



The first race of Princeton Racing Days June 27th was the Luke Gibson Memorial featuring Darian 'N Me (far right, wearing #1) a local entry owned and trained by Dave and Lynda Gould of Princeton. *

Racing Days fills weekend

The annual Racing Days weekend kicked off Friday, June 27th with live horse racing at Sunflower Downs.

The first race saw Random Passage finish first followed by By Magic and Darian 'N Me, owned and trained by Princeton's Dave and Lynda Gould, in third. The 5 1/2 furlong Luke Gibson Memorial Cup had a \$6,000 purse.

The second race, also 5 1/2 furlongs, was delayed when jockey Carolyn Stinn was tossed by her horse in the starting gate.

When the race finally ran it saw Annikat finish first with Northland Cat second and Psammead, owned and trained by former Princeton racers Brian and Kim Kozak, finish

third. Race #3 (5 1/2 furlongs) saw Fine Elly Mine finish first followed by local entry Another Victor (Dave and Lynda Gould) and Bran Dee Select.

The fourth race, also 5 1/2 furlongs, saw a horse named Woman finish first with Hopeless Kat second and Evanino third. Rider Chantelle Pilz was injured after the race and a lengthy delay followed as emergency services attended to the fallen rider.

Race #5 was an Arabian Allowance race of 5 1/2 furlongs. RCF Aura-Leigh won the race followed by RCF Centurion and RCF Libella.

..... continued on Page 26

SVPS releases survey results - Part 2

About 60% of Similkameen residents moved here because of the quality of the natural amenities and the rural culture. We call these people amenity migrants. They have been well-tracked and researched in the Western United States. There are no formal studies of them in BC, except our study. But, we hear a lot about them when we attend conferences in the Columbia-Kootenays.

The research and the stories present a similar picture of amenity migrants. They are wealthier than the average resident. They knock down little homes and build big ones. They buy choice acreages and sub-divide them. After moving to the country for its charm, they want to change the zoning and the by-laws. They are more highly educated. They don't participate in social and civic affairs. They are older on average than life-long residents.

These features of amenity

migrants are reported to have caused stress in dozens of communities. Housing prices skyrocket above the ability of people on local wage scales to buy them. Fences go up. Farms are taken out of production. Urban style residential complexes - including the dreaded gated community - sprawl across a landscape that once attracted them because it was free of sprawl. They banned roosters on Salt Spring Island and horses in the District of Cowichan. They don't mix well and they are... well, different.

We were surprised to find a very different picture in the Similkameen Valley. On average, amenity migrants are no wealthier than life-long residents, returned residents and economic migrants. The value of their homes is slightly below average. More amenity migrants live on half an acre or less than do other groups and they are under-represented in all the over 1 acre property size classes. They are less likely to knock down an existing home and build a new one than are life-long residents. They don't sub-divide any more frequently than anyone else.

More amenity migrants complet-

ed high school than life-long residents, but about the same percentage completed a university degree. The survey found that amenity migrants are 10-20% less likely to attend public or political meetings, or donate their time. They donate money to local causes about the same as others. They are older than the rest of the population, with 80% older than 54. Amenity migrants and everyone else expressed a preference for moderate, managed economic growth. Here's an interesting result. When it comes to 'being green,' there were no significant differences between amenity migrants, life-long or returned residents. They are equally likely to re-cycle, drive a hybrid, compost, xeriscape, bicycle to work, etc. Economic migrants are a little less likely to practice these conservation measures.

Amenity migration is seen as urban people buying rural properties, typically acreages, viewscapes, and waterfront. Our survey found that many have moved to Princeton. We also learned that 35% of residences in Princeton are second homes. Our interpretation

is that people, mainly from the Lower Mainland, are buying 'urban cottages.' They use these often small homes as a base from which to enjoy their favourite forms of outdoor recreation. They 'get away' to a home in a slower, quieter community surrounded by the great outdoors.

Keremeos has as many amenity migrants as Princeton, but a much lower rate of second home occupancy, only 9%. Not as many use Keremeos as an urban cottage. Residential construction has exploded. Here is a possible

explanation. Urban cottagers found lots of homes for sale in Princeton. In Keremeos, there are many lots and new homes on the market, but fewer older homes. Urban cottagers may have a preference for a built home over a hole in the ground. Relative cost of properties could be a factor. And, no doubt the fact that Princeton is a little closer to the seething city makes a difference.

In the next installment in this series, we will look at what we want to do with all of this information.

- submitted

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

LOCAL SUCCESS STORY

PAGE 24

www.frameyourpets.com

TY FRENCH HEATING
HEAT PUMPS & AIR CONDITIONING

SPECIALIZING IN:
NEW HOME INSTALLATIONS
heating - air conditioning - fireplaces - gas fitting

WOOD - NATURAL GAS - ELECTRIC - PROPANE

(250) 295-8341
FULLY LICENCED - INSURED - BONDED




Just one of the many amazing pieces of art displayed at The Gallery during Racing Days weekend.*



The Bantam Girls Fastball Team - Cook's Raiders - would like to thank their sponsor Dennis Cook Holdings and the following local businesses for supporting the District Playoffs held June 21 & 22 in Princeton.

Princeton's Loonie Bin - Doug Haayer (Century 21) - Kevin Acres - PetroCan - Young's Variety - The Source - Pharmasave - Quick Pick Grocery - Overwaitea Foods

Sorry if we've forgotten anyone.

Wish us luck at the Provincials in Quesnell!

Group brings art into the heart of downtown

The former Goldion Restaurant will be the future home of the library but until renovations begin the Princeton Arts Council have been using the space as The Gallery.

During Arts & Culture Week the dinosaurs created by John Allison Elementary School students, the clay works of the students of Susan DeLatour LePoidevin and the masks created at the Bob Kingsmill workshop were showcased in the downtown space on Vermilion

Avenue.

The Vermilion Forks Field Naturalists used the window during the Meadowlark Festival to demonstrate the flora and fauna of the area and Vermilion Artist bursary winners Hannah Donahoe and Kelsey MacDonald hosted their own show in The Gallery.

The space was also used June 20th and 21st to feature the works of Tim Hall with a portion of funds raised going to the Weekend To End

Breast Cancer.

A quilt, created by Bunchgrass Quilters, was raffled off in conjunction with that event with proceeds to cancer research.

The most recent use of The Gallery was during Racing Days Weekend where the Vermilion Artists hosted their annual Art Show. The work pictured above, by local artist Kathy Schneider, was one of many works on display during the show.

STRENGTH in our resources

Water: important to all of us

Clean, fresh water is one of the most important resources we have and, as Canadians, we are blessed with some of the best fresh water sources on the planet. At Petrobank, we know that our fresh water aquifers must be ensured for our children and grandchildren.

There is much talk about the relationship between coalbed gas (CBG: a sweet, natural gas found in coal seams) and water. The truth is: this is a topic that should be discussed and accurately understood.

In Alberta, as of December 31, 2006, there were a total of 10,723 CBG wells throughout the province. Of those, zero have negatively affected local water wells and aquifers (www.waterforlife.gov.ab.ca).

Why is that? Alberta has some of the strictest water protection and disposal regulations in the world. British Columbia's regulatory environment is even more stringent.

At Petrobank, we're proud to work in a regulatory environment that values our water as much as it does. Here is what we do to protect our water when drilling CBG wells:

Aquifer protection

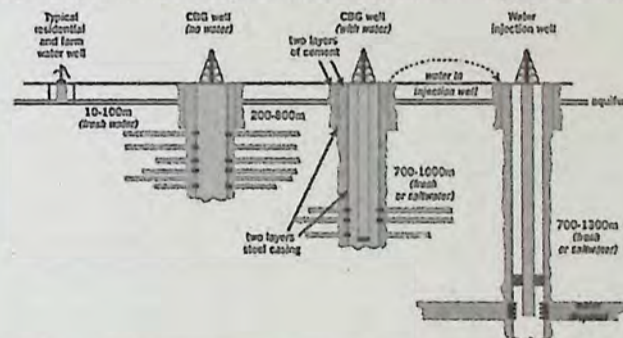
Drilling for CBG goes deep below the aquifer to reach the porous coals that trap the natural gas. The aquifer and water wells are protected by:

- Two layers of stainless steel well casing
- Two layers of thick cement barriers, tested for integrity
- Drilling hundreds of metres below the aquifer
- Stringent BC regulatory environment

Petrobank also conducts pre- and post-drilling water tests of all nearby water wells to ensure there is not negative effect on drinkable water.

Water disposal

Sometimes, water is produced during a CBG project and this water varies in quality and quantity. In Princeton, we do not expect much water to be produced during our evaluation drilling. Even so, all water produced must be disposed of in deep, isolated zones in water disposal wells. For our last evaluation well, water was shipped to Alberta for disposal.



Open, honest and factual discussion is important to us. We are happy to answer any questions you may have about our previous work and future plans for CBG evaluation near the Town of Princeton.

For information about our project, visit www.petrobank.com/princeton

Or you can reach us at:

Phone: 1.866.764.4571

Write: Petrobank Energy and Resources Ltd.
2600, 240 - 4th Avenue SW
Calgary, AB Canada T2P 4H4

Attention: CBG Information Request



BC Forest Service places restrictions on open fires

Effective at noon on June 26th, and until further notice, all open fire is prohibited throughout the Kamloops Fire Centre. This open fire ban does not include campfires

used for personal cooking, warmth or light.

This open fire ban is in effect to protect public safety and to limit the risk of person-caused wildfires.

Open fire is defined in three categories. A Category 1 open fire means an open fire that burns piled material no larger than one metre high and one metre wide. This

Category 1 open fire ban excludes the use of campfires.

A Category 2 open fire means an open fire that burns piled material no larger than two metres high and three metres wide, or grass over an area less than 0.2 hectares (2,000 square metres) in size.

A Category 3 open fire means an open fire that burns material in piles larger than two metres high and three metres wide, windrows, or grass over an area larger than 0.2 hectares (2,000 square metres) in size.

This open fire ban applies within BC Parks and to all public (Crown) and private land outside of organized areas.

This fire ban does not apply within municipalities or regional districts that have their own burning bylaws. Check with your local authorities before lighting a fire this summer.

This open fire ban is in effect to

protect public safety and to limit the risk of person-caused wildfires. This ban does not restrict fires in stoves using gas, propane or briquettes.

The Kamloops Fire Centre extends from the northern border of Wells Gray Park, north of Blue River to the US Border in the south, and from the Bridge River Glacier west of Goldbridge to the Monashee Mountains east of Lumby.

On average, half of all wildfires are caused by human activity. The BC Forest Service thanks the public for their cooperation in complying with the ban and assisting in the detection of wildfires. If you see a wildfire, report it to 1-800-663-5555 or *5555 on most cellular networks.

For more information on open fire restrictions or for updates on current wildfire activity, visit www.bcwildfire.ca. - submitted



Norman and Patricia Stewart of Princeton are proud to announce the graduation of their daughter, Ashley Stewart, from the College of the Rockies in Cranbrook. Ashley graduated on the Dean's List receiving her CDA in Dentistry and will be continuing her education in Toronto as a Dental Hygienist. Ashley is a 2004 graduate of Princeton Secondary School. - submitted

UPCOMING TOWN COUNCIL MEETING DATES:

- Monday, July 7 - CANCELLED
- Monday, July 21 - 7:30 PM Town Hall
- Tuesday, August 5 - CANCELLED
- Monday, August 18 - 7:30 PM Town Hall



Princeton

Town Hall News

SUMMER RECREATION PROGRAMS

SUMMER ADVENTURE CAMPS



Join the fun with Maddison and Kevin this summer. Field trips around Princeton & out of town to Penticton, Keremeos & Tulameen, follow theme weeks

and enjoy a summer full of activity. Weekly Camps begin July 7 to August 22. No Drop ins so please register early by calling 250-295-6067.

THEATRE CAMPS

Join Susan & Josh for 2 weeks of theatre games, improvisation working towards a showcase of your talent. Gain confidence by improving your memory, speech, projection, imagination, movement, trust and respect that are taught through age appropriate fun, games and activities. July 14 to 25 Ages: 8-12yrs 9am to noon & Ages: 12-16yrs 12:30 to 3:30pm. Cost: Free. Call 250-295-6067 to register.

CENTENNIAL OUTDOOR POOL



Our Summer Schedule begins June 30th. Join the fun at the pool for wet & wacky theme nights. Win prizes for best dress up, winning challenges, play games & enjoy great snacks. Our first night is July 9th BC150 Birthday Swim Bash from 7-8:30 pm for \$5.00 per person.

BRONZE MEDALLION

Build water smart confidence & rescue principals of good judgment, knowledge, skill and fitness. Rescuers learn a variety of water life saving techniques, first aid & CPR. Cost is \$100 plus \$30 for manual.

CHANGES COMING TO GARBAGE COLLECTION SCHEDULE

The following notice is for residential homes and commercial businesses that receive curbside garbage and recycling collection from the Town of Princeton only.

In order to become more efficient with curbside garbage and recycling collection, the Town of Princeton will be making a change to the current collection schedule effective **Tuesday, July 1, 2008**.

For weeks that contain a statutory holiday, garbage pickup moves ahead a day after the holiday. For example, the week of July 1, where the statutory holiday is Tuesday, Monday pickup remains the same, there is no pickup on the statutory holiday, Tuesday pickup moves to Wednesday, Wednesday pickup moves to Thursday and Thursday pickup moves to Friday. The schedule returns to normal for the next week. There will be **NO** change to regular pickup days for weeks that do not contain a statutory holiday.

Please contact Town Hall (250-295-3135) if you are unsure how you are affected by this change.

- Please ensure that garbage and recycling is at the curbside by 8:00 am on your collection day.
- Every household is allowed a maximum of (2) containers (bags) of refuse to be picked up once per week. (Additional refuse tags can be purchased at the town office at 169 Bridge at a cost of \$2 each).
- Refuse shall contain only household garbage; each container (bag) shall weigh no more than 26 pounds or 12KG; and each container (garbage can) shall be of a standard size not exceeding 90 litres in size.
- Metals, appliances, wood product, lawn debris, furniture, automotive parts, etc. will not be picked up.
- Dangerous goods such as oils, used filters, antifreeze, solvents, paints or any other containers where contents cannot be ascertained will not be picked up.
- Due to liability and safety issues, operators **will not** enter private property for pick-up.

AQUATIC CENTRE OPEN HOUSE WEDNESDAY JULY 16 AT 6:30 P.M.

Join the Town of Princeton and Regional District Okanagan-Similkameen along with their consultants for an open house to review the progress of the aquatic centre feasibility study. The open house is scheduled for Wednesday July 16 at 6:30 p.m. at the Princeton & District Community Skills Centre (206 Vermillion Avenue). The consultants will present further details on a refined preferred facility option and the local governments will present financial (i.e. property tax) implications for property owners. Feedback received from the first open house held May 1 and from surveys have been incorporated into the latest architects concept development.

The Town of Princeton and the Regional District Okanagan-Similkameen, through the financial contribution made by the Princeton & District Community Forest Corporation, retained the services of Bruce Carscadden Architects Inc. and Professional Environmental Recreation Consultants Ltd. to conduct a feasibility study on providing Princeton and Area H with an aquatic centre facility.

2008 PROPERTY TAX NOTICES

2008 Property Tax Notices have been mailed. Please contact the town if you have not received your notice.

USE WATER WISELY

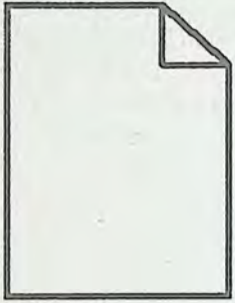
Please respect the *water restrictions* that are in effect from *May 15 to September 30*.

Keremeos.net

(Keremeos on the web)

Web page design • POP3 e-mail accounts
Desktop publishing • Computer repair and servicing
Computer tutoring • CD creation
Custom graphic artwork and logos • photographic services

Bryan - webmaster@Keremeos.net



RESUME

NEED SOME WORK?

SEE BRENDA AT:

Similkameen News Leader
226A Bridge Street

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

Mercury Auto Electric

LOOK!

EXPERT

STARTER & ALTERNATOR REBUILDER

CUSTOM REBUILDS

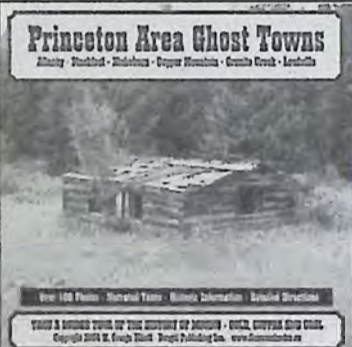
EXCHANGES - ALL TYPES 12V & 24V

Terry - Master Rebuilder

3311 Highway 3 West, Keremeos
(LOCATED AT CAWSTON TIRE)

(250) 499-0140 Toll Free: 1-888-499-0140

Princeton Area Ghost Towns - The DVD



\$19.99

INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

The 100 Years, Historical Towns, Mining Information, Local Directions

YOUR 3 DVD SETS TELL THE HISTORY OF MOUNTAIN - GOLD, COPPER AND COAL

Copyright 2008 K. Gough Book, Design Publishing Co. www.donnandannas.com

Explore The History Of Mining - Gold, Copper and Coal



Don & Anna's

Greenhouses

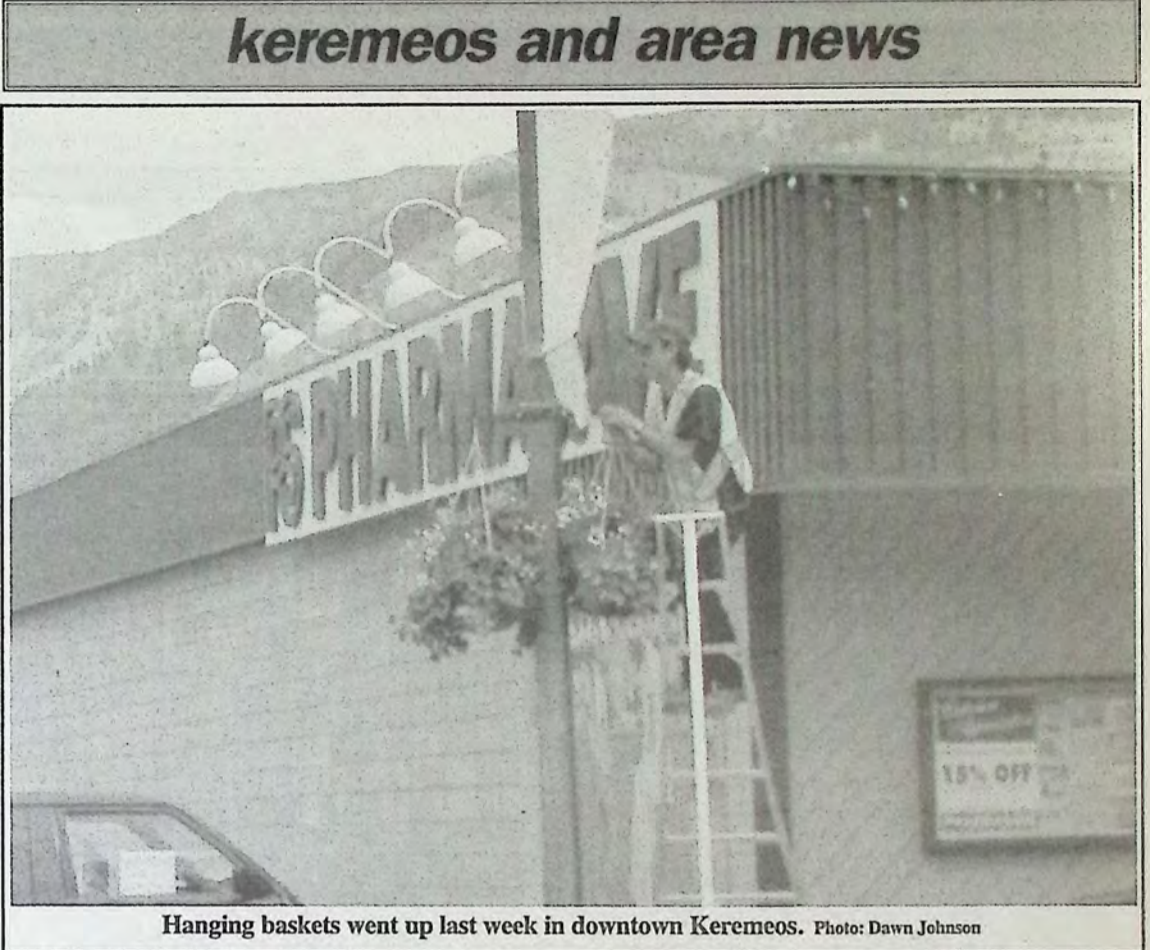
and GARDEN CENTRE

- GROWER OWNED AND OPERATED -



"The greatest selection of flowers and vegetable plants, perennials, hanging baskets, shrubs and water plants in the Similkameen Valley"

4 KM West of Keremeos on Highway 3 at the Historic Red Bridge RR 1, Keremeos, B. C., V0X 1N0
OPEN: 9:00 AM - 6:00 PM Monday - Saturday / 10:30 AM - 5:00 PM Sunday
Phone: (250) 499-5785 e-mail: don_annas@nethop.net



Hangings baskets went up last week in downtown Keremeos. Photo: Dawn Johnson

Ashnola River gives up body

Penticton Search & Rescue volunteers, RCMP Air Services, South Okanagan Traffic Services and Keremeos Detachment members were involved in a report of a missing person the afternoon of June 21st.

The person had not been seen since June 18th.

"The 46-year old male subject, a Keremeos resident, had left letters

to his family, and his truck was found abandoned near Horseshoe Canyon Forestry Recreation Site campground," says Keremeos RCMP Detachment Sgt. G. Dickie.

"RCMP Police Dog Services attended the Friday night (June 20) but the search of the area was negative. Saturday afternoon (June 21), ground search person-

nel located the body approximately two kilometers downstream from where the vehicle was abandoned."

The person's name is currently being withheld pending notification of his next of kin.

"Foul play is not suspected and the police are assisting the coroners office at this time."

- submitted by Keremeos RCMP Detachment

Communities for Kids announces funding program

Since 2006, Success By 6@, in partnership with Communities for Kids, has invested over \$90,000 supporting early childhood development in South Okanagan-Similkameen communities. We are happy to again invite a Call For Proposals from community groups and organizations in the region for projects that promote the optimum health and development of children aged 0-6. The application deadline is August 11th, 2008.

Projects must support development in at least one of the following areas:

- physical health and well being,
- social competence,
- emotional maturity,
- language and cognition,
- communications and general knowledge.

For information or an application package email Blair Lischeron, Project Coordinator, at blischeron@shaw.ca or visit www.communitiesforkids.ca.

Communities for Kids Fact sheet

- Communities for Kids is a com-

munity-based coalition of three early childhood development initiatives: Communities for Kids (CFK), Success by 6@ (SB6@), and Understanding the Early Years (UEY).

- Communities for Kids was established in 2003, and formed its partnership with SB6@ and UEY in 2005. The goal of Communities for Kids is to promote optimum health and development of all children aged 0-6 in the South Okanagan-Similkameen. Our region extends from Summerland south to Osoyoos and west to Princeton.
- To achieve our goal at the community level, we help organize and support groups of volunteers into Community Tables. Community Tables identify their community's early childhood development needs and ways to achieve those needs. Community Tables exist in Summerland, Okanagan Falls, Oliver, Osoyoos, Keremeos and Princeton.
- Communities for Kids is directed by a volunteer steering committee

of social service professionals from across the region. Five employees (a project coordinator, two community facilitators, a UEY coordinator, and an administrative assistant) support the work of Community Tables and are directed by the Steering Committee.

- Success By 6@ provides some funding to communities to support their early childhood development needs. A key component of the SB6@ approach to community development is to encourage all community stakeholders, including business, to support their community's early childhood development needs.
- Understanding the Early Years coordinates research in the region to discover how communities are managing to meet the needs of children and families, and to help communities plan for the future. UEY also helps fund ways of sharing early childhood development information with families via the Communities for Kids website, and in printed materials.

- submitted by Communities for Kids



News Leader Sudoku wizard Carter Boswell examines one of the historic rock ovens along the KVR Trail near Myra Canyon. A group of Princeton cyclists checked out the new trestles near Penticton recently. The rock ovens were used to make bread for railroad workers in 1913. Photo: John Henry

**Build A Business Risk Free!
Get The Details Now:**

www.bengelonlinebusiness.com

**Build A Business Risk Free!
Get The Details Now:**

IMPORTANT NOTICE!
From Alex Atamanenko,
your Federal Member of Parliament

Do you need help with a passport?

Do you have a problem with a
federal government service or issue?

**Meet with M.P. Constituency Staff
Thursday, July 10th**

► In Keremeos, 9:00 am to 11:00 am
Village Council Chambers (702- 4th Street)

► In Princeton, 1:00 pm to 4:00 pm
Princeton Community Skills Centre, 206 Vermilion

Or call 1-800-667-2393

AtamaA1@parl.gc.ca

www.atamanenko.ca

Board names Wilkins

The Trustees of the Board of Education of School District 58 (Nicola-Similkameen) announced last week that Sylvia Wilkins has been appointed as Principal for John Allison Elementary School effective August 1, 2008.

Wilkins succeeds Bonnie Jesten, Principal of John Allison Elementary School, who will be retiring this year after a dedicated career in education in both Kamloops and Merritt School Districts.

Wilkins comes to the district from Penticton.

Her experience includes fifteen years as a Primary/Intermediate teacher in the public school system, as well as the past four years at Summerland Montessori

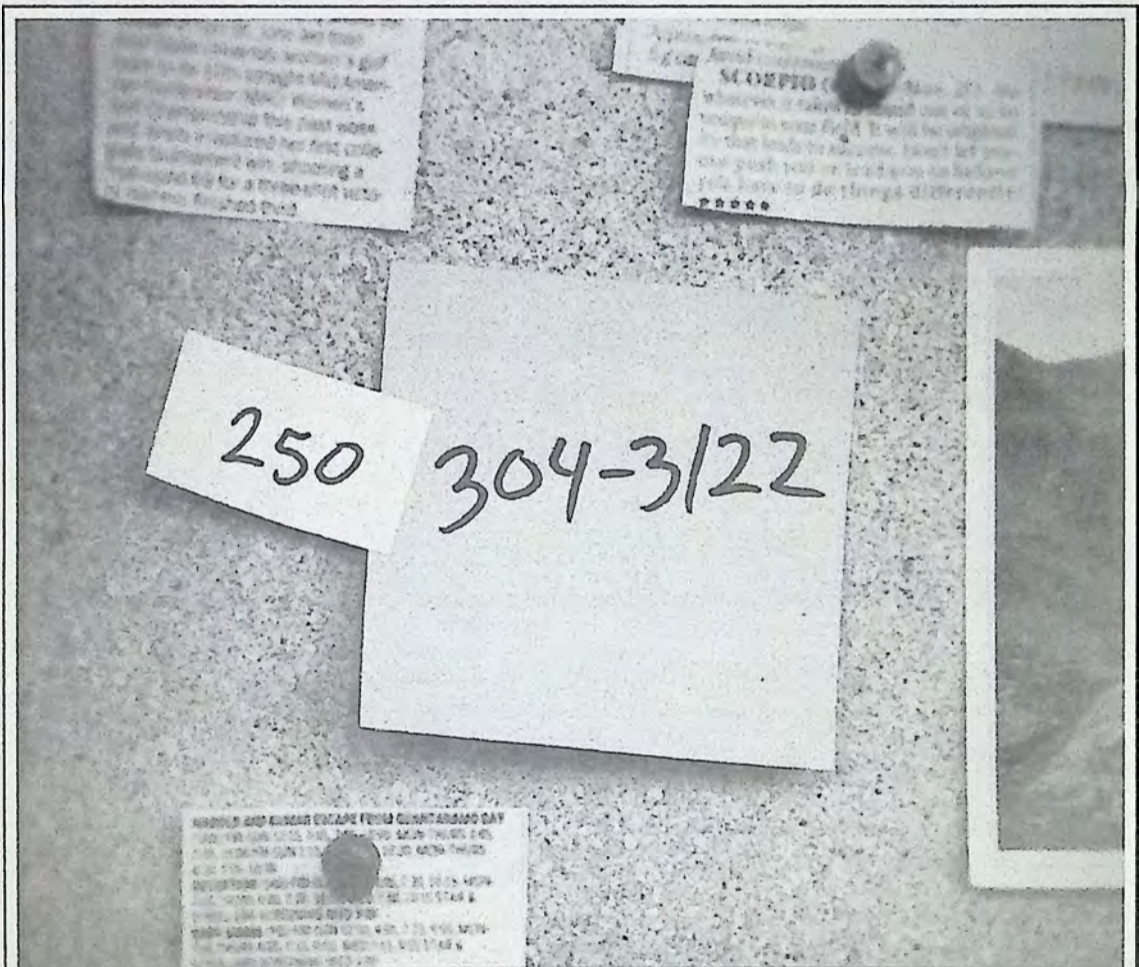
School.

She brings with her a flexible and cooperative management style with a strong commitment to student learning.

The Board thanks all the stakeholder groups and others for their important role in the process of selecting Wilkins as the Principal of John Allison Elementary School.

In particular, gratitude is expressed to the Nicola Similkameen Principals' and Vice Principals' Association, CUPE Local 847, Nicola Valley and Princeton District Teachers' Union, as well as management, staff and parents who participated in the selection process.

- submitted



10-DIGIT LOCAL DIALING. IT'S COMING.

As of September 8, 2008, 10-digit dialing will become necessary province-wide as the 250 area code has reached its capacity. Start getting ready now by updating your phones and other communications equipment.

We encourage you to dial the area code for every local call you make beginning today.

For more information, visit dial10.ca

TELECOMMUNICATIONS
ALLIANCE

TELUS - Rogers - Bell - Fido - Allstream - Northwestel - CityWest

Just The Fax, Ma'am!

Cover2Cover Bookkeeping

& Office Services

**226A Bridge Street
Princeton**

(250) 295-4149



PROVIDING RESUMÉ, WORD PROCESSING,
FAX, SCANNING AND COPYING SERVICES

**REALTY
EXECUTIVES**

Now in the Mall!

**REALTY
EXECUTIVES**

C.J.M. Plumbing

COMPETITIVE SALES AND SERVICE

New Fixtures Supplied and Installed
 Drain and Sewer Cleaning - Service Repair
 Hot Water Tanks - Hot Water Heating

Emergency Service
 Fully Licensed

295-7085
 Dave Mack

A&M DRYWALL

COMPLETE DRYWALL SERVICE
 FREE ESTIMATES

(250) 295-4386

RESUME

NEED SOME WORK?

SEE BRENDA AT:

Similkameen
 News Leader
 226A Bridge Street

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

Just The Fax, Ma'am!**Cover2Cover Bookkeeping
& Office Services**

226A Bridge Street
 Princeton

(250) 295-4149

PROVIDING RESUMÉ, WORD PROCESSING,
 FAX, SCANNING AND COPYING SERVICES

FREE ONLINE SERVICES

PROVIDED BY

Similkameen News Leader**Consumer News**

<http://myconsumernews.blogspot.com>

Leisure News

<http://myleisurenews.blogspot.com>

Health & Safety News

<http://myhealthsafetynews.blogspot.com>

Front Page News

www.princetonbcnews.info

Online Business Program

www.bengelonlinebusiness.com

Frame Your Pets Blog

www.frameyourpets.com

Generation 50 News

<http://mygeneration50news.blogspot.com>

Home & Garden News

<http://myhomeandgardennews.blogspot.com>

news leader health and lifestyle page**Green Matters: Are you a responsible consumer?**

By J.C. Carroll

(NC)—When polled recently by Angus Reid, 93% of Canadian women and 85% of men said that they are becoming more conscious of the environment and are starting to look at, and buy products that are more environmentally friendly. Consumers, therefore, do intend to spend their money on environmentally conscious products, but only if

Get your
 antioxidants
 the cool way
 this summer...
 in iced tea

(NC)—A growing number of health-conscious Canadians are looking for beverage options that fit within their healthy lifestyle but don't skimp on taste. Many of these trendsetters are rediscovering an age-old favourite — tea, in all its goodness.

Most people are aware that a hot cup of tea contains antioxidants, but not everyone realizes that iced tea — when brewed from real tea leaves — also contains natural antioxidants called flavonoids.

Why all the fuss about antioxidants?

Increasing scientific research has shown that antioxidants in tea, fruits and vegetables are an important part of a healthy diet. Antioxidants protect the body from damage by 'free radicals'. These free radicals attack cells in the body, and may damage DNA, proteins and lipids. Antioxidants seek out and neutralize free radicals, helping the body maintain a healthy balance.

Just how much antioxidants can you get from iced tea? It varies from brand to brand, but Lipton White Tea with Raspberry, for example, provides 106mg of flavonoid antioxidants per 355-ml serving. One of the advantages of consuming iced tea with antioxidants is that you know with precision and consistency the exact level of antioxidants you are consuming, whereas with hot brewed tea, the antioxidant level can vary significantly from cup to cup, depending on a variety of factors such as how long the tea is brewed.

Real old-fashioned lemonade

Makes 12 servings

- 14 Sunkist® lemons
- 2 cups sugar, or to taste
- 8 cups cold water
- Ice cubes

1. Using a hand or electric juicer, squeeze the juice from 12 of the lemons.

2. In a large pitcher, combine lemon juice and sugar; stir to dissolve the sugar.

3. Cut remaining lemons into cartwheel slices.

4. Add lemon slices and cold water and blend well.

5. Pour over ice and serve.

More recipes and tips are available online at www.sunkist.com/takeastand.

additional benefits are evident.

Here are more findings by Angus Reid about Canadian action and attitude:

- 99% agree that manufacturers should try to do more for the environment.
- 75% are concerned about the effects of regular soaps and laundry detergents on the environment.
- 74% say they would be more likely to buy an environmentally friendly laundry detergent if it was the same price as regular detergents.

And perhaps this observation is most revealing, to which 60 percent of Canadians agree, and 40 percent disagree: "I know that I should do something about the environment but when it comes to making decisions in store, I seem to always stick to the regular brands, not the environmentally friendly ones."

"Acknowledging these reluctant buying habits gives some manufacturers great incentive," says Ed Zello at Purex, a name associated with one of Canada's leading brands. "Canadians know Purex will get their clothes clean—and it's priced right. We also know by polling, that Canadians don't want to have to pay more and get poorer cleaning power for the sake of buying an environmentally conscious brand. We want it

all — clean clothes, a trusted brand name, great fragrances, available at our regular store, at no additional cost. It's a tall order, but that's what it takes.

"As a result, the Purex research and development scientists got to work to develop the biodegradable Natural Elements line. It's formulated with 100% naturally derived cleaning ingredients and natural fragrance extracts. Better still, it's reasonably priced, free of dyes, the packaging is recyclable, and its 2X concentrated formula means you use half the amount of any standard detergent calling for far less water, less waste, and less packaging."

So how do your shopping habits measure up? Check yourself:

I am a responsible consumer if I:

- Use fabric shopping bags, not plastic.
- Scout the store shelf for a 'greener' line in the product I need.
- Read labels to determine biodegradability.
- Buy products that have the most responsible features.
- Avoid plastic packaging unless it is biodegradable, or recyclable.
- Buy local produce since it uses less energy to arrive at the market.
- Ask my retailer to stock more green products.

- News Canada

living past 100**Cherries fight breast cancer**

Cherry season is upon us, and this is the time for women to give cherries a special place. Experiments on laboratory animals have proven a cure for breast cancer. This may not be a cure for breast cancer in women, but how about cherries as a preventative?

Cherries are rich in a substance called perillyl alcohol, which is one of the monoterpenes. Researchers have found that monoterpenes block the formation of several cancers. Citrus fruits are rich in monoterpenes, but cherries are at least five times more powerful.

There is nothing tastier than fresh cherries, but there is so much more to cherries than the taste. Even sour cherries (used for pie) are rich in nutrients. Cherries contain vitamins C, A and E. In a study of women past menopause, those women who took Vitamin E were less likely to have heart disease, and those women who got their Vitamin E from natural sources were better protected than those who took supplements. What better reasons do you need, ladies, for pigging out on cherries?

Cherries contain an additional benefit. Cherries contain quercetin, a natural substance that prevents damage from free radicals, and reduces the risk of both stroke and cancer. Black cherry juice is a folk remedy for gout. A daily glass of pure black cherry juice in an equal amount of pure water can bring results in three days, according to those who swear by this remedy. Some people with osteoarthritis say they get a lot of relief from eating cherries.

Cherries should be eaten raw to get the most nutrients, but cherries do not keep well, even when refrigerated. NEVER wash cherries then put them in the refrigerator. They will deteriorate quickly. Instead, rinse small amounts at a time, as you eat them.

If you can buy bulk cherries, preserve them. They are easy to preserve. Rinse them well, remove the stems, pack them in a litre sealer, add 1/4 cup of sugar, fill with water to the neck of the jar, put on lid and ring and process as usual for canning. Do not overcook. When you see bubbles rising from the bottom of the jar, this shows the jar contents are boiling. That's good enough.

Black cherry jam is delicious, and so is cherry syrup. Perhaps you would like to preserve some sour cherries. Not only are sour cherries the bottom line for pies, they are the secret of prize winning fruitcakes. The best sour cherries come from the Okanagan area, according to fruitcake manufacturers. A simple way to preserve sour cherries is by freezing. Pit the cherries, put a pie amount in a plastic bag with half a cup of sugar, seal the bag, shake well, and put in freezer. The sugar helps preserve the cherries and soaks up any juice. When it is time to make a pie or fruitcake, partially thaw the cherries and proceed.

- News Canada



CENTURY 21 Princeton Realty

224 Bridge Street, Princeton
 Phone: (250) 295-6977 - Fax: (250) 295-3411

www.princetonbc.com

RESIDENTIAL/COMMERCIAL PROPERTIES FOR SALE



Lot 2 Highway 3 West
 Pub with highway exposure. MLS 44522
\$979,900



121 Halliford Avenue
 Character home with wood accents. MLS 43469
\$189,900



511 Similkameen Avenue
 Remodeled home with upgrades. MLS 43447
\$145,000



2207 Princeton-Summerland
 63 acres zoned for 5 acre parcels. MLS 43452
\$595,000



1260 Highway 3
 2,500 sq ft of riverfront, features south west style executive home. MLS 43251
\$1,200,000



375 Rainbow Lake Road
 This resort has a castle + more! MLS 42673
\$7,700,000



543 San Ang Way
 Highly efficient home features many updates. MLS 43289
\$358,900



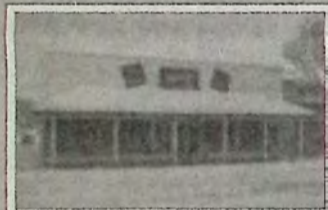
575 Cedar Creek Road
 329 acres with panoramic views. MLS 43615
\$1,499,900



368-400 Rainbow Lake Road
 3 lakefront houses! MLS 43550
\$2,899,000



51 Halliford Avenue
 Fabulous corner lot, awesome landscaping. MLS 43458
\$239,900



225 Bridge Street
 Prime building on corner lot. MLS 43451
\$269,900



282 Lawless Creek Road
 3 bedroom double wide near Tulameen. MLS 43108
\$349,900



260 Penryn Avenue
 Cozy home located downtown. MLS 43446
\$169,000



23-263 Highway 3
 Affordable living at its best. MLS 43477
\$84,900



77 Billiter Avenue
 Downtown office building off main street. MLS 44245
\$249,900



2435 Princeton/Summerland
 Hayes creekfront, lovely trees, solid 2 bedroom home. 1,265 sq ft. MLS 46076
\$250,000



58 Halliford Avenue
 Neat and tidy 2 bedroom home. Downtown location, four appliances, new furnace. MLS 46025
\$159,900



519 Mayne Avenue
 Fully loaded 3-bed, 3-bath home. MLS 46014
\$339,000



104 Lockie Road
 Level lakefront half acre lot. Recent construction, vaulted ceilings. MLS 45967
\$989,900



178-2nd Street
 This is a cabin's cabin in Tulameen! MLS 45966
\$339,900

LAND ONLY

2244 Bromley Crescent, 0.62 acre lot on Old Hedley Road.

Fenchurch Avenue, Have you overlooked the potential here?

189 Angela Avenue, 2 separate duplex-zoned lots.

Lot 3 Highway 3, Contingent! 2.71 acres on major highway.

Lot 2 Summers Creek Road, 20 acres! What are you waiting for?

2804 Coalmont Road, 1 acre lakeview lot in Tulameen. Rare!

MLS 43626 **\$120,000**

MLS 42913 **\$129,500**

MLS 42666 **\$129,900**

MLS 42537 **\$179,900**

MLS 41541 **\$199,900**

MLS 44891 **\$249,900**

Heather Johnson
 295-8591

Doug Haayer
 295-1585

Dan Pippin
 295-6977

Marty Gray
 295-5044

Lee Mowry
 295-1990



HONDA

Power

Equipment



Mac's Auto Parts Ltd.
 193 Vermilion Avenue, Princeton
 Phone: (250) 295-6944 Fax: (250) 295-7344
HOURS OF OPERATION:
 7:00AM - 5:30PM MONDAY - FRIDAY
 8:00AM - 5:00PM SATURDAY

LAWN MOWERS
 WATER PUMPS
 TILLERS - GENERATORS
 SNOWBLOWERS



FAX SERVICE
 SENDING OR RECEIVING

AVAILABLE AT:
Similkameen News Leader
 226A Bridge Street

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




Septic, Sewer & Drain Pumpouts
 Portable Toilet Rentals & Services
 Emergency Water Pumping/Removal
 Septic System Evaluations
 Electronic Tank Locating
 Power Line Auger
 RV Pump-outs

493-1865

For all your septic and portable toilet needs

Prompt & Reliable Service
 Residential, Commercial
 & Industrial

Princeton Area Ghost Towns - The DVD




\$19.99

INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

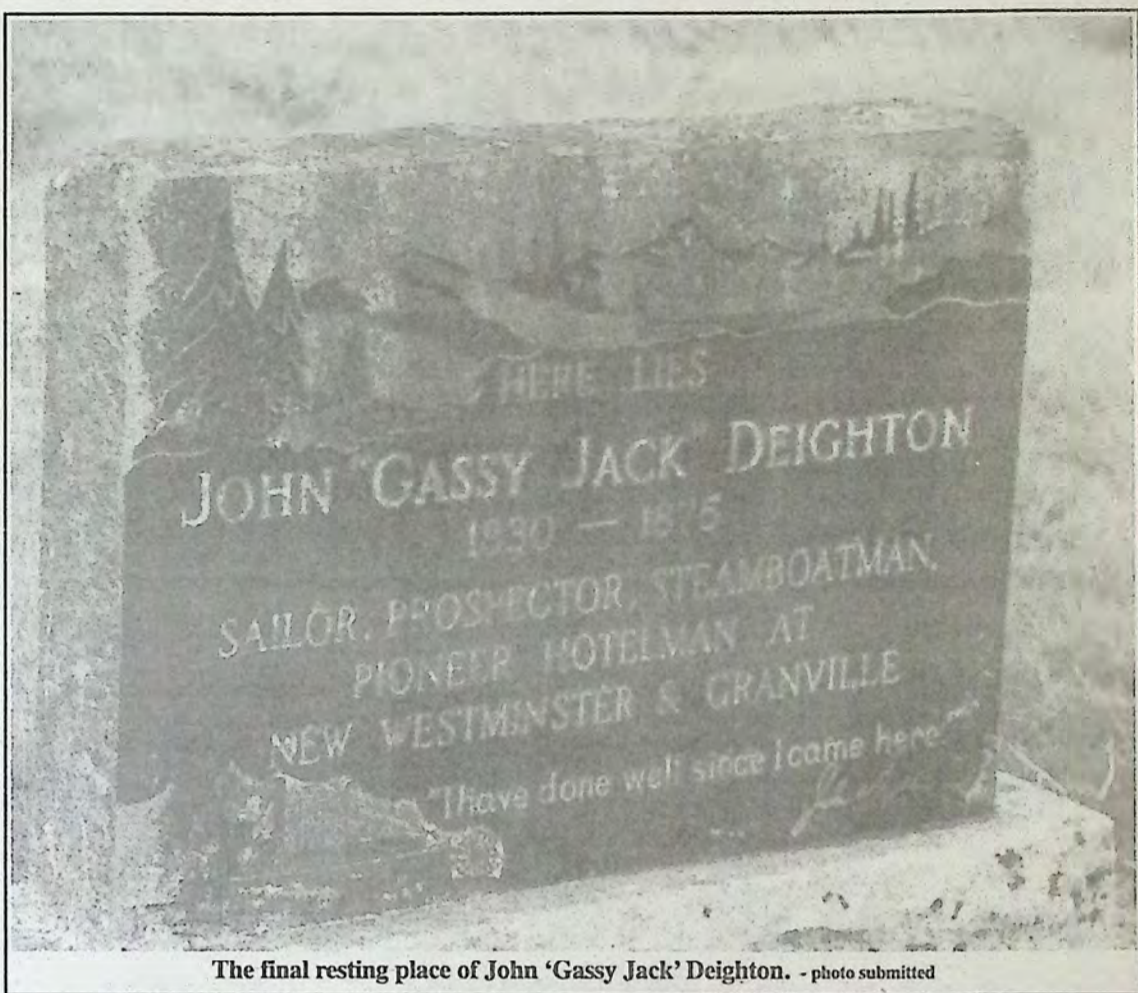
ADVERTISING WORKS...
 OR YOU WOULDN'T BE READING THIS!



For information on how to get people reading YOUR ad call:

JOHN GILLIS

News Leader
 Advertising Sales Rep
 (250) 295-4149



The final resting place of John 'Gassy Jack' Deighton. - photo submitted

BC 150 YEARS
The Best Place on Earth

Gassy Jack - Part 2

INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

'Gassy' Jack Deighton's son was described as "a chubby little Indian boy with a very broad face who used to play around Gastown. He was such a dear little fellow people nicknamed him the Earl of Granville."

Meanwhile, during this period the Gastown settlement was attracting an explosive mixture of races, nationalities and religions. There were numerous robberies, fights and stabbings and Gassy Jack was one of the people who were to petition the Governor for better protection.

As a result in the fall of 1871 Jonathan Miller was appointed the first police constable.

He lived in a government cottage called the Court House which was situated next to the Deighton Hotel.

In 1873, Jack's brother, Tom and his wife Emma arrived. They had agreed to come from England to run the Hotel. An advertisement in the Mainland Guardian newspaper describes the Deighton Hotel as

having "Large and comfortable parlors, single and double bedrooms, extensive dining rooms under the experienced management of Mrs. Tom Deighton."

For a short time in 1874, Gassy Jack moved with his family back to New Westminster, leaving the hotel in charge in the hands of his brother and sister-in-law and for a short while worked as Master of the steamer "Onward", but soon he was back at the Hotel.

Some say it was ill health that forced his return, but it seems more likely that it was a family argument with his brother over his marriage to the 12-year old native Indian girl Qua-hail-ya (Madeline). Directly after Jack's return, Tom and Emma departed for Victoria.

Soon Gassy Jack's health began to take a turn for the worst. Legend has it that Jack's mastiff began to howl the night of May 29th, 1875, hearing the dog Jack is reputed to have commented "You son of a bitch! There's something going to

happen." Captain John Deighton - Gassy Jack of Gastown was 44-years old when he died later that night.

The newspaper obituary read "His name was a household word with most of our citizens. He was the first and best pilot on the Fraser." In her old age his wife Madeline was to describe Gassy Jack as "A nice, good man."

Jack's body was transported to New Westminster where it lay in an unmarked grave for 37 years until the Gassy Jack Memorial Fund was established and a headstone erected in 1972.

Deighton left his estate to his three year old son Richard Mason Deighton, the tiny Earl of Granville. Sadly, the child died six months after his father in November, 1875. Madeline was to die many years later in 1948, aged 90, on the North Vancouver Indian Reserve.

As for the Deighton Hotel, it disappeared in the Great Fire of Vancouver of June 13th, 1886.

Princeton Museum & Archives

167 Vermilion Avenue

Phone: (250) 295-7588 - 1-866-582-7632

Open Daily at 10:00 AM

www.princetonbcnews.com



Racing Days weekend has always been a special event for Princeton Lions Club. They host their very popular pancake breakfast at Rotary Park followed by a Duck Race down Tulameen River. *

www.princetonbcnews.com

Princeton Area Ghost Towns - The DVD

Princeton Area Ghost Towns
Elsie - Madras - Millican - Copper Mountain - Uncle Creek - Astoria



\$19.99
INCLUDES GST

Available at:
**Similkameen
News Leader**
www.thenewsleader.ca

www.princetonbcnews.com

Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



\$19.99
INCLUDES GST

Available at:
**Similkameen
News Leader**
www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories



Celebrating 150 Years



The Raven and the First Men
Bill Reid: Renowned Haida Sculptor



The Honourable Steven L. Point, OBC
Xwé ll qwél té! Lieutenant Governor of B.C.

From honoured to Honourable.

In 2008, join us in celebrating the culture and contributions of B.C.'s Aboriginal people.
From the fascinating stories we cherish to all the individuals that make our province so inspiring.

Learn more about exciting events and festivities all across the province, all year long.
www.BC150.ca

Photos courtesy of Government House and Collection of the UBC Museum of Anthropology, Vancouver, Canada Photo Bill McLennan



John Henry
 "Green and Gold gets it sold"
 Call today! 295-5588

SINCE 1973

ROBERT R. WICKS
 BARRISTER & SOLICITOR
 213 Vermilion Avenue, P.O. Box 760
 Princeton, B.C., V0X 1W0
 Fax: 295-7000 Phone: 295-3123

TOPSOIL TOPSOIL TOPSOIL
 "YOU WON'T BELIEVE IT!"
 The **GOOD STUFF** is still available!
 Rich, Black, Organic Soil - blended with:
 25% Old Chicken Manure and 25% Old Mushroom Compost
 Our **FAMOUS "RICH MIX"**
 makes your plants come up smilin'
 \$32.00/yard delivered in Princeton (minimum 5 yards)
OUR 33rd YEAR IN BUSINESS
Princeton Rentals (250) 295-6545
 OR CALL: (250) 295-7170 - TOLL FREE 1-800-253-0233

Princeton Area Ghost Towns - The DVD

Princeton Area Ghost Towns
 Kinley - Minkford - Minkford - Dwyer - Minkford - Kinley Creek - Leadville


\$19.99
 INCLUDES GST

Available at:
Similkameen News Leader
 www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

"DON'T GET LOCKED OUT OF RSP OPTIONS—CONSOLIDATION IS THE KEY."

When you have a number of RSP's with several different firms, you can easily lose track and get locked out of options you may be unaware of. I can show you the significant advantages of consolidating your investments—from consolidated reporting to the potential for greater international investment opportunities.



Al Anderson, BBA, CFP, TEP
 Financial Consultant

Phone: 295-3555
 Email: alan.anderson@investorsgroup.com

Investors Group
 SOLUTIONS BUILT AROUND YOU™
 Investors Group Financial Services Inc.

www.investorsgroup.com

INVESTMENT PLANNING • RETIREMENT PLANNING • TAX PLANNING • MORTGAGES
 INSURANCE • CASH MANAGEMENT • ESTATE PLANNING • BROKERAGE SERVICES**

* Trademarks owned by Investors Group Inc. and licensed to its affiliated companies.
 ** Insurance products and services distributed through IGI Insurance Services Inc. Insurance License sponsored by The Great West Life Assurance Company
 *** Brokerage services offered through Investors Group Securities Inc.



SOS recently elected a new executive. Standing, from left, are Directors Kim Maynard, Ernie Lawrence, Mary Masiel and Brad Hope. Seated, from left, are President Solana Allison, Secretary Darrell Dobie, Vice President Jennifer Bernard and Director Thelma Bentley. - photo submitted

Letter To The Editor

A message from Area H Director Logan

Dear Residents of Area H and Town of Princeton;

I just got off the phone with Brad Hope who is a member of Save Our Similkameen (SOS) and we had an enlightening and constructive conversation.

Both Brad and I have very different opinions of how I should be handling the Petrobank coalbed methane issue and that is fine. I do, however, believe that at the end of the day we share the same concerns about coalbed methane. Brad, who is not an elected official, has the ability to speak his mind loud and clear whenever he wants. I, however, as an elected official have different rules and conduct that I follow as I represent over 2,600 people in Area H.

I attended the most recent SOS meeting and I counted some 40 to 45 people. I hear them. I understand their concerns and their passion about this issue. I told the group that my personal opinion is that I would much rather Petrobank was not coming to our Valley but I was holding my formal opinion until Petrobank returned to this community and held a public forum.

Petrobank and West Coast Environmental Law are both being asked to appear as a delegation at the July 17th RDOS board meeting. The Regional Board, as well, is not prepared to make a formal statement until they have heard from both sides, Petrobank and West Coast.

This is where Brad Hope, and the Town of Princeton and I part company. The Town has made their formal statements as they feel that they have heard from their constituents. I however, have not reached that point yet. That is why when Petrobank comes to town you need to attend the meeting. You

must attend whether you are for or against. I need to fulfill my obligations to Rural Princeton so when I voice my official opinion I will be able to back it up by saying that my community spoke and I listened.

I will stand by my decision to stay true to my timeline. Brad Hope has promised he is still going to hold

Letter To The Editor

Dan examines CBG issue

To The Editor;

Baseball great Yogi Berra was fond of saying "It's deja vu all over again." A year and a half ago we were dealing with Compliance Energy and their plan to foul our air with a coal burning power plant. Now Petrobank Energy wants to drill for methane gas in Princeton. This time, it's our water that is at risk. Each well would take 20,000 to 40,000 gallons of water out of our aquifer every day. At full production, there would be hundreds of wells in the valley.

Princeton would become another energy colony of the US. The gas would be shipped south while the profits would flow east to Alberta, leaving us holding the bag.

In other parts of North America, wells have gone dry or become so contaminated with heavy metals that they are poisonous to plants and animals. We could soon be buying our water by the truckload from the same corporations that

my feet to the fire until I do and that is fine.

What truly does matter to me is that when the dust settles we are all standing on the same side of the street.

"Give no decision till both sides thou'st heard" - Phocylides
 - Gerri Logan, Area H Director

rendered it unusable.

What can we do? Get educated. The internet has many sites that have facts about coalbed methane. Attend the public meeting to be held toward the end of July. Make sure your elected officials know that you want an independent evaluation of Petrobank's plans to make sure that our water supply wouldn't be depleted or damaged.

Water is the lifeblood of the Similkameen Valley. We need it for human consumption, irrigation, and industry. Ranches would go out of business without access to large quantities of water. The same is true of industries like Weyerhaeuser.

Local government, the RDOS, and local Indian Bands need to speak as one voice. That voice needs to say, "You can not drill in our valley unless and until you can prove to our satisfaction that we will not suffer any adverse effects."
 - Dan Pippin, Princeton

Lions Club Racing Days Duck Race

Due to the high river, the Duck Race took place in a horse trough supplied by Kevin Acres

1st Place - Marg Beattie (\$300.00)
 2nd Place - Barb Gagnon (\$200.00)
 3rd Place - Brian Liberatore (\$100.00)
 Mystery Duck - Fred Reheis (\$50.00)

weekly entertainment guide

TUESDAY, JULY 1, 2008 THROUGH MONDAY, JULY 7, 2008



Cook's Raiders are off to Provincials! - photo submitted

Host team qualifies for Provincials in Quesnel

Princeton's Cook's Raiders hosted a ten team play down June 21 and 22 for two spots to the Bantam Girls Provincials.

Saturday morning action saw Princeton up against the Vernon Titans. Back and forth action finally led to Princeton edging out Vernon 8 to 6. Catch of the game went to Ashlee Cathro for catching a long fly ball and saving two runs from coming in.

The 2:00 PM game saw Princeton up against the tough Naramata team. The girl's bats fell silent as they went down to defeat 8 to 0. Alyssa Larsen played a strong defensive game, however. The team rallied back against the Kelowna team Saturday night and soundly beat them 8 to 0.

The infield combination of Mackenzie Johnston, Katie Liberatore and Kelcy Banks made Princeton's defense unstoppable.

Sunday morning's game belonged to Crystal Manion, with her strike out pitching. Kiel Liberatore helped the cause with a stand-up triple. The Raiders defeated Summerland 11 to 4 for a berth into the semi-finals.

Again, Crystal rallied to help her team by pitching them to an 8 to 6 victory over Westside in the semi-finals. Milen Wilkinson played strong defensively at third as well as some run saving catches in the field by Tahlia McIvor and Meagan Haayer.

The finals saw Princeton up against the Naramata team again. After the first inning of play

Princeton was down 5 to 1, with Dez Bruneau scoring the lone run. Determination by the gutsy Princeton team saw the home team fight back to being down by 3 in the 7th inning. Despite the bases being loaded, Princeton was not able to connect and Naramata claimed the victory.

Coaches Denise Cook, Rob Banks and Len Liberatore are proud of the girls for their sportsmanship and excellent ball skills they demonstrated all weekend. It is no small feat to achieve Provincials two years running. The team will be off to Provincials in Quesnel July 4, 5 & 6.

Many thanks go out to all the volunteers - concession and grounds crew - who made this weekend happen!

- submitted



Bantam Girls action from June 22 in Memorial Park. Naramata vs. Sicamous. *

Save \$\$\$ When You Shop!

Get the Details Now:

www.bengelonlinestore.com



FAX SERVICE

SENDING OR RECEIVING

AVAILABLE AT:

**Similkameen
News Leader**
226A Bridge Street

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

Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



\$19.99

INCLUDES GST

Available at:

**Similkameen
News Leader**

www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories

Just The Fax, Ma'am!

**Cover2Cover Bookkeeping
& Office Services**



226A Bridge Street
Princeton

(250) 295-4149

"Buy Canadian...Shop Local."

PROVIDING RESUMÉ, WORD PROCESSING,
FAX, SCANNING AND COPYING SERVICES

**ADVERTISING WORKS...
OR YOU WOULDN'T BE READING THIS!**



For information on how
to get people reading
YOUR ad call:

JOHN GILLIS

News Leader
Advertising Sales Rep

(250) 295-4149



Bantam Girls action from June 22 in Memorial Park. Naramata vs. Sicamous. *



More Bantam Girls action. *



This is what a 'strike' looks like on film! *

www.thenewsleader.ca

*PARTNERS
in GRIME*

Partners in Grime
by Neil Anderson

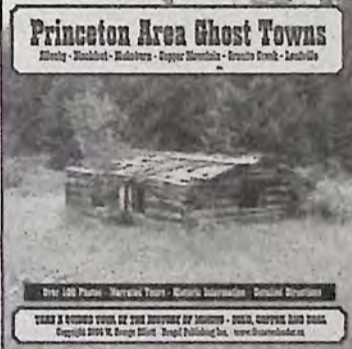
Available at
Princeton Pharmasave
and
Backroads Bike Shop

**Build A Business Risk Free!
Get The Details Now:**

www.bengelonlinebusiness.com

**Build A Business Risk Free!
Get The Details Now:**

Princeton Area Ghost Towns - The DVD



\$19.99
INCLUDES GST

Available at:
**Similkameen
News Leader**
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

Just The Fax, Ma'am!

Cover2Cover Bookkeeping



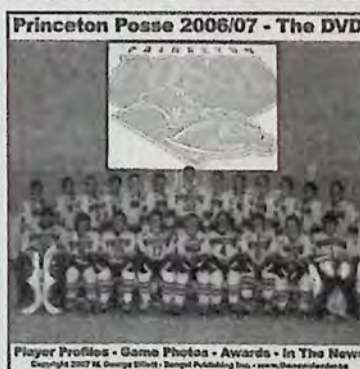
& Office Services

**226A Bridge Street
Princeton**

(250) 295-4149

PROVIDING RESUMÉ, WORD PROCESSING,
FAX, SCANNING AND COPYING SERVICES

Princeton Posse 2006/07 - The DVD



\$19.99
INCLUDES GST

Available at:
**Similkameen
News Leader**
www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories

TUESDAY, JULY 1, 2008

	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	All-Family	News (N)		Caillon (EI)	News (N)	News (N)	The First 48 "Hard Fall"	(5:00) News	(5:30) News (N)	(4:30) News (N)	Arthur	Urban	Tennis: Wimbledon	Valerie Fringle Has Left	How-Made	Henry's	Rachael Ray	MXC	F/X: The Series
:30	All-Family	2nd Chnce	George S.	Thomas							Lunar Jim	Urban			How-Made	King		MXC	
7 AM	In the Heat of the Night	Body	Clifford	Barney	Tennis: Wimbledon - Women's Quarterfinals	The Early Show (N)	The First 48	Good Morning America (N)			Gofrette	Urban	Tennis: Wimbledon - Women's Quarterfinals (Cont'd.) (Live)	Canada AM	How-Made	K. Possible	CityLine	Movie: "Shaolin Soccer"	Due South
:30		Past Lives	Dora	Arthur (EI)							Curious	Urban			How-Made	(7:24)			
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious	Quarterfinals (Live)		The First 48		100 Huntley Street (N)		Bo On Go	Monster			How-Made	Weekend	The Tyra Banks Show	Stephen Chow.	North of 60
:30	Jeffersons	That News	Magic Bus	Clifford							Busytown	Monster			How-Made	Lloyd			
9 AM	Sanford	The Mom Show	Berenstain	Super Why!		The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	CBC News Special: Hill	Monster		Regis and Kelly	How-Made	Feet	News (N)	MXC	ET Canada
:30	Sanford		(9:33)	Dragon								Monster			How-Made	Tigger	City	MXC	What
10 AM	Harvey	Debbie	Franklin	Sesame Street	To Be Announced	The Price Is Right (N)	The First 48	The View Jo Frost.	World Vision	Room		Flamingo	Tennis: Wimbledon - Women's Quarterfinals (Cont'd.) (Live)	The View Jo Frost.	How-Made	Mickey	Movie: "The Kid" (1997)	Movie: "Shaolin Soccer" (2001)	Videos
:30	Harvey	Travis' Facelift	Sagwa							House	Doodlebop	Flamingo			How-Made	Sprites	Rod Steiger. (DVS)	Stephen Chow.	Grace
11 AM	Cosby	Clean House	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	The First 48	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Flamingo		eTalk	Deadliest Catch	Benj Bear	(11:25) King		Mad Abt.
:30	Cosby		(11:33)	Sit-Be Fit								Flamingo		Instant					
12 PM	Still Stnd	Magic on the Water	Miss BG	Charlie Rose	Paid Prog.	News (N)	The First 48 "Hard Fall"	All My Children (N)	News (N)	Days of our Lives (N)	Soccer: Canadian Champions League	Ruby		Degrassi	Deadliest Catch	(11:49) Weekend	CityLine	V.I.P.	Seinfeld
:30	Still Stnd											Ruby		Bold & B.					
1 PM	Fresh Pr.	Design	Pancakes	Painting	Days of our Lives (N)	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)		Ruby		Sue Thomas: F.B. Eye	Deadliest Catch	Dragon Emperor	Ellen DeGeneres Show	Movie: "Kung Fu Hustle"	Melrose Place
:30	Fresh Pr.	Home	Daniel	Quilting								Ruby							
2 PM	King	Queer Eye	Paddington	WordWorld	Millionaire	Guiding Light (N)	The First 48	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris	Team	NHL Free Agent Frenzy	General Hospital (N)	Deadliest Catch	(1:54)	News	Stephen Chow.	Fresh Pr.
:30	King		BluesClues	Lions	Millionaire							Team				K. Possible			Family Guy
3 PM	Friends	Christine	Dora the Explorer	WordGirl	Judge	Dr. Phil	The First 48	Rachael Ray	Young and the Restless	Young and the Restless	Food	Team	SportsCentre (Live)	Dr. Phil	Deadliest Catch	Replace	News (N)	Movie: "Star Wars: Episode II - Attack of the Clones"	Tube Tales
:30	Seinfeld	Design	Arthur (EI)	Judge							Fashion	Team				Emperor		Episode II -	Vanity
4 PM	MLB Baseball: Philadelphia Phillies at Atlanta Braves.	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	The First 48	Inside Cops	Oprah Winfrey	(3:59) News Global	Fraser	Frank Ptrl	NHL Free Agent Frenzy	Daily Show	Deadliest Catch	Proud	Friends	Attack of the Clones" (2002)	That News
:30		Judge J.	George Shrinks	Fetch! With BBC World	Judge J.						Mercer	Frank Ptrl		Colbert		(4:38)	Hollywood		That News
5 PM	Phillys at Atlanta Braves.	News (N)	Arthur	Business	NBC News	CBS News	The First 48	ABC News	Global	(4:59) News (N)	Simpsons	Frank Ptrl	Tennis: Wimbledon - Women's Quarterfinals	News (N)	Deadliest Catch	Suite Life	Japanese Game Show		ET Canada
:30	(Live)	Ad Pers	(5:33) DVS	News-Lehrer	News (N)	News (N)	The First 48	News	News (N)	ET Canada	News	Adrenaline	Quarterfinals	News (N)	Deadliest Catch	Zoey 101	Hell's Kitchen (N)	Movie: "Star Wars: Episode III - Revenge of the Sith"	Family Guy
6 PM	Family Guy	E! News	Gardens	Railway Adventures Across Canada	Jeopardy!	Friends	CSI: Miami	Entertain	Entertain	Shark	Coronatin	Adrenaline	SportsCentre (Live)	The Moment of Truth	Deadliest Catch (N)	So Raven	Two Men Role	News (N)	Seinfeld
:30	Family Guy	Jeopardy!	Eden	Canada	Fortune	Scrubs	"Deviant"	The Insider	ET Canada	ET Canada	Just-Gags	Adrenaline		Canadian Idol 18. (Same-day)	Daily Planet	Suite Life	News (N)		Seinfeld
7 PM	Seinfeld	Real Housewives	Himalaya-Palin	Celebrity Family Feud	NCIS	CSI: Miami	"Blowback"	Wipeout (N)	Wipeout (N)	Wipeout (N)	Mercer	Mystery	In Corner	Smash Lab	Montana	Life Derek	Jimmy Kimmel	CSI: Crime Scn	Seinfeld
:30	Fraser		Railway Adventures Across Canada	America's Got Talent (N)	48 Hours Mystery (N)	Without a Trace	The First 48	Primetime	Shark	News Hour Final (N)	National	Prank Ptrl	Boxing: Andre Berto vs. Miki Rodriguez.	Without a Trace	Deadliest Catch	School	(10:06)	Movie: "In Good Company"	Star Trek: Voyager
8 PM	Fraser	Kimora	World Accrdg	Railway Adv.							Just for Laughs	Mystery		Robson	Deadliest Catch	Cory	Movie: "In Good Company"	Deep Space 9	Fraser
:30	Movie: "Bounty Hunters" (1997)	Keep Up	Kathamix w Richards								Mystery								Grace
9 PM	Fraser	News (N)	Edge	Charlie Rose (N)	News (N)	News (N)	CSI: Miami	News	News (N)	Entertain	(11:05) The Hour	Prank Ptrl	SportsCentre (Live)	News (N)	How-Made	Suite Life	Life Derek	Dennis	Fraser
:30	Movie	Guy Stuff	Wild		Wimbledon	Late Show	"Deviant"	(11:35)		ET Canada				News (N)	How-Made				Grace

WEDNESDAY, JULY 2, 2008

	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	All-Family	News (N)		Caillon (EI)	News (N)	News (N)	The Sopranos	(5:00) News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky	Tennis: Wimbledon	Canada AM	Daily Planet	Henry's	Rachael Ray	UFC 86 Count.	F/X: The Series
:30	All-Family	2nd Chnce	George S.	Bob Build								Jane				King			
7 AM	In the Heat of the Night	Body	Clifford	Barney	Tennis: Wimbledon - Men's Quarterfinals	The Early Show (N)	American Justice	Good Morning America (N)			Gofrette	Jacob	Tennis: Wimbledon - Men's Quarterfinals (Cont'd.) (Live)		Building the Biggest	K. Possible	CityLine	V.I.P.	Due South
:30		Past Lives	Dora	Arthur (EI)							Curious	George S.			How-Made	(7:24)			
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious	Quarterfinals (Live)		Cold Case Files		100 Huntley Street (N)		Bo On Go	Viva Pinata			How-Made	Weekend	The Tyra Banks Show	V.I.P.	North of 60
:30	Jeffersons	That News	Magic Bus	Clifford							Busytown	Flamingo			How-Made	Lloyd			
9 AM	Sanford	The Mom Show	Berenstain	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Timothy		Regis and Kelly	Daily Planet	Feet	News (N)	Movie: "Until Death"	ET Canada
:30	Sanford		(9:33)	Dragon							Gofrette	George S.				Tigger	City		What
10 AM	Harvey	Debbie	Franklin	Sesame Street	To Be Announced	The Price Is Right (N)	CSI: Miami "Bai"	The View	World Vision	Room	Wilbur	Erky Perky	Tennis: Wimbledon - Men's Quarterfinals (Cont'd.) (Live)	The View	Smash Lab	Mickey	Movie: "Big" (1988, Fantasy)	Stephen Rea	Videos
:30	Harvey	Travis' Facelift	Sagwa							House	Doodlebop	Dewitt				Handy			Grace
11 AM	Cosby	Clean House	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Jacob		eTalk	Jetstream	Benj Bear	Tom Hanks.	Movie: "Wake of Death"	Mad Abt.
:30	Cosby		(11:33)	Sit-Be Fit								Belng Ian		Instant	"Do or Die"	(11:25) King			Fraser
12 PM	Still Stnd	News (N)	Miss BG	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	To Be Announced	News	Pokemon		Degrassi	Really Big Things	(11:49) Weekend	CityLine	Simon Yam	Seinfeld
:30	Still Stnd	Birth										Team		Bold & B.					
1 PM	Fresh Pr.	Design	Pancakes	Art Work	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)		Grossology		Sue Thomas: F.B. Eye	MythBusters	Dragon Emperor	Ellen DeGeneres Show	V.I.P.	Melrose Place
:30	Fresh Pr.	Home	Daniel	Sewing							What's-	Viva Pinata			Whirlpools.				
2 PM	King	Queer Eye	Paddington	WordWorld	Millionaire	Guiding Light (N)	Cold Case Files	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris	Ruby	Sports	General Hospital (N)	Deadliest Catch	(1:54)	News	V.I.P.	Fresh Pr.
:30	King	"Jesan"	BluesClues	Lions	Millionaire							Flamingo	Interruption			K. Possible			Family Guy
3 PM	Friends	Christine	Dora the Explorer	WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	Food	Hawks	Off-Record	Dr. Phil	How-Made	Replace	News (N)	Movie: "Star Wars: Episode III - Revenge of the Sith"	What
:30	Seinfeld	Design	Arthur (EI)	Judge							Fashion	Pokemon	Sports		How-Made	Emperor		Episode III -	Vanity
4 PM	Family Guy	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Bai"	Inside Cops	Oprah Winfrey	(3:59) News Global	Fraser	SpongeBob	Tennis: Wimbledon - Men's Quarterfinals	Daily Show	Daily Planet	Proud	Friends	Revenge of the Sith" (2005)	TV Made
:30	Family Guy	Judge J.	George Shrinks	Fetch! With BBC World	Judge J.						Just-Gags	OddParent		Colbert		(4:36)	Hollywood		TV Made
5 PM	Movie: "The Glimmer Man" (1996, Action)	News (N)	Arthur	Business	NBC News	CBS News	The First 48	ABC News	Global	(4:59) News (N)	Simpsons	OddParent	Quarterfinals	News (N)	Dirty Jobs	Suite Life	Make Me a Supermodel		ET Canada
:30		Ad Pers	(5:33) Mechanics	News-Lehrer	News (N)	News (N)	Dog the Bounty Hunter	News	News (N)	ET Canada	News	Drake		News (N)	Sport Science (N)	Zoey 101	Rock of Love	Movie: "Star Wars IV: A New Hope"	Family Guy
6 PM	Fraser	E! News	Lemur	Adventure Lodges	Jeopardy!	Friends	CSI: Miami	Entertain	Entertain	ReGenesis	Coronatin	Malcolm	SportsCentre (Live)	eTalk	Mayday	So Raven	Entourage	Entourage	Seinfeld
:30	Seinfeld	Jeopardy!	Undersen	Fortune	Scrubs	Scrubs	"Driven"	The Insider	ET Canada	ET Canada	22 Minutes	Prank Ptrl		Can. Idol	"Ripped Apart"	Smart Guy	Entourage		Fraser
7 PM	Friends	Zoe Busiek: Wild Card	Ancient Clues	Great Lodges-Paris	The Baby Borrowers (N)	Price Is Right	CSI: Miami	Wife Swap	The Office	The Office	Mosque	Fries That?		So You Think You Can Dance	Daily Planet	Suite Life	News (N)	Ford.	Family Guy
:30	Friends								Name Earl	Name Earl	Sophie	Futurama	Off-Record			Sadie	(8:35) News		ET Canada
8 PM	Movie: "The Glimmer Man" (1996, Action)	Celebrity Circus (N)	Columbus' Lost Ships	Nova scienceNOW (N)	Celebrity Circus (N)	Criminal Minds	The First 48	Supernanny	NCIS	NCIS	fifth estate	Prank Ptrl	Boxing: Wednesday Night Fights. (Taped)	The top 14. (N)	MythBusters	Montana	(9:08)	CSI: Crime Scn	Seinfeld
:30		J. Dickinson	For King and Empire	Carrier "Super Secrets"	Law & Order	CSI: NY	Dog the Bounty Hunter	Primetime: Crime	ReGenesis	News Hour Final (N)	National	Falcon Beach Hunter		CSI: NY	Dirty Jobs	School	(10:06)	Star Trek: Voyager	Mad Abt.
9 PM	Fraser	News (N)	Satie and Suzanne	Charlie Rose (N)	News (N)	News (N)	CSI: Miami	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	Mayday	Suite Life	Dragon	Deep Space 9	Fraser
:30	Movie	Guy Stuff			Wimbledon	Late Show	"Deviant"	(11:35)		ET Canada		Ghost		News (N)	"Ripped Apart"	Life Derek	(2001) Jet Li.		Grace

Horoscopes

July 2 - 9, 2008

Aries - Your enjoyment of home and family continue. You may put a lot of hard work into redecorating, or making your home a nicer place to live. Overwork may make you ill.

Taurus - You could suffer disappointment this week, or be frustrated because life is not as much fun as you'd like. Money could be tight. Think of ways to perk up your daily routine.

Gemini - Problems with home, property and family may arise now. Do not ignore these problems, as they will not go away soon. Despite burden and anger, do what you must do.

Cancer - You may find you have problems with vehicles, schedules, and communications this week. Go through it as best you can. Money problems ease next week. Think creatively.

Leo - You come down off your ego high and you may find you have to deal with debts. Establish values, priorities. Watch out for bad deals, theft, and loss of valuables. Alert!

Virgo - You are likely to feel lonely and may indulge in self-pity if you don't find something useful to do. This is a time of shoring up your sense of who you are. Act in your best interest.

Libra - This is a time when you could be your own worst enemy. Keep foot out of mouth. Watch out for job loss by neglect of duty. Guard health. Be diligent, hard working.

Scorpio - Plans may need more action, or may go haywire this week. Have a Plan B. Groups you belong to may be disagreeable or demanding. Organizing anything may be frustrating.

Sagittarius - Career demands strong focus now, and lots of effort. Do not veer from objective. Keep ears open for good tips that help you. Others share resources you need.

Capricorn - Partner, good friends, and people you consult are generous and beneficial. Job demands a lot of communication. Problems crop up in area of debts, mortgages, investments.

Aquarius - A different kind of week starts next week. This week is a transition. You may have vehicle problems or problems with unwanted visitors. Keep your cool. Patience!

Pisces - A partner, friend or advisor may express anger or may pose a problem. This is not your problem, so don't try to solve it. Home and family are more important. Focus on good life.

Regular Meetings

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

thursday movies

MORNING

10:00 am CITY 29 ★★½ "Fletch" (1985, Comedy) Chevy Chase. An undercover Los Angeles reporter investigates a businessman who wants him to kill him. [E]

AFTERNOON

3:00 pm SPIKE 44 ★★½ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)

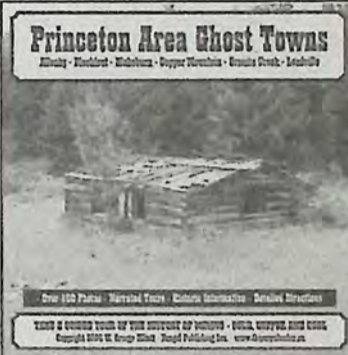
EVENING

9:00 pm WTBS 3 ★★ "Shadow Conspiracy" (1997, Suspense) Charlie Sheen. A White House aide becomes a target himself when he uncovers a highly placed plot against the president. [E]

10:06 pm CITY 29 ★★½ "Born on the Fourth of July" (1989, Docudrama) Tom Cruise. Premiere. Based on the story of Ron Kovic, a Marine who returned from Vietnam a paraplegic and later became an anti-war activist. [E]

11:30 pm WTBS 3 ★★ "Midnight Crossing" (1988, Suspense) Faye Dunaway. Young lovers encounter greed and deception when their Caribbean cruise turns into a struggle for buried treasure.

Princeton Area Ghost Towns - The DVD



\$19.99
INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

friday movies

MORNING

6:00 am SPIKE 44 ★★ "Marked for Death" (1990, Action) Steven Seagal. A former drug agent and his old Army buddy exterminate a so-called Jamaican drug posse. (In Stereo)

8:00 am SPIKE 44 "Today You Die" (2005, Action) Steven Seagal. A world-class thief escapes from prison to exact revenge on the partners who doubled-crossed him. (In Stereo) [E]

10:00 am CITY 29 ★★ "The Fantasia Barrino Story: Life Is Not a Fairy Tale" (2006, Biography) Fantasia Barrino. Barrino, a singer, overcomes hardships and gains fame by winning the third season of "American Idol." [E]

AFTERNOON

12:00 pm SPIKE 44 "Urban Justice" (2007) Steven Seagal. A man seeks revenge for his murdered son. (In Stereo)

2:00 pm SPIKE 44 "Today You Die" (2005, Action) Steven Seagal. A world-class thief escapes from prison to exact revenge on the partners who doubled-crossed him. (In Stereo) [E]

EVENING

6:00 pm SPIKE 44 ★★½ "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill.

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

7:30 pm FAM 26 "Camp Rock" (2008, Musical) Joe Jonas. Premiere. A talented singer works in the kitchen at a summer camp for aspiring musicians. [E]

9:00 pm WTBS 3 ★★ "Encino Man" (1992, Comedy) Sean Astin. Teenage California buddies groom a thawed-out caveman and pass him off as a cool transfer student.

FAM 26 ★★ "Full-Court Miracle" (2003, Drama) Alex D. Linz. Jewish schoolboys convince a former college-basketball player to coach their winless team. [E]

10:06 pm CITY 29 "Sex Talk 4" (2004, Adult) Premiere. Lovely women satisfy their wanton cravings.

10:34 pm FAM 26 ★★½ "The Witches" (1990, Fantasy) Anjelica Huston. A Norwegian and her grandson outwit British witches after one turns him into a mouse. [E]

11:00 pm SPIKE 44 ★★ "Marked for Death" (1990, Action) Steven Seagal. A former drug agent and his old Army buddy exterminate a so-called Jamaican drug posse. (In Stereo)

Similkameen News Leader

Recipe Corner (Recipe #226)

Brought To You By: Similkameen News Leader

Warm Balsamic Lentils

(NC)—This recipe is from Vancouverite Mark Mitchell who created the dish to serve as a base for grilled salmon. It's great with balsamic-style cider vinegar from Nova Scotia or one of the off-dry wine vinegars from Niagara. The recipe can also be found in Anita Stewart's Canada: The Food, The Recipes, The Stories (HarperCollins Canada 2008).

- 3 tbsp canola oil (45 mL)
- 1 small onion, minced
- 2 garlic cloves, minced or crushed
- 1 carrot, peeled and finely diced
- 1/3 cup finely chopped celery (75mL)
- 1/4 cup diced sweet red pepper (50mL)
- 1 tsp salt (5 mL)
- 1/4 tsp crushed chili peppers (optional) 1mL
- 1 (19 oz/540 mL) can lentils, rinsed and drained or 2 cups (500 mL) cooked lentils
- 2 tbsp balsamic-style vinegar (30mL)

Heat the oil in a skillet and add onion, garlic, carrot, celery and red pepper. Sprinkle with salt and sauté for 3 to 4 minutes or until it begins to soften and brown. Stir in chili peppers and lentils and heat through. Add vinegar, mixing to combine. Cover and keep warm till serving. Makes 3 - 4 servings.

- News Canada

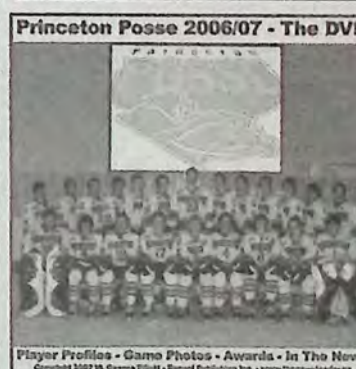
FREE Better Homes & Gardens RECIPES 24/7
<http://myhomeandgardennews.blogspot.com>
A FREE SERVICE OF SIMILKAMEEN NEWS LEADER

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

226A Bridge Street, Princeton

www.frameyourpets.info

Princeton Posse 2006/07 - The DVD



\$19.99
INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories

THURSDAY, JULY 3, 2008

	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	All-Family	News (N)		Caillou (EI)	News (N)	News (N)	The Sopranos	(5:00) News	(5:30) News	(4:30) News	CBC News: Morning (N)	Erky Perky Jane	(4:00) Tennis: Wimbledon - Women's Semifinals. (Live)	Canada AM	Daily Planet	Henry's King	Rachael Ray (N)	CSI: Crime Scn	F/X: The Series
7 AM	In the Heat of the Night	Body	Clifford	Barney	Today Nilou Motamed; Andrea	The Early Show (N)	Amer. Justice	Good Morning America (N)			Gofrette	Jacob			Naked Science	K. Possible (7:24)	CityLine	CSI: Crime Scn	Due South
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious	Metcalf. (N)		Cold Case Files		100 Huntley Street (N)		Do On Go	Viva Pinata			Deadliest Catch	Weekend Lloyd	The Tyra Banks Show	CSI: Crime Scn	North of 60
9 AM	Sanford	The Mom Show	Berenstain (9:33)	Super Why! Dragon	Tennis: Wimbledon - Women's Semifinals. From the All-England Lawn Tennis and Croquet Club in	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	Fighting for Canada	Super Why! Gofrette	Timothy George S.	Tennis: Wimbledon - Women's Semifinals. (Cont'd). (Live)	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: Crime Scn	ET Canada
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (EI)	Semifinals. From the All-England Lawn Tennis and Croquet Club in	The Price Is Right (N)	CSI: Miami "Extreme"	The View	World Vision	Room House	Wilbur	Erky Perky Dewitt		The View	Dirty Jobs	Mickey Sprites	Movie: "Fletch" (1985)	CSI: Crime Scn	Videos Grace
11 AM	Cosby	Clean House	Rolie Polie (11:33)	Big World Sit-Be Fit	Young and the Restless	Crossing Jordan	Paid Prog.	Paid Prog.	Past Lives House	(10:59) News (N)	Martha Stewart	Jacob Being Ian		eTalk Instant	Worst Handyman	Benj Bear (11:25) King	Chevy Chase	CSI: Crime Scn	Mad Abt. Frasier
12 PM	Still Std	News (N)	Miss BG	Charlie Rose	Wimbledon, England.	News (N) Bold & B.	The Sopranos	All My Children	News (N)	To Be Announced	News	Pokemon		Degrassi Bold & B.	Mayday "Ripped Apart"	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld
1 PM	Fresh Pr.	Design	Pancakes	Painting		As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	What's- Today (N)	Viva Pinata		Sue Thomas: F.B. Eye	Sport Science	Dragon Emperor	Ellen DeGeneres Show	CSI: Crime Scn	Melrose Place
2 PM	King	Queer Eye	Paddington	WordWorld	Millionaire	Guiding Light (N)	Cold Case Files	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris	Ruby Flamingo	Sports Interruption	General Hospital (N)	MythBusters	(1:54) K. Possible	News	CSI: Crime Scn	Fresh Pr. Family Guy
3 PM	Friends	Christine	Dora the Explorer	WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray (N)	Young and the Restless	Young and the Restless	Food Fashion	Hawks Pokemon	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	Movie: "Star Wars IV: A New Hope" (1977) Mark Hamill, Harrison Ford.	Tube Tales Vanity
4 PM	MLB Baseball: Philadelphia Phillies at Atlanta Braves.	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Extreme"	Inside Cops	Oprah Winfrey	(3:59) News Global	Frasier	SpongeBob OddParent	CFL Football: Hamilton Tiger-Cats at Toronto Argonauts. (Live)	Daily Show Colbert	Daily Planet	Proud	Friends Hollywood	(1977) Mark Hamill, Harrison Ford.	Inside Hollywood
5 PM	Phillys at Atlanta Braves.	News (N)	(5:33) Business	NBC News	CBS News	The First 48	News	ABC News	Global	(4:59) News (N)	Simpsons Arrested	OddParent SpongeBob	Tiger-Cats at Toronto Argonauts. (Live)	News (N)	In the Shadow of the Moon	Suite Life Montana	Ugly Betty	Ford.	ET Canada
6 PM	(Live)	Ad Pers	Mentors	News-Lehrer	News (N) Raymond	News (N) Hollywood	The First 48	News	News (N)	ET Canada	News	Drake H2O Just		News (N)		Zoey 101 Life Derek	Supernatural	TNA iMPACT! (N)	Family Guy Seinfeld
7 PM	Family Guy	E! News	Profiles of Nature	Visions of Sicily	Jeopardy! Fortune	Friends Scrubs	The First 48	Entertain The Insider	Entertain ET Canada	Swingtown (N)	Coronatn Who Do	Malcolm Prank Ptrl	CFL Football: Calgary Stampede at Edmonton Eskimos. (Live)	eTalk Hollywood	MythBusters	So Raven Smart Guy	Hopkins (N)		Seinfeld Frasier
8 PM	Seinfeld	You Smarter?	Big Ideas	Sherlock Holmes	Last Comic Standing (N)	Million Dollar Password	Crime 360	Ugly Betty	Last Comic Standing (N)	Last Comic Standing (N)	jPod (DVS)	Fries That? Futurama		CSI: Crime Scn	Daily Planet	Suite Life	News (N)	Factory	Family Guy
9 PM	Movie: "Shadow Conspiracy" (1997)	Renée Zellweger: THIS	Around the World	Globe Trekker		CSI: Crime Scn	The First 48	Grey's Anatomy			Truth About Mystery	Prank Ptrl	(Live)	You Can Dance	Sport Science	Montana Life Derek	(9:06) Jimmy Kimmel	MANswers	Seinfeld
10 PM	Frasier	News (N)	For King and Empire	Charlie Rose (N)	News (N) Wimbledon	News (N) Late Show	The First 48	News	News (N)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	Law Order: CI	In the Shadow of the Moon	School Cory	(10:06) Movie: "Born on the Fourth of July" (1989)	UFC 86 Count.	Mad Abt. Fresh Pr.
11 PM	"Midnight"	Guy Stuff												News (N)		Life Derek			Grace

FRIDAY, JULY 4, 2008

	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	All-Family	News (N)		Caillou (EI)	News (N)	News (N)	Paranormal	(5:00) News	(5:30) News	(4:30) News	CBC News: Morning (N)	Erky Perky Jane	(4:00) Tennis: Wimbledon - Men's Semifinals. (Live)	Canada AM	Daily Planet	Henry's King	Rachael Ray (N)	Movie: "Marked for Death" (1990) Steven Seagal.	F/X: The Series
7 AM	In the Heat of the Night	Body	Clifford	Barney	Today (Left in Progress) Gary Hall Jr.	The Early Show (N)	Psychic Kids	Good Morning America (N)			Gofrette	Jacob			Mayday	K. Possible (7:24)	CityLine	Steven Seagal.	Due South
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious	(N)		Psychic Kids		100 Huntley Street (N)		Bo On Go	Viva Pinata			MythBusters	Weekend Lloyd	The Tyra Banks Show	Movie: "Today You Die" (2005)	North of 60
9 AM	Sanford	The Mom Show	Berenstain (9:33)	Super Why! Dragon	Tennis: Wimbledon - Men's Semifinals. From the All-England Lawn Tennis and Croquet Club in	The 700 Club	Psychic Kids	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Timothy George S.	Tennis: Wimbledon - Men's Semifinals. (Cont'd). From the All-England Lawn Tennis and Croquet Club in Wimbledon, England.	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Steven Seagal.	ET Canada
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (EI)	Semifinals. From the All-England Lawn Tennis and Croquet Club in	The Price Is Right (N)	CSI: Miami "Extreme"	The View	World Vision	Room House	Wilbur	Erky Perky Dewitt		The View	Marvels-Asia	Mickey (10:31)	"Fantasia Barrino: Life Is Not Fairy Tale"	Disorderly Con.	Videos Grace
11 AM	Cosby	Clean House	Rolie Polie (11:33)	Big World Sit-Be Fit	Young and the Restless	Paranormal	Paid Prog.	Paid Prog.	Past Lives House	(10:59) News (N)	Martha Stewart	Jacob Being Ian		eTalk Instant	Cut Corners	Benj Bear (11:25) King		Disorderly Con.	Mad Abt. Frasier
12 PM	Still Std	News (N)	Miss BG	Charlie Rose	Wimbledon, England.	News (N) Bold & B.	Paranormal	All My Children	News (N)	Days of our Lives (N)	News	Pokemon		Degrassi Bold & B.	MythBusters	(11:49) Weekend	CityLine	Movie: "Urban Justice" (2007) Steven Seagal.	Seinfeld
1 PM	Fresh Pr.	Design	Pancakes	Watercolor		As the World Turns (N)	Psychic Kids	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Dinner	Viva Pinata		Sue Thomas: F.B. Eye	In the Shadow of the Moon	Dragon Emperor	Ellen DeGeneres Show	Melrose Place	
2 PM	King	Queer Eye "Eric S."	Paddington	WordWorld	Millionaire	Guiding Light (N)	Psychic Kids	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris	Ruby Flamingo	Sports In Corner	General Hospital (N)		(1:54) K. Possible	News	Movie: "Today You Die" (2005)	Fresh Pr. Family Guy
3 PM	Friends	Christine	Dora the Explorer	WordGirl	Judge	Dr. Phil	Psychic Kids	Rachael Ray (N)	Young and the Restless	Young and the Restless	Food Fashion	Hawks Pokemon	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	Steven Seagal.	Fashion Vanity
4 PM	Family Guy	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Extreme"	Inside Cops	Oprah Winfrey	(3:59) News Global	Frasier	SpongeBob OddParent	CFL Football: Winnipeg Blue Bombers at Montreal Alouettes. (Live)	Daily Show Colbert	Daily Planet	Proud	Friends Hollywood	Disorderly Con.	Tribute Bands
5 PM	MLB Baseball: Houston Astros at Atlanta Braves.	News (N)	(5:33) Business	NBC News	CBS News	CSI: Miami "Free Fall"	News	ABC News	Global	(4:59) News (N)	Simpsons Arrested	OddParent SpongeBob	Tiger-Cats at Toronto Argonauts. (Live)	News (N)	Greensburg (N)	Suite Life Montana	Biography: Hopkins	Disorderly Con.	ET Canada
6 PM	(Live)	Ad Pers	Fetch! With Crewates	News-Lehrer	News (N) Raymond	News (N) Hollywood	CSI: Miami "Dead Air"	News	News (N)	ET Canada	News	Prank Ptrl		News (N)	Man vs. Wild	Zoey 101 Buzz	Stargate SG-1	Movie: "Star Wars V: The Empire Strikes Back" (1980) Mark Hamill.	Family Guy Seinfeld
7 PM	Family Guy	E! News	Emily of New Moon	BBC World	Jeopardy! Fortune	Friends Scrubs	CSI: Miami	Entertain The Insider	Entertain ET Canada	Very Bad Men	Coronatn Laughs	Hawks	CFL Football: Saskatchewan Roughriders at BC Lions. (Live)	eTalk Hollywood	The Pharaoh's Lost City	Wizards	Movie: "Camp Rock" (2008)	News (N) Party	Frasier
8 PM	Seinfeld	Mysteries	The Royal	A Capitol Fourth (Same-day Tape)	U.S. Olympic Trials	Ghost Whisperer	Criminal Minds	Dance Machine (N)	Very Bad Men	Friday Night Lights	Air Farce Comedy	Naruto		Ghost Whisperer	Daily Planet	Man vs. Wild	(9:06) Jimmy Kimmel	Factory	Seinfeld
9 PM	Movie: "Encino Man" (1992).	Dr. 90210	Himalaya-Palini	A Capitol Fourth (Same-day Tape)	4th of July Fireworks	NUMB3RS "Take Out"	CSI: Miami "Free Fall"	Duel (N)	NUMB3RS "Take Out"	NUMB3RS "Take Out"	MVP-Wives	Zach Bell Bleach		Greek (N)	Man vs. Wild	Movie: "Full-Court Miracle" (2003)	(10:06) Jimmy Kimmel	MANswers	Seinfeld
10 PM	Comedy) Sean Astin.	Celeb Surgery	Masterpiece	Dateline NBC	Boston Pops Fireworks	CSI: Miami "Dead Air"	20/20	Friday Night Lights	News (N)	(11:03) ECW (N)	(11:05) 2008 Calgary Stampede	Shadow	SportsCentre (Live)	Without a Trace (N)	Greensburg	Movie: "The Witches" (1990)	(2004) Adult Premiere.	"Marked for Death"	Frasier
11 PM	Frasier	News (N)	Indecently Exposed	Austin City Limits	News (N) Wimbledon	News (N) Late Show	CSI: Miami	News	News (N)					News (N)	The Pharaoh's Lost City				Grace

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 #103 - Rated Easy

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

CHALLENGE #104 - Rated Hard

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

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

9:00 am WTBS (3) ★★"Before and After" (1996, Drama) Meryl Streep. A Massachusetts man destroys evidence after his teen son is arrested for a girlfriend's murder. (E)
11:00 am WTBS (3) ★★½"Blood Work" (2002, Suspense) Clint Eastwood. A former FBI agent comes out of retirement to find the killer who murdered his heart donor.

AFTERNOON

12:00 pm FAM (26) ★★½"Johnny Tsunami" (1999, Drama) Brandon Baker. A teenage Hawaiian surfer moves to Vermont, where his grandfather helps him become a first-class snowboarder. (E)
1:31 pm FAM (26) ★★½"Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park.
3:00 pm A&E (9) ★★½"The Last Boy Scout" (1991, Action) Bruce Willis. An ex-Secret Service agent plays private eye with an ex-quarterback on a case of sports gambling and murder. (E)
Spike (44) ★★½"Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo)
4:00 pm YTV (18) ★"Pokémon

4Ever" (2002, Adventure) Voices of Veronica Taylor. Animated. Hunters and forest predators pursue a flying creature that can travel through time.
5:00 pm A&E (9) ★★½"Die Hard" (1988, Action) Bruce Willis. A New York policeman outwits foreign thugs holding his wife and others in a Los Angeles high-rise. (E)

EVENING

6:00 pm CITY (29) ★★½"Fubar" (2002, Comedy) Paul Spence. A documentary filmmaker chronicles the daily activities of two hard-drinking fans of heavy-metal music. (E)
8:00 pm WTBS (3) ★★½"Maximum Risk" (1996, Action) Jean-Claude Van Damme. Federal agents and the Russian Mafia chase a French policeman on a mission in New York City.
KXLY (10) ★★"Confessions of a Teenage Drama Queen" (2004, Comedy) Lindsay Lohan. After moving to New Jersey with her mother, a teen tries to dethrone the most popular girl at her new school. (In Stereo)
9:00 pm A&E (9) ★★½"Die Hard" (1988, Action) Bruce Willis. A New York policeman outwits foreign thugs holding his wife and others in a Los Angeles high-rise. (E)
FAM (26) ★★½"Superman II" (1980, Science Fiction) Christopher Reeve. Premiere. The Man of Steel gets serious with Lois Lane and fights three Krypton outcasts in league with Lex Luthor. (E)

CITY (29) ★★"Revenge of the Nerds II: Nerds in Paradise" (1987, Comedy) Robert Carradine, Skolnick, Poindexter and Booger attend a big fraternity convention in Fort Lauderdale, Fla. (E)
11:00 pm CITY (29) ★★½"The Village" (2004, Suspense) Bryce Dallas Howard. Members of a 19th-century community fear the strange creatures that inhabit the surrounding forest. (E)
11:07 pm FAM (26) ★★"Blank Check" (1994, Comedy) Brian Bonsall. An 11-year-old cashes a crook's check for \$1 million and becomes the envy of his family. (E)
11:30 pm CBC (13) ★★½"Silent Movie" (1976, Comedy) Mel Brooks. Silent. A washed-up director and his buddies attempt a comeback with a latter-day silent movie. (In Stereo) (E)

www.princetonbcnews.com

sunday movies

MORNING

8:00 am WTBS (3) ★★½"Blood Work" (2002, Suspense) Clint Eastwood. A former FBI agent comes out of retirement to find the killer who murdered his heart donor. (E)
9:00 am A&E (9) ★★½"Analyze This" (1999, Comedy) Robert De Niro. To get a handle on his insecurities, a powerful New York gangster sees a therapist. (E)
10:00 am SPIKE (44) ★★"The Big Bounce" (2004, Comedy-Drama) Owen Wilson. Premiere. A seductive woman asks a drifter who works for a judge to help her double-cross a shady developer. (In Stereo)
10:30 am WTBS (3) ★★½"After the Sunset" (2004, Comedy-Drama) Pierce Brosnan. An FBI agent thinks a master thief and his girlfriend will try to steal a valuable diamond from a cruise ship. (E)
11:00 am A&E (9) ★★½"City Slickers" (1991, Comedy) Billy Crystal. On vacation, three men get to play cowboy on a dude-ranch cattle drive, but unexpected circumstances test their skills and stamina. (E)

AFTERNOON

12:00 pm FAM (26) "MXP: Most Xtreme Primate" (2003, Comedy) Devin Drewitz. Two brothers must rescue a snowboarding chimp from

kidnappers and return him to his rightful owner. (E)

12:30 pm WTBS (3) ★★½"The Last Castle" (2001, Suspense) Robert Redford. A court-martialed general leads a revolt against a corrupt warden in a military prison. (E)
1:30 pm FAM (26) "The Little Treasure Hunters" (2004, Adventure) Molly Hall. A girl leads her friends down her beloved river in search of a legendary treasure that could save her family's home. (E)
3:00 pm WTBS (3) ★½"The Glimmer Man" (1996, Action) Steven Seagal. An LAPD detective links murders blamed on a serial killer to a tycoon eliminating business associates.
VTV (22) "Playing House" (2006, Romance-Comedy) Colin Ferguson. A charming man tempts a woman plunged into domesticity after a surprise pregnancy. (In Stereo) (E) (DVS)
4:00 pm YTV (18) ★½"Catch That Kid" (2004, Adventure) Kristen Stewart. With help from her two friends, an adventurous 12-year-old plots to rob a bank to pay for her father's surgery. (In Stereo) (E)
5:00 pm WTBS (3) ★★½"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. (E)
DISC (24) ★★½"Dust to Glory" (2005, Documentary) Mario Andretti.

Filmmaker Dana Brown follows racers competing in the annual Baja 1000.

EVENING

6:00 pm YTV (18) ★★½"Looney Tunes: Back in Action" (2003, Comedy) Brendan Fraser. Live action/animated. Bugs Bunny tries to find Daffy Duck after the latter loses his job and travels to Las Vegas with a man. (In Stereo)
CITY (29) ★"Swept Away" (2002, Romance-Comedy) Madonna. Premiere. While boating from Greece to Italy, a wealthy woman and a sailor become stranded on a desert island. (E)
8:00 pm WTBS (3) ★★½"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. (E)
9:00 pm CBC (13) ★★½"Troy" (2004, Adventure) (Part 1 of 2) Brad Pitt. The fierce warrior Achilles leads Greek forces in the Trojan War, ignited when Paris abducts Helen of Troy. (In Stereo) (E)
DISC (24) ★★½"Dust to Glory" (2005, Documentary) Mario Andretti. Filmmaker Dana Brown follows racers competing in the annual Baja 1000.
FAM (26) "My Brother The Pig" (2000, Comedy) Scarlett Johansson. When a spell turns an 8-year-old boy into swine his sister and best friend race to find the cure. (E)

www.princetonbcnews.com



Eddie the Dalmatian

invites you to visit his blog



www.frameyourpets.com

SATURDAY, JULY 5, 2008

	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	Paid Prog.	News (N)		Animal	Tennis: Wimbledon - Women's	(5:00) The Early Show (N)	Sell House	Good Morning America	Tennis: Wimbledon - Women's	Tennis: Wimbledon - Women's	Super Why!	Flamingo	SportsCentre	OWLTV Kingdom	Naked Science	Overdrive	About You	MXC	That News	
6:30	Paid Prog.	Body	(6:37)	Fly Tying			Sell House	Morning America			Busytown	Viva Pinata				Rangers	Diarti	MXC	Paid Prog.	
7 AM	Subaru	Design	Dora	MotorWeek	Final. From the All-England	Care Bears	Sell House	Good Morning Northwest	Final. (E)	Final. (E)	Bo On Go	Hawks	Fishing	Katie-Orbie	Man vs. Wild	Yin Yang	Eye on Asia	MXC	The Nanny	
7:30	Paid Prog.	Design	Clifford	Animal		Strawberry	Sell House				Pinky	Hawks	Motoring	Hobo	(7:20) Pucca			MXC	Grace	
8 AM	Videos	Let's Build	George S.	Secrets	Lawn Tennis and Croquet Club in Wimbledon, England. (Live) (E)	Cake (E)	Flip This House (E)	Saturday	News (N)	News (N)	Wilbur (E)	Hawks	NASCAR Now (N) (E)	Good Morning Canada (E)	The Pharaoh's Lost City	Suite Life	Polish Studio (E)	MXC	Roseanne	
8:30	Videos	Whata	Magic Bus	Hometime		Horseland					Goldfish	Hawks				(8:43) Zoey			Roseanne	
9 AM	Movie: "Before and After" (1996)	Foodies	Arthur	Workshop		Sushi Pack	Flip This House (E)	So Raven			Bold Presents (E)	Hawks	PartyPoker.net		How-Made	Cory	Biography: Hopkins	Hrseper	Seinfeld	
9:30	Meryl Streep.	Biker TV	Upside	Old House		Dino		So Raven			Fishing	Hawks	World Open (Taped)		How-Made	So Raven		MuscleCar	Seinfeld	
10 AM		Bodies	Large Fam	Ask This		Paid Prog.	Andre the Giant (E)	Montana	Fish	Energy TV	Chilly	Hawks		Amnesty	Deadliest Catch (E)	Phil	CityLine (E)	Trucks!	Family Guy	
10:30		Paid Prog.	Rolie Polie	Test Kitch		LPGA Tour Golf		Suite Life	Fishing	CEO TV	Chilly	Hawks		Amnesty		Wizards		Xtreme 4x4	Family Guy	
11 AM	Movie: "Blood Work"	Try My Life (E)	Paddington	Baking	To Be Announced	Angel	Emperor	Fishing	Fishing	2008 Calgary Stampede		Hawks	Tennis: Unstrung (N) (E)	PLAN Canada (E)	Mega Builders (E)	School Suite Life	Leo Laporte	Shocking Moments	Married...	
11:30	(2002) Clint Eastwood, Jeff Daniels.	Split Ends (E)	Mechanics	Garden	Beach Volleyball: AVP Crocs Tour -- Men's Final. (Live) (E)	Angel	Replace	Mining TV	Knockout	Parade From Calgary.		Hawks		Daily Planet (E)	Machines	Movie: "Johnny Tsunami" (1999)	Reviews	Shocking Moments	Friends	
12 PM		Rich Kids	Heads Up	Antiques Roadshow		Angel	Paid Prog.	PGA Tour National -- Third Round. (Live) (E)	Seinfeld	Seinfeld	Equestrian: ATCO Power	Fantaste 4	Boxing: Andre Berto vs. Miki Rodriguez.	Living Life	Greensburg	(1:31)	Jack Nation Countdown	World's Most Shocking	Friends	
12:30		Cattle Drive	Heads Up			Angel	Old House		Simpsons	Simpsons	Queen Elizabeth II Cup.	Monster		Exhibit Eh!	5th Gear	Movie: "Free Willy" (1993) Jason James Richter.	Real Invest	UFC 86 Count.	Roseanne	
1 PM	Family Guy	Fight for Fame (E)	Wild Animal	Great Lodges-Parks	U.S. Olympic Trials	Angel	Escape From Alcatraz		Simpsons	Simpsons		Monster		Animals	5th Gear		Real Invest	UFC 86 Count.	Married...	
2 PM	Family Guy					Angel			Simpsons	Simpsons		Monster		Animals	5th Gear		Real Invest	UFC 86 Count.	Married...	
3 PM	King Seinfeld	Paula Abdul: The E! True Story (E)	Animals	Horses	To Be Announced	Paid Prog.	Movie: "The Last Boy Scout" (1991) Bruce Willis.	NBA Acc	Simpsons	Family Guy	Sat. Report	Monster	SportsCentre (Live) (E)	MTV Shuffle (E)	How-Made	Cory	Speakers	News (N)	Movie: "Star Wars V: The Empire Strikes Back" (1980) Mark Hamill.	Deal-No Deal
3:30			Wildness	Moment		Paid Prog.			Simpsons	Family Guy	Marketplc	Monster		How-Made				News (N)	Movie: "Star Wars V: The Empire Strikes Back" (1980) Mark Hamill.	Deal-No Deal
4 PM	MLB Baseball: Houston Astros at Atlanta Braves.	Hollywood Story (E)	Walk on the Wild Side	Europe Travels	Paid Prog.	Access Hollywood (N)			Family Guy	Family Guy	The Nature of Things	Movie: "Pokémon 4Ever" (2002), Rachel Lillis	NASCAR Racing: Sprint Cup - Coke Zero 400. (Live) (E)	Sue Thomas: F.B.Eye	Naked Science (N) (E)	Suite Life Proud	Stargate Atlantis	Strikes Back" (1980) Mark Hamill.	Are You Smarter	
4:30									Family Guy	Global				First Story	Dirty Jobs	K. Possible	Murdoch Mysteries		Friends	
5 PM		News (N)	Life of Mammals	Summer Keep Up	News (N)	News (N)	Movie: "Die Hard" (1988, Action)	News	Family Guy	(4:59) News	To Be Announced			First Story	Dirty Jobs	Montana			Friends	
5:30		Sports			NBC News	CBS News			ABC News	Global	House			First Story	Dirty Jobs				Friends	
6 PM	(Live)	That News	Lemur Gardens	Lawrence Welk Show	News (N)	News (N)	Bruce Willis, Alan Rickman.	News	News (N)	Andromeda	MLB Baseball: Toronto Blue Jays at Los Angeles Angels of Anaheim.	Prank Ptrl		News (N)	Deadliest Catch	Sadie	Movie: "Fubar" (2002) Paul Spence. (E)	Disorderly Con.	Seinfeld	
6:30		What			Raymond	Scrubs		The Insider				Prank Ptrl		W-FIVE (E) (DVS)	Angel	So Raven		Disorderly Con.	Family Guy	
7 PM	Cheers	E News	National Geographic	May-Dec. Benny	CSI: Miami	Cold Case "8:03 AM"		Entertainment Tonight	Andromeda (N) (E)	Largo Winch (E)	Jays at Los Angeles Angels of Anaheim.	Ghost		W-FIVE (E) (DVS)	Angel	(7:22) Zoey		Disorderly Con.	Family Guy	
7:30	Cheers	Fashion							Andromeda (N) (E)	Largo Winch (E)		Ghost							Family Guy	
8 PM	Movie: "Maximum Risk" (1996, Action)	Movie	Heartbeat	Anne of Green Gables	U.S. Olympic Trials	The Unit "Two Coins"	The Sopranos	"Confessions of a Teenage Drama Queen"	Largo Winch (N) (E)	Andromeda	2008 Calgary Stampede	Adrenaline	Cagefighting Highlights	Movie	A Haunting	Life Derek	News (N)	TNA IMPACT! (E)	That News	
8:30												Adrenaline			Dirty Jobs	Movie: "Superman II" (1980)	"Revenge of the Nerds II: Nerds in Paradise"		Friends	
9 PM		Midsummer Murders "Market for Murder" (E)	Forever Thingo	Law Order: CI	48 Hours Mystery (E)	48 Hours Mystery (E)	Bruce Willis, Alan Rickman.	Eli Stone	renewed	News (N)	From Calgary. (Taped)	Mystery	Poker Night (Taped)	Comedy	Angel	Christopher Reeve.		Factory	Seinfeld	
9:30									renewed	Driving TV		Mystery		Comedy	Angel				Seinfeld	
10 PM	King Seinfeld	Out There	Murder" (E)						renewed	Driving TV		Mystery		Comedy	Angel			Disorderly Con.	Seinfeld	
10:30									renewed	Driving TV		Mystery		Comedy	Angel			Disorderly Con.	Seinfeld	
11 PM	24 (E)	Guy Stuff	Catherine the Great	My Hero	News (N)	News (N)		News	News (N)	J.R. Digs	News (E)	Ghost	SportsCentre (Live) (E)	News (N)	Deadliest Catch	(11:07) Movie: "Blank	Movie: "The Village"	Disorderly	Deal-No Deal	
11:30		Driving TV		Roost	Sat. Night	Without		Paid Prog.	Sat. Night	Sat. Night	"SilntMo	Ghost		News (N)					Deal-No Deal	

SUNDAY, JULY 6, 2008

	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	Animal R.	Pioneers		Pocoyo	Tennis: Wimbledon - Men's	Paid Prog.	Private Sessions (E)	Good Morning America	Tennis: Wimbledon - Men's	Tennis: Wimbledon - Men's	Nanalan'	Flamingo	Formula One Racing	Kingdom	5th Gear	Overdrive	Mix TV	Factory	Let's Build
6:30	Ultimate	Taste	(6:37)	SeeMore		Paid Prog.					Lunar Jim	Dewitt	One Racing	Kids	5th Gear	Rangers		Trucks!	Paid Prog.
7 AM	Stars	Design	Dora	Zula Patrol	Final. From the All-England	CBS News Sunday Morning (N) (E)	The Sopranos (E)	News (N)	Final. (Left in Progress) (Live) (E)	Final. (Left in Progress) (Live) (E)	Doodlebop	LazyTown	Reporters	2008 Calgary Stampede	In the Shadow of the Moon	Yin Yang	Eye on Asia	Hrseper	The Nanny
7:30	Videos	Design	Clifford	Animalia		Nation	Sopranos (E)				Coronatn	Winx Club	Reporters	Parade From Calgary.		(7:20) Pucca		Hrseper	Grace
8 AM	Movie: "Blood Work"	Paid Prog.	George S.	Reading	Lawn Tennis and Croquet Club in Wimbledon, England. (Live) (E)		Sopranos (E)				Coronatn	Ruby	Billiards	Parade From Calgary.	Suite Life	Eye-Asia	Hrseper	Roseanne	
8:30		Powerboat	Magic Bus	Mama			Sopranos (E)				Coronatn	Viva Pinata	Score Golf TV		(8:43) Zoey	Festival Italiano di Johnny Lombardi (In Italian)		MuscleCar	Roseanne
9 AM	Movie: (2002) Clint Eastwood, Jeff Daniels.	Neighborhood	Arthur	Wishbone		Paid Prog.	Movie: "Analyze This" (1999)	This Week With George			Coronatn	Barnyard	PartyPoker.net	PLAN Canada (E)	Funnist Animals	Cory	Trucks!	Seinfeld	
9:30		Foodies	Large Fam	Design e2		Paid Prog.	Movie: "Analyze This" (1999)	WNBA Basketball: Silver Stars at Mystics	Driving TV	Listen Up	CBC News: Sunday	SpongeBob iCarly (E)	Women's World Open (Taped)	Amnesty	Apollo: Inside	Phil	Wilson.	Movie: "The Big Bounce" (2004) Owen Wilson.	Roseanne
10 AM		Marriage	Rolie Polie	European		Paid Prog.	Movie: "City Slickers"	Hour of Power (N) (E)	Listen Up	Foodies	Fortune	H2O Just	Jeff	In the Shadow of the Moon	School	Paid Prog.		Roseanne	
10:30		Whose Wedding Is It?	Little Bear	Performances at the Met "Roméo et Juliette" (E)	CORR Off Road Racing (Taped) (E)	PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Psychic Kids	IndyCar Racing: Camping World Grand Prix at the Glen. (Live)	Hour of Power (N) (E)	Driving TV	Marketplc	Genie	NASCAR Racing	Question Period (E)		Suite Life	Role		Frasier
11 AM		Style	Avventura			PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Psychic Kids		News (N)	PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Fashion	Fries That?	NASCAR Racing	Question Period (E)		Movie: "MXP: Most Xtreme Primate"	Battlestar Galactica	MXC (E)	Friends
12 PM	Movie: "The Last Castle" (2001)	Style Star	Avventura			PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Psychic Kids		PGA Tour Golf: AT&T National - Final Round. (Live) (E)	MLB Baseball: Toronto Blue Jays at Los Angeles Angels of Anaheim. (E)	Prank Ptrl	Prank Ptrl	IndyCar Racing: Camping World Grand Prix at the Glen. (E)	W-FIVE (E) (DVS)	Dirty Jobs	"The Little Treasure Hunters" (2004)	World Poker Tour (E)	MXC (E)	Friends
12:30	Movie: "The Last Castle" (2001)	E! News	Entrada			PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Psychic Kids		PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Jays at Los Angeles Angels of Anaheim. (E)	Prank Ptrl	Prank Ptrl	IndyCar Racing: Camping World Grand Prix at the Glen. (E)	Twice in a Lifetime (E)	How-Made			MXC (E)	Friends
1 PM	Robert Redford. (E)	Daily 10	Entrada			PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Psychic Kids		PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Prank Ptrl	Prank Ptrl	Prank Ptrl	IndyCar Racing: Camping World Grand Prix at the Glen. (E)	How-Made				When Stunts Go Bad	Deal or No Deal (N)
2 PM		10 Ways	Pan Asia	All Creatures		PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Psychic Kids		PGA Tour Golf: AT&T National - Final Round. (Live) (E)	Prank Ptrl	Prank Ptrl	Prank Ptrl	IndyCar Racing: Camping World Grand Prix at the Glen. (E)	How-Made					Deal or No Deal (N)
3 PM	Movie: "The Glimmer Man" (1996, Action)	Ben & Matt: The E! True Story (E)	Outta Town	History Detectives (E)	Paid Prog.	Paid Prog.	Simmons	Health	Simpsons	Family Guy	Family Guy	Land Sea	Movie: "Catch That Kid" (2004)	ESPY's Sp. (2006) Colin Ferguson.	Megaworld: Australia	Suite Life Proud	AFI Lifetime Achievement Award (E)	When Stunts Go Bad 3	X-Weighted "Naomi"
3:30		Mentors	Chronicles	U.S. Olympic Trials:	Extra (N) (E)	Simmons	Health	Family Guy	Family Guy	Global	Steven and Chris (E)	Kristen Stewart.	Boxing (Taped) (E)	FashionTel	Movie: "Dust to Glory" (2005) Mario Andretti.	Sadie	Movie: "Swept Away" (2002) Madonna. Premiere.	Factory (N)	Tube Tales
4 PM		Saddle	Hometime			Simmons	Matthews	Family Guy	Global	Steven and Chris (E)				In Fashion					Tube Tales
5 PM	Movie: "A Few Good Men" (1992)	News (N)	Leonardo-Dream of	Workshop	Track & Field; Swimming.	News (N)	News	Family Guy	Global	Mysteries	TBA			News (N) (E)					Tube Tales
5:30		Okanagan		Old House		Gene Simmons	News	News (N)	renewed	Antiques	Movie: "Looney Tunes: Back in Action" (2003)			News (N) (E)					Tube Tales
6 PM	Tom Cruise, Jack Nicholson.	That News	Emily of New Moon	Heartbeat	Fortune	60 Minutes (E)	Coreys	Funnest Home Videos	renewed	NUMB3RS (E)	Heartland (E)			Instant	MythBusters	So Raven	Factory (N)	Tube Tales	
6:30		What					Coreys		renewed	NUMB3RS (E)				The Hills		(7:22) Zoey			What
7 PM		Vanity	National Geographic	Nature (E) (DVS)	CSI: Miami "Skeletons"		Coreys		renewed	NUMB3RS (E)				Million Dollar Password	Megaworld: Australia	Life Derek	News (N)	MANswers	That News
7:30							Coreys		renewed	NUMB3RS (E)				Million Dollar Password				MANswers	That News
8 PM	Movie: "A Few Good Men" (1992)	Extreme Makeover: Home Edition (E)	Rosemary and Thyme	Masterpiece (N) (E) (DVS)	CSI: Miami "Deviant"	Million Dollar Password	Coreys	Extreme Makeover: Home Edition (E)	Simpsons	Simpsons	How Do Maria	Prank Ptrl		Motoring					What
8:30							Coreys		Simpsons	Simpsons	King of Hill	Prank Ptrl							
9 PM	Tom Cruise, Jack Nicholson.	The Soup	Life Begins	P.O.V. (E)	Dateline NBC (E)	Cold Case (E)	Simmons	Desperate Housewives	Family Guy	Family Guy	Movie: "Troy" (2004) (Part 1 of 2) Brad Pitt. (E)	Falcon Beach "Vigil"	NASCAR Racing	Cold Case (E)	Movie: "Dust to Glory" (2005) Mario Andretti.	Movie: "My Brother The Pig" (2000)	World Poker Tour (E)	Factory	Friends
9:30							Simmons		Amer Dad	Amer Dad		Falcon Beach "Vigil"	Score Golf TV	Mad Men "5G" (E)					Friends
10 PM		The Soup	Life Begins	P.O.V. (E)		NUMB3RS (E)	Gene Simmons	Desperate Housewives	NUMB3RS (E)	News (N)	Can Files	Falcon Beach "Vigil"	Score Golf TV	Mad Men "5G" (E)					Seinfeld
10:30		E News					Gene Simmons		NUMB3RS (E)	News (N)	Can Files	Falcon Beach "Vigil"	Score Golf TV	Mad Men "5G" (E)					Seinfeld
11 PM	In the Heat of the Night	News (N)	The Last Detective (E)		News (N)	News (N)	Coreys	News	News (N)	Popoff	(11:10) Movie: "Troy"	Oracle	SportsCentre (Live) (E)	News (N)	MythBusters	Movie: "The Karate Kid" (1984)	Access Hollywood (N)	Deal-No Deal	
11:30		Okanagan					Coreys	Van Impe	House	Key-David		Oracle		News (N)					Deal-No Deal

MONDAY, JULY 7, 2008

	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	All-Family	News (N)		Caillou (EI)	News (N)	News (N)	The Sopranos (R)	(5:00) News (R)	(5:30) News (N) (R)	(4:30) News (N) (R)	CBC News: Morning (N)	Erky Perky Jane	SportsCentre (R)	Canada AM (R)	Daily Planet (R)	Henry's King (R)	Rachael Ray (R)	Star Trek: Voyager (R)	FX: The Series (R)
7 AM	In the Heat of the Night	Body Past Lives	Clifford Dora	Barney Arthur (EI)	Today Boy George. (N) (R)	The Early Show (N) (R)	American Justice	Good Morning America (N) (R)			Gofrette Curious	Jacob George S.	SportsCentre (R)		Naked Science (R)	K. Possible (7-24)	CityLine (R)	V.I.P. "Val on the Run"	Due South "Eclipse"
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Cold Case Files (R)		100 Huntley Street (R)	Bo On Go	Viva Pinata	SportsCentre (R)		How-Made	Weekend	The Tyra Banks Show	The Kill Point (N)	North of 60 "Fire" (R)	
9 AM	Sanford	The Mom Show (R)	Berenstein (9:33)	Super Why! Dragon		The 700 Club (R)	Cold Case Files (R)	Regis and Kelly	100 Huntley Street (R)	World Vision	Super Why! Gofrette	Timothy George S.	Off-Record Fishing	Regis and Kelly	Daily Planet (R)	Feet Tigger	News (N) City	Disorderly Con.	Tube Tales What
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami (R)	The View Hot topics. (N)	World Vision	Room House	Wilbur (R) Doodlebop	Erky Perky Dewitt	Champ. Darts	The View Hot topics. (N)	Super Ships (R)	Mickey Handy	Movie: "Johnson Family Vacation" (2004) (R)	Most Amazing Videos	Videos Grace
11 AM	Cosby	Clean House (R)	Rolie Polie (11:33)	Big World Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (R)	Paid Prog. Paid Prog.	Past Lives House	(10:59) News (N) (R)	Martha Stewart	Jacob Being Ian	Score Golf TV	eTalk (R) Instant	Blueprint for Disaster	Benj Bear (11:25) King	CityLine (R)	Most Amazing Videos	Mad Abt. Frasier
12 PM	Still Stnd	News (R)	Miss BG (R)	Charlie Rose (R)	Paid Prog. Paid Prog.	News (N) Bold & B.	The Sopranos (R)	All My Children (N) (R)	News (N) (R)	Days of our Lives (N)	News (R) CBC News: Today (N)	Pokemon Team	Boxing: Wednesday Night Fights.	Degrassi Bold & B.	Building the Biggest	(11:49) Weekend	CityLine (R)	Most Amazing Videos	Seinfeld
1 PM	Fresh Pr.	Design	Pancakes	Fine Art	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	What's- Viva Pinata	Grossology	Sue Thomas: F.B. Eye	Megabuilders (R)	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (R)	Melrose Place (R)	
2 PM	King	Queer Eye	Paddington	WordWorld	Millionaire	Guiding Light (N) (R)	Cold Case Files (R)	General Hospital (N) (R)	Guiding Light (N) (R)	Guiding Light (N) (R)	Steven and Chris (R) Flamingo	Ruby	Horn Interruption	General Hospital (N)	MythBusters (R)	(1:54) K. Possible	News (R)	Star Trek: Voyager (R)	Fresh Pr. Fresh Pr.
3 PM	Friends	Christine	Dora the Explorer (R)	WordGirl Arthur (EI)	Judge	Dr. Phil (R)	Cold Case Files (R)	Rachael Ray (R)	Young and the Restless	Young and the Restless	Food Fashion	Hawks Transform	Off-Record Sports	Dr. Phil (R)	Canada's Worst Driver	Replace Emperor	News (N)	CSI: Crime Scn	Are You Smarter
4 PM	Family Guy	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey (R)	CSI: Miami (R)	Inside Cops (R)	Oprah Winfrey (R)	(3:59) News Global	Frasier Red Green	SpongeBob OddParent	Billiards	Friends Frasier	Daily Planet (N) (R)	Proud (4:38)	American Gladiators (N)	CSI: Crime Scn	Deal-No Deal
5 PM	Friends	News (N) (R)	News (N) (5:33)	BBC World Business	News (N) NBC News	News (N) CBS News	Intervention "Chad"	News ABC News	News (N) Global	(4:59) News (N) (R)	Simpsons Arrested	OddParent SpongeBob	PartyPoker.net Women's	News (N)	MythBusters (R)	Suite Life Montana	The Bachelorette (Season Finale) (N) (R)	CSI: Crime Scn	ET Canada What
6 PM	Movie: "Blade: Trinity"	Ad Pers	Skooled! renegade	News-Lehrer	News (N) Raymond	News (N) Hollywood	Intervention "Charles"	News News	News (N) ET Canada	ET Canada	News (R) Drake	World Open (Taped) iCarly (R)	World Open (Taped)	News (N) (R)	Really Big Things (R)	Zoey 101 Life Derek	Movie: "Star Wars VI: Return of the Jedi" (1983) Mark Hamill.	X-Weighted "Jeremy"	
7 PM	Wesley Snipes.	Jeopardy!	Wild	Wait God	Fortune	Scrubs	Psychic Kids	Entertain The Insider	Entertain ET Canada	Risk Takers	Coronatr Count	Malcolm Prank Ptrl	SportsCentre (Live) (R)	eTalk (R) Degrassi	Dirty Jobs (R)	So Raven Smart Guy	The Bachelorette (N)	Are You Smarter	
8 PM	Seinfeld	My Boys	The Golden Bridge (R)	Antiques Roadshow	American Gladiators (N)	Big Bang How I Met	Paranormal	The Bachelorette (Season Finale) (N) (R)	Bones (PA) (R)	Bones (PA) (R)	Maria City Chase	Fries That? Futurama	Off-Record	Corner Gas	Daily Planet (R)	Suite Life Sadie	News (N) (8:35) News	Deal-No Deal	
9 PM	Movie: "Blade: Trinity"	Nashville Star (R)	At Death's Door (R)	History Detectives (N)	Nashville Star (R)	Two Men Rules	Intervention "Chad"	The Bachelorette (N)	Risk Takers	News Hour Final (N)	National	Falcon Beach "Vigil"	Poker Night (Taped)	CSI: Miami "Burned"	Dirty Jobs (R)	School Cory	(10:06) Movie: "Private School" (1983) Phoebe	Star Trek: Voyager (R)	Married... Fresh Pr.
10 PM	Wesley Snipes.	X-Weighted (R)	The Big V	The War of the World	Dateline NBC (N) (R)	CSI: Miami "Burned"	Intervention "Charles"	The Bachelorette (N)	Risk Takers	News Hour Final (N)	National	Falcon Beach "Vigil"	Poker Night (Taped)	CSI: Miami "Burned"	Dirty Jobs (R)	School Cory	(10:06) Movie: "Private School" (1983) Phoebe	Star Trek: Voyager (R)	Married... Fresh Pr.
11 PM	Frasier	News (N) "Life"	Guy Stuff	Profiles of Nature	Charlie Rose (N) (R) Tonight	News (N) Late Show	Psychic Kids	News (11:35)	News (N) ET Canada	Entertain (11:05) 2008 Calgary Stampede	Mystery Ghost	SportsCentre (Live) (R)	News (N)	MythBusters (R)	Suite Life Life Derek	Deep Space 9	Frasier Grace		

monday movies

MORNING

10:00 am CITY (29) ★★"Johnson Family Vacation" (2004, Comedy) Cedric the Entertainer. Disaster strikes when a man takes his wife and three unruly children on a road trip from Los Angeles to Missouri. (R)

EVENING

6:00 pm WTBS (3) ★★"Blade: Trinity" (2004, Horror) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected ancestor of the undead. (R)
 SPIKE (44) ★★"Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)
 9:00 pm WTBS (3) ★★"Blade: Trinity" (2004, Horror) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected

ancestor of the undead. (R)
 10:06 pm CITY (29) ★★"Private School" (1983, Comedy) Phoebe Cates. Two girls at a fancy academy compete for intimacy with the same boy.
 11:30 pm WTBS (3) ★★"Life Without Dick" (2001, Romance-Comedy) Sarah Jessica Parker. A woman develops a relationship with the inept hit-man who was supposed to kill her boyfriend.

VISIT US ONLINE AT:

www.thenewsleader.ca

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

Similkameen Souvenirs

TAKE HOME A UNIQUE SOUVENIR FROM YOUR VISIT!

Bryan Smith's "Similkameen" DVD
\$15.00
 Featuring 200 Photos of the Similkameen Valley



George Elliott's "Princeton Posse" DVD
\$19.99
 Featuring 400+ photos from the 2006/07 season!



George Elliott's "Ghost Towns" DVD
\$19.99
 Take a guided tour of the history of mining!

AVAILABLE AT:
 Similkameen News Leader
 226A Bridge Street, Princeton
 (250) 295-4149 1-888-350-9969

ADVERTISING WORKS... OR YOU WOULDN'T BE READING THIS!



For information on how to get people reading YOUR ad call:

JOHN GILLIS
 News Leader
 Advertising Sales Rep
 (250) 295-4149

ads@thenewsleader.ca

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

Classified Advertising Rates



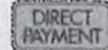
25 words \$6.50 (includes GST)
Pay for 2 weeks and get the third week FREE!
(.5¢ for each additional word)



All Classified Ads **must** be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,
MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS

services

TIN MAN

METAL ROOFING
Sales • Installations

295-3743
1-888-647-3377

Jul 06-tfn

for sale

WE'RE DOWNSIZING!!! Apartment size dryer, \$25.00...antique suitcase, \$100.00... wooden cradle, \$75.00... complete set of Encyclopedia Britannica, with reference books and year books, \$100.00 FIRM...plus hundreds of books and assorted household items...see them all at 226A Bridge Street (News Leader office).
Apr 29-01

1992 Dodge 1/2 ton, 318 fuel injection, OD, posi track, towing package, canopy with boat rack, AC, CB radio. Good solid body, no rust, lots of work done. Asking \$1,950.00 OBO. Call Keith at (250) 295-4104.
Jun 17-Jul 01

for rent

2,500 sq ft for lease. Zoned C2, on-site parking, lots of windows, single wash-room, perfect for retail. Located in high traffic location downtown on Bridge Street. Available immediately. Call Lee Mowry at (250) 295-1990.
Feb 19-01

2-bedroom, 2-bathroom 2004 modular home on its own fenced 50x120 lot, 5 appliances. 2 km outside of Princeton. Close to Trans Canada Trail. Available July 1st. \$675 per month plus utilities. Call (250) 295-3419 and leave a message.
Jun 10-Jul 01

1-bedroom home located at 83 Harold, downtown. Asking \$600.00/month. No pets, non-smoking. Available August 1st. Call (250) 295-6977.
Jun 17-Aug

Cozy 1,268 sq ft 2+1 bedroom home just minutes from downtown. Completely renovated. RV parking. No smoking or pets. Retired couple preferred. \$800.00 per month. Available July 1st. For information call Kim at (250) 493-6303.
Jun 17-Jul 01

Bedding Plants (vegetables, petunias, etc.) ongoing until sold. Drop in, but if making a special trip, call ahead for times. 1167 Highway 3. (250) 295-7939.
Jun 17-Jul 01

1995 Oldsmobile 88 Royal. 4-door in good condition. Call (250) 295-3712 or 293-6150.
Jul 01-15

1999 Chrysler Intrepid in excellent condition. Rebuilt motor 6,000KM, original kilometres 1110.5. 4 Michelin winter tires, 4 new summer tires. Asking \$7,300.00 OBO. Call (250) 295-3857.
Jun 24-Jul 01

PUPPY FOR SALE to a good home. Good with anything and anyone, 5-months old, all shots, fixed. Siberian Husky/Timberwolf Cross. Asking \$550.00. Call (250) 292-8189 or leave message at (250) 863-9863.
Jun 24-Jul 01

1999 Mallard Travel Trailer. 24-foot, excellent condition. Asking \$12,500.00 OBO. Call (250) 295-7963.
Jul 01-15

help wanted

help wanted

help wanted

Is debt turning your world upside down?
Relief is only a call away!

Call Harry Martens, Estate Administrator at 1-800-661-3661 today to set up your free consultation.

Donna Mihalcheon CA, CIRP, KPMG Inc.
Trustee in Bankruptcy.

The Hut Bottle Depot is accepting applications for part-time bottle depot positions. Please apply in person to Bill or Ann at The Hut, 367 Highway 3 West.
Jul 01-01

card of thanks

Thank You to the White Knight in the black truck who stopped on Highway 3 Friday afternoon, June 20th, lent ropes and helped catch our escaped PMH mares. Also thanks to the woman who expertly used her truck to herd escaped cattle on June 23rd.
- Danie, Ruby and Dian.

House cleaning, \$16.00 per hour. Yard cleaning, \$18.00 per hour. Call Lyn at (250) 295-7898 to book your appointment.
Apr 08-01

Local News, Weather, Sports 24/7

www.princetonbcnews.com

notices

CUSTOM MILLING

Any size to 24' long boards, beams to 24" wide. Your logs milled. No waiting. 1x4 to 2x12 and 4x4 to 6x6 in stock.

Call Alex (250) 295-7578 or Ken (250) 295-1993.
to Jul 15

found

Ladies watch found at the CIBC ATM on June 17th. Call (250) 295-4149 to describe and claim.
Jun 24-Jul 01

notices

Princeton & District Fall Fair Association is seeking vendors for the September 6 & 7, 2008 fair. Food vendors must have insurance and self-generated power. Food vendors should address their proposal to Box 276, Princeton V0X 1W0.

Other vendors may pick up a vendor form at the Chamber of Commerce office or apply to the above address. Deadline for acceptance is August 30.

FREE to a good home. 7-month old lab and border collie cross pup. Needs room to run. Loves kids and other dogs. Phone (250) 295-3585 or 295-7210.
Jun 10-01

Examine your relationship with God. Weekly at the Church of your choice. Repeat often. Examine daily if needed.
Jun 10-01



The June 28th Princeton Rotary/Racing Days Parade was one of the best parades in recent years. *

Cover2Cover Bookkeeping & Office Services

Fax Services
Scanning
Word Processing
Resumes - Letters

(250) 295-4149
226A Bridge Street

www.princetonbcnews.com

Classified Advertising Rates



25 words \$6.50 (includes GST)
Pay for 2 weeks and get the third week FREE!
(.5¢ for each additional word)



All Classified Ads must be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,
MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

MONDAY NIGHT BINGO
IN PRINCETON
SENIOR CITIZENS BR. #30

162 Angela Avenue
4:30 PM Sales Start
5:30 PM 1st 47 Bonanza #'s
SPECIALS, REGULAR GAMES, ODD &
EVEN, PROGRESSIVE SNOWBALL &
LOONIE POT. *LUCKY 7* WON EVERY
MONDAY (MIN. \$50.00 GUARANTEED)
BC Gaming License #875433
PLAY SMART GAMBLE RESPONSIBLY

help wanted

DAIRY QUEEN NOW HIRING!

Wage: \$10.00 per hour for those who qualify. Bonuses annually for those who qualify. Front End Staff, Back House Staff and Management.
Apply in person at Dairy Queen.

online services

The Similkameen News Leader has developed a number of online services for your use FREE of charge. Visit any of the following:

Similkameen News Leader
www.thenewsleader.ca

Bengel Online Store
www.bengelonlinestore.com

Bengel Online Store Blog
<http://bengelonlinestore.blogspot.com>

Frame Your Pets Blog
www.frameyourpets.com

Princeton BC News
www.princetonbcnews.com

Front Page News
<http://myfrontpagenews.blogspot.com>

Consumer News
<http://myconsumernews.blogspot.com>

Leisure News
<http://myleisurenews.blogspot.com>

Health & Safety News
<http://myhealthandsafetynews.blogspot.com>

Generation 50 News
<http://mygeneration50news.blogspot.com>

Home & Garden News
<http://myhomeandgardennews.blogspot.com>

notices

notices

notices

LIMITED PRINT BLAKEBURN MAP

"DELUXE EDITION"

is now available at Princeton Pharmasave and Chamber of Commerce
From the Author of: "Blakeburn - B. C.'s Forgotten Ghost Town"

Drinking a problem?

Alcoholics Anonymous

Meets 7:30 PM Thursdays
At The Anchorage,
136 Vermilion Ave.

Fred 295-7272/Marena 295-7663

Cover2Cover Bookkeeping & Office Services

Fax Services
Scanning
Word Processing
Resumes - Letters

(250) 295-4149
226A Bridge Street

A musical memory gift for that special someone. This unique gift is just \$20.00 plus postage. Contact youwinagain9@yahoo.ca for details. Jul 25-08

Visit us online at www.thenewsleader.ca for classified ads, archived local news, sports and court news, and much more!!! Jul 25-08

Narcotics Anonymous

OPEN MEETINGS
Wednesdays 7:30 PM

160 OLD HEDLEY ROAD
Baptist Church Basement
(USE BACK DOOR)

Info: (250) 295-7919 OR
295-8047, 295-6723

INDIVIDUALLY PREPARED HOROSCOPE

Natural character chart - \$25.
Basic chart plus
predictive - \$50.
Phone 295-6063
Completely confidential

services

services

YARD WORK - PLUS MORE

— A GUY FOR ALL SEASONS —

Raking - Snow Shoveling - Snow Removal - Weeding
Cutting Lawns - Gardening (Planting) - Maintenance
Watering - House Sitting - Painting

Call Paul 295-7820 or 295-1687 and leave message

souvenirs

souvenirs

souvenirs

real estate

real estate



HEINZ EBENAU
MANAGING BROKER
2004/05/06/07 Individual
Residential Sales Leader

Princeton Office
195 Bridge Street
Phone: (250) 295-7427
1-866-562-8855
Fax: (250) 295-7417
e-mail:
heinz@persona.ca
www.homelifeprinceton.com
Remember: Heinz Sells!

Visit us at
www.thenewsleader.ca
for online classifieds!

CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #103 - Easy

745	291	836
816	537	492
293	468	175
389	126	754
451	879	623
672	345	918
924	783	561
568	912	347
137	654	289

CHALLENGE #104 - Hard

235	716	489
814	529	673
796	834	215
167	298	534
589	341	726
342	675	198
651	987	342
973	452	861
428	163	957

Princeton Posse 2006/07 - The DVD



Posse Player Kyle L'Arrivee's parents Don and Charlene have copies!

George Elliott's
"Princeton Posse" DVD
\$19.99
Featuring 400+ photos
from the 2006/07 season!

AVAILABLE AT:
Similkameen News Leader
226A Bridge Street, Princeton
(250) 295-4149 1-888-350-9969
george@thenewsleader.ca

Classified Advertising Rates



25 words \$6.50 (includes GST)
Pay for 2 weeks and get the third week FREE!
(.5¢ for each additional word)



All Classified Ads **must** be paid in advance!

Payment methods accepted:

Cash, Cheque, Debit Card,
MasterCard, Visa or American Express.



WEEKLY DEADLINE IS 12 NOON FRIDAYS



notices

notices

FREE AND CONFIDENTIAL COUNSELLING SERVICE

Available to any woman who has experienced physical, sexual or emotional abuse in their past or present life.

Funded by the Ministry of Community Services,
Stopping the Violence Branch

OFFICE HOURS 8:30 AM - 4:30 PM

KEREMEOS: Tuesdays ONLY call (250) 499-3018
PRINCETON: Tuesdays ONLY call (250) 295-4453

notices

notices

notices

**Build A Business Risk Free!
Get The Details Now:**

www.bengelonlinebusiness.com

**Build A Business Risk Free!
Get The Details Now:**

INDIVIDUALLY PREPARED HOROSCOPE

Natural character chart - \$25.

Basic chart plus predictive - \$50.

Phone 295-6063

Completely confidential

Town of Princeton

NOTICE

For impounded pets, or to adopt pets please see the Community Bulletin Board at the corner of Bridge Street and Kenley Avenue.

KEREMEOS ELK'S & ROYAL PURPLE

Every Friday
Doors Open 5:30 PM
Elks Hall Keremeos

SMOKE FREE BINGO

GOD POWER

Finally, be strong in the Lord and in His mighty power. Eph. 6:10



FAX SERVICE

SENDING OR RECEIVING

AVAILABLE AT:
Similkameen News Leader
226A Bridge Street

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

Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



\$19.99
INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Over 400 Photos - Player Profiles - News Stories

Just The Fax, Ma'am!

Cover2Cover Bookkeeping

& Office Services

226A Bridge Street
Princeton

(250) 295-4149



PROVIDING RESUMÉ, WORD PROCESSING,
FAX, SCANNING AND COPYING SERVICES

Need A Gift Idea?

PRINCETON AREA GHOST TOWNS - THE DVD
Makes A Gift For All Occasions



\$19.99
INCLUDES GST

Available Exclusively At:

Similkameen News Leader
226A Bridge Street

editor@thenewsleader.ca

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

my turn

Fill 'er up with Sunny D!

It started with an e-mail received this week from a friend. The content of the e-mail focused on the high price of fuel over the border and compared the average cost per gallon to what it would cost if we were using everyday foods for fuel.

It got me thinking, so I picked up a flyer from a local business and did some math. I thought it would be far easier to use items priced and sold in liquid form to make the conversions work out.

I was quite amazed, to say the least.

At the time of this writing, local regular fuel costs \$1.39.9 per litre.

If you were filling your tank with Bull's Eye BBQ Sauce it would cost you \$7.04 per litre!

How about something green and good for the planet? Well, Earth's Best Baby Food comes in at \$6.95 per litre! Eden Organic Beans would cost \$4.99 per litre!

So then I figured I'd like to see what it would cost if I used items common to our shopping list - just in case I was picking out of the wrong section of the flyer.

The results were still pretty shocking.

Hellman's Mayo came in at \$4.48 per litre, Heinz Ketchup cost \$3.33 a litre and Downy Fabric Softener was \$2.07 per litre.

I had to sit down.

There had to be some deals on alternate fuel sources buried somewhere in the flyer...and there were.

For example, Sunny D would cost me \$1.05 per litre. If I filled the tank with Sunny D it would total \$31.50 compared to the \$41.97 it now costs.

The saving of ten dollars got my attention and when you consider we fill the tank an average of once a week, that's a savings of \$544.44 per year - based on today's prices.

But you know what? I've discovered that the 'house brand' is an even better deal. If my car ran on Western Classics pop it would cost me .44¢ per litre providing I used my points card for the special price.

That makes a full tank of pop in the car cost \$13.35 per fill up!

Okay, so it's a little far-fetched to imagine automobiles running on such fuels as barbeque sauce, mayo and pop, but the exercise did teach me that I shouldn't get twisted out of shape the next time prices go up at the pumps.

It's going to take a long time before regular gas is going to cost \$7.04 a litre like the barbeque sauce currently does, so I think I'll just keep doing what I've been doing all along.

Only now I'll just secretly hope someone creates a vehicle that runs on Sunny D.

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

www.thenewsleader.ca

MEMBER OF THE FOLLOWING GROUPS:

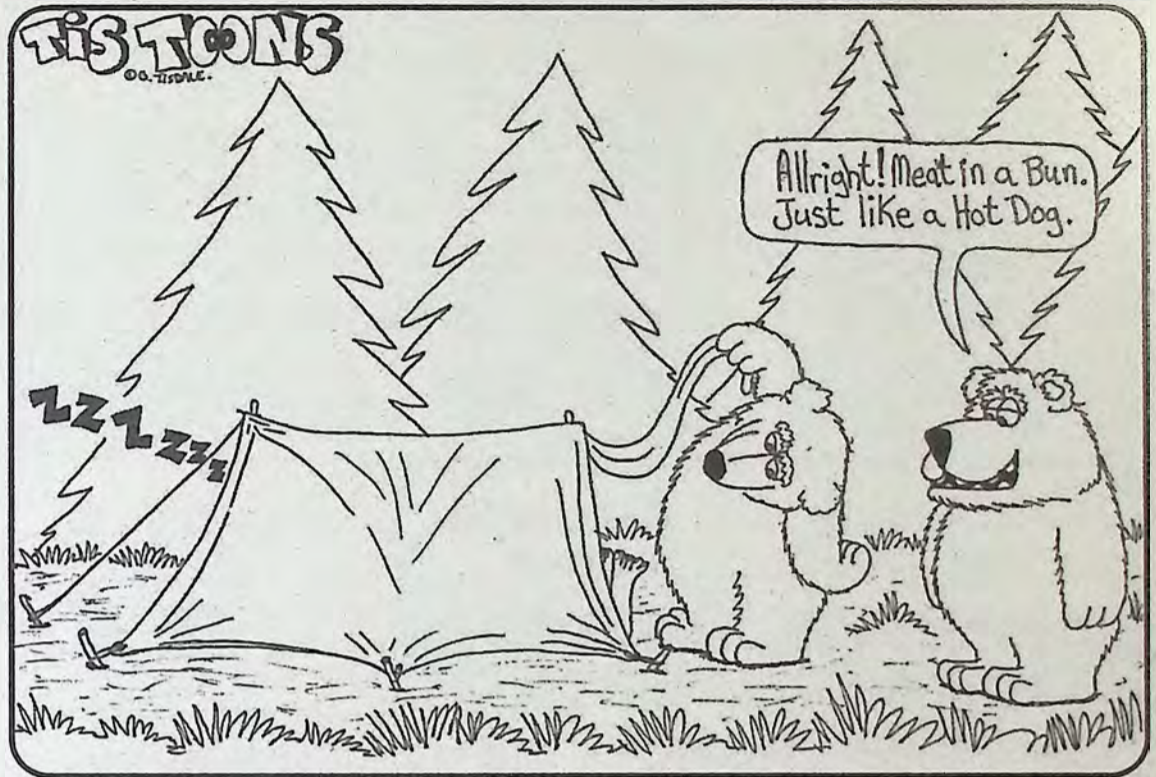
Princeton Rotary Club
Similkameen Country, Keremeos
Canadian Association of Journalists

PAP Registration No. 11034

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

Publisher:
Office Administrator:
Reporter:

George Elliott
Brenda Engel
Dawn Johnson



your turn

Marmot solution draws opposition

The Editor:

On June 4th the News Leader ran a front page story asking Could Beans Banish Marmots? I don't know who has suggested castor beans and castor oil as good pest control agents. Perhaps it is one of these good old natural remedies. I would caution anyone against purchasing seeds and growing these plants around your own home without some careful research.

Castor seed is the source of castor oil, which has a wide variety of uses. The seeds also contain ricin, a poison, which is also present in lower concentrations throughout the plant. The story does explain that the chemical ricin can burn the mouth, increase thirst, cause dizziness and nausea but fails to mention death.

The toxicity of raw castor beans is well known; hence reports of actual poisoning are relatively rare. Children could conceivably die from as few as three beans; adults may require eight or more.

Ricin is poisonous inhaled or ingested. There is no known antidote. Only symptomatic and supportive treatment is available. Long term organ damage is likely in survivors. Ricin causes severe diarrhea and victims can die of shock. Ricin has made the news fairly often in recent times in connection with terrorism. This extremely toxic poison is fairly easily extracted from the beans and the beans are not hard to come by hence the appeal for terrorist application real or imagined. Incidentally, the production of ricin is illegal.

Any liquid solution you can con-

coct will probably be highly poisonous to most animal life, including your dogs, cats, and kids should they inhale or ingest this witches brew.

Castor beans are mentioned on the Internet as effective in removing moles, I suspect by poisoning them as they ingest the beans. There is, however, no mention on the internet that they might repel marmots or deer. Castor beans will kill them, of course, if you

Letter To The Editor

Letter generates response

To The Editor;

In reply to Dawn Gardner

I was sorry to read you had been unwell and did not feel satisfied with the level of health care you received.

I also have had an unpleasant experience with a doctor where I felt he did not care enough about me.

Once at the drug store I received a prescription for someone named Smith and I'm a Jones - hers was for penicillin, which I am allergic to.

I have to say that I have had nothing but experienced the utmost in

can get them to eat them.

Why in the world would we invite these terrible plants into our environment?

Be grateful that they require a tropical or sub-tropical climate to survive and spread - and can not survive our winters to proliferate. I can not imagine anyone sufficiently aggravated with marmots and deer to risk the life of a child or a beloved pet.

- Karin Green, Princeton

professionalism at the hospital laboratory and at Cascade Medical Clinic.

My negative experiences all took place 15 years ago. We had one clinic and one drug store back then.

Yes, our system is not the best but I believe that we as a community are all pulling together to make the very best of a not so perfect situation.

Thank God we have the hard working people we have in Princeton!

Regards,
Dianne Jones, Princeton



FAX SERVICE SENDING OR RECEIVING

AVAILABLE AT:

Similkameen
News Leader
226A Bridge Street

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

Current Comment:

Watch out! We've been poisoned!



Dawn Johnson
editor@thenewsleader.ca

Health professionals have waged war against tobacco use. Environmentalists have waged war against chemicals used on our fruit and vegetables, and we are encouraged to seek organic foods. Consumer groups have waged a war against trans fats. There is another toxic product in nearly all processed foods, and it is entirely legal. The toxic food additive is high fructose corn syrup, referred to as HFCS.

I have been reading about it in a number of articles in various magazines.

HFCS causes weight gain, because it interferes with the body's ability to recognize a hormone telling us we have had enough to eat.

HFCS causes inflammation of liver cells, reducing our body's ability to break down fats to use as fuel, and aging the liver. An aging liver cannot clear the blood of toxins nor combat disease as well as a young liver.

Our immune systems are being impaired by HFCS. This corn syrup additive can cause high blood pressure by causing a sudden increase in uric acid. HFCS can cause our skin to sag and roughen.

HFCS makes the pancreas less responsive to blood sugar changes and can cause high blood sugar, insulin resistance and diabetes.

After reading all of this stuff about HFCS, I started to take HFCS very personally. I took it personally because I have been grieving the death of a cousin. She had diabetes and died as a result of kidney failure, but that is only part of the story.

For years, she fought escalating weight, even to the point of having her stomach size reduced surgically. Nothing seemed to work. She developed diabetes, along with high blood pressure and high cholesterol. Years

before she died, she was swallowing pills by the handful. We felt sorry for her, and puzzled by the diabetes.

On both sides of her parents' ancestors, long life was the norm, with no history of diabetes. Both her parents lived well into their eighties. This poor woman, despite all the pills and all that medical science could do for her, never lived to collect old age pension.

I wondered, was she a victim of HFCS?

Diabetes is a killer, and it is becoming epidemic. Is HFCS the cause?

High blood pressure and high cholesterol are epidemic, too. Is HFCS implicated?

Until three years ago, I never heard of anybody dying of cancer of the pancreas. Now I have known personally three people who died of it, and heard of a few more.

Of the people I knew, the only thing they had in common was that they liked to drink beer, usually one or two a day. I wondered, do they put HFCS in beer?

I wondered, because HFCS is in so many things these days. You have to read labels, and screen out any that say corn syrup. I mean, read EVERY label! I found out it was even in a popular brand of tinned soup and in some fat-free yogurts. HFCS may even be found in "organic" foods.

You are likely to find HFCS in crackers, cake mixes, ketchup, cereals, peanut butter, canned fruit, candy, soft drinks and fruit juices.

In fact, you are likely to find it in anything that has been sweetened, even some foods you did not suspect had been sweetened. HFCS is a cheap sweetener, reducing the cost of food pro-

duction.

More distressing than discovering HFCS are in so many foods is the fact that, since 1960, HFCS has been put in an ever-increasing number of food products.

I have unknowingly fed HFCS to my children, and they have unknowingly fed HFCS to their children. I am warning my granddaughters to start avoiding HFCS so my great grandchildren will have a better chance at a long, healthy life.

Fortunately, there are some food products now labeled "No HFCS", but what else can we do to overcome the danger?

The answer, according to experts, is to avoid eating processed foods, as well as reading labels carefully. Make your sweet stuff in your own kitchen, from scratch. Make your own soups, tomato sauce, and your own canned fruit.

Yes, I know it is like going back half a century to baking our own cakes and making our own fudge, but that is what we will have to do in order to stop food manufacturers from putting HFCS into our foods.

We can go active on stopping this horrible food additive by asking our Members of Parliament to enact a law banning HFCS in our foods.

With no market for HFCS, maybe the producers of this toxin will put corn syrup into our gas tanks instead of our food.

Among the benefits of stopping your intake of HFCS, besides preventing toxins taking a toll on your liver and pancreas, you can lose weight by balancing your appetite and your metabolism, and you will have more energy. You may even reduce your blood pressure and cholesterol when your liver has a chance to recover.

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!



Brenda Engel
OFFICE ADMINISTRATOR
brenda@thenewsleader.ca

George Elliott
OWNER / PUBLISHER
george@thenewsleader.ca

226A Bridge Street
P. O. Box 956, Princeton, B. C., V0X 1W0
Phone: (250) 295-4149 • Fax (250) 295-4103

INVITATION TO WORSHIP

LIVING WATER
FOURSQUARE CHURCH
38 Kenley Avenue
Join Us for a time of Contemporary Worship Sundays at 10:30 AM (FOLLOWED BY COFFEE)
PASTOR BOB STEWART
www.livingwater4sqchurch.com

SIMILKAMEEN CHRISTIAN FELLOWSHIP
WORSHIP SERVICE 11:00AM
Everyone Welcome
DON BODDEN - PASTOR
499-2511

BAPTIST CHURCH OF PRINCETON
Family Worship 10:00 AM
Praise & Prayer - 7:00 PM Wednesdays
COME AND JOIN US!
ACROSS FROM ARENA OLD HEDLEY ROAD
Pastor Dan Brama
295-7752

St. Paul's United Church
Office Hours Tue / Thu 9:30AM - 12 NOON
WORSHIP SERVICE 10:30 AM
190-1st Street (BEHIND COURT HOUSE)
Phone: 295-7714
Diane Robinson, Minister
Also serving the Anglican Community

www.frameyourpets.info

Broadband?
High-Speed Internet is NOW available in Coalmont and Tulameen!
For Information contact:
China Creek Internet Service 295-7944

Princeton Pentecostal Church
(The Pentecostal Assemblies of Canada)
PAOC APDC
165 Vermillion Avenue (BESIDE THE LIBRARY)
invites you to join us in SUNDAY WORSHIP
10:30 AM - Morning Worship
7:00 PM - Evening Worship
Pastor Tony Essex 295-7951

Seven days without God... makes one weak!

UPPER SIMILKAMEEN FENCING
 Phone: 250.295.4169
 Fax: 250.295.4170

- * Chain Link Fencing
- * Farm Gates
- * Range Panels
- * Round Pen Panels
- * Continuous Fencing
- * Portable Dog Kennels

Sales - Installation
 Repairs
 Residential & Commercial

Local Success Story

Dave & Lynda Gould



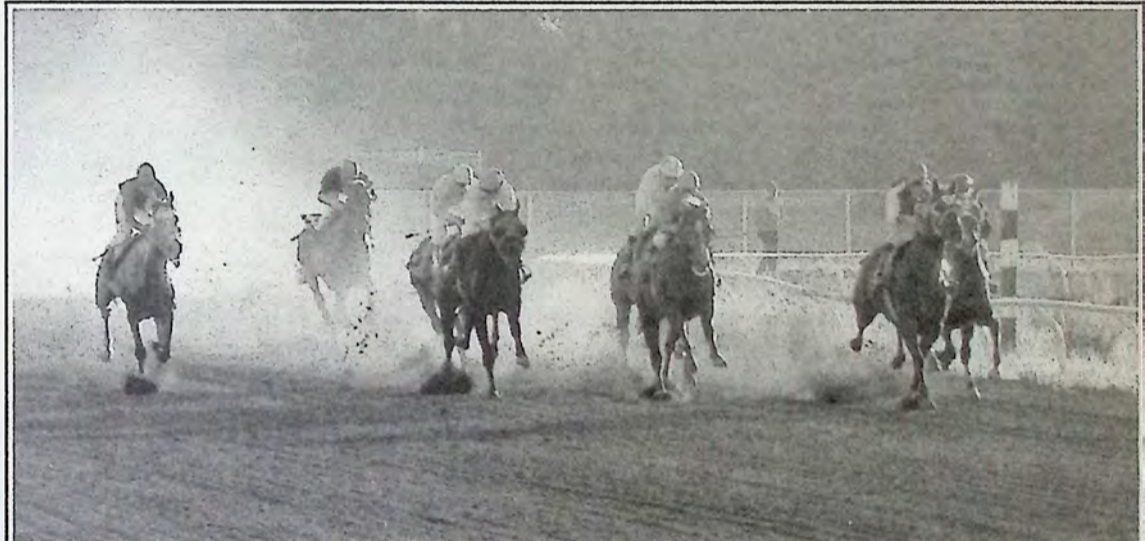
Local horse owners Dave and Lynda Gould, who own and operate Vermilion Forks Automotive, entered Princeton Racing Days in a big way - with three of the horses Dave has been training this year, his first as trainer. Above, Darian 'N Me (far right wearing #1) finished the 5 1/2 furlong first race at Sunflower Downs on June 27th in third place. It was the start of an incredible day for the Goulds. *

Princeton Area Ghost Towns - The DVD

\$19.99
 INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal



The feature race of the day - the Similkameen Cup - saw Lukin Awesome, the Goulds' star performer take the lead early in the race and hang on for most of the 7 furlongs only to miss first place by a nose. Lukin Awesome, pictured in the lead (second from the right) looked awesome through the entire race. *

Princeton School Reunion

The Class of 1939 - 1951, most of whom are three-quarters of a Century old this year, are circling the wagons again August 12, 13 & 14.

If you were a member of this class along with Ray Huey, Marilyn Ashley, Dave Anderson and Mollie Hedley - Grades 1-13, or anywhere in between, please join us!

August 12 - Registration - Seniors' Centre (Angela Avenue) 3:00 PM - ? OR at Copper Mountain Pub (Highway 3) for an informal (no host) supper.

August 13 - Return tour to Tulameen for lunch and laughter, afternoon refreshments in Coalmont, then back to Princeton for banquet at Belaire Restaurant. OR your choice of day activity.

August 14 - Noon picnic at River's Edge campground.

Bring your own deck chair, memories and sense of humour! Registration: \$30.00 each. Contact: Lois Haffey (250) 295-7985. Accommodation: Relatives, friends, motels, hotels, campgrounds.

VERMILION FORKS

Automotive Service
 Dave & Lynda Gould
 256 Old Copper Mountain Road

Spring Service Special!

Oil, Lube & Filter
\$22.95 plus taxes
 (up to 5 litres of new oil)
 SERVICE INCLUDES VEHICLE INSPECTION

NOW FEATURING NEW & USED JEEP VEHICLE SALES

OPEN 8:00 AM - 5:00 PM Monday-Saturday

Dave and Lynda invite you to 'come check us out!'

For Appointments Call: (250) 295-6808
 GIFT CERTIFICATES AVAILABLE!



In race #3, Dave and Lynda Gould entered a horse named Another Victor. The horse burst out of the starting gate and had control of the race but lost a little ground on the outside of the final turn. Another Victor finished second earning the local racers two seconds and one third place finish for the day. Above, former Princeton trainer Brian Kozak, left, gives Dave Gould some friendly advice while tacking up Another Victor in the paddock. *

Princeton Area Ghost Towns

Allenby - Blackfoot - Blakeburn - Copper Mountain - Granite Creek - Leadville

OVER 305 COPIES SOLD!
COPIES SELLING WEEKLY

- Over 100 Photos - Narrated Tours - Historic Information - Detailed Directions

TAKE A GUIDED TOUR OF THE HISTORY OF MINING - GOLD, COPPER AND COAL

Copyright 2006 W. George Elliott - Bengel Publishing Inc. - www.thenewsleader.ca

Princeton Area Ghost Towns - The DVD

WRITTEN & PRODUCED BY:

News Leader Owner/Publisher George Elliott

\$19.99

INCLUDES GST

AVAILABLE IN THE PRINCETON AREA AT:

Similkameen News Leader

226A Bridge Street

(250) 295-4149

Racing Days 2008 - A Great Celebration!

..... continued from Front Page
The two lengthy delays forced race officials to speed up time

between the final races.
The sixth race, the 5 1/2 furlong Sunflower Derby "Currie Cup"

saw Angel Came Down finish first with Lasting Influence second and Vying For Power third. The race

also had the highest payouts for a two dollar Exactor ticket worth \$47.20 and a two dollar Quinella ticket paid \$64.40.

won by Jack Krenn, Janet Hardin, Ruth Goodfellow, Robert Beausoleil and Rosemary Woodruff.

Race #7, the 5 1/2 furlong Bob Beale Tulameen Cup, saw Dutch Apple finish first followed by Caledonia Road and Dreamoneir. The race paid out the best win bet of the day returning \$9.00 on a \$2.00 wager.

Saturday, June 28th saw the annual Lions Club Pancake Breakfast at Rotary Park followed by their annual Duck Race.

The eighth race, a 7 furlong race, saw Long On Pride take first with Billy Stark second and Top Sailor third. The race also paid out the best Triactor of the day returning \$847.50 for a \$2.00 bet.

At 12 Noon, Princeton Rotary Club hosted the annual Racing Days Parade. The theme this year was BC's 150th Anniversary.

The final race, the 7 furlong Similkameen Cup, finished with Crescent Remark first followed by local entry Lukin Awesome (Dave and Lynda Gould) and West Walker.

In the Regular Parade Category Vermilion Trails Society won First Place with the Vancouver Travelling Band winning Second and Princeton Rotary Club earning Third.

The final race was also the race Princeton Rotary Club runs it's annual Similkameen Cup Sweepstakes on.

In the Business Category Princeton Castle Resort took First, SBC Firemasters Second and Princeton Arena Third.

The \$1,000 first prize went to Ed Beddows of Princeton with the \$300 second prize going to Norma Krenn of Princeton. The third place \$200 prize went to Sharon Johnson of Princeton.

In the Horse and Rider Category the Silver Cloud Peruvians won First with Princeton Rodeo Club earning Second and The Blackmine Girls Third.

The remaining \$100 prizes were

Other activities over the weekend included a Mixed Golf Tournament at Princeton Golf Club, two different Class Reunions, the annual Vermilion Artists Art Show and a Ball Tournament.



The 'Museum Gals' embraced the Rotary/Racing Days Parade theme of BC's 150th Anniversary. Above, Brittany Antonick, Kandice Simpson and Kailee Smith stay cool before the parade starts. *

Princeton Museum shares history of the Klootchman Race

Princeton Museum's Nick Mills prepared the following historic account of the Klootchman Race, which he read prior to the re-enactment June 27th at Sunflower Downs.

The News Leader thanks Nick for sharing this and allowing us to share it with our readers.

Klootchman is a Chinook Indian native word meaning woman or wife. Klootch is the shortened form.

The races held in Princeton were run on a straight course, along what is today's Vermilion Avenue; from the present day Cenotaph to the finishing line, close by today's "Billy's Family Restaurant."

On July 3rd, 1899, the race was held in Celebration of Dominion Day, over 1,000 people lined the course and of these over 400 were Native Indians.

The greater proportion of the spec-

tators was mounted. They had come from miles around, the Klootchman's Race was THE moment of the year, some people had traveled great distances just to be there, it is reported that one young teacher had ridden over 40 miles to be present.

There were several races held along Vermilion Avenue that day, but the main event was certainly the women riding in the Klootchman's Race and I quote from an English Newspaper, the London Daily Graphic of 1900, in saying "It was a sight not to be seen everyday!"

I quote from the same edition of the newspaper, "The Siwash lady, when on riding bent, entrusts her papoose to the elder women of the tribe, fastens the brightest handkerchief in her possession around her head, her smartest blouse around her body, ties her skirt tight-

ly around her knees and is ready for victory! They all sit astride and many ride without saddles, the course is quite flat and straight and is situated amongst tall pine trees." (A little different from today's Vermilion!)

It is also interesting to note, according to the newspapers of the day, Chin-Chin Agnes, and Princess Julia Arcaat were amongst the riders and the Siwash element was also represented in the band of musicians which had just marched

70 miles over the mountains from Hope and still managed to play with great gusto!

In Celebration of 150 years History of .BC, I give you Princeton's Klootchman Race of 2008!

CENTURY 21 Princeton Realty
proudly presents...



Premier project unveiled from one of Princeton's finest builders

Fred & Company!



Introducing six-unit strata townhouses. Customize and personalize to suit your lifestyle. River views, top quality!

Starting at
\$299,900




Three bedrooms plus den, three bathrooms, high ceilings, balcony, landscaped and irrigated. Single car garage with large workshop, with optional elevator.

CENTURY 21 Princeton Realty

224 Bridge Street, Princeton Phone: (250) 295-6977 - Fax: (250) 295-3411

www.princetonbc.com

Princeton Area Ghost Towns - The DVD



Princeton Area Ghost Towns
Shelby - Woodlark - Shiloh - Royal Victoria - Emily Park - Leaside

This is a special DVD for the history of mining - gold, copper and coal.
Copyright 2008 by Fred & Company. All rights reserved.

\$19.99

INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal



Princeton's 2007/08 Youth Ambassadors share a moment near the end of their term Racing Days weekend. From left, Vice Ambassador Samantha Wasylenchuk, Friendship Ambassador Michelle Derkson and Ambassador Madison Johnston rode in their last Rotary Parade together June 28th. *



Princeton Arena won 3rd in the Business Category with this parade entry. *



Local politicians participated in the annual Rotary/Racing Days Parade. From left, Town Councillors Ray Jarvis and Jim Manion, Area H Director Gerri Logan and Mayor Randy McLean. *

VISIT US ONLINE:
www.thenewsleader.ca

Princeton Area Ghost Towns - The DVD



\$19.99
INCLUDES GST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal



PRINCETON PLAZA PARKING LOT

OPEN FIRE RESTRICTION
in the Kamloops Fire Centre

Effective at noon on June 26, 2008 and until further notice, all open fire is prohibited throughout the Kamloops Fire Centre.

Open fire is defined in three categories. A Category 1 open fire means an open fire that burns piled material no larger than one metre high and one metre wide. This Category 1 open fire ban does not prohibit the use of campfires.

A Category 2 open fire means an open fire that burns piled material no larger than two metres high and three metres wide, or grass over an area less than 0.2 hectares (2,000 square metres) in size.

A Category 3 open fire means an open fire that burns material in piles larger than two metres high and three metres wide, windrows, or grass over an area larger than 0.2 hectares (2,000 square metres) in size.

This open fire ban applies within BC Parks and to all public (Crown) and private land outside of organized areas. This fire ban does not apply within municipalities or regional districts that have their own burning bylaws. Please check with your local authorities before lighting a fire this summer.

This open fire ban is in effect to protect public safety and to limit the risk of person-caused wildfires.

The Kamloops Fire Centre extends from the northern border of Wells Gray Park, north of Blue River to the US border in the south, and from the Bridge River Glacier west of Goldbridge to the Monashee Mountains east of Lumby.

To report a wildfire or unattended campfire call
1-800-663-5555 or ***5555** on most cellular networks.
For more information on open fire restrictions or
for updates on current wildfire activity
visit www.bcwildfire.ca.

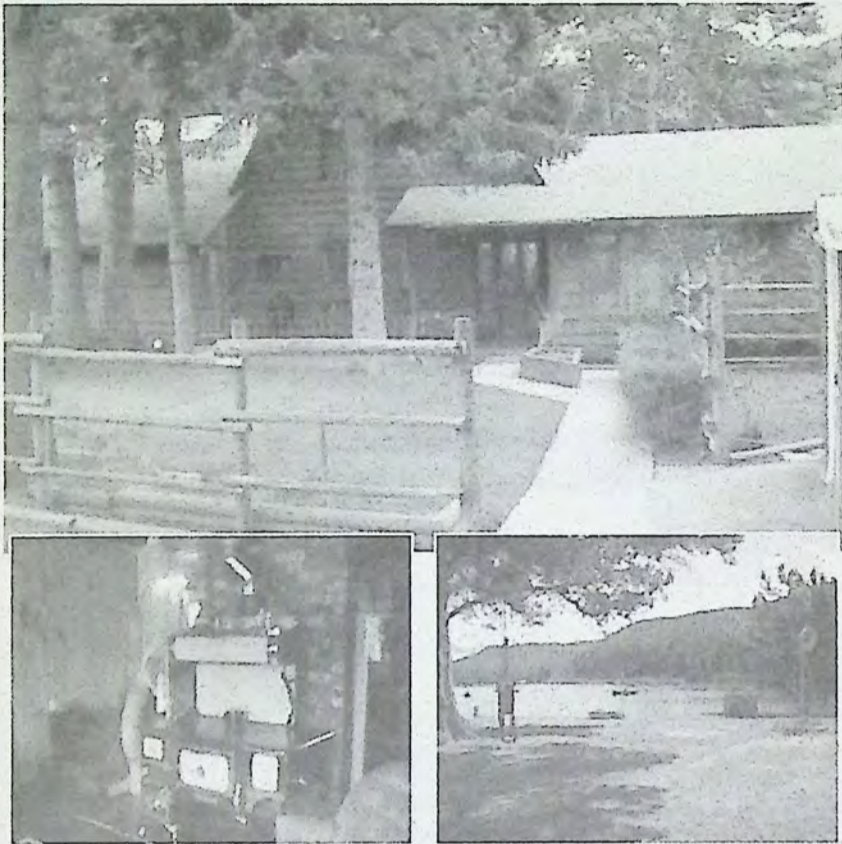




Share the Power of RE/MAX



RE/MAX HOME OF THE WEEK



Osprey Lakefront

They aren't making any more of it - lakefront that is! Gorgeous Osprey lakefront home, on almost half an acre level, semi-private and treed lot. Quiet area. Beautiful park-like setting. Come sip your wine while relaxing and watching the world go by!

Listed at:
\$688,300
 115 Lee Creek Road
 mls.ca#45402

Allison Lake Lakefront



2944 Allison Place \$683,800
 Lakefront property at Princeton's finest lake! Over 200 ft worth! 4-bedrooms, 2 baths, large country kitchen, living/dining room, loft upstairs and big windows. mls.ca#45163

Land Sakes!



615 Cedar Cr Rd \$1,388,300
 145 acre ranch is 5-minutes from town, paved right to the front door. Barns, corrals, hay-field, 3 wells, spring, pond, creek, workshop, equipment shed, outdoor riding arena, 3,200 sq ft rancher, indoor pool. mls.ca#43301

Quality & Comfort



181 Missezula Lk Rd \$425,000
 Custom quality-built home at Missezula Lake. Double garage and storage sheds. mls.ca#37597

Golden Opportunity!



164-6 St., Tulameen \$850,000
 Don't miss your chance to own this rare CT Zoned property in Tulameen. Run your own business and live in one of the most sought after areas. Previously run as a 16 site RV Park. What's your dream? mls.ca#41794

Got Horses!



2612 Highway 40 \$225,300
 Mobile on 5 acres with spring water rights and drilled well. Property is level and fenced. Great horse property. Make the move today to your little paradise. mls.ca#45415

Great Opportunity!



3892 Highway 40 \$558,300
 Superior country store and cabins at Chain and Osprey Lakes. One bedroom living quarters. Showers/laundry for tourists, renovated building, 4 cabins only a year old. mls.ca#43755

What A Buy In Tulameen



163-2nd Street \$334,900
 Double lot! Underground irrigation and remodeled cabin just minutes walk to the beach. Ready to move in, most furniture included! mls.ca#44124

For The Handyman



486 Auburn Cres. \$142,900
 Priced to move in or to just renovate. Located on popular street across from park. Comes with good-sized shop. mls.ca#44781

The Best of the Best



4109 Lakesyde Rd \$758,300
 Osprey's finest lakefront. Over 1 acre flat, treed, creekfront and lakefront property. Includes garage/workshop and sheds. mls.ca#45812

Riverfront Cabin



2285 Arcat Road \$348,800
 Approx. 1 acre riverfront panabode cabin with recent remodeling done. Concrete foundation, excellent plumbing/wiring. mls.ca#45169

Perfect Family Home!



117 West China Ck \$388,300
 One of Princeton's best homes in Deerview Estates. Well laid out with 5-bedrooms, 3 full baths, 1/2 acre lot. mls.ca#43792

Dream Starter!



279 Bridge Street \$59,500
 Downtown business with secured major feed suppliers in place. Large new and repeat customer base. mls.ca#42871

Listen To This...



4263 Highway 40 \$1,888,300
 I just pulled six 2-pounders of trout out of Osprey Lake and I'm sitting on my deck with a glass of wine and the fish on the BBQ. That was the owner yesterday. Freedom 55 - retire here at 55 on this 55 acre parcel. mls.ca#40057

Walk To Everything!



136 Angela Avenue \$349,000
 Great downtown home with in-law suite. Some updates already done. Great deck off living room and master bedroom. mls.ca#NEW

Completely Remodeled!



255 Luard Street \$159,900
 End of Luard - new floors, kitchen, paint, roof and deck. Nice and bright inside and out. 'Trees for shade. Another 'just move in and call it home.' mls.ca#45631



It'll open a lot of doors for you!

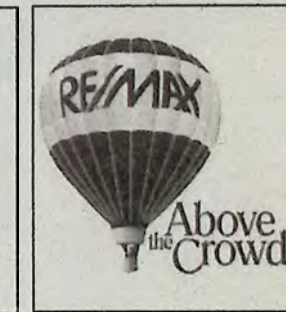


JANICE BARCLAY
 295-3222
 janicebarclay@princetonbcproperties.com

JIM JUNKIN
 295-1968
 jimjunkin@princetonbcproperties.com

JUDY KLASSEN
 295-JUDY
 judy@remaxcountry.net

DEAN STINSON
 295-8537
 dean@thedean.ca



RE/MAX[®] country
 THE VOICE OF REAL ESTATE

www.PrincetonBCProperties.com
 EACH OFFICE INDEPENDENTLY OWNED AND OPERATED

240 Bridge Street, Princeton Phone (250) 295-3222 Fax (250) 295-6781