



Similkameen News Leader

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Tuesday, July 7, 2009



Dawn Campbell thanks Vermilion Artists for hosting a show of her artwork July 4th. *

Fall Fair sets fees

The Fall Fair Board has set the gate fees for this year's fair to keep it as affordable as possible. Regular adults will pay \$8.00 a day, seniors and students will pay \$5.00 a day, and children age 6 and under will enter free of charge.

RockRidge Canyon has generously volunteered to do a barbecue supper on Saturday evening beginning at 5:00 PM. RockRidge has been a supporter of many local community activities and the Fair Board was delighted to have them participate.

The dinner will begin at the same time as the Appaloosa Band begins to play.

Those wishing to enjoy the meal and the band must purchase a \$10.00 ticket.

During the day, the concession stand will be open, serving the usual hamburgers, hot dogs and other items.

Similkameen Christian Riders will begin each day serving a pancake breakfast, and other vendors will offer treats such as ice cream and popcorn.

Open fire ban remains in effect

Open fires continue to be banned in the Kamloops Fire Centre. This open fire ban does not include campfires used for personal cooking, warmth or light. This open fire ban is in effect to protect public safety and to limit the risk of person-caused wildfires.

The ban was first announced June 23rd and remains in effect until further notice.

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

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

A Category 3 open fire means an open fire that burns material in piles larger than two metres high and three

metres wide, windrows, or grass over an area larger than 0.2 hectares (2,000 square metres) in size.

There are currently no campfire bans in effect for the Kamloops Fire Centre.

As for wildfires, so far this season there have been a total of 281 fires in

the Kamloops Fire Centre burning a total area of 9,001 hectares. Over the past weekend there were no new lightning-caused wildfires discovered but there were 4 new human-caused fires reported.

The closest wildfire to Princeton so far this fire season was the Round

Lake/Allison Lake Fire located north of Princeton. It was first discovered May 4th and destroyed 125 hectares before it was completely under control. A total of 50 firefighters and one helicopter were used at that fire.

There is an average of 2,000 wildfires annually in BC with almost half

of them being classified as human-caused.

The Kamloops Fire Centre District extends to north of Lillooet, south to Princeton and the US Border to Osoyoos, includes the entire Okanagan Valley and extends to north of Clearwater.

Fall Fair adds more variety

Have you ever seen a blacksmith at work? Few of us have had that experience in today's world, but the Fall Fair, on August 29 and 30, will give you that experience this year. An old-time blacksmith is setting up his shop at the fair, and will be demonstrating his skill both days.

Have you ever seen how a farrier puts shoes on a horse? This year, the Fall Fair features a demonstration of shoeing horses by a qualified farrier.

Hedley Natural Healing Centre has generously offered to do demonstrations of massage and

Reiki treatments. If you get tired or stressed during the fair, you could cure your problems right there this year.

Sue Gereau returns to the fair this year to demonstrate how to massage a tired or ailing horse. Most of us never think about horses straining a muscle or having something not quite right, but Sue can detect the problem and apply massage to help heal the horse.

Ever wondered how you should groom your dog? This year at the fair, a professional dog groomer will be there to show you just how it is done.

What do you do when your feet get sore from standing around watching all these demonstrations? You take a chair at the bingo table and play a few games. Princeton Community Band is running the bingo again this year.

Booklets available now

Do you have something you want to enter as an exhibit in the fair? Perhaps you have been sewing, or knitting, or painted a picture? Maybe you grew a great garden full of vegetables and flowers? Did you take some great photos this year, or do some woodworking projects?

Did your children make or grow something they want to enter in Junior Fair?

What you need is an exhibitor's booklet with the entry form enclosed.

The booklet contains the rules for exhibits, the times when you can take your exhibits to the fair-

grounds to be entered, and the fee for entries, as well as the prize money for winners.

The booklet also includes details on the Scarecrow Contest, the pet show and the bicycle parade. Booklets can be found at Kevin Acres, Cloverdale Paints and a number of other locations around town.

Along with the exhibitor's booklet, be sure to pick up the handy business directory. This booklet includes a number of businesses that have helped sponsor the fair. Keep the booklet near your phone for times when you need a quick reference for a local service.



Similkameen News Leader THIS WEEK:

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Show 'n' Shine - Pages 12 & 27
Blues Brothers Too - Page 21

Similkameen News Leader



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Hedley's Canada Day celebration was centered around music and a barbeque at the Hedley Museum. The Kettle Valley Brakemen played until noon, then the Bluegrass Seniors took over. Above, the crowd enjoys the music in the museum garden after a good lunch. Photo: Dawn Johnson

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Sego closes third offering of units

Sego Resources Inc. ("Sego" or the "Company") announced last week that it has closed the third tranche of the Offering described in their news release dated April 3, 2009.

The Company has issued 2,220,000 Units at a price of \$0.07 per Unit for gross proceeds of \$155,400.00. Each unit (a "Unit") consists of one common share and one share transferable purchase warrant (a "Warrant") which will entitle the holder to purchase an additional common share at a price of \$0.10 per share for a period of five years.

Northern Securities Inc. ("Northern") acted as agent and received a 12% commission, a 5% work fee and non-transferable options equal to 25% of the num-

ber of Units sold pursuant to this closing.

The Units were sold pursuant to a Short Form Offering Document dated April 2, 2009, a copy of which is available on SEDAR at www.sedar.com.

The Company has closed the offering, having issued 12,386,000 units at a price of \$0.07 per unit for gross proceeds of \$867,020.

The net proceeds of the Offering will be used for working capital and further exploration of the Company's Miner Mountain Project.

Sego Resources Inc. is a mineral exploration company, exploring the Miner Mountain Project, a large scale porphyry copper-gold target northeast of Princeton that

is 2,400 hectares in size.

Exploration to date, has located zones of high grade surface copper-gold mineralization and drilling has confirmed the presence of significant copper-gold grades at depth.

The Miner Mountain Project is 15 kilometres north of Copper Mountain Mining Corporation's former copper producer (closed 1996) that is scheduled to resume production in 2011, following a recent favourable feasibility study.

The Miner Mountain Project is situated within the traditional territory of the Upper Similkameen Indian Band with whom Sego has a memorandum of understanding which provides a constructive framework for future development and exploration. - submitted

TALENT CONTEST!

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Herman Edward dropped in to the Hedley Canada Day celebration and played haunting music on his native American flute. Above, Lorraine Lance holds the mic for Edward as he plays. Photo: Dawn Johnson

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Fair features big gate prize

The Fall Fair Association encourages consumers to buy local produce by showing off what good things are produced in the Similkameen Valley. Often, people look at the exhibits of vegetables and fruit, eggs, cheese, and poultry, and forget the Similkameen Valley ranchers produce excellent beef. This year, in addition to small gate

prizes drawn during the weekend, the final draw will be for a beef pack from the Clifton Ranch. The beef pack weighs approximately 100 pounds. Clifton's have been producing beef in the Similkameen for generations. You can see their "Beef for Sale" sign at their gate, located halfway between Keremeos and Ollala.

Their beef contains no hormones and is fed hay they produce on their land, and some grain. The beef is processed at a licensed abattoir, where it is inspected. Clifton beef is just one of the high quality producers located in the Similkameen Valley.

When you go to the Fall Fair this year, make sure you hang onto your admission ticket and are there for the draw on Sunday afternoon.

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Reflecting the red of the flag were two other Canadian symbols at the Hedley Museum on July 1st, 2009. On the left in front of the log barn is Derek Lilly, Mascot Mine tour manager and MC for the Canada Day event. Derek is seen wearing a Hudson Bay blanket capote that he made himself, reflecting his Metis heritage. On the right is Princeton RCMP Sergeant Mike Savage. The sergeant gave a short talk about the work of the RCMP and presented the kids poster contest winners with special prizes. Photo: Hedley Museum

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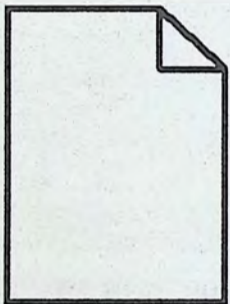
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Keremeos News



The rider of this motorcycle fled the scene of an accident June 28th near Keremeos. Photo: Keremeos RCMP

Cyclist flees accident scene

On Sunday June 28th, at approximately 4:30 PM, RCMP in Keremeos responded to a complaint of a motorcycle crash on Highway 3 west of Keremeos. Upon arrival, the driver of the motorcycle fled the scene running into an orchard and he was not located.

"It was reported from witnesses that he was injured but declined medical treatment," states Keremeos RCMP Cst. Myrl Stus.

"The motorcycle was severely damaged, a Honda Sportbike CBR1000, silver in color. The registered owner and suspected driver of the motorcycle is a 35-year old male resident of the Keremeos area who is facing several charges."

Police say a witness reported that the motorcyclist was 'popping wheelies' down the highway prior to the crash.

"Such obvious and dangerous motorcycle driving is being forwarded in a report to the Superintendent of Motor Vehicles for review and revocation of this

persons drivers licence."

The driver was wearing a helmet and gloves, which were damaged, but no other protective gear was worn. The driver and motorcycle skidded along the asphalt for approximately 75-meters before coming to a stop, inches away from a power pole. - submitted

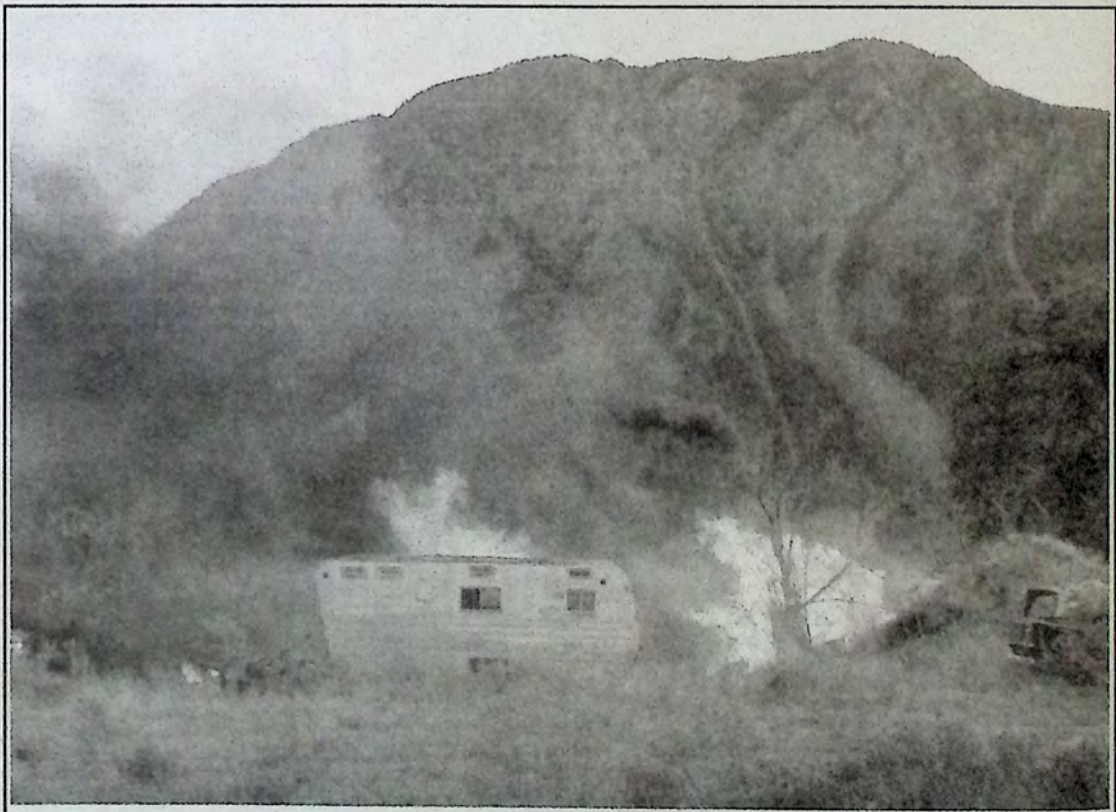
Crew fights fire

Plumes of black smoke marked the structure fire on the Middle Bench Road property that backs onto the rear of the Oasis Park. On Thursday, June 25, at 6:50 PM Keremeos Volunteer Firefighters were paged out to the fire.

A total of 18 firefighters respond-

ed to find two sheds and adjacent cars engulfed in flames approximately 20-feet high.

Although the fire was knocked down quickly two sheds, 8-feet by 12-feet, were completely destroyed. The fire is being investigated. - submitted



The scene of a fire in Keremeos June 25th. Photo: Troy Evans



Canada Day in Keremeos featured morning events at Memorial Park, including a pancake breakfast, a kite flying contest, and a dance contest. Above, the crowd watches as little dancers try their best. Photo: Dawn Johnson

RDOS announces July dates

Yard waste collection occurs in Penticton, Naramata, Kaleden, West Bench, Heritage Hills and Carmi the week of July 6th to 10th.

Homes in Okanagan Falls, Twin Lakes, Oliver, Osoyoos, Keremeos and Electoral Areas A, B, C and G will receive pickups the week of July 13th to 17th.

Residents are asked to place bags and bundles out by 7:00 AM on their regular garbage collection day.

Residents should place their yard waste in clear sturdy bags and bundle branches with twine or string. Bags and bundles should weigh a maximum of 23-kilograms (50

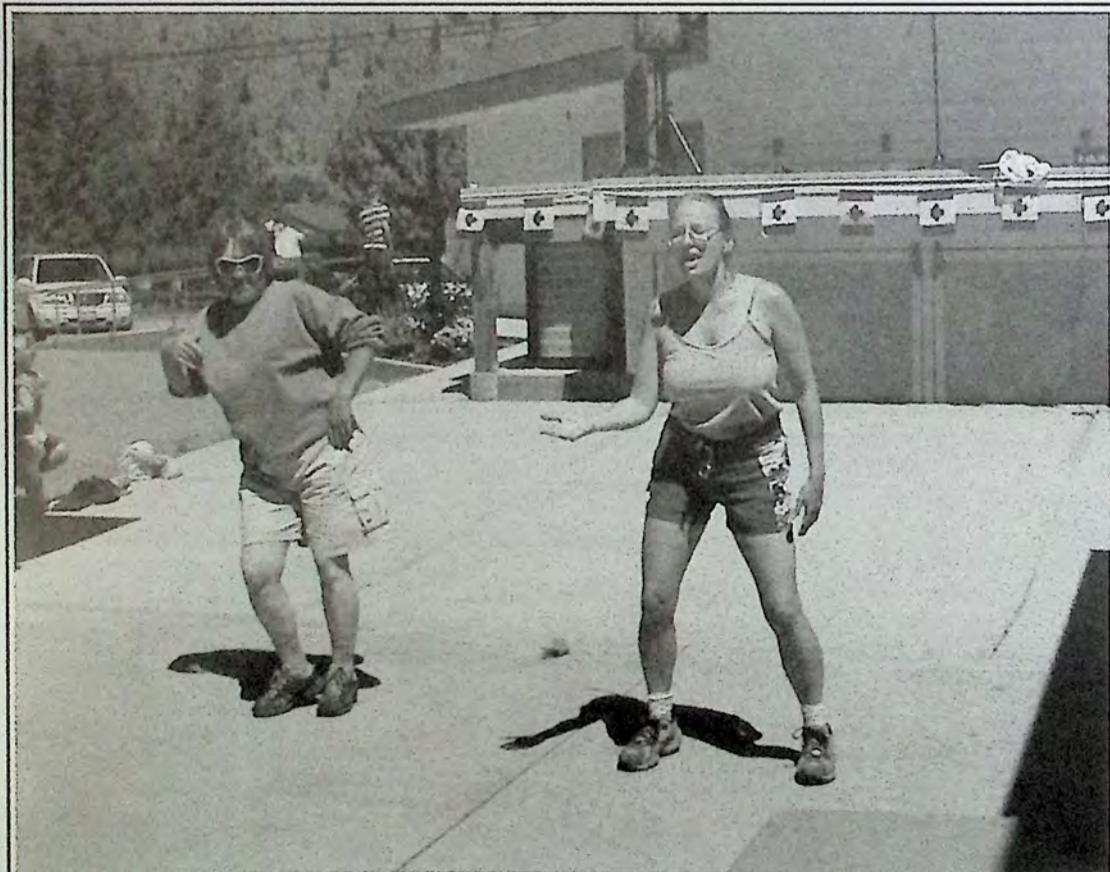
pounds). Branches or stumps larger than 7.5-centimetres (3-inches) and 1-metre (3-feet) in length will not be picked up. As well, lumber and food waste will not be collected.

An unlimited amount of properly bagged or bundled yard waste will be taken from each property. The next scheduled pickup is for the middle of August. For more details check your Curbside Collection calendar.

Do not burn yard waste at any time during the year. All landfills can accept up to half a metric tonne per trip (over 1,000 pounds) of yard waste free of charge. Burning yard

waste increases the risk of uncontrolled wild fires while putting harmful pollutants into the local environment. In some areas burning yard waste is prohibited. Smoke and other fine particulates have been found to promote lung and heart issues; especially for the elderly, young children and people with pre-existing conditions.

If you have any questions, contact the RDOS or your local municipality. The RDOS Solid Waste Department can be contacted at (250) 490-4129, toll free at 1-877-610-3737 ext. 4129 or e-mail info@rdos.bc.ca. - submitted



The older folk got into the Canada Day dance contest to the tune of "YMCA" and put on a good show in Memorial Park next to the gazebo and behind the Tourist InfoCentre in Keremeos. Photo: Dawn Johnson

CAN'T DECIDE WHAT'S RIGHT
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If you've got this year's RRSP contribution in hand, but have no idea where it will do the most good for you, consider "parking" it until you can weigh your alternatives.

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Health / Lifestyle News

Making noise about "The Silent Thief"

What you need to know about osteoporosis

(NC)—When Laura Carlson was diagnosed with osteoporosis two years ago, it came as quite a shock. Carlson, who was just 53 at the time of her diagnosis, had no idea that she had the disease until, at her doctor's recommendation, she had a bone mineral density (BMD) test. "I always did everything that you're supposed to do to prevent osteoporosis," says Carlson, who as a nurse working in hospital administration, had a good understanding of common measures to protect against osteoporosis. "I was a very fit and healthy person, got plenty of physical activity, did weight training and ate well. But for me, it just wasn't enough."

Carlson is just one of approximately two million Canadians living with osteoporosis, a chronic disease that weakens the structure of bones, making them fragile and more likely to break or fracture. Osteoporosis is often called the "silent thief" because it develops with symptoms you cannot see or feel. Many people, like Carlson, only realize they have the disease after a BMD test or until they suffer a fracture.

"With osteoporosis, you can have significant bone loss without even realizing it," says Dr. Rick Adachi, Professor, Department of Medicine, Michael G. DeGroot School of Medicine, St. Josephs Healthcare - McMaster University. "It is important for anyone over the age of 50, particularly postmenopausal women, to be aware of the risk factors for osteoporosis. By understanding your personal risk factors, and then discussing these with your physician, you may be able to make lifestyle changes to improve your bone health and reduce your risk of fracture down the road."

Who is at risk for osteoporosis related fracture?

Although anyone can develop osteoporosis, postmenopausal women are especially at risk because of the drop in estrogen levels that happens at menopause. Estrogen plays an important role in keeping women's bones healthy. There are four main factors that can increase a person's risk of fracture. These include: low bone mineral density (BMD), a prior history of a fragility fracture (one that occurs as a result of minimal or no trauma), being 65 years of age or older, and a family history of osteoporosis.

So you've been diagnosed with osteoporosis - now what?

According to Carlson, her diagnosis with osteoporosis did not have much impact on her day-to-day life. She started taking extra calcium and vitamin D, and has continued the healthy lifestyle habits she had already established before her diag-

nosis. With her diagnosis, she also added a weekly oral medication to help rebuild the bone that she has lost. "For me, having osteoporosis is no big deal," says Carlson. "I have it, I take care of it and it doesn't stop me from doing anything."

According to Dr. Adachi, it is important for anyone at risk, and those already diagnosed with osteoporosis to work with their physician to identify steps they can take to reduce their risk of further bone loss and to protect against fracture through lifestyle changes and appropriate treatment options. "For some people, good nutrition and healthy lifestyle habits are enough to protect against osteoporosis. But for many others, these

measures alone are not sufficient, and they may require a prescription medication," says Dr. Adachi. "If medication is recommended, work with your doctor to find the right one for you. Osteoporosis treatments should provide protection from fracture particularly at the spine and hip, as well as a proven safety profile."

"It is also important to find a treatment that fits with your lifestyle," adds Dr. Adachi. "There are a wide variety of treatment and dosing options. Most recently, Health Canada approved the first once a month dosing option in Canada, which could be a good option for patients who lead an active life and want a simple and convenient treatment regimen."

- News Canada

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Living Past 100

'Tis The Season For Cherries

There is nothing so good as fresh cherries, not only for the taste, but for the good they do for you. If you are a woman, you need to think about eating more cherries, especially if breast cancer is a concern in your family. Cherries contain a substance called perillyl alcohol. Studies done on lab rats have shown perillyl alcohol is one of the best ways to prevent breast cancer. Perillyl alcohol from cherries also believed to prevent other forms of cancer.

In addition to perillyl alcohol, cherries contain vitamin C, vitamin A and vitamin E. The vitamin E in cherries is a little different. It's better for your heart than vitamin E supplements. Vitamin E from natural sources is always more powerful than from a pill. Cherries are a superior source of Vitamin E.

A compound found in cherries is quercetin. This is a powerful antioxidant which blocks the damage caused by free radicals, and helps to reduce the risk of stroke and cancer.

Many people who suffer from gout claim eating cherries and drinking cherry juice provides some relief from their condition. There is no scientific proof to back up their claims but certainly the cherries do no harm.

The best way to eat cherries is to eat them raw, but cherry season does not last long, and eating home preserved cherries is not a bad way to get much of the good of cherries during the cold "no cherry" months. Cherries are easily preserved at home. Take the stems off, fill a quart sealer with cherries, add a couple of tablespoons of sugar, and fill the jar to the neck with water. Put a sealer lid and ring on the jar, making sure the top edge of the jar is clean and dry, then immerse the jar up to the neck in a water bath. Process on high heat until you see boil bubbles rising from the bottom of the jar. Remove then, do not over-process or the cherries will be mushy. Cool on a towel away from drafts. That's it. Cherries are no challenge to a home canner.

Sour cherries are inedible raw, but make great cherry pie. If you are not concerned about the cholesterol in pie crust, go ahead and enjoy your cherry pie.

NOTE: The best cherries for home canning are Vanns. If you feel you cannot afford the price at supermarkets or fruit stands, buy direct from the orchardist, or maybe pick your own at a U-Pick orchard. Whatever you do, eat all the cherries you can afford.



Joann Esselink took the People's Choice Award at the Vermilion Artists' annual Racing Days Art Show with this work titled 'Discovery' - mixed media which includes a number of local fossils. *

Princeton holds lead in contest

Forty-four communities around B.C. have won prizes, ranging from Olympic and Paralympic tickets to athlete visits to prize packs through the Province's GamesTown 2010 competition, Minister of State for the Olympics and ActNow BC Mary McNeil announced June 23rd.

"B.C. communities are building their own legacy of active and healthy living as they compete for the title of GamesTown 2010 and the grand prize of \$100,000," said McNeil.

"These prizes we're awarding today will help each community engage its residents, give them a taste of what the 2010 Games will be like on a local level, and encourage people to go online, submit their stories and put their community at the front of the race for the title of GamesTown 2010."

GamesTown 2010 prize winners were announced last week during the first of four ActNow BC Free Skate events being offered at the Richmond Olympic Oval in the lead-up to the 2010 Winter Games. Winners include Pentiction, New Westminster, Old Masset, Glen Vowell Band, Hazelton, Quesnel, Kamloops and Powell River, which have each won a visit by an Olympic or Paralympic athlete. Olympic swimmer Ryan Cochrane has already visited Houston, the March winner of an athlete visit.

Thirteen communities have won tickets to the 2010 Winter Olympic Games and an additional three communities, including Princeton, have won tickets to the 2010 Winter Paralympic Games.

"B.C. has set the goal of being the healthiest jurisdiction ever to host an Olympic and Paralympic

Games," said Healthy Living and Sport Minister Ida Chong.

"From the stories, photos and videos that communities have posted to the GamesTown 2010 website, it's obvious that British Columbians all over the province have already embraced the spirit of healthy living that this contest and the 2010 Winter Games represent."

In total, 77 communities have already entered the GamesTown 2010 competition, with Princeton, Powell River and Houston currently leading the way in the number of

entries. Community entries will be judged on a variety of healthy living and environmental sustainability criteria, creativity and enthusiasm, the community's participation in the World Healthy Living Challenge, and how active the community is in incorporating the Olympic and Paralympic theme in its current activities and plans for the year ahead.

For more information, and to enter your community in the GamesTown 2010 contest, visit www.GamesTown2010.ca.

Artists host successful show

To steal a line from another local cultural group, Princeton's got talent - and the annual Racing Days Art Show hosted by Vermilion Artists was no exception.

The two-day event featured a total of 37 paintings by 14 artists and attracted a total of 162 viewers (46 on Friday, June 26th and 116 on Saturday, June 27th).

The mixed media 'painting' by Joann Esselink titled "Discovery" took the People's Choice Award with a total of 20 votes.

Probably the most interesting part about Esselink's work is that it also contains a number of local fossils embedding right into the body of

the artwork.

The balance of the People's Choice voting went like this:

- 2nd Place: Lyn Melnechenko "Green Broke" - 15 votes
- 3rd Place: Lyn Melnechenko "Girl Talk" (pencil crayon) - 13
- 4th Place: TIE between Bob Cormack "Winter" (acrylic) and Ruth Kavanaugh "Untitled" (acrylic) - 11
- 5th Place: Lyn Melnechenko "Shotgun" (pencil crayon) - 9
- 6th Place: TIE Between Ruth Kavanaugh "Winter Collage" and Kathy Schneider "City Lights" - 8
- 7th Place: Joann Esselink "Ancient Swamp" - 6



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There were a few curious onlookers checking out the Lions Club pancake breakfast during Racing Days weekend. They were far too busy checking out the activity to notice us at all. *

The Green Corner

Camping 101

(NC)—With warm weather upon us, campgrounds and provincial parks are filling up with groups of families and friends anxious to enjoy the great outdoors. However, not all campers are as courteous to the environment as they can and should be.

Parents and scout leaders have been preaching the cardinal rule of camping for decades, but the message of "If you pack it in, pack it back out," seems lost with some enthusiasts.

"Camping in harmony with nature is about making the right choices before you leave the house," says Wendy Mommersteeg, category director of paper towels and White Swan. "By making a shopping list of the appropriate items to bring, you make it easier on yourself to be environmentally-friendly and create a greener place for everyone."

A great starting point is to bring the proper garbage bags to the campsite and remember to separate garbage from recyclables. Messy campgrounds are often a result of garbage debris left from previous campers not properly disposing their waste. Always try to leave your campsite cleaner than you found it.

"Make sure to bring reusable dishes instead of disposable ones, along with paper napkins," says Mommersteeg.

"Washing dishes reduces waste drastically, and you can sort your paper napkins from the rest of your garbage so you've got a head start when you light your campfire later in the evening."

Reusable dishes need to be washed after every meal. Dirty dishes and food left out can attract unwanted wildlife.

Bring biodegradable soap and do not wash anything in your water source, as soap is not designed to go straight into a lake.

Another factor to remember when camping is what bathroom tissue to bring.

Many campsites have washroom facilities, leading people to believe it's just like being at home," Mommersteeg says.

"However, because septic systems break down waste organically, it's important that people choose a product made from 100 per cent recycled fibre, like White Swan bathroom tissue."

This choice speeds up the decomposition process because it is one-ply and provides campers and campsites with a better option.

SEASON



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Season Tickets On Sale Soon!**

TICKETS

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Princeton 1860 - 2010

150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

Princeton's Great Delusion "A City of Cement That Failed to Stick" - Part 2

THE MAN WHO CAN FORESEE
THE TOMORROW OF
EAST PRINCETON
WILL MAKE MONEY BY INVESTING THERE
NOW IS THE TIME TO BUY

A MODEL CITY

Water system.
Electric light.
Cement walks.
Natural parks.
Nicely wooded.
Fine garden soil.
Athletic grounds.
Excellent drainage.
No damage from overflow.
Can have fine sewer system.
Wide lined streets and lanes.
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A PAYROLL CITY NOW

Furnished by the B. C. Portland Cement Co.: Cement, Lime, Bricks.
United Empire Co.: Coal and Copper.
Princeton Coal & Land Co.: Coal.
Princeton Lumber Mills Co.: Sawmill.
B.C. Copper Co.: Copper.
The Platinum-Gold Fields Co.: Placer Mining.
One thousand men will be employed inside of year.

A RAILROAD CENTER

The Kettle Valley railroad, which will soon be the main line of the C.P.R. system, brings Vancouver 300 miles nearer Winslope, passes through the townsite. Final survey is now being made.
The Great Northern has tracks on two sides of the townsite and will soon be finished to Vancouver. These two roads give transportation in all directions from East Princeton.

Natural centre, ranching country, fruit growing. Huge deposits of copper, gold, silver, platinum and other minerals. Has big water power development. Lots in such towns as Grand Forks, Kamloops, Blairmore, Alta., Baker, Wash., are worth 5 times what is being asked at East Princeton and the payroll is not as large.

FREE CEMENT walks with each lot sold—cleared streets. Water main to be laid in streets this summer.
BUSINESS LOTS \$450 up: Terms 10 p.c. cash, 5 p.c. per mo. Residence lots, \$200 up: Terms, 10 p.c. cash, \$10 per mo. 7 p.c. on annual balances. (1/3 of all lots are to be reserved) for future sale. Get full particulars at once.
C. R. BRIGGS, Gen. Agent, 615 Hastings W., Vancouver. D. G. McCURDY, Resident Agent, East Princeton, B.C.

The September 14, 1912 issue of the Similkameen Star carried this notice which made East Princeton out to be quite the modern day 'cement city' of the future. Photo: Princeton Museum

One of the first requirements of the new settlement was for a Methodist Church and after funds were raised by subscription this was duly built. It was dedicated July 6th, 1912, with Rev. T. A. Osbourne as minister. No longer standing, services were held there until the early 1930's and after that it was used for a time as a school.

A work crew had arrived on April 1st, 1911, and a magnificent plant costing in excess of \$150,000 was assembled. It was a huge structure - 430 feet by 60 feet with walls 2 feet thick and 22 feet high. Capacity was designed for 750 barrels of cement a day, with a second duplicate unit planned immediately after the first one was in operation.

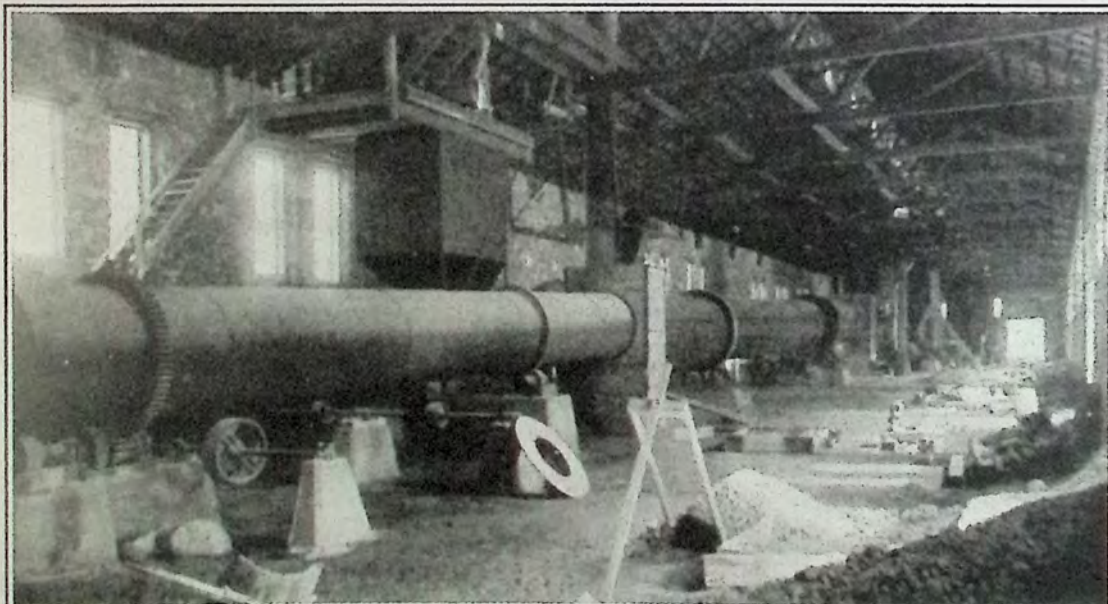
It was proposed to age the cement three months and keep 50,000 barrels in stock.

Grading for the rail spur was started in September, 1911, a little more than a mile of track being required. By January, 1912, the six bridges required were completed and the grade made ready. The G.N. laid the steel and supervised the bridge work, its contribution being given as \$15,000 and the laying of steel was completed in July of 1913. Soon after, the machinery for the plant began to arrive in 1913 - ten carloads in all valued at \$125,000.

There had been a series of postponements of the opening date - originally planned for the early summer of 1911, eventually, by

October 31st the plant was reported to be ready for operation during the final tests from July 5th - July 9th, some \$5,000 of cement was produced, called "Elk Brand Cement", without doubt it was of excellent quality. The employees were also acknowledged to be top class. Mr. Smallbones was brought from England as "Mixer", D. Chads Chemist, Mr. Chapman Chief Engineer, whilst A. Robinson was Plant Superintendent. Several local men were employed, among them Billy McClean as Fireman.

So at last Princeton's dream came true. The big machines were turning in beautiful rhythm, converting the hillside into payroll and profits. continued on Page 24



The interior of the cement plant. Photo: Princeton Museum

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Similkameen News Leader



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Princeton Rodeo Club Fundraiser 2009 Overnight Trail Ride



Saturday & Sunday, August 15 & 16

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ALL INCLUSIVE COST: \$200.00 per Person
INCLUDES: 2 Lunches, 1 Breakfast, 1 Dinner (Hay for your Horse)
Entertainment (Yeeeee Haaaawww!!!!!!)

YOU MUST PROVIDE: Your own horse and your current
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Your own tent/camping - please note:

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Ride Manager Bob Wicks (250) 295-3123 or e-mail rrwlaw@nethop.net

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Your comprehensive financial safety net could include not just life insurance, which is what most people think of for this type of protection, but also disability insurance, long-term care insurance and critical illness insurance.

Here is some information about each of these different types of insurance:

Life Insurance: Life insurance protection can provide funds to offset the financial loss created by the death of a breadwinner. It can provide cash to replace lost income, provide education funding and eliminate debt. Proceeds from life insurance policies are tax-free. In addition, life insurance proceeds can be used to offset potential tax liabilities on investments that can result from a death. Or you can use life insurance to leave more money to heirs or charity.

Disability Insurance: This type of coverage replaces a portion of your income if a serious illness or injury prevents you from working. Payments provided by your policy are typically used to cover regular household expenses.

Critical Illness Insurance: If you're diagnosed with a serious medical condition, advances in medical science mean your chances of survival are greater than ever. But recovery can result in significant costs. Critical illness insurance provides a tax-free lump sum, usually 30 days after you are diagnosed with a covered condition such as a heart attack, stroke or cancer. You can use the money for whatever purpose you choose, including medical treatments.

Long-Term Care Insurance: A serious injury, or just growing older, can prevent you from enjoying the things you enjoy today. Long-term care insurance provides tax-free income to help offset the costs of long-term care services, whether they're provided by a facility or in your own home. Long-term care insurance can help cushion the financial, emotional and physical costs associated with ongoing care.

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"A few more fried onions please, Walter!" Elef Christiansen awaits his grilled smokie prepared by Walter Despot at the Canada Day Evening Picnic at The Keremeos Grist Mill. Photo: Dave Cursons

Grist Mill hosts successful Canada Day event

by Dave Cursons

Three hundred locals and visitors turned out Canada Day Evening for a picnic and entertainment at the Keremeos Grist Mill.

The new Grist Mill curators, Brenda and Jim Miller, have begun work through a public allowance from Heritage BC. The couple are each educated and qualified in the field of heritage site work.

Entertainment featured old time fiddle tunes from the Fiddle Frazzle ensemble out of the Okanagan followed by the home grown music of a specially assembled group from Cawston. A number of local talents appeared to give added life to the proceedings.

Fiddle Frazzle also played on Canada Day afternoon for residents and guests at Kylamie Place and Orchard Haven in Keremeos.

An interesting musical addition was the South American Charonga

played by a visiting farm worker from Australia.

The evening Grist Mill event was organized by Jim Bagley and Dave Cursons of Cawston with on site assistance from Donna Stocker, Barbara and Walter Despot and Pat and Jeff Rowe.

Sponsorships came through Area B and G Directors, George Hanson and Elef Christiansen, The Village of Keremeos and Keremeos Valu Plus.

A special treat for the evening came in the form of a chilled red and white strawberry topped cake from Similkameen Country and Keremeos Village Canada Day committee.

Barrington Price opened the water-powered grist mill on August 21, 1877. The mill was significant because Keremeos residents no longer had to travel the 170 miles to Colville to grind flour.

In the 1990's the Keremeos Grist Mill was converted into an exciting and informative historical site. The restored mill is back in limited operation. Flour from the mill has been used in local specialty bakery products.

In recent years the Keremeos Grist Mill has joined other BC heritage sites in experiencing funding shortages due to provincial government cutbacks.

The grounds and gardens at the Grist Mill have been beautifully maintained by the province through the good offices of local landscaper, Celia Paddington.

There is talk locally of developing a Grist Mill heritage association to broaden the use and enjoyment of the museum and grounds by the public.

Presently the mill works, housed exhibits, gift shop and restaurant are opened just on the weekends.



Relaxing by the white house at The Grist Mill gardens, locals and visitors enjoyed an evening of live entertainment and socializing as part of Canada Day celebrations in Keremeos. Photo: Dave Cursons



News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 7 - 13, 2009



Princeton's 2009/10 Youth Ambassadors find some shade during the 9th annual Overwaitea/A&W Show 'n' Shine in downtown Princeton July 4th. From left, Friendship Ambassador Makenzie Johnston, Princeton Ambassador Alyssa Larsen and Vice Ambassador Karis Bergsma. *

Posse search for revenue sources

What do season tickets and the side of a bus have in common? When connected to the Princeton Posse they both become ways of generating income for the local hockey club.

The Board of Directors met June 30th to discuss both items and decided to budget \$50,000 for the purchase of a team bus. The plan would see the club purchase an older bus (1994 to 1996). The reasoning for such a purchase would be two-fold – a savings of \$35,000 could be realized in bussing costs (based on figures from the previous season) and additional revenues could come from the placement of advertising on the bus and future charter rentals.

Advertising rates were discussed with a maximum of seven locations chosen on the bus (three per side, one on the rear). A short list of major corporate sponsors was drawn up and Team Director Steven Yee will be in charge of soliciting the packages which will cost \$3,000.00 per year for an ad on the side of the bus (\$2,500.00 per year for 3 years) and \$6,500.00 per year for the rear of the bus location (\$5,000.00 per year in a 3-year package).

"We purposely chose large corporate sponsors for this advertising opportunity simply because they have large advertising budgets for such placement and with the bus traveling outside of the Similkameen Valley it made sense to go to large corporate sponsors," explains Posse Treasurer George Elliott.

Season tickets will go on sale soon. The Club is looking at a variety of ways to attract season ticket purchases and is currently fine tuning a proposal that will involve a prize draw of some kind.

"We are looking at ways to not only give value to a season ticket customer but also give something back for their loyalty to the team," Elliott says.

"We've had a couple of presentations made where the Club can make a pretty large amount of money in a short period of time and still afford to give some of it away in a raffle or draw."

The Club is tweaking the package for maximum benefit for all parties involved, which also means a rebuilding of the entire Advertising and Sponsorship Program.

"We feel that if you spend 'X'

amount of dollars advertising in the game program, for example, you should just automatically get a season ticket or two," Elliott explains.

"The same goes for all other advertising and promotional programs benefiting the Posse. The Club needs a chunk of change, but we also have to bonus or reward large purchases with something in return if we expect sponsors to keep spending as a means of supporting the team."

Elliott says once those packages are fine-tuned they will be sold to local businesses in a one-on-one, face-to-face fashion.

"We're trying to personalize the approach we are taking keeping in mind that without local support there is no team and realizing that the local support has a lot more value to it than just a dollar figure."

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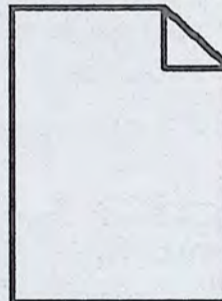
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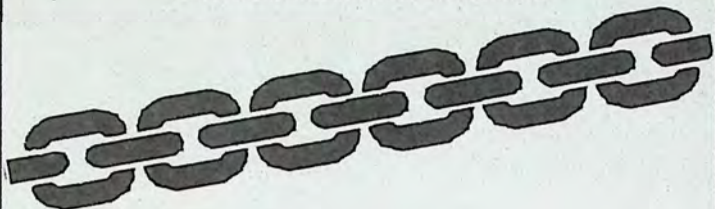
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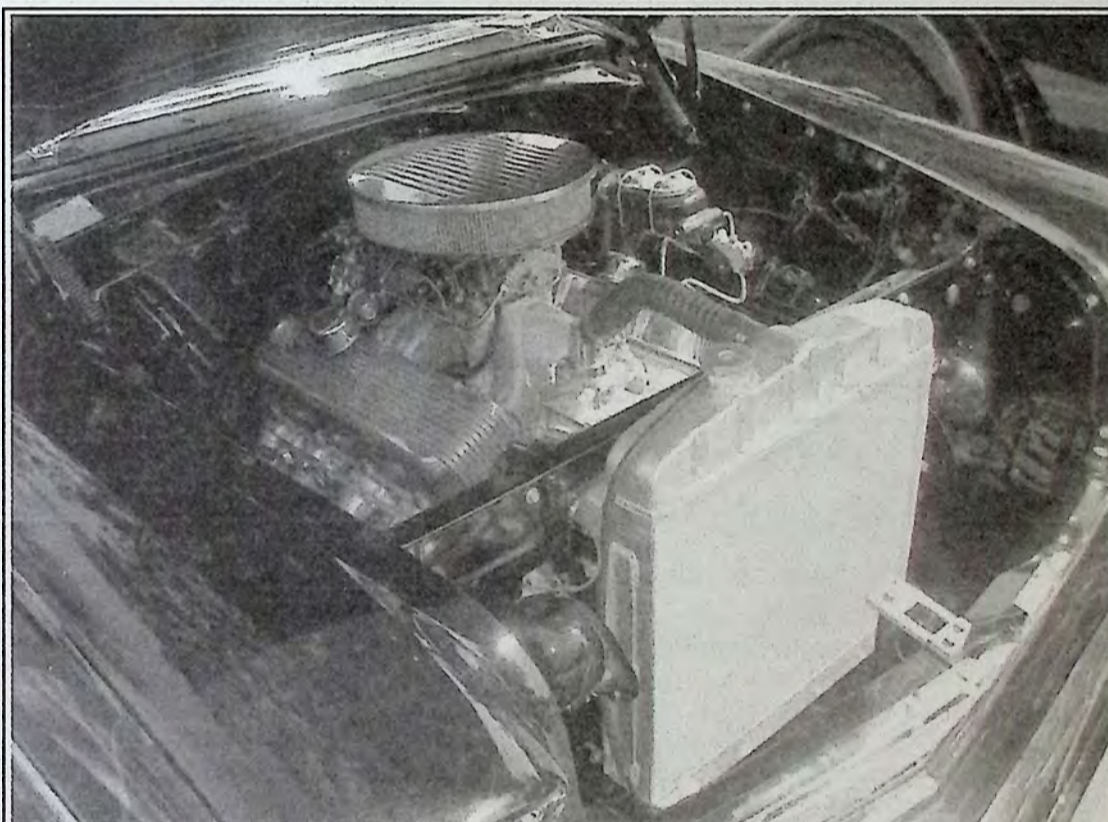
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Bob Beasley of Princeton owns this 1955 Ford Pick-up on display as part of the 9th annual Overwaitea/A&W Show 'n' Shine held July 4th on just over three blocks of Bridge Street. *



And I bet it purrs like a kitten! A close-up look under the hood of one car at the Show 'n' Shine. *



**1956 DESOTO
FireFlite 4D Sedan
330 Hemi V/8
OWNER - THE JACKMANS
OF ALDERGROVE B.C.**

The Jackmans of Aldergrove, BC brought their two-tone blue 1956 DeSoto Sedan to the Show 'n' Shine. *

TUESDAY, JULY 7, 2009

	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	Jeffersons	News	Franklin	Thomas	News (N)	News (N)	The First 48	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's	CityLine	Married... Married...	Power Play
6:30	Sanford	Tube Tales	George S.	Lions												King			
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today Sacha Baron Cohen;	The Early Show (N)	The First 48	Good Morning America (N)			Razzberry	Berenstain	SportsCentre		What's That About?	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30		That News	(7:29) Dora the Explorer	Curious	Patrick Malone; fashion; life after a cancer diagnosis; cooking gadgets.						Animal	Rolie Polie							
8 AM	Cosby	Ad Pers	Magie Bus	Sid			The First 48			100 Huntley Street	Bo On Go	Timothy	SportsCentre		Super Ships "Top Ten"	Weekend K. Possible	Rachael Ray	Pros vs. Joes	North of 60 "Shelter"
8:30	Cosby	What									Busytown	Willa							
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	The First 48	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: NY	Soap
9:30	Fam. Feud	Clifford	Clifford								Gofrette	(9:25) Kid	Fishing			Tigger	City		What
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	Doc	Debt Part	Wilbur	(10:05) Viva	Motoring	The View (N)	How Do They Do It?	Mickey	The O.C.	CSI: NY	What
10:30	Trivial		(10:25)							House	Doodlebop	Erky Perky	Motorcycle Racing			Handy			Videos
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	The First 48	Paid Prog.	World Vision	(10:59) News (N)	Dinner	(10:50)	Yachting	Twice in a Lifetime	Worst Handyman	Benj Bear	The Bonnie Hunt Show	CSI: Crime Scn	Videos
11:30	Harvey	Guys	Berenstain	Sit-Be Fit							Antiques	Ruby	Golf: TELUS World Skins Game -- Back Nine.			(11:25) King		Ellen	
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News (N)	The First 48	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	World	etalk	Megabuilder	(11:49)	CityLine	CSI: Crime Scn	Seinfeld
12:30	Fresh Pr.	Design U	(12:32)		Friend	Bold					Grossology			Bold	Weekend				Seinfeld
1 PM	Still Std	Home to	Maggie	Painting	Days of our Lives (N)	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Hawks	(1:40) Viva	Sue Thomas: F.B.Eye	American Loggers	Dragon	ER "Parenthood"	CSI: NY	Raymond
1:30	Still Std	Parents	Sagwa	Quilting											Emperor				King
2 PM	King	Guiding Light (N)	(1:56)	Barney	The Bonnie Hunt Show	Guiding Light (N)	The First 48	General Hospital (N)	Young and the Restless	Steven and Chris	Mystery	Horn	General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY	King	Family Guy
2:30	King		BluesClues	WordWorld							Team	Interruptio			K. Possible				
3 PM	Seinfeld	How Do I Look? (N)	(2:57) Zoboonafo o "Creature"	WordGirl	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living	Pretty Cure	Off-Record	Dr. Phil	Jetstream	Replace	News (N)	CSI: Crime Scn	North of 60 "Shelter"
3:30	Friends										Food	SpongeBob	Sports		Emperor				
4 PM	Family Guy	Debt Part	Neighbors	Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	MLB Baseball: Toronto Blue Jays at Tampa Bay Rays. (Live)	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	Power Play
4:30	Family Guy	That News	George S.	Cyberchas	Judge J.			Deal No		Global	Mercer	SpongeBob			Phineas				
5 PM	Payne	Deal No	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	SpongeBob	News (N)	How-Made	Suite Life	Privileged	UFC's Ultimate 100	UFC's Ultimate 100	Tube Tales
5:30	Payne	News	(5:35)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob		How-Made	Montana				Tube Tales
6 PM	Movie: "Scream" (1996) Neve Campbell	Global	Mechanics	News-Lehrer	News (N)	News (N)	The First 48	News	(5:59) News (N)	ET Canada	News (N)	iCarly		News (N)	Destroyed	Zoey 101	Murdoch Mysteries	UFC's Ultimate 100	Seinfeld
6:30		News	Heads Up	Millionaire	Hollywood			News		Entertain		iCarly			Destroyed	Life Derek			Raymond
7 PM	Campbell	E! News	Gardens	Nova	Jeopardy!	The Doctors	The Cleaner	Entertain	Entertain	NCIS	Coronatn	Prank Ptrl	SportsCentre (Live)	Corner Gas	Deadliest Catch (N)	Wizards	Make Me a Supermodel	UFC 100 Countdown	Family Guy
7:30		The Insider	Eden	(DVS)	Fortune			The Insider	ET Canada		Jeopardy!	Prank Ptrl		Hollywood		Montana			Seinfeld
8 PM	Harvey	Taking It Off (N)	Mighty Movers	Nova scienceNO W (N)	Am. Road Trip	NCIS "Broken Bird"	The Cleaner	The Superstars (N)	NCIS "Broken Bird"	NCIS "Broken Bird"	Mercer	Malcolm		Canada-Model	Daily Planet	Suite Life	News (N)	4th and Long	Seinfeld
8:30	Seinfeld										22 Minutes	Futurama	In Corner		Buzz	(8:35) News			Raymond
9 PM	Movie: "Scream" (1996) Neve Campbell	Better Off Roker	Masterpiece	Wild Lives	America's Got Talent	The Mentalist	The First 48	Better Off	The Office	The Office	Being Erica	Family Biz	WEC WreckCage	The Mentalist	Destroyed	Wizards	(9:06) Jimmy Kimmel	CSI: Crime Scn	Family Guy
9:30								Scrubs			(DVS)	Prank Ptrl			Destroyed	Life Derek			King
10 PM	Campbell	Ruby (N)	Prisoners of Age	Year-Telescope	Law & Order: SVU	(10:01) 48 Hours Mystery	The First 48	Primetime	NCIS	News Hour Final (N)	National	Falcon Beach	Boxing	Law & Order: SVU	Deadliest Catch	School	(10:06) I Love New York	UFC 100 Countdown	Seinfeld
10:30		Ruby (N)											Motoring		Cory				
11 PM	Sanford	News (N)	The Big V	Charlie Rose (N)	News (N)	News (N)	The Cleaner	News	News (N)	Entertain	Stampede Wrap Up	Mystery	SportsCentre (Live)	News (N)	How-Made	Suite Life	Judge	Disorderly Con.	Married... King
11:30	Moutel W.	Guy Stuff			Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)	How-Made	Life Derek	Paid Prog.		

WEDNESDAY, JULY 8, 2009

	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	Jeffersons	News	Franklin	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's	CityLine	Married... Married...	Crow-Stairway
6:30	Sanford	Tube Tales	George S.	Lions												King			
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today Today's Kitchen;	The Early Show (N)	Amer. Justice	Good Morning America (N)			Save-Ums!	Berenstain	SportsCentre		Mega Builders	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30		That News	(7:29) Dora the Explorer	Curious	travel deals; Janet Evanovich;						Animal	Rolie Polie							
8 AM	Cosby	Ad Pers	Magie Bus	Sid			The First 48			100 Huntley Street	Bo On Go	Timothy	SportsCentre		How-Made	Weekend K. Possible	Rachael Ray	Pros vs. Joes	North of 60 "The Hunt"
8:30	Cosby	What									Busytown	Willa		How-Made					
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	undergarments; remodeling.	The 700 Club	CSI: Miami "Extreme"	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: NY	Reality
9:30	Fam. Feud	Blind date.	Clifford	Clifford							Gofrette	(9:25) Kid	Fishing			Tigger	City		What
10 AM	Trivial	The Mom Show	Sid	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View (N)	Hospital-Sick	Debt Part	Wilbur	(10:05) Viva	Motoring	The View (N)	Destroyed	Mickey	The O.C.	CSI: NY	What
10:30	Trivial		(10:25)							House	Doodlebop	Erky Perky	Rally		Destroyed	Handy			Videos
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner	(10:50)	Yachting	Twice in a Lifetime	Canada's Worst Driver	Benj Bear	The Bonnie Hunt Show	CSI: Crime Scn	Videos
11:30	Harvey	Guys	Berenstain	Sit-Be Fit							Antiques	Ruby	In Corner		(11:25) King			Ellen	
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Food Fast	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	World	High	Monster Moves	(11:49)	CityLine	CSI: Crime Scn	Seinfeld
12:30	Fresh Pr.	Design U	(12:32)		Paid Prog.	Bold					Grossology			Bold	Weekend				Seinfeld
1 PM	Still Std	Home to	Maggie	Art Work	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)	Martha Stewart	Hawks	(1:40) Viva	Sue Thomas: F.B.Eye	Deadliest Catch	Dragon	ER "Ames vs. Kovac"	CSI: NY	Raymond
1:30	Still Std	Parents	Sagwa	Sewing											Emperor				Fresh Pr.
2 PM	King	Guiding Light (N)	(1:56)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery	Horn	General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY	Fresh Pr.
2:30	King		BluesClues	WordWorld							Team	Interruptio			K. Possible				Family Guy
3 PM	Seinfeld	The Big Party Plan-Off	(2:57) Zoboonafo o Scary-looking ani-	WordGirl	Judge	Dr. Phil	CSI: Miami "Extreme"	Rachael Ray	The Doctors	Young and the Restless	Living	Pretty Cure	Off-Record	Dr. Phil	Qubit (N)	Replace	News (N)	CSI: Crime Scn	North of 60 "The Hunt"
3:30	Friends										Food	SpongeBob	Sports		Qubit (N)	Emperor			
4 PM	Family Guy	Debt Part	Neighbors	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	MLB Baseball: Toronto Blue Jays at Tampa Bay Rays. (Live)	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	Crow-Stairway
4:30	Family Guy	That News	George S.	Cyberchas	Judge J.			Deal No		Global	Red Green	SpongeBob			Phineas				
5 PM	Movie: "Panic Room" (2002) Jodie Foster	Deal No	Martha	BBC News	News (N)	News (N)	Dog	News	News (N)	(4:59) News (N)	Simpsons	SpongeBob	News (N)	Treasure Quest (N)	Suite Life	Goode	UFC's Ultimate 100	UFC's Ultimate 100	What
5:30		News	(5:35)	Business	NBC News	CBS News	Dog	ABC News	Global		Fortune	SpongeBob			Montana	Surviving			What
6 PM	Campbell	Global	Think Big	News-Lehrer	News (N)	News (N)	Dog the Bounty Hunter	News	(5:59) News (N)	ET Canada	News (N)	iCarly		News (N)	Deadliest Catch	Zoey 101	Japanese Game Show	UFC's Ultimate 100	Seinfeld
6:30		News	Ocean	Millionaire	Hollywood			News		Entertain		iCarly			Life Derek				Raymond
7 PM	Seinfeld	E! News	Mountain of Gold	Make-Laugh	Jeopardy!	The Doctors	Tattoo	Entertain	Entertain	The Philanthropist (N)	Coronatn	In Real Life	SportsCentre (Live)	Corner Gas	Mayday	Wizards	Mandooon	UFC Fight Night	Family Guy
7:30		The Insider			Fortune					ET Canada	Jeopardy!			Hollywood		Montana	Mandooon		Seinfeld
8 PM	Movie: "Panic Room" (2002) Jodie Foster	Psych (N)	Feast India	Time Team America (N)	America's Got Talent	Christine	Tattoo	Wipeout (N)	Wipeout (N)	Wipeout (N)	Dragon's Den	Malcolm		So You Think You Can Dance (N)	Daily Planet	Suite Life	News (N)	CSI: NY	Seinfeld
8:30											Futurama			Buzz		(8:35) News			Raymond
9 PM	Richards	The War Symphonies	Ascent of Money (N)	America's Got Talent	Criminal Minds	Dog	Japanese Game Show	(9:02) In Plain Sight (N)	(9:02) In Plain Sight (N)	Laughs	Survive	Adrenaline	Andre Berto vs. Juan Urango.	Mayday	Wizards	(9:06) Jimmy Kimmel	CSI: Crime Scn	Family Guy	
9:30	Movie: "An American Werewolf in Paris" (1997)	Kendra (N)	Shostakovic	Wide Angle (N)	The Philanthropist (N)	CSI: NY	Dog the Bounty Hunter	Primetime: Crime (N)	The Philanthropist (N)	News Hour Final (N)	National	Falcon Beach			Life Derek	School	(10:06) I Love Money	Disorderly Con.	Fresh Pr.
10 PM		Keep Up													Cory				Seinfeld
10:30		Candy Girl																	
11 PM	Sanford	News (N)	The Big V	Charlie Rose (N)	News (N)	News (N)	Tattoo	News	News (N)	ET Canada	Stampede Wrap Up	Mystery	SportsCentre (Live)	News (N)	How-Made				

Similkameen News Leader - Horoscopes

July 1 - 8, 2009

Aries - You may be facing some difficulty in carrying out your plans. Maybe the money is not there, or perhaps the pace is too hectic. Whatever it is, expect little progress.

Taurus - You and your career may be in opposition in some way. Is there just too much going on? Are you stressed? Is there too much disruption of plans? Try not to lose patience. Focus!

Gemini - This week is the start of a very active period in your life. You have a lot of energy, and you will likely devote it to improving your immediate environment. Have fun!

Cancer - You are going to feel an increase in mental activity, but physically you may begin to feel less healthy. Direct your energy toward doing what is necessary and take time to rest.

Leo - You are going to be able to do a lot of productive planning starting this week. Don't plan too big or too much. You have one month to work with. Health is good, energy climbs.

Virgo - Career matters take on a hectic pace by the end of this week. You will not find it difficult if you maintain your good nature. Life is hard, demanding full effort, but make progress.

Libra - Your career is still highlighted, but prepare for a big learning curve. Things are speeding up for you and will go into high gear by the end of August. Prepare yourself now.

Scorpio - Difficulties with partner slow down this week. You may find there are issues concerning debts, taxes, investments. Do solid planning based on facts. Learn what you need to do.

Sagittarius - If you're a man, women in your life may be difficult now. The key is to put some active recreation into the relationship. Go places together, do things, keep it light.

Capricorn - Your job and your health start to become issues you have to address. Do what you need to do. Financial planning is a good idea now. Clear debts, pay taxes, conserve.

Aquarius - If you have been living in a dream world, you are about to face a reality check. This can be a difficult week where dreams can shatter. Health, kids, pets are issues.

Pisces - You are about to enter a time when you need to address matters of family, your home and matters of deep concern. You may feel inclined toward anger or depression. Think it through!

Tuesday Movies

EVENING

6:00 pm WTBS (3) ★★★ "Scream" (1996, Horror) Neve Campbell. A psycho killer targets a past victim's daughter, while a tabloid TV reporter homes in on his identity. (E)

9:00 pm WTBS (3)

★★★ "Scream" (1996, Horror) Neve Campbell. A psycho killer targets a past victim's daughter, while a tabloid TV reporter homes in on his identity. (E)

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Similkameen News Leader - Recipe Corner

Recipe #279

Maple Barbecue Salmon

Makes: 4 servings

INGREDIENTS

- 4 fresh Atlantic salmon portions
- 1/4 cup (62 ml) maple syrup
- 1 clove garlic, minced
- 1/4 tsp (1.25 ml) garlic salt
- 1/8 tsp (.62 ml) ground pepper

DIRECTIONS

- 1) Mix the maple syrup, garlic, garlic salt, and pepper.
- 2) Place salmon portions in a shallow dish, and coat with the maple syrup mixture. Cover the dish and marinate salmon portions in the refrigerator 30 minutes, turning over at 15 minutes.
- 3) Drain the salmon steaks and discard used marinade.
- 4) Barbecue the salmon portions over medium heat for 8 to 10 minutes or until cooked to taste.

- News Canada

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Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★★ "Panic Room" (2002, Suspense) Jodie Foster. A single woman and her daughter must play a cat-and-mouse game after three thieves invade their New York brownstone. (E)

9:30 pm WTBS (3) ★½ "An American Werewolf in Paris" (1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pursues her and gradually discovers her dark secret. (E)

EVENING

7:30 pm WTBS (3) ★★★ "Panic Room" (2002, Suspense) Jodie Foster. A single woman and her

Thursday Movies

EVENING

7:00 pm WTBS (3) ★★ "Road Trip" (2000, Comedy) Seann William Scott. Friends embark on a lengthy car trip to intercept an illicit videotape mistakenly mailed to one's girlfriend.

9:30 pm WTBS (3) ★★ "Road Trip" (2000, Comedy) Seann William Scott. Friends embark on a lengthy car trip to intercept an illicit videotape mistakenly mailed to one's girlfriend. (E)

Friday Movies

EVENING

6:00 pm WTBS (3) ★★½ "Last Holiday" (2006, Comedy) Queen Latifah. Upon learning of a terminal illness, a shy woman decides to sell off all her possessions and live it up at a posh European hotel. (E)

SPIKE (44) ★★★ "Lethal Weapon" (1987, Action) Mel Gibson. A detective with a family hunts drug smugglers with his new partner, a loner with a death wish. (E)

7:30 pm FAM (26) ★★ "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time. (In Stereo) (E)

8:30 pm WTBS (3) ★★ "Feeling Minnesota" (1996, Comedy-Drama) Keanu Reeves. Two lowlife lovers and a dog flee with loot to Las Vegas with angry people on their trail. (E)

9:03 pm FAM (26) ★★ "Richie Rich" (1994, Comedy) Macaulay Culkin.

The boy zillionaire saves his parents and Rich Industries from a scheming executive. (In Stereo) (E)

10:02 pm KNOW (5) ★★½ "Salesman" (1969, Documentary) Paul Brennan. Albert and David Maysles' bittersweet look at the trials and tribulations of four door-to-door Bible salesmen. (E)

10:30 pm SPIKE (44) ★★★ "Lethal Weapon" (1987, Action) Mel Gibson. A detective with a family hunts drug smugglers with his new partner, a loner with a death wish. (E)

10:37 pm FAM (26) ★★½ "Innerspace" (1987, Comedy) Dennis Quaid. A grocery clerk gets jabbed with a hypodermic holding a miniaturized Air Force pilot and craft. (In Stereo)

THURSDAY, JULY 9, 2009

	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	Jeffersons	News	Franklin	Thomas	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Traders "The Afterlife"
6:30	Sanford	Tube Tales	George S.	Lions															
7 AM	In the Heat of the Night	Room That News	Martha (7:29) Dora the Explorer	Arthur (EI)	Today Today Throws a Wedding; makeovers; kids and divorce. (N)	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry	Berenstain	SportsCentre		Qubit	(6:56)	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30											Animal	Rolie Polie		Qubit	Phineas				
8 AM	Cosby	Ad Pers	Explorer	Curious	Wedding; makeovers; kids and divorce. (N)	The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: NY	Make
8:30	Cosby	What	Magie Bus	Sid							Gofrette	(9:25) Kid	Fishing		Tigger	City	"Cold Reveal"	What	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The Price Is Right (N)	CSI: Miami	The View (N)	Doc	Debt Part	Wilbur	(10:05) Viva	Motoring	The View (N)	Treasure Quest	Mickey Handy	The O.C.	CSI: NY	What
9:30	Fam. Feud		Clifford	Clifford							Doodlehop	Erky Perky	Preview						Videos
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (EI)															
10:30	Trivial		(10:26)																
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner	(10:50)	Golf: U.S. Women's Open	Twice in a Lifetime	Megabuilders	Benj Bear	The Bonnie Hunt Show	CSI: Crime Scn	Videos
11:30	Harvey	Guys	Berenstain	Sit-Be Fit							Antiques	Ruby	Women's Open		(11:25) King				Ellen
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	Championshp - First Round.	eTalk	Mayday	(11:49)	CityLine	CSI: Crime Scn	Seinfeld
12:30	Fresh Pr.	Design U	(12:32)								Grossology			Bold	Weekend				Seinfeld
1 PM	Still Stnd	Home to	Maggie	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)	Martha Stewart	Hawks	From Bethlehem, Pa. (Live)	Sue Thomas: E.B. Eye	Austin Stevens	Dragon	ER	CSI: NY	Raymond
1:30	Still Stnd	Parents	Sagwa	Quilting							(1:40) Viva			Emperor				"Cold Reveal"	Just Shoot
2 PM	King	Guiding Light (N)	(1:56)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery		General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY	Just Shoot
2:30	King		BluesClues	WordWorld							Team				K. Possible				Family Guy
3 PM	Seinfeld	Clean	(2:57) Zoboomafo o "Bzzz"	Big World	Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living	Pretty Cure	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: Crime Scn	North of 60
3:30	Friends	Clean		WordGirl	Judge						Food	SpongeBob	Sports		How-Made	Emperor			
4 PM	Family Guy	Debt Part	(DVS)	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	CFL Pre	Ellen	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	Traders "The Afterlife"
4:30	Family Guy	That News	George S.	Cyberchas	Judge J.						22 Minutes	SpongeBob	CFL	DeGeneres Show	Phineas				
5 PM	Friends	Deal No	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	SpongeBob	Football: Edmonton Eskimos at Montreal Alouettes. (Live)	News (N)	MythBusters	Suite Life	30 Rock	UFC's Ultimate	Inside Hollywood
5:30	Friends	News	(5:35)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob			Montana	Scrubs			100
6 PM	Friends	Global	Creatures	News-Lehrer	News	News (N)	Crime 360 (N)	News	(5:59) News (N)	ET Canada	News (N)	iCarly		News (N)	MythBusters	Zoey 101	Jim	TNA IMPACT!	Seinfeld
6:30	Friends	News	Animals	Millionaire	Hollywood						Entertain	iCarly				Life Derek	(6:31) 30		Raymond
7 PM	Movie: "Road Trip" (2000)	El News	Eden	Paris "City of Dreams"	Jeopardy!	The Doctors	Crime 360 (N)	Entertain	Entertain	Harper's Island "Gasp"	Coronatn	Family Biz		Corner Gas	MythBusters	Wizards	(7:01) Law & Order: UK		Family Guy
7:30		The Insider	Into Wild	Fortune							Jeopardy!	Family Biz	SportsCentre (Live)	Hollywood		Montana			Seinfeld
8 PM	Seann William Scott.	How I Met	Voyages of Discovery	Midsomer Murders	30 Rock	Big Brother 11	Gang Unit	Samantha	Big Brother 11 (N)	Big Brother 11 (N)	Doc Zone	Malcolm		CSI: Crime Scn	Daily Planet	Suite Life	News (N)	4th and Long	Seinfeld
8:30		"Til Death		The Office							Futurama				Buzz	(8:35) News			Raymond
9 PM	Seinfeld	True Hollywood Story	Art	MI-5 Tom disappears.	The Office	CSI: Crime Scn	The First 48	Grey's Anatomy	Harper's Island "Gasp"	The Unit "Play 16"	Doc Zone	In Real Life	Premier Poker	You Can Dance	MythBusters	Wizards	(9:06) Jimmy Kimmel	MANswers	Family Guy
9:30			Lost Gods		(9:31) 30										Life Derek			Game	Just Shoot
10 PM	Movie: "Road Trip" (2000)	The Beast (N)	World of Albert Kahn	Soundstage (N)	(10:01) The Listener (N)	(10:01) The Mentalist	Crime 360	(10:02) Private Practice	Harper's Island "Sigh"	News Hour Final (N)	National	Falcon Beach	Premier Poker	(10:01) The Listener (N)	MythBusters	School	(10:06) Hell's Kitchen	MANswers	Just Shoot
10:30															Cory			MANswers	Seinfeld
11 PM	Seann William Scott.	News (N)	On Screen	Charlie Rose (N)	News (N)	News (N)	Crime 360	News (N)	Entertain	Stampede Wrap Up	Mystery	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Judge	Ways Die	Married...	
11:30	Montel W.	Guy Stuff		Tonight	Late Show			(11:35)							Life Derek	Paid Prog.	Ways Die		Just Shoot

FRIDAY, JULY 10, 2009

	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	Jeffersons	News	Franklin	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Adventures of Sinbad	
6:30	Sanford	Tube Tales	George S.	Lions																
7 AM	In the Heat of the Night	Room That News	Martha (7:29) Dora the Explorer	Arthur (EI)	Today Daniel Radcliffe and Rupert Grint; real estate;	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums!	Berenstain	SportsCentre		Building the Biggest	(6:56)	The Tyra Banks Show	Married... Married...	The Outer Limits	
7:30											Animal	Rolie Polie		MythBusters	Weekend	Rachael Ray	Pros vs. Joes	North of 60 "The Trial"		
8 AM	Cosby	Ad Pers	Explorer	Curious	Wedding; makeovers; kids and divorce. (N)	The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: NY	Tube Tales	
8:30	Cosby	What	Magie Bus	Sid							Gofrette	(9:25) Kid	Fishing		Tigger	City	"Snow Day"	What		
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The Price Is Right (N)	CSI: Miami	The View (N)	Doc	Debt Part	Wilbur	(10:05) Viva	Nike Golf Invitational	The View	Austin Stevens	Mickey Handy	The O.C.	CSI: NY	What	
9:30	Fam. Feud		Clifford	Clifford							Doodlehop	Erky Perky							Videos	
10 AM	Trivial	The Mom Show	Sid	Sesame Street (EI)																
10:30	Trivial		(10:25)																	
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	What's- Antiques	(10:50)	Golf: U.S. Women's Open	Twice in a Lifetime	Mighty Ships "Faust"	Benj Bear	The Bonnie Hunt Show	CSI: Crime Scn	Videos	
11:30	Harvey	Guys	Berenstain	Sit-Be Fit							Ruby		Women's Open		(11:25) King				Ellen	
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	Championshp - Second Round.	Lily Allen	MythBusters	Phineas	CityLine	CSI: Crime Scn	Seinfeld	
12:30	Fresh Pr.	Design U	(12:32)								Grossology			Bold	Suite Life				Seinfeld	
1 PM	Still Stnd	Home to	Maggie	Wylands	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)	Martha Stewart	Hawks	From Bethlehem, Pa. (Live)	Sue Thomas: E.B. Eye	MythBusters	Wizards	ER "Jigsaw"	CSI: NY	Raymond	
1:30	Still Stnd	Parents	Sagwa	Scrapbook							(1:40) Viva			Emperor		So Raven		"Snow Day"	Frasier	
2 PM	King	Guiding Light (N)	(1:56)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery		General Hospital (N)	MythBusters	Cory	News (N)	CSI: NY	Frasier	
2:30	King		BluesClues	WordWorld							Team				Montana				Family Guy	
3 PM	Seinfeld	Clean	(2:57) Zoboomafo o "Buddies"	Big World	Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living	Pretty Cure	Off-Record	Dr. Phil	How-Made	(3:12) Jonas	News (N)	CSI: Crime Scn	North of 60 "The Trial"	
3:30	Friends	Clean		WordGirl	Judge						Food	SpongeBob	Sports		How-Made	Sonny				
4 PM	Family Guy	Debt Part	(DVS)	Biz Kid\$	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	CFL Pre	Ellen	Daily Planet	Wizards	Law & Order: SVU	CSI: Crime Scn	Adventures of Sinbad	
4:30	Family Guy	That News	George S.	Cyberchas	Judge J.						Air Farce	SpongeBob	CFL	DeGeneres Show	Suite Life					
5 PM	Payne	Deal No	Martha	BBC News	News (N)	News (N)	CSI: Miami	News	News (N)	(4:59) News (N)	Simpsons	SpongeBob	Football: Calgary Stampede at Winnipeg Blue Bombers. (Live)	News (N)	Worst Handyman	Suite Life	Man Tracker	UFC	TV Made	
5:30	Payne	News	(5:35)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob			Montana	Tracker		Unleashed	TV Made	
6 PM	Movie: "Last Holiday" (2006)	Global	Heads Up	News-Lehrer	News (N)	News (N)	CSI: Miami	News	(5:59) News (N)	ET Canada	News (N)	iCarly		News (N)	American Loggers	Montana	Departures	Movie: "Lethal Weapon" (1987)	Seinfeld	
6:30		News	Time	Millionaire	Hollywood						Entertain	Jackson			Jonas (N)				Amer Dad	
7 PM	Queen Latifah.	E News	Striking Back	Wash Wk	Jeopardy!	The Doctors	The Cleaner	Entertain	Entertain	NUMB3RS "Frienemies"	Coronatn	The Next Star		Corner Gas	Earthshocks	Sonny	Out There	Action! Mcl Gibson.	Family Guy	
7:30		The Insider	McLaughlin	Fortune							Jeopardy!		CFL	Hollywood			Movie: "The Cheetah Girls" (2003)		Seinfeld	
8 PM	Seinfeld	You Smarter?	Poirot	Bill Moyers Journal (N)	The Chopping Block (N)	Ghost Whisperer	Criminal Minds	Surviving Goode	The Unit "Play 16"	Harper's Island "Sigh"	Air Farce	Laughs	Family Biz	Ghost Whlsprrer	Daily Planet	News (N)	(8:35) News	Ways Die	Raymond	
8:30														Castle	American Loggers	(9:03) "Richie Kimmel"	(9:06) PartyPoker	UFC 100 Countdown	Family Guy	
9 PM	Movie: "Feeling Minnesota" (1996)	THS Investigates (N)	Life Begins	NOW Served	Dateline NBC	Flashpoint	CSI: Miami "Breathless"	Jim	Mental (N) (PA)	Mental (N) (PA)	Wild Roses (DVS)	Prank Prrl		Castle					Amer Dad	
9:30																				
10 PM	Sanford	20/20	(10:02) Movie: "Salesman" (1969)	P.O.V. "Beyond Hatred"		NUMB3RS "Frienemies"	CSI: Miami	20/20	NUMB3RS "Frienemies"	News Hour Final (N)	National	Family Biz		Russell Peters	Worst Handyman	Rich" (1994)			Movie: "Innerspace" (1987)	Seinfeld
10:30																			Married...	
11 PM	Sanford	News (N)		Fort	Tonight	Late Show	The Cleaner	News	News (N)	(11:03) ECW (N)	Stampede Wrap Up	Mystery	SportsCentre (Live)	News (N)	Earthshocks	Judge	Ways Die	Married...		

News Leader Puzzle Page

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 #207 - Rated Easy

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

CHALLENGE #208 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2009 Carter Boswell, Princeton, BC and published by Similkameen News Leader

Saturday Movies

MORNING

9:00 am WTBS (3) ★★½ "Valley Girl" (1983, Romance) Nicolas Cage. A California girl with a regional dialect falls totally for a punk rocker.

AFTERNOON

12:00 pm FAM (26) ★★ "Smart House" (1999, Comedy) Jessica Steen. A boy tries to stop his father from dating by programming their computerized house to be a surrogate mother. (In Stereo) (D)

1:30 pm FAM (26) "Roxy Hunter and the Secret of the Shaman" (2008, Mystery) Aria Wallace. A girl believes the town's old vagrant is a shaman in disguise. (In Stereo) (D)
5:00 pm WTBS (3) ★★½ "Last Holiday" (2006, Comedy) Queen Latifah. Upon learning of a terminal illness, a shy woman decides to sell off all her possessions and live it up at a posh European hotel. (D)
A&E (9) ★★½ "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (D)

EVENING

6:00 pm CITY (29) ★★ "Tail Lights Fade" (1999, Drama) Denise Richards. Others accompany a young woman on a cross-country race to destroy evidence that might send her brother to jail. (D) (DVS)
7:00 pm WTBS (3) ★★ "The Upside of Anger" (2005, Comedy-Drama) Joan Allen. An ex-ballplayer befriends a mother of four who has hovered in a boozy funk since her husband abandoned her. (D)
8:00 pm VTV (22) "Lies My Mother Told Me" (2005, Docudrama) Joely Richardson. On the run with her daughter, a con artist marries a successful attorney, then murders him. (In Stereo) (D) (DVS)
9:00 pm A&E (9) ★★½ "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (D)
FAM (26) ★★ "Contact" (1997, Science Fiction) Jodie Foster. A scientist seeks alien beings after receiving mysterious messages from deep space via radio telescope dishes. (In Stereo) (D)
10:30 pm WTBS (3) ★★ "Without a Paddle" (2004, Comedy) Seth Green. Three childhood friends embark on a canoe trip to find a plane hijacker's stash of money. (D)
11:29 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. (In Stereo) (D)

Princeton Area Ghost Towns - The DVD



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Similkameen News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

Sunday Movies

MORNING

8:00 am WTBS (3) ★★½ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. (D)
10:00 am WTBS (3) ★★½ "Connie and Carla" (2004, Comedy) Nia Vardalos. After witnessing a mob hit, two Chicago waitresses go to Los Angeles and disguise themselves as drag queens. (D)

AFTERNOON

12:00 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. (D)
FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (D)
1:30 pm FAM (26) "Motocrossed" (2001, Adventure) Alana Austin. Feeling responsible for her twin brother's injury, a teenager pretends to be him and competes in a series of motocross races. (In Stereo) (D)
2:00 pm WTBS (3) ★★ "Sister Act" (1992, Musical Comedy) Whoopi Goldberg. A Reno lounge singer on the run plays nun and shows a San Francisco convent's chorus how to

rock. (D)
3:00 pm VTV (22) "Murder Most Likely" (1999, Drama) Paul Gross. Former undercover drug agent Patrick Kelly is charged with the murder of his wife. (In Stereo) (D)
4:00 pm WTBS (3) ★★½ "Last Holiday" (2006, Comedy) Queen Latifah. Upon learning of a terminal illness, a shy woman decides to sell off all her possessions and live it up at a posh European hotel. (D)
YTV (18) "Like Mike 2: Streetball" (2006, Comedy) Jascha Washington. A pair of lucky sneakers turns a small, untalented basketball player into a star. (In Stereo) (D)

EVENING

6:00 pm WTBS (3) ★★½ "Last Holiday" (2006, Comedy) Queen Latifah. Upon learning of a terminal illness, a shy woman decides to sell off all her possessions and live it up at a posh European hotel. (D)
YTV (18) ★★ "Rebound" (2005, Comedy) Martin Lawrence. Suspended after a public outburst, a college basketball coach accepts a short-term job with a team of middle schoolers. (In Stereo) (D)
8:00 pm WTBS (3) ★★ "Sister Act" (1992, Musical Comedy) Whoopi Goldberg. A Reno lounge singer on the run plays nun and shows a San Francisco convent's chorus how to rock. (D)
KNOW (5) "Fat Chance" (1991, Mystery) John Thaw. Inspector

Morse becomes attracted to a deaconess as he investigates the suspicious death of her colleague. (D)
9:00 pm KHQ (7) "Meteor" (2009, Suspense) (Part 1 of 2) Christopher Lloyd. Premiere. A collision between two massive rocks in outer space sends a large meteor hurtling toward Earth. (In Stereo) (D)
FAM (26) ★★ "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo)
10:00 pm WTBS (3) ★★½ "Connie and Carla" (2004, Comedy) Nia Vardalos. After witnessing a mob hit, two Chicago waitresses go to Los Angeles and disguise themselves as drag queens. (D)
11:06 pm FAM (26) ★★½ "Armageddon" (1998, Science Fiction) Bruce Willis. A NASA rep recruits an oil driller and his team of mavericks to save Earth from an oncoming asteroid. (In Stereo)

We're different, and we like that.
Similkameen News Leader

SATURDAY, JULY 11, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Paid Prog. News	News		America Fly Tying	Today (N)	(5:00) The Early Show (N)	Flip This House	Paid Prog. Fishing	Fishing	Super Why? Being Ian	SportsCentre	OWL/TV Kingdom	Combat School	Overdrive	CHIN	TNA IMPACT!	Soap		
6:30	Paid Prog. Tube Tales	Tube Tales						Paid Prog. Fishing	Fishn	Busytown	Grossology								
7 AM	Paid Prog. Ad Pers	Martha	MotorWeek	News (N)	Cake	Flip This House	Good Morning America	News (N)	News (N)	Turbo	Pretty Cure	Fishing	Anne Grn	American Loggers	(7:04)	Eye on Asia			
7:30	Paid Prog. Fishing	Clifford	Travel		Horseland					Animal	Rollbots	Motoring	Kids						
8 AM	Videos	Foodies	George S.	Woodsmith		Dino	Flip This House (N)	Emperor		Razzberry	SpongeBob	NASCAR Now (N)	Jeff	Dino Mummy	Suite Life	Polish Studio	Hrsepower	Raymond	
8:30	Videos	Driving TV	Maple Bus	Hometime		Sushi Pack		Replace		Goldfish	Kid vs. Kat		Pringle						
9 AM	Movie: "Valley Girl" (1983)	Paid Prog. (8:58)	Workshop		Swimming: U.S. Nationals. From Indianapolis	Paid Prog. Flip This House	Montana	Fishn	Plan International	Dinner	OddParent	CFL Football: Saskatchewan	Amnesty International	The Detonators	Montana	CityLine	When Stunts Go Bad	Family Guy	
9:30	Nicolas Cage	El News Daily 10	Maggie-Beast	Ask This Test Klitch		Food Fast	Suite Life	Fishing		Antiques	League								
10 AM	Cheers	To Be Announced	Rolie Polie Paddington	Christina Primal Grill		Homeown Ron H.	Crime 360	Rangers	Plan International	Equestrian: Mercedes-Benz	Transform Wolverine	Roughriders at Toronto	PLAN Canada	Mayday	Sonny	Paid Prog.	When Stunts Go Bad 2!	King	
10:30	Seinfeld									Classic: (Taped)	Pokemon	Argonauts. (Live)	Dinosaur	Daily Planet	Worst Handyman	Movie: "Smart House" (1999)	King	UFC 100	Raymond
11 AM	Friends	To Be Announced	(11:59) Lilly Garden	Cooking	Golf: U.S. Women's Open	PGA Tour Golf: John Deere	CSI: Miami	Paid Prog. PGA Tour Golf: John Deere	Simpsons	Swimming: Hunter Aquatics Champ. Trials	Dragon	Golf: U.S. Women's Open	Let's Shop	Animals	"Rosy Hunter and the Secret"	EP Canada	UFC's Ultimate 100	70s Show	
11:30	Seinfeld		(12:29) Miss Mechanics	Antiques Roadshow	Championship -- Third Round. (Live)	Classic -- Third Round. (Live)	CSI: Miami	Storms	Simpsons	Rollbots	Championship	Car	MythBusters	Zoo	Reviews				
12 PM	Fraser	To Be Announced	(1:05) Taste	Antiques Roadshow	Championship -- Third Round. (Live)	Classic -- Third Round. (Live)	CSI: Miami	Storms	Simpsons	Hawks	Team	Sports	Twice in a Lifetime	Cash Cab	Suite Life	News (N)	UFC's Ultimate 100	Bob-Doug	
12:30	Fraser		(2:02) Fetch! Ruff	History Detectives (N)	Athlete	Paid Prog. CSI: Miami "Ambush"	To Be Announced	Simpsons	Family Guy	Be the Creature	Mystery	NASCAR Racing: Sprint Cup -- LifeLock.com 400. From Chicagoland Speedway in Joliet, Ill. (Live)	First Story	Cash Cab	Wizards	Without a Trace	UFC's Ultimate 100	Family Guy	
1 PM	King	To Be Announced	(4:02) Europe	Penguins	Access Hollywood (N)	CSI: Miami "All In"	NASCAR Angels	Family Guy	Family Guy	Wild China	Team Galaxy	Defeat the plant aliens. (Live)	First Story	How-Made	Cory				
1:30	King		(4:27) George Shrinks	Summer	News (N)	News (N)	Movie: "The Fugitive" (1993)	ABC News	Global	Kid vs. Kat	Kid vs. Kat	Speedway in Joliet, Ill. (Live)	News (N)	Deadliest Catch	(6:01) Jonas Buzz	Movie: "Tail Lights Fade" (1999)	UFC's Ultimate 100	Bob-Doug	
2 PM	Family Guy	To Be Announced	(3:26) Little Trek	Veggie	Paid Prog. CSI: Miami "Ambush"	To Be Announced	Simpsons	Family Guy	Family Guy	Survive	SportsCentre (Live)	Movie: "Lies My Mother Told Me" (2005)	Deadliest Catch	Movie: "Contact" (1997)	Science Fiction	Jodie Foster	Paid Prog. MANSWERS	70s Show	
2:30	Family Guy									Adrenaline	Boxing: Friday Night Fights. (Taped)	Law & Order: SVU	Time Warp						
3 PM	Payne	To Be Announced	(4:02) Burt Wolf	Turbo	News (N)	News (N)	Movie: "The Fugitive" (1993)	Suspense: Harrison Ford	Entertainment Tonight	Doc	Doc "The Great Wall"	Track and Field	In Real Life	Boxing: Friday Night Fights. (Taped)	Law & Order: SVU	Time Warp			
3:30	Payne		(4:27) George Shrinks	Summer	News (N)	News (N)	Movie: "The Fugitive" (1993)	Suspense: Harrison Ford	Entertainment Tonight	Doc	Doc "The Great Wall"	Track and Field	In Real Life	Boxing: Friday Night Fights. (Taped)	Law & Order: SVU	Time Warp			
4 PM	Movie: "Last Holiday" (2006)	Queen Latifah	Global	Wild Discovery	Lawrence Welk Show	Judge J.	Scrubs	Harrison Ford	Entertainment Tonight	Doc	Doc "The Great Wall"	Track and Field	In Real Life	Boxing: Friday Night Fights. (Taped)	Law & Order: SVU	Time Warp			
4:30	Movie: "The Upside of Anger" (2005)	Joan Allen	Rich Poor	Heartbeat	Paul Simon: Library of Congress	Gershwin	Law Order: CI	Harper's Island "Gasp"	Movie: "The Fugitive" (1993)	Suspense: Harrison Ford	Doc	Doc "The Great Wall"	Track and Field	In Real Life	Boxing: Friday Night Fights. (Taped)	Law & Order: SVU	Time Warp		
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7 PM	Movie: "The Upside of Anger" (2005)	Joan Allen	Rich Poor	Heartbeat	Paul Simon: Library of Congress	Gershwin	Law Order: CI	Harper's Island "Gasp"	Movie: "The Fugitive" (1993)	Suspense: Harrison Ford	Doc	Doc "The Great Wall"	Track and Field	In Real Life	Boxing: Friday Night Fights. (Taped)	Law & Order: SVU	Time Warp		
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8 AM	Movie: "The Upside of Anger" (2005)	Joan Allen	Rich Poor	Heartbeat	Paul Simon: Library of Congress	Gershwin	Law Order: CI	Harper's Island "Gasp"	Movie: "The Fugitive" (1993)	Suspense: Harrison Ford	Doc	Doc "The Great Wall"	Track and Field	In Real Life	Boxing: Friday Night Fights. (Taped)	Law & Order: SVU	Time Warp		
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11 AM	Movie: "The Upside of Anger" (2005)	Joan Allen	Rich Poor	Heartbeat	Paul Simon: Library of Congress	Gershwin	Law Order: CI	Harper's Island "Gasp"	Movie: "The Fugitive" (1993)	Suspense: Harrison Ford	Doc	Doc "The Great Wall"	Track and Field	In Real Life	Boxing: Friday Night Fights. (Taped)	Law & Order: SVU	Time Warp		
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SUNDAY, JULY 12, 2009

	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	Sports	News		Maya	Today (N)	Paid Prog. Private Sessions (N)	Paid Prog. Is Written	Driving TV	Animal	Being Ian	Formula One Racing	Daily Planet	Inside Queen Mary 2	Overdrive	Amazing	Married...	Driving TV		
6:30	Saved-Bell	Pioneers		Fetch! Ruff															
7 AM	Saved-Bell	Hunter	Martha	Raggs	News (N)	CBS News Sunday Morning	The Sopranos	Good Morning America	Foodies	Canada	Razzberry	Monster	Reporters	Twice in a Lifetime	Deep Blue	(7:04)	Eye on Asia	Married...	Mad Abt.
7:30	Videos	Fishing	Clifford	Animalla	Northwest														
8 AM	Movie: "Cheaper by the Dozen" (2003)	Fishn	George S.	Reading	Meet the Press (N)	Nation	The Sopranos	This Week With George	News (N)	TribalTrail	Coronatn	Kid vs. Kat	Fins Skins	Anne Grn	Suite Life	Eye-Asia	Hrsepower	Raymond	
8:30	Movie: "Cheaper by the Dozen" (2003)	Powerboat	Maple Bus	Electric															
9 AM	Movie: "Cheaper by the Dozen" (2003)	Neighborhood	(8:58)	Wishbone	Food Fast	Paid Prog. The Sopranos	Wall St												
9:30	Movie: "Cheaper by the Dozen" (2003)	Neighborhood	(9:28)	Biz Kids	Paid Prog. The Sopranos	Wall St													
10 AM	Movie: "Connie and Carla" (2004)	Vanity	Maggie-Beast	Make	Paid Prog. Backroads	The Cleaner	IndyCar Racing: Honda Indy	Driving TV	Listen Up	CBC News: Sunday	SpongeBob iCarly	IndyCar Racing: Honda Indy	Child Fund	Mammals vs. Dinos	Montana	Wizards			
10:30	Movie: "Connie and Carla" (2004)	Marriage		Ride, Lives	Paid Prog. Nicklaus-Snead	The Cleaner	Toronto. From Toronto. (Live)	Hour of Power	Driving TV	fifth estate	Jackson	From Toronto. (Live)	Canada's Worst Driver	How-Made	Suite Life	Reviews	DEA	King	
11 AM	Movie: "Connie and Carla" (2004)	TBA	Rolie Polie Paddington	Great Circus Parade 2009	Golf: U.S. Women's Open	PGA Tour Golf: John Deere	Obsessed	Open Preview	PGA Tour Golf: John Deere	Classic -- Final Round. (Live)	Calgary Stampede: Showdown Sunday	Adrenaline	Survive	Twice in a Lifetime	MythBusters	"Motocrossed" (2001)	The O.C.	DEA	Seinfeld
11:30	Movie: "Connie and Carla" (2004)	TBA																	
12 PM	Movie: "Bridget Jones: The Edge of Reason" (1992)	To Be Announced	Lilly	Miss DG															
12:30	Movie: "Bridget Jones: The Edge of Reason" (1992)	To Be Announced	(1:06) Think Mechanics																
1 PM	Movie: "Sister Act" (1992)	To Be Announced	World Og	Swiss Rail Journeys															
1:30	Movie: "Sister Act" (1992)	To Be Announced	Fetch! Ruff																
2 PM	Whoopi Goldberg	To Be Announced	Upside	Wait God	Paid Prog. Babar	Paid Prog. Parking	Wipeout	Simpsons	Family Guy	Steven and Chris	Prank Ptrl	SportsCentre (Live)	Movie: "Murder Most Likely" (1999) Paul Gross.	Cash Cab	Suite Life	News (N)	DEA "Flip The Stripper"	GoldMind	
2:30	Whoopi Goldberg		(3:26) Little	Wait God															
3 PM	Movie: "Last Holiday" (2006)	To Be Announced	(4:02) Moneytrk	CSI: NY	Extra (N)	Parking	Storms	Paid Prog. Family Guy	Fashion F.	Movie: "Like Mike 2: Streetball" (2006)	Boxing	In Fashion	Treasure Quest (N)	Wizards	Two Men	DEA	Carlawood		
3:30	Movie: "Last Holiday" (2006)	To Be Announced	(4:27) George Shrinks	Hometime															
4 PM	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies	Family Guy	(4:59) News	The Girls of Summer	Boxing: Friday Night Fights	In Fashion	Treasure Quest (N)	Montana				
4:30	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies	Family Guy	(4:59) News	The Girls of Summer	Boxing: Friday Night Fights	In Fashion	Treasure Quest (N)	Montana				
5 AM	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies	Family Guy	(4:59) News	The Girls of Summer	Boxing: Friday Night Fights	In Fashion	Treasure Quest (N)	Montana				
5:30	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies	Family Guy	(4:59) News	The Girls of Summer	Boxing: Friday Night Fights	In Fashion	Treasure Quest (N)	Montana				
6 AM	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies	Family Guy	(4:59) News	The Girls of Summer	Boxing: Friday Night Fights	In Fashion	Treasure Quest (N)	Montana				
6:30	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies	Family Guy	(4:59) News	The Girls of Summer	Boxing: Friday Night Fights	In Fashion	Treasure Quest (N)	Montana				
7 AM	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies	Family Guy	(4:59) News	The Girls of Summer	Boxing: Friday Night Fights	In Fashion	Treasure Quest (N)	Montana				
7:30	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies	Family Guy	(4:59) News	The Girls of Summer	Boxing: Friday Night Fights	In Fashion	Treasure Quest (N)	Montana				
8 AM	Movie: "Last Holiday" (2006)	Okanagan	News	Old House	NBC News	CBS News	Dog	Movies											

MONDAY, JULY 13, 2009

	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	Jeffersons	News (N)	Franklin	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Once a Thief
7 AM	In the Heat of the Night	Room That News	Martha (7:29) Dora the Explorer	Arthur (EI)	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums! Animal	Berenstain Rolie Polie	SportsCentre		Austin Stevens	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	Curious	Curious			Cold Case Files		100 Huntley Street	Bo On Go	Timothy	SportsCentre		How-Made	Weekend	Rachael Ray	Pros vs. Joes	North of 60 "Refugees"	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	CSI: Miami "Invasion"	Regis and Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why!	Casper (9:25) Kid	Off-Record	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	4th and Long	TV Made What
10 AM	Trivial	The Mom Show	Sid (10:25)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View Hot topics. (N)	Doc "Men in Tights"	Debt Part House	Wilbur	(10:05) Viva Erky Perky	Champ. Darts	The View Hot topics. (N)	Greatest Ever...	Mickey Handy	The O.C.	4th and Long	What Videos
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	What's-Antiques	(10:50) Ruby	Motoring	Twice in a Lifetime	Mayday	Benj Bear Wubbzy	The Bonnie Hunt Show	4th and Long	Videos Ellen
12 PM	Fresh Pr.	Chief	(11:56) Charlie Rose	Charlie Rose	Paid Prog. Zula Patrol	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	CBC News: Today (N)	Monster Grossology	Andre Berto vs. Juan Urango	Kelth Bold	Forensic Factor	(11:49) Weekend	CityLine	4th and Long	Seinfeld
1 PM	Still Stnd	Home to Parents	Maggie	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)	Martha Stewart	Hawks (1:40) Viva		Sue Thomas: F.B. Eye	Mega Builders	Dragon Emperor	ER "Reason to Believe"	4th and Long	Raymond
2 PM	King	Guiding Light (N)	(1:56) Barney	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery Team	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	4th and Long	Raymond
3 PM	Seinfeld	Split Ends (N)	(2:57) Zoboomafo o Zobo	WordGirl	Judge	Dr. Phil	CSI: Miami "Invasion"	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure	Off-Record	Dr. Phil	Canada's Worst Driver	Replace Emperor	News (N)	4th and Long	North of 60 "Refugees"
4 PM	Family Guy	Debt Part	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News Global	Fashion F.	SpongeBob	Billiards: WPBA	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	4th and Long	Once a Thief	
5 PM	Payne	Deal No	Martha	BBC News	News (N)	News (N)	Intervention "Trent"	News ABC News	News (N) Global	(4:59) News (N)	Simpsons Fortune	SpongeBob	World Poker Tour (Taped)	News (N)	MythBusters	Suite Life Montana	The Bachelor (N)	UFC Unleashed	Carlawood Parker
6 PM	Movie: "Trading Places"	Global News	Taste Buds Mechanics	News-Lehrer	News (N) Millionaire	News (N) Hollywood	Intervention Relapse.	News	(5:59) News (N) ET Canada	ET Canada	News (N) iCarly	iCarly		News (N)	Dirty Jobs	Zoey 101	UFC Unleashed	Ground Up	
7 PM	(1983, Comedy) Dan Aykroyd	E! News	Moon Machines	'Allo, 'Allo! Europe	Jeopardy!	The Doctors	Obsessed (N)	Entertain The Insider	Entertain ET Canada	The Unit	Coronatn Jeopardy!	Family Biz Prank Ptrl	SportsCentre (Live)	etalk Hollywood	American Loggers (N)	Wizards Montana	Newlyweds	4th and Long (N)	Are You Smarter
8 PM	Aykroyd. Scinfeld	How I Met Rules	Circumpolar Bears	Antiques Roadshow	Law & Order	How I Met Rules	The Cleaner	The Bachelorette (N)	House (PA)	House (PA)	Triple Sensation (N)	Malcolm Futurama	Boxing	Law & Order	Daily Planet	Suite Life Buzz	News (N) (8:35) News	Jesse James	Weekend Bob-Doug
9 PM	Movie: "Trading Places"	The Soup Wildest TV	Celia Franca	History Detectives (N)	Law Order: CI	Two Men Big Bang	Intervention "Trent"		Lie to Me	Lie to Me	Just for Laughs	League Zlxx Level		Law Order: CI	MythBusters	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: Crime Sen	Seinfeld
10 PM	(1983, Comedy) Dan Aykroyd	Final 24 (N)	On Screen	American-Hist	Dateline NBC	CSI: Miami	Intervention Relapse.	Newlyweds	The Unit	News Hour Final (N)	National	Falcon Beach		CSI: Miami	American Loggers	School Cory	Flavor of Love	Most Amazing Videos	Raymond Seinfeld
11 PM	Aykroyd. Montel W.	News (N) Guy Stuff	Haida Art Landscape	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	Obsessed	News (11:35)	News (N) ET Canada	Entertain (11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Dirty Jobs	Suite Life Life Derek	Judge News	Disorderly Con.	Raymond	

Monday Movies

EVENING

6:00 pm WTBS (3) ★★"Trading Places" (1983, Comedy) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hustler.

9:00 pm WTBS (3) ★★"Trading Places" (1983, Comedy) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hustler.

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James (Jim) Joshua Nicholson



James (Jim) Joshua Nicholson passed away, Friday June 26, 2009 at the age of 87 years. He leaves behind to mourn him; his loving wife of 63 years, Margaret Nicholson his sons Wayne (Penny) Nicholson, Jim Nicholson Jr., daughters Gayle (Gordon Comeau), Laura (Brian Sisson) nine grandchildren, Ken, Cathy, Josh, Kim, Kelly, Kristy, Amanda, Ian and Ryan and seventeen great grandchildren. Jim was born and raised in Calgary and at the age of 18 he joined the Canadian Navy and served from 1940 to 1945 on the east and west coast of Canada and overseas. He started work with the Canadian Pacific Railroad in 1945, as a fireman and later became an Engineer for the CPR. He retired in 1977, he and Margaret moved to BC in 1978 where they have enjoyed their life together, travelling and enjoying their family. At the request of Jim and Margaret there will be no Funeral Services. Cremation was June 29, 2009. Interment will take place at a later date. The family would like to express their gratitude to all the staff at the Princeton General Hospital they were without exception compassionate, helpful and understanding, the ambulance attendants were very good to my Husband and our Father. We would like to thank Dr. Tim for his kindness in our time of grief and his gentle manner was comforting to us all.

Over 100 evening party dresses from \$50.00 or rent from \$20.00. Call Kim (250) 295-4373 or 295-7988. Nov 23th

Commercial refrigerator, \$200.00 OBO. Needs new compressor. Contact (250) 295-3355 or (250) 295-7733. Jun 23 Jul 07

Jade Pro sun tanning bed. 14-face and arm bronzers. 5-skin rejuvenators, turbo cooling system, steel frame and cover panels. \$4,000.00 firm. Call (250) 295-7484. Jun 30 Jul 14

1994 Ford Thunderbird, good condition, only 165,000 km. \$1,500.00. Phone (250) 295-7558. Jun 30 Jul 14

2007 Areolite 30 ft travel trailer with tip out. Very easy to tow. Only used 8 times. Excellent unit to live in, travel or head south for the winter. Includes balance of 7 year warranty. \$20,000 firm. View at 145 Angela Avenue. Phone (250) 295-6408. Jul 07 21

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Jul 06-tfn

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May 12 Aug 15

help wanted

Princeton Castle Resort is seeking a Recreation Development Manager and a Sales & Marketing Manager, fluent in Mandarin. Please see full job descriptions at WorkZone. Jul 07 - 21

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notices

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Princeton Castle Resort

4-5 bedroom lakefront house for rent. \$2,200.00 per month inclusive. Luxury chalets for rent. \$1,200.00 and \$1,800.00 per month, includes utilities+. Call (250) 295-7988. Nov 25th

3-bedroom house on Taptan Avenue. Asking \$750.00 per month. Non-smoking, no pets. Available June 1st. Contact Heather Johnson, Century 21 Princeton Realty (250) 295-6977. May 25th

1-bedroom suite for rent in downtown Princeton. Level access. \$425.00 per month including utilities. No pets. Excellent references and damage deposit required. Available now. Call (604) 484-2783 and leave message with name and phone number. Jun 30 Jul 13

1-bedroom, shared bathroom with one other, shared laundry, free wireless internet, fully furnished, within walking distance of town. Asking \$300/month per single occupancy. Available immediately. No smoking, no pets, references required. Call (250) 295-0869. Jun 23 Jul 07

4-bedroom house on Rainbow Lake, renovated with new kitchen, 2 bathroom, fully furnished, large yard \$1,900./month + \$200. Utility & Cable. Princeton Castle Resort (250) 295-7988. Jun 23 Jul 14

Fully furnished 2-bedroom apartment. \$500.00 per week. Princeton Castle Resort (250) 295-7988. Jul 07 21

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- births
- births

Lauren James McKenzie



STATS:

Baby girl: Lauren James McKenzie
Born: Kamloops, BC
Weight & Length: 7 lbs, 7 oz - 18 inches long.
Parents: Logan & Adrea McKenzie of Princeton.
Grandparents: Kim & Pat McKenzie and Randy & Lynda McLean of Princeton

services

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Home cleaning services for hire, reasonable rates. References available. Call (250) 292-8505. Jun 30 Jul 14

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Narcotics Anonymous

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

Sundays 7:30 PM

Living Water Foursquare Church, Kinley Avenue

Info: (250) 295-7919 OR 295-6531, 295-6723

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Princeton Baptist Church
160 Old Hedley Road

Fred 295-7272/Marena 295-7663

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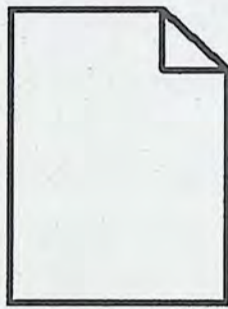
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sudoku



SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #207 - Easy

761	392	854
428	715	693
593	684	217
872	956	341
139	478	526
645	123	789
984	567	132
216	839	475
357	241	968

CHALLENGE #208 - Hard

189	725	436
546	319	872
237	684	195
694	832	517
315	476	289
728	519	643
473	258	961
851	967	324
962	143	758

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Princeton Area Ghost Towns
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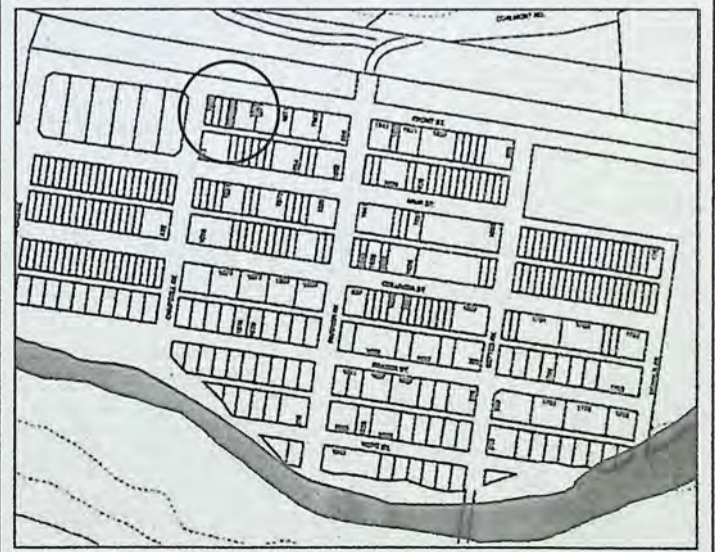
Notice of Intention to Apply for a Disposition of Crown Land

Take notice that **Campbell James Pattison and Elaine Marie Pattison of Coalmont, BC** intend to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a Crown grant for **Extension of holdings for residential use** purposes covering **Lot 17, Block 4, District Lot 99, Yale Division Yale District Plan 1003** situated on Provincial Crown land located in the vicinity of **Coalmont**.

The Lands File Number that has been established for this application is 3412080. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until August 7, 2009. ILMB may not be able to consider comments received after this date.

Please visit our website at: <http://www.arfd.bc.ca/ApplicationPosting/index.jsp> --> Search --> Search by File Number: insert Lands File Number for more information.

Be advised that any response to this advertisement will be provided to be public upon request.





Editorial Page News Leader

Similkameen News Leader, 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0

My Turn...

Anvils falling from the sky

Last night I had what I would call a cartoon moment.

I had finally become a character in a badly drawn comic strip.

My story starts about a month ago when we first noticed marmots in a woodpile just over our back fence. We thought they were cute and they amused us with their antics. Each time I tried to sneak outside with the camera they would disappear quicker than plastic heads in a Whack-A-Mole game.

Then one day our dog tipped us off to the fact that a marmot had crawled up under the hood of the car. Once he found his way out woodpiles got torn apart. We discovered a tunnel entrance under our pile that led under the fence to the neighbour's yard.

But those little critters are crafty. They sent out the cute one to amuse us some more. He chose to live in the corner of our lot and posed frequently for photos. Little did we know they were using the cute one to distract us.

Hold on a moment...I'm coming up to my cartoon moment.

Days ago I'm outside and I discover a tunnel entrance next to the house that leads to underneath our front deck. The dog tipped us off a day before that a marmot was under the deck, but we were still distracted by the cute one.

So I decided to look for more tunnel entrances. While walking in the yard I stepped in a soft spot. Then I did it again. Within minutes I had located and traced an actual tunnel from the other side of the deck out into the yard and under the fence to another piece of property. I checked it out and found more tunnel entrances.

It was at that moment I felt as if the Roadrunner had outwitted me again and an anvil was about to fall out of the sky at me.

The cute one had done his job. He kept us occupied as the rest of the marmot army engineered their network of tunnels in and around our yard.

For a moment I considered ordering something from Acme and gingerly backed away in case the marmots had already done so and stashed a portable hole or something in the yard as a trap to capture me.

They must think the humans in this neighbourhood are pushovers.

So we sealed up their tunnel entrances and I filled the tunnels I could find with water.

"You know they're just going to dig tunnels somewhere else," she said when I was done.

Then it dawned on me that the chirping noise marmots make was not to signal danger. It was them laughing at me.

Canada

PAP Registration No. 11034

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

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.



Progress continues on the Town Square Project. Last week the fountain was on for testing purposes and a short dedication ceremony. It will be a major feature of the finished project. *



The gazebo continues to take shape and revealed it's actual size last week. *



Improvements in Keremeos Memorial Park in the past couple of years has turned it into a regular gathering place for activities. Princeton's downtown Spirit Square will do the same. Photo: Dawn Johnson

Current Comment

The Price Soldiers Might Pay



Dawn Johnson
editor@thenewsleader.ca

You heard, on the news, how the Canadian Armed Forces are encouraging soldiers to come forward if they are suffering mental problems as a result of the battles in which they are engaged. This is considered a big step in the right direction, and long overdue. Although it is now called post-traumatic distress or PTSD, it is not new. It was once called battle fatigue. Soldiers deserve the counselling when their nerves are shattered by the trauma of war.

You might think, "Oh, what does she know about soldiers and battle?"

I have never been in a war, true, but I have talked with soldiers who have seen hell and survived. The honest ones admit how scared they were, how appalled they were at what they did and what others did. These soldiers are as wounded in the soul as they might have been in battle.

Most soldiers will not talk about these things in public, but in private, with somebody who they feel will listen and understand, they will tell how it felt.

My oldest brother was a case in point. He showed me a medal he had received for courage in battle. He said it was a medal for going crazy. The Nazi army moved into the Ardennes forest just before Christmas. The Canadians were dug in, and could hear the tanks coming, but could not see them due to a ground fog. The Nazi infantry moved alongside the tanks, raking the area ahead with machine gun fire. My brother said he was firing wildly into the fog, hoping he hit somebody. He exhausted his ammunition, and ducked down into the trench for more.

When he looked around, all of his buddies in the trench were dead. He said that is when he went crazy.

He arrived at headquarters a couple of days later, carrying an empty machine gun, with no memory of what else he might have done. He was not proud of that medal. He was among the lucky ones: he had no memory of what he had done, only of what he had seen.

An old friend who was a bomber pilot in World War II told me he tried not to think of the innocent people he was killing as he dropped those bombs. He knew women and children would die, and a certain amount of guilt remained with him. Imagine how soldiers feel when they look into the eyes of somebody they are shooting at, or see close up the damage they have done.

One of my cousins, who fought three wars in the U.S. army, managed to live with the horror until he mustered out. Then it caught up with him. Instead of a happy retirement, he has spent a lot of time being counselled so that he could overcome the guilt he felt about all of the things he had seen and had done, but especially about the young men he had ordered into battle and, in his words, had "sent them out to die." He never celebrates Christmas because he went through the nightmare and horror of the Christmas Eve attack by the Chinese in North Korea. Only two of his squadron survived, and he and his buddy got through the Chinese lines through sheer luck.

I talked to a young man who served with the peacekeeping forces in Bosnia. If you think peacekeeping is less stressful than outright war, you are wrong. In war, you can generally identify the enemy because he wears a different uniform. Peacekeepers have no such luxury. They have to guess who is friend and who is enemy.

In fact, because they are peacekeepers, they are not to shoot somebody even if they suspect he might be about to shoot them.

Peacekeepers may shoot only in self-defense and that may be too late.

We send out good men and women to try to keep the peace in places like Afghanistan. Often, they are poorly equipped, because the U.N. can be really cheap. Canada is noted for spending more money on peacekeeping than the U.N. does. We try to bring peace and a better way of living to places where they have fought each other for generations. Because of the fact that we are a people of many different origins, we Canadians have learned to get along with people of all kinds. In many of the nations our peacekeepers enter, old hatreds will not die because this is all these people have ever known. In other cases, as in Afghanistan, the nation is torn by tribalism and a history of generations of fighting. To send our good men and women to these places is asking a tremendous service from them.

Of course they suffer severe stress. They have come from a peaceful nation on a mission to keep the peace in a land totally unlike anything they have encountered before. They live in discomfort and they see people wounded and killed in all kinds of ways. There is nothing to prepare them for the reality they face except their inner strength and the belief in the rightness of what they are trying to do. The least our military can do for them is provide them with counselling when the stress becomes severe.

Post-traumatic distress is not a sign of cowardice. It is the syndrome of good people experiencing terror, horror, cruelty and too much grief. Evil people would not suffer to this extent. They can brush it off. Good people cannot, because they are good people. They see the depths to which humans can descend, and it appalls and depresses them. Our nation owes them a chance to recover.

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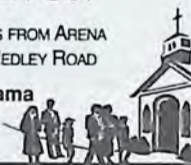
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Dawn Campbell was the Vermilion Artists' bursary winner last year and part of her prize included a showing of her artwork at The Gallery. The show was held July 4th and this was one of her many pieces that highlight pop culture. If you saw her show you know exactly how talented she is! *

..... continued from Page 9

Some records say the plant operated a few months, others as long as nine and just what happened it is hard to discover. The big wheels never turned to capacity and the plant never did operate on a business-like basis. Hugh Hunter states that when he went to collect some cement he was told "Just help yourself!" It is said that the BC Copper Company, at that time operating at Allenby, took most of the cement produced.

It was generally agreed that the failure was due to lack of raw material. The limestone deposit near the plant, believed to be inexhaustible, turned out to be a mere capping. Why its extent was not accurately gauged at the outset is a mystery and to this day there is an abundance of limestone in the district. Referring to one of the two originators of the scheme, John George's, strong Methodist beliefs, and the apparent little or no prospecting that

took place, a local wryly commented "They didn't need to look, they had a Bible!"

It seems hard to believe that the tragic failure was purely an act of God. Whether it was deliberate fraud or tragic inefficiency who knows? It must be said though that the latter seems hard to believe as the promoters were old hands at manufacturing cement.

Again, the 1937 words of the Editor of the Similkameen Star - "This gentleman harbors the suspicion that the thing was a racket, the instigators made their profits by buying their own abandoned equipment. The history of their other operations has not, however, been studied. It can be said for them here that they paid their bills."

So the great stone shell lay silent as a tomb. The nearby United Empire coal mine closed, but the BC Copper Company leased the power plant and transferred the electricity it produced to its test

plant at Copper Mountain via Nine Mile Creek; the coal used now coming from the old Princeton Coal Mine. Eventually, the plant was sold at a Sheriff's tax sale, some of the machinery going to Copper Mountain. A. S. Black, a Princeton Barrister, bought the property in 1916, the track was taken up by the Great Northern and the bridge over the Similkameen was eventually bought by Mr. W. R. Wilson who tore it down and in 1931 used the timbers to build a bridge across the Tulameen to reach his Pleasant Valley Colliery from a point close to the Ochre Bluffs.

Apparently none of the subscribers took action to recover their losses; everything was perfectly legal, but still there appeared something wasn't quite right. Indeed, it is said, that even after the plant was abandoned the Company tried to collect an unpaid subscription from a local man, one hastens to add, without much luck!



We picked a piece of art and asked Dawn to stand next to it. Then we asked her to ham it up. We were not disappointed. Thanks, Dawn, for being such a good sport! *

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Invasive Plant Alert

Leafy Spurge on the move in Princeton

Princeton has seen an increase in the abundance of a toxic weed that has local invasive plant experts concerned. Leafy Spurge (*Euphorbia esula*) was first detected in the area in the early 1990's. Lisa Scott, Invasive Plant Program Coordinator for the Regional District Okanagan-Similkameen, explains that the removal of leafy spurge is important, as it is harmful both economically and ecologically.

This deep-rooted perennial typically grows to a height of 1 metre (3 feet). It reproduces by vegetative re-growth from spreading roots and by the production of large quantities of seeds that are often dispersed by birds, wildlife, humans, and in rivers and streams. Plants are able to maintain high root reserves through an extensive root system, ranging from a massive network of small lateral roots near the soil surface to deep, penetrating taproots that may extend to depths of 3 to 7 meters (9 to 21 feet).

This ability to maintain high root reserves permits the plant to recover quickly from physical and most chemical damage. The stems are thickly clustered and have narrow, 2.5 to 10 cm (1 to 4 inch) long leaves that are alternately arranged along the stems. The small flowers are yellowish-green, arranged in clusters, and enclosed in yellow-green bracts. It is most easily confused with Cypress Spurge, also a Eurasian plant that is known to occur in the Princeton area. Leafy Spurge is much taller with wider leaves. While Leafy Spurge is a considerably more aggressive and prolific plant, Scott urges landowners to control both species.

Leafy Spurge infests more than five million acres of land in the U.S. and western Canada. It reduces rangeland productivity and plant diversity, degrades wildlife

habitat, displaces sensitive species and drastically reduces land values. If not aggressively managed, this Eurasian import can dominate landscapes ranging from grasslands to riparian areas and open coniferous forests.

When damaged, the leaves and stems of Leafy Spurge produce a milky latex that is poisonous to some animals and can cause blistering and irritation on skin. The digestive tract is similarly affected when this plant is eaten by some animals. In cattle it causes scours and weakness, but can result in death if copious amounts are consumed.

Cattle usually refuse to eat leafy spurge unless it is a contaminant of hay or when better forage is not available. Sheep, however, can graze infested areas without injury and may be useful in controlling spurge population.

In recent years Scott and her colleagues have discovered Leafy Spurge in several locations throughout rural Princeton, although this invader appears to have moved into town this year. Some local residents, particularly ranchers, have reported sightings on their properties and Scott provides advice on the best approach for managing this weed.

If you discover Leafy Spurge on

your property, Scott urges caution when handling the plant. "The milky latex can cause irritation, blotching, blisters, and swelling in sensitive individuals. Gloves should be worn at all times and eyes should never be rubbed until after hands are thoroughly washed."

Small patches should be carefully dug-out prior to seed production, with removal of as much of the root system as possible. The area should be seeded to perennial grasses to prevent re-establishment of the spurge. Annual monitoring and re-treatment is imperative to ensure complete removal of the weed.

Where infestations are large, Scott indicates that biological control - the introduction of the plant's natural insect enemies - is the only long-term management strategy. A flea beetle that consumes the shoots and leaf tips of spurge has shown the greatest promise, reducing the weed's vegetative cover by as much as 95%.

To report infestations of Leafy Spurge, contact the Regional District office at 1-877-610-3737 or email info@rdos.bc.ca. For more information on Leafy Spurge and other invasive plants, go to the Regional District website www.rdos.bc.ca or check out www.weedsbc.ca.



Leafy Spurge along the side of Highway 3 near Princeton. -submitted

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