



Deputy Mayor Maria Sadegur, left, presents Evelyn McCallum with flowers and a plaque in recognition of her 47 years of volunteer service to Princeton Museum. The presentation was made August 9th. \*

## Tea party celebrates milestones

Over 40 people attended the celebration tea party outside Princeton Museum Saturday, August 9th. The Museum, celebrating 50 years of "preserving our past" hosted the event which included anniversaries for a handful of Princeton area businesses and community organizations. The party marked 97 years of service by Princeton Hospital Auxiliary; 95 years of service by Princeton & District Chamber of Commerce; 75 years of service by Overwaitea Foods; 60 years of service by Similkameen Spotlight; 30

years of service by Billy's Family Restaurant and 10 years of service from Similkameen News Leader. The Province of British Columbia was also honoured for 150 years. A special presentation was made to Museum volunteer Evelyn McCallum recognizing her 47 years of service to Princeton & District Museum & Archives. Tea and cookies were served (provided by Overwaitea and Billy's Restaurant) as well as cake, provided by Century 21 Princeton Realty. The Tea Party may become an annual celebration.

# Fall Fair 2008 - Will you enter?

*Does your family like your baking?*  
The ladies who bake goodies for their families have a special category of entries at the Fall Fair. Saying "ladies" is not really justified, because some men have won prizes in the Home Baking categories. If your family raves about your pies or cookies, or if you bake great cakes from scratch, you could be a winner at the Fall Fair. Winning is not just about the ribbon and the prize money, it is about the prestige.  
There is a secret to winning in baking: do it on the Friday before the fair, and enter it the same day. Baking, like all of the other categories, is judged on Friday evening. The fresher the product, the better it will tickle the judge's taste buds.  
Get an exhibitor's booklet at the Tourist Information Centre or Pharmasave, and look at the rules and the prize money. Then make

your plans to be a winner.  
**Entering an exhibit for judging**  
Exhibits may be entered on Thursday and Friday afternoons prior to the fair.  
*Do you like doing crafts?*  
Many people enjoy making things at home, such as beadwork, macramé, carving, or other crafts. There is a special place for you at the Fall Fair. It is called Leisurecraft, and has numerous categories for a variety of crafts.  
If you enjoy producing pottery and ceramics, or you weave baskets, or make your own Christmas decorations, you will find a category for you at the Fall Fair. If you plan to enter some crafts you have done, remember this rule: it must never have been entered in our Fall Fair in any previous year.  
Pick up an exhibitor's booklet at the Tourist Information Centre or Pharmasave, and check out all the categories you could enter.

**Entering an exhibit for judging**  
Exhibits may be entered on Thursday and Friday afternoons prior to the fair.  
*Artists can win money*  
Every year, the Fall Fair hosts a People's Choice art show, where local artists can display their work and let the public judge. Three prizes are awarded at the end of the fair. The prizes depend on the number of votes from the people who view the paintings and drawings and select their favourites.  
All art work must be framed and ready for hanging.  
**Photography**

A picture is worth a thousand words, so they say, and a good photograph is a treasure. If you enjoy photography, then probably you have a potential winner in your collection.  
Read the exhibitor's booklet and decide which categories you could enter your photographs, and read the rules for submitting entries.

Perhaps you could enter a portrait, a landscape or an action series that tells a story. Exhibitor's booklets may be obtained at Pharmasave or the Tourist Information Centre in Princeton.  
**Entering an exhibit for judging**  
Exhibits may be entered on Thursday and Friday afternoons prior to the fair.

## MP opposes postal deregulation

BC Southern Interior MP Alex Atamanenko urges Canadians to participate in review of Canada Post.  
"According to the Canadian Union of Postal Workers (CUPW), the federal government is conducting an almost secret review of Canada Post that will determine the future of the postal service in this country."  
Atamanenko says, "Although it describes itself as limited in scope, the Canada Post Corporation Strategic Review (CPCSR) has a very broad mandate. It will be examining such questions as: what is universal postal service; who should provide these services; and should the letter market be open to competition?"

The MP states, "I am very concerned that the outcome of this review could lead to deregulation of postal services. Based on information from the few countries that have gone in this direction, I have no doubt that the result would be higher prices and reduced service, especially in rural areas like ours where postal services are more costly to provide."  
The deadline for submissions to the CPCSR is September 2, 2008. According to information on the Canada Post website, Canadians are encouraged to provide written submissions to the panel by mail or e-mail, or by going through the following website: [www.cpcstrategicreview.ca](http://www.cpcstrategicreview.ca).

"I'm worried that this will follow the same path as I've personally witnessed in the UK. There, outlying post offices have been or will be closed in the near future, reducing service to many communities," stated Peter Hawkins, President of Castlegar-CUPW Local.  
"Are we prepared to let that happen here?"  
Atamanenko supports CUPW's vision of a modern post office that includes:  
- remaining a publicly-owned enterprise, responsible to Parliament and the public  
- maintaining post offices in rural and urban communities  
- providing employees with safe, ..... continued on Page 9

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

Similkameen **News Leader** **THIS WEEK**  
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Page 4 - Keremeos / Page 11-18 - TV Guide / Page 22 - Editorial / Page 23 - Current Comment  
**REGULAR FEATURES**



# Cheering On BC's Olympians

British Columbia wishes all Canadian Olympic and Paralympic athletes success at the Beijing 2008 Olympic Games and Beijing 2008 Paralympic Games. We are inspired by the hard work, talent and motivation of these British Columbia athletes:



Adam Kreek  
 Alexandra Wrubleski  
 Alison Kabush · Amber Allen · Anna Marie de Zwager · Anna Rice · Anthony Theriault · Anthony Wright · Ashley Gowanlock · Ben Remocker · Ben Rutledge · Bindi Kullar · Blythe Hartley · Brandon Jung · Brent Hayden · Brett Lawrie · Brian Cowie · Brian Hill · Brian Johns · Brian Price · Brianna Nelson · Brittany Timko · Brooks McNiven · Cameron Sylvester · Carol Huynh · Carolyn Murray · Catherine Pendrel · Christine Sinclair · Christos Trifonidis · Clare Rustad · Connor Grimes · Constantine Kudaba · Daniel Parsons · Danielle Lawrie · Darcy Marquardt · Dave Calder · David Ford · Dominic Seiterle · Dominika Kopcik · Don Terlon · Donovan Tildesley · Doug Vandor · Drew Christensen · Dustin Walsh · Dylan Armstrong · Earle Connor · Elenore Elstone · Emerson Frostad · Emily Zurer · Erin McLeod · Erinne Willock · Garrett Hickling · Gary Reed · Geoff Kabush · Gina Grain · Giuseppe De Salvatore · Grant Golding · Haislan Garcia · Hanif Mawji · Heather Mandoli · Iain Brambell · Ian Chan · Ivett Gonda · Jacob Wetzel · Jaimie Borisoff · Jake Tapp · James Byrnes · James Cartwright · Janet McLachlan · Jasvir Singh · Jeane Lassen · Jennifer Krempien · Jennifer McKenzie · Jennifer Salling · Jennifer Yee · Jimmy VanOstrand · Johannes Sauer · John McRoberts · Jonathan Beare

Karen Brain · Karina LeBlanc · Kenneth G. Kelly · Kevin Evans · Kevin Light · Kevin Mitchell · Krista Guloién · Kyle Hamilton · Laura Jensen · Lauren Barwick · Lauren Bay-Regula · Lauren Groves · Leslie Reid · Malcolm Howard · Marc Shaw · Marian Schole · Mark Peason · Martina Franko · Matt Gentry · Matt Rogelstad · Meghan Montgomery · Melanie Matthews · Michael Mason · Michelle Stilwell · Mike Leigh · Mike Lewis · Mike Mahood · Mike Saunders · Misty Thomas · Monica Martino · Monica Pinette · Nikola Girke · Patrick Anderson · Paul Gauthier · Paul Wettlaufer · Peter Short · Rachelle de Jong · Randee Hermus · Ranjeev Deol · Ravi Kahlon · Rhian Wilkinson · Richard Peter · Rick Say · Riley McCormick · Rob Short · Robert Hedges · Robert Swindle · Robyn Gayle · Romina Stefancic · Ruky Abdulai · Ryan Cochrane · Ryder Hesjedal · Sabrina Kolker · Samantha Taylor · Sarah Hunter · Savannah King · Say Luangkhamdeng · Scott Erwood · Scott Frandsen · Scott Richmond · Scott Tupper · Seamus McGrath · Simon Whitfield · Sophie Schmidt · Stacie Louttit · Stephanie Dixon · Stephanie McDougall · Steve Walters · Sukhwinder Singh · Svein Tuft · Tanya Hunks · Thomas Marks · Travis Cross · Trevor Hirschfield · Tyler Christopher · Yuka Chokyu · Zac Plavsic · Zach Bell

*Gordon Campbell*

Honourable Gordon Campbell  
Premier of British Columbia





# Traditional Music Festival - only days away!

The Princeton Traditional Music Festival is just a few days away on Saturday and Sunday, August 16th and 17th.

The schedule is now finalized and there will be over 80 performers appearing over the weekend. Some are local, many are from the coast

and some are from as far away as San Francisco.

This week we will introduce you to a few more of them!

Mike Marker and Larry Hanks play traditional songs from rural North America including cowboy songs, country blues and early country music. They play banjo, guitar and jew's harp. They have performed at folk festivals, clubs, colleges and community halls throughout North America. They have each performed in the United Kingdom and Europe.

Larry performed at an international jew's harp convention in Siberia and Mike has performed in Bolivia. Both have worked as artists in schools and taught at the Puget Sound Guitar Workshop.

Utah Phillips said that their CD, "The Truth for Certain" was "finer 'n snuff and it ain't half as dusty." You can buy their CD at the festival.

Skweeze is a duo from Gabriola Island and consists of Rich Williams and Judith Heather. You'll understand why they're called 'Skweeze' as soon as you see them onstage with their accordions.

Their specialty is French dance tunes - everything from polkas to bourrees to waltzes. They also sing, so in their performances you might hear traditional ballads, hunting songs or songs from the woods and meadows of early England.

Simon Trevelyan and Steve Quattrocchi are from Vancouver. They perform what they call 'back

country' music, that is, Appalachian songs from Anglo-Celtic and African-American traditions. With Steve providing accompaniment on banjo and mandolin and Simon on guitar and concertina, you will hear songs of superstition, religion, elopement, feuding and moonshine.

Eric and Betty Armstrong live in North Vancouver but are originally from the northeast of England. They met in a folk club thirty years ago and "after a wobbly start where they both hated each other" they have sung together ever since.

They have been singing together for decades and were a very vital part of the British folk club scene before coming to Canada. They are founders of the North Shore Folk Club as well as being active in the Vancouver Morris Men dance team and the band, Jiggery Pokery.

They sing everything from traditional English songs to cowboy songs and bluegrass.

Don't forget, the Princeton Traditional Music Festival is this Saturday and Sunday with performances each day from 12 Noon to 6:00 PM on two stages - one at the foot of the zigzag on Billiter Avenue and another in front of the Princeton Museum on Vermilion Avenue. All performers are performing at no charge so please attend and enjoy a weekend of music!

- submitted



Judith Heather and Rich Williams perform under the name 'Skweeze' and we in Princeton last year for the Sounds of Our Heritage Music Festival. - photo submitted



## Princeton Town Hall News

### THANK YOU

#### TREASURES OF THE TULAMEEN

The Town of Princeton & District BC150 Committee would like to thank the following groups and individuals who helped to make the Treasures of the Tulameen BC150 event a huge success on July 26th at Jacobson Lake Recreation Site: Ed Abels of the Ministry of Tourism, Arts and Culture who ensured that the Hudson Bay and other historical trails of our area were re-opened, Back Country Horsemen who made this historical 200 km trip from Fort Langley on the Hudson Bay brigade trail, Princeton & District Ground Search & Rescue members for their support, Sunflower Saddles Horse Club Judy Esdale and her young team for the fantastic lunch, Cowboy Coffee for donating the coffee and tea, Overwaita and Doug's Homestead for lunch, Argo for grading the roads, Tulameen Community Club for the great dinner, Herb Castles for designing our great t-shirts, Auto Tac Graphics Shelly Carlson for the beautiful Past & Present Sign, VFFN Joan & Peter for leading 80 hikers to Palmer Pond, Neil Anderson for documenting our event, Carol & Lynch Bus Lines for driving our enthusiastic hikers into the bush, Jon and Rika for their traditional music throughout the day, Lori Thomas from the Chamber for her fun and entertaining stories of the area, BC150 committee members for their support throughout the year and last but certainly not least Kelley Cook for her dream and dedication in making this event an reality. If you would like to learn more about the Treasures of the Tulameen historical trails or to purchase a Princeton Treasures of the Tulameen T-shirt (Fundraiser for Princeton's 150 years in 2010) stop in at the Chamber of Commerce.

### CONSIDER YOURSELF WARNED



The town of Princeton is implementing our Municipal Ticketing Program beginning September 2, 2008. Warning tickets are being introduced and will be issued for bylaw infractions including traffic violations such as parking in a no parking or handicapped zone, sprinkling violations such as watering on the wrong day or at the wrong time, animal control violations that include animals running at large, or unlicensed dogs. For a complete list contact town hall.

### OFFICIAL COMMUNITY PLAN

The town will hold an Public Hearing at 6:00pm, August 18, 2008 in the council chambers of town hall to consider the town of Princeton Official Community Plan Bylaw 808.2008. The new official community plan represents a major revision to the existing bylaw and all interested residents are invited to attend the hearing. A copy of the new bylaw is available for examination at town hall during normal business hours or on the web at [www.princeton.ca](http://www.princeton.ca). For further details see the notice of public hearing in this paper.

### COUNCIL MEETING SCHEDULE

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

### SUMMER RECREATION PROGRAMS

#### WEYERHAEUSER PRE-TEEN CAMP

Join us for an action packed week of working with wood, tools and paint. This year we are building benches and stools. Come prepared to get dirty from working with wood and paint. Participants have the option to go swimming each day from 2-4pm. Registration is limited to 10 so call 250-295-6067 to register. You don't want to miss out on this annual FREE camp for 10 to 13 year olds. Monday to Friday (no camp on Thurs) 10am-2pm August 18-22 located at Riverside Centre.

#### BC150 POOL CHALLENGE

Pick up your Centennial Outdoor Pool BC150 Passport today and complete the fun challenges for great prizes. Ask the aquatic staff for your pass today.

#### SUMMER'S OVER SWIM FUN NIGHT

Join the fun for a wet & wacky night to celebrate a great summer. Compete in challenges, win prizes, play games, enjoy a snack and cool off for the last time this summer. Bring your family or friend for a great night out.

AUGUST 27-7 TO 9 PM-\$5.00

### TRADITIONAL MUSIC FESTIVAL AUG 16-17

The Town of Princeton & District BC150 Committee congratulate the Princeton Traditional Music Society for all their hard work leading up to this unique and entertaining weekend of music, dance and pottery. Stop in at one of the two stages to be entertained throughout the weekend.

### FALL LEISURE GUIDE

Do you have a program, club or service that you want the community to learn more about? Why not advertise in the Town of Princeton Fall Leisure Guide? We mail out 1600 copies to local residents. Call 295-6067 to learn more. Submission deadline is Friday, August 15.



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**CLOSED AUGUST 1-4**  
 OPEN 10:30 AM - 5:00 PM DAILY AUGUST 5 TO ???

**keremeos and area news**



The damage falling asleep at the wheel can cause. Photo: Keremeos RCMP

**Keremeos RCMP report serious accidents**

The BC Day Holiday long weekend proved to be busy for RCMP in the Keremeos area.

The first serious accident of the weekend occurred late on Friday, August 1st.

BC Ambulance, Keremeos Fire-Rescue, and RCMP attended to a two vehicle collision on Highway 3 near Sumac Road between Cawston and Osoyoos.

"A motorcycle had crossed over center and sideswiped an oncoming vehicle, the motorcycle driver suffered serious life threatening injuries, luckily there were hospital personnel at the scene that attended to the motorcycle driver until the ambulance arrived and the driver was then air-lifted to Kelowna General Hospital by helicopter," stated a news release

on the incident.

Highway 3 was closed from 7:00 PM until 9:30 PM.

RCMP later reported the 29-year old male from Fort McMurray was recovering in hospital after suffering serious injuries as a result of the collision.

"The male's left arm and left leg were severed in the collision and could not be re-attached - speed was a factor and a traffic analyst attended the scene Friday," explains Cst. Myrl Stus.

The name of the motorcycle driver is being withheld pending further investigation into the collision.

Another accident on Sunday, August 3rd saw a 43-year old male from Fort McMurray charged under the Motor Vehicle

Act for 'Driving with Undue Care and Attention' and 'Leaving the Scene of an Accident' when he fell asleep and drove off road left into the oncoming lane in Keremeos.

"The driver continued to drive off the highway and struck an antique car that was famous for advertising Parsons Fruit Stand," says Cst. Stus.

"After hitting the car, the driver continued to drive away, park the vehicle and walk away from the accident, coming back to the scene when police arrived. An impaired driving investigation commenced but alcohol played a minor factor in the incident, the collision was due mainly to the man falling asleep at the wheel."

- submitted by Keremeos RCMP



This antique vehicle was struck in an incident August long weekend. Photo: Keremeos RCMP





Brian and Pat Birmingham, left, along with their son, Jason, far right, hosted a party on August 2nd to raise money for Princeton Highway Rescue and presented the group's Vice President, Doug Pateman (holding the cash) with \$2,000.00 towards the purchase of a new rescue truck. Many long time residents were at the event. Pateman told the News Leader last week that the host would be challenging his offices in Sweden and Hong Kong to meet or beat the donation. Birmingham is President and CEO of Pakit Inc.

## Local historic guide now online

Princeton BC News, the historic information guide produced by Similkameen News Leader, is now available on the internet.

"We're thrilled with the response to the first issue," says News Leader Owner/Publisher George

Elliott.

"The feedback has been all positive and we will soon begin working on the second issue."

Plans are to publish a different historic guide quarterly.

Issue #01 is online and can be

found at the bottom of the News Leader's homepage at [www.thenewsleader.ca](http://www.thenewsleader.ca).

We plan to post every issue of the guide online so once the printed copies are gone, you can still access the information."

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# FREE! FIRST ANNUAL PRINCETON TRADITIONAL MUSIC FESTIVAL

**AUGUST 16 & 17, 2008**

Music from 12:00 noon to 6:00 pm

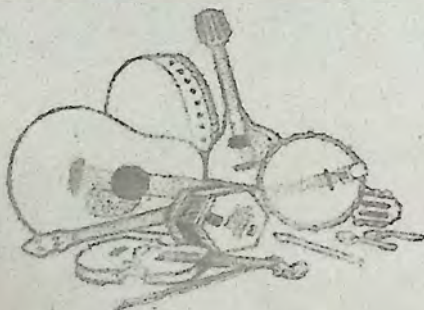
Billiter Stage west of Bridge St.

Museum Stage on Vermilion Ave.

◆ Across the Pond ◆ Eric and Betty Armstrong ◆ Jon Bartlett and Rika Ruebsaat ◆ Black Sheep Morris dancers ◆ Celtic Spirit ◆ Chris Corrigan & Brad Ovenell-Carter ◆ The Cutters ◆ Bob Doucette ◆ Lorne Dufour ◆ Jim Edmondson & Lyn Pinkerton ◆ Fintan the Fish ◆ Glen Esdale ◆ Fiddle Frazzle ◆ Flip & Zeke ◆ Don Gilbert ◆ Grist for the Mill ◆ The Irish Wakers ◆ J.D. Howell ◆ Jill King ◆ Mike Marker & Larry Hanks ◆ Lyn Melnechenko ◆ Bernice Niakrok ◆ Rattlebones ◆ Tom Rawson ◆ Rabbleberries ◆ Brian Robertson ◆ Chris Roe ◆ Squeeze ◆ The Streets ◆ Simon Trevelyan ◆ Ellen Vander Hoeven ◆ Lyn Van Lidthe de Jeude ◆ and more...



**Princeton Traditional Music Society gratefully acknowledges the financial assistance of the Building Communities Through Arts and Heritage Program of Canadian Heritage, the Town of Princeton, the Regional District of Okanagan-Similkameen, Princeton & District Arts Council and the Rotary Club of Princeton**





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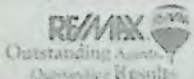


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## news leader health and lifestyle page

### Sustainable Practices: Do your foods uphold your commitment to the planet?

By J.C. Carroll  
(NC)—Canada is a place of great fortune when it comes to the quality and quantity of its fruit and vegetables—and now that we are in peak growing season, there are ample amounts of locally grown produce for us to enjoy. With such abundance, it's worth knowing more about which farmers and organizations, and even which brand names are committed to sustainable growing practices.

The focus for food sustainability is usually on produce and meats—and yet responsible practices should also be applied to the sauce ingredients that bring these foods to life. Some sauce brands do go the extra mile. Heinz, for example—a company well known for its ketchup, chili sauce and barbecue sauce—reports that its products are indeed, made responsibly. Management points out that since the big, red, vine-ripened tomato is the gold standard for its condiments like

**Put the lid on techno-trash**  
(NC)—Every day, electronics are being replaced with faster and smaller devices, yet few of these products are recycled after they become obsolete.

As a result, more than 158,000 tonnes of computer equipment, phones, televisions, stereos, and small appliances are sent to Canadian landfills each year.

Of particular concern is the fact that electronic equipment may contain heavy metals and other toxic substances that can pose risks to human health and the environment. Electronics may also contain valuable material—such as aluminum and copper—emphasizing the importance of redirecting this equipment to environmentally sound recycling facilities at the end of their life.

What can you do to help keep electronic products out of landfills? Here are just a few suggestions:

- Encourage vendors and manufacturers to subscribe to a take-back and recycling programs for the electronic products they sell or make.
- Rethink the need to replace your old electronic products with new ones. Maximize the useful life of this equipment and consider upgrading or repairing them where possible.
- Donate your old equipment to a family member, friend, or charitable organization.

Check with your province and/or municipality about reuse, recycling and disposal options for electronics in your area.

ketchup—the Heinz corporation has now become the world's foremost supplier of all-natural tomato seeds. Six billion Heinz seeds are delivered to farmers annually—and these are higher-yield seeds.

Higher yields per plant represent an important environmental benefit: farmers can produce far greater quantities of tomatoes with the same or lower amounts of water and fertilizer. In addition, the company's work in sustainable agriculture also includes collaborating with suppliers worldwide to implement water conservation initiatives.

"In particular, our drip irrigation methods in North America, Europe, and Australia, deliver a steady supply of moisture close to the ground resulting in slower evaporation and lower water usage," says Scott Makey, agriculture manager for Heinz Canada, based in Leamington, Ontario.

"And drip irrigation is just one way we are working to preserve this natural resource." Heinz calculates a savings of nearly 3 million cubic meters of water from their global manufacturing facilities over the past two years.

So if responsibility is on your mind

this growing season, here are some fresh and tasty summer treats you can serve and be proud of:

**The Ultimate Veggie Dip:** Blend sour cream, cream cheese, and Heinz Chili Sauce with your favourite herbs and spices.

**Healthy Hearty Salsa:** Combine coriander, fresh lime juice and jalapenos with Heinz Chili Sauce.

**The Ultimate Kid's Sauce:** Thick, rich Heinz Ketchup is an ideal dip for green beans, broccoli, carrots, corn, or any other veggies your kids are reluctant to eat.

**Savoury Mushrooms:** Sauté 500g of sliced farm fresh mushrooms in butter until soft. Add 4 tablespoons of HP Sauce and continue cooking until most of the moisture has disappeared. Makes a tasty topping for steak.

**Sweet Onion Topper:** Place sliced onions in foil with a generous splash of Lea & Perrins. Close up the foil and cook on the grill to make a tasty burger accompaniment.

**Zesty Salad:** Add Lea & Perrins to your favourite Caesar salad or in place of balsamic vinegar, or straight up as a 'low carb' salad dressing.

- News Canada

## living past 100

### Correct over 40 muscle loss

We tend to lose muscle at a rate of one percent per year after age 40. The shrunken elderly have not lost just fat, they have lost muscle. This loss contributes to aches and pains from exertion, and may cause falls. At a different level, it is important to remember the heart is all muscle tissue, and we need a strong heart to live.

One of the ways you can maintain strong muscles well into old age is NOT merely doing exercises. Keeping active is good, but you need more to protect muscle strength and volume.

Researchers have learned you can preserve muscle tissue by increasing the amount of potassium in your daily food selections. People over 65 with the most muscle consume more potassium than those who consume little potassium. In addition to preserving muscle, potassium helps keep blood pressure low.

Eating more vegetables rich in potassium is the beginning of preserving muscle strength. Such vegetables include mushrooms, Swiss chard, celery, broccoli, squash, eggplant, carrots, beets, asparagus, pinto beans, split peas (as in old-fashioned pea soup) and low sodium vegetable juice.

Some fish are good sources of potassium: sardines, tuna, snapper, cod and scallops.

Muscles are made of protein. In order to maintain your muscles, you must replace old muscle cells with new cells, and to do this, you need the right kind of protein.

The best protein is whey, which can be purchased in powder form at your health food store. Whey powder can be used in a juice drink, milkshake, or a smoothie. Whey reduces hunger pangs by making you feel satisfied, so it is a good drink at breakfast time. Lean meats provide high quality protein, and most beans provide another form of protein. Eggs and fish provide protein. Make sure your protein intake is adequate if you are trying to build muscle.

Selenium is a mineral known to strengthen muscle. You can purchase it at a health food store or pharmacy. Selenium has the added value of increasing immunity to viral infections and guarding against cancer.

To build muscle mass, you need to do weight-bearing exercise. This does not mean you have to become a weight lifter. It means you need to have your body carry weight around, such as in walking. Other weight-bearing exercises include push-ups, sit-ups, and arm exercises using small weights, such as a can of dog food in each hand.

If you are a person who is physically active and in good health, you might want to do weight training at a gym. Do this with caution, as too much too soon can injure muscles, not build them.

Okay, have you got it? Potassium, protein, exercise — three ways to stay strong.

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**428 Highway 3**  
Over 2 acres of riverfront! MLS 44691  
**\$339,900**



**2800 Coalmont Road**  
1 acre lakeview with executive rancher in Tulameen. MLS 44648  
**\$489,800**



**225 West Place**  
Amazing setting! Soaks up Tulameen River view. One owner and it shows.. MLS 44850  
**\$319,000**



**155 Edgewood Drive**  
Renovated 3+2 bedroom home. MLS 44601  
**\$264,900**



**116 Ridgewood Drive**  
Extensive renovations throughout including windows, roof and furnace, oak floors laundry up, finished basement. MLS 44539  
**\$189,900**



**L3-115 Angela Avenue**  
Fabulous new townhouse strata developed by one of Princeton's finest, Fred & Co. Builders. MLS 44673  
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**L1-115 Angela Avenue**  
Showcase strata townhouse features immaculate details by Deb. MLS 44671  
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**2804 Coalmont Road**  
Rare 1-acre Tulameen lakeview lot! MLS 44891  
**\$249,900**



**Lot 7 2nd Street**  
Tulameen building lot! Drilled well. MLS 45014  
**\$169,900**



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



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



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



**3376 Coalmont Road**  
6 acres in Tulameen. MLS 45416  
**\$599,900**



**480 Mayne Avenue**  
3+1 bedroom home on Third Bench. MLS 45564  
**\$249,900**



**304 Burton Avenue**  
Virtually new home completely reno'd. MLS 45455  
**\$217,900**



**2141 Highway 5A**  
27 acres with Dry Lake view. MLS 45206  
**\$454,900**



**4031 Princeton-Summerland**  
Lakefront cabin on Osprey Lake. MLS 45318  
**\$539,900**



**10-459 Huey Road**  
Located at peaceful Martins Lake. MLS 45257  
**\$58,000**



**4028 Princeton-Summerland**  
4 year old rancher on 10 acres. MLS 45341  
**\$459,000**



**3924 Summers Creek Road**  
Rare double lot close to Missenula Lake features cabin with vaulted ceiling. MLS 45926  
**\$295,000**



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



**2884 Coalmont Road**  
Tulameen flat 1/2 acre with lake views. MLS 45340  
**\$249,900**



**101 Thistle Road**  
Fabulous building lot at Eastgate! MLS 45503  
**\$79,900**



**Dan Pippin**  
295-6977



**Heather Johnson**  
295-8591



**Doug Haayer**  
295-1585



**Marty Gray**  
295-5044



**Lee Mowry**  
295-1990



**Alana Meston**  
295-6977



**Christy Stein**  
295-6977



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Albert 'Ginger' Goodwin. - photo submitted

BC 50 YEARS  
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## "Ginger" Goodwin

INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

Albert "Ginger" Goodwin was born on May 10th, 1887, in Treeton, Yorkshire, England and was a coal miner for most of his life. He mined in England, in Nova Scotia and on Vancouver Island.

Immigrating to Canada in 1906, he participated in a vicious coal strike at Glace Bay, Nova Scotia, in 1909, before crossing the Country in the hope of finding steady employment.

It was in Cumberland, on Vancouver Island, that Goodwin would become a prominent Socialist. Although he only played a small part in organizing the 1912 walkout that turned into a General Strike, Goodwin soon established himself as an orator speaking about the working conditions of the striking miners. After the strike, he could not find any work in the Island mines and so in 1915 left for the Interior of BC, eventually reaching Trail.

"Ginger" Goodwin was elected vice-president of the British Columbia Federation of Labour in 1917 and secretary of the Trail Mill and Smelter men's Union, Local 105 of the International Union of Mine, Mill and Smelter Workers. In 1916, he also ran unsuccessfully in

Trail for the Socialist Party of Canada.

During World War I, Goodwin was examined by a Doctor and considered temporarily unfit for military duty because he was suffering from miner's black lung and bad teeth. The conscription board reversed its decision after Goodwin led the strike at the Trail lead/zinc smelter in 1917 for an eight-hour working day. He was given a month to report for duty.

The Draft Board's reversed decision came immediately on the heels of the Prime Ministerial announcement that Class D draftees would not be recalled or called up to the Front. Sensing treachery Goodwin's Mine-Mill Local protested, but to no avail.

Being a pacifist, Goodwin instead fled from Trail and hid in the hills he knew well near Cumberland on Vancouver Island. He lived off the land with a small group of other draft dodgers whose general whereabouts were known, but who had for a few months been successful in hiding.

The hunting Provincial Police were frustrated, eventually turning to the local population for help and hired a barkeeper and hunter, Dan

Campbell, to assist in hunting the fugitives.

He led the Police into woodland, near Comox Lake, and on July 27th, 1918, Campbell came upon Goodwin, shooting him with a bullet in the throat. There were no witnesses, an important fact in the aftermath.

"Ginger" Goodwin was given a large funeral, but Campbell, who claimed he fired in self-defence, was never tried for his death and further protest occurred.

In the days after Goodwin's death, BC underwent its first General Strike. Striking workers in Vancouver protesting his murder was a brief preview of the labour strife that in the spring of 1919 would become a six-week General Strike.

A few months after "Ginger" Goodwin died the World War had ended and in BC he had become a martyr of the Left, a role he fills to this day.

The new highway near Cumberland was briefly named for Goodwin, though the subsequent removal of the name signs indicates the continuing controversy over "Ginger" Goodwin's death and legacy.

[www.princetonbcnews.com](http://www.princetonbcnews.com)





Mike Marker and Larry Hanks will be performing this weekend at the first annual Princeton Traditional Music Festival. All musicians will be performing free concerts on two stages. - photo submitted

## RDOS issues weed alert for puncturevine

As many garden plants struggle to survive the recent heat wave and much of our low elevation native plants start turning a golden brown, a spiny invader is basking in the summer sunshine.

Puncturevine (*Tribulus terrestris*), one of the region's highest priority species, thrives during heat waves. This invasive plant has already impacted our region's tourism industry by invading the beaches in Osoyoos and many popular biking routes, and more recently it's having an economic impact on our agricultural industry as it moves into ground crops and vineyards.

Puncturevine is a summer annual that occupies territories on every continent, excluding Antarctica. Throughout the world it is known by many names, including caltrop, goathead, Texas sandbur and ground bur-nut. The first North America introduction occurred in the early 1990s spreading throughout the Americas, particularly in the western United States.

In Canada, puncturevine is known to occur only in the Okanagan and Lower Similkameen valleys. It is most prolific in the sandy soils around Oliver, Osoyoos and Keremeos, with isolated patches in the Penticton area, Kelowna and as far north as Vernon.

Within the boundaries of the Okanagan-Similkameen Regional District, puncturevine is classified as a regionally noxious plant and therefore must be controlled under

the provincial Weed Control Act.

This one weed has caused significant impacts to several local municipalities, costing thousands of dollars every year to battle it. Its negative impacts have resulted in the development of a region-wide strategy and formation of a multi-agency task team, in an effort to cooperatively deal with this invader.

Puncturevine forms dense mats along road shoulders, vacant lots, beaches and unpaved parking sites, its stems reaching up to 10 feet (3 metres) in length. This annual is also making its way into agricultural lands, where it grows between rows of ground crops such as strawberries, tomatoes and melons, or competes with newly planted grape vines.

The stems are covered by hairy leaves that are divided into six to eight leaflets. Tiny, yellow flowers first appear in late spring or early summer, and spiny seedpods emerge a few weeks later. Each seedpod consists of five sections that, at maturity, break into tackle-like structures with sharp spines for which this weed is aptly named. These sharply pointed seedpods stick painfully in bare feet and flatten bicycle tires, reducing the recreational potential of many areas. Even light truck tires can be punctured by the seedpods. Flowering and seed production typically occurs from mid-June to October.

In some western US states, puncturevine is controlled by a stem weevil (*Microlarinus lypriformis*) and seed weevil (*M. lareynii*), introduced from Italy as biocontrol agents in the 1960s. However, a release of the seed weevil in ..... continued on Page 10

## Atamanenko opposes deregulation

..... continued from Front Page unionized jobs that have fair wages, and good working conditions - maximizing environmentally friendly practices

"Canada Post is consulting with major stakeholders, but there are no public hearings being held," the NDP MP said.

"This review is taking place during the summer months when

Canadians may not even realize that its underway, much less take the time to make a submission regarding a service upon which we all depend."

Atamanenko adds, "I urge everyone who shares my concern to make a submission to the review panel and let this government know that postal deregulation is not acceptable." - submitted

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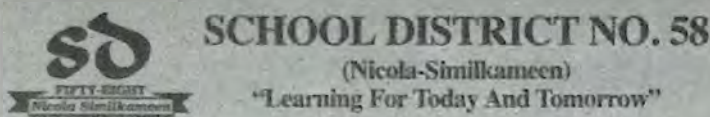
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**STUDENT REGISTRATION - 2008/09**

**PRE-REGISTRATION**

For students "NEW" to School District No. 58 (Nicola-Similkameen), the schools are open for pre-registration Monday to Friday, August 25-29, 2008, from 9:00 - 11:30 AM and 1:00 - 2:30 PM. Call ahead to confirm.

**SCHOOL OPENING**

Tuesday, September 2, 2008 - Adjusted Hours: 10:00 AM - 12:00 Noon  
Wednesday, September 3, 2008 - Regular School Hours.

**SCHOOLS**

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

**BUS STUDENTS**

Please check in the newspaper and with your school for bussing information.  
Tuesday, September 2, 2008 Busses will pick up students one hour LATER in the morning, and return students beginning at 12 Noon.  
Wednesday, September 3, 2008: Busses begin the regular schedule.

**KINDERGARTEN:**

To register, a child must be 5 years of age, on or before December 31, 2008, and a birth certificate, immunization record, and Care Card should be presented. Kindergarten starting dates will be arranged through the school.

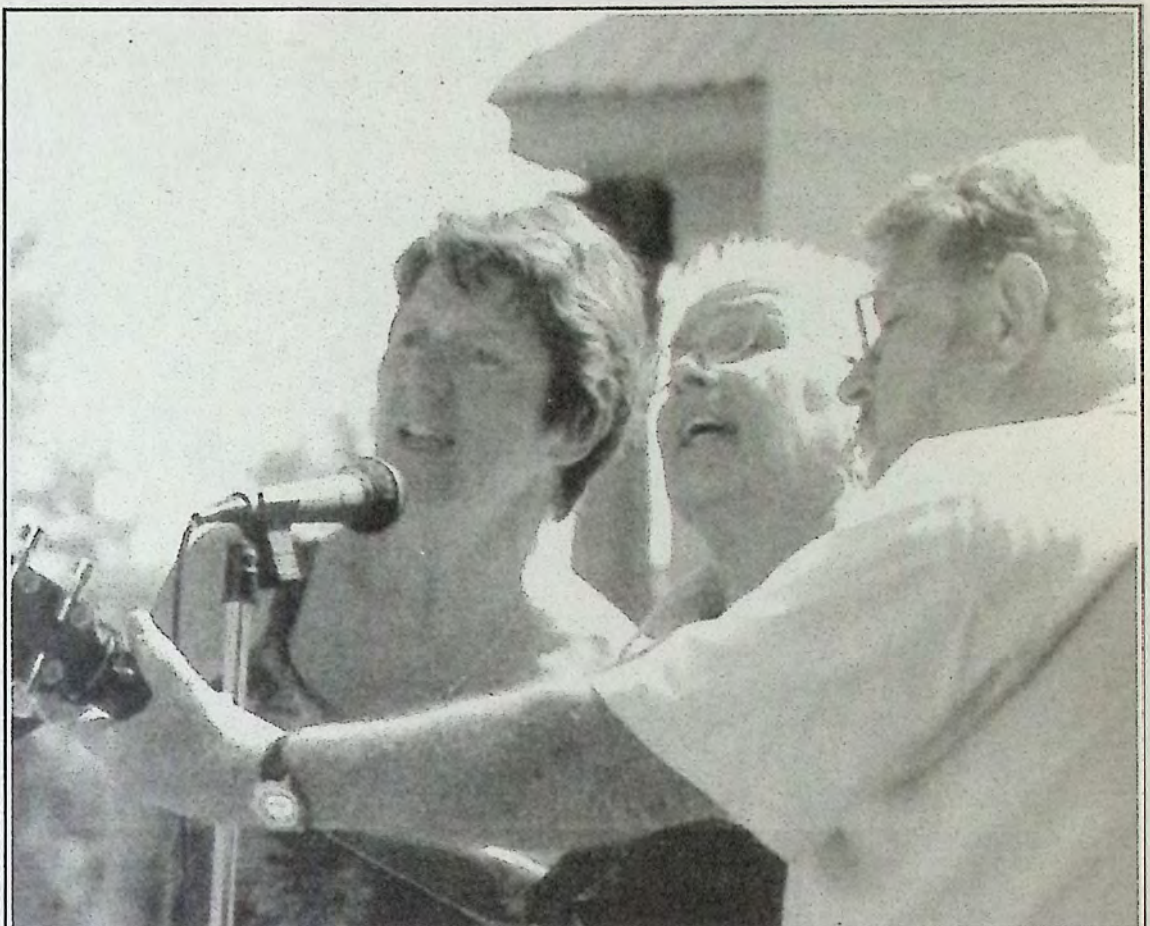
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**THE BRIDGE - CENTRE FOR LIFELONG LEARNING**

148 Old Hedley Road  
REGISTRATION DATE: Tuesday, September 2, 2008

For more information, call (250) 295-3180 or fax: (250) 295-3192, or contact Princeton Secondary School 295-3218.



Betty and Eric Armstrong (centre, right) sing with Princeton's Rika Ruebsaat (left) at last year's Sounds of Our Heritage Music Festival. They will perform during this weekend's event. - photo submitted

..... continued from Page 9  
Osoyoos in 1986 proved unsuccessful, likely due to the insect perishing during the winter months. Efforts are currently underway to reinvestigate this bioagent and determine if another attempt should be made to establish this weevil in BC.

Landowners are encouraged to learn to identify the plant and know how to control it. The best method of controlling puncturevine is to prevent establishment by destroying the first plants found in an area before seeds begin

to form. Young puncturevine plants are easily controlled by hoeing, shallow tillage or by carefully hand-pulling plants. If seedpods have not yet developed or are immature (small and green), the plants can be composted. If plants have already matured and the seedpods have ripened (turned brown and easily fall off the plants), plants should be carefully pulled and bagged, then taken to the local landfill. Tipping fees are waived for invasive plant disposal at all landfills operated by the Regional District of Okanagan-Similkameen.

One of the greatest challenges this weed poses is its ability to germinate throughout the summer months; therefore, one treatment at the beginning of summer is not enough.

Landowners must be vigilant, checking puncturevine prone sites approximately every three weeks, starting in June and continuing until September. New plants need to be continually destroyed to ensure seeds do not form. It is also important for landowners to be able to recognize puncturevine at an early stage of growth, as this is when it can most easily be con-

trolled, as opposed to when it is large and seedpods have matured.

Like most other weeds, puncturevine prefers areas of disturbed, bare ground. Landowners can help by not providing an opportunity for weeds to grow, as well as by patrolling their properties in the summer and controlling any puncturevine they discover. Areas of soil disturbance should be reduced and re-seeded immediately with a suitable dryland seed mix.

For more detailed information on puncturevine, check out our fact sheet available at the Regional District office at 101 Martin Street in Penticton, or go to our website at [www.rdos.bc.ca](http://www.rdos.bc.ca) and scroll down to Invasive Plant under the 'services' section.

For anyone who wishes to view 'Weed of the Week' articles on the internet, be sure to check out the Hot Topics or Press Releases sections of the RDOS website: [www.rdos.bc.ca](http://www.rdos.bc.ca).

For more information on invasive plants, contact Lisa Scott, Invasive Plant Program Coordinator for the Okanagan-Similkameen Regional District at (250) 492-0237 or e-mail [info@rdos.bc.ca](mailto:info@rdos.bc.ca).

- submitted by RDOS

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# weekly entertainment guide

TUESDAY, AUGUST 12, 2008 THROUGH MONDAY, AUGUST 18, 2008



Tulameen Family Days Ball Tournament winners were as follows: First Place - Tulameanics (pictured above), Second Place - Hamburgers, Third Place - Grimy Gulch. Hall of Fame - Sue Pennefather, Most Fun Team- Grimy Gulch, MVP- Steven Simms. Photo: Anne Passey

## Swim club shines at swim meet

The Kokanee Summer Swim Club saw 16 athletes compete at the Okanagan Regional Swimming Championships held in Kamloops on August 2nd and 3rd.

The club had excellent results overall, with three athletes qualifying for the Provincial Championships which are to be held in Trail August 15th, 16th and 17th.

The club's outstanding performance earned praise from officials at the meet, commenting that they have never seen so many Kokanee swimmers make finals.

The girls led the team starting with Kate Allison, a Division 1 girl. Kate placed 12th in the 50m Backstroke.

The Division 2 girls had Shayna Krenn place 12th in the 50m Backstroke while also achieving a personal best time in the event.

In the Division 3 girls, Taylor Carmichael placed 2nd in the Backstroke with a time of 37.85 seconds. This time is not only a personal best, but also a Provincial Qualifying time (PQT). Carmichael also placed 2nd in the 50m Fly, 6th in the 50m Freestyle and 5th in the 100m Freestyle.

Taylor qualified for the provincials in both the Backstroke and the Fly. Her performance has also earned her a spot on the Okanagan Regional Medley Relay Team where she will swim the Backstroke.

Kendra Hill had an excellent weekend placing 9th in the Backstroke and 14th in the 100m Freestyle, achieving personal best times in both events.

Ryley Smeaton competed in the 50m Freestyle, 50m Backstroke, 50m Breaststroke and 100m Freestyle and achieved personal best times in three of the four events.

Tyler Smeaton competed in the 50m Freestyle, 50m Backstroke, 50m Breaststroke and 100m Freestyle and achieved personal best times in all four events.

The Division 4 girls had Emily Allison placed 16th in the 100m Breaststroke where she achieved a personal best time. Emily also achieved a personal best time in the 50m Freestyle.

Also in the girls squad was Darby Milner, Division 7, and the Kokanee Assistant Coach. Darby placed 2nd in both 50m Fly and the 100m Backstroke.

The boys were not to be outdone. The Division 1 boys had four Kokanee competitors. Dylan Carmichael placed 11th in the 50m Backstroke, 13th in the 100m Freestyle (with a personal best time) and 14th in the 50m Freestyle. Dylan also achieved a personal best time in the 50m Breaststroke.

Nicholas Cimbaro placed 8th in the 100m Freestyle, 9th in the 50m Backstroke and 12th in the 50m Freestyle where he achieved personal best times in all three events.

Eric Gutierrez-Ogrinc placed 10th in the 50m Backstroke, 10th in the 100m Freestyle and 13th in the 50m Freestyle. Eric achieved personal best times in both the 100m Freestyle and 50m Backstroke.

Hunter Smeaton placed 6th in the 100m Freestyle and 8th in both the

50m Backstroke and 50m Freestyle. Hunter not only achieved personal best times in these three events, but also in the 50m Fly.

Division 2 boys had Tristan VanderMeulen compete in the 50m Backstroke, 50m Breaststroke and 100m Freestyle. Tristan had a personal best time in the 100m Freestyle despite battling an illness over the weekend.

Charlie Allison, Division 3, earned an 8th place finish in the 100m Individual Medley and 10th in both the 50m Breaststroke and 100m Freestyle. Charlie had personal best times in the 100m Freestyle, 50m Breaststroke and 50m Fly.

Mark Cimbaro, Division 6, placed 5th in the 100m Freestyle, 4th in the 50m Freestyle and 5th in the 100m Backstroke. Mark achieved personal best times in both the 100m Freestyle and the 100m Backstroke and also qualified for the provincials in the 50m Freestyle.

Denis Gutierrez-Ogrinc, the Kokanee Coach, placed 1st in the 100m Fly, and 4th in the 50m Fly, 50m Freestyle and 100m Breaststroke. Denis qualified to swim at the provincials in the 100m Fly, 50m Breaststroke and 50m Freestyle.

Amanda Carmichael, Kokanee Summer Swim Club President, said, "All of the athletes deserve to be very proud of their accomplishments. The Okanagan Region is a very competitive region, making these results even that much more impressive. Everyone in the club has trained very hard, and their hard work is paying off." -submitted

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Mason, Dylan, Kayley and Maddison make Clay Houses as part of the Princeton Parks & Recreation Department Summer Day Camp program. To find out more call (250) 295-6067. - photo submitted



Bob Lind and Bob Wicks tour children around the Rodeo Grounds during Cowboy Week. - photo submitted



Wildlife viewing at Swan Lake was also offered as a Summer Day Camp. - photo submitted

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TUESDAY, AUGUST 12, 2008

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of programming details for Tuesday, August 12, 2008.

WEDNESDAY, AUGUST 13, 2008

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of programming details for Wednesday, August 13, 2008.



# Horoscopes

August 13 - 20, 2008

**Aries** - Summer fun is still your top priority, but job demands are a necessity. Keep working, and do what is right for your health. Employment upsets will smooth over soon.

**Taurus** - Worries about children and pets, sports injuries and artistic projects that go awry, keep you mentally uneasy this week. Plans just do not seem to go well. Have more a Plan B.

**Gemini** - Hectic pace continues, but you may be having more fun as part of the action. Messages, phone calls, errands and visits with siblings are part of the picture.

**Cancer** - Communicate with siblings, neighbours. Problems with vehicle may cost a lot. Be very cautious about spending. Don't be fooled! Plan happy visit with sibling this weekend.

**Leo** - If you were careful with money last week, you can relax this week. Debts may be paid to you, or you may earn extra. Partner may be vague or deceptive about something.

**Virgo** - Disruption at work may cause problems. You can expect the unexpected from partner. Plans do not work out, but as week begins, you could have some good luck solving problems.

**Libra** - Watch out for mental upsets due to frustration. Hidden anger works against you. Job could be hectic, or unsatisfying. Hang in there. Be cautious with money.

**Scorpio** - Career presents a few upsets this week, but nothing you can't handle. Problems come from children, pets, or sports. Avoid swimming this week. Home life seems confused, vague.

**Sagittarius** - Avoid travel before weekend. Career becomes hectic, but it's not all problems. Have fun at home on weekend. Parent may be cause for concern, but don't fret.

**Capricorn** - Friday and Saturday offer a rare opportunity for financial gain from an unexpected source. You may be able to clear up debts or you may receive an inheritance of goods.

**Aquarius** - A friend or partner may be a bit impatient with you as the week begins. Others may give you gifts, or share something valuable with you. Keep your wits about you.

**Pisces** - You may be experiencing a lot of advice from well-meaning friends, or even some criticism from people you count on. Try to take it in stride, as it is their problem, not yours.

## Regular Meetings

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

## thursday movies

### MORNING

10:00 am CITY (29) ★★½ "The Flintstones" (1994, Comedy) John Goodman. Betty's Barney helps Wilma's Fred move up the ladder at Slate & Co. in Stone Age Bedrock. (E)

### EVENING

6:00 pm WTBS (3) ★★½ "Jurassic Park III" (2001, Adventure) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. (E)

9:00 pm WTBS (3) ★★½ "Jurassic Park III" (2001, Adventure) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. (E)

10:06 pm CITY (29) ★★½ "Brown Sugar" (2002, Romance-Comedy) Taye Diggs. A producer for a record company falls for his longtime friend shortly after proposing to his girlfriend. (E)

11:00 pm SPIKE (44) "The Russian Specialist" (2005, Action) Dolph Lundgren. A special forces agent seeks revenge against a kidnapper responsible for the death of his family. (In Stereo) (E)

11:30 pm WTBS (3) ★★½ "Blue Juice" (1995, Comedy) Sean Pertwee. A British surfer and his friends find that they can no longer catch the waves like they used to do.

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## friday movies

### MORNING

10:00 am CITY (29) ★★½ "The Dish" (2000, Comedy) Sam Neill. A sheep-farming town in New South Wales gets media attention when NASA needs to use its large radio telescope for Apollo 11. (E)

### EVENING

8:00 pm KXLY (10) ★★½ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. (In Stereo)

FAM (26) "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club. (E)

9:00 pm WTBS (3) ★½ "Men of War" (1995, Action) Dolph Lundgren. Former special-forces agents hired to invade an exotic island learn they were duped by con artists. (E)

9:45 pm FAM (26) ★ "Baby Geniuses" (1999, Comedy) Kathleen Turner. Evil partners experiment on an infant and send his twin to a reputable research nursery. (E)

10:06 pm CITY (29) "Confessions of a Porn Star 5" (2003, Adult) Lezley Zen. Sexpots reveal their innermost desires. (E)

11:19 pm FAM (26) "Twitches Too" (2007, Mystery) Tia Mowry. Twin sisters who have magic powers uncover evidence that their missing father is alive. (E)

11:30 pm WTBS (3) ★½ "Men of War" (1995, Action) Dolph Lundgren. Former special-forces agents hired to invade an exotic island learn they were duped by con artists. (E)

## Similkameen News Leader

Recipe Corner (Recipe #232)

Brought To You By: Similkameen News Leader

# I-Cube Burgers

### Shopping List:

- 1 bottle Diana Sauce, Honey Garlic flavour
- 1 bottle Diana Marinade, Garlic & Herb flavour
- 1 1/2 lb (750 g) ground beef
- 1 ciabatta baguette or 6 buns
- Fresh garlic
- Eggs
- Monterey Jack cheese slices
- Hot pepper rings
- Light mayonnaise
- Dry bread crumbs

1. Whisk 1 egg with 1/4 cup (50 mL) bread crumbs, 1/4 cup (50 mL) Diana Sauce, 1 minced garlic clove, 1/2 tsp (2 mL) each salt and pepper. Crumble in ground beef; mix well. Form into 6 square patties. 2. Preheat grill to medium. Grill burgers for 8 minutes; turn and baste with Diana Sauce to taste. Grill for 6 to 8 minutes or until an instant-read thermometer inserted into the centre of burgers registers 160°F (71°C). 3. Meanwhile, cut ciabatta baguette into 6 equal squares to fit burgers; slice open. Brush cut sides with 1/2 cup (125 mL) Diana Marinade and grill until toasted. Blend 2 tbsp (30 mL) each mayonnaise and Diana Sauce until combined. Arrange cooked burgers on toasted bread; top with cheese and hot pepper rings. Slather with mayo sauce. Serves 6.

### Variations

BLT Burger: Use Diana Sauce, Original flavour in the burger and on the grill; top with crisp bacon, lettuce and tomato.

Maple 'n Cheddar: Use Diana Sauce, Maple flavour in the burger and on the grill; top with sliced red onion, avocado and aged Cheddar cheese.

- News Canada

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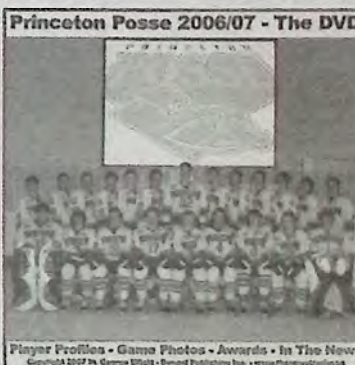
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THURSDAY, AUGUST 14, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)		Caillou (EI)	News (N)	News (N)	The Sopranos	(5:00) News	(5:30) News (N)	(4:30) News (N)	(3:00) XXIX Summer Olympics (Live)	Erky Perky	(3:00) XXIX Summer Olympics	Canada AM	Daily Planet	Henry's King	Rachael Ray	Pros vs. Joes	F/X: The Series
7 AM	In the Heat of the Night	Body	Clifford	Barney	Today Health. (N)	The Early Show (N)	American Justice	Good Morning America (N)				Jane	SportsCentre		Naked Science	K. Possible (7-24)	CityLine	Pros vs. Joes	Due South
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Cold Case Files		100 Huntley Street (N)			George S.	SportsCentre		Deadliest Catch	Weekend Lloyd	The Tyra Banks Show	Pros vs. Joes	North of 60
9 AM	Sanford	The Mom Show	Berenstain Bears (9:33)	Super Why!	Today (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Timothy	Record	Regis and Kelly	Daily Planet	Franny Tigger	News (N) City	Disorderly Con.	ET Canada
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (N)	XXIX Summer Olympics (Same-day Tape)	The Price Is Right (N)	CSI: Miami "Legal"	The View	World Vision	Room House	Wilbur	Erky Perky	Champ. Darts	The View	Dirty Jobs	Mickey Sprites	Movie: "The Flintstones" (1994) John	Disorderly Con.	X-Weighted "Kendra"
11 AM	Cosby	Clean House	Rolie Polie	Big World		Young and the Restless	Crossing Jordan	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Jacob	NHRA Drag Racing: Lucas Oil	Degrassi Instant	Mighty Ships "Becrux"	Benj Bear (11:25) King	Goodman.	Disorderly Con.	Mad Aht. Frasier
12 PM	Still Std	News (N)	Miss BG	Charlie Rose		News (N)	The Sopranos	All My Children	News (N)	Days of our Lives (N)	News (N)	Hawks	Nationals. From Brainerd.	4 Real	Mayday	(11:49) Weekend	CityLine	Disorderly Con.	Seinfeld
1 PM	Fresh Pr.	Design	Pancakes	Painting	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)	Living	Grossology	Minn. (Taped)	Sue Thomas: F.B. Eye	Sport Science	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager	Melrose Place
2 PM	King	Whose Wedding Is It?	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) K. Possible	News	Star Trek: Voyager	Fresh Pr. Family Guy
3 PM	Friends	Christine	Dora the Explorer	WordGirl	Ellen DeGeneres Show	Dr. Phil	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	XXIX Summer Olympics	Hawks	Record	Dr. Phil	How-Made	Replace	News (N)	CSI: Crime Scn	Tube Tales Vanity
4 PM	Family Guy	Judge J.	Little Bear	Cyberchase	Judge J.	Oprah Winfrey	CSI: Miami "Legal"	Inside Cops	Oprah Winfrey	(3:59) News Global	From Beijing. Softball: Canada vs. USA; gymnastics, women's individual all-around final; swimming, finals. (Live)	SpongeBob	Interruption	Daily Show	Daily Planet	Proud	Pregame	CSI: Crime Scn	Inside Hollywood
5 PM	Friends	News (N)	George Shrinks	BBC World	News	News (N)	The First 48	News	News (N)	(4:59) News (N)	Canada vs. USA; gymnastics, women's individual all-around final; swimming, finals. (Live)	OddParent	CFL Football: Hamilton	MythBusters Testing movie	Suite Life Montana	Preseason Football: Buffalo Bills	CSI: Crime Scn	ET Canada	
6 PM	Movie: "Jurassic Park III"	Ad Pers	Mentors	News-Lehrer	News	News (N)	The First 48	News	News (N)	ET Canada	Drake	Tiger-Cats at Winnipeg Blue Bombers. (Live)	TMZ (N) Hollywood	MythBusters	So Raven	TNA IMPACT! (N)	Seinfeld	Family Guy	
7 PM	(2001) Sam Neill	Jeopardy!	The Grizzly Connection	Pioneers of Television	Jeopardy!	Friends	The First 48	Entertain	Entertain	Big Brother 10	Malcolm	Frank Ptrl	Uh Oh!	SportsCentre (Live)	To Be Announced	Suite Life	News (N)	UFC Unleashed	Family Guy
8 PM	Seinfeld	Zoe Buxtel: Wild Card	Big Ideas	Sherlock Holmes	XXIX Summer Olympics (Same-day Tape)	Big Brother 10	Crime 360	Ugly Betty	Big Brother 10	Wipeout	Wipeout	Uh Oh!	SportsCentre (Live)	To Be Announced	Suite Life	News (N)	UFC Unleashed	Family Guy	
9 PM	Movie: "Jurassic Park III"	Movie	Around the World	Globe Trekker	CSI: Crime Scn	The First 48	Grey's Anatomy	Wipeout	Wipeout	Wipeout	XXIX Summer Olympics (Live)	Prank Ptrl	Cagefighting Highlights	CSI: Crime Scn	Sport Science	Montana	(9:06) Jimmy Kimmel	Real Vice	Seinfeld
10 PM	(2001) Sam Neill	How Art Made	Soundstage	Flashpoint (N)	The First 48	Private Practice	Wipeout	News Hour Final (N)	News Hour Final (N)	News Hour Final (N)	Falcon Beach	Mystery	Poker Night (Taped)	Flashpoint (N)	MythBusters Testing movie	School	(10:06) Movie: "Brown Sugar" (2002) Taye Diggs.	Wild World	Fresh Pr.
11 PM	Cheers	News (N)	For King and Country	Charlie Rose (N)	News (N)	The First 48	News	News (N)	Entertain	Ghost	Ghost	15/Love	SportsCentre (Live)	News (N)	Forensic Factor	"Russian Special"	Sports	Grace	

FRIDAY, AUGUST 15, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)		Caillou (EI)	News (N)	News (N)	The Sopranos	(5:00) News	(5:30) News (N)	(4:30) News (N)	(3:00) XXIX Summer Olympics (Live)	Erky Perky	(3:00) XXIX Summer Olympics	Canada AM	Daily Planet	Henry's King	Rachael Ray	Pros vs. Joes	F/X: The Series
7 AM	In the Heat of the Night	Body	Clifford	Barney	Today (N)	The Early Show (N)	Amer. Justice	Good Morning America (N)				Jane	SportsCentre		Mayday "Fire Fight"	K. Possible (7-24)	CityLine	Pros vs. Joes	Due South
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Cold Case Files		100 Huntley Street (N)			George S.	SportsCentre		MythBusters	Weekend Lloyd	The Tyra Banks Show	Pros vs. Joes	North of 60
9 AM	Sanford	The Mom Show	Berenstain Bears (9:33)	Super Why!	Today (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	Fighting for Canada	Super Why!	Timothy	Sports	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Disorderly Con.	ET Canada
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (N)	XXIX Summer Olympics (Same-day Tape)	The Price Is Right (N)	CSI: Miami "Hell Night"	The View	World Vision	Room House	Wilbur	Erky Perky	Champ. Darts	The View	Against All Odds	Mickey	Movie: "The Dish" (2000) Sam Neill.	Disorderly Con.	X-Weighted
11 AM	Cosby	Clean House	Rolie Polie	Big World		Young and the Restless	Crossing Jordan	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Jacob	Billiards	Degrassi Instant	Mayday	Benj Bear (11:25) King	Goodman.	Disorderly Con.	Mad Aht. Frasier
12 PM	Still Std	News (N)	Miss BG	Charlie Rose		News (N)	The Sopranos	All My Children	News (N)	Days of our Lives (N)	News (N)	Hawks	Billiards	4 Real	MythBusters	(11:49) Weekend	CityLine	Disorderly Con.	Seinfeld
1 PM	Fresh Pr.	Design	Pancakes	Watercolor	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)	Living	Grossology	Little League Baseball: World Series Pool Play	Sue Thomas: F.B. Eye	MythBusters Testing movie	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager	Melrose Place
2 PM	King	Whose Wedding Is It?	Paddington	WordWorld	Millionaire	Guiding Light (N)	Cold Case Files	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris	Ruby	World Series	General Hospital (N)	myths.	(1:54) K. Possible	News	Star Trek: Voyager	Fresh Pr. Family Guy
3 PM	Friends	Christine	Dora the Explorer	WordGirl	Ellen DeGeneres Show	Dr. Phil	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	XXIX Summer Olympics	Hawks	Record	Dr. Phil	How-Made	Replace	News (N)	CSI: Crime Scn	Fashion Vanity
4 PM	Family Guy	Judge J.	Little Bear	Cyberchase	Judge J.	Oprah Winfrey	CSI: Miami "Hell Night"	Inside Cops	Oprah Winfrey	(3:59) News Global	From Beijing. Swimming, finals; beach volleyball, round of 16 match; baseball: Canada vs. USA; athletics. (Live)	SpongeBob	Pregame	Daily Show	Daily Planet	Proud	Friends	CSI: Crime Scn	Tribute Bands
5 PM	MLB Baseball: San Francisco Giants at Atlanta Braves. (Live)	News (N)	George Shrinks	BBC World	News	News (N)	CSI: Miami	News	News (N)	(4:59) News (N)	Canada vs. USA; gymnastics, women's individual all-around final; swimming, finals. (Live)	OddParent	Football: Montreal Alouettes at Toronto Argonauts. (Live)	MythBusters Testing movie	Suite Life Montana	Reaper "Acid Queen"	CSI: Crime Scn	ET Canada	
6 PM	Ad Pers	Fetch! With	News-Lehrer	News	News (N)	News (N)	CSI: Miami	News	News (N)	ET Canada	The Next Star (N)	Dance	TMZ (N) Hollywood	Man vs. Wild "Sahara"	Zoey 101 Buzz	Stargate SG-1	Shocking Moments	Family Guy	
7 PM	Family Guy	Jeopardy!	Emily of New Moon (N)	Wash Wk	Jeopardy!	Friends	The Cleaner	Entertain	Entertain	Very Bad Men	Hit List	Dance	SportsCentre (Live)	TMZ (N) Hollywood	Forensic Factor (N)	Games	The Collector	Most Amazing Videos	Frasier
8 PM	Seinfeld	Britney Spears Singer	The Royal Foreigner	Foreigner	XXIX Summer Olympics (Same-day Tape)	Ghost Whisperer	Criminal Minds	Movie: "Legally Blonde"	Very Bad Men	Swingtown (N)	Swingtown (N)	Hit List	Boxing: Friday Night Fights (Same-day Tape)	Greek "Picking Teams"	Man vs. Wild "Sahara"	Musical 2" (9:45)	Jimmy Kimmel	MANswers	Seinfeld
9 PM	Movie: "Men of War" (1995)	20/20	Masterpiece	Mediterranean	Swingtown	CSI: Miami	20/20	Swingtown (N)	Swingtown (N)	News Hour Final (N)	Falcon Beach	Mystery	Poker Night (Taped)	Flashpoint (N)	Worst Handyman	Movie: "Baby Geniuses" (1999)	"Confessions of a Porn Star 5" (2003)	Game	Mad Aht. Frasier
10 PM	Dolph Lundgren	Greenpeace	Austin City Limits	News (N)	The Cleaner	News	News (N)	News (N)	ET Canada	15/Love	15/Love	SportsCentre (Live)	News (N)	Forensic Factor	"Twitches"	Sports	Grace		



# CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

## HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

### CHALLENGE #115 - Rated Easy

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

### CHALLENGE #116 - Rated Hard

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

THIS WEEK'S SOLUTIONS:  
Page 20

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

## saturday movies

### MORNING

- 6:00 am SPIKE (4) ★★★ "The Firm" (1993, Drama) Tom Cruise. A law-school grad uncovers a sinister secret about the Tennessee firm that made him an offer he couldn't refuse. (In Stereo) (E)
- 9:00 am WTBS (3) ★★½ "Mouse Hunt" (1997, Comedy) Nathan Lane. Brothers inherit a dilapidated mansion inhabited by a resourceful rodent that refuses to leave. (E)
- 10:30 am A&E (9) ★★½ "Sleeping With the Enemy" (1991, Suspense) Julia Roberts. Premiere. The battered wife of a yuppie neat-freak fakes her death at sea and flees from Cape Cod to Iowa. (E)
- 11:00 am WTBS (3) ★½ "Beverly Hills Ninja" (1997, Comedy) Chris Farley. A ninja watches out for his portly adopted brother, hired to track a mystery woman's beau in Southern California. (E)

### AFTERNOON

- 12:00 pm FAM (26) ★★★ "Willy Wonka & the Chocolate Factory" (1971, Fantasy) Gene Wilder. A poor boy and his grandfather win a tour through a wily candy-maker's marvelous factory. (E)
- 1:39 pm FAM (26) "Kim Possible: So the Drama" (2005, Adventure) Voices of Christy Carlson Romano. Animated. Ron realizes he has feelings for Kim, while Drakken hatches

- a scheme to take over the world. (E)
- 2:30 pm A&E (9) ★★½ "The X-Files" (1998, Science Fiction) David Duchovny. FBI agents Mulder and Scully probe events that may prove the existence of aliens on Earth. (E)
- 5:00 pm A&E (9) ★★ "Entrapment" (1999, Action) Sean Connery. A woman pretends to be a burglar to catch a gentleman thief planning a big heist in Malaysia on the eve of the millennium. (E)

### EVENING

- 6:00 pm CITY (29) ★½ "Ripper: Letter From Hell" (2001, Horror) A.J. Cook. Members of a college study group on serial killers fall victim to a stalker whose methods mirror Jack the Ripper's. (E)
- 8:00 pm WTBS (3) ★½ "Crocodile Dundee in Los Angeles" (2001, Comedy) Paul Hogan. Mick and his girlfriend return to America and link the mysterious death of a reporter to a movie studio. (E)
- CHBC (4) "Still Small Voices" (2007, Suspense) Catherine Bell. A 911 operator uncovers a startling secret while investigating her visions of a missing girl. (E)
- KXLY (10) ★★½ "Legally Blonde 2: Red, White & Blonde" (2003, Comedy) Reese Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights. (In Stereo) (E)
- VTV (22) ★★ "Murder in the

- Hamptons" (2005, Docudrama) Poppy Montgomery. Amid a bitter split from his wife, multimillionaire Ted Ammon is found dead at his East Hampton estate. (In Stereo) (E) (DVS)
- 9:00 pm A&E (9) ★★ "Entrapment" (1999, Action) Sean Connery. A woman pretends to be a burglar to catch a gentleman thief planning a big heist in Malaysia on the eve of the millennium. (E)
- FAM (26) ★★½ "Look Who's Talking" (1989, Comedy) John Travolta. Premiere. An unwed accountant gives birth to Mikey, a hip baby who provides sarcastic commentary on events.
- CITY (29) ★★½ "Change of Habit" (1969, Drama) Elvis Presley. While running a clinic in the slums, a doctor falls in love with a young nun who is assisting him. (E)
- 10:33 pm FAM (26) ★★½ "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past his deadly traps to gold. (E)
- 11:00 pm CITY (29) ★★ "3000 Miles to Graceland" (2001, Action) Kurt Russell. Two ex-cons and their partners in crime plan a Las Vegas casino heist during the week of an Elvis convention. (E)
- 11:30 pm CITY (12) ★★½ "Stripes" (1981, Comedy) Bill Murray. Premiere. A lazy New York caddy quits his job and convinces his bored buddy they should join the Army. (E)
- 11:35 pm BCTV (11) ★★½ "Stripes" (1981, Comedy) Bill Murray. Premiere. A lazy New York caddy quits his job and convinces his bored buddy they should join the Army. (E)

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## sunday movies

### MORNING

- 9:00 am WTBS (3) ★½ "Beverly Hills Ninja" (1997, Comedy) Chris Farley. A ninja watches out for his portly adopted brother, hired to track a mystery woman's beau in Southern California. (E)
- 11:00 am WTBS (3) ★★½ "Groundhog Day" (1993, Romance-Comedy) Bill Murray. February 2nd keeps repeating for a cynical TV weatherman sent to watch the groundhog in Punxsutawney, Pa. (E)
- SPIKE (4) ★★½ "Shaolin Soccer" (2001, Comedy) Stephen Chow. A soccer coach persuades a kung-fu master and his former classmates to form a team and play for \$1 million. (In Stereo)

### AFTERNOON

- 12:00 pm FAM (26) ★★½ "The Rookie" (2002, Drama) Dennis Quaid. A high-school baseball coach makes it to the major leagues as a middle-aged relief pitcher. (E)
- 1:00 pm WTBS (3) ★½ "Crocodile Dundee in Los Angeles" (2001, Comedy) Paul Hogan. Mick and his girlfriend return to America and link the mysterious death of a reporter to a movie studio. (E)
- 2:00 pm SPIKE (4) ★★½ "Shaolin Soccer" (2001, Comedy) Stephen Chow. A soccer coach persuades a

- kung-fu master and his former classmates to form a team and play for \$1 million. (In Stereo)
- 2:08 pm FAM (26) ★★½ "A Little Princess" (1995, Drama) Eleanor Bron. A British Army captain's 10-year-old daughter irks the headmistress of her girls school in 1914 New York.
- 3:00 pm WTBS (3) ★★½ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy. (E)
- VTV (22) "This Matter of Marriage" (1998, Romance) Leslie Hope. After several disastrous dates, an architect seeking marriage realizes she's in love with her neighbor. (In Stereo) (E)
- 4:00 pm YTV (18) ★★ "The Beverly Hillbillies" (1993, Comedy) Jim Varney. A woman hopes to tie up Jed Clampett, a mountain-man Easterner, and his newly acquired wealth in the bonds of matrimony. (In Stereo) (E)
- CITY (29) ★★ "Bewitched" (2005, Romance-Comedy) Nicole Kidman. An actual witch and a neurotic movie star land the lead roles in a television remake of the 1960s sitcom. (E)
- 5:00 pm WTBS (3) ★★½ "Titanic" (1997, Drama) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a

- penniless artist on the ill-fated ship's maiden voyage. (E)
- SPIKE (4) ★★½ "Kung Fu Hustle" (2004, Action) Stephen Chow. An aspiring hoodlum gets a chance to prove his abilities when gang members hire him to spring a powerful master from an asylum. (In Stereo)

### EVENING

- 6:00 pm YTV (18) ★★ "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip.
- 7:00 pm SPIKE (4) "Kung Fu Killer" (2008, Adventure) (Part 1 of 2) David Carradine. Premiere. A monk infiltrates the Chinese underworld to punish a warlord and his deadly army. (In Stereo)
- 9:00 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)
- SPIKE (4) "Kung Fu Killer" (2008, Adventure) (Part 1 of 2) David Carradine. A monk infiltrates the Chinese underworld to punish a warlord and his deadly army. (In Stereo)
- 11:00 pm SPIKE (4) ★★½ "Kung Fu Hustle" (2004, Action) Stephen Chow. An aspiring hoodlum gets a chance to prove his abilities when gang members hire him to spring a powerful master from an asylum. (In Stereo)

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**Eddie the Dalmatian**  
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SATURDAY, AUGUST 16, 2008

Table with 20 columns (WTBS-45) and 24 rows (6-11 AM, 12 PM, 1-11 PM). Contains program listings for Saturday, August 16, 2008, including titles like 'Paid Prog.', 'News (N)', 'Animal', 'Today (N)', etc.

SUNDAY, AUGUST 17, 2008

Table with 20 columns (WTBS-45) and 24 rows (6-11 AM, 12 PM, 1-11 PM). Contains program listings for Sunday, August 17, 2008, including titles like 'Animal R.', 'Pioneers', 'Ultimate Taste', etc.



MONDAY, AUGUST 18, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)		Caillon (EI)	News (N)	News (N)	The Sopranos (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	(3:00) XXIX Summer Olympics (Live) (E)	Erky Perky Jane	(3:00) XXIX Summer Olympics (Live) (E)	Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Pros vs. Joes	F/X: The Series (E)
7 AM	In the Heat of the Night	Body	Clifford	Barney	Today (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)							Naked Science	K. Possible (7:24)	CityLine (E)	Pros vs. Joes	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Cold Case Files (E)			100 Huntley Street (N)		Viva Pinata Flamingo			How-Made	Weekend	The Tyra Banks Show	Pros vs. Joes	North of 60 (E)
9 AM	Sanford	The Mom Show (E)	Berenstein (9:33)	Super Why! Dragon		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	Super Why! Gofrette	Timothy George S.	Sports Fishing	Regis and Kelly	Daily Planet (E)	Feet	News (N) City	Disorderly Con.	Tube Tales What
10 AM	Harvey	Debbie Travis' Facelift	Franklin Sagwa	Sesame Street (N) (E)	XXIX Summer Olympics (E)	The Price Is Right (N) (E)	CSI: Miami (E)	The View (E)	Hospital for Sick Kids	Room House	Wilbur (E)	Erky Perky Dewitt	Champ. Darts	The View (E)	Super Ships (E)	Mickey Handy	Movie: "Firestarter" (1984)	Disorderly Con.	X-Weighted "Heather"
11 AM	Cosby	Clean House (E)	Rolie Polie (11:33)	Big World Sit-Be Fit		Young and the Restless	Crossing Jordan (E)	Paid Prog. Paid Prog.	Past Lives House	(10:59) News (N) (E)	Martha Stewart	Jacob Being Ian	Little League Baseball: World Series Pool Play	Degrassi Instant	Blueprint for Disaster	Benj Bear (11:25) King	David Keith (E)	Disorderly Con.	Mad Abt. Frasier
12 PM	Still Std	News (E)	Miss BG (E)	Charlie Rose (E)		News (N) Bold & B.	The Sopranos (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N) (E)	News (E) CBC News	Hawks Team	World Series	4REAL Bold & B.	Man Made Marvels (E)	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld Seinfeld
1 PM	Fresh Pr.	Design	Pancakes	Fine Art	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	Grossology Viva Pinata	X Games From Los Angeles. (Taped) (E)	Sue Thomas: F.B. Eye	Mega Builders (E)	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Melrose Place (E)
2 PM	King	Whose Wedding Is It?	Paddington BluesClues	WordWorld Lions	Millionaire Veggie	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby Flamingo		General Hospital (N) (E)	MythBusters (E)	(1:54) K. Possible	News (E)	Star Trek: Voyager (E)	Fresh Pr. Fresh Pr.
3 PM	Friends	Christine Design	Dora the Explorer (E)	WordGirl Arthur (E)	Ellen DeGeneres Show	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	XXIX Summer Olympics	Hawks	Record	Dr. Phil (E)	Canada's Worst Driver	Replace Emperor	News (N) (E)	CSI: Crime Scn	Are You Smarter
4 PM	Family Guy	Judge J.	Little Bear	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	From Beijing, Athletics, men's triathlon; diving, men's 3m springboard semifinal; baseball: Canada vs. Netherlands. (Live) (E)	SpongeBob OddParent	XXIX Summer Olympics (Live) (E)	Friends	Daily Planet (E)	Proud (4:36)	Friends	CSI: Crime Scn	Deal-No Deal
5 PM	Movie: "Out of Time" (2003)	News (N) (E)	(5:33) Business	BBC World News	News NBC News	News CBS News	Intervention "Chad"	News ABC News	News Global	(4:59) News (N) (E)	men's triathlon; diving, men's 3m springboard semifinal; baseball: Canada vs. Netherlands. (Live) (E)	SpongeBob	News (N) (E)	MythBusters (E)	Suite Life Montana	Reaper "Unseen" (E)	CSI: Crime Scn	ET Canada What	
6 PM	Denzel Washington.	Ad Pers	Skooled! renegade	News-Lehrer	News Raymond	News Hollywood	Intervention	News	News (E)	ET Canada	baseball: Canada vs. Netherlands. (Live) (E)	Drake iCarly (E)	News (N) (E)	Really Big Things	Zoey 101 Life Derek	Friends	UFC Unleashed	X-Weighted "Diane"	
7 PM	Frasier	E! News	Edge	Benny	Jeopardy!	Friends	Paranormal	Entertain	Entertain	Risk Takers (E)	baseball: Canada vs. Netherlands. (Live) (E)	The Next Star (E)	TMZ (N) Degrassi	Dirty Jobs (E)	So Raven Smart Guy	Entourage	Movie: "Kung Fu Killer" (2008)	Are You Smarter	
8 PM	Seinfeld	Rules	Stewart Marshall	Antiques Roadshow	XXIX Summer Olympics (E)	Big Bang How I Met	The Cleaner (E)	H.S. Musical	Prison Break "Dirt Nap"	Bones (E)		Fries That? Futurama	SportsCentre (Live) (E)	H.S. Musical	Daily Planet (E)	Suite Life Sadie (8:35) News	News (N) (E)	David Carradine.	
9 PM	Movie: "Out of Time" (2003)	12 Sexiest Vegas Jobs	Preventive Warriors (E)	History Detectives (N)		Two Men Christine	Intervention "Chad"	Movie: "Bewitched" (2005)	Risk Takers (E)	News Hour Final (N)	XXIX Summer Olympics (Live) (E)	Prank Ptrl Mystery	Bud Greenspan: At the Heart of the Games (N)	Canadian Idol Top five.	Really Big Things	Montana Life Derek	(9:06) Jimmy Kimmel	Movie: "Kung Fu Killer" (2008)	Seinfeld Seinfeld
10 PM	Denzel Washington.	X-Weighted "Jannette"	God Gov	Documentin g the Face		CSI: Miami (E)	Intervention Nicole Kidman. (E)	Risk Takers (E)	News Hour Final (N)	Entertain		Falcon Beach (E)	Heart of the Games (N)	CSI: Miami (E)	Dirty Jobs (E)	School Cory	(10:06) Movie: David Carradine. "Firestarter" (1984)	Married... Fresh Pr.	
11 PM	Cheers	News (N)	The Grizzly Connection	Charlie Rose (N) (E)		News (N) Late Show	Paranormal	News (11:35)	News (N) (E)	Entertain ET Canada		Mystery Ghost	SportsCentre (Live) (E)	News (N)	MythBusters (E)	Suite Life Life Derek	Movie: "Kung Fu Killer" (1984)	Frasier Grace	

monday movies

MORNING

10:00 am CITY (29) ★★½ "Firestarter" (1984, Horror) David Keith. Quasifederal agents hunt a man, who can bend minds, and his daughter, who can start fires by staring. (E)

AFTERNOON

5:00 pm WTBS (3) ★★½ "Out of Time" (2003, Suspense) Denzel Washington. Considered a suspect in a deadly arson, a police chief must cover his tracks while trying to prove his innocence. (E)

EVENING

7:00 pm SPIKE (44) "Kung Fu Killer" (2008, Adventure) (Part 2 of 2) David Carradine. Premiere. A monk infiltrates the Chinese underworld to punish a warlord and his deadly army. (In Stereo)

9:00 pm WTBS (3) ★★½ "Out of Time" (2003, Suspense) Denzel Washington. Considered a suspect in a deadly arson, a police chief must cover his tracks while trying to prove his innocence. (E)

KXLY (10) ★★ "Bewitched" (2005,

Romance-Comedy) Nicole Kidman. An actual witch and a neurotic movie star land the lead roles in a television remake of the 1960s sitcom. (In Stereo) (E)

SPIKE (44) "Kung Fu Killer" (2008, Adventure) (Part 1 of 2) David Carradine. A monk infiltrates the Chinese underworld to punish a warlord and his deadly army. (In Stereo)

10:06 pm CITY (29) ★★½ "Firestarter" (1984, Horror) David Keith. Quasifederal agents hunt a man, who can bend minds, and his daughter, who can start fires by staring. (E)

11:00 pm SPIKE (44) "Kung Fu Killer" (2008, Adventure) (Part 2 of 2) David Carradine. A monk infiltrates the Chinese underworld to punish a warlord and his deadly army. (In Stereo)

11:30 pm WTBS (3) ★★½ "Balance of Power" (1997, Drama) Billy Blanks. A man faces an internal struggle to balance good and evil as he battles to bring down an Asian drug lord.

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



### obituary

### obituary

### looking for work

#### Mark McLean

August 24, 1960 - August 3, 2008



Mark McLean, our beloved husband, step-dad, son, brother and friend was born August 24, 1960 and passed away suddenly August 3, 2008. He was survived by his devoted wife, Debra, his mother Anne (Art), his father Archie (Linda), his sister Barbara (Joe) and their 2 children Jeremy and Shanelle, his brother Bart (Melissa) and their 2 children Quentin and Alexandria and his two step-daughters Meghan and Laura, his 2 cats, Kitten and Paris and his faithful German shepherd of 12 years, Carey.

Mark started his life long career in the logging industry at a young age. It was his keen intelligence and his intuitive knowledge of machinery that allowed him to continue to grow and excel in the career that he loved.

With his charisma and youthful spirit Mark made friends everywhere he went. He was a friend we were all lucky to have in our lives. He was reliable, dependable and always the first to give you the shirt off his back.

Put simply, Mark was a big kid at heart that was happiest with life's simplest pleasures. His recent passion became golf after joining the Comox Golf Club for the season. With his relentless determination his handicap started at 33, dropped to 20 and he was well on track to meeting his goal of 17 by the end of the summer.

He was a man that lived a full life and his unwavering optimism kept everyone going in the most trying times. We have felt his spirit and know that he is still helping us through this one.

We would particularly like to thank the wonderful people at Seaspan for their genuine concern, help and support.

A Service of Remembrance in Celebration of his Life was held Saturday, August 9th at 2:00 PM in the Comox Funeral Home, Cremation and Reception Centre, 1101 Ryan Road, Courtenay.

For those wishing, donations in Mark's memory to the Comox Valley SPCA, Box 1284, Comox, BC V9N 7Z8 would be appreciated.

#### BOOKKEEPER

Looking for part-time or full-time bookkeeping work that can be done mostly from a home office. Experienced in full-cycle accounting, corporate and personal taxation, bookkeeping in many different industries. Knowledge of Simply Accounting, QuickBooks, Caseware/Caseview, Excel, Profile and can easily learn new accounting/bookkeeping software. Very quick at doing this type of work and experienced with AP/AR, government remittances, payroll and year-end preparation. Please contact Glenna at (250) 442-2165 or (250) 443-4305 or via e-mail at glenna.brooks@hotmail.com.

### wanted

Scrap Metal Removal. Cars, appliances, farm implements, etc. You call - I'll haul. (250) 295-5102 or 295-3055.

Apartment Manager required for an apartment building in Princeton. Send resume and details to PO Box 200, Princeton, BC, V0X 1W0. Position starts in September 2008.

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### in memoriam

### services

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

### in memoriam

### for sale

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

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.

1997 Ford Explorer. 4-door, 4x4, V6, automatic, in excellent condition. PW, cruise, air. Asking \$3000.00 OBO. Call (250) 295-3622.

Treadmill. Electronic, excellent condition. From Sears, has four preset exercises or design your own. Displays speed, distance, calories burned and heart rate. Has a power Incline button. Price: \$400.00 FIRM. Call (250) 295-3008.

1976 Jimmy 4x4. Comes with new body parts. Asking \$1,500.00. Call (250) 293-6258.

### notices

Princeton & District Fall Fair Association is seeking vendors for the September 6 & 7, 2008 fair. Food vendors must have insurance and self-generated power. Food vendors should address their proposal to Box 276, Princeton V0X 1W0. Other vendors may pick up a vendor form at the Chamber of Commerce office or apply to the above address. Deadline for acceptance is August 30.

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

### in memoriam

## Katie Grgich

August 14, 2001

#### God Found You

God looked around his garden  
And found an empty space;  
He then looked down upon this earth  
And saw your tired face.  
He put his arms around you  
And lifted you to rest;  
God's garden must be beautiful,  
He only takes the best.  
He knew you were suffering,  
He knew you were in pain,  
He knew you might never get well  
upon this earth again.  
He saw the road was getting rough  
And hills were hard to climb,  
So he closed your weary eyelids  
And whispered, "Peace Be Thine."  
It broke our hearts to lose you,  
But you were never alone,  
For part of us went with you,  
The day God called you home.

You will always be in our hearts.  
Love, Louise,  
Mandy, Mike & Families.

## Celebration of Life Elizabeth Diane Thomas

February 22, 1927 - July 6, 2008



You are invited to attend with friends and family to a memorial and celebration of life for Diane Thomas.

Saturday, August 16, 2008  
Baptist Church of Princeton  
2:00 PM

In lieu of flowers, donations can be made to the Ridgewood Lodge Foundation or Princeton Community Services.

### lost

Black cat with red harness. Named Bear. Lost August 1st in the Chain Lake area. Reward offered. Call (250) 295-6408.



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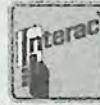
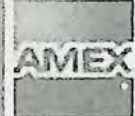
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## CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #115 - Easy

368	279	415
427	165	389
195	348	267
731	482	956
654	913	728
289	756	134
543	827	691
812	694	573
976	531	842

CHALLENGE #116 - Hard

176	348	925
489	512	763
352	769	148
728	196	534
543	827	691
691	453	872
917	235	486
265	984	317
834	671	254

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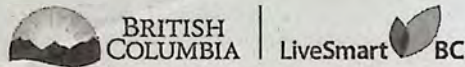
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# editor@thenewsleader.ca

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

## my turn

### I do it, because I can

A couple weeks ago I accepted an offer from the Princeton Posse.

They want me to do the live play-by-play internet broadcasts, and quite honestly, I am very much looking forward to the challenge.

I say challenge as I've never done play-by-play before, but have asked former radio colleagues who have indicated it'll be pretty easy to pick up. At the very least, I know I'm pretty good at ad-libbing, so if I need to, I'll likely be able to carry the broadcast and hopefully make it interesting for the tens of listeners.

The other day I mentioned my 'new challenge' to an acquaintance who asked what I was going to make doing the broadcasts.

It never occurred to me. I said yes assuming it was a volunteer position like 99.9% of the positions currently held by volunteers helping the Posse. I naturally assumed I'd just be another volunteer, which suits me just fine.

But it did make me wonder, as I often do, why so many people in the community do not see the value in giving back to the community by being a volunteer.

I know, I talk about this a lot and I think it's because it bothers me a lot.

The other day I was in a conversation in our office discussing the upcoming municipal election and all the government money that has somehow found it's way to Princeton.

I credited elected officials, their contacts and local volunteers for getting these jobs done.

Have you considered if there were no volunteers left in Princeton what our community would be like?

Off the top of my head there would be no major celebrations, minor sports nor any arts and cultural activities. I'm sure there's more, a lot more.

And it always seems to be the same 200 people doing everything in our town to make it an interesting place to be.

I guess maybe we all need to remember this when a group announces they may have to fold or cancel a planned event because they don't have enough help.

I know today's society revolves around 'time is money' but I never really bought into that. I've always pitched in when I thought I could contribute in some way to benefit the event or organization. Personal gain I don't think I've considered all that much.

Then last week the Museum Society presented Evelyn McCallum with a plaque to honour her 47 years as a volunteer with that group. I'm sure if you asked her she'd say she didn't become a volunteer thinking she'd receive a gift after 47 years.

But it's people like her and all the other volunteers in our community who quietly go about their business doing what they can to make Princeton a little better who really count.

And maybe in some small way my play-by-play contribution will also assist in promoting our community in a positive light.

I know with that goal in mind I'm in pretty good company.

### 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

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Reporter:

George Elliott  
Brenda Engel  
Dawn Johnson



## your turn

### For a change, we have to agree...

To The Editor;

No doubt this has happened to each and every one of you - but it won't hurt to read about it anyway...

On Friday (August 1st) I needed a particular food item, so I hied me to one of the many purveyors of comestibles, only to find that it was being offered at two for four dollars.

Well, one would have been enough, but I thought I'd better get two as the offer may not last.

Today found me back there

**Letter To The Editor**

### PXA shares ATV letter of thanks

The following is a copy of a letter received by the Princeton Exhibition Association from the Quad Riders ATV Association of BC:

To John Bay;

Please accept our thanks for all the support and help that went into

making the Quad Riders ATV Association of BC (ATV/BC) 4th annual Poker Ride 2008 such a success.

Special thanks to Pete, Terry and Carol for all their assistance in organizing all of the Poker Ride 2008 and of course, John for all your support and organizing with us. Just one thing - you owe us dinner, and we will take you up on that!

Many thanks to all the PXA volunteers who took the time to come out to help the PXA with this event.

The event attracted approximately 500 ATV riders and visitors from BC as well as Alberta and our neighbours from Washington State. This makes the location and facilities of the Princeton

Finally, I did a survey of ten people at random, asking each one what was the uppermost thing on their minds.

Without exception, everyone said that they lie awake at night wondering what in the world should be done about athletes who take performance enhancing drugs!

I know where that's at - I can't perform a darn thing without that first cup of coffee in the morning - after that, I could brush teeth for Canada!

- Michael McNulty, Princeton

Fairgrounds very useable, added with the beauty of the Similkameen Valley, it was a great event!

As. Sgt. Gary Macahonic said, we did not have any official contact with his staff nor was there a need for the Search and Rescue or ambulance personnel.

Quad Riders ATV Association of British Columbia (ATV/BC) is the provincial organization promoting environmentally friendly, safe and responsible riding practices.

We hope to see you in 2009 for the 5th Annual Quad Riders ATV Poker Ride (keep us a date open...) Sincerely,

Monika Ferguson, Cal Kaytor  
Co-Chairs Poker Ride 2008  
Quad Riders ATV Association of British Columbia (ATV/BC)

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Current Comment:

# We confront insanity and recoil



Dawn Johnson  
editor@thenewsleader.ca

The incident on a bus two weeks ago has left most of us shocked, dumbfounded, and uneasy. A man who appeared at first glance to be normal turned into a murderous monster.

Not only did he kill a fellow passenger, but decapitated him and further mutilated the victim's body.

The horror of that act will remain with us, no matter how we reacted to it. Such acts strain our ability to believe in our own safety.

Before hearing of such a brutal act, we would have disbelieved anyone who might have suggested it could happen. Now we know different and we are not as comfortable as we were before it happened.

Monsters lurk behind ordinary faces, and we feel insecure by that fact.

We tend to think murderers look like murderers. We like to think we can spot evil in others. We are wrong.

We cannot identify murderers by their looks. Sometimes we can be looking for them and they are right in front of us and look like the next door neighbour or the clerk at the grocery store.

Remember Clifford Olsen? Anyone who lived in B.C. when the manhunt raged to find the child killer will tell you he hid behind an ordinary friendly face. People talked with Clifford Olsen, joked with him, went to church with him, saw him in the supermarket, and had no idea he was killing and mutilating little children. Even his wife did not catch on until she found evidence too obvious to miss. Clifford Olsen was a husband and a father, and a child killer of gruesome proportions.

Remember the four RCMP officers shot in Alberta?

They thought they knew the man they were dealing with.

Something pushed him past being a petty criminal and made him a murderer. We can sit back and say, "The guy was nuts!"

Preachers and other religious folk may talk about possession by the devil, as in "the devil made me do it", but psychiatrists will talk about mental illness. There are many forms of mental illness, most of them fairly obvious to family and friends who must deal with the behaviours of the affected person. There are lots of medications that help mentally ill persons stay in mental balance.

People like Vincent Lee and Clifford Olsen do not fit into that category. Most days, they appear sane.

That's scary, isn't it?

We have names for some of these criminally insane persons, such as psychopath and sociopath, but none of these names fully describe a person who commits such horrendous acts as Olsen and Lee.

Such acts are in a class by themselves.

They go beyond the realm of "mentally ill" to a degree we can barely accept as fact. People who knew Vincent Lee said he was a "little off" a lot of the time and seemed "a little paranoid". A little paranoid does not truly describe a person who boards a bus with a Rambo-style knife concealed on his person.

Most of us are gentle people, who choose to respect our fellow man or, if respect is not possible, at least to tolerate. We go about making a living, having friends we care about and family we love.

We abide by the law, care about our community, and we pay our bills. Most of us are ordinary, civilized people.

When horrendous acts by fellow human beings occur, our sense of being civilized is cast in doubt, and we feel a certain amount of fear. We fear there will be more of these uncivilized people lurking among us.

Of course, there will be, but most of us will never have one of these monsters attack us or people close to us.

We need to confront murderous insanity with the understanding that it is rare. We do not understand what triggers such behaviour, nor can our experts cure the problem. Our only recourse is to lock up such insane persons and keep them away from society.

We need to find out a lot more about signals the criminally insane may give to us to tell us they are dangerous. Until we can spot the potential perpetrators of such crimes, we will continue to see them happen.

It is a good thing these crimes are so rare, or all of us would live in terror.

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## Princeton Traditional Music Festival

### Museum Stage - Saturday, August 16

12 Noon - Celtic Spirit  
12:30 PM - Alex Atamanenko  
1:00 PM - Traditional Ballads Workshop  
2:00 PM - Emily & Lyn Van Lidth de Jeude  
2:30 PM - Simon Trevelyan & Steven Quatrocchi  
3:00 PM - French Songs & Music Workshop  
3:30 PM - Lorne Dufour  
4:00 PM - Across The Pond  
4:30 PM - Political Songs Workshop  
5:30 PM - The Irish Wakers

### Billiter Stage - Saturday, August 16

11:30 AM - Opening Ceremony  
12 Noon - Rattlebone Band  
12:30 PM - Glen Esdale  
1:00 PM - Chris Corrigan & Brad Ovenell-Carter  
1:30 PM - Rabbleberries  
2:00 PM - Mining Songs Workshop  
3:00 PM - The Streets  
3:30 PM - Flip Breskin & Zeke Hoskin  
4:00 PM - Bernice Niakrok or USIB  
4:30 PM - Bob Doucet  
5:00 PM - Bernice Niakrok or USIB  
5:30 PM - Fiddle Frazzle

### Museum Stage - Sunday, August 17

12 Noon - The Cutters  
12:30 PM - Logging Songs & Poetry Workshop  
1:00 PM - Mike Marker & Larry Hanks  
1:30 PM - Ellen vander Hoeven  
2:00 PM - Skweez  
2:30 PM - Cowboy Songs & Poetry Workshop  
3:00 PM - Chris Roe  
3:30 PM - Fin Tan the Fish  
4:00 PM - Lyn Pinkerton & Jim Edmondson  
4:30 PM - Sue Irwin  
5:00 PM - Tom Rawson  
5:30 PM - Jon Bartlett & Rika Ruebsaat

### Billiter Stage - Sunday, August 17

12 Noon - Grist to the Mill  
12:30 PM - J. D. Howell  
1:00 PM - Sea Songs Workshop  
2:00 PM - Celtic Jam  
3:00 PM - Don Gilbert  
3:30 PM - Eric & Betty Armstrong  
4:00 PM - Brian Robertson  
4:30 PM - Lyn Melnechenko  
5:00 PM - British Rumpy Tump Jam

PERFORMANCE SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE  
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One of the best things about a tea party is getting a chance to visit with old friends! \*

## Ranching Ain't Easy

### Always Count Your Horses

My friend, J. D., had taken over the running of Princeton Castle's Trail Rides.

He had been working long, hot, sweaty hours and I thought I'd treat him to a nice home-cooked supper. The roast and all the trimmings were ready and there was no sign of him.

I waited until after 7:00 PM and finally ate alone. I was storing away the leftovers when I heard a strange ringing sound and tracked it down to his cell phone sitting on my table. I answered it to hear a British voice ask if J. D. had found all the lost horses.

Lost horses? No wonder he hadn't

shown up for supper. There was no way to reach J. D. to tell him that they had found two horses up at the campgrounds, so I said I'd be right there to collect them.

When I arrived at the campground the owner of the British voice met me in the driveway and pointed to a palomino horse and a bay horse on the other side of a wire fence. I didn't know the trail horses intimately like J. D. did but I did remember that there were a palomino and a bay in the herd.

"How did they get over there?" I asked. "Where is the gate?"

"I don't know," said the fellow, "But they have been hanging around for over an hour like they are trying to get back home."

I thanked him for calling and took the halters, lead ropes and buckets of grain out of the truck. The horses nickered when they saw the bucket and came jogging over. I put halters on them and set the remaining grain on the other side of the fence. Figuring that one of the well-beaten trails must lead back to the corral, I set out to take them home.

I trudged up and down steep hills, through brambles and over fallen trees, but each trail either dead-ended up against the barb wire fence or veered away from the castle grounds in the opposite direction. I was sweaty, dusty and slightly winded from all the climbing and was completely frustrated. Those two horses patiently followed wherever I asked them to go without charging over me or balking.

After an hour I still hadn't found a gate and it was nearly dark. I decided I'd better go back to the truck and get the fencing pliers to cut the fence so I could get them

through and back to the corral. I'd repair the fence as soon as I had them safe at home.

As we approached the place where I'd left the truck the British fellow ran up to me apologizing like crazy. Trying to make heads or tails out of what he was sorry for, I asked him to repeat himself.

"Those aren't the right horses! J. D. rounded up all the trail horses and has them all in the corral. I'm really, really sorry!"

He looked dutifully chagrined.

I looked back at the two horses that had patiently let me lead them all over the mountain and back for the past hour. As I removed the halters to set them free I let them finish the last few morsels of grain. I patted their necks as they turned away, probably confused as to the evening's events.

As I drove past the corrals I saw J. D. on his Appaloosa. He looked bone weary.

"I hear you became a horse thief," he snickered.

I just rolled my eyes.

"Any of that roast beef left for supper?" He asked.

"If you don't mind it reheated," I called back as I drove away.

Now I have to both apologize and compliment the owners of those two horses that I led all over the place. I'm sorry I mistook your horses for those trail horses. I really wasn't trying to steal them. I have to say those were two of the best behaved and relaxed horses I've seen in a long time. My compliments to the owner/handler. You've done a great job!

(Lyn has released a collection of her poems and drawings in "Cowgirls Cuss Too!" Contact her at [lyn@nethop.net](mailto:lyn@nethop.net) to purchase your copy.) copyright 2008 Lyn Melnechenko



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The Lincoln, California and Port Coquitlam Young Adult Groups got together to play a 'Can-Am' slo-pitch game August 7th at Memorial Park. They had spent the week in town based out of Living Water Foursquare Church providing various services to the community during their stay in Princeton.\*



A total of eight participants took part in the 10th annual Aaron Heuser Basketball Camp August 8th at Princeton Secondary School. The group went through various stretching exercises before working on skills.\*



Kevin Alvarenga gives a tip to a participant in the Aaron Heuser Basketball Camp.\*






Heather Johnson, centre, of Century 21 Princeton Realty provided the cakes for the celebration tea party August 9th at Princeton Museum. She was assisted by Peter Pine and Vice Ambassador Dawn Campbell. \*



Living Water Foursquare Church Pastor Bob Stewart watches the pitch just before hitting a pop fly into right field. He was participating in an informal game with two young adult groups visiting Princeton over the past week. The church also hosted Vacation Bible School and a Women's Seminar. \*


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**4126 Lakesyde Rd \$263,800**  
Fantastic cabin set in the great outdoors and steps away from a great fishing lake! House is approx. 1,300 sq. ft.  
mls.ca#46714

### Golden Opportunity!



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

### Allison Lake Lakefront



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



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