game of basketball in that community and it is my hope that we can do the same for Princeton."

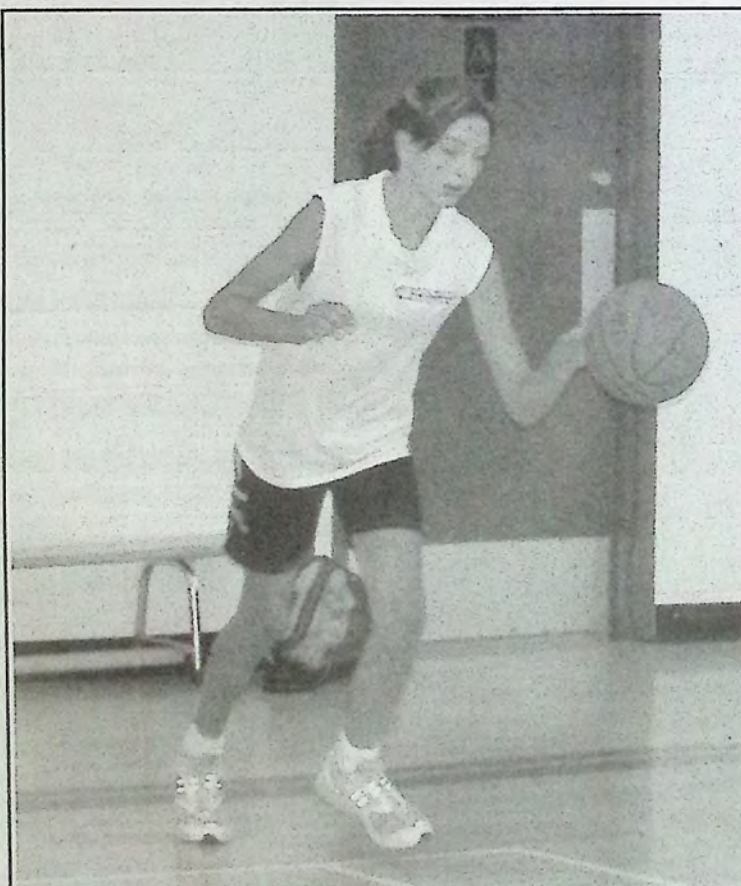
McLean adds, "Like any large event you try to put on, you need a great deal of assistance to make it happen. We were very lucky to have the assistance of Kirk McConnell, the athletic director from PSS, who made our lives very easy with booking the gym for us, registering players, opening the gym and helping us with anything we needed. Without Mr. McConnell's assistance this camp would never have taken place."

There were also other contribu-

tions.

"Adrea McLean was a huge help handling the registrations and budgeting and then handled all the running around to get the camp ready before we made the trip out. We were lucky to have donations from Billy's Restaurant that handled all the coaches' meals for the week, Subway who helped us out with the players lunch on Friday after-

noon, Dairy Queen, #1 Fitness and Video for the coaches' gym passes and Princeton Summer Recreation who promoted the camp. It's so nice to come back home and receive all of the support that we did for our camp. We have already planned the date for next year's camp (July 21st to 24th, 2008) and are looking forward to returning for another great week." - submitted



Here's a Badlands Camp participant working on dribbling skills. *

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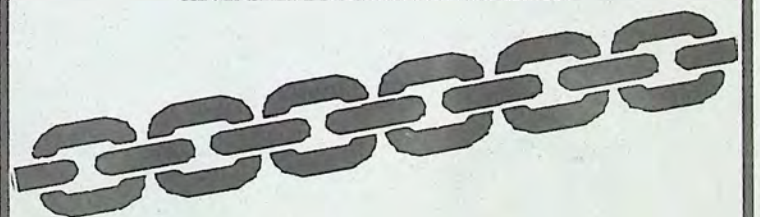


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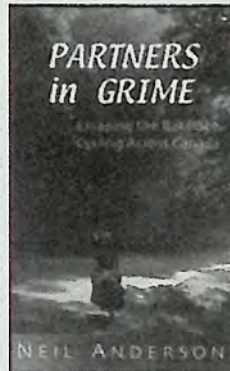


Drills to hone skills was the theme of the basketball camp that took place all last week at Princeton Secondary School. Here is a drill on defending the ball in possession. *

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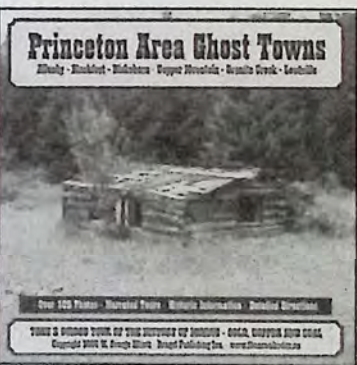
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Jesse McLean makes a helpful suggestion. *

Princeton Area Ghost Towns - The DVD

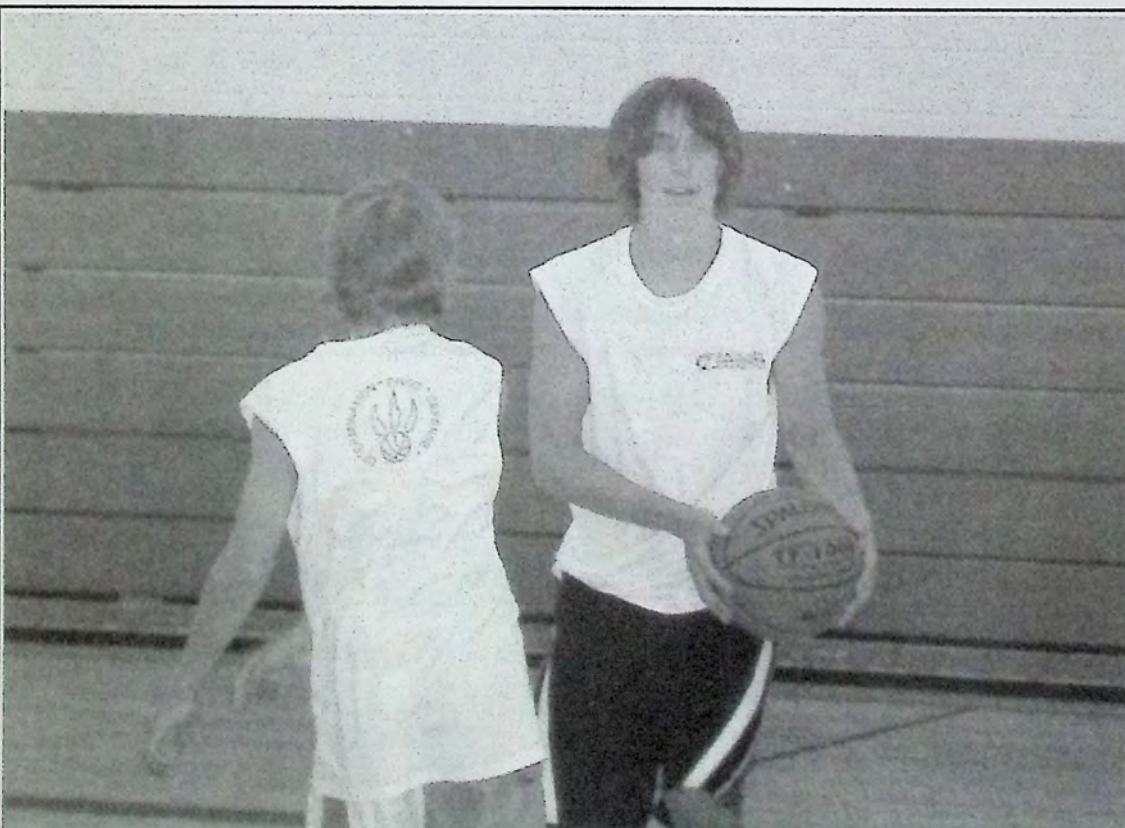


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TUESDAY, AUGUST 21, 2007

	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 (E)	News (N) Room	Elliot Jakers	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(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. "Aqua Valva"	Counterstrike (E)
7 AM :30	Movie: "The Mexican" (2001) (PA) Brad Pitt. (E)	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today Pattie Boyd; the Scotto family; fall fashion; cruise ship activities. (N)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)				Arthur (E) Lunar Jim	Jane Monsters	SportsCentre (E)	Cruise Ship Rescue	K. Possible (7:24)	CityLine (E)	V.I.P. "Molar Ice Cap"	Night Heat "The Victim"
8 AM :30		2nd Chance	Hi-5 Berenstain	Curious Clifford			American Justice			100 Huntley Street (N)	Curious Pinky	George S. Beasts	SportsCentre (E)	Dirty Jobs Wine making.	Weekend Lilo Stitch	Star Trek: Voyager (E)	V.I.P. (E)	Due South "Manhunt"	
9 AM :30	NewsRadio Cosby	Body Taste	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	Poko The Save-Ums! (E)	Flamingo LazyTown	Record Fins-Skins	Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	Most Amazing Videos	FANatical Inside Box
10 AM :30	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (N) (E)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami "Prey" (E)	The View (E)	World Vision	Design House	The Gill Deacon Show	Jacob Mischiefs	NASCAR Racing	The View (E)	Air Dogs Machines	Mickey Bear	Movie: "Dragonwheel" (2002)	Most Amazing Videos	Mad Abt. Grace
11 AM :30	Strokes Strokes	Thane Seinfeld	CG Kids Scattering	Thomas Sit Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) Paid Prog.	Paid Prog. House	Judge J.	News (N) (E)	The Gill Deacon Show	Jacob Mischiefs	NASCAR Racing	eTalk (E) MTV e2	Lives-World	Higglytown (11:25) King	Krista MacDonald.	Star Trek: Next Gener.	The Nanny Frasier
12 PM :30	Still Std	News (N)	Water Undersea	Charlie Rose (E)	Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News	Pokémon Flamingo	Motoring	Degrassi	Alexander-Grt.	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM :30	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 What's-	George S. Beasts	X Games (Taped)	Twice in a Lifetime (E)	Dirty Jobs Wine making.	Dragon Emperor	Making It Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM :30	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	Interruption	General Hospital (N)	How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	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	Record Sports	Dr. Phil (E)	Mega Builders (E)	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E) (DVS)
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little Zooboo	Cyberchas Judge J.	Judge J.	Oprah Winfrey (E)	CSI: Miami "Prey" (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Mercer	Phantom Robot Boy	MLB Baseball: Oakland Athletics at Toronto Blue Jays. (Live)	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	FANatical Inside Box
5 PM :30	Raymond Raymond	News (N) (E)	George S. (5:32) Business	BBC World NBC News	News (N) NBC News	News (N) News	Dog the Bounty Hunter	News (N) ABC News	News (N) Global	News (N) (E)	Simpsons Arrested	OddParent SpongeBob	Athletics at Toronto Blue Jays. (Live)	News (N) (E)	How-Made Montana	Suite Life	Stargate Atlantis	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	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 Prank Ptr		News (N) (E)	Futureweap ons (E)	Zoey 101 Sadie	Movie: "Wild Wild West" (1999) Will Smith. (E)	CSI: Crime Scn	Married... Frasier
7 PM :30	Raymond Raymond	Ad Pers Jeopardy!	Working Eden	Nova (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Angel Angel	Entertain The Insider	Entertain ET Canada	Accident Investigator	Coronatn Just-Gags	Nick Malcolm	SportsCentre (Live) (E)	eTalk (E) Cana. Idol	Extreme Machines (N)	So Raven Smart Guy	News (N) (E)	CSI: Crime Scn	Ground Up
8 PM :30	Bill Engvall Sex & City	NCIS "Cover Story"	Masterpiece	Wild! (E)	America's Got Talent (Same-day Tape) (E)	NCIS "Cover Story"	Angel Angel	Laughs "Family" (E)	House "Family" (E)	House "Family" (E)	Mercer 22 Minutes	Fresh Pr. Yvon	Record	America's Got Talent (Same-day Tape) (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (E)	CSI: NY "The Closer"	ET Canada FANatical
9 PM :30	Sex & City Friends	The Unit "Two Coins"	Freedom Classical	Wide Angle (N) (E)		Big Brother 8 (N) (E)	Dog the Bounty Hunter	Primetime: Crime (N)	Big Brother 8 (N) (E)	Big Brother 8 (N) (E)	Second City	Mystery Ghost	Boxing: Rey Bautista vs. Daniel	Futureweap ons (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	Murder (N)	Seinfeld Seinfeld	
10 PM :30	Friends Movie: "Save the Last Dance" (E)	The Singing Bee (E)	Notes Landscape	Liquid Stage-Surfing	The Singing Bee (E)	The Unit "Two Coins"	Dog Dog	i-Caught (N) (E)	Accident Investigator	News Hour Final (N)	National	Prank Ptr Weird	Ponce De Leon.	Law & Order: SVU	Extreme Machines	Popular "Caged!" (E)	(10:06) Movie: "Street Fighter" (1994). Raul Julia (E)	Star Trek: Voyager (E)	Married... Frasier
11 PM :30		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)	How-Made Life Derek	8 Rules	Women on the Moon" (1987)	Deep Space 9	Grace The Nanny

WEDNESDAY, AUGUST 22, 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 (E)	News (N) Room	Elliot Jakers	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(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. "Val's Big Bang"	Counterstrike (E)
7 AM :30	Movie: "Save the Last Dance" (2001) Julia Stiles.	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today Samuel L. Jackson; Ne-Yo; fix-it-oneself projects. (N) (E)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)				Arthur (E) Lunar Jim	Jane Monsters	SportsCentre (E)	Raw Nature (N) (E)	K. Possible (7:24)	CityLine (E)	V.I.P. "21 Val Street"	Night Heat (E)
8 AM :30		Homes	Berenstain	Curious Clifford			Amer. Justice			100 Huntley Street (N)	Curious Pinky	George S. Beasts	SportsCentre (E)	American Hot Rod	Weekend Lilo Stitch	Star Trek: Voyager (E)	V.I.P. "Chasing Anna"	Due South (E) (DVS)	
9 AM :30	NewsRadio Cosby	Body Taste	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	Poko The Save-Ums! (E)	Flamingo LazyTown	Record Fishing	Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	Most Amazing Videos	Inside Box
10 AM :30	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 (E)	World Vision	Design House	The Gill Deacon Show	Jacob Mischiefs	Bowling	The View (E)	Africa-Dinosaur	Mickey Handy	Movie: "Wild Wild West" (1999) Will Smith. (E)	Disorderly Con.	Mad Abt. Grace
11 AM :30	Strokes Strokes	Thane Seinfeld	CG Kids Scattering	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) Paid Prog.	Paid Prog. House	Judge J.	News (N) (E)	The Gill Deacon Show	Jacob Mischiefs	Bowling	eTalk (E) MTV e2	Dino Lab (E)	Higglytown (11:25) King	(1999) Will Smith. (E)	Star Trek: Next Gener.	The Nanny Frasier
12 PM :30	Still Std	News (N)	Reach-Top Edge	Charlie Rose (E)	Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News	Pokémon Flamingo	Lumberjks	Degrassi	America's Loch Ness	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM :30	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	X Games (Taped)	Twice in a Lifetime (E)	Extreme Machines	Dragon Emperor	Speakers Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM :30	King King	Guiding Light (N) (E)	Gaslight Moving On	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Amer. Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Viva Pinata Jacob	Interruption	General Hospital (N)	Futureweap ons (E)	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM :30	Raymond Movie: "Diary of a Mad Black Woman" (2005) Kimberly Elise.	Room Design	Jack's Big Music Show	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	Record Sports	Dr. Phil (E)	How-Made	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E) (DVS)
4 PM :30		Days of our Lives (N)	Dora the Explorer	Cyberchas Zooboo	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Just-Gags	Phantom Robot Boy	ESPN Ultimate NASCAR	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	That News Inside Box
5 PM :30		News (N) (E)	George S. (5:32) Business	BBC World NBC News	News (N) NBC News	News (N) News	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N) (E)	Simpsons Arrested	OddParent SpongeBob	The explosion. (N)	News (N) (E)	Conspiracy Test (N)	Suite Life Montana	Funnier Home Videos	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	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	Being Ian Weird	WEC WreckCage	News (N) (E)	Conspiracy Test (N)	Zoey 101 Sadie	Movie: "The One" (2001). Action Jet Li. (E)	CSI: Crime Scn	Married... Frasier
7 PM :30	Family Guy Family Guy	Ad Pers Jeopardy!	Meerkat Wild	Emperors of the Ice	Jeopardy! Fortune	Friends Scrubs	The Sopranos "Eloise" (E)	Entertain The Insider	Entertain ET Canada	Crossing Jordan (E)	Coronatn Just-Gags	Nick Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	MythBusters (E)	So Raven Smart Guy	News (N) (E)	The Kill Point	Ground Up
8 PM :30	My Boys Seinfeld	War War	Ancient Clues	Cities of Light: The Rise and Fall	Outrageous Moments	Power of 10 (N) (E)	First 48	Jim Jim	Power of 10 (N) (E)	Power of 10 (N) (E)	Just for Laughs (E)	Fresh Pr. Yvon	Record	Criminal Minds (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (E)	The Kill Point	ET Canada That News
9 PM :30	Funnest Commercial s	Last Comic Standing	Scientists Polio	Fall	Last Comic Standing	Criminal Minds (E)	CSI: Miami (E)	Primetime	Without a Trace (E)	Without a Trace (E)	fifth estate	Mystery Ghost	X-Games Classix (N)	Criminal Minds (E)	MythBusters (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
10 PM :30	Movie: "Once Upon a Time in Mexico" (2003)	Dateline NBC (E)	(10:15) Cedar and Silicon (E)	Cathedral (E)	Dateline NBC (E)	CSI: NY (E)	CSI: Miami (E)	NASCAR in Primetime	Crossing Jordan (E)	News Hour Final (N)	National	Prank Ptr Weird	WEC WreckCage (N)	CSI: NY (E)	Conspiracy Test	Popular "Booty Camp"	(10:06) Movie: "Amazon Women on the Moon" (1987)	Star Trek: Voyager (E)	Married... Frasier
11 PM :30		News (N) Room	Westland Dotto Tech	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	The Sopranos "Eloise" (E)	News (N) (11:35)	News (N) (E)	Entertain ET Canada	(11:05) The Hour (E)	Bob 15/Love	SportsCentre (Live) (E)	News (N)	Conspiracy Test	8 Rules Life Derek	Women on the Moon" (1987)	Deep Space 9	Grace The Nanny

Horoscopes

August 22 - 29, 2007

Aries - Your focus shifts this week to employment and health concerns. You have to curb your urge to have fun. You focus is on the practical. Be very careful driving! Watch temper!

Taurus - Home seems a little less the place you want to be. You have to be cautious about spending, but necessary expenses must be covered. You can still enjoy your home and family.

Gemini - Use your energy this weekend to make your partner happier. A barbecue at home would be the perfect event, or enjoying a family gathering at home. Spread more joy.

Cancer - Be very safety conscious on the job this weekend. Do not risk your health for anything. Do not overeat or drink too much. What is driving you is frustration. Let it out having fun!

Leo - You probably know by now you don't have the money you need. This week will bring it to your full attention. You will learn a lesson about shared finances and debts. Think!

Virgo - The week starts with a reality check, but moves into better territory by the weekend. Home and family matters seem to conflict with career. Take some time to communicate with self.

Libra - There is a lot going on in your mind this week. You need to pay attention to health and employment concerns. You run into conflict between these and travel plans.

Scorpio - This is your time to do some major planning for the future. Talk about what you want to do. Problems arise re debts, insurance, investments. Create strategies. Career is demanding.

Sagittarius - You are in a good mood this week despite problems. Partner may be the opposite. Career is your top priority now, but make plans with partner for weekend fun.

Capricorn - Children, pets and creative endeavours take up much of your time now, and you may have visitors demanding effort on your part. Do the work and enjoy the activity.

Aquarius - Making big plans to share life with others could bring a lot of joy this week. At the same time, you may have to say good-bye to old friends. Take it in stride, move on.

Pisces - Home and family still require a lot of attention. As the week begins, you may feel very tired or discouraged. This is temporary. Things improve by the weekend. Rest as needed.

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 Tuesdays 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

- 7:00 am WTBS (3) ★★½ "D3: The Mighty Ducks" (1996, Comedy) Emilio Estevez. Teenage hockey players get a prep-school scholarship, with a new team name and a new coach. (E)
- 10:00 am CITY (29) ★½ "Wing Commander" (1999, Science Fiction) Freddie Prinze Jr. A rookie space pilot and his reckless friend help defend Earth against a race of malevolent aliens. (E)

EVENING

- 7:00 pm WTBS (3) ★★ "Metro" (1997, Action) (PA) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. (E)
- 9:00 pm CHBC (4) "Still Small Voices" (2007, Suspense) Catherine Bell. A 911 operator uncovers a startling secret while investigating her visions of a missing

- girl.
- 9:10 pm WTBS (3) ★½ "Showtime" (2002, Comedy) (PA) Robert De Niro. A straight-laced cop must work with a bumbling patrolman on a reality-based TV show. (E)
- 10:06 pm CITY (29) ★★ "White Palace" (1990, Romance) Susan Sarandon. Lust turns to love for a 40-ish working-class woman and a 20-ish yuppie adman with little in common. (E)
- 11:10 pm WTBS (3) ★★ "Torque" (2004, Action) (PA) Martin Henderson. Framed for murder by a drug dealer, a biker must elude lawmen and the brother of the dead man. (E)

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friday movies

MORNING

- 7:00 am WTBS (3) ★★ "Metro" (1997, Action) (PA) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. (E)
- 9:00 am CBC (13) ★★½ "Clifford's Really Big Movie" (2004, Adventure) Voices of John Ritter. Animated. A gigantic red dog leaves home and becomes the main attraction at a traveling circus. (E)
- 10:00 am CITY (29) ★★½ "It Had to Be You" (2000, Romance) Michael Vartan. A man leaves his fiancée when he falls in love with another woman. (E)

AFTERNOON

- 5:00 pm CITY (29) ★½ "The Animal" (2001, Comedy) Rob Schneider. When an inept policeman receives animal organs as transplants, he begins to exhibit traits of the donors. (In Stereo) (E)

EVENING

- 6:00 pm WTBS (3) ★★½ "Guess Who" (2005, Comedy) Bernie Mac. The sarcastic patriarch of a black family freely expresses his opinion of his daughter's white boyfriend. (E)
- SPIKE (4) ★★½ "Predator" (1987, Science Fiction) Arnold Schwarzenegger. A sneaky alien

- monster attacks commandos on a jungle mission in South America.
- 7:30 pm FAM (26) ★★ "Madeline" (1998, Comedy-Drama) Frances McDormand. Premiere. A fearless French orphan involves her schoolmates and headmistress in a series of misadventures. (In Stereo)
- 8:00 pm WTBS (3) ★★ "Blade: Trinity" (2004, Horror) (PA) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected ancestor of the undead. (E)
- 9:00 pm FAM (26) ★★ "The Even Stevens Movie" (2003, Comedy) Shia LaBeouf. Members of a family unwittingly appear on a reality-television show after the producer sends them to an island for a vacation.
- 10:00 pm WTBS (3) ★★½ "Blade II" (2002, Horror) (PA) Wesley Snipes. Blade forms an alliance with a band of hardened enemies in order to battle powerful vampires. (E)
- 10:06 pm CITY (29) "Dangerous Pleasures" (2002, Adult) Jacy Andrews. A detective and an insurance investigator fall under the spell of a widow who has married and lost six rich husbands.
- 10:33 pm 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.

Similkameen News Leader

Recipe Corner (Recipe #181)

Brought To You By: Similkameen News Leader

Mark's Punch

(BY MARK ROBINS)

- 4 oz. grenadine
- 2 litres ginger ale
- 2 litres orange juice
- 2 litres pineapple juice

Mix together in punch bowl. Add ice to chill. Serve and enjoy!

Fruit/Ice Ring

(BY SHALA ROBINS)

Freeze the following ingredients in a bundt pan:

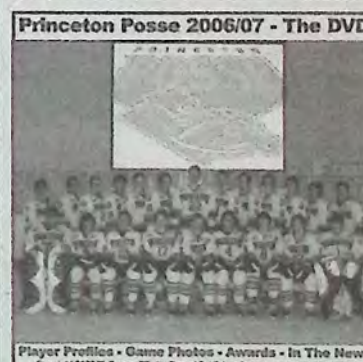
- 1 cup blueberries
- 1 cup raspberries
- cranberry grape juice
- orange juice
- orange slices

Serve frozen and enjoy!

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

226A Bridge Street, Princeton

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THURSDAY, AUGUST 23, 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)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentr e (E)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	V.I.P. "Millennium Man"	Counterstri ke (E)
7 AM	Movie: "D3: The Mighty Ducks" (1996) (E)	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today America the Beautiful; David Burke; yoga. (N) (E)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)				Jane Monsters	SportsCentr e (E)		Blue Realm (E)	K. Possible (7:24)	CityLine (E)	V.I.P. (E)	Night Heat (E)
8 AM	NewsRadio	Body Taste	Magic Bus Rolie Polie	Dragon Big World								George S. Beasts	SportsCentr e (E)		Extreme Machines	Weekend Lilo Stutch	Star Trek: Voyager (E)	V.I.P. "Valzheimer's"	Due South (E) (DVS)
9 AM	Cosby	Body Taste	Magic Bus Rolie Polie	Dragon Big World								George S. Beasts	SportsCentr e (E)		Extreme Machines	Weekend Lilo Stutch	Star Trek: Voyager (E)	V.I.P. "Valzheimer's"	Due South (E) (DVS)
10 AM	Harvey Strokes	The Price Is Right (N)	Paddington Pancakes	Sesame Street (N) (E)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami "Nailed"	The View (E)	Fighting for Canada	Design House		Viva Pinata Ruby	Bowling	The View (E)	Raw Nature (E)	Mickey Sprites	Movie: "Wing Commander" (1999) (E)	Most Amazing Videos	Mad Abt. Grace
11 AM	Strokes Raymond	Seinfeld Seinfeld	CG Kids Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Jacob Mischief	Bowling	eTalk (E) MTV e2	Canadian Geographic	Higglytown (11:25) King	"(1999) (E)	Star Trek: Next Gener.	The Nanny Frasier
12 PM	Still Stnd Still Stnd	News (N) (E)	License	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	Pokemon Flamingo	Lumberjks (Taped)	Degrassi Bold & B.	Cruise Ship Rescue	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Classical Notes	Painting Needle Art	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	X Games (N)	Twice in a Lifetime (E)	Super Tools "Ship"	Dragon Emperor	In Fashion Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King King	Guiding Light (N) (E)	Gaslight Dotto Tech	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Amer. Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Viva Pinata Jacob	Interruptio	General Hospital (N)	Super Tools "Tunnel"	Lilo Stutch 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 (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Record Sports	Dr. Phil (E)	How-Made How-Made	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	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 "Nailed"	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier 22 Minutes	Phantom Robot Boy	World Extreme Cagefightin g	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	What Inside Box
5 PM	Friends Friends	News (N) (E)	George S. (5:32) Business	BBC World NBC News	News (N) NBC News	News (N)	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N) Global	Simpsons Arrested	OddParent SpongeBob		News (N) (E)	MythBuster s (E)	Suite Life Montana	Ugly Betty "Pilot" (E)	CSI: Crime Scn	Seinfeld Seinfeld
6 PM	Friends Friends	Body Caitlin	(6:10) Spellz Reach-Top	News- Lehrer	News (N) Raymond	News (N) Hollywood	The First 48 (N) (E)	News (N)	News (N) (E)	ET Canada Entertain	CBC News: Vancouver	Being Ian Erky Perky	WEC WrekCage	News (N) (E)	Guinea Pig Machines	Zoey 101 Sadie	Funniest Home Videos	TNA IMPACT! (N) (E)	Married... Frasier
7 PM	Movie: "Metro" (1997) (PA)	Ad Pers Jeopardy!	Wild Discovery	Antiques Quest (E)	Jeopardy! Fortune	Friends Scrubs	Dallas SWAT (N) (E)	Entertain The Insider	Entertain ET Canada	The Office Name Earl	Coronatn Just-Gags	Nick Malcolm	SportsCentr e (Live) (E)	eTalk (E) Hollywood	Mayday (E)	So Raven Smart Guy	Men in Trees (E)	UFC Unleashed	Ground Up
8 PM	Eddie Murphy. (E)	Saved "Crossroads"	Presenza (E)	Mystery! (E) (DVS)	Name Earl 30 Rock	Big Brother 8 (E)	Dallas SWAT (E)	Ugly Betty "Pilot" (E)	Big Brother 8 (E)	Big Brother 8 (E)	Town at the Top-World Yvon	Fresh Pr. Record		CSI: Crime Scn	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	UFC 74 Countdown	ET Canada What
9 PM	Movie: "Still Small Voices" (2002) (PA)	Movie: "Still Small Voices" (2002) (PA)	Shakespear e	Globe Trekker (E)	The Office (9:31)	CSI: Crime Scn	CSI: Miami (E)	Grey's Anatomy (E)	The Office Name Earl	Shark (N) (E)	Generation XXL (E)	Mystery Ghost	Strength Strength	Grey's Anatomy (E)	Guinea Pig Machines	8 Rules Sinbad	(9:06) Jimmy Kimmel	All Access UFC Unleashed	Seinfeld Seinfeld
10 PM	Robert De Niro.	Catherine Bell.	Wild Past	Soundstage (E)	(10:01) ER "Lights Out" (E)	Without a Trace (E)	The First 48 (E)	(10:01) Boston Legal (E)	Shark (E)	News Hour Final (N)	National	Prank Ptrl Weird	World Combat League	(10:01) ER "Lights Out" (E)	Mayday (E)	Popular (E)	Movie: "White Palace" (1990) Susan Sarandon.	Pros vs. Joes	Frasier Grace
11 PM	Movie: "Torque"	News (N) Room	Why Three Wed? (E)	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Dallas SWAT (E)	News (N) (11:35)	News (N) (E)	Entertain ET Canada	(11:05) The Hour (E)	Bob 15/Love	SportsCentr e (Live) (E)	News (N)	MythBuster s (E)	8 Rules Life Derek	UFC 74 Countdown	ET Canada What	

FRIDAY, AUGUST 24, 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)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentr e (E)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	V.I.P. "Valzheimer's"	Counterstri ke "Muerie"
7 AM	Movie: "Metro" (1997) (PA)	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today Martina McBride; back-to-school gear. (N) (E)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)				Jane Monsters	SportsCentr e (E)		Champions Champions	K. Possible (7:24)	CityLine (E)	V.I.P. "Pen Pal Val"	Night Heat (E)
8 AM	Eddie Murphy. (E)	Catering	Berenstain	Clifford								George S. Beasts	SportsCentr e (E)		MythBuster s (E)	Weekend Lilo Stutch	Star Trek: Voyager (E)	V.I.P. (E)	Due South (E) (DVS)
9 AM	NewsRadio	Body Taste	Magic Bus Rolie Polie	Dragon Big World								George S. Beasts	SportsCentr e (E)		Extreme Machines	Weekend Lilo Stutch	Star Trek: Voyager (E)	V.I.P. "Valzheimer's"	Due South (E) (DVS)
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 (E)	World Vision	Design House		Viva Pinata Ruby	Bowling	The View (E)	Canada's Worst Driver	Mickey JoJo	Movie: "It Had to Be You" (2000)	Disorderly Con.	Mad Abt. Grace
11 AM	Strokes Strokes	Seinfeld Seinfeld	Rivers 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 Mischief	Bowling	eTalk (E) Screen	Canada's Worst Driver	Higglytown Vartan.	Michael Disorderly Con.	The Nanny Frasier	
12 PM	Still Stnd Still Stnd	News (N) (E)	Canada- History	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	Cybertron Flamingo	NASCAR Racing: Nextel Cup	Degrassi Bold & B.	MythBuster s (E)	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld Seinfeld
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Router SportFish	Painting Scrapbook	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	NASCAR Racing: Busch Series	Twice in a Lifetime (E)	MythBuster s (E)	Dragon Emperor	At Movies Star! Daily	Disorderly Con.	Beverly Hills, 90210
2 PM	King King	Guiding Light (N) (E)	Gaslight Sustain	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		General Hospital (N)	Mayday (E)	Lilo Stutch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld Seinfeld	Room Design	Hi-5 "Animals: Insects"	Arthur (E) Fetch! With Judge	Judge Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Record Sports	Dr. Phil (E)	How-Made How-Made	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	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 Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Air Farce	(4:05) Robot Xiaolin	Interruptio Pregame	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Big Screen Inside Box
5 PM	Raymond Raymond	News (N) (E)	George S. (5:32) Business	BBC World NBC News	News (N) NBC News	NFL Preseason Football:	CSI: Miami "Payback"	News (N) ABC News	News (N) Global	News (N) Global	Simpsons Arrested	El Tigre Avatar	CFL Football: Toronto	News (N) (E)	Hazard Pay (E)	Suite Life Montana	Movie: "The Animal" (2001) Rob Schneider.	CSI: Crime Scn	Seinfeld Seinfeld
6 PM	Movie: "Guess Who" (2005)	Body Caitlin	Lilly (N) Science	News- Lehrer	News (N) Raymond	New England Patriots at Carolina Panthers. (E)	CSI: Miami "Silencer"	News (N) (E)	News (N) (E)	ET Canada Entertain	CBC News: Vancouver	AmiYumi Team	Argonauts at Winnipeg Blue Bombers. (Live) (E)	News (N) (E)	Best Evidence (N)	Zoey 101 Life Derek	Movie: "Predator" (1987)	Married... Frasier	
7 PM	Bernie Mac. (E)	Ad Pers Jeopardy!	Rainwolves McLaughlin	Seasoned Fortune	Jeopardy! Fortune	Hollywood Discover	Abused (E)	Set for Life (N) (E)	Without a Trace (E)	NUMB3RS (N) (E)	Air Farce Comedy	Naruto Naruto	NASCAR Racing: Busch Series	Set for Life (N) (E)	Daily Planet (E)	Movie: "Madeline" (1998) Premiere.	News (N) (E)	Party	All Access Big Screen
8 PM	Movie: "Blade: Trinity" (2004)	Zoe Busiek: Wild Card	Tess of the Durbervilles (Part 2 of 2)	Wash Wk NOW (N)	Miss Teen USA 2007 (Same-day Tape) (E)	Hollywood Discover	Abused (E)	Set for Life (N) (E)	Without a Trace (E)	NUMB3RS (N) (E)	Air Farce Comedy	Naruto Naruto	NASCAR Racing: Busch Series	Set for Life (N) (E)	Daily Planet (E)	Movie: "Madeline" (1998) Premiere.	News (N) (E)	Party	All Access Big Screen
9 PM	Wesley Snipes.	One Tree Hill (E)	Bill Moyers Journal (N)	Great Performances	Law & Order: SVU	Discover TBA	CSI: Miami "Payback"	Lopez Lopez	Las Vegas (E)	Las Vegas (N) (E)	Intelligence (E) (DVS)	Inuyasha Gundam	-- Food City 250. (Same-day Tape) (E)	Law & Order (E)	A Haunting Machines	Movie: "The Even Stevens Kimmel" (10:06)	(9:06) Jimmy Kimmel	MXC Sports	Seinfeld Seinfeld
10 PM	Movie: "Blade II" (2002) (PA)	20/20 (E)	The Last Detective (E)	Great Performances	Law & Order: SVU	Discover TBA	CSI: Miami "Silencer"	20/20 (E)	NUMB3RS (E)	News Hour Final (N)	National	Alchemist Bleach		Law & Order: SVU	Guinea Pig Machines	Movie: "The Horse Whisperer" (2002, Adult)	(10:06) "Dangerous Pleasures" (2002, Adult)	Game "Poolhall Junkies"	Married... Frasier
11 PM	Wesley Snipes.	News (N) Room	History History	Austin City Limits (E)	News (N) Tonight	News (N) Late Show	Intervention "Pam"	News (N) (11:35)	News (N) (E)	(11:03) ECW (E)	(11:05) The Hour (E)	Eureka 7 Gundam	SportsCentr e (Live) (E)	News (N)	Best Evidence				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 #15 - Rated Easy

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

CHALLENGE #16 - Rated Hard

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

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

- 6:00 am SPIKE (4) ★★☆☆ "Ferris Bueller's Day Off" (1986, Comedy) Matthew Broderick. A cool teen plays hooky in Chicago with his girlfriend, his buddy and the classic Ferrari of his buddy's father.
- 7:00 am WTBS (3) ★★☆☆ "The Fighting Temptations" (2003, Comedy) Cuba Gooding Jr. To collect his aunt's inheritance, an unemployed man must form a gospel choir and lead it to success.
- 9:45 am WTBS (3) ★★☆☆ "Sister Act 2: Back in the Habit" (1993, Musical Comedy) Whoopi Goldberg. A Las Vegas singer teaches a mother superior's flock how to rock and save the school from closure.

AFTERNOON

- 12:00 pm WTBS (3) ★★☆☆ "Down to Earth" (2001, Comedy) Chris Rock. Accidentally sent to Heaven, a comic returns to Earth in the body of a Manhattan mogul whose family is plotting to kill him.
- A&E (9) ★★☆☆ "A Few Good Men" (1992, Drama) Tom Cruise. Navy lawyers defend two Marines accused of killing a private at the naval station at Guantanamo Bay, Cuba.
- FAM (26) "The Proud Family" (2005, Fantasy) Voices of Kyla Pratt. Animated. A mad scientist unleashes evil clones of a family to find their secret formula.

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- SPIKE (4) ★★☆☆ "Rocky" (1976, Drama) Sylvester Stallone. Heavyweight champ Apollo Creed gives Philadelphia club fighter Rocky Balboa a title shot.
- 1:31 pm FAM (26) ★★☆☆ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest.
- 2:30 pm WTBS (3) ★★☆☆ "Diary of a Mad Black Woman" (2005, Comedy-Drama) Kimberly Elise. A woman must put her life back together after her husband of 18 years abruptly kicks her out of the house.
- 5:00 pm WTBS (3) ★★☆☆ "Guess Who" (2005, Comedy) Bernie Mac. The sarcastic patriarch of a black family freely expresses his opinion of his daughter's white boyfriend.

EVENING

- 6:00 pm CITY (29) "Johnny Tootall" (2005, Drama) Adam Beach. An American Indian activist and his brother go head-to-head when violence puts them on opposite sides of the law.
- 7:00 pm WTBS (3) ★★☆☆ "The Original Kings of Comedy" (2000, Documentary) Cedric the Entertainer. Spike Lee directed this document of an evening of stand-up comedy performed by four prominent black entertainers.
- YTV (18) ★★☆☆ "Fly Away Home" (1996, Drama) Jeff Daniels. A Canadian sculptor builds an ultralight plane so his teen daughter can lead geese south. (In Stereo)
- 8:00 pm KXLY (10) ★★☆☆ "The Cat in the Hat" (2003, Comedy) Mike Myers. Premiere. Looking for fun, a mischievous feline invades the home of two children while their mother is away. (In Stereo)
- VTV (22) "The Man Who Lost Himself" (2005, Docudrama) David James Elliott. Canadian football player Terry Evanshen awakens from a coma with no memory of his life or loved ones. (In Stereo)

- (DVS) 9:00 pm WTBS (3) ★★☆☆ "Boyz n the Hood" (1991, Drama) (PA) Larry Fishburne. Three boys become men, one guided by his father, in their racially divided Los Angeles neighborhood.
- CHBC (4) "The Last Trimester" (2006, Suspense) Chandra West. A couple tries to adopt a baby, but the mother who wants to blackmail them ends up dead.
- FAM (26) ★★☆☆ "The Lizzie McGuire Movie" (2003, Comedy) Hilary Duff. After graduating from junior high school, a teenager travels to Rome and meets a pop singer.
- CITY (29) ★★☆☆ "Kindergarten Cop" (1990, Comedy) Arnold Schwarzenegger. An undercover officer teaches a rowdy class of peewees, to identify one whose mother must be found.
- 9:30 pm CBC (13) ★★☆☆ "Godzilla" (1954, Science Fiction) Takashi Shimura. A fire-breathing behemoth terrorizes Japan after an atomic bomb awakens it from its centuries-old sleep. (Subtitled)
- 10:48 pm FAM (26) "Adventures of the Cactus Kid" (2000, Adventure) Thomas Curtis. A boy fantasizes about robbing a bank in the style of his comic-book hero.
- 11:00 pm CITY (29) ★★☆☆ "Waking the Dead" (2000, Drama) Billy Crudup. Haunted by the loss of his first love, a man begins to question whether she is really dead.
- SPIKE (4) ★★☆☆ "Soldier" (1998, Science Fiction) Kurt Russell. A soldier trained from birth helps colonists stave off a team of genetically engineered killers.
- 11:15 pm WTBS (3) ★★☆☆ "Boat Trip" (2003, Comedy) Cuba Gooding Jr. Two skirt-chasing buddies discover too late that their travel agent has booked them on an all-gay cruise.
- 11:30 pm CBC (13) ★★☆☆ "Godzilla Raids Again" (1955, Science Fiction) Hiroshi Koizumi. Radiation-spawned Godzilla battles Angorus for supremacy of Japan.

sunday movies

MORNING

- 7:00 am WTBS (3) ★★☆☆ "Boat Trip" (2003, Comedy) Cuba Gooding Jr. Two skirt-chasing buddies discover too late that their travel agent has booked them on an all-gay cruise.
- A&E (9) ★★☆☆ "Cliffhanger" (1993, Action) Sylvester Stallone. Villains force two Colorado climbers to find three suitcases containing \$100 million lost in the Rockies.
- 9:00 am WTBS (3) ★★☆☆ "Sister Act 2: Back in the Habit" (1993, Musical Comedy) Whoopi Goldberg. A Las Vegas singer teaches a mother superior's flock how to rock and save the school from closure.
- A&E (9) ★★☆☆ "A Few Good Men" (1992, Drama) Tom Cruise. Navy lawyers defend two Marines accused of killing a private at the naval station at Guantanamo Bay, Cuba.
- 11:00 am CITY (29) ★★☆☆ "Spice World" (1997, Musical Comedy) The Spice Girls. An all-girl musical group prepares for a live performance at London's Royal Albert Hall.

AFTERNOON

- 12:00 pm FAM (26) "Life Is Ruff" (2005, Comedy) Kyle Massey. A

- teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show.
- 1:30 pm FAM (26) ★★☆☆ "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time.
- 3:00 pm WTBS (3) ★★☆☆ "The Original Kings of Comedy" (2000, Documentary) Cedric the Entertainer. Spike Lee directed this document of an evening of stand-up comedy performed by four prominent black entertainers.
- VTV (22) "Fast Food High" (2003, Comedy-Drama) Alison Pill. A teenage risks losing her job, boyfriend and social status to start a union at the burger joint where she works. (In Stereo) (DVS)
- 4:00 pm YTV (18) "Like Mike 2: Streetball" (2006, Comedy) Jascha Washington. A pair of lucky sneakers turns a small, untalented basketball player into a star.
- 5:00 pm WTBS (3) ★★☆☆ "Guess Who" (2005, Comedy) Bernie Mac. The sarcastic patriarch of a black family freely expresses his opinion of his daughter's white boyfriend.
- CBC (13) ★★☆☆ "Antz" (1998, Romance-Comedy) Voices of Woody Allen. Animated. A nonconforming ant disrupts colony life by impersonating a soldier and falling in love with a princess.

EVENING

- 6:00 pm YTV (18) ★★☆☆ "Karate Kid II" (1986, Action) Ralph Macchio. Mr. Miyagi returns to Okinawa with his karate student and meets an old foe's challenge to a duel.
- CITY (29) ★★☆☆ "Anger Management" (2003, Comedy) Adam Sandler. A meek businessman clashes with an aggressive therapist after being ordered to undergo 20

- hours of counseling.
- 7:00 pm WTBS (3) ★★☆☆ "Guess Who" (2005, Comedy) Bernie Mac. The sarcastic patriarch of a black family freely expresses his opinion of his daughter's white boyfriend.
- 8:00 pm CBC (13) ★★☆☆ "Harry Potter and the Prisoner of Azkaban" (2004, Fantasy) (Part 1 of 2) Daniel Radcliffe. The young wizard and his friends confront Sirius Black, a fugitive with ties to Harry's past.
- 9:00 pm WTBS (3) ★★☆☆ "The Original Kings of Comedy" (2000, Documentary) Cedric the Entertainer. Spike Lee directed this document of an evening of stand-up comedy performed by four prominent black entertainers.
- CHBC (4) ★★☆☆ "Carolina Moon" (1940, Western) Gene Autry. Two cowboys prevent an unscrupulous con man from bilking local plantation owners out of their land.
- FAM (26) ★★☆☆ "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. (In Stereo)
- 10:10 pm CBC (13) ★★☆☆ "Harry Potter and the Prisoner of Azkaban" (2004, Fantasy) (Part 2 of 2) Daniel Radcliffe. The young wizard and his friends confront Sirius Black, a fugitive with ties to Harry's past.
- 10:40 pm FAM (26) ★★☆☆ "The Karate Kid" (1984, Action) Ralph Macchio. A New Jersey teen moves to California, meets bullies and learns karate from a handyman, Mr. Miyagi.
- 11:00 pm WTBS (3) ★★☆☆ "What's the Worst That Could Happen?" (2001, Comedy) Martin Lawrence. When a professional thief robs a beachfront mansion, he catches the owner in a compromising situation.

840*

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SATURDAY, AUGUST 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	TBS Storyline	News (N)		Desert	(5:00) Today (N)	(5:00) Saturday Early Show	Blog.: Vieira	Good Morning America	Adventure Hunter	Fishing Fishin	Lunar Jim Doodlebob	Gadget Adrenalini	SportsCentre	OWL/TV Kingdom	How Do Machines	Star Racer Overdrive	About You Dharti	Movie: "Ferris Bueller's Day Off" (1986, Comedy)	What Paid Prog.	
7 AM	Movie: "The Fighting Temptations" (2003)	Gold Trails	Sagwa	MotorWeek	News (N)	Madeline	Match	Good Morning America	News (N)	News (N)	Wilbur	Robot Boy	Fishing	Katie-Orbie	Best Evidence	Yin Yang (7:20)	Eye on Asia	Mad Abt.	Friends	
8 AM	Cuba Gooding Jr.	Body	George S.	Travel		Trollz	Match	Northwest Saturday			Arthur	SpongeBob	NASCAR Racing	Good Morning Canada	A Haunting	Suite Life (8:43) Zoey	Polish Studio	UFC 74 Countdown	Ned Stacy	
9 AM	(9:45) Movie: "Sister Act 2: Back in the Habit" (1993)	Eagle Communications	The Magic School Bus	Workshop		Cake	Match	So Raven	Driving TV	Goldfish	Phantom	Strength		How-Made	Cory	Speakers	Hrsepower	Ellen	Grace	
10 AM	Antique	Big World	Americas	Paid Prog.	Babar	WTA Tennis: U.S. Open Series -- Pilot Pen Final	Coreys	World Series International Final	GetUpGrow	Energy TV	Noise	Fantaste 4	Friday Night Fights. (Taped)	PLAN Canada	Carrier: Arsenal of Sea	Phil	Boy World	NewMusic	Trucks! (N)	Seinfeld
11 AM	Diva Dime	MacPhee	Barbecue	Paid Prog.		Beach	Coreys		Energy TV	Fishing	Canoe/Kayak	Avatar		Daily Planet	Lives-World (11:34)	School	Chum Chart	Disorderly Con.	Married...	
12 PM	Movie: "Down to Earth" (2001)	Dinner	Italian	Ming	Volleyball: AVP Cross Tour	PGA Golf: The Barclays -- Third Round. (Live)	Movie: "A Few Good Men" (1992)	Little League Baseball: World Series U.S. Final -- Teams TBA. (Live)	News (N)	Paid Prog. Will-Grace	Track and Field: IAAF World Championships. From Osaka, Japan. (Taped)	Monster Yu-Gi-Oh!	PGA Golf: The Barclays -- Third Round. (Live)	Island Escapes "Fiji"	Mayday	Movie: "The Proud Family" (2005)	Jericho "Casus Belli"	Movie: "Rocky" (1976, Drama)	Friends	Friends
1 PM	King	2nd Chnce	SportFish	Donnas	Golf: U.S. Amateur Championship	Round. (Live)	Tom Cruise, Jack Nicholson.		Fishing Fins Skins	Seinfeld	Championships. From Osaka, Japan. (Taped)	Idaten	Pokemon	PLAN Canada	American Hot Rod	(1:31) Movie: "Going to the Mat"	Hollywood	Best of MuchonDemand	Deal or No Deal	
2 PM	King	Mysteries	Dotto Tech	Antiques Roadshow					Daryl	Seinfeld		Shuriken		Car	Dirty Jobs Wine making.	Into Wild				
3 PM	Movie: "Diary of a Mad Black Woman" (2005)	Powerboat	Dora	Europe	Athlete	Discover	Sell House	Montana	Seinfeld	Simpsons	Sat. Report	Mystery	SportsCentre (Live)	MTV Shuffle	How-Made	(3:03) News (N)	UFC 74 Countdown	That News	What	
4 PM	Kimberly Elise.	Foodies	(3:35) Go, Diego, Go!	Wild!	3 2 1 Pen	Trollz	Sell House	Old House	Simpsons	Simpsons	CFL Pre	Ruby	NASCAR Racing: Nextel Cup -- Sharpie 500. From Bristol	Sue Thomas: F.B.Eye	Deep Inside the Titanic	Suite Life	Bravo! Fact	CSI: Crime Scen	Vanity Insanity	
5 PM	Movie: "Guess Who" (2005)	News (N)	George S.	Announced	News (N)	News (N)	Flip This House	News (N)	Simpsons	News (N)	Tiger-Cats at Montreal Alouettes. (Live)	Prank Ptrl	Motor Speedway in Bristol.	News (N)	Surviving Katrina	K. Possible	The Collector	Oblivious	Friends	
6 PM	Bernie Mac.	Room	Meerkat	Lawrence Welk Show	News (N)	News (N)	Flip This House	News (N)	News (N)	Andromeda (DVS)		Ghost	Motor Speedway in Bristol.	Sadie	Movie: "Johnny Tootal!"	UFC 74 Countdown	Seinfeld	Seinfeld		
7 PM	Movie: "The Original Kings of Comedy" (2000)	Can Files	National Geographic	Time Goes My Family	CSI: Miami	Without a Trace	American Justice	Entertainment Tonight	Andromeda	Andromeda (DVS)	MLS Soccer: D.C. United at Toronto FC. (Same-day Tape)	Movie: "Fly Away Home" (1996) Jeff Daniels.	Tenn. (Live)	W-FIVE "ETF" (N)	Angel	So Raven (7:25) Zoey	(2005) Adam Beach.	CSI: Crime Scen	Ad Persuasion Uncut	
8 PM	Movie: "Boyz n the Hood" (1991) (PA)	Messengers: Beyond	Heartbeat	Andiamo Three tenors.	America's Got Talent	Ghost Whisperer	American Justice	Movie: "The Cat in the Hat" (2003)	Andromeda	ReGenesis (DVS)		Polygamy's Lost Boys	Movie: "Godzilla" (1954) Takashi Shimura.	Naruto	Inuyasha	Gundam	SportsCentre (Live)	News (N)	Angel	
9 PM	Movie: "The Last Trimester" (2006, Suspense)	Movie: "The Last Trimester"	Midsomer Murders "Death of a Hollow Man"	Rockabilly Legends	Red Green	Medium	48 Hours Mystery	Flip This House	Science Fiction	Polygamy's Lost Boys	Driving TV			Comedy	Comedy	Comedy	Movie: "The Lizzie McGuire Movie" (2003)	Movie: "The Kill Point" (1997) The Spice Girls.	World Poker Tour	Deal or No Deal
10 PM	(11:15) Movie: "Boat Trip"	Mad TV	Wild	Doctor Who	News (N)	News (N)	American Justice	News (N)	News (N)	(11:03) J.R.				News (N)	Angel	"Adv-Cactus Kid"	"Waking the Dead"	Movie: "Soldier" (1998)	Friends	Mad Abt.

SUNDAY, AUGUST 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	"Fighting Temp"	Antique		Berenstain	Today (N)	Discover	Private Sessions	Good Morning America	Pioneers	Foodies	Franklin	Gadget	Formula One Racing	Katie-Orbie Kids	Mayday	Star Racer	Mix TV	Xtreme 4x4	J.R. Digs
7 AM	Movie: "Boat Trip" (2003) Cuba Gooding Jr.	In Touch-Dr	Jakers	Bob Build	Jane	CBS News Sunday Morning	Movie: "Cliffhanger" (1993) Sylvester Stallone.	News (N)	Foodies	Vision	Arthur	Winx Club	Reporters	Good Morning Canada	Secrets of the Rosetta Stone	Yin Yang (7:20)	Eye on Asia	MuscleCar	Mad Abt.
8 AM	Gooding Jr.	Van Impe	George S.	Jakers	Meet the Press (N)	Nation			News (N)	TribalTrail	Coronatn	Viva Pinata	NASCAR Racing		Suite Life	Eye-Asia	Hrsepower	Ned Stacy	Friends
9 AM	Movie: "Sister Act 2: Back in the Habit" (1993)	Gold Trails		Maya	Paid Prog.	Tennis: Arthur Ashe Kids' Day.	Movie: "A Few Good Men" (1992)	This Week With George	Driving TV	Catering	CBC News: Sunday (N)	SpongeBob		PLAN Canada	Funnest Animals	Cory	Johnny Lombardi (In Italian)	Trucks!	Grace
10 AM	Antique	Big World	European	Championships.	Preview	PGA Golf: The Barclays -- Final Round. From the Westchester	Angel	Little League Baseball: World Series Championship	Hour of Power	Driving TV	Marketplc	Ruby	PGA Golf: The Barclays -- Final Round. From the Westchester	Nature Conservancy	Secrets of the Rosetta Stone	School (11:34)	Movie: "Spice World" (1997) The Spice Girls.	The Kill Point	Friends
11 AM	MLB Baseball: Atlanta Braves at St. Louis Cardinals. (Subject to Blackout)	Biker TV	Fetch! With	Keeping Healthy	Beach Volleyball: AVP Cross Tour	From the Westchester	Angel	Little League Baseball: World Series Championship	News (N)	Andromeda (N)	Canada	Unfabulous	Country Club in Harrison, N.Y.	Question Period	How Do Machines	Movie: "The Cheetha Girls" (2003)	World Poker Tour	The Kill Point	Deal or No Deal
12 PM	Harvey	Mysteries	Wild Discovery	All Creatures			Angel		Andromeda	Room	Antiques	Ghost		Twice in a Lifetime	How-Made				
1 PM	Movie: "The Original Kings of Comedy" (2000)	Strange	Dora	Consumer	Paid Prog.	Discover	Angel	Paid Prog.	Andromeda	Seinfeld	Track and Field: IAAF World Championships.	Game	SportsCentre (Live)	Movie: "Fast Food High" (2003) Alison Pill.	MythBusters	(3:03) News (N)	News (N)	The Kill Point	You Smarter?
2 PM	Harvey	Driving TV					Angel		Room	Antiques	Ghost			Twice in a Lifetime	How-Made				
3 PM	Movie: "The Original Kings of Comedy" (2000)	News (N)	George S.	Workshop	NFL Preseason Football: Philadelphia Eagles at Pittsburgh Steelers.	60 Minutes	Coreys	Funnest Home Videos	Simpsons	Big Brother 8 (N)	"Harry Potter and the Prisoner of Azkaban" (Live)	Frank Ptrl	Golf: U.S. Amateur Championship -- Final Round.	Law & Order: SVU	Queen Mary 2	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny
4 PM	News (N)	George S.	Workshop	NFL Preseason Football: Philadelphia Eagles at Pittsburgh Steelers.	60 Minutes	Coreys	Funnest Home Videos	Simpsons	Big Brother 8 (N)	"Harry Potter and the Prisoner of Azkaban" (Live)	Frank Ptrl	Golf: U.S. Amateur Championship -- Final Round.	Law & Order: SVU	Queen Mary 2	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny	
5 PM	Movie: "Guess Who" (2005)	Okanagan	Zoboo	Old House	Philadelphia Eagles at Pittsburgh Steelers.	60 Minutes	Coreys	Funnest Home Videos	Simpsons	Big Brother 8 (N)	"Harry Potter and the Prisoner of Azkaban" (Live)	Frank Ptrl	Golf: U.S. Amateur Championship -- Final Round.	Law & Order: SVU	Queen Mary 2	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny
6 PM	Bernie Mac.	Design	Old Man	Heartbeat "Outsiders"	Philadelphia Eagles at Pittsburgh Steelers.	60 Minutes	Coreys	Funnest Home Videos	Simpsons	Big Brother 8 (N)	"Harry Potter and the Prisoner of Azkaban" (Live)	Frank Ptrl	Golf: U.S. Amateur Championship -- Final Round.	Law & Order: SVU	Queen Mary 2	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny
7 PM	Movie: "Guess Who" (2005)	Doc	Nat. Geo. Expl.	Nature (DVS)	Steelers.	60 Minutes	Coreys	Funnest Home Videos	Simpsons	Big Brother 8 (N)	"Harry Potter and the Prisoner of Azkaban" (Live)	Frank Ptrl	Golf: U.S. Amateur Championship -- Final Round.	Law & Order: SVU	Queen Mary 2	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny
8 PM	Bernie Mac.	Extreme-Home	The Royal	Mystery! (DVS)	News (N)	Big Brother 8 (N)	Match	Extreme-Home	Teen Choice 2007 (Same-day Tape)	Teen Choice 2007 (Same-day Tape)	"Harry Potter and the Prisoner of Azkaban" (Live)	Frank Ptrl	Golf: U.S. Amateur Championship -- Final Round.	Law & Order: SVU	Queen Mary 2	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny
9 PM	Movie: "The Original Kings of Comedy" (2000)	Movie: "The Carolina Moon" (1940) Gene Autry.	The Last Detective	Everyday	Dateline NBC	Cold Case "Offender"	Simmons	Desperate Housewives	Big Brother 8 (N)	News (N)	"Harry Potter and the Prisoner of Azkaban" (Live)	Frank Ptrl	Golf: U.S. Amateur Championship -- Final Round.	Law & Order: SVU	Queen Mary 2	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny
10 PM	Movie: "The Original Kings of Comedy" (2000)	News (N)	Sustain	Storm Warriors: Heroes	News (N)	News (N)	Coreys	News (N)	News (N)	Brain Battle (N)	Exposure (N)	Mystery	SportsCentre (Live)	News (N)	MythBusters Ninjas.	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny
11 PM	Movie: "The Original Kings of Comedy" (2000)	News (N)	Sustain	Storm Warriors: Heroes	News (N)	News (N)	Coreys	News (N)	News (N)	Brain Battle (N)	Exposure (N)	Mystery	SportsCentre (Live)	News (N)	MythBusters Ninjas.	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	CSI: Crime Scen	The Nanny

MONDAY, AUGUST 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	Dawson's Creek (E)	News (N) Room	Elliot Jakers	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	Hockey: Canada/Russia Super Series. From Ufa, Russia. (Live)	News (E) Canada AM (E)	Phoenix Odyssey	Henry's King (E)	Rachael Ray (E)	V.I.P. (E)	Counterstrike (E)	
7 AM	Movie: "Beverly Hills Ninja" (1997) Chris Farley.	Life Today 100 Huntley Street (N)	BluesClues Dora	Barney Arthur (E)	Today (N)	The Early Show (N)	Crossing Jordan (E)	Good Morning America (N)			Arthur (E) Lunar Jim	Jane Monsters			Legend Hunters (E)	K. Possible (7:24)	CityLine (E)	V.I.P. (E)	Night Heat (E)	
8 AM		Collectors	Hi-5 Berenstain	Curious Clifford			American Justice		100 Huntley Street (N)		Curious Clifford	George S. Beasts			How-Made How-Made	Weekend Lilo Stitch	Star Trek: Voyager (E)	V.I.P. "Diagnosis Val" (E)	Due South (E) (DVS)	
9 AM	NewsRadio Cosby	Body Taste	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	World Vision	Poko The Save-Ums! (E)	Flamingo LazyTown	U.S. Open Tennis: First Round. From the USTA National Tennis Center in Flushing Meadows, N.Y. (Live)	Regis and Kelly	Phoenix Odyssey	Feet Benj Bear	News (N) City	Most Amazing Videos	Ad Pers Inside Box	
10 AM	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (N) (E)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami "Fade Out"	The View (E)	World Vision	Design House	Doodlebob	"Pokémon 4Ever"		The View (E)	On the Run (E)	Mickey Tigger	Movie: "High Adventure" (2001) Premiere. (E)	Most Amazing Videos	Mad Abt. Grace	
11 AM	Strokes Strokes	Seinfeld Seinfeld	CG Kids Swap TV	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Adrenalini Mew Mew		eTalk (E) Diary (E)	The New Detectives (N)	Higglytown (11:25) King (E)	(2001) Premiere. (E)	Star Trek: Next Gener. (E)	The Nanny Frasier	
12 PM	Still Std Still Std	News (N)	Canada- History	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	CBC News CBC News	Pokemon Flamingo		Degrassi Bold & B.	Mayday (E)	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener. (E)	Seinfeld Seinfeld	
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	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		Twice in a Lifetime (E)	How Do Machines	Dragon Emperor	Hollywood Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210	
2 PM	King King	Guiding Light (N) (E)	Gaslight Journal	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	Fishing Interruption	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	Hi-5 "Water Animals"	Arthur (E) Fetch! With Judge	Judge Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Record Sports	Dr. Phil (E)	How Do Machines	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E)	
4 PM	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little Zoboo	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Fade Out"	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Red Green	Movie: "Pokémon: Destiny Deoxys" (2004) (E)	U.S. Open Tennis: First Round. From the USTA National Tennis Center in Flushing Meadows, N.Y.	Veronica Mars "Plan B"	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Ad Pers Inside Box	
5 PM	Friends Friends	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N) News	CSI: Miami "Skeletons"	News (N) ABC News	News (N) Global	News (N) Global	Simpsons Arrested			News (N) (E)	MythBuster s (E)	Suite Life Montana	Blood Ties "Bad JuJu"	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM	Friends Friends	Body Caitlin	Fetch! With Creatures	News- Lehrer	News (N) Raymond	News (N) Hollywood	The Sopranos (7:11) The Sopranos "Eloise" (E)	News (N) News (N)	News (N) ET Canada	ET Canada Entertain	CBC News: Vancouver	Summer Hawks		News (N) (E)	American Chopper (N)	Zoey 101 Sadie	Stargate SG-1	Movie: "Patriot Games" (1992, Suspense) Harrison	Married... Frasier	
7 PM	My Boys Sex & City	Ad Pers Jeopardy!	Sustain History	Served My Hero	Jeopardy! Fortune	Friends Scrubs	(7:11) The Sopranos "Eloise" (E)	Entertain The Insider	Entertain ET Canada	Heroes (E)	Coronatn Just-Gags	Nick Malcolm		eTalk (E) Hollywood	Dirty Jobs (N) (E)	So Raven Smart Guy	Godiva's (E) (DVS)	(1992, Suspense) Harrison	Extreme- Home	
8 PM	Sex & City Seinfeld	How I Met Christine	Child of Our Time	Antiques Roadshow	Thank God You're Here	How I Met Christine	Wife Swap "Baur/Fine"	Prison Break (PA) (E)	Prison Break (PA) (E)	Prison Break (PA) (E)	Doctor Who "Blink" (N)	Fresh Pr. Yvon	SportsCentr e (Live) (E)	Corner Gas Robson	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	Ford, Anne Archer.	ET Canada Ad Pers	
9 PM	Seinfeld Movie: "The Matrix Reloaded" (2003) (PA)	Two Men My Boys	Greenpeace Indecently Exposed	History Detectives (N)	Heroes (E)	Two Men Rules	CSI: Miami "Skeletons"	Fat March (N) (E)	Prison Break "Wash"	Prison Break "Wash"	Hustle (E)	Mystery Ghost	Hockey: Canada/Russ ia Super Series.	Canadian Idol Top four.	American Chopper	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld	
10 PM	Keanu Reeves.	News (N) Room	Beaverbroo k (E)	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	(11:11) The Sopranos "Eloise"	Supernanny (E)	News (N) (11:35)	News (N) ET Canada	National (11:05) The Hour (E)	Bob 15/Love	SportsCentr e (Live) (E)	News (N) News (N)	MythBuster s (E)	8 Rules Life Derek	Star Trek: Voyager (E)	Movie: "Highlander: Endgame" (2000) (E)	Married... Frasier	Deep Space 9 Grace
11 PM																				

monday movies

MORNING

7:00 am WTBS (3) ★½ "Beverly Hills Ninja" (1997, Comedy) Chris Farley. A ninja watches out for his portly adopted brother, hired to track a mystery woman's beau in Southern California. (E)

10:00 am YTV (18) ★ "Pokémon 4Ever" (2002, Adventure) Voices of Veronica Taylor. Animated. Hunters and forest predators pursue a flying creature that can travel through time.

CITY (29) "High Adventure" (2001, Action) Thomas Ian Griffith. Premiere. Archaeologists and adventurers strike out in search of hidden gold. (E)

AFTERNOON

4:00 pm YTV (18) "Pokémon: Destiny Deoxys" (2004, Fantasy) Animated. Rayquaza fights a menacing creature that came from a meteor. (In Stereo) (E)

EVENING

6:00 pm SPIKE (44) ★★ "Patriot Games" (1992, Suspense) Harrison Ford. An IRA terrorist vows revenge

against the ex-CIA agent who killed his brother and thwarted their attack on royalty.

9:30 pm WTBS (3) ★★ "The Matrix Reloaded" (2003, Science Fiction) (PA) Keanu Reeves. Freedom fighters use extraordinary skills and weaponry to revolt against machines. (E)

10:06 pm CITY (29) ★ "Highlander: Endgame" (2000, Fantasy) Adrian Paul. Connor and Duncan battle an evil immortal in a bid to become the last of their kind. (E)

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Macdonald (Don) Burbidge

1928 - 2007



It is with profound sadness that we announce the sudden death of Don, on August 4th 2007, beloved husband of Wilda, father of daughters Andrea (Larry Soukoreff), Suzanne (Michel Goudreault) and proud grandfather of Kaelum. He is also survived by his sisters Patricia Amundson (Wayne) and Jan Robinson and so many other dear family members.

Don was a well-known, ever curious, multi-talented and caring person. He was a splendid husband to Wilda his wife of 52 years, the best father and friend to his daughters, and was continuing to share his wisdom, compassion and sense of humour with his grandson. He was also a mentor to many friends, students and acquaintances.

His professional life was rich and varied. At the age of 16 he attended the University of Manitoba, from 1945-1949 graduating with a Bachelor of Science Degree. He then traveled across Canada and Europe working at a variety of jobs. After marriage in 1955, Don attended Ranger School in Surrey, and after graduation moved to Nelson, B.C. and worked as a silvi-culturist with the forest service. In 1958, Don attended the University of B.C., earning a graduate teaching certificate and taught high school for six years. Subsequently, he gained a Masters Degree in Philosophy in Education and completed 2 years of his doctoral program at the University of British Columbia. He served as a Professor of Philosophy at Simon Fraser University and Vancouver College at Langara until retirement. Don authored a number of books, A Casebook of Ideologies, Witch of Cuullen, and The Education of the Market Child. His interest in education led him to serve for 12 years on the North Vancouver School Board, where he served as Chairman four times. He also was a member of the Lions Gate Hospital Board.

He retired to his hobby farm in Princeton, where he delighted in observing and recording the presence and activity of wildlife, great and small, in particular, caring for his garden and bees. Long walks in the early morning hours with his canine companions Nelly and Babe were a joy to him. His was a strong voice for the nurturing and protection of the land; he believed that if we knew the creatures we shared the land with, we would have a greater respect for them. Don wrote and published two books about the Similkameen Valley. The Similkameen Wildlife tales and sketches about the lives of wild animals and plants. In The Similkameen Hiking Guide he described 38 hikes in and around the Similkameen Valley. He loved the world about him, he loved life and we will miss him so much.

His cremation took place at a private family service on August 10th, 2007.

A memorial celebration of Don's life will be held Sunday September 2nd, 2007 at 2:30pm at Ranamere (Old Hedley Road, Princeton) for friends, neighbours and family.

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 28-07

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 21-07

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

WOOD PELLET SALES & DELIVERY
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Princeton Rentals
(250) 295-6545

LLAMAS - several BRED FEMALES, weanlings \$500.00 EACH; companion female \$100.00; guardian gelding \$300.00. Various colours/fibre types. CASH sales only. (250) 499-5143 Cawston. Nov 21-07

Hunter special. 1975 Ford Motorhome, 22-feet, dual wheels, had lots of work, boat rack. \$4,000.00 OBO for quick sale. Call (250) 295-0627. Aug 07-21

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, new brakes. \$7,500.00. Call (250) 295-0627. Aug 07-21

1990 Jeep YJ, 198K, useable in the Similkameen Valley (no AirCare) in good condition. Family driven. View at Mini Mike's Auto on Bridge Street. Asking \$3,900.00. Phone Dennis (604) 542-7020. Aug 14-Sep 18

14 month old custom ordered La-Z-Boy Rocker/Recliner. Slate green/grey velour - goes with any colour and decor. Beautiful piece of furniture but my back and this chair don't get along. Original price \$970.00 - make me a reasonable offer and it's yours! (250) 295-6052.

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2-bedroom trailer in Tulameen. 1 block from Otter Lake. \$550/month plus utilities. Washer/dryer included. (250) 295-7159. Aug 07-21

3 storage units available behind liquor store. Suitable for car or boat, etc. Call Sharon at (250) 295-3521 or Richard at (250) 492-8503 for details. Aug 21-Sep 04

1,600 sq ft 2-bedroom rental available October 1st. \$750/month with 1 year lease. References required. Located downtown. Has hardwood floors, garage, enclosed yard, washer/dryer, fridge/stove. Call Heather (250) 295-8590. Aug 21-07

2-bedroom, bath and 1/2, right downtown, newer building, balcony, fireplace, washer/dryer, fridge/stove, dishwasher. Small cat okay, no outdoor maintenance, prefer non-smoker. Available September 1st. \$575/month plus utilities. References required. Call (250) 770-1879. Aug 21-Sep 04

Bright 1-bedroom apartment on 3rd floor. fridge/stove, laundry in building, references required, no pets. Call (250) 718-5594. Aug 21

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**Saturday, August 25
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Clothes, household items, lawn mower, rabbit cages, printers, computer

YARD SALE

Catholic Church Hall
Lime Street

Saturday, August 25
9:00 AM - 1:00 PM

Saturday, September 1
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Aug 21-28

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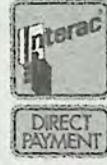
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SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #15 - Easy

823	971	564
695	324	718
174	568	392
281	437	659
359	186	427
467	259	183
746	812	935
938	645	271
512	793	846

CHALLENGE #16 - Hard

978	253	641
614	789	235
352	146	789
835	964	172
291	875	463
746	321	589
427	598	316
583	617	924
169	432	857

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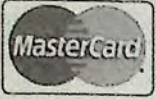
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WEEKLY DEADLINE IS 12 NOON FRIDAYS

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Similkameen News Leader

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- Dennis Walker, Giant-FM News, Penticton, BC

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card of thanks

card of thanks

card of thanks

THANK YOU!

To the Town of Princeton; and the people of BC;

On behalf of the Bae family and St. Paul's United Church, I would like to extend a huge heartfelt thank you to the people of Princeton and BC. Also the merchants of Princeton who allowed us to place the collecting jars on their countertops. They are the following:

Irly Bird - Golden Hills Grocery & Deli - Home Hardware - Cowboy Coffee - Overwaitea - The Loonie Bin - Fields Store - Liquor Store - Valley First Credit Union - A&W - Chevron - Billy's Restaurant - The Hut - Leisure Inn Restaurant - also to Dairy Queen who on their own desire to help installed their own jar.

The response of this small town I feel has been overwhelming in its generosity and by far out stripped its size. The offer of donations and offers to help have been immense. Princeton may be small in quantity, but it is big in quality and bigger still in heart.

When I retired and moved into our house in Princeton 3 years ago, I was told I was now living in God's country. After the response of the people of this town I now realize I am living among God's people.

To the congregation of St. Paul's United Church, on behalf of the Bae family and our Student Minister Diane Robinson, I would like to thank you for the funeral reception arrangements and support you have shown physically and mentally for David and Luke Bae. Finally I would like to thank Bill Lawrence and Sharon Clark for opening up the high school and making available the sound system and overhead projector at such short notice for the funeral.

Again, THANK YOU Princeton people; from the bottom of my heart, you have surpassed yourselves. Thank You!

Derek Hodgson
Chair of the St. Paul's United Church Board

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The rate of pay is \$12.50/hr to start. We also have a profit share incentive and a benefit package.

Any successful applicant is required to complete a pre-employment medical. All applicants should drop off a resume in person at the plant office for the attention of Mark Mitchell the Production Foreman.

editor@thenewsleader.ca

Similkameen News Leader, 226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0

my turn

Summer is officially over

Yep, we said it.

Summer is officially over.

You know how we know this? The Back To School advertising we've seen on TV since August 1st first clued us in.

Since August FIRST!!!

Parents all over are probably rejoicing in the fact that the countdown to school is ticking close to single digits which means once the kids get back in class, the quicker the parents get to actually enjoy what's left of Summer.

What we find most interesting about this time of year is the conversations in our office.

"What happened to summer? We never really had one you know, and now it's back to school? What happened to summer?"

Apparently the month of plus 35-degree weather wasn't enough.

It felt like it lasted a month.

"Sure, it's back to school. It's so those stores that had a slow summer can make some money. That's why they start the back to school sale earlier each year."

Slow summer? If getting stuck behind a slow moving RV once a week since May long weekend means it's been a slow summer, well you must have missed the crowds at the beaches and malls and wherever else you went following that slow RV.

Back to school is actually a season.

You have winter, spring, summer, Back To School, Halloween, Christmas and winter. It's been this way for years, although it just gets harder and harder to accept each year that once Back To School season is upon us it means summer is done.

Toast. Finished. Over.

It also means its time to locate the snow shovels and pull out sweaters, mitts and winter boots before Halloween season passes. It's been known to snow then, every now and then, you know.

So, what do we look forward to at Back to School season, as we have no children?

For us it means it won't be long and we'll be able to stash away the lawn mower.

Yep, summer is officially over.

EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws.

The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense!

The Editor reserves the right to condense any letter or to substitute proper language for improper language.

Similkameen News Leader

ISSN 1712-090X

An Independent Newspaper - There Are No Chains On Us!

Published weekly by Bengel Publishing Inc.

226A Bridge Street, P.O. Box 956,

Princeton, B.C., V0X 1W0

Phone (250) 295-4149 • Fax (250) 295-4103

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We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

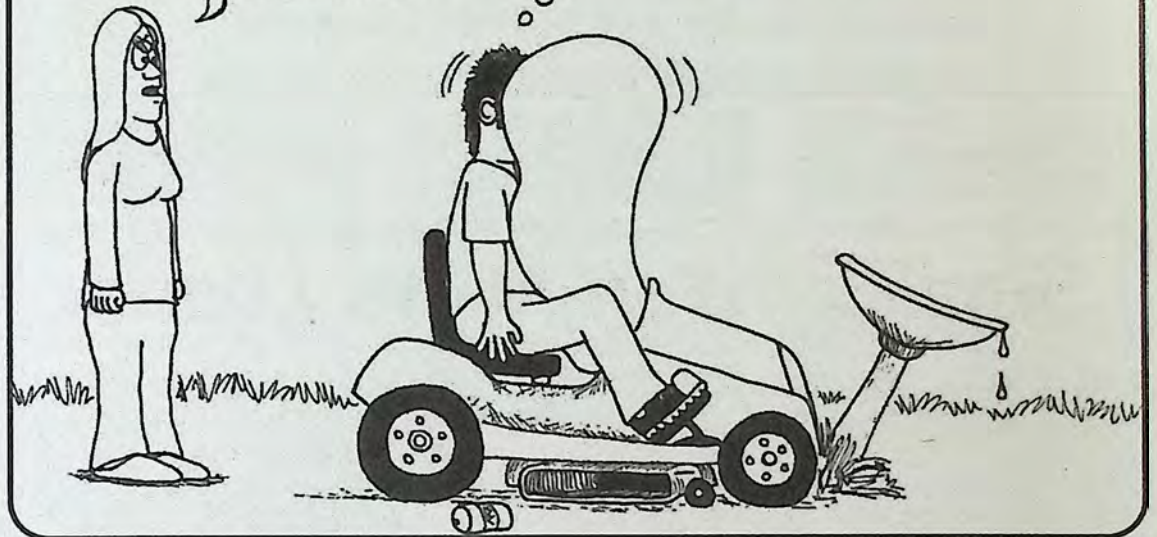
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THIS TOONS

HOW MANY TIMES DO I HAVE TO LECTURE YOU ABOUT DRINKING AND DRIVING?

THANK GOODNESS THESE THINGS HAVE AIR BAGS!



your turn

Zandee questions Atamanenko

Editor:

I read with a sense of dubiousness the latest offering from our current Member of Parliament. In particular, he touches on the topics of food safety, labeling and terminator seeds.

These issues are indeed serious, but we need to take an objective and realistic look at them, all partisan bluster aside.

Canada has one of the safest and most effective regulatory systems for products of biotechnology in the world. The Government of Canada has a rigorous regulatory process in place that carefully assesses any potential human health, animal health and environmental risk before any product of biotechnology is approved for market in Canada. Only when a product has been assessed as safe for human health, animal health and the environment, is it approved for commercial sale in Canada.

In regulating biotechnology, the

government's paramount concern is the health and safety of Canadians, and that of animals and the environment. The government is continually examining its review processes for biotechnology-derived products and makes changes needed to ensure all current and future regulatory demands are met domestically and internationally.

When it comes right down to it, the market will determine GMO labeling. If consumers want it, they will demand it. In fact, there are still issues with what the definition of what a GMO is. Certainly, selective breeding of crops and fruits may qualify as modification as the results are different in yield and composition from their origin. As Robert Wagner of Malaspina University College writes, "...after 11 years of consumption of food containing GM ingredients, there is still not a single case of harm documented. Even in Europe where

anti-GM attitudes prevail, the European Commission states food from GM crops is as safe or safer than food from conventionally bred plants." (Vancouver Sun, Saturday Aug 11, 2007, C3).

When it comes to terminator seed technology, apparently there currently are no applications for approval, so why the hue and cry? Because our MP's party believes that fear will outweigh rational thought. For example, is it not safer for a hypothetical crop not to be able to propagate itself while it is being tested for safety, thereby keeping safe and secure existing crops? Developing drought resistant or higher yield crops can only make our own food sources more secure, and in turn make us less dependent on foreign sources of food stuffs over which we have much less control.

The most rational way to protect our food safety in this country is to buy local when possible and support our farming community. A picture that ran in the Penticton Herald Newspaper recently showed a float entry in the 1948 Peach Fest Parade that had written on the side of it "Who Grows the Peaches? Who creates the Payrolls?" Our farming community deserves our support and those questions are as relevant today as they were in 1948.

- Rob Zandee
Candidate, Conservative Party of Canada - BC Southern Interior

Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



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Current Comment:

It's a black example of justice



Dawn Johnson
editor@thenewsleader.ca

The Conrad Black case has been in the news off and on for the past year, and is a good example of what is considered criminal in the corporate world. Corporations can do a lot of things and get away with it, but cheating the shareholders is considered one of the worst corporate crimes.

Why is it that a corporate entity can pollute the earth, pay starvation wages, commit crimes such as hiring people who do not have work permits, and yet these are not considered nearly so newsworthy as cheating the shareholders?

The reason for this is the way corporate charters are created. Because a corporation is made up of so many individuals, the corporation does not seem to be responsible to the same extent as you or I would be if we committed the same crimes.

Actually, many corporations operating anywhere could be accused of crimes against humanity. A good example of this would be crimes such as polluting a water source, such as in the movie "Erin Brockovich". Crimes against the environment occur on a regular basis. There is hardly a corporation anywhere that has not paid a fine for polluting the environment.

Most of the time, these crimes against people and the environment are reported in the news very briefly, not at all with the enthusiasm with which Black's crimes have been reported. Black did his shareholders out of a small percentage of income on their shares, but that really does not compare, in impact, with crimes against people and the environment.

Black, as an individual, can be thrown in jail, but we cannot throw a corporation in jail. The courts, and the people who pay taxes to keep the courts running, seem to have no recourse when a corporation commits crimes.

What can we do?

Few people understand that a corporation exists at the will of the government. A corporation must have a charter in order to exist. In California, smart citizens fed up with the behaviour of a

certain corporation, had its charter revoked. They built a case and took it to the government with a demand that the corporate charter not be renewed.

What happened? The corporation ceased to exist in California. In other words, it could no longer do business in that state. That is like putting a noose around the corporation's neck and hanging it until it is dead.

People do have power. What they need is knowledge of how to use the power effectively. Smart citizens can do it.

What if the corporations and politicians are hand in glove as they are on the North American Security and Prosperity Partnership (SPP).

First, you have to get rid of the politician, then you elect people who are clearly not corporate puppets. That is not so easy to do, because first you need the kind of reporters who snoop out who owns who, and those are scarce.

Second, you need citizens smart enough to see past the party politics and take a good look at who is running for office.

Did Conrad Black receive justice? Probably. Did he receive justice equal to the justice that should have been meted out to corporations for the crimes they have committed? I doubt it.

Conrad Black stole money. He did not poison people, kill fish, destroy habitats, create seeds that will never create other seeds, add things to food that make people sick, nor did he deny starving people a decent wage. All he did was steal some cash. He did not even steal their pension funds, as happened with Enron.

I am not excusing Conrad Black's behaviour. What I am trying to show is there are far worse crimes committed in the corporate world and most of them get off with a fine that hardly makes a dent in profits or share value. Where is justice?

www.thenewsleader.ca

Marketplace Ministry

by Jim Caruso

Part 4 - The Death Of An Engine

The K-car saga continues we have moved to Grand Forks, BC, our address had changed, but not our challenges with the K-car.

It was Sunday afternoon and we were invited to meet a fellow pastor and his wife for lunch in a small community about half way between the towns in which we each lived. For my wife and I this was about a forty minute drive. We jumped into the K-car and headed out. It seemed like ages since we had any problems with this special vehicle and we had foolishly begun to trust its ability to actually complete a trip without stealing days, weeks or months from our life or driving our family into bankruptcy. It was just not to be.

The first indication that something might be wrong was a slight knocking noise in the engine as we reached the half way mark of our journey. It seemed to get louder over the next twenty or so miles and when we arrived at the café for lunch, I put a couple of quarts of oil in the engine as it seemed to have used a lot of oil in those short forty miles. We had a great lunch and with great confidence that the newly added oil would silence the engine noise, we headed back home. Things don't always turn out the way you might think and I began realize that either my hearing was beginning to diminish or the engine noise was getting louder, as we were unable to talk in the car without yelling at each other.

In any event of a possible K-car situation, I began to think about how to arrive at my chosen destination in spite of the possible lack of willingness from the K-car. I knew the road fairly well so I was saying in a very loud voice to my wife, if we can make it to the Phoenix Ski hill turnoff we will be able to coast down the hill and right into our driveway. My wife yelled something at me and then covered her ears with her hands. The noise increased and I could see in the distance the turnoff and much to my complete understanding that inanimate objects can not hear, I talked in a loud but soothing voice to the unloved K-car. The turn off came in sight and I knew we were home free.

The Sicilian came out and began to operate the gas pedal through my foot. I would look in the rearview mirror and there would be this distinct smile and then the gas pedal would go to the floor and the sound of metal pounding against itself could be heard by people miles down the highway. After what seemed months, but was only a few short minutes, I pulled into our driveway. The Sicilian gave the gas pedal one last push and I heard a sound similar to a rifle shot in the engine compartment. I looked under the hood and I saw oil pouring out of the side of the engine block. A connecting rod had come through the side of the block and was laying there in plain view.

My son was home at the time, he was about 14 and so I called to him and with a great deal of Sicilian joy, said watch this and with the hood open, I jumped into the drivers seat and started the car one last time. There was another loud noise, similar to the one upon arrival and another connecting rod came through the engine block and hung beside the first. We both laughed and as I left the K-car in the driveway, never again to be driven by one of our family members, I felt like singing in Italian.

Life is full of difficulties, some we bring on ourselves, such as my purchasing the K-car, others we have no control over as someone else may have made a poor decision or choice and we become a victim. God is in the business of healing and helping everyone. David the writer of many of the Psalms in the Bible says in Psalm 23, even if I walk through the valley of the shadow of death (the word for death is properly translated: darkness), I fear no evil for You are with me. The key words here are through and You. We do not stay in the valley of darkness and we are not there alone. We walk through and we walk through with You, Jesus.

Jim Caruso, Pastor
Oceanside Community Church, Parksville, BC
pjcaruso@telus.net

Similkameen News Leader

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**FREE Corn Roast 3:00 - 6:00 PM
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Enjoy the Meat Draw and have a meal on us!

Everyone Welcome - No Minors



Princeton Arena looked like this last Wednesday - with a layer of ice. The white colouring was applied later in the day with lines and logos to be completed this week. Hockey season is coming! *

Foundation shares FAQs

Questions we have been asked about a Digital Stereotactic Mammography Machine...

Is it like a camera?

Yes, the digital component of the stereo biopsy is very similar to a digital camera versus a film based camera in that the digital image is available for viewing immediately without having to wait for processing. This also gives the radiologist additional tools to streamline the procedure such as robotic movements from one position to the next, removing human mathematical errors.

Steretaxy; is that a biopsy?

Yes, Steretaxy is the name for the biopsy procedure that provides the exact and accurate depth in the breast where the lesion is located. Accurate within +/- 1mm.

Pre-surgical localization; what is that?

The stereotactic device allows a very high level of accuracy for the radiologist in placing the guide wire so that the surgeon can locate the cancer for removal. This may help to make incisions smaller, reducing overall surgical time and improved recovery time.

Does this new machine squeeze the breast like a regular mammogram machine?

Yes, unfortunately the "squeeze" is just as critical, but the procedure takes much less time and the radiation dose is slightly less compared to regular x-ray film.

Is the biopsy (Steretaxy) done on the first visit to the machine?

The Steretaxy is booked after diagnostic views have been done. However, because the biopsy is done using the Digital Stereotactic Mammography instead of an operating room it can be booked within days if not hours from the first viewing. This also leaves the operating room available for other surgeries.

How is the biopsy done?

The patient is awake and the skin is frozen during the short procedure. Since it is non-surgical the recovery time is greatly reduced.

We have a new MRI with breast imaging capabilities; why not use it for all breast imaging?

The MRI, considered the Rolls Royce of imaging technology is exceptional but takes about 45 minutes to image each patient. Then if the patient does require a biopsy they must still be booked

for surgery. Mammogram machinery can screen eight to ten patients an hour and complete a biopsy on the second visit with minimal booking time and stress. The MRI will only be used for patients with the possibility of a recurrence of breast cancer or when the cancer is difficult to locate and therefore difficult to diagnose.

What other hospitals in BC have a Digital Stereotactic Mammography Machine?

The Vancouver Island Hospital in Victoria has been evaluating one of the machines for the past 18 months. The Penticton Regional Hospital will officially be the first hospital in BC to have a Digital Stereotactic Mammography Machine.

What does this mean to residents in the region using the Penticton Regional Hospital?

With the new technology of the MRI Breast imaging and the new Digital Stereotactic Mammography machine, the Penticton Regional Hospital will be a centre of excellence in breast imaging capabilities.

The South Okanagan Similkameen Medical Foundation believes that: Patients within this region deserve excellence in breast imaging. We will do everything in our power to make sure this equipment is available and operational as quickly as possible.

With the support of the community, the South Okanagan Similkameen Medical Foundation will raise the entire \$1 million by December 31, 2007.

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Princeton Ground Search and Rescue Society held a rifle raffle in order to raise funds to purchase updated maps of their response area. A Weatherby Vanguard rifle supplied by Princeton Outdoor Supply was won by Elsie Breda of Clearwater. Pictured above is PGSAR President Arnie Powell (right) presenting the rifle to Breda's son Dino. PGSAR thanks everyone who supported the team by purchasing tickets this year, and Ron and Loretta Young from Princeton Outdoor Supply. Due to the success of this President's Raffle, a Mossberg Defender shotgun will be raffled off this fall. Proceeds from that raffle will go towards purchasing a radio system for the SAR hall. Tickets will be \$10.00 and only 100 will be sold. Contact PGSAR President Arnie Powell, Princeton Outdoor Supply or any PGSAR member for tickets. - submitted

MLA dislikes boundary changes

"This is the most massive disruption of provincial boundaries in British Columbia since the end of the Second World War," says Yale-Lillooet MLA Harry Lali.

"Rural British Columbia comes out the big loser in both the present 'first-past-the-post' system and in the STV proposal in last week's report released by the Electoral Boundary Commission."

The 3-person Commission recommended adding 5 new urban seats in Vancouver, Burnaby, Surrey, Abbotsford, and Kelowna at the expense of eliminating 3 small-town Rural B.C. seats, one each in the North, Cariboo-Thompson, and Kootenays regions.

"There will now be three less MLAs from Rural B.C. in the Legislature to be replaced by five additional MLAs from Urban B.C. It is bad enough that we have a Liberal government in Victoria that stripped the 'heart' out of B.C.'s 'heartlands' by making massive cuts to health care and education, cuts to other essential services - such as closing courthouses and forestry, transportation, environment, probation, social services, government agents' and other public offices in small rural towns like Merritt, Logan Lake, Lytton, Lillooet, Hope, Princeton, and Keremeos," says Lali.

"Rural British Columbia produces the wealth that we depend on in B.C., but has been ignored and hurt by the Gordon Campbell Government," adds Lali.

"Reducing rural representation in the Legislature, as the Commission

proposes to do by eliminating 3 rural seats, is adding insult to injury for Rural British Columbians. People in Yale-Lillooet are rightfully upset with the unjustified proposal to remove the southern half of the constituency from Hope and the Fraser Canyon, through Princeton and Hedley to Keremeos," explains Lali. "Furthermore, the inclusion of the southern half of the Cariboo South constituency - stretching up to the municipal boundaries of Williams Lake - increases the size of this newly-named Cariboo-Fraser constituency from 31,000 sq. km. to well over 36,000 sq. km."

Since this is a preliminary report British Columbians will have a chance to provide feedback to the Commission during the second round of public hearings from September 5 - November 14.

Lali says, "Constituents in Yale-Lillooet and B.C. have an opportunity and obligation to point out to the Commissioners that reducing their representation in the Legislature is a step in the wrong direction and will have profound consequences for the future of small-town, Rural British Columbia."

News from the Court

Another week has come and gone. The days are shorter and not too hot. We residents of the Court keep busy.

This week we learned how to make wind chimes that will be for sale at our bazaar mid-October.

While Beth was teaching us how to arrange these articles others enjoyed playing Bingo. It's so nice Nancy and Myrtle can join us some days.

We always enjoy our round table talks - subjects usually related to the headlines in our local paper. And then of course making words from a phrase or long word. The last phrase was difficult and quite challenging: 'Luau Party at R. W. L.' We did come up with approximately 80 words. But what a struggle!

Next week we're having a party!
- submitted by D. Stenvold

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This shooting drill is called Bump and was part of a week-long basketball camp at PSS. *



Pivot, swing, pivot. Another drill to help players in possession of the basketball. *



Although the girls outnumbered the boys at the basketball camp, everyone had fun with the Badlands crew. *

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