

The new information kiosk at Jacobson Lake was unveiled July 26th and features detailed historic information on the Treasures of the Tulameen. More photos on Page 24 and 26. Photo: Kailee Smith

Town opposes CBM development

In a detailed resolution adopted July 21, Town Council voted unanimously to support a moratorium on coal bed methane development until a number of concerns have been addressed and eliminated.

The concerns are:

- a) local economic well-being as an agriculturally based valley
- b) impact on viticulture, orchards, organic farmers and food producers
- c) the impact on water tables, wells and aquifers of the Similkameen Valley
- d) a lack of water baseline study of the Similkameen River Sub-Basin

and surrounding aquifers e) the possibility of water temperature increases in local and international water sources due to deep groundwater extraction, and f) the potential impact on fish, wildlife and the environment.

Councillor Jim Manion requested the addition of a concern about the impact on the aesthetics of the valley if there are 200 well-heads requiring a space of a football field for gas collection.

A copy will be sent to Premier Gordon Campbell via the David Suzuki Foundation.

SBC Firemasters receives Ice Fund

SBC Firemaster Group of Companies have received notice that the Ministry of Energy Mines and Petroleum Resources (MEMPR) and the Innovative Clean Energy Fund (ICE) has committed to the funding of \$750,000 to introduce the first modular pellet mill to British Columbia.

This exciting innovation can assist in utilizing Mountain Pine Beetle infested timber, provide alternatives to the bee-hive burning of wood waste, can utilize wood wastes that currently have no market and create a new carbon neutral energy product. At the same time the Mod-Mill will provide diversity in the forestry sector, while creating economic growth and job creation.

The creators of the 'Mod Mill', SBC Firemaster have presented a solution to wood waste problems throughout BC. In times of economic distress for the forestry

community it is vitally important that new innovation be brought forward to ensure BC remains vibrant in the forestry sector and applies innovation to problems presented in non-traditional wood waste. The first mod-mill will be working in Revelstoke at the Kozek Sawmill.

If a solution to its waste wood residues couldn't be found, this sawmill was facing closure. The 'Mod-Mill' will provide a solution, employment, green energy and economical heating alternatives for Revelstoke while ensuring a successful business of 50 years can continue to contribute and employ into our futures.

"The PelletMaster Mod Mill provides a new approach to pellet manufacturing and will provide a piece to the puzzle in regards to BC's need to diversify the forestry sector" stated Brent Wren, CEO of SBC Firemaster.

"We are delighted that the Provincial Liberal Government has funded the opportunity to showcase our technology in Revelstoke. Burning wood fuels in high efficiency stoves and furnaces provides a multitude of benefits to

both the ecology and economy of BC. The PelletMaster will provide a means for communities throughout the Province to produce their own energy products at a local level and to utilize these products locally; this will provide additional benefits to the health of our forests and reduce our carbon emissions dramatically," Wren concluded.

"The Government has received

Mayor announces re-election plan

by Mayor Randy McLean

Over the past 36 months I have been under the impression that I would not be seeking re-election for another term. I have served as Mayor for 9 of the past 12 years and although I have enjoyed trying to give back as much as I can to the community and people that have helped raise my family and so enriched our lives, all good things must come to an end. I had made people aware of this and fully expected to step down.

During the past three years our Council has taken on and set in motion a wide variety of initiatives which are in varying stages of development. We replaced and reorga-

nized a full compliment of staff and set them about bringing our governance structure, including bylaws and community plan, up to date. The entire staff have proved invaluable in terms of restructuring how we operate as a municipality. They have worked diligently to mould and design those initiatives and enabled us to access upper level government funding. Every council member brought projects put forward by people in the community, we believed that Princeton wanted to be taken to new heights. Staff, crew and council put no boundaries on those aspirations that we believed would take us to that future and we have for the most part, been able to embark on

Minister Neufeld and Minister Penner to create a new vision for a revitalized Forestry Sector. We thank the government for their vision and leadership," remarked Paul Adams, Public and Governmental Relations Officer for SBC Firemaster.

SBC Firemaster Group of Companies is a solution based leader in the bio-energy field.

almost all of those initiatives.

I am very proud of the entire team I have worked with, and although we have had occasional variations of opinions, our goals were consistent, and as a result so many of those dreams have been pushed towards reality. The community now has over \$4-million in developmental infrastructure projects in various stages of progress, including the water project, town square, airport upgrades, industrial park, the Bridge of Dreams, the museum, the library, Two Rivers Park, Gateway Park and our Official Community Plan. An initiative to provide the information to Princeton and area residents on continued on Page 10

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



STRENGTH

in our resources

We're here to answer your questions

We promised to listen and respond. By voluntarily deferring our drilling program, Petrobank has the opportunity to continue the dialogue about coalbed gas (CBG) in BC. Recent letters to the editor and advertisements from some members of the community have raised questions about water and CBG.

Coalbed Gas and Water Protection

Water is one of the most important resources all Canadians share. Clean, fresh water must be protected. That is why the province of British Columbia has some of the most stringent regulations in place to preserve this resource. And, at Petrobank, we are committed to meeting or exceeding these regulations.

To protect the water system, BC requires proponents to follow best practices in all stages of CBG development, including:

- Using the most advanced technology and practices that are commercially viable;
- Absolutely no surface discharge of CBG produced water; and
- Any re-injected coalbed gas produced water must be well below aquifers.

Taken from the BC Energy Plan, Oil and Gas Policies (http://www.energyplan.gov.bc.ca/PDF/BC_Energy_Plan_Oil_and_Gas.pdf)

On February 27, 2007, the provincial government released "The BC Energy Plan: A Vision for Clean Energy Leadership". The Energy Plan clarifies and enhances British Columbia's commitments to making British Columbia's coalbed gas production the most environmentally responsible in North America.

CBG and Drinking Water

In Alberta, some people have claimed that CBG drilling has affected the quality of their drinking water. One individual even demonstrated that she could light her water on fire. This is a very serious claim that warranted a full independent investigation.

On January 16, 2008, the final report showed that water "wells were not affected by coalbed methane development, but rather, the quality issues are due to naturally occurring methane or poor well construction or maintenance."

(To see the full report, go to www.waterforlife.gov.ab.ca/coal).

Even so, Petrobank agrees that it is important to test nearby domestic water wells before and after drilling to ensure we have no effect on local water. We publicly commit to offering this pre- and post-drill testing by an independent, reputable environmental company within a two kilometre radius of our proposed evaluation well sites (an area that exceeds OGC guidelines). Testing would occur just prior to the drilling of new wells, and all results will be provided to the owners of the water wells. Petrobank representatives have already been in contact with landowners who have wells within this 2 kilometre radius.

Aquifer Protection

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

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

Under no circumstances would CBG production or drilling take or use water from the local aquifer. The best practices and regulations followed by Petrobank ensure that aquifer water is not affected in any way.

We value the opportunity to answer your questions and provide context for CBG in BC. To connect with us, please contact Petrobank at:

Email: PrincetonCBG@petrobank.com

Phone: 1.866.764.4571

Write: Attention: CBG Information Request
Petrobank Energy and Resources Ltd.
2600, 240 – 4th Avenue SW, Calgary, AB Canada T2P 4H4



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Mayor Randy McLean conducted the swearing in ceremony of Youth Ambassador Jenny Laska (center) and Vice-Ambassador Dawn Campbell at the July 21 Town Council meeting. Mayor McLean expressed his appreciation of the Youth Ambassador program and gave special thanks to Lori Thomas and Kim Macahonic for carrying on the program. Photo: Dawn Johnson

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Town Council notes

Elections

On July 21, Town Council appointed Town Administrator Patrick Robins as Chief Elections Officer for local elections in the town. Civic elections will take place in mid-November.

Airplanes

The Fraser Blues Formation Flying team has written a letter to Town Council saying they are willing to come back to Princeton in 2009 for Airport Appreciation Day, and are pleased that Princeton has an aircraft fueling service.

Chicken Freedom

Council moved to support the Vancouver Humane Society in its efforts to free chickens from the confining tiered cages and have them free range.

Trails Society praise

Councillor Jim Manion thanked Town staff and Vermilion Trails Society for all their hard work for the past two years which led to the half million dollar grant to build a foot bridge across the Tulameen River linking the TransCanada Trail

at the east side of Princeton.

Community plan adopted

The Official Community Plan was adopted by Town Council on July 21. This is a lengthy document that will affect future development within Town boundaries. Copies may be obtained at Town Hall. The guiding principles of the plan include promoting a thriving family-oriented community by encouraging activities that contribute to Princeton's small town ambiance and character and by facilitating a compact and walkable town centre. The News Leader will provide a comprehensive review of the plan next week.

Tree giveaway

Town Council was given 6,000 seedling trees to give to local residents. They set up their tree party downtown, guessing it would take all day to dispense that number of trees. They were surprised to find themselves with no trees on hand at the end of 49 minutes. Councillor Jim Manion thanked the local media for making the giveaway a success.

Dike walk sparks controversy

A plan proposed by a local property owner to block off a section of the dike on Tulameen River brought a letter of protest to Town Council. Council is basically opposed to any restriction preventing local residents from using the dike as a walkway. At the same time, the property owner has documentation proving he has title to the property up to the high water mark.

One of the problems faced by Council is the need to placate local

residents who want to walk on the dikes. This is not the first time such a controversy has been laid at Council's feet. There is one other right Council has in regard to fencing off the dikes: if there is a flood, or if the dikes need repair, the Town crew can simply tear down the fence and gain access to the dike. The dike is required to be accessible to Town crew at all times.

Council agreed to meet with the owner to reach a satisfactory compromise.



An Application by FortisBC Inc.
for a Certificate of Public Convenience and Necessity
for the Copper Conductor Replacement Project

Notice of Application and Workshop

Workshop

Date / Time: Tuesday, August 12, 2008, 2:00 p.m. – 4:00 p.m.
Location: Manteo Resort, 3762 Lakeshore Road, Kelowna, B.C.

THE APPLICATION

On June 27, 2008, FortisBC Inc. ("FortisBC") applied (the "Application") to the British Columbia Utilities Commission (the "Commission") for a Certificate of Public Convenience and Necessity for the Copper Conductor Replacement Project (the "Project").

The proposed Project will address safety concerns and system reliability incidents that are the result of distribution copper conductor failures. Generally, the Project consists of the replacement of all No. 8, No. 6 and 90 MCM Copper Distribution Conductors with Aluminium Conductor Steel Reinforced Conductors and the assessment of poles for age and safety and replacement subject to the assessment result.

The Project is expected to start in the first quarter of 2009 and be completed by the fourth quarter of 2018, with estimated capital expenditures of approximately \$102 million, including the cost of removals, over the ten-year life of the project. The net present value of the Project is estimated at approximately \$59 million with an estimated Customer Rate Impact at 0.15 percent. Although FortisBC is seeking approval of the Project, it is only seeking expenditure approval out to 2010 as set out in the Application totalling \$11.7 million. FortisBC will seek further approval for future expenditures beyond 2010 in its future Capital Expenditure Plans.

THE REGULATORY PROCESS

The Commission has established a Regulatory Timetable for a Workshop at the Manteo Resort in Kelowna, B.C., Tuesday, August 12, 2008 and a Written Public Hearing process to review the Application.

WORKSHOP

Persons wishing to attend the FortisBC Workshop should notify the Commission, in writing or electronic submission, no later than Friday, July 25, 2008.

INTERVENTION

Persons who expect to actively participate in the FortisBC proceeding should register as Intervenors with the Commission, in writing or electronic submission, no later than Wednesday, August 13, 2008. Intervenors are requested to identify their interest in the Application. Intervenors will each receive a copy of the Application and all correspondence and filed documentation in accordance with the Commission's Document Filing Protocols.

Persons not expecting to actively participate, but who have an interest in the proceeding, should register as Interested Parties with the Commission, in writing, by the same date. Interested Parties will receive a copy of the Application's Executive Summary and the Commission's Decision when issued.

All submissions and/or correspondence received from active participants or the general public relating to the Application will be placed on the public record and posted to the Commission's web site at www.bcuc.com. The Commission Panel in a proceeding may award costs for participation, pursuant to the Participant Assistance/Cost Award Guidelines, under Section 118 of the Utilities Commission Act. The Guidelines are available at www.bcuc.com/Guidelines.aspx. Participants intending to apply for participant assistance must file a budget by Friday, August 15, 2008.

PUBLIC INSPECTION OF THE DOCUMENTS

The Application and supporting materials will be available for inspection at the following locations:

FortisBC Inc.
Head Office
1975 Springfield Road, Suite 100
Kelowna, B.C. V1Y 7V7

FortisBC Inc.
Trail Office
1290 Esplanade
Trail, B.C. V1R 4L4

Public Libraries
Castlegar, Creston, Grand Forks,
Kelowna, Oliver, Osoyoos, Penticton,
Princeton and Trail, B.C.

British Columbia Utilities Commission
Sixth Floor, 900 Howe Street
Vancouver, B.C. V6Z 2N3
Telephone: 1-800-663-1385

Internet
www.fortisbc.com
www.bcuc.com

FURTHER INFORMATION

For further information, please contact Ms. Erica Hamilton, Commission Secretary as follows:

Telephone: (604) 660-4700
Facsimile: (604) 660-1102

B.C. Toll Free 1-800-663-1385
E-Mail: commission.secretary@bcuc.com

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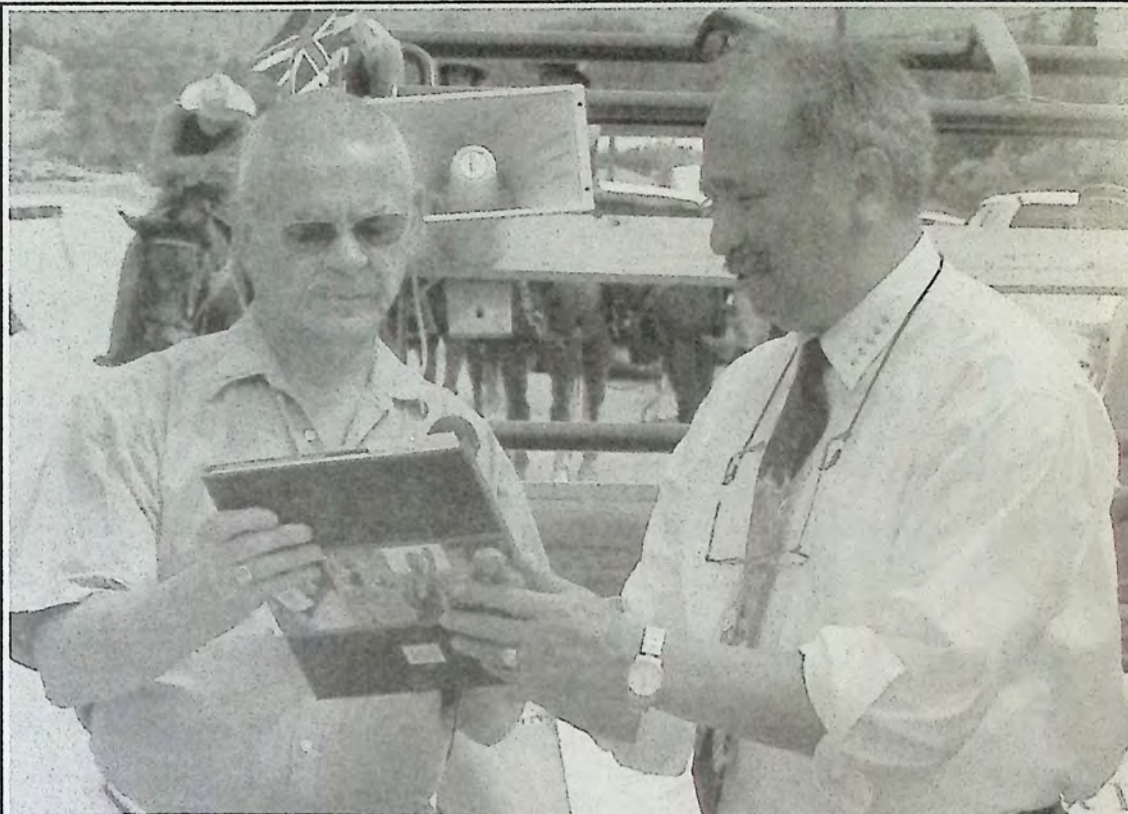
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4 KM West of Keremeos on Highway 3 at the Historic Red Bridge
 RR 1, Keremeos, B. C., V0X 1N0

CLOSED AUGUST 1-4

OPEN 10:30 AM - 5:00 PM DAILY AUGUST 5 TO ???

keremeos and area news



Keremeos Mayor Walter Despot, left, accepts a gift from Lt. Gov. Steven Point following ceremonies to officially open the Red Bridge Centennial celebration. The book, on Government House, Point's official residence in Victoria, was later signed by Point and donated to the Keremeos Library. *

Red Bridge marks 100!

Saturday, July 26th was a day of celebration in Keremeos.

The day started with a pancake breakfast in Memorial Park, shifted to the Red Bridge at 1:00 PM and ended with an evening dance at Victory Hall with many other activities fit in-between.

During the official ceremonies at the Red Bridge, BC's 28th Lt. Governor Steven Point explained the bridge was a symbol.

"It's a symbol for me of the changing times and of bridging gaps between communities."

BC Southern Interior MP Alex

Atamanenko recounted how the bridge, constructed in 1907, brought rail traffic to Hedley starting in 1909 and thanked the Red Bridge Committee for all the work and dedication they had put into preserving the structure and organizing the celebration.

"I'd like to congratulate the community as it has truly been a community effort."

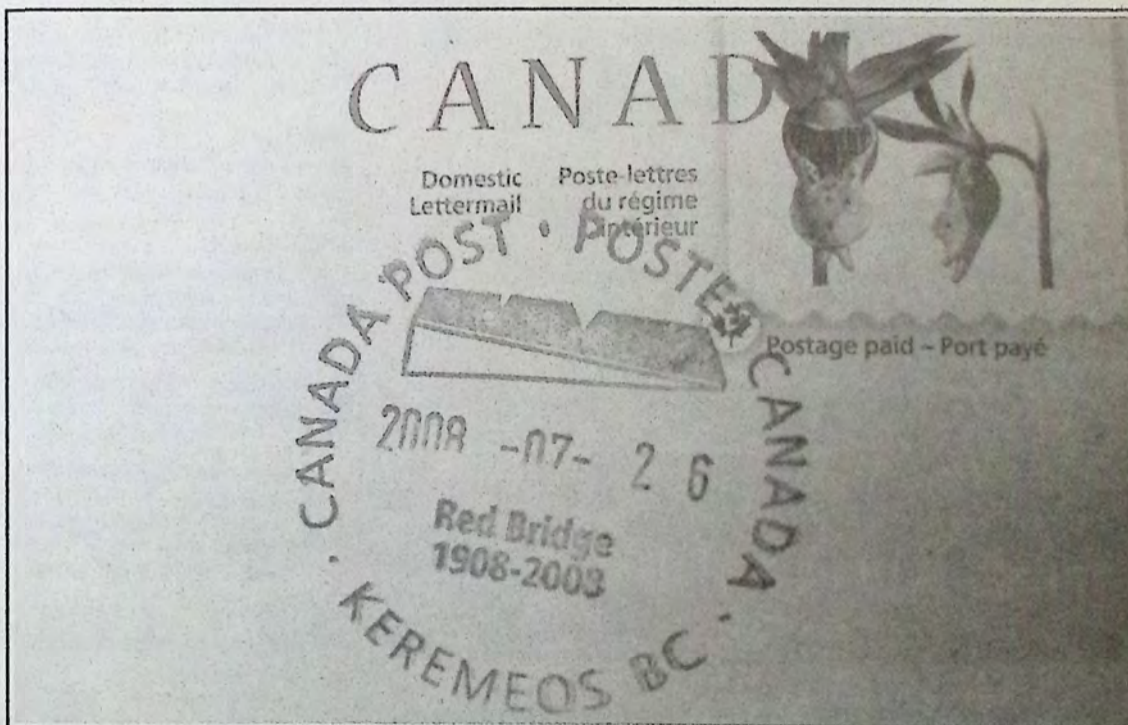
LSIB Chief Joe Dennis agreed with what Lt. Gov. Point had said about the bridge bringing together communities, cultures and providing a shared unity.

He reminded all present the importance of passing those things down to our children.

"We have to realize it's our children who will be becoming the future mayors and decision makers."

RDOS Chair Dan Ashton said the celebration was possible only with cooperation of the RDOS, municipalities and Similkameen Country and that partnership "can make these things happen."

Area G Director Joe Nitsch acknowledged the hours spent by volunteers to create a reason for the day long celebration.



The official Keremeos Post Office cancellation stamp celebrates the Red Bridge. *

www.princetonbcnews.com



Flip Breskin and Zeke Hoskin will be appearing at the Princeton Traditional Music Festival on August 16 and 17. - photo submitted

Festival includes cowboy poetry and Princeton history music

This is the third in a series of stories about some of the performers appearing at the Princeton Traditional Music Festival.

The festival takes place August 16th and 17th right in town on two stages - one in front of the Museum and one on Billiter Avenue, next to the CIBC. There will be music from 12 Noon until 6:00 PM on both stages on both days. The opening ceremony is on August 16th at 11:30 AM. Contact Jon and Rika at (250) 295-6010 if you'd like to volunteer or find out more about the festival.

Last week we talked about a logger poet who is coming to the festival. This week we'd like to draw your attention to our own Lyn Melnechenko who will be sharing her poetry.

Many of you will know Lyn from her column in this paper called, "Ranchin' Ain't Easy" where she recounts wild and wonderful stories about life on a ranch. Lyn also writes cowboy poetry or, more accurately, cowgirl poetry.

Last March she won First Prize at the Cowboy Poetry Festival. Cowboy poetry has a long and valued tradition. After a day of herding cattle in the heat and the dust, cowboys gathered around the campfire at night. Shifts of one or two of them would do night watch with the herd.

It was not uncommon for a night-herding cowboy to play harmonica or to sing to the herd to keep them calm. The music also acted as sort of a 'sound wall' that masked the sound of coyotes, wolves or any sudden noises that might spook the cattle.

The cowboys around the fire drank coffee, shared stories or recited poetry. The poems were about their work and their lives, making fun of workmates or recounting some harrowing or humorous event.

A the Sounds of Our Heritage Festival, which took place last year on the July 1st weekend, Zeke Hoskin from Bellingham, Washington spent a few hours with the Princeton Museum's Nick

Mills talking about Princeton's history. The following afternoon Zeke and his wife, Flip Breskin, appeared on stage singing the song which appears below. It's a thumbnail history of Princeton in four verses.

Flip and Zeke will be appearing at this year's festival with more songs as well as tunes played on guitar and mandolin.

Now It's Called Princeton by Zeke Hoskin

Chorus:

Trappers and miners and ranchers and miners
And loggers and miners and tourists and miners
Now it's called Princeton, it once was Vermilion Forks
But to us it's a town in a billion

The Similkameen people before there were trains
Traded pipestone paints all across the Great Plains
The white man's diseases brought most of them down
The rest took their horses and got out of town

Mostly it's copper. Twice it was gold
A few tons of platinum, millions of coal
They followed wherever the ore could be found
But too many left blood and bones in the ground

The big cattle ranches worked fine in their day
But the drive to the cities, it just wouldn't pay
And trappers have trapped for a century or two
But trapping's a life that supports just a few

Now it is logging that brings in our bread
And folks from the coast come to live here instead
The world keeps on changing as decades roll by
But whatever we live on, this town it won't die

- submitted

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An Application by FortisBC Inc.
for a Approval of 2009-2010 Capital Expenditure Plan and
Review of 2009 System Development Plan Update

Notice of Application and Workshop

Workshop

Date / Time: Tuesday, August 12, 2008, 9:00 a.m. – 2:00 p.m.
Location: Manteo Resort, 3762 Lakeshore Road, Kelowna, B.C.

THE APPLICATION

On June 27, 2008 FortisBC filed its 2009-2010 Capital Expenditure Plan ("2009-2010 CEP") and 2009 System Development Plan Update ("2009 SDP"), and applied for Commission approval of the 2009-2010 CEP.

FortisBC states that the most significant areas of expenditure are those required to expand and upgrade the bulk transmission and distribution system to keep pace with load growth, and to continue the ongoing program of life extension at the Company's generating plants. The 2009-2010 CEP will also address the substation and transmission line siting issues for new and upgraded facilities.

The 2009-2010 CEP describes capital expenditures of \$178.8 million in 2009 and \$181.1 million in 2010. Expenditures in the 2009-2010 timeframe increase from \$150.3 million as originally scheduled to \$251.1 million in the 2009 SDP.

THE REGULATORY PROCESS

The Commission has established a Regulatory Timetable for a Workshop at the Manteo Resort in Kelowna, B.C., **Tuesday, August 12, 2008** and a Written Public Hearing process to review the 2009-2010 CEP and 2009 SDP.

WORKSHOP

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INTERVENTION

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PUBLIC INSPECTION OF THE DOCUMENTS

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FortisBC Inc.
Head Office
1975 Springfield Road, Suite 100
Kelowna, B.C. V1Y 7V7

FortisBC Inc.
Trail Office
1290 Esplanade
Trail, B.C. V1R 4L4

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Princeton and Trail, B.C.

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Telephone: 1-800-663-1385

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FURTHER INFORMATION

For further information, please contact Ms. Erica Hamilton, Commission Secretary as follows:

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NOTICE OF PUBLIC HEARING

Official Community Plan Bylaw 808,2008

Pursuant to the provisions of Sections 890 & 892 of the Local Government Act, notice is hereby given that a Public Hearing will be held in the Council Chambers of the Town Hall on Monday, August 18, 2008 at 6:00 PM to consider Town of Princeton Official Community Plan Bylaw No. 808, 2008.

The proposed bylaw would rescind the existing Official Community Plan that was adopted in 1993. The proposed new Official Community Plan bylaw represents a major revision to the existing bylaw.

At the Hearing all persons who deem their interest in the proposed Bylaw shall be given an opportunity to be heard on matters contained within the Bylaw. Council will also accept written submissions up to and including the Public Hearing. Written submissions may be mailed to Town of Princeton, PO Box 670, Princeton, BC V0X 1W0, Attention: OCP Public Hearing or dropped off at town hall at 169 Bridge Street, Princeton, BC.

No submissions will be accepted after the Public Hearing.

A copy of the subject Bylaw No. 808, 2008 is available for examination during normal business hours 8:30 AM to 4:30 PM Monday to Friday (except holidays) in the Town Office, 169 Bridge Street, Princeton, BC.

Given under my hand this 22nd day of July 2008.

Patrick Robins
Chief Administrative Officer
Town of Princeton

news leader health and lifestyle page

So, your concern is... Childhood Obesity

(NC)—Childhood obesity is on the rise. The latest Canadian Community Health Survey found that the combined rate of children and teens who are overweight or obese has jumped from fifteen to twenty-six percent over the span of just 25 years (1978-2004).

Unfortunately, the problem doesn't end there. About 70% of obese children become obese adults, increasing the risk of their developing chronic diseases such as diabetes and heart disease as well as developing poor body image and self-esteem-related eating disorders. Even more disconcerting is that many obese and overweight children are developing health problems, such as type 2 diabetes, high blood pressure, high blood cholesterol and joint problems, at very early ages.

So what can be done? One strategy that can help is for kids to get their daily servings of fruit and vegetables.

Children and teens who eat fruit and vegetables 5 or more times a day are much less likely to be overweight or obese than those who eat them less often.

Fresh mushrooms add important variety to the diet. A one-half (1/2) cup serving counts as one Vegetables or Fruit choice from Canada's Food Guide to Healthy Eating. Fresh mushrooms also offer many other benefits that promote good health in children and teens. **Fresh Mushrooms Can Help!**

Essential Nutrients

- Growing kids need a wide variety of foods to get the nutrients they need. Fresh mushrooms are a good source of riboflavin, a source of copper, phosphorus, potassium, selenium, niacin and pantothenic acid.

- Fresh mushrooms also contribute to daily intakes of folate, thiamin, vitamin B6, iron, magnesium and zinc.

Adding the Antioxidants

- Fresh mushrooms contain significant levels of l-ergothioneine, which acts as an antioxidant in both cooked and raw mushrooms.

- Beta-glucans, a type of carbohydrate found in mushrooms, has potential anti-inflammatory activity, which may help protect the body against disease.

Fill Up on Fruit and Vegetables

- Fresh mushrooms have high water content, are low in fat and contain some fibre so they make a great choice for keeping hungry kids full without a lot of extra calories. Snacking on a variety of raw veggies, including mushrooms, with a low-fat dip means they are getting a serving of Vegetables and Fruit. They'll also be less likely to be tempted by less nutritious, processed snack foods.

Mushrooms Make a Difference

- Sprinkle 1/2 cup sliced meaty portabella mushrooms on to a pizza instead of 3 oz. pepperoni. Benefit: save 394 calories, 36 g fat, 12 g saturated fat and 1383 mg sodium.

- Toss 1/2 cup sliced crimini mushrooms into pasta sauces instead of 4 oz. lean ground beef. Benefit: save 297 calories, 19 g fat, 7 g saturated fat and 101 mg sodium.

- Munch on 1/2 cup button mushrooms with 3 tablespoons fat-free ranch dressing instead of 3 ounces of plain potato chips. Benefit: save 404 calories, 31 g fat, 9 g saturated fat and 128 mg sodium.

For kids' mushroom recipes, tips for parents, and fun educational activities visit www.thecapcrew.ca.

Crabcakes with Watermelon Dipping Sauce

(NC)—This distinctive dipping sauce adds a bit of a kick to mouth-watering crab cakes. Sweet watermelon and chili relish combine to create flavour that is sure to tantalize your taste buds.

Crabcakes

- 8 oz cooked, shelled crabmeat, drained 250 g
- 2 eggs, lightly beaten
- 1 tbsp mayonnaise 15 mL
- 1/2 cup breadcrumbs 125 mL
- 1/4 cup drained sweet pickle relish 50 mL

- 1 tbsp canola oil for frying 15 mL

Dipping sauce

- 1 cup minced and drained watermelon 250 mL
- 1/2 cup bottled chili relish 125 mL

In medium bowl add crab, eggs, mayonnaise, breadcrumbs and relish and mix until well combined. In large non-stick skillet over medium-high heat, heat oil (or a combination of canola oil and butter if desired). Drop crab mixture by the table-

spoonful into skillet and cook, turning once, until golden brown. Continue to cook remaining cakes, adding more oil if needed. Keep cooked cakes warm in a low temperature oven, approximately 170°F (77°C).

Meanwhile, mix together the

watermelon and relish. Set aside.

To serve, spoon dipping sauce into bowl and place on platter. Surround with hot crab cakes and serve immediately.

Makes approximately 16 crabcakes, serves 8 as an appetizer.

Source: www.watermelon.org.

living past 100

Drop your blood pressure with melons

This is the season for melons, and for people with high blood pressure, melons bring great benefits. Melons are rich in potassium, a mineral that acts as a natural diuretic, removing excess fluids from the body. When fluid levels are high, blood pressure goes up. Half a honeydew will give you half your recommended daily allowance of potassium.

Crenshaw melons and honeydew melons are most rich in potassium. Melons are great for providing folate, a B vitamin which controls the level of homocysteine in your blood. High levels of homocysteine have been linked to heart attacks in people who do not have high cholesterol. Folate also reduces the risk of polyps in the colon, which are likely to lead to colon cancer.

To fight colon cancer further, melons have a lot of soluble fibre, essential for colon health.

All melons lose nutrients when exposed to light, so do not cut up melons until you are ready to serve them. Always buy them whole and consume them as quickly as possible after you cut into them.

All melons are good for you, but cantaloupes are in a class by themselves for nutritional value.

They not only help lower blood pressure, they help reduce cholesterol and reduce the risk of heart disease. Cantaloupes are rich in Vitamin C and beta-carotene, both of which strengthen the immune system and help prevent cancer.

Because cantaloupes are rich in Vitamin C and Vitamin A, they stimulate the production of collagen and connective tissue, thus helping keep the skin free of wrinkles and the joints from going dry and causing joint pain.

There are excellent field-ripened melons grown in the Similkameen Valley, and these should be your first choice, as field-ripened melons are the best. Eat all you can of these delicious foods while they are in season. If anybody remarks on how you are "pigging out" on watermelon or cantaloupe, you can justify your appetite by telling your critics these melons are not only good for you, they are low in calories!

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SOLD!

2622 Coalmont Road
3 bedroom home in Tulameen. MLS 45560
\$329,900



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



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



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



Coalmont Road
Amazing view acreage minutes from town.
Zoning allows 2 homes! MLS 42604
\$199,900



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



51-406 Brandimayr
Well maintained mobile with addition. MLS 42040
\$34,500



2642 Otter Avenue
3bedroom cabin, steps to Otter Lake. MLS 46321
\$374,900



41A - 263 Highway 3
Open layout features vaulted ceilings, oak cabinets,
built-in oven, counter top range. MLS 46380
\$110,000



Lot 3 Highway 3 West
CONTINGENT - Nearly 3 acres on major highway.
View lot next to established pub. MLS 42537
\$144,900



985 Highway 5A
308 acre ranch has everything! MLS 41399
\$1,950,000



863 Highway 5A
Split level home on outstanding 20 acre view
parcel minutes from town. MLS 45894
\$559,900



284 Lachne Avenue
Solid, clean home with attached double garage.
MLS 46640
\$239,900



256 Fenchurch Avenue
3bedroom family home! MLS 46476
\$239,900



2773 Princeton-Summerland
Creekside property 28km from Princeton takes in
both sides of Swash Creek bridge. MLS 46524
\$235,000



52 Fenchurch Avenue
Downtown home on fenced corner lot. MLS 45827
\$195,000



106 Deerview Crescent
Executive rancher in Deerview Estates. MLS 42103
\$399,900



Lot - 28km Summers Cr Rd
20 acres minutes from Missezula Lake. MLS 46636
\$159,900



Lot 1 - 121 Halliford Avenue
CONTINGENT - Character home with wood floors,
doors and window trim. MLS 46587
\$155,900



181 Missezula Lake Road
Quality built, 4-season green cottage. MLS 46278
\$386,900



1427 Baker Hill Road
CONTINGENT Private creekfront acreage minutes
from town features custom-built home. MLS 46148
\$1,499,900



357 Old Hedley Road
4bedroom riverfront home close to town. MLS 46128
\$325,000



3978 Summers Creek Road
3bedroom fully furnished cottage with
Missezula lakefront! MLS 46125
\$589,000



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



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



Dan Pippin
295-6977



Heather Johnson
295-8591



Doug Haayer
295-1585



Marty Gray
295-5044



Lee Mowry
295-1990

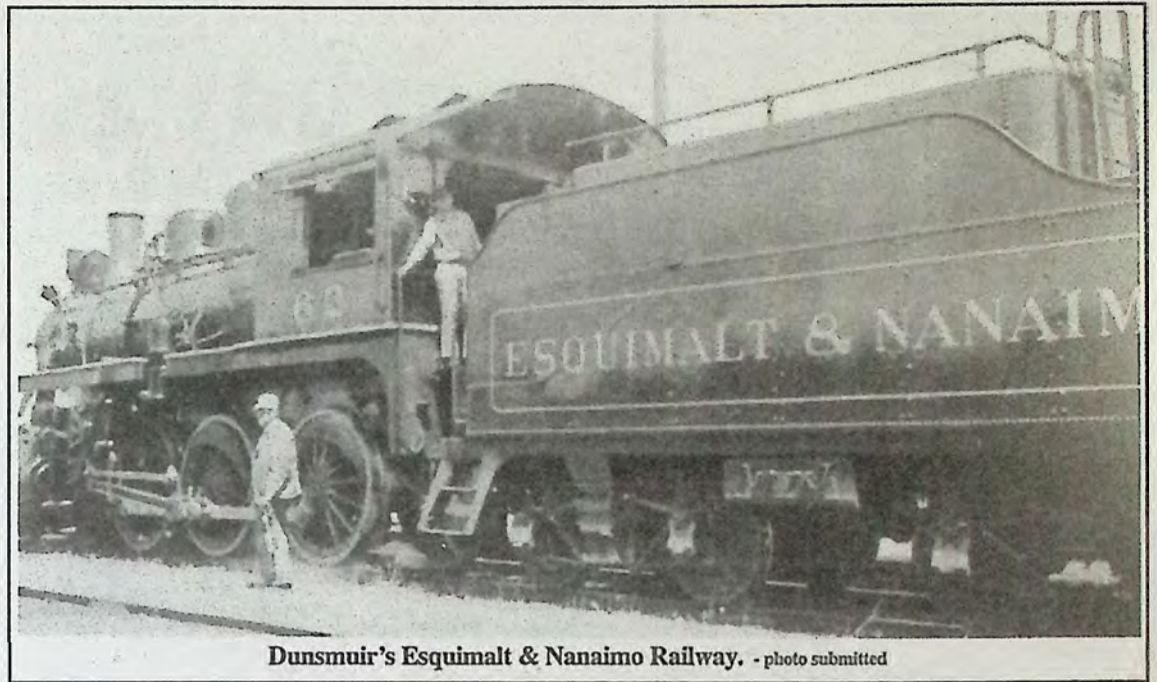
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Dunsmuir's Esquimalt & Nanaimo Railway. - photo submitted

Regional District Okanagan-Similkameen

Official Community Plan and Zoning Bylaw Electoral Areas 'A', 'C', 'D', 'E', 'F', 'G', and 'H'

This is a bylaw re-enactment process intended to update and modernize all Zoning and Official Community Plan Bylaws currently enacted within the Regional District

NOTICE OF PUBLIC HEARING: Thursday, August 7, 2008 - 11:30 AM RDOS Boardroom 101 Martin Street, Penticton, BC

PURPOSE:

The intent behind this process of updated and modernizing all Zoning and Official Community Plan Bylaws enacted within the Regional District is in order to generally make the bylaws more accessible to the general public by facilitating ease of use.

This has involved the general standardization of the layout applied to the bylaws; references to Provincial ministries and agencies (many of which have been renamed or reconstituted) being revised; the provisions for each individual zone now being presented in a uniform manner; standardizing the introduction of site specific amendments; creation of a uniform list of zones; consolidation of general regulations under a single section of the Zoning Bylaws; and, where appropriate, the update of definitions found in each of the proposed Zoning Bylaws.

An important component of this process was to minimize those revisions that may be seen to be affecting issues of use and density.

Other minor updating and modernizing revisions are so extensive that they can not all be listed in this notice so the public is encouraged to view or obtain copies at the address or web site set out below.

Due to legislative changes enacted in 2001, the Rural Land Use Bylaws currently found in Electoral Area 'F' (Okanagan Lake West/West Bench) and Electoral Area 'H' (Princeton Rural) can not be carried forward and will be replaced with OCP and Zoning Bylaws.

BYLAWS

The Bylaws that will be considered at the Public Hearing:

Bylaw No. 2450, 2008 Electoral Area 'A' Official Community Plan Bylaw;
Bylaw No. 2451, 2008 Electoral Area 'A' Zoning Bylaw;
Bylaw No. 2452, 2008 Electoral Area 'C' Official Community Plan Bylaw;
Bylaw No. 2453, 2008 Electoral Area 'C' Zoning Bylaw;
Bylaw No. 2454, 2008 Electoral Area 'D-2' East Skaha, Vaseux Official Community Plan Bylaw;
Bylaw No. 2455, 2008 Electoral Area 'D-2' East Skaha, Vaseux Zoning Bylaw;
Bylaw No. 2456, 2008 Electoral Area 'D-1' Kaleden-Apex Southwest Sector Official Community Plan Bylaw;
Bylaw No. 2457, 2008 Electoral Area 'D-1' Kaleden-Apex Southwest Sector Zoning Bylaw;
Bylaw No. 2458, 2008 Electoral Area 'E' Official Community Plan Bylaw;
Bylaw No. 2459, 2008 Electoral Area 'E' Zoning Bylaw;
Bylaw No. 2460, 2008 Electoral Area 'F' Official Community Plan Bylaw;
Bylaw No. 2461, 2008 Electoral Area 'F' Zoning Bylaw;
Bylaw No. 2462, 2008 Electoral Area 'G' Zoning Bylaw;
Bylaw No. 2463, 2008 Electoral Area 'H' Official Community Plan Bylaw;
Bylaw No. 2464, 2008 Electoral Area 'H' Zoning Bylaw

VIEW COPIES OF THE PROPOSED BYLAWS & SUPPORTING INFORMATION AND MATERIALS AT:

Regional District Okanagan-Similkameen
101 Martin Street, Penticton, BC
Monday - Friday 8:30 AM - 4:30 PM

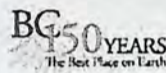
The public and all persons who believe that their interest in property is affected by the proposed bylaws can present written information or speak at the public hearing. All correspondence for the public hearing should be addressed to: Public Hearing - Bylaw Revision & Modernization, c/o Regional District Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT PLANNING SERVICES:

Telephone (250) 490-4107 - Fax (250) 492-0063 - e-mail: planning@rdos.bc.ca - Web: www.rdos.bc.ca

Susanne Theurer, MCIP
Development Services Manager

Tracey Batten, BBA
General Manager of Administrative Services



Robert Dunsmuir - Part 2 INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

In October 1860, Robert Dunsmuir went fishing for trout a few miles northwest of Nanaimo at Driver Lake. The crown land leases that the Hudson Bay Company held had expired in 1859 so, finding a coal outcrop close to the water, he staked a claim that covered 1,600 acres.

The band of land was 1,000 metres wide and six kilometres long; it stretched along the north side of Driver Lake and reached as far as Departure Bay in the area known as Wellington.

In order to make a claim of this size he was required to form a company, it was known as Dunsmuir, Diggle and Company. His sons, James and Alexander and some others were to be partners, but signed off once the legal requirements of partners in the ventures had been met.

Wadham Diggle, commander of the naval vessel *Boxer* and one of the first vessels to use Dunsmuir's coal, invested \$8,000.00 in the venture. Rear Admiral Arthur Farquhar, Commander in Chief of the Pacific Fleet invested a further \$12,000.00. By 1873 the Wellington Colliery was producing 16,000 tons of the 40,000 total produced on Vancouver Island. By the end of 1875 Dunsmuir was producing 50,000 tons per year. Its two principal markets were San Francisco and the Royal Navy. The Company bought out Farquhar in 1879 and in 1883 Diggle was paid \$600,000.00 for his share of the business, then producing a profit of \$500,000.00 per year.

Dunsmuir expanded into Vancouver Island coal further; when in 1888 he acquired the

Union Coal Company that was situated near Comox. In 1898, in recognition of the fact that many of the town's miners were from the famous English coal-mining district he changed the name to Cumberland. Today's seaside community of Union Bay is where from 1888 until the 1960's coal produced at the mine was transported by sea to waiting customers.

As a railway entrepreneur Robert Dunsmuir was one of the founders of the Esquimalt and Nanaimo Railway Company that built the rail line from Esquimalt to Nanaimo and which later expanded to Victoria and Courtenay. The plan had been to expand all the way to Campbell River, but the outbreak of World War One put pay to the plan.

His Company received a grant of land comprising 20% of

Vancouver Island as an incentive to build and equip the railway line that was to be owned and operated by the Company.

In 1882, while he was away on holiday in Europe, Robert Dunsmuir was elected to the BC Legislature representing Nanaimo and was re-elected in 1886. He died in Victoria on April 12th, 1889, while still in office.

The home that he built for his wife, Joan Dunsmuir, in Victoria was not completed until after his death. Craigdarroch Castle is today a popular tourist destination.

Thirty-eight years after arriving in the Colony of Vancouver Island as an indentured \$5-a-week miner for the Hudson Bay Company, Robert Dunsmuir was to die the richest man in British Columbia in sole control of an empire estimated to be worth in excess of \$15-million.



Craigdarroch Castle. - photo submitted

www.princetonbcnews.com



Mayor Randy McLean signs the proclamation declaring August as Heritage Month in Princeton. Left to right, the 150 Committee: Kelley Cook, Rika Ruebsaat, Nick Mills, Nadine McEwen, Councillor Maria Sadegur and Jon Bartlett. Photo: Dawn Johnson

Princeton's 150 Committee reports

The BC and Princeton 150 Committee has done a lot of planning. First, they made plans to celebrate BC's 150th anniversary since the founding of the Crown Colony of British Columbia, and then they will go on to plan Princeton's anniversary in 2010 to mark 150 years since the naming of the town. Kelley Cook and Nadine McEwen reported to Town Council on July 21.

The first big celebration took place last weekend with the Treasures of the Tulameen Day on July 26. The

celebration emphasized the historic trails and natural wonders of the upper Tulameen Valley area, including the historic Hudson Bay Trail, the recreation sites, and the falls.

The next celebration is the community tea party at the museum grounds on August 9, where the museum, Overwaitea, Billy's Restaurant, the News Leader, the Chamber of Commerce and Hospital Auxiliary will mark anniversary years.

The weekend after the tea party is dedicated to music. The Traditional Music Festival will have different

venues downtown. There is no charge for admission, and everyone is encouraged to drop in and join the fun.

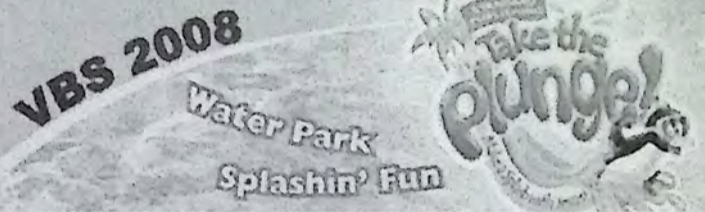
Centennial Pool has an ongoing 150 swimming challenge this summer, and the summer camp for children is dedicated to teaching youngsters a lot of local history.

Mayor Randy McLean thanked the committee, saying, "So many things like this don't happen. We think about them and talk about them, but it takes people like you to make it happen."

www.princetonbcnews.com

Presented by Living Water Foursquare Church

Float on over. Dive In. Wade in the water. Whatever you do, plan to make a splash with Jesus at Vacation Bible School!
Take The Plunge VBS will be held August 4-7 from 9:30am to 12:00pm for ages 4 through 12. Location is Living Water Church located at 38 Kenley Avenue. Each day is filled with fun music, skits, games, crafts and Bible stories.



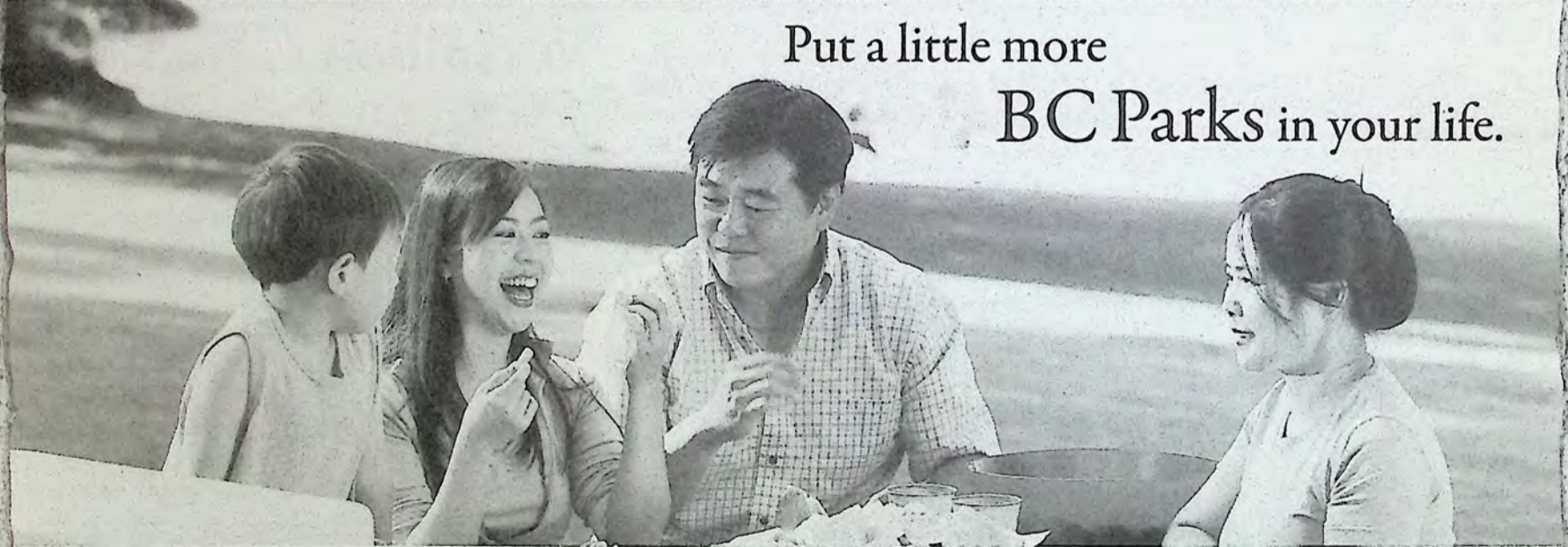
Registration

Name of Child: _____
 Date of Birth: _____
 Parent(s): _____
 Phone Number: _____
 Emergency Contact Name and Phone Number: _____
 Allergies: _____
 Special Instructions _____

(Please turn in by Thursday July 31, 2008)
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Employment Opportunity

Princeton & District Community Skills Centre

Employment Facilitator

Reporting to the Manager, the candidate in this position will be responsible for providing employment facilitation services as part of the Job Wave program.

Responsibilities will include, but not be limited to:

- Meeting with referred clients to determine employment and life skills needs
- Development of and monitoring action plans directed at eliminating barriers to employment
- Providing job referral and job search skill development services either in groups or one to one
- Facilitating workshops either group or one to one
- Records management related to the services provided
- Participating in workplace based training

Candidates must have:

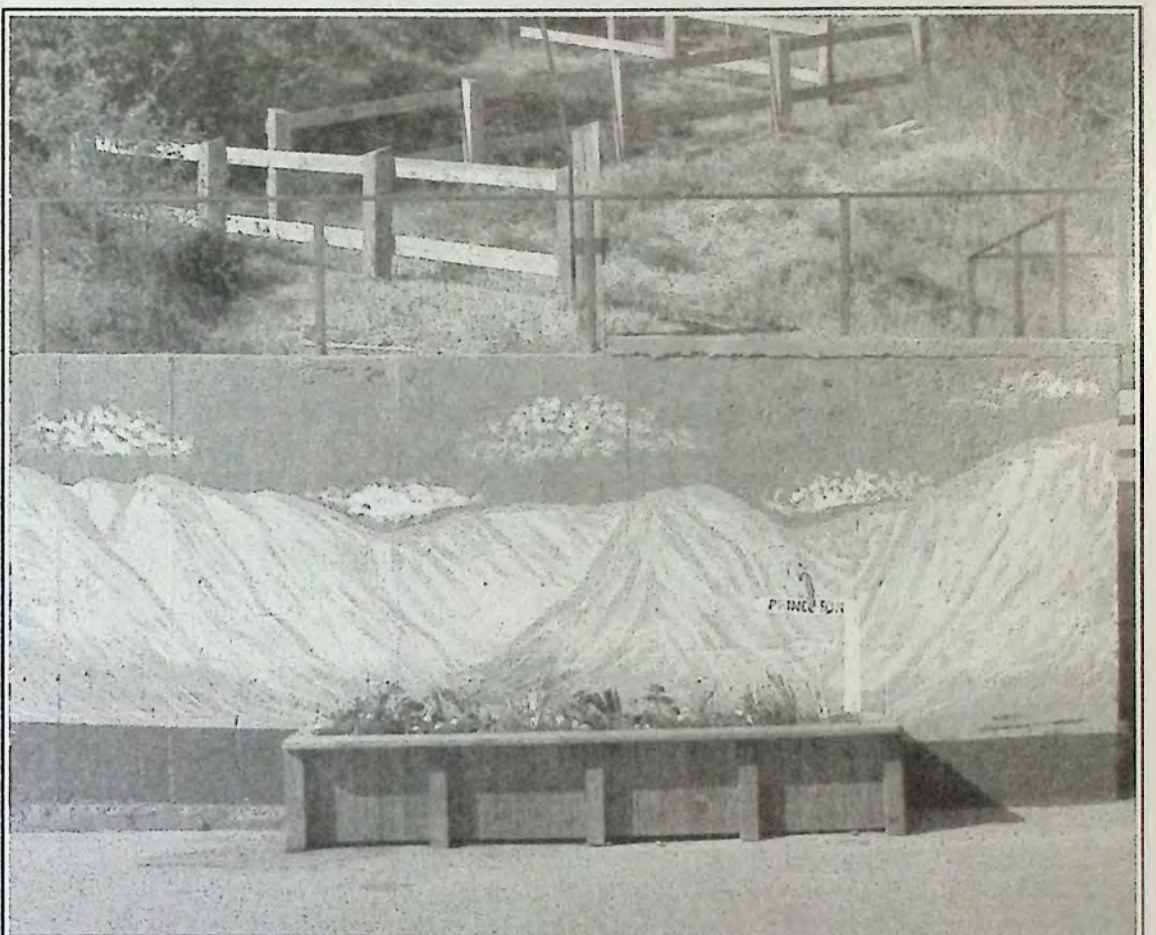
- Excellent communication skills both written and verbal as well as excellent listening skills
- Good organization and time management skills
- Computer literacy including MS Office and good keyboard skills
- Effective research skills
- Flexibility in schedule
- High school graduation
- At least 3-5 years of work experience in a professional office environment

Interested and qualified candidates should apply in writing in the form of a resume and a cover letter to:

Sharan Jung, Manager
 Princeton & District Community Skills Centre
 PO Box 69, Princeton, BC VOX 1W0



No phone calls please. Only those candidates shortlisted will be notified. Applications will be accepted until July 31, 2008 at 4:00 PM.



This mural at the bottom of the 'zig zag' walkway from First Bench to downtown (Billiter Avenue) was finished weeks ago and we get to admire it each morning on the way to work. Have you seen it yet? Joan Kelly did the mural on behalf of Vermilion Artists. Bill Spring contributed the flower box. It's brightened up the downtown and we hope to see more of these kinds of murals appearing on walls and buildings in and around the Princeton area. *

Mayor issues re-election statement

..... continued from Front Page

the design and costs of an aquatic centre is being presented which will be followed by a referendum which will determine whether residents would like to proceed. (We need to facilitate a home or gallery for Princeton artists as well).

As well we must continue to lobby for future developments, including the long term improvement of our hospital, the upgrading of Highway 3 from the mine to Eastgate and the Heritage Park, a joint project with the USIB.

We must do everything we can to encourage and facilitate the establishment of the mine. As a board member of SIBAC I am very aware of the changes the mountain

pine beetle will bring and the need to diversify our industry through the promotion of our industrial park and the recruitment of alternative businesses. As receptive as we must be to new industry, we must also be vigilant and aware of any undesirable industries that are being pushed in our direction because of their proximity to increasing populations in the lower mainland.

This considerable list of responsibilities and the challenge of seeing

them through has made me reconsider my position. I would like to offer my name in the upcoming election for one more term. The thought of continuing to work on and bring about the changes that we as a community have aspired to for so long is enormously exciting. Together with this extensive list of initiatives and others that will be brought forward by the community, I am convinced of a bright future for Princeton and I would like very much to be a part of it.

Vermilion Court report

We're finally enjoying some summer heat. The green hills are becoming brown which is usual. So much better than snow!

We've had a relatively quiet week at The Court. But we keep busy. Jigsaw puzzles are always on the go. When interested we sit down to help find a few pieces to help out.

Beth always seems to find a new puzzle to put on the blackboard. Today it was a crossword puzzle she had made herself. Then we made words from a phrase she wrote on the board. Also short sentences with a 'blank.' We had to decide what the blank word should

be. For example: 'When _____ eyes are smiling.' 'Irish' is the answer.

We do our exercises before lunch, usually to music. That makes it more interesting.

Bingo is usually played after lunch with everyone getting a prize. And then, of course, refreshments! How else would we be persuaded to stay?

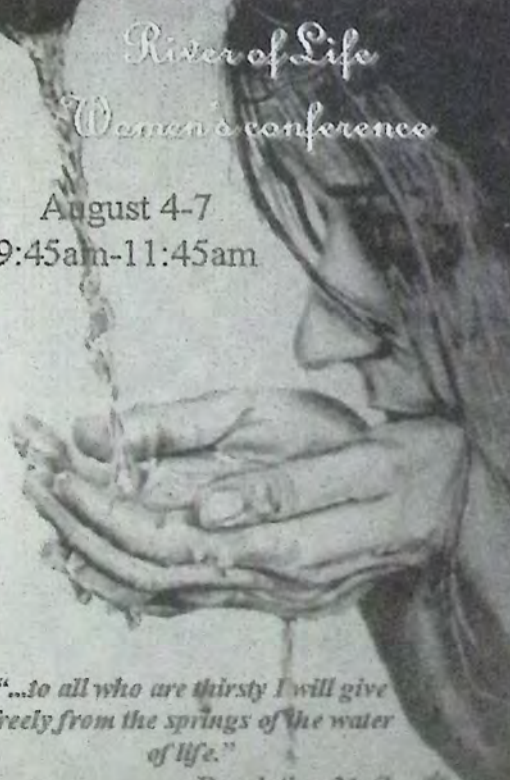
So far the deer have not been too disruptive to our garden planters. I'm sure they'll be back to sample more. Next week we hope to go on a picnic and shopping spree.

- submitted by D. Stenvold

River of Life

Women's conference

August 4-7
9:45am-11:45am



"...to all who are thirsty I will give freely from the springs of the water of life."
Revelation 21:6b

"Anyone who believes in me may come and drink. For the scripture declares, 'Rivers of living water will flow from his heart.'"

John 7:38

We at Living Water Church are thrilled to share with you an amazing opportunity. From August 2nd through August 9th we will be having a missions team from Lincoln, California joining us here in Princeton to be a blessing and servant to our community. Within this group of missionaries will be a group of Women who have a real passion to help other women connect to God and all he has for them. Thus, On August 4-7, we will be having a Women's Conference from 9:45 to 11:45 (during Vacation Bible School hours). So, drop your kids off at VBS for a fun time with Jesus, then join in on a message solely for the women of our community. This conference will be geared for women from 18 years to 81+ change. Hope to see you there!

...If only you know the gift God has for you and who you are speaking to, you would ask me (Jesus), and I would give you living water.

John 4:10

Registration

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(Please turn in by Thursday July 31, 2008)
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weekly entertainment guide

TUESDAY, JULY 29, 2008 THROUGH MONDAY, AUGUST 4, 2008



Eleanor Hicks Golf Tournament Overall Low Gross Winner Jean Trewella. - photo submitted

Senior ladies golf tourney results

A total of nineteen ladies competed in the annual Eleanor Hicks Senior Ladies Golf Tournament on Thursday, July 22nd.

The weather cooperated wonderfully and everyone had a great time whether they won or not.

Overall winners of the Eleanor Hicks Trophy were Jean Trewella for Low Gross and Helen Rogers

for Low Net.

The complete list of winners includes:

Flight 1 0-26

- Low Gross - Jean Trewella
- Low Net - Helen Rogers
- 2nd Low Gross - Annette Dixon
- 2nd Low Net - Judy McElhinney
- Long Drive - Elaine Harwood
- KP - Elaine Harwood

Flight 2 27 & Up

- Low Gross - Muriel Peterson
- Low Net - Sharon Paterson
- 2nd Low Gross - Beryl Mullin
- 2nd Low Net - Margaret Wilson
- Long Drive - Margaret Wilson
- KP - Muriel Peterson



Overall Low Net Winner Helen Rogers, left, and Overall Low Gross Winner Jean Trewella with the Eleanor Hicks Seniors Ladies Golf Tournament winners trophy. - photo submitted

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Centennial Pool is a great place to have fun with friends! *



It was all about Mexico July 23rd at Centennial Pool. *



Sponge Relay action from Mexico Night at Centennial Pool. *

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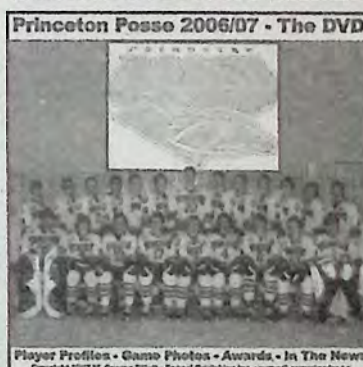
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6 AM	All-Family	News (N)		Caillou (EI)	News (N)	News (N)	The Sopranos	(5:00) News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky Jane	SportsCentre	Canada AM	Daily Planet	Henry's King	Rachael Ray	V.I.P. "Analyze Val"	F/X: The Series
7 AM	In the Heat of the Night	Body	Clifford	Barney	Today Jose Andres; vacation safety; affordable art. (N)	The Early Show (N)	Amer. Justice	Good Morning America (N)				Gofrette	Jacob	SportsCentre	Blue Realm	K. Possible (7-24)	CityLine	V.I.P.	Due South
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			The First 48		100 Huntley Street (N)	Bo On Go	Viva Pinata	SportsCentre		Dirty Jobs Penguins.	Weekend Lloyd	The Tyra Banks Show	V.I.P.	North of 60	
9 AM	Sanford	The Mom Show	Berenstain (9:33)	Super Why!		The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Timothy	Off-Record	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Fros vs. Joes	ET Canada
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	Fighting for Canada	Room House	Wilbur	Erky Perky Dewitt	WTA Tennis: U.S. Open Series - Rogers	The View (N)	Blue Realm	Mickey Sprites	Movie: "Get Over It" (2001)	Disorderly Con.	X-Weighted "Diane"
11 AM	Cosby	Clean House	Rolie Polie (11:33)	Big World Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Past Lives House	(10:59) News (N)	Martha Stewart	Jacob Being Ian	Degrassi Instant	Mayday	Benj Bear (11:25) King	Kirsten Dunst	Most Amazing Videos	Mad Abt. Frasier	
12 PM	Still Stnd	News (N)	Miss BG Paper bird.	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Pokemon	Montreal. (Live)	eTalk	Super Ships	(11:49) King	CityLine	Most Amazing Videos	Seinfeld
1 PM	Fresh Pr.	Design	Pancakes	Painting	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	News (N)	Grossology		Sue Thomas: F.B.Eye	Dirty Jobs Penguins.	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager	Melrose Place "El Syd"
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	Ruby	Horn	General Hospital (N)	MythBusters	(1:54) King	News (N)	Star Trek: Voyager	Fresh Pr. 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 Fashion	Hawks	Off-Record Sports	Dr. Phil	What's That About?	Replace Emperor	News (N)	CSI: Crime Scn	Tube Tales Vanity
4 PM	MLB Baseball: St. Louis Cardinals at Atlanta Braves. (Live)	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	The First 48	Inside Cops	Oprah Winfrey	(3:59) News Global	Frasier	SpongeBob	Interruption	Daily Show	Daily Planet	Proud	Friends	CSI: Crime Scn	That News
5 PM	Cardinals at Atlanta Braves. (Live)	News (N)	Shrinks	BBC World	News (N)	News (N)	The First 48	News ABC News	News (N)	(4:59) News (N)	Simpsons	OddParent	Tennis: U.S. Open Series - Rogers	News (N)	Surviving Sharks (N)	Suite Life Montana	Hell's Kitchen	CSI: Crime Scn	ET Canada
6 PM	Family Guy	Ad Pers	Arthurs (DVS)	News-Lehrer	News (N)	News (N)	The First 48 (N)	News	News (N)	ET Canada	News	Drake Genie	Cup - Day 2.	News (N)	Mighty Ships "Becru"	Zoey 101 Life Derek	Japanese Game Show	CSI: Crime Scn	Family Guy
7 PM	Family Guy	E! News	Gardens	Nova (DVS)	Jeopardy!	Friends	The Cleaner (N)	Entertain	Entertain	In Plain Sight (N)	Coronatn	Malcolm	SportsCentre (Live)	eTalk	Deadliest Catch (N)	So Raven Smart Guy	Reaper	CSI: Crime Scn	Seinfeld
8 PM	Seinfeld	20 Richest Women	Peking to Paris	Be a Predator "Poles"	Celebrity Family Feud	NCIS "In the Dark"	The Cleaner	Wipeout (N)	Wipeout (N)	Wipeout (N)	Mercer	Fries That?	Interruption	Can. Idol	Daily Planet	Suite Life	News (N)	CSI: NY	Family Guy
9 PM	Movie: "Sleepers" (1996)	Kimora-Fab	Washington	Wide Angle (N)	America's Got Talent	Big Brother 10 (N)	The First 48	Japanese Game Show	Big Brother 10 (N)	Big Brother 10 (N)	The Tudors	Prank Ptrl Mystery	Cagefighting Highlights	Criminal Minds	Surviving Sharks	Montana Life Derek	(9:08) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM	Kevin Bacon, Robert De Niro.	Lohan	Alexandra's Echo	Dr. Teller's Very Large	Law & Order: SVU	Without a Trace	The First 48	Primetime	In Plain Sight	News Hour Final (N)	National	Falcon Beach	Poker Night (Taped)	Law & Order: SVU	Deadliest Catch	School Cory	Movie: "She" (2001)	CSI: Crime Scn	Mad Abt. Frasier
11 PM	Frasier	Guy Stuff	Wild Hrt	Charlie Rose (N)	Tonight	Late Show	The Cleaner	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	How-Made	Suite Life Life Derek	Ophélie Winter. (DVS)	CSI: NY	Grace

WEDNESDAY, JULY 30, 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 ⑰	TSN ⑱	VTV ⑳	DISC ㉔	FAM ㉖	CITY ㉙	SPIKE ㉛	TROP ㉝
6 AM	All-Family	News (N)		Caillou (EI)	News (N)	News (N)	The Sopranos	(5:00) News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky Jane	SportsCentre	Canada AM	Daily Planet	Henry's King	Rachael Ray (N)	V.I.P. "Thief"	F/X: The Series
7 AM	In the Heat of the Night	Body	Clifford	Barney	Today (N)	The Early Show Toby Keith. (N)	American Justice	Good Morning America (N)				Gofrette	Jacob	SportsCentre	Surviving Sharks	K. Possible (7-24)	CityLine	V.I.P. "Val's on First"	Due South
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Cold Case Files		100 Huntley Street (N)	Bo On Go	Viva Pinata	SportsCentre		How-Made	Weekend Lloyd	The Tyra Banks Show	V.I.P. "Franco in Love"	North of 60	
9 AM	Sanford	The Mom Show	Berenstain (9:33)	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Timothy	Off-Record	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Pros vs. Joes	ET Canada
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "The Oath"	The View Aimee Mann.	World Vision	Room House	Wilbur	Erky Perky Dewitt	WTA Tennis: U.S. Open Series - Rogers	The View Aimee Mann.	Surviving Sharks	Mickey Handy	Movie: "Juwanna Mann" (2002)	Disorderly Con.	X-Weighted "Angela J."
11 AM	Cosby	Clean House	Rolie Polie (11:33)	Big World Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Past Lives House	(10:59) News (N)	Martha Stewart	Jacob Being Ian	Degrassi Instant	Forensic Factor	Benj Bear (11:25) King	Premiere.	Most Amazing Videos	Mad Abt. Frasier	
12 PM	Still Stnd	News (N)	Miss BG	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Pokemon	Montreal. (Live)	eTalk	Really Big Things	(11:49) King	CityLine	Most Amazing Videos	Seinfeld
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)	News (N)	Grossology		Sue Thomas: F.B.Eye	MythBusters	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager	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	Horn	General Hospital (N)	Deadliest Catch	(1:54) King	News (N)	Star Trek: Voyager	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	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	CSI: Crime Scn	What Vanity
4 PM	Family Guy	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "The Oath"	Inside Cops	Oprah Winfrey	(3:59) News Global	Frasier	SpongeBob	Interruption	Daily Show	Daily Planet	Proud	Friends	CSI: Crime Scn	TV Made
5 PM	Movie: "Major League II" (1994)	News (N)	Shrinks	BBC World	News (N)	News (N)	Dog	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Tennis: U.S. Open Series - Rogers	News (N)	Dirty Jobs (N)	Suite Life Montana	Make Me a Supermodel	CSI: Crime Scn	ET Canada
6 PM	Charlie Sheen.	Ad Pers	Heads Up	News-Lehrer	News (N)	News (N)	Dog the Bounty Hunter	News	News (N)	ET Canada	News	Drake iCarly	Cup - Day 3.	News (N)	Sport Science (N)	Zoey 101 Life Derek	Rock of Love	UFC Unleashed	Family Guy
7 PM	Frasier	E! News	Meerkat	Click & Clack	Jeopardy!	Friends	Criss Angel Mindfreak	Entertain	Entertain	Crime Stories	Coronatn	Malcolm	SportsCentre (Live)	eTalk	Mayday "Gimli Glider"	So Raven Smart Guy	Entourage	Ultimate Iceman: Chuck Liddell	Seinfeld
8 PM	Friends	Zoe Busiek: Wild Card	Ancient Clues	Dancesport World	The Baby Borrowers	Big Brother 10	Angel	Wife Swap	Big Brother 10	Big Brother 10	Mosque	Fries That?	Off-Record	Criminal Minds	Daily Planet	Suite Life	News (N)	Factory	ET Canada
9 PM	Frasier	J. Dickinson	Voyages of Discovery	Nova scienceNO W (N)	The Baby Borrowers (N)	Criminal Minds	Dog	Supernanny	NCIS "In the Dark"	NCIS "In the Dark"	fifth estate	Prank Ptrl Mystery	Boxing: Wednesday Night Fights.	You Can Dance	Dirty Jobs	Montana Life Derek	(9:06) Jimmy Kimmel	UFC Unleashed	Seinfeld
10 PM	Movie: "Major League II" (1994)	True Hollywood Story	For King and Country	Carrier (DVS)	(10:01) Law & Order	CSI: NY	Dog the Bounty Hunter	Primetime: Crime	Crime Stories	News Hour Final (N)	National	Falcon Beach		CSI: NY	Dirty Jobs	School Cory	Movie: "Sealed With a Kiss" (1996)	Ultimate Iceman: Chuck Liddell	Mad Abt. Frasier
11 PM	Charlie Sheen.	Guy Stuff	Yo-Yo: Bach	Charlie Rose (N)	Tonight	Late Show	Criss Angel Mindfreak	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	Mayday "Gimli Glider"	Suite Life Life Derek	Ophélie Winter. (DVS)	Factory	Grace

Horoscopes

July 30 - August 6, 2008

Aries - This is the season when you want to have lots of fun. This may not be as possible this year, but this week is good for having good times. Job problems are easily solved now.

Taurus - Life at home is relaxing and you enjoy home an family, but you may want to have more fun. Be a leader in finding creative ways to make your life more fulfilling. Open mind!

Gemini - Startling or upsetting things could happen regarding home, family and property this week. Expect to have to do a number of short trips, phone calls and lots of errands.

Cancer - Drive very carefully this week, and be prepared to watch out for the other guy. Be cautious in what you say. Sibling may be a surprise visitor or contact you with news. Be alert!

Leo - Be very cautious with your credit cards and wallet. Guard against theft. Money situation is highly unpredictable to your disadvantage. Situation clears next week.

Virgo - You get a much-needed energy boost this week, and some fun times. There is a lot going on in your mind, and you should be thinking about the inner you. Time for deep thought.

Libra - Health problems may be a concern, so be cautious. Do not strain yourself or overdo this week. Make plans for having fun in moderation. Do some realistic soul searching.

Scorpio - Career goes smoothly this week, but plans could be disrupted by any number of unexpected events. Take them in stride. Career news, or news about parent, could surprise you.

Sagittarius - Unexpected event or complication could throw monkey wrench in career this week. Handle all situations with caution and keep your temper! Smooths out next week.

Capricorn - Travel could bring problems due to unexpected circumstances. Others bring you good news or some kind of benefit. Keep a level head in regard to loans, mortgages, taxes.

Aquarius - A problem could suddenly crop up in regard to your financial situation, particularly in regard to money you owe. Be cautious. Consult friends, experts. Delay decision.

Pisces - You could easily have a fight with a friend or spouse this week if you react too strongly to what you see as "pushy" or egotistical behaviour. Cool it! It's not your problem. Wait.

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) ★★ "Undercover Angel" (1999, Drama) Dean Winters. A struggling writer's life changes for the better when an ex-girlfriend asks him to take care of her daughter for a month. (E)

EVENING

9:00 pm WTBS (3) ★½ "Hardball" (2001, Drama) Keanu Reeves. A sports junkie agrees to coach Little League Baseball in Chicago in order to pay his gambling debts. (E)

10:06 pm CITY (29) ★★ "Welcome to Mooseport" (2004, Comedy) Gene Hackman. The owner of a small-town Maine hardware store runs for mayor against a former president.

11:00 pm SPIKE (44) ★★½ "Jeepers Creepers" (2001, Horror) Gina Phillips. Premiere. A cloaked figure terrorizes two siblings after they discover mutilated bodies in a country drainpipe. (In Stereo)

11:30 pm WTBS (3) ★½ "Johnny Mnemonic" (1995, Science Fiction) Keanu Reeves. Corporate thugs chase a guy carrying classified data in his computer-chip brain in the year 2021.

www.frameyourpets.info

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal

friday movies

MORNING

10:00 am CITY (29) ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress. (E)

EVENING

7:00 pm YTV (18) "King of the Camp" (2008, Musical) Justin Stadyk. A kitchen worker at a summer camp competes in wakeboarding and tries to win the heart of a counselor.

8:00 pm KXLY (10) ★★½ "Cellular" (2004, Suspense) Kim Basinger. Premiere. A young man tries to help a kidnapped stranger after she contacts him on a cell phone. (In Stereo)

FAM (26) "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. Members of a teenage vocal group find adventure while participating in a music festival in Barcelona, Spain. (E)

9:00 pm WTBS (3) ★★ "Mission: Impossible 2" (2000, Action) Tom Cruise. IMF agent Ethan Hunt and his

team try to stop a former agent from unleashing a deadly, engineered virus. (E)

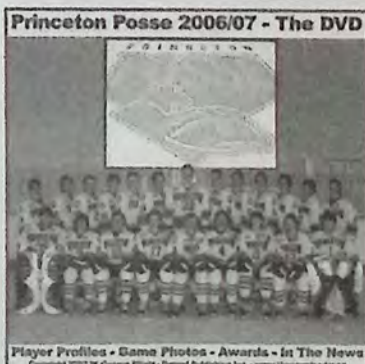
9:36 pm FAM (26) ★★ "The Rookie" (2002, Drama) Dennis Quaid. A high-school baseball coach makes it to the major leagues as a middle-aged relief pitcher. (E)

10:06 pm CITY (29) "Confessions of a Porn Star 3" (2003, Adult) -Monica Mayhem. Premiere. A collection of erotic stories.

11:44 pm FAM (26) ★★½ "3 Ninjas Kick Back" (1994, Comedy) Victor Wong. Young martial artists face their grandfather's foes when they accompany him to Japan to deliver a priceless dagger. (E)

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Recipe Corner (Recipe #230)

Brought To You By: Similkameen News Leader

Double Peanut Cookies

(NC) - For a quick energy boost, take these tasty cookies along for your next hike. Prep time: 15 minutes / Baking time: 10 minutes / Makes 4 dozen

Ingredients:

- 1 cup chocolate covered or lightly salted peanuts 250mL
- 1 cup all-purpose flour 250 mL
- 1/2 cup whole wheat flour 125 mL
- 1/4 cup ground flax 50 mL
- 1/2 tsp each baking soda and salt 2mL
- 1 cup peanut butter 250 mL
- 1/2 cup unsalted butter, at room temperature 125mL
- 1/2 cup brown sugar 125 mL
- 1/3 cup honey 75 mL
- 1 egg
- 1 tsp vanilla 5 mL

Directions:

1. Preheat oven to 350°F (180°C). Line 2 baking sheets with parchment paper. Coarsely chop peanuts, leaving some whole. In a small bowl, stir flours with flax, baking soda and salt. 2. In a large bowl, using an electric mixer, beat peanut butter with butter, brown sugar and honey until mixed, scraping down sides as necessary. Beat in egg then vanilla. Gradually beat in flour mixture, then stir in peanuts. 3. Lightly flour your hands and roll dough into 1-inch (2.5 cm) balls placing on baking sheets at least 2-inches (5 cm) apart. Flour the tines of a fork and press cookie gently twice to form a crisscross pattern. 4. Bake in centre of oven until golden and just set, 10 to 12 minutes. Transfer to a rack to cool. 5. Store in an airtight container up to five days, or freeze up to two months.

Information on peanuts and recipe ideas can be found online at www.peanutbureau.ca

- News Canada

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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

THURSDAY, JULY 31, 2008

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

FRIDAY, AUGUST 1, 2008

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

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 #111 - Rated Easy

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

CHALLENGE #112 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

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

saturday movies

MORNING

- 6:00 am SPIKE (4) ★★½ "Wolf" (1994, Horror) Jack Nicholson. Premiere. Bitten by a wolf in Vermont, a middle-aged Manhattan editor feels sudden vitality and begins turning into a werewolf. (In Stereo) [E]
- 11:30 am WTBS (3) ★★½ "The Fighting Temptations" (2003, Comedy) Cuba Gooding Jr. To collect his aunt's inheritance, an unemployed man must form a gospel choir and lead it to success. [E]

AFTERNOON

- 12:00 pm FAM (26) ★★★★★ "A Little Princess" (1995, Drama) Eleanor Bron. Premiere. A British Army captain's 10-year-old daughter irks the headmistress of her girls school in 1914 New York.
- 1:37 pm FAM (26) ★★★★★ "Freaky Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies. [E]
- 2:00 pm WTBS (3) ★★ "Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. [E]
- 4:00 pm YTV (18) "Zolar" (2004, Science Fiction) Jordan Hoffart. Three teenage athletes try to protect a powerful alien from evil extrater-

- restrials trying to steal its life force.
- 5:00 pm WTBS (3) ★★ "The Wood" (1999, Drama) Omar Epps. Young men, one of whom is about to be married, reminisce about their childhood during the 1980s in Inglewood, Calif. [E]

EVENING

- 6:00 pm CITY (29) ★★ "Lunch With Charles" (2001, Romance-Comedy) Sean Lau. While traveling to Canada to see his estranged wife, a Hong Kong real estate agent meets another woman. [E] (DVS)
- 7:00 pm WTBS (3) ★★½ "The Fighting Temptations" (2003, Comedy) Cuba Gooding Jr. To collect his aunt's inheritance, an unemployed man must form a gospel choir and lead it to success. [E]
- 8:00 pm CHBC (4) "Secrets of an Undercover Wife" (2007, Suspense) Shawnee Smith. A newlywed searches for answers after the arrest of her husband for murder and embezzlement. [E]
- 9:00 pm FAM (26) ★★½ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Premiere. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other.
- CITY (29) ★★½ "Birthday Girl" (2001, Comedy-Drama) Nicole Kidman. A bank manager obtains a dangerous and mysterious mail-order bride through the Internet. [E]

- 9:30 pm CBC (13) ★★½ "Wimbledon" (2004, Romance-Comedy) Kirsten Dunst. An English tennis player reinvigorates his game after finding romance with an American counterpart. (In Stereo) [E]
- 10:59 pm FAM (26) ★★½ "Superman II" (1980, Science Fiction) Christopher Reeve. The Man of Steel gets serious with Lois Lane and fights three Krypton outcasts in league with Lex Luthor. [E]
- 11:00 pm CITY (29) ★★ "Lunch With Charles" (2001, Romance-Comedy) Sean Lau. While traveling to Canada to see his estranged wife, a Hong Kong real estate agent meets another woman. [E] (DVS)
- 11:30 pm CBC (13) ★★ "Drop Dead Gorgeous" (1999, Comedy) Kirsten Dunst. Two overbearing mothers try to help their daughters win a beauty contest for the title of Dairy Queen. (In Stereo) [E]

www.princetonbcnews.com

sunday movies

MORNING

- 9:00 am A&E (9) ★★ "Analyze This" (1999, Comedy) Robert De Niro. To get a handle on his insecurities, a powerful New York gangster sees a therapist. [E]
- 10:30 am WTBS (3) ★★ "The Preacher's Wife" (1996, Fantasy) Denzel Washington. A handsome angel saves a New York Baptist and his wife from spiritual doubt and marital woe. [E]
- 11:00 am A&E (9) ★★ "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) ★★ "The Even Stevens Movie" (2003, Comedy) Shia LaBeouf. Members of a family unwittingly appear on a reality-television show after the producer sends them to an island for a vacation. [E]
- 1:00 pm WTBS (3) ★★ "Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. [E]
- 1:33 pm FAM (26) ★ "Baby Geniuses" (1999, Comedy) Kathleen Turner. Evil partners exper-

- iment on an infant and send his twin to a reputable research nursery. [E]
- 2:00 pm SPIKE (44) ★★ "Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists. (In Stereo)
- 3:00 pm WTBS (3) ★★ "Save the Last Dance" (2001, Romance) Julia Stiles. A white teenager moves to Chicago after her mother's death and falls for a black student who shares her love of dance. [E]
- VTV (22) "The Death and Life of Nancy Eaton" (2004, Docudrama) Jessica Paré. A childhood friend murders Nancy Eaton, the daughter of a wealthy couple. (In Stereo) [E] (DVS)
- 4:00 pm YTV (18) ★★ "New York Minute" (2004, Comedy) Ashley Olsen. An uptight teenager and her laid-back twin spend a wild day on the streets of Manhattan. (In Stereo) [E]
- 5:30 pm CITY (29) ★★½ "I, Robot" (2004, Science Fiction) Will Smith. In 2035 a Chicago homicide detective tracks a sophisticated robot accused of murdering a visionary scientist. [E]

EVENING

- 6:00 pm YTV (18) ★★ "The Sisterhood of the Traveling Pants"

- (2005, Comedy-Drama) Amber Tamblyn. Four teenage friends keep in touch during their summer apart by passing along a cherished pair of blue jeans. (In Stereo) [E]
- 7:00 pm WTBS (3) ★★ "Save the Last Dance" (2001, Romance) Julia Stiles. A white teenager moves to Chicago after her mother's death and falls for a black student who shares her love of dance. [E]
- 8:00 pm CBC (13) ★★ "Syriana" (2005, Drama) (Part 1 of 2) George Clooney. The war on terror becomes personal for a CIA agent, while a proposed merger between oil companies leads to political intrigue. (In Stereo) [E]
- 9:00 pm FAM (26) ★★ "Doc Hollywood" (1991, Romance-Comedy) Michael J. Fox. An upstart plastic surgeon gets stuck in a one-doctor Southern town and falls in love with a local. [E]
- 10:10 pm CBC (13) ★★ "Syriana" (2005, Drama) (Part 2 of 2) George Clooney. The war on terror becomes personal for a CIA agent, while a proposed merger between oil companies leads to political intrigue. (In Stereo) [E]
- 10:44 pm FAM (26) ★★½ "The Horse Whisperer" (1998, Drama) Robert Redford. A New Yorker takes her daughter and the girl's horse, both traumatized in a terrible accident, to a Montana healer. [E]

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Eddie the Dalmatian invites you to visit his blog



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MONDAY, AUGUST 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 (E)	News (N)	News (N)	The Sopranos	(5:00) News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky Jane	SportsCentre	Canada AM	Daily Planet King	Henry's King	Rachael Ray	Pros vs. Joes	F/X: The Series
6:30 AM	All-Family	2nd Chnce	George S.	Bob Build															
7 AM	In the Heat of the Night	Body	Clifford	Barney	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Gofrette	Jacob	SportsCentre		Naked Science	K. Possible (7:24)	CityLine	Pros vs. Joes	Due South
7:30 AM		Past Lives	Dora	Arthur (E)							Curious	George S.							
8 AM	Jeffersons	Room	(7-54) Hi-5	Curious			Cold Case Files		100 Huntley Street		Bo On Go	Viva Pinata	SportsCentre		How-Made	Weekend	The Tyra Banks Show	Pros vs. Joes	North of 60
8:30 AM	Jeffersons	That News	Magic Bus	Clifford							Busytown	Flamingo		How-Made	Lloyd				
9 AM	Sanford	The Mom Show	Berenstein	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Timothy	Record	Regis and Kelly	Daily Planet	Feet	News (N)	Disorderly Con.	Tube Tales
9:30 AM	Sanford		(9:33)	Dragon							Gofrette	George S.	Fishing		Tigger	City			What
10 AM	Harvey	Debbie	Franklin	Sesame Street (E)		The Price Is Right (N)	CSI: Miami	The View Jo Frost	Fighting for Canada	Room	Wilbur	Erky Perky	Champ. Darts	The View Jo Frost	Super Ships	Mickey Handy	Movie: "Ghostbusters" (1984)	Disorderly Con.	Deal-No Deal
10:30 AM	Harvey	Travis' Facelift	Sagwa							House	Doodlebop	Dewitt					Bill Murray		
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	X-Games Classix (N)	Degrassi Instant	Blueprint for Disaster	Benj Bear (11:25) King	Most Amazing Videos		Mad Abt.
11:30 AM	Cosby		(11:33)	Sit Be Fit				Paid Prog.	House			Being Ian							Frasier
12 PM	Still Std	Dress Nest	Miss BG	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Pokemon	Bowling	eTalk	Man Made Marvels	Weekend	CityLine	Disorderly Con.	Seinfeld
12:30 PM	Still Std	Birth	Talent show.			Bold & B.						Team	Bowling	Bold & B.					
1 PM	Fresh Pr.	Hollywd Moms	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)	Dinner	Viva Pinata	NASCAR Racing	See Thomas: F.B.Eye	Mega Builders	Dragon	Ellen DeGeneres Show	Star Trek: Voyager	Melrose Place
1:30 PM	Fresh Pr.		Daniel	Sewing											Emperor				
2 PM	King	Lindsay Lohan	Paddington	WordWorld	Millionaire	Guiding Light (N)	Cold Case Files	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris	Ruby	Horn	General Hospital (N)	MythBusters	(1:54)	News	Star Trek: Voyager	Fresh Pr.
2:30 PM	King		BluesClues	Lions	Millionaire							Flamingo	Interruptio		K. Possible				Fresh Pr.
3 PM	Friends	Hilary Duff	Dora the Explorer	WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	Food	Hawks	MLB Baseball: Oakland Athletics at Toronto Blue Jays. (Live)	Dr. Phil	Canada's Worst Driver	Replace Emperor	News (N)	CSI: Crime Scn	Are You Smarter
3:30 PM	Seinfeld	Revealed	Arthur (E)	Arthur (E)	Judge						Fashion	Transform							
4 PM	Family Guy	Forbes 20 Under 25	Little Bear	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami	Inside	Oprah Winfrey	(3:59) News	Frasier	SpongeBob	Friends	Race to Mars (Part 1 of 2)	Proud	Friends	CSI: Crime Scn	Deal-No Deal	
4:30 PM	Family Guy		George Shrinks	Fetch! With Judge J.				Cops		Global	Red Green	OddParent	Frasier		(4:38)	Hollywood			
5 PM	Friends	News (N)	BBC World	News (N)	News (N)	News (N)	Intervention "Sandra"	News	News (N)	(4:59) News (N)	Simpsons	OddParent	News (N)	Suite Life	American Gladiators (Season	CSI: Crime Scn	ET Canada		
5:30 PM	Friends		Business	NBC News	CBS News			ABC News	Global		Arrested	SpongeBob		Montana	Finale (N)	CSI: Crime Scn	What		
6 PM	Movie: "Set It Off"	Ad Pers	Skooped!	News-Lehrer	News (N)	News (N)	Intervention (N)	News	News (N)	ET Canada	News	Drake	Sports	Race to Mars (Part 2 of 2)	Zoey 101	Life Derek	CSI: Crime Scn	X-Weighted "Michelle"	
6:30 PM	Movie: "Set It Off"	News	renegade	Raymond	Hollywood			News		Entertain		iCarly	Boxing: Joshua Clottey vs. Zab Judah. (Taped)						
7 PM	Pinkett	E! News	Edge	Benny	Jeopardy!	Friends	Paranormal	Entertain	Entertain	Risk Takers	Coronatn	The Next Star "12 to 6"	eTalk	So Raven	The Mole (N)	CSI: Crime Scn	Are You Smarter		
7:30 PM	Pinkett	Jeopardy!	Wild	Wait God	Fortune	Scrubs	Paranormal	The Insider	ET Canada		Count		Degrassi	Smart Guy					
8 PM	Seinfeld	My Boys	Rainwolves	Antiques Roadshow	American Gladiators (Season	Big Bang	The Cleaner	H.S. Musical	Teen Choice 2008 (ITV)	Teen Choice 2008 (ITV)	TBA	Fries That?	H.S. Musical	Daily Planet	Suite Life	News (N)	CSI: Crime Scn	Deal-No Deal	
8:30 PM	Frasier	How I Met		How I Met	Finale (N)	How I Met					City Chase	Futurama	Musical	Sadie	(8:35) News				
9 PM	Movie: "Set It Off"	X-Weighted "Sarah"	Greenpeace	History Detectives (N)	Two Men Christine	Intervention "Sandra"	Wanna Bet? (N)				The Border (DVS)	Prank Ptrl	Boxing: Friday Night Fights. (Taped)	Canadian Idol	Really Big Things	Montana	Jimmy Kimmel	CSI: Crime Scn	Seinfeld
9:30 PM	Movie: "Set It Off"															(9:08)			
10 PM	Pinkett	Nashville Star	Why Thee Wed?	Chasing-Search	Nashville Star	CSI: Miami	Intervention	The Mole (N)	Risk Takers	News Hour Final (N)	National	Falcon Beach	CSI: Miami	Dirty Jobs	School	Movie: "Ghostbusters" (1984)	Star Trek: Voyager	Married...	
10:30 PM	Pinkett														Cory	Bill Murray		Fresh Pr.	
11 PM	Frasier	News (N)	Meet the Weasels	Charlie Rose (N)	News (N)	News (N)	Paranormal	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	Suite Life	Life Derek	Deep Space 9	Frasier	
11:30 PM	"Little"	Guy Staff			Tonight	Late Show	Paranormal	(11:35)		ET Canada		Ghost		News (N)				Grace	

monday movies

MORNING

10:00 am CITY (29) ★★ ★ "Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists.

EVENING

6:00 pm WTBS (3) ★★ ★ "Set It Off" (1996, Action) Jada Pinkett. Desperation drives four inner-city women to bank robbery in Los Angeles, then they start mistrusting one another.

9:00 pm WTBS (3) ★★ ★ "Set It Off" (1996, Action) Jada Pinkett. Desperation drives four inner-city women to bank robbery in Los Angeles, then they start mistrusting one another.

10:06 pm CITY (29) ★★ ★ "Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists.

11:30 pm WTBS (3) ★★ ★ "Little Nikita" (1988, Drama) Sidney Poitier. An FBI agent's investigation of a renegade Soviet agent leads to a teen's discovery that his parents are Russian spies.

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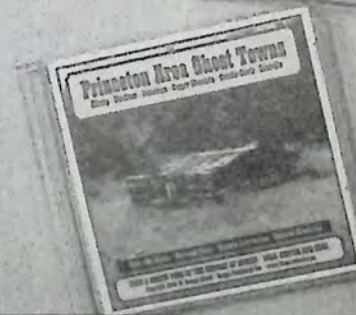
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2007 9.9 Mercury 4-stroke. Has 3 hours on it, 15 inch leg, tank and hose comes with it. Warranty is with Dockside Marina, Kelowna. Selling due to health reasons. Asking \$2,500.00 FIRM. Call (250) 295-3861. Jul 22-Aug 05

English Saddle. Brand new, never used. 16.5 seat, regular tree, soft brown leather. \$300.00 (retails for over \$450.00). Call (250) 295-3123. Jul 22-Aug 05

Wedding dress Alfred Angelo. Brand new, never worn. Strapless size 10, short train, ivory satin. Asking \$500.00 (retails for over \$1,200.00). Call (250) 295-3123. Jul 22-Aug 05

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1994 Buick Regal, asking \$1,000.00. Must sell (moving to Alberta). It a great deal! Call (250) 295-0012 for details. Jul 29-Aug 12

1928 Pontiac front axle, c/w brake drums and 19" wood spoke wheels. Was used as a trailer axle. Asking \$100.00. - MG rear axle with 19" metal spoke wheels and wheel axles, no differential. Asking \$100.00. Call (250) 295-6151. Jul 29-Aug 12

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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.

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obituary

THAIR, MOLLY (GOODING)

October 28, 1921 - July 23, 2008

Francis Molly Thair passed away peacefully on July 23, 2008 at the age of 86. Molly is survived by her beloved husband of 67 years, Alfred; children Anne (David) Metcalf, Patricia (Peter) Pellett, Brian (Cindy) Thair and Carol McInroy; grandchildren Lynne (Rob), Joanne (Al), Donna, Shane (Shannon), Mamie (Darren), Robyn (Bary), Ryan, Mandi and Darle; as well as 13 great-grandchildren, 3 great-great grandchildren and 3 nephews. She was predeceased by her father, Samuel, mother, Susan and sister, Joyce.

Molly was born in Vancouver on October 28, 1921. She met Al in 1938 and they were married on October 18, 1940. They moved to Princeton in 1972 and then on to Calgary in 1985 and settled into retirement. Molly and Al returned to Princeton in September 2007 and settled comfortably into Ridgewood Lodge.

Molly was a wonderful wife, a caring mother and an endearing grandmother. She was an exceptional home-maker who will always be remembered for her gardening skills, homemade bread and peanut butter cookies. Molly and Al spent many summers camping all over BC and Alberta with their children and grandchildren. Molly had a beautiful and fulfilling life and will be missed by all who knew her.

On behalf of Molly and her family a huge thank you to Dr. Adams and the staff of Ridgewood Lodge for their kind, tender care that Molly received during the past ten months. Their professionalism was exceptional and made the family feel fortunate that this is where Molly spent her last days.

Memorial services will be held on Monday, July 28, 2008 at 1:00 PM at the Kingdom Hall of Jehovah's Witnesses, 72 Ridgewood Drive, Princeton, BC.

Tea to follow.

A
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CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

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241	698	735
567	324	981
483	179	256
126	485	379
759	236	148
875	963	412
614	752	893
392	841	567

CHALLENGE #112 - Hard

275	681	943
193	547	628
486	932	157
928	754	361
341	268	795
567	319	284
712	495	836
634	821	579
859	673	412

Princeton Posse 2006/07 - The DVD

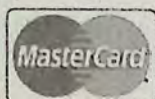


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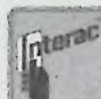
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Similkameen News Leader, 226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0

my turn

First out of the gate!

I guess the target on Randy McLean's back must be fading a little. He announced this week (see the bottom of the Front Page) that he's going to seek re-election in the November Municipal Elections. At first I thought he was going to say he decided that being Mayor for nine of the last 12 years has been long enough, it's time to hang up the saddle and take on other projects.

Now he wants to finish the job, and I think he's being sincere about that. I've always thought we were living in Princeton during a crucial time in it's history. I still believe the projects, developments and decisions made between now and 2010 will have a huge effect on the future of our community. I've said that since before the current term began thinking the two Town Councils leading us up to the Olympics will have huge responsibilities and may also be remembered for some pretty big accomplishments.

There's no secret that I don't get along with all our current Town Council. One member barely acknowledges I exist, others tolerate me and the rest I get along fine with, but when you sit down and take a very hard look at the work they have done collectively (along with assistance from the Town Office staff, EDO and Recreation Department) there's been a lot of progress in a short period of time.

Sure, they've dropped the ball on occasion, but overall I can't think of any other time so much government funding was directed into the development of our community's infrastructure and cultural fabric.

In the 22+ years I've lived here I can honestly say I've never seen a Town Council accomplish so much. Now that I've said it, it may appear that I'm endorsing everything they have done, but I'm not...really.

There are other factors involved that should not be ignored. The Provincial and Federal governments have been spending a lot of money on small communities. Hedley and Keremeos have also been getting a fair share of the cash to assist in many of their community developments.

The timing has been right to be on our Town Council for some of these things to have happened. They also worked hard to qualify for these funding opportunities, but ten years ago or fifteen years ago these kinds of funding programs did not exist.

Regardless of the mistakes made along the way, our Town Council deserves credit for making a real difference in the quality of life for the residents of Princeton.

Back to the issue of timing. I think Randy's announcement couldn't have come at a better time. Rumours have been circulating for weeks about who's running and for what. I've said before in this column, the first one out of the gate will be tough to beat and maybe, just maybe, Randy's so used to wearing the target on his back that he may not want to give it up quite yet.

I think he deserves the chance to finish what's already on the table before we start electing a lot of the wrong people to our council to undo what's been done up to now.

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

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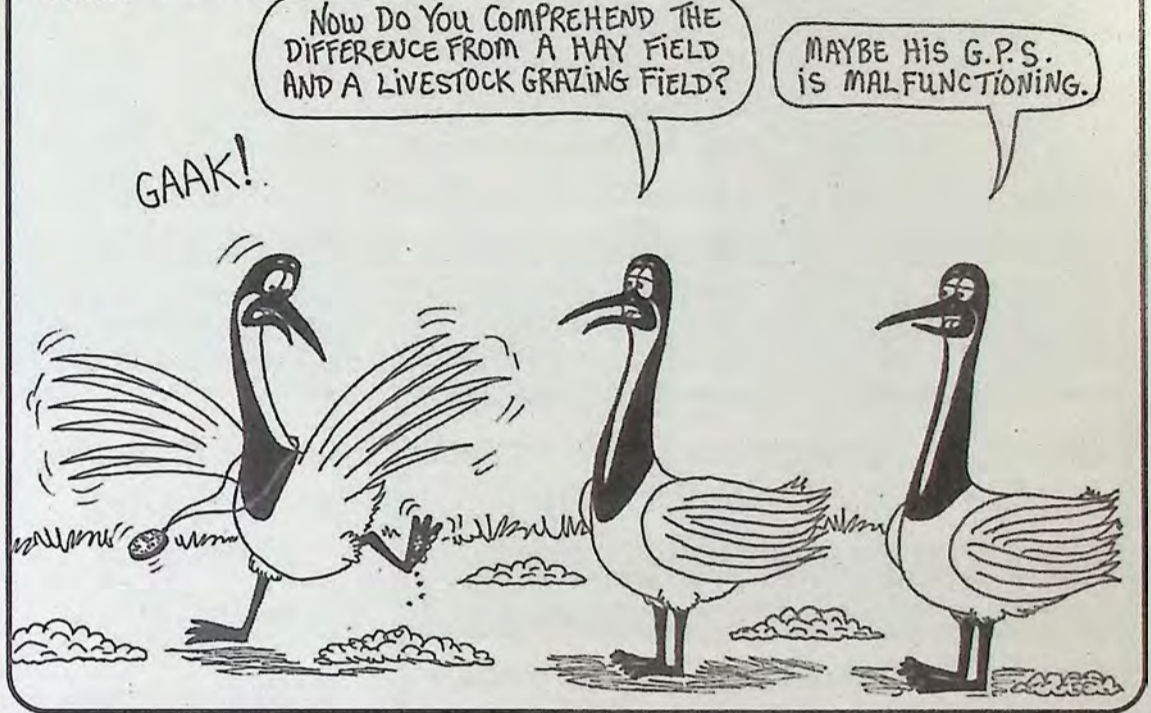
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We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

Publisher:
Office Administrator:
Reporter:

George Elliott
Brenda Engel
Dawn Johnson

TIS TOONS



your turn

News Leader reaches the UK

To The Editor;

Living in London, England and New York City as a journalist I find The Leader is my weekly escape to a world that hardly seems to exist anymore.

I was raised in Princeton from a

family that go back to the days of Blakeburn and the heydays of Granite Creek and Coalmont.

I would just like to say, from a professional perspective, what a great job your little online paper does. To me it conveys the won-

derful sense of community involvement and time donated free by many of its residents.

Whenever I need cheering up I go online and read your paper!
- Clark Schneider, London, England

Letter To The Editor

Dike issue continues to heat up

The following is a copy of another letter delivered to Town Council regarding the

Tulameen River dike. Town of Princeton; In my letter to you dated July 14,

2008 you have refused to notify everyone that the dike in private property and to put up a barrier on Town land and post the entrance to the dike as No Public Access.

You have also refused to put a sidewalk up on Tulameen Avenue from the wooden bridge to Dewdney Street to protect the kids and moms with strollers and seniors, etc.

I would like you to account for this along with the fact that tax increases by the Town of Princeton of over 50 percent since last year.

Your refusal to put up a barrier also allows the motorcycle riders and quad riders to continue to use town property and cause problems and the liability of someone getting hurt comes up due to your neglect to put a stop to this.

After talking to an insurance company all property owners will have to post and fence the dike as they are now legally liable if anyone gets hurt on private property as they have not fenced it to stop Public Access.

I look forward to your reply regarding how this problem can be rectified.
- Keath George, Princeton




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Current Comment:

There's no space aliens, right?



Dawn Johnson
editor@thenewsleader.ca

Recently, I watched a "scientific" television show about UFOs and space aliens. There was a scientist who said it is possible other intelligent life forms could exist in our galaxy. The rest of the show seemed out to prove no such creatures have contacted Earth. I found the show really interesting, because parts of it did not fit other parts of it.

There is a fundamental truth about knowledge and learning: we expect information to hang together and make sense. It is one of the ways of finding the truth, like they do in cop shows and mystery stories. We search for sense.

Back to the UFOs. People see things in the sky that do not fit into anything they know. The TV show explained how weather balloons, flares, peculiar light effects and even the planet Venus are often mistaken for UFOs. I'll buy that. It can happen.

At the same time, the producers of the show interviewed a woman who saw, along with thousands of other viewers, strange lights over the city of Phoenix on a dark night. These lights lasted for three hours. People took photos of the lights. The American Air Force explained the lights by saying their aircraft flew formation over Phoenix and dropped flares. I don't buy that, it doesn't make sense.

What in the world would inspire the American Air Force to assign pilots and expensive aircraft to the task of flying over Phoenix for three hours straight and dropping flares as they flew? There is no logical explanation for an Air Force operation of such abysmal stupidity, to say nothing of the waste of valuable time and equipment. If I were Commander-in-Chief, I would fire whoever gave the order to do such a nonsensical thing.

Another incident over Mexico

City went on day and night, and hundreds of thousands of people saw lights at night and shiny objects in the sky during the day. Nobody had an explanation. Thousands of people took photos and videos, including local television stations. What was that all about? It certainly was not the American Air Force and no flares were involved.

There have been countless reports of strange things flying overhead, and many of these have been investigated without any sensible explanation as to what, or who, is responsible. That fact is what really gets to people. We do not want strange objects in our skies without a reasonable explanation. Maybe we just invented the concept of objects from outer space to satisfy our desire to find an explanation that makes some kind of sense.

When the television show reached the topic of space aliens, the show went to a laboratory where experiments were done using electromagnetic impulses on people's brains. The people who were subjected to the electromagnetic saw monsters. The conclusions was that electromagnetic forces were somehow influencing people to believe they had seen those odd little critters with the big slanty eyes.

The reason everybody sees the same kind of critters is because all of us have seen pictures of

such critters, so they said. They said it is part of our pop culture.

I have never seen any of these little people with the big eyes. However, I am not positive they do not exist. Throughout the world there are legends of little people who could do extraordinary things. The Irish have their leprechauns (talk about your little green men!), Scandinavian nations have their trolls, and stories of fairies abound in European culture. The native people of North America had stories of little people being helpful to humans. True to their approach to phenomena, native American tribes just took it all for granted and did not make a big fuss about the little people. Today, anybody is deemed crazy who says he saw one of these little people with big eyes, and so far, nobody has a photo of these little people. That does not mean they don't exist.

My mind is open on the subject. I don't buy the idea that all of these people who claim to have seen such creatures have all been under the influence of strong electromagnetism or anything else.

If there are space dwellers coming to Earth, I'd like to know what they think of us. If I can find out, I'll make a point of reporting it in the News Leader. In the meantime, I'll just go on with my life and hope the space aliens go on with theirs.

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Brenda Engel
OFFICE ADMINISTRATOR
brenda@thenewsleader.ca

George Elliott
OWNER / PUBLISHER
george@thenewsleader.ca

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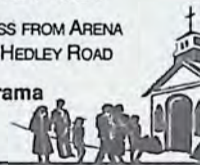
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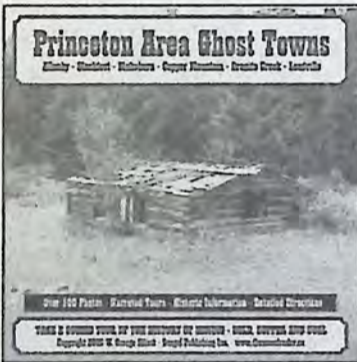
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In particular we are seeking instructors for:

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- Digital Photography Basics
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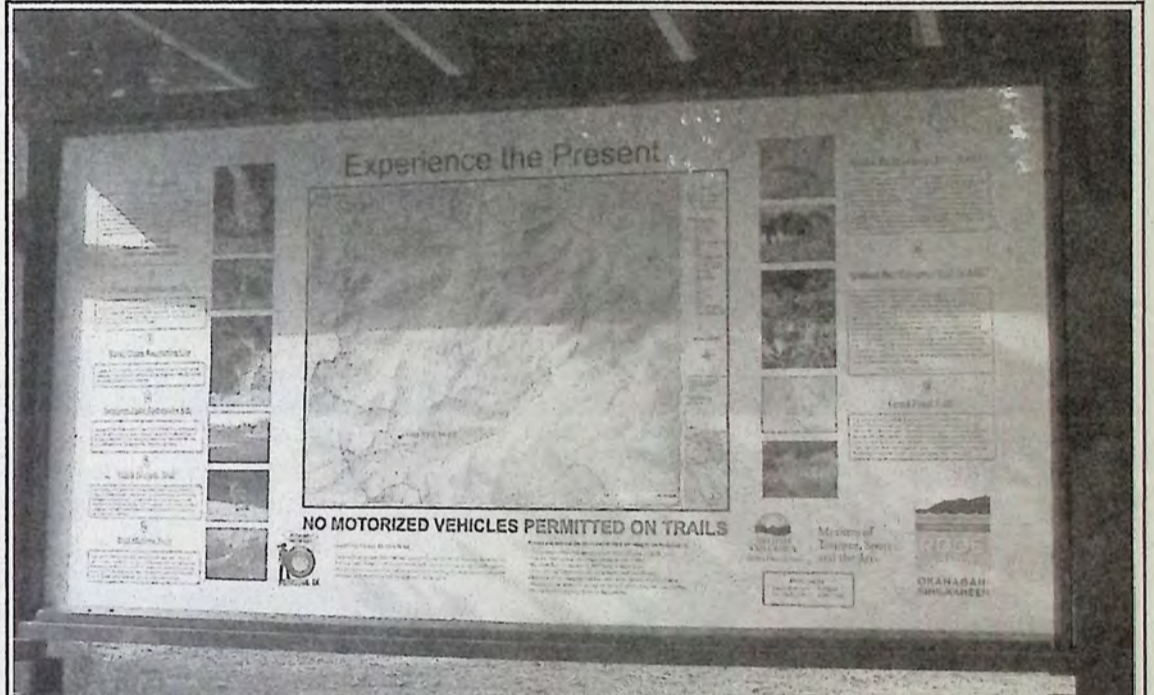
If you have an interest in contributing to the availability of lifelong learning opportunities in Princeton, have the skills and experience necessary to teach others, we can provide teaching materials (in many cases), and compensation for your instruction time. Alternatively if you have skills and knowledge you would like to share, please call and discuss your ideas.

Please contact:

Sharan Jung, Manager
Princeton & District Community Skills Centre
206 Vermillion Avenue
Princeton, BC V0X 1W0
(250) 295-4051



The official unveiling of the new information kiosk at Jacobson Lake outlining the Treasures of the Tulameen took place July 26th and included members of the Jacobson and Davis families. Photo: Terry Malanchuk



The back of the information kiosk at Jacobson Lake is a topographical view of the region. Photo: Kailee Smith

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Less than a week after it was installed, the historic direction sign outside Princeton Museum was destroyed July 27th. Summer student Kailee Smith holds up parts of the sign. Photo: Nick Mills

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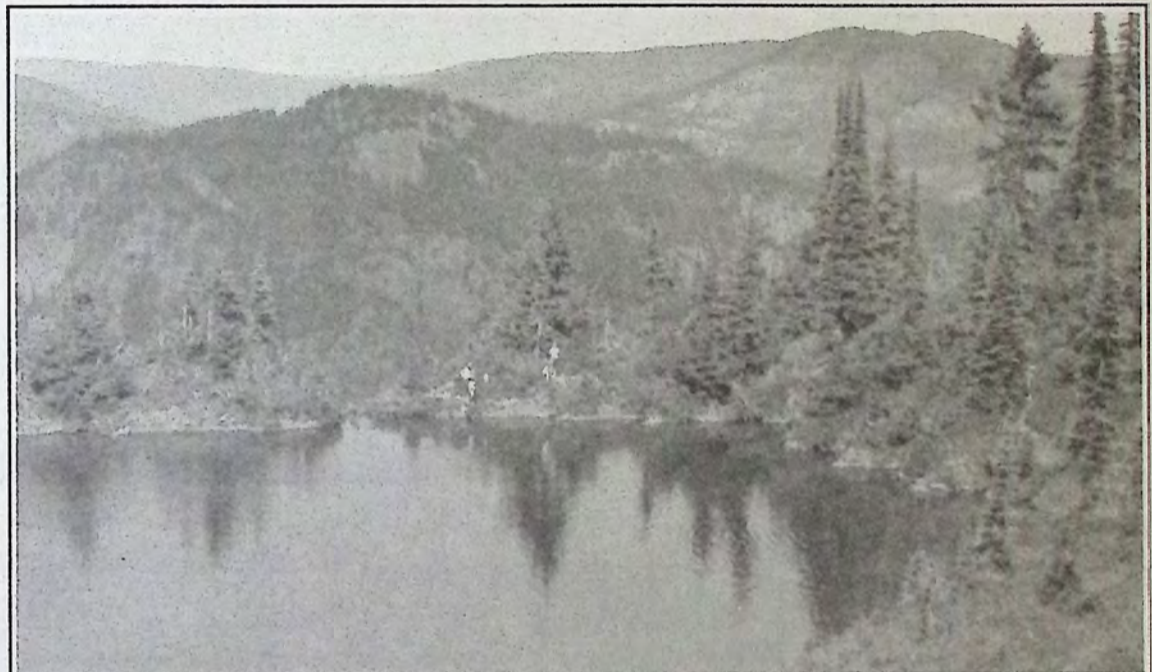


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The arrival of the Backcountry Horsemen of BC at Jacobson Lake July 26th. Photo: Kaitlee Smith



Views like this can be found at Jacobson Lake and Palmer's Pond. Photo: Terry Malanchuk

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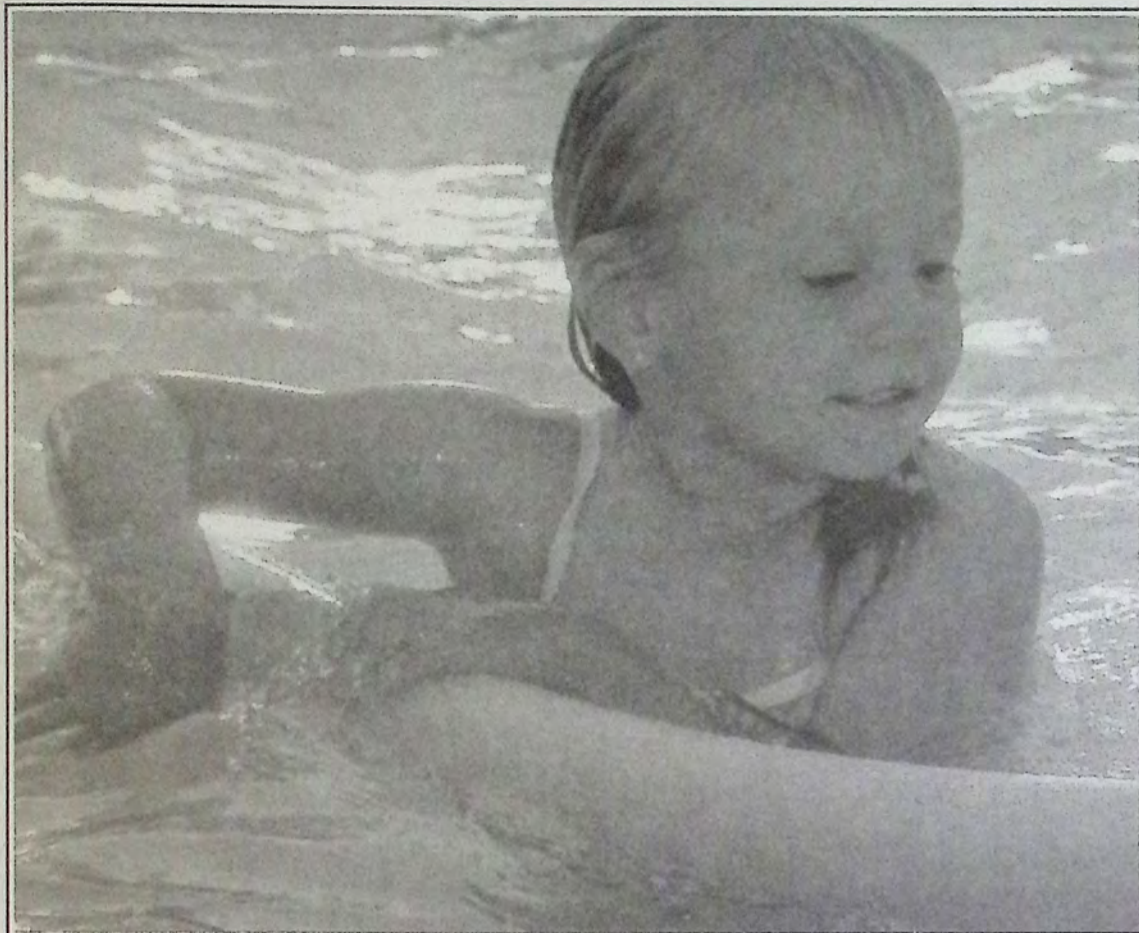


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Princeton Centennial Pool has been a very popular place to be this Summer! *

Council meeting opens with a song

The July 21 Town Council meeting opened with a song from Rika Ruebsaat and Jon Bartlett. They sang the title song of the new CD they put together for Heritage Month in Princeton and to promote the Traditional Music Festival of August 16 and 17.

They invited everyone to join in

the chorus of "Trappers and miners, ranchers and miners, loggers and miners, tourists and miners" and everyone enjoyed the song.

Ruebsaat, as President of Princeton District Community Arts Council, followed with a report of the Arts Council's past year, thanking Council for contin-

ued support.

Mayor Randy McLean remarked on the great number of talented people in the community, saying it was hard to get them to display their work.

He commented on the excellent art shows at the future site of Princeton Public Library.

\$ Million run passes through town

The Million Dollar run (one woman, one child, one step at a time) will pass through Princeton in early August.

The run, to support Servants Anonymous Society (SAS) in Surrey, starts in Victoria July 29th and will reach Manning Park August 7th, due to enter Princeton August 8th or 9th, Hedley on August 10th and leave Keremeos on August 11th.

The run is scheduled to end in Penticton on August 15th.

The run will be completed by Will Rogers of Cloverdale, an EMA 2.

"I have recently retired from 22 years of triathlon racing 21 Ironmans, about 100 half Ironmans, ten Marathons in the process,"

Rogers says.

His charity run will see him accompanied by his 14-year old son, Aaron, on a mountain bike.

"The charity is Servants Anonymous Society of Surrey which is an organization that helps women exit the sex trade."

For more information on the SAS you can contact their office at (604) 590-2304 or you can send an e-mail to creimers.sas@gmail.com.

To contact Rogers to either assist in collecting donations or provide places to rest along his run, e-mail wrogers@bcas.hnet.bc.ca.

Tax receipts will be issued for all donations of \$25.00 and over as well as for gifts in kind.

Council gives grant to skiers

Town Council has voted to give \$500 to China Ridge Cross-Country Ski Association. The grant will assist the club in hosting Marco Graco, Olympic Team Manager, who will evaluate the facilities and ski trails. The local cross-country ski club has received a commitment in principle from Slovenia to use China Ridge for the

Slovenian team pre-Olympic training.

The local ski club has received \$10,400 to help the club buy a second snow machine for grooming the trails. This will help local volunteers keep up with the increased grooming requirements of the Slovenian team during the next two winters.

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Princeton Town Hall News

BC150 HERITAGE MONTH

The Town of Princeton is celebrating the role Princeton & District has played in our Province's 150 years as proclaimed by Mayor McLean for the month of August. Our BC150 celebrations began July 26th with the Treasures of the Tulameen event at Jacobson Lake. Stop in at the Museum for a Community Birthday Celebration on August 9th as they celebrate their 50th anniversary with a variety of other organizations who share 307 years between them. Join the Princeton Traditional Music Society on August 16 & 17 downtown for the 1st Annual Traditional Music Festival with over 80 entertainers booked. The Princeton & District Museum & Archives is decorating store fronts with heritage pictures and artifacts from our local history. Stop in at the museum to view local history and an audio-visual display depicting BC150 years. Centennial Pool is hosting the BC150 challenge all month long and summer recreation is hosting the BC150 Heritage Camp Aug.5-8. Call 250-295-6067 for more information.

2008 PROPERTY TAXES DUE

Payments and/or Provincial Home Owner Grant applications must be in the hands of the Collector at the Town Office by close of business on Thursday, July 31, 2008 to avoid a penalty of 10%. Postmarks are NOT accepted as date of payment. PLEASE NOTE: PAYMENT MUST BE RECEIVED IN THE TOWN OFFICE BY 4:30 PM ON THURSDAY JULY 31,

UPCOMING COUNCIL MEETING

The next regular meeting of Princeton town council will be Monday August 18 in council chambers of Princeton town hall.

CONSIDER YOURSELF WARNED



The Town is pleased to introduce Stephanie Palmar as our new Bylaw officer. Stephanie and her family moved to Princeton earlier this year from Coquitlam looking for our clean air and quality of life. Stephanie will be implementing our Municipal Ticketing Program. Warning tickets are being introduced for bylaw infractions. beginning Sept 2, 2008. Stephanie reminds us that watering restrictions are in effect now and offers the following advice.

Watering Lawns: train your lawns! Watering a lawn everyday encourages shallow root growth. By spreading out the watering of your lawn you'll encourage deeper root growth, and by saturating the soil occasionally the grass will become healthier and drought resistant. Grass generally requires 1" or 2.5cm of water per week. To measure how much water your lawn needs place a can or jar with a mark of 1" or 2.5cm on it and place it in a location that receives good sprinkler coverage. When the water is at the 1" or 2.5cm mark turn off your irrigation.

Mowing Lawns: when mowing your grass you should only be removing 1/3 of the grass stalk or keeping the grass 2.5" long. By keeping grass longer it provides more root shade, discourages weed growth, and retains more water. Mower blades should be kept sharp, dull blades rip and tear grass and it becomes more susceptible to disease. "Grasscycling" also provides free fertilizer, helps grass grow greener and denser and doesn't cause thatch build up. Healthy lawns with deep root systems are more drought resistant.

SUMMER RECREATION PROGRAMS

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SUMMER ADVENTURE CAMP ALL SUMMER LONG
Join Maddison and Kevin for a week of fun, adventure, creativity and athletics. Keep busy from 9am-4pm daily with daytrips and swimming. Register for a week at a time.

AARON HEUSER BASKETBALL CAMP AUG.5-8
The Aaron Heuser Memorial Fund sponsors this program so that the children of Princeton & District can learn about the game that Aaron loved so much. Skill development, game time, endurance and fun are what basketball is all about. This program is free to 9-13 year olds.

PROFESSIONAL SOCCER CAMP AUG. 11-15
Experience the magic of a BRITISH SOCCER CAMP this summer with challenger sports. Individual skill development, games, camp world cup, free soccer ball & camp shirt, and professional instruction. Check out their website at www.challengersports.com to learn more. Princeton Community Recreation welcomes this camp to town from August 11 to 15 at PSS. Register for any of the following camps: First Kicks 3-4 years, Mini soccer 5-6 years, Half Day or Full Days for 6-18 years. Costs vary depending on program selection.

CREATIVE WRITING CAMP AUG. 11-29
Explore your writing skills through journaling and story writing that emphasize your imagination, creativity and personal style with Susan, retired theatre & drama teacher, and Josh. This free camp is for students aged 10-18.

FALL LEISURE GUIDE

The Parks, Recreation & Culture Department is now collecting information and accepting advertising for the Fall 2008 Leisure Guide. The Fall leisure guide will be filled with the variety of leisure activities available in Princeton from September to December. All information is required by August 15 by calling Nadine at 250-295-6067

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484A Corina Ave \$328,300
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Recreation Lot



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989 Highway 5A \$338,300
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181 Luard Street \$258,300
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5 acres midway between Osprey Lake and Princeton. Easy to build on and waiting for your plans. Lowest price on Osprey Lake Road. mls.ca#45923

Duplex Living - Part B



484B Corina Ave \$323,800
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35 Acre Riverfront



610 Highway 3 W \$499,000
Great house, greater property. Located at the edge of town, this 35 acre property offers expansive valley and river views. 10 +/- acre hayland and over 1 km of riverfront. mls.ca#45556

The Perfect Home



203 Luard Street \$203,800
Tucked away close to downtown, this home features a country kitchen, fenced yard, superior gardens and so much more! mls.ca#45813

Handyman's Dream!



80 Kenley Avenue \$119,900
Close walking distance to everything! oil furnace was redone last year. This home has lots of potential! mls.ca#46438

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Great Family Home!



511 Mayne Avenue \$298,000
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Walk To Everything!



136 Angela Avenue \$349,000
Great downtown home with in-law suite. Some updates already done. Great deck off livingroom and master bedroom. mls.ca#46129

Investment Alert!



171 Penryn Avenue \$438,500
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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

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Superior ranchland just minutes from town on Highway 5A. 69+ acres, 1,750 sq ft 3-bedroom, 2 bath rancher, barn, workshop/garage, cabin + more! mls.ca#46202/46203

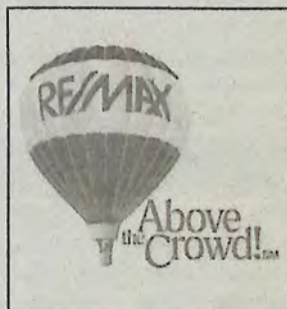


JANICE BARCLAY
295-3222
janicebarclay@princetonbcproperties.com

JIM JUNKIN
295-1968
jimjunkin@princetonbcproperties.com

JUDY KLASSEN
295-JUDY
judy@remaxcountry.net

DEAN STINSON
295-8537
dean@thedean.ca



RE/MAX[®] country

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

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