



Similkameen

News Leader

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Tuesday, July 21, 2009



The Fraser Blues perform as part of Airshow 2009 July 18th at Princeton Airport. *

Fall Fair can't get your goat

Fall Fair members thought they would "get your goat" by raffling off a real live goat. This is not going to happen. When President Keith Olsen went for the raffle licence, he learned it is against the law to have a live animal as a raffle prize. There will still be a raffle. The new prize will not offend

anyone. It is a propane heater for outdoor use. Second prize is a framed drawing by Lyn Melnechenko.

The July 18 yard sale was cancelled due to a conflict in scheduling of rentals. Fair members apologize for any inconvenience, but plan to hold it in late September.

Three cougars killed in two weeks

Within two weeks of each incident, with the last two occurring on July 10th and 11th, the Princeton RCMP and BC Conservation Officers have dealt with three stalking cougar incidents within Princeton town limits.

In all three occurrences the animals were an immediate and dire threat to humans, unfortunately dispatching the animals was required, however human injuries and possible deaths were avoided.

In the first week of July, the Princeton RCMP was notified of a cougar prowling amongst campers at a campground within the town limits, BC Conservation Officers attended and dispatched the animal.

On Friday evening, July 10th, at 8:00 PM, a 16-month old male cougar was observed by a Princeton resident to be stalking two children who were swimming in the Tulameen River in town.

The alert citizen, who resides across the river, saw the cat stalking

the children and it became apparent to the man that the cougar was about to attack the children as prey and quickly ran inside his house to retrieve a rifle and dispatched the animal before it closed in on the children. The young pair, residents of Princeton are roughly aged 10-11 years old.

The man immediately called police and CO service to advise authorities what had taken place and his actions taken.

"RCMP officers interviewed the man in regards to his discharging a firearm, and at this time can state that with the information available it is believed that his actions of dispatching the animal were warranted and appear to have circumvented an imminent attack by the cougar. Given the young age of the children the chances of surviving the pending attack would not have been great," stated RCMP Cpl. Dan Moskaluk.

On Saturday afternoon, July 11th at 12:30 PM, on duty and off duty members of the Princeton RCMP

Detachment were alerted about a cougar prowling at the Princeton Memorial Park, where hundreds of people were gathered for a ball tournament.

The officers and witness ran back to the park area which is directly across Highway 3 from the detachment. RCMP officers attended and located the 16-month old female cougar.

The cat was crouched behind a log and was observing the members as they approached closer. The officers dispatched the animal before it could cause anyone injury. The cougar was seen within one hundred feet of the park swimming pool which was full of children adjacent to the park that had six ball teams and families at the facility at the time of the cougar being sighted.

The Conservation Officer Services added that with the age and size of the three cats involved, they are categorized as killer cats, in that they are young, hungry, have little fear or knowledge of humans and see small

animals and children as quick and easy prey.

Conservation Officers explained to police that it is hoped that this is last of the cougars in the town for this season however wish to remind the public that throughout British Columbia we share or live close by environments and geographical areas that are wildlife habitats. British Columbians can best avoid conflict or minimize confrontations with the varied wildlife species that are found in BC by educating themselves on the species which are found their respective areas.

Public awareness information regarding Wildlife and Human Interaction and strategies for preventing Human/Wildlife conflicts can be obtained at the Ministry of Environment Conservation Officer Service webpage located at http://www.env.gov.bc.ca/cos/info/wildlife_human_interaction/docs/cougars.html.

For the reporting only of emergency incidents of Wildlife-Human interaction contact your local Police Services by dialing 911 or by contacting BC Conservation Officers at 1-877-952-7277. -submitted

Accidental fire destroys home

Princeton Volunteer Fire Department received a call at 4:38 PM on Tuesday, July 14th of a fire in Deblyn Mobile Home Park.

The first of 12 firefighters arrived on scene at 4:44 PM and Fire Chief Eric Gregson says the fire was out at 4:55 PM. Crews remained on scene until 7:30 PM doing 'mop-up' work.

The trailer was completely destroyed as a result of the blaze. Gregson told the News Leader that it was insured and although the fire investigation is

still underway, the cause was "accidental" in nature.

Dwayne and Vivian Materi, the trailer occupants, were not injured in the incident but have lost the majority of their belongings.

Similkameen News Leader



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The View From The Cargo Door - Page 21
Airshow 2009 Photos - Pages 26 & 27

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Public open house Rate design

Your views are important to us.

FortisBC is seeking public input as we review how existing electricity rates are structured for all customers—residential, commercial, industrial, wholesale and irrigation—and determine what updates to rate structures are needed.

Over the next few months, FortisBC will be completing a review of cost of service and rate design to make sure rates charged to customers are fair and equitable. We invite you to learn more about rate design options and share your thoughts on this topic with us. Some examples of rate design options include conservation-based rates such as critical peak pricing, inclining rates, and time of use rates.

Feedback received from customers and stakeholders will be considered, along with technical and financial information, as FortisBC prepares a rate design application for submission with the BC Utilities Commission in September 2009.

Please drop by any of the following open houses. Each open house will begin with a presentation at 6 p.m.:

- Creston:** Monday, July 27, 2009 | 6-8 p.m.
Rotocrest Hall, 230B 19th Avenue
- Castlegar:** Tuesday, July 28, 2009 | 6-8 p.m.
Sandman Hotel, 1944 Columbia Avenue
- Kelowna:** Wednesday July 29, 2009 | 6-8 p.m.
Manteo Resort, 3762 Lakeshore Road
- Osoyoos:** Thursday, July 30, 2009 | 6-8 p.m.
Sonora Community Centre, 8505 68th Avenue

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The 2009/10 Princeton Arts Council. From left: Joann Gabriel, Norma Kraetor, Joan Kelly, Del Hall, Sue LePoidevin, Nick Mills and Derek Hodgson. Photo: Dawn Johnson

Arts Council begins new year

The annual general meeting of Princeton & District Community Arts Council saw a new Board of Directors elected to begin the coming year. Councillor Ray Jarvis, who has been Town Council's liaison with the Arts Council, conducted the election.

Del Hall is President, with Ed Staples as Vice-President. Joan Kelly is Secretary and Nick Mills is Treasurer. Directors are Joann Gabriel, Sue LePoidevin, Norma Kraetor and Derek Hodgson.

A vote of thanks was given to Past President Rika Ruebsaat and Past Secretary Jon Bartlett for their hard

work during their two years on the Board.

Year-end reports were presented by most member groups, indicating another year of increased arts and cultural activities. The former Goldion Restaurant was made available by the Town for 12 art shows during the past year. The completion of the stage at Riverside Centre made performing arts so much easier, and a number of plays and a ballet were featured.

The Traditional Music Society is hard at work on the festival for August 21, 22 and 23, the annual festival showing steady growth and

increasing support from the community.

Members decided to change the date of the annual general meeting, as everyone is so busy in summer. The next AGM will be held in March 2010.

The newly elected President informed everyone there will be a "visioning" session in the fall to determine the direction the Arts Council will take in the future. A set of guidelines, called A Tool Kit for BC Arts Councils, will be used as a basis for changes. The next meeting of the Arts Council will be September 16.

Area H residents asked for input

Residents of Electoral Area 'H' (Princeton Rural) in the Regional District of Okanagan-Similkameen (RDOS) are invited to participate in a review of the Official Community Plan (OCP).

The OCP is a policy document that guides decision making about community and land use planning in the unincorporated areas surrounding Princeton, including the

Princeton Fringe Area, Tulameen, Coalmont, Eastgate, Missezula Lake and Five Mile Valley. The review process will involve discussion and analysis related to population change, the management of growth and development, and considers emerging issues such as reduction of green house gases, and community sustainability.

As a first step in this process, a

survey is being circulated to all households in the Electoral Area to assist in the identification of important issues and to contribute to the formulation of a "community vision" for the area.

"It is very important," said Electoral Area 'H' Director Brad Hope, "that everyone takes the time to participate in the survey as the new OCP will be an extremely important document in shaping the future of our Area."

The survey can be completed on line, or downloaded from the Regional District's website at www.rdos.bc.ca/AreaH/OCP. For those without access to the internet, the survey is also available in printed form at the RDOS Building Inspection Office located at the Riverside Wellness Centre in Princeton.

The survey should take less than 20 minutes and must be returned to the RDOS no later than July 31st. It is anticipated that the results of the survey will also be made available at an Open House to be schedule for later this year.

-submitted

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Robbery suspect is seen in this frame of video tape recorded at Canada's Best Value Inn, Princeton.
If you have any information, contact RCMP at (250) 295-6911. Images courtesy BC RCMP.

Clerk robbed at gunpoint

At approximately 2:30 AM on July 14th the night clerk of the Canada's Best Value Inn on Highway 3 Princeton reported that an armed robbery had occurred.

An undisclosed amount of cash was obtained by the lone male suspect who had entered the motel. Nobody was injured in the robbery, however the suspect did brandish what appeared to be a semi-automatic pistol.

Descriptions of a suspect vehicle and the male suspect were relayed to the Princeton RCMP Detachment.

RCMP investigators obtained the following information and descriptions:

At approximately 2:00 AM, a white compact American possibly Chevy 'lowrider' style pick up truck with a sun visor windshield deflector let a male passenger out at the front of the motel. The term 'Lowrider' refers to noticeable and visual modifications to the vehicle causing it to

be very low to the ground.

The vehicle pulled away to the rear of the motel. The male passenger was described as:

"Male, 30's, dark complexion wearing dark jeans white t-shirt, dark ball cap with dark hoodie pulled up over his head, brandished what appeared to be a semi-automatic pistol and threatened the night clerk with same."

The male then exited and went around to the rear of the motel and got into the waiting white compact pick truck which then fled the scene. The driver was believed to be male as well.

The direction of travel of the suspect vehicle was not seen, with it possibly heading East or West on Highway 3 or North up Highway 5A. Police are continuing their investigation into this robbery.

"We are requesting that if anyone has any information regarding this incident that they contact their local police services or contact the

Princeton RCMP at (250) 295-6911. If a person wishes to provide information and would like to remain anonymous they can contact Crimestoppers at 1-800-222-8477," stated RCMP Cpl. Dan Moskaluk.



Suspect white pick-up truck is in the top centre of photo.

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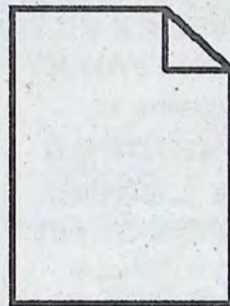
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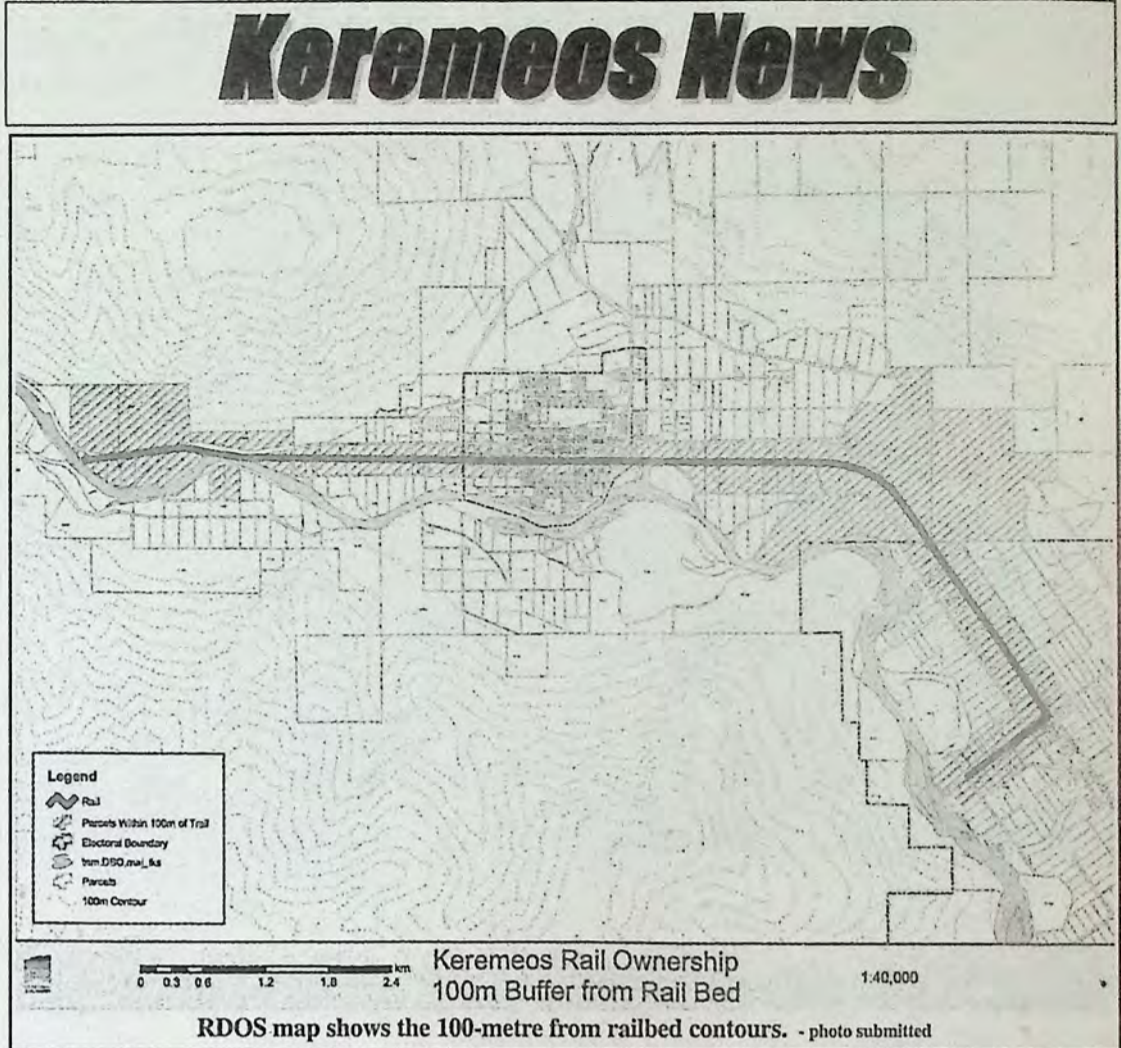
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Group plans trail meeting

The Similkameen Trails Society will host a public meeting Thursday, July 23rd at 7:00 PM at Keremeos Village office.

The main purpose of the meeting is a presentation by the Regional District of Okanagan Similkameen (RDOS) regarding the proposed plan to develop a trail connecting the historic Red Bridge to Kobau Park in Cawston.

The presentation will cover a number of topics outlined in the 16-page RDOS/Village of Keremeos 'Burlington Northern Rail Trail Management Plan - Red Bridge Keremeos, Cawston Recreational Trail Plan.'

Joe Littlefield of STS says, "STS have been the community's facilitator and agitator promoting the concept of such a trail and may have helped in bringing Highways - the owners of the corridor - the District and the

Province together so that the plan requiring all separate authorities' compliance could happen."

The document spells out the governance in great detail:

- The Regional District of Okanagan-Similkameen (RDOS) will be the lead agency, for the trails within the Regional District boundary, with the Similkameen Trails Society (STS) as the Stewardship Partner.
- The Village of Keremeos (VoK) will be the lead agency, for the trail corridor within the municipal boundary, with the Similkameen Trails Society (STS) as a Stewardship Partner.
- The RDOS and the VoK will provide overall governance and provide coverage for public liability for their respective corridors.
- The STS will undertake to guide development and manage public recreational use of this scenic branch line section of the rail bed

between the Red Bridge - Keremeos - Cawston route.

Stakeholders from the Similkameen communities have agreed to promote this section because it has been identified as a high priority outdoor recreation and tourism opportunity.

The abandoned Vancouver, Victoria and Eastern (VV&E) Railway enters the US/Canada border at Chopaka in the south Similkameen Valley. Following the Similkameen River the rail bed often changes function to form a river dike and transects reserve lands of the Lower and Upper Similkameen Indian Band as well as numerous private land holdings and joins the KVR system at Princeton.

In the Village of Keremeos the rail and Similkameen River Dike are being utilized as a Village walking and biking circuit with links west to the Red Bridge and southeast to Kobau Park located in Cawston.


This trail route could provide 13.3 km of continuous neighbourhood and riverside trail which is the goal of the Similkameen Trails Society.

"I believe this will have a positive impact on the long term survival of a community Recreation, Tourist and Commuter corridor though the valley," Littlefield adds.

For more information on the July 23rd public meeting at the Village Office you can contact STS by calling (250) 499-2383 or via e-mail at this address: similkameentrails@nethop.net.

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Vermilion Court residents pause for a photo at the Manning Park sign July 14th on their way to Lightning Lakes Campsite for a picnic. The field trip was enjoyed by all who participated. - photo submitted

Picnic features wildlife and wild flowers

by Donna Wilson

We're off again, this time we're going to Lightning Lake campsite for a picnic.

Mother Nature provided the beautiful colours of wild flowers.

We saw deer along the way. The

food was excellent, thanks to Aida and Brittany.

We had entertainment from the baby gophers who came right up to our feet and the birds who wanted as much attention.

On our way back to the lodge I

spied a bear by the road and everyone enjoyed watching him for a while and we got a few pictures.

The weather was perfect and so was our trip.

Thanks to Sue for driving us on our enjoyable outing.

John Graf joins CMMC board

Copper Mountain Mining Corporation ("CMMC" or the "Company") announced July 14th that John Graf has agreed to join the Board of Directors effective immediately, subject to the approval of the TSX Exchange.

Graf is a Chartered Accountant who last worked at the British Columbia Securities Commission ("BCSC") as an Independent Commissioner from December 1998 to March 2008. While at the BCSC Graf was Chair of the Audit Committee. Prior to working at the BCSC Graf worked at Catalyst Paper Corporation and retired from the position of Vice President, Secretary and Treasurer of that corporation in 1997.

Graf has managed the corporate finance, legal, and secretarial affairs and properties of a company with a market capitalization of \$2.5 Billion. Prior to working at Catalyst Paper Graf was a tax manager at the accounting firm Arthur Andersen Co. Graf has served on the Board of a number of Companies over his 40

plus year career.

Graf received his Bachelor of Commerce degree from the University of British Columbia in 1966 and earned his Chartered Accountancy designation in 1968. Graf is a citizen and resident of Canada. As a condition of Graf's appointment he has been granted 175,000 share purchase options exercisable for a period of five years at an exercise price of \$0.80 per share.

Jim O'Rourke, President and CEO, stated, "We are extremely pleased to have a person of John's stature join our Board to strengthen our ability to meet our corporate governance objectives."

"Mr. Graf's knowledge of the securities regulations and his experience as Chairman of the audit committee are an important part of satisfying the Company's obligations to represent our shareholders as the Company moves forward in becoming a mid-tier copper producer." Mr. O'Rourke stated further that "Copper Mountain is forging

ahead with its development plans that will see the Copper Mountain Project in production by mid-2011 and Mr. Graf's contributions will be invaluable."

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Health / Lifestyle News

Quick Tips — Healthy summer habits for people with diabetes

(NC)—For most people, summer means enjoying a good meal with family and friends. Here are a few tips to help people with diabetes have a happy, healthy summer.

• *Take a few minutes each week to plan your menus*

Avoid snacking or picking up convenience foods on the run. Plan groceries and meals ahead of time and shop with a grocery list.

• *Incorporate flexibility into your diabetes management plan*

The change in routine during summer months can mean irregular mealtimes. If you require a meal-time insulin to help control after-meal blood sugar spikes, ask your

healthcare professional about rapid-acting insulins which offer dosing flexibility — i.e. that can be taken either 15 minutes before or 20 minutes after starting a meal.

• *Drink water if you're thirsty*

Stay away from soft drinks or fruit juices to quench your thirst, as they increase blood sugar levels.

• *Choose seasonal produce and pick the brightest colours that you can*

Stop by the local farmers' market at the cottage, or put together a colourful salad to serve at your next barbecue.

• *Have a healthy barbecue*

Select meats that are "lean" or "extra-lean," add flavourful grilled

veggies like zucchini, peppers and onions to the menu and serve burgers with whole grain buns.

• *Drink smart*

For many, summer is all about backyard barbecues and sitting on patios, which often means indulging in a couple of drinks. While it is okay for some people with diabetes to drink alcohol in moderation (two drinks for men and one drink for women), it is important to know how to prevent and treat low blood glucose, which can occur up to 24 hours after drinking. If you're not sure whether it's safe to drink, speak with your physician or diabetes educator.

- News Canada

Beat the heat and relax poolside this summer

by Gillian Birch

(NC)—Temperatures are on the rise and there is no better way to escape the scorching rays of the sun than by taking a dip in your backyard swimming pool. While most local homeowners have opened their backyard pools for the season, just as many are preparing for the bombardment of daily visitors, old and young, who will also seek refuge from the heat.

But as a homeowner, you have the responsibility to provide a safe environment for children and adults alike whether it's your in-laws, neighbours or friends' children. In fact, each year many children drown or are involved in near-drowning accidents in residential pools across Canada.

"Safeguarding your swimming can easily ensure the safety of your family and guests this summer," says Stefanie Hay, insurance and claims expert with Aviva Canada.

"While it's not required by law in all provinces, pools should be fenced in on all sides and equipped with a self-closing, self-latching gate. Stressing the importance of adult supervision, "Never leave a

child unattended in and around the pool for any reason. Drowning can occur in seconds without noise or signs of struggle."

Hay adds that while most homeowner's insurance policies cover outdoor swimming pools, check with your insurance broker or company to ensure you are covered.

By following these additional safety precautions, you too can relax poolside worry free:

1. Ensure all children under the age of three and children who cannot swim are wearing a life jacket or

personal floatation device

2. Don't rely on swimming lessons or "floaties" to protect your children in the water

3. Keep lifesaving equipment and a first-aid kit handy

4. Post emergency phone numbers at the telephone closest to the pool

5. Never allow anyone who has been drinking alcohol to use the pool

For more information on how to protect your home and swimming pool contact your insurance broker, visit www.changeinsurance.ca or call 1-866-My Aviva (692-8482).

Living Past 100

Eat apricots for good health

Everybody worries about cancer. Whether you have had cancer or simply fear having it, apricots are a good way to prevent this disease. The fruit growing areas of British Columbia is a great source of apricots, and they are in the markets now. The best apricots you can buy are tree-ripened, soft and juicy.

Apricots are the best source of beta-carotene, a vegetable substance recognized as a cancer prevention nutrient. However, apricots do more than just supply beta-carotene. They are a source of 600 different carotenoids, providing a wealth of health protection.

In the Tashkent area of the world, where people commonly live to be 100 years old (barring war and accidents), they attribute their longevity to consumption of apricots.

In old China, where apricots originated, women ate a lot of apricots to increase fertility. They were not merely indulging in a whim. Apricots stimulate the production of sex hormones.

Apricots are good for your digestive system, as they contain a good measure of fibre.

This fruit is also good for your skin, making it healthy, smooth and elastic. One of the old recipes for a facial mask included fresh apricots and a tablespoon of olive oil pureed in a blender, then put all over the face and neck and left for 45 minutes. You might want to try a bit of avocado oil mixed with it, too.

In addition to the carotenoids, apricots contain lycopene. The combination of carotenoids and lycopene help prevent plaque build-up in the arteries. That's good for your heart and circulation.

Apricots are good for preventing cataracts due to the high levels of Vitamin A found in apricots.

Fresh apricots can be eaten just as is, or you can cut them into slices for a fruit salad.

Sliced apricots are great on breakfast cereal or with yogurt.

Even if you can't always eat fresh apricots, you can eat them all year because they are excellent dried.

Always store apricots in a paper or plastic bag in the refrigerator, as they take on the flavour of other things you may have stored with them.

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Invasive Plant Alert

Harmful Mustard Deserves Attention

Before delving into the 'weed of the week', I would like to bring attention to our recently announced invasive plant photo contest. So all you shutterbugs get out your digital cameras and start getting up close and familiar with our invasive species. Many invaders are in full bloom right now and we would like to see your best photographs. There are categories for adults and youth with some great prizes to be won. For more details, go to our website www.rdos.bc.ca or drop into the Regional District office at 101 Martin Street.

This week's species is hoary alyssum (*Berteroa incana*), an annual to short-lived perennial that originated in Eurasia and is a member of the mustard family. It occurs in the Okanagan, Thompson and Kootenay regions, as well as across southern Canada in general. Of these areas, it has been classified as a noxious weed in the Kootenay-Boundary region, as well as in Washington State.

Hoary alyssum can be found in various locations throughout the Princeton area and is particularly evident right now as it is in full bloom. It prefers dry sandy or gravelly soils and establishes well in dry, disturbed habitat such as pastures, hayfields, roadsides and embankments. The plant emerges as a rosette in early spring and then bolts and grows a cluster of white flowers (June to September) that it continues to produce until frost. When acting as a perennial it overwinters as a rosette and emerges again in the spring. Flowers are carried on slender stalks that reach up to 70 cm (2-3 feet) in height. It has flattened oval seedpods that are chambered and can contain anywhere from 3-7 seeds aligned in rows. It is distinguished from other mustards with oval or rounded seedpods by its stalkless, non-clasping stem leaves with smooth margins, the dense star-shaped hairs that cover the entire plant.

Hoary alyssum plants can vary in form considerably depending on site-specific conditions such as soil type, nutrient availability, moisture, and competition. These variables may cause them to be simple, slender and unbranched, to partially branched, or even fully branched and rounded to the appearance of tumbleweed.

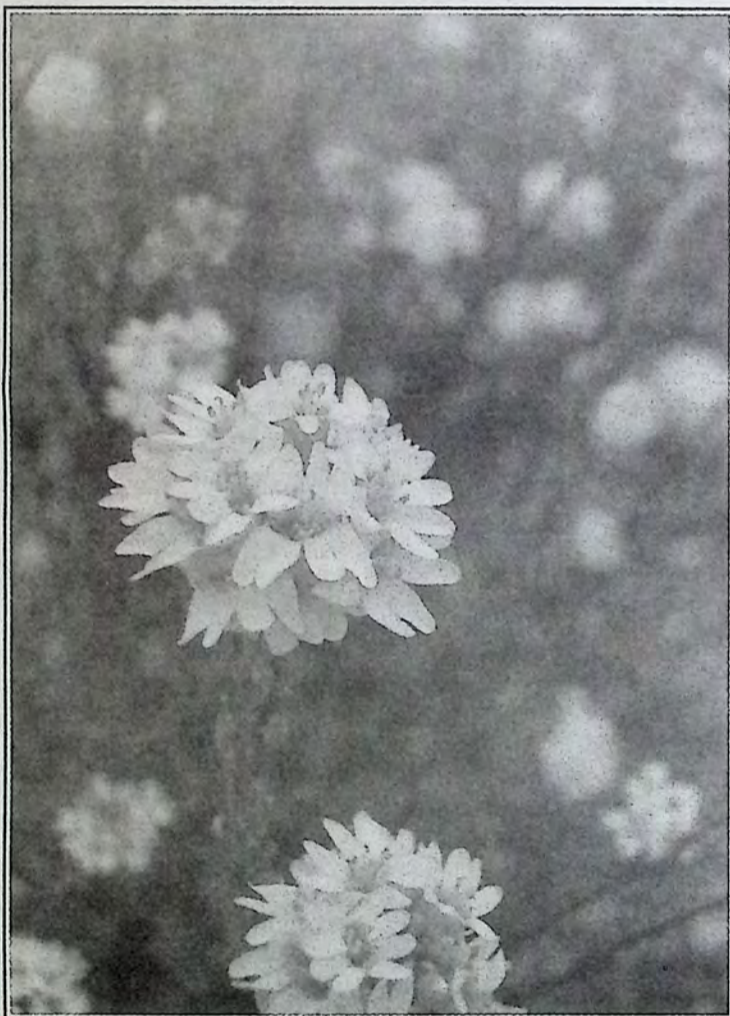
Of immediate concern is the fact that hoary alyssum is toxic to horses, causing swollen legs, laminitis (a very painful condition of the foot) and severe lameness. Consumption of large quantities can cause diarrhea, leading to dehydration, and can cause abortions in pregnant mares. Hoary alyssum is toxic when the fresh plant is grazed in a pasture and when the dried

plant is eaten in hay, although most hoary alyssum toxicity occurs when horses accidentally ingest it in hay. Hay containing greater 20 percent or more hoary alyssum should not be fed to horses. I strongly encourage horse owners to thoroughly inspect sources of hay to ensure that hoary alyssum and the myriad of other potentially toxic plants are not present in or near pastures and hayfields. Well-maintained pastures will provide suppression of hoary alyssum through competition.

To effectively battle this invader, the first plants found in an area should be destroyed before seedpods begin to form which means taking action now. Small populations can be killed by hand pulling, digging or hoeing. While mowing can be used to prevent seed production, it is not an effective approach

as the hoary alyssum typically regrows as a much larger and robust plant. Infested sites or those vulnerable to invasion should be monitored annually and new plants removed before seed production. Ideally, infested areas should be revegetated with competitive, beneficial plants for effective management. Plants should be disposed of by burial at the landfill if seedpods are present. There are no biological controls for hoary alyssum available at this time.

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



Hoary alyssum flower. Photo/Article: Lisa Scott

Posse needs drivers

The Princeton Posse Junior B Hockey Club needs drivers.

As the club is in the process of purchasing a team bus, there is a need for volunteer drivers to assist in keeping costs down.

"So far a few people in town with the proper qualifications on their drivers licence have stepped up," says Team Marketing Director George Elliott.

"There's only 25 road games in the regular schedule with the majority of them to another team's arena and back that same night and there's already interest being shown from

some local drivers to become part of that."

Bussing costs last year totalled around \$35,000 for the club last year. The club is trying to cut that cost by purchasing it's own bus and finding volunteer drivers.

The team is also looking to 'rent' the bus out for charter trips which would bring in extra revenue.

If you are interested in assisting with driving contact the News Leader at (250) 295-4149 or send an e-mail to: george@thenewsleader.ca to have your name added to the list.

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One of the many historic artifacts you'll find at 'Museum 2' - a special summer exhibition on Vermilion Avenue in the Town Square and hosted by Princeton Museum & Archives Society. *

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The Green Corner

Eco-friendly tips from a world away

(NC)—Did you know the concept of recycling in North America is very different from that in places like India, Africa, South America and other economically challenged countries? Here, we pay to have our recycled materials taken away, whereas in the developing world it's a necessity that they reuse most everything.

Why so different? Poverty ensures that every bit of a resource is reused, recycled or otherwise utilized. In contrast, richer societies can afford to waste the leftovers, whether in the form of food, packaging, clothing or energy.

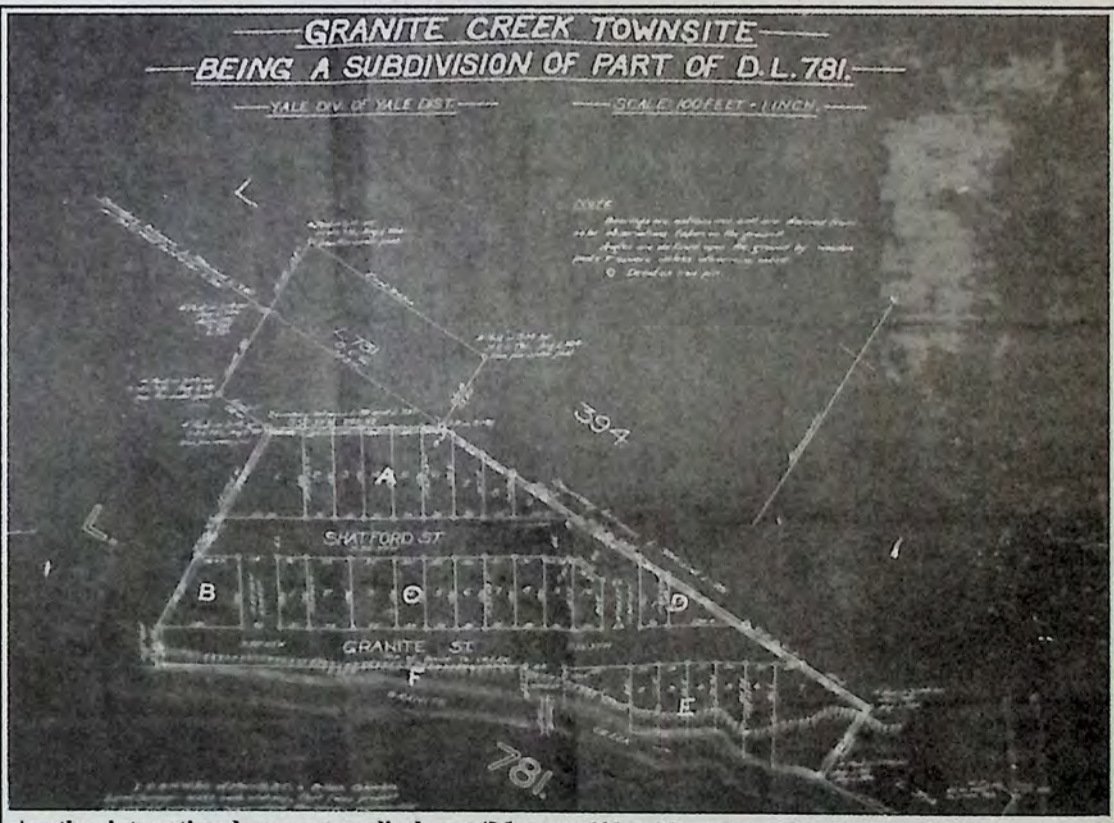
Christian Children's Fund of Canada, a child-centred international

development organization, offers recycling tips from the developing world that you can use here at home:

- Consider planting some organic produce in your backyard. Eating organically grown produce is the norm for most people living in small villages in poorer countries. Organically grown food is healthy and good for the environment.
- Conserve water whenever possible. Clean drinking water is a scarce resource in the developing world and therefore used very sparingly. In fact, rainwater harvesting tanks are constructed in many villages to retain and make the most of the precious water that is available. You

can be mindful of wasting water too. Little things like not letting the water run while you brush your teeth, taking shorter showers, and repairing dripping taps all help to conserve your water supply.

- Plastic bottles are reused over and over again in different ways in developing countries because of the expense of buying new ones. Besides throwing yours into the recycling bin here at home, you can refill your water bottles and convert them into reusable icepacks in lunches or picnic baskets. You can learn more about how developing countries use their natural resources effectively online at www.ccfcanada.ca.



Another interesting document on display at 'Museum 2' is a blueprint of the Granite Creek townsite. *

Princeton 1860 - 2010

150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

'Pop' Irwin and Amber Ski Hill



Bert Jr. and Bill Irwin tandem jumping, 1937. Photos: Princeton Museum

Archibald Irwin moved to the Lower Nicola, near Merritt, from St Mary's Ontario and was one of the first teachers in the interior of British Columbia. He was also a mining recorder at Granite Creek, a gold commissioner and an Indian Agent and married to Eleanor Woodward and the couple had six children, Albert ("Pop"), Laura, Fred, Dorothy, Stanley and Irene. The family moved to Granite Creek in 1887 when Albert was nine years old; here Eleanor found herself the only white woman and only the second white family to live in the area.

"Pop" was a carpenter, he helped construct the first bridge over the Tulameen in 1897, built many of the flumes required for placer mining and built the first hospital in Princeton during 1912.

Princeton by 1929 had become the base for a group of cross-country skiers, many of who had originally come from Scandinavia and it was Christmas of that year that "Pop" bought sons Bert and Bill their first skis. Soon he was making and repairing skis for his three children - being a smoker, to carry this out he used pieces from his Amber tobacco tins and this led to the origin of the name of Amber Ski Club. Besides his own, he was soon repairing the skis of many other children and subsequently, in 1935, Amber Ski Club was formed.

15-year-old Don Bain, together with "Pop's" two sons, Bert and Bill, then 12 and nine years old, built the first clubhouse. The maintenance of the two jumps and the ski tow, built in 1938, was carried out by "Pop" who also volunteered his time to repairing the skis and running the towline.

"Mom" Irwin was also totally involved. She became the first president of Princeton Ski Club, serving from 1932-1934, but

lift. For many years the annual fees were \$3.00 for juniors, \$5 for seniors and \$10 for a family.

Princeton and Amber Ski Club was well known on the ski race circuit during the 1930's and 1940's. In 1938, the Princeton Ski Club hosted the Western Canadian Championships at the Amber hill, where Bill won the slalom. Both the brothers were named as part of the Canadian Ski team for the 1948 Winter Olympics held in St Moritz, Switzerland, competing in all six events. Meanwhile, their sister, Ethel won the 1947 Western Canadian Championship and the 1949 Central Canadian Championship. Another Amber Ski Club member, Noel Paul, was named as an alternate in the 1948 Olympics. In February, 1948, The Similkameen Star wrote "Legislators write from Ottawa's Parliament Hill to ask "How we done it", and Princeton's little - not so little - Amber is known as a model all over the World."

"Pop" Irwin was a strong character who had a strong sense of right or wrong. In his last years he was cared for by his eldest son, on September 18th, 1964, aged 88, he died in the hospital he had built all those years before. "Mom" had passed away some years previously, aged 56, in 1956 at the Princeton Hospital.

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Traditional Music Fest

Just a month to go before festival



Flip Breskin and Zeke Hoskin perform on the grounds in front of Princeton Museum. - photo submitted

Anyone walking down the streets of Princeton on the weekend of August 21-23rd shouldn't be surprised to hear fiddle tunes wafting across Bridge Street. Looking west onto Vermilion Square they'll see a big tent with a stage and people sitting in chairs tapping their feet or maybe even dancing in the street. Walking down Vermilion Avenue towards the Museum they may hear bagpipes or cowboy poetry or perhaps a song about sailing on the tall ships.

All of this and much more is the kind of music featured at the second annual Princeton Traditional Music Festival. Over 120 musicians will be in town that weekend, some of them local, many of them from the coast, and some from as far away as Yellowknife and Oregon.

The Festival begins on the evening of Friday, August 21st with the opening ceremony followed by an Irish country-dance on Veterans' Way beside Vermilion Square. The dance will feature a live band with fiddle, guitar and concertina. Everyone is welcome. There will be a caller to teach the dances so no experience is necessary and people don't even need to bring a partner. On Saturday and Sunday there will be music from 10:00 AM until 6:00 PM on two stages - one on Vermilion Square and one in front

of the Museum. And it's all free! No admission will be charged. The reason for this is that the Festival is run entirely by volunteers and the musicians are donating their talents.

As well as the regular concerts by individual performing groups there will also be theme concerts. Over the next five weeks this column will feature descriptions of some of the theme concerts being offered at the Festival.

A theme concert is focused on a particular topic and is presented by a group of singers and musicians who are on the stage at the same time. This year there will be eleven theme concerts: "Songs of Social Change", "Traditional Ballads", "Songs of British Columbia", "Songs from the British Isles", "Sea Songs", "Sea Shanties", "Blues", "Canada in Song", "Songs from the US", "French-Canadian Songs and Tunes" and a "Celtic Jam".

The "Songs of Social Change" theme concert will feature songs about the environment and labour struggles, anti-war songs and much more. There will be eight performers onstage - Bob Bossin, Flip Breskin, Zeke Hoskin, Jim Edmondson, Mike Marker, Rabbleberries, Brian Robertson and the Wanderers - each sharing from their repertoire of political

songs. Bob Bossin, for example, has been performing professionally for almost forty years during which time he has written a cornucopia of songs, many of them about social change. One of his earliest is "Dief Will Be the Chief Again" about John Diefenbaker, Canada's Conservative prime minister in the 1950's. Bob is best known for his work with Stringband, a group that performed internationally throughout North America, Europe and Asia.

Flip Breskin and Zeke Hoskin are a duo from Bellingham, Washington. Zeke is a songwriter who sees the absurd side of life and puts it into witty songs that have been performed and recorded by groups from Vancouver Island to Newfoundland. Flip is a song-catcher extraordinaire as well as a fine songwriter. In 2007, Zeke wrote the theme song for our CD, "Now It's Called Princeton", after a two-hour talk with the Museum's Nick Mills.

Mike Marker, also from Bellingham, has performed throughout North America and was a crew member on the sloop Clearwater on the Hudson River in New York. The Clearwater program for New York children uses songs to promote care and concern for the environment.

Rabbleberries, a trio from Victoria, has performed at many demonstrations, rallies and political gatherings on Vancouver Island.

These are just a few of the performers who will be participating in theme concerts at this year's second annual Princeton Traditional Music Festival. For a full lineup of who is performing visit the Festival's webblog at princetonfestival.wordpress.com or give Jon and Rika a call at (250) 295-6010.



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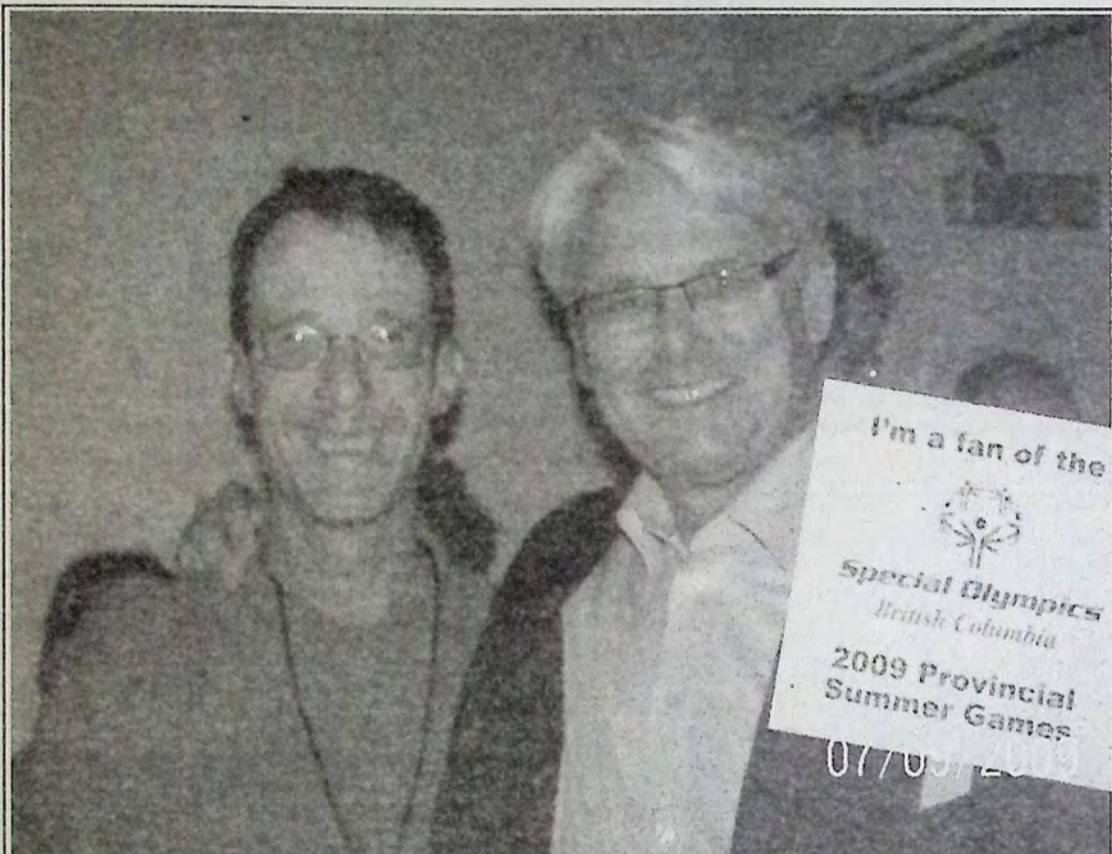
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News Leader Entertainment

Similkameen News Leader TV Guide Listings - July 21 - 27, 2009



Paul Gabriel met Premier Gordon Campbell July 9th at the opening ceremonies of the Provincial Special Olympic Summer Games. The Princeton 'Special O' group did very well at the event. - photo submitted

Posse offer ticket deals

Are you ready for some hockey? The Princeton Posse Junior B Hockey Club is now offering Season Tickets at a 'one price' only discount.

The 25-home game pass will cost \$150.00 for the season - a discount of \$75.00 off the regular price.

Single ticket prices for the 2009/10 season will be \$9.00 per game for adults and \$6.00 per game for students and seniors. Children under 6 years of age will be admitted at no charge (accompanied by an adult).

The team will also offer a Family Pass at \$20.00 per game.

"Nailing the right ticket price took a considerable amount of time," says Posse Marketing Director George Elliott.

"The bottom line was that we wanted to keep it affordable for fans to be able to get into the arena to cheer on their local team."

Current economic conditions were also a factor in the price changes.

"We don't want to deny anyone access to a night of hockey so we shaved a bit here and shaved a bit there hoping to encourage an increase in season ticket sales," Elliott adds.

Season tickets can be purchased now by sending payment in cheque form to: Princeton Posse Hockey Club, PO Box 2457, Princeton, BC, V0X 1W0 or by dropping them off at the Similkameen News Leader office at 226A Bridge Street, Princeton (next to CIBC).

As the club prepares for the next season, there is still a need for billet homes. If you have an interest in assisting the Posse this way you can contact Billet Coordinator Lynda Hodgson at (250) 295-6117.

Hodgson told members at the July 14th regular meeting of the hockey club that she has had some interest in residents opening their homes up for billeting but a few more are required.

The team usually has close to 25 players staying in homes within the community as part of the billet program.

The club is also still working on plans to provide a variety of game night features.

"We're trying to create an atmosphere of fun where fans and players will be able to interact more frequently," Elliott says.

"And we want fans to get some value for their dollar by adding exciting new giveaways that we are currently developing."

Plans include special incentive-driven offers that will not only help to build on an already solid fan base, but give back a little more to fans.

"It's really simple, without the fans and volunteers we can't keep the team here," Elliott explains.

"So we'll be doing things for our volunteers and fans in sort of the spirit of giving back for all they have given the team over the years."

We're different, and we like that.

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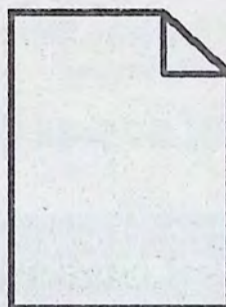
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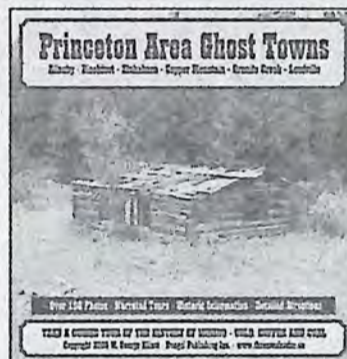
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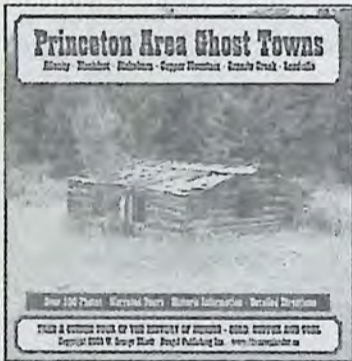
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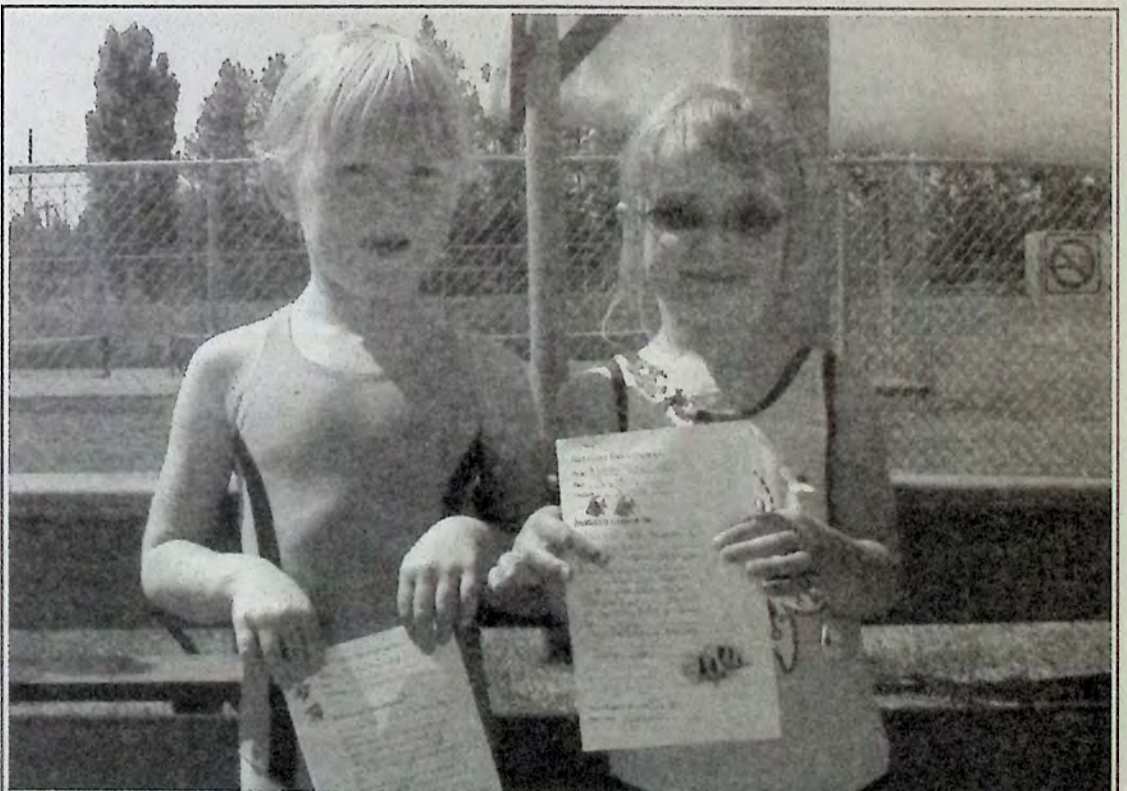
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Princeton Centennial Pool congratulates Kyla Coyne and Makalae Moldowan on achieving their Red Cross Swim Kids Level 10. They were presented with the distinction June 25th. Photo: Carol Mack



Parents are reminded that there are Public Swim times daily (Monday to Friday) at Princeton Centennial Pool. Need a break from the kids? Drop them off at the pool. Photo: Carol Mack



Princeton Centennial Pool congratulates Natalie Yurkowski and Chloe Jantunen on receiving their Starfish Float Crests in the Sunfish Swim Program. Photo: Carol Mack

TUESDAY, JULY 21, 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	The First 48	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Direct From the Moon	Henry's King	CityLine	Married... Married...	Power Play
7 AM	In the Heat of the Night	Room That News	Martha (7:29) Dora the Explorer	Arthur (E1) Martha	Today Sex drive, post-partum depression; summer reading; hair updates; undergarments. (N)	The Early Show (N)	The First 48	Good Morning America (N)	(5:30) Morning News (N)	(4:30) Morning News (N)	Razzberry Animal	Berenstain Rolie Polie	SportsCentre	Canada AM	Against All Odds	(6:55) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	Curious	Curious	depression; summer reading; hair updates; undergarments. (N)	The Early Show (N)	The First 48	Good Morning America (N)	100 Huntley Street	100 Huntley Street	Bo On Go	Timothy	SportsCentre	Canada AM	Super Ships	Weekend K. Possible	Rachael Ray	Most Amazing Videos	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	updates; undergarments. (N)	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Canada AM	Direct From the Moon	Feet	CityNews	Married... Married...	Soap
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (E1)	(10:25)	The Price Is Right (N)	The First 48	The View The Script.	Hospital for Sick Kids	Debt Part House	Wilbur	(10:05) Viva	Motorcycle Racing	The View The Script.	Earthshocks	Mickey Handy	The O.C.	CSI: NY	What 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) Noon News Hour (N)	Dinner	(10:50) Antiques	199 Lives: The Travis Pastrana Story (N)	Twice in a Lifetime	Worst Handyman	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: NY	Videos
12 PM	Fresh Pr.	Chef	(11:56) Charlie Rose	Paid Prog.	News	The First 48	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	Grossology	2009 ESPY Awards	talk	Mighty Ships "Maersk"	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld
1 PM	Still Std	Home to	Maggie	Dewberry	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	2009 ESPY Awards	Sue Thomas: F.B. Eye	American Loggers	Dragon Emperor	ER	CSI: Crime Scn	Raymond 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	The Doctors	Steven and Chris	Mystery Team		2009 ESPY Awards	General Hospital (N)	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	CSI: NY	King Family Guy
3 PM	Seinfeld	How Do I Look? (N)	(2:57) Zooboomafo "H2O"	Big World	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure	Off-Record	Dr. Phil	Jetstream	Replace Emperor	CityNews at 6 (N)	CSI: NY	North of 60
4 PM	MLB Baseball: San	Debt Part	The rain	Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Deal No	Oprah Winfrey	(3:59) Early Global	Fashion F.	SpongeBob	MLB Baseball: Cleveland Indians at Toronto Blue Jays. (Live)	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Power Play
5 PM	Francisco Giants at Atlanta	Deal No	Martha	BBC News	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	Simpsons	SpongeBob	Indians at Toronto Blue Jays. (Live)	CTV News at Five (N)	How-Made	Suite Life	Hell's Kitchen (Season Premiere) (N)	CSI: Crime Scn	Tube Tales
6 PM	Braves. (Live)	Global	Mechanics	News-Lehrer	News (N)	News	The First 48	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver	iCarly	CTV News (N)	CTV News (N)	Against the Elements	Zoey 101 Life Derek	Ways Die	Seinfeld	
7 PM	Seinfeld	El News	Gardens	Nova (DVS)	Jeopardy!	The Doctors	The Cleaner	Entertain	NCIS "Stakeout"	Coronatn	Prank Ptrl	SportsCentre (Live)	talk	Deadliest Catch (N)	Wizards	Make Me a Supermodel	Ways Die	Family Guy	
8 PM	Family Guy	Inside Hollywood (N)	Mighty Movers	Nova scienceNO W (N)	America's Got Talent	NCIS "Bounce"	The Cleaner	The Superstars (N)	NCIS "Bounce"	Merced	Malcolm	In Corner	CSI: Miami	Daily Planet	Suite Life	CityNews	MANSwers	Seinfeld	
9 PM	Movie: "White Squall" (1996, Drama) Jeff Bridges.	Better Off	Masterpiece	Wild Lives	America's Got Talent	Big Brother 11 (N)	The First 48	Better Off	Big Brother 11 (N)	Being Erica (DVS)	Family Biz	Prank Ptrl	Boxing: Clotey vs. Cotto	Criminal Minds	Against the Elements	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: Crime Scn	Family Guy
10 PM	Movie: "White Squall" (1996, Drama) Jeff Bridges.	Ruby (N)	Polio Hunters	Appalachia: History	Law & Order: SVU	Medium "Soul Survivor"	The First 48	Primetime	NCIS "Stakeout"	National	Falcon Beach	Motoring	Law & Order: SVU	Deadliest Catch	School Cory	(10:06) I Love New York	Ways Die	King	
11 PM	Montel W.	Guy Stuff	Health	Charlie Rose (N)	News (N)	News	The Cleaner	News	News Hour Final (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	CTV News	How-Made	Suite Life	Judge	Disorderly Con.	Married... King

WEDNESDAY, JULY 22, 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	The Sopranos "Kaisha"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Crow-Stairway
7 AM	In the Heat of the Night	Room That News	Martha (7:29) Dora the Explorer	Arthur (E1) Martha	Today Today's Home; teen sewing clubs; Money 911;	The Early Show (N)	Amer. Justice	Good Morning America (N)	(5:30) Morning News (N)	(4:30) Morning News (N)	Save-Ums! Animal	Berenstain Rolie Polie	SportsCentre	Canada AM	Mega Builders	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	Curious	Curious	teen sewing clubs; Money 911;	The Early Show (N)	Cold Case Files	Good Morning America (N)	100 Huntley Street	100 Huntley Street	Bo On Go	Timothy	SportsCentre	Canada AM	How-Made	Weekend K. Possible	Rachael Ray	Pros vs. Joes	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	tying a scarf; singer Jordan Sparks. (N)	The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Canada AM	Daily Planet	Feet	CityNews	Most Amazing Videos	Reality
10 AM	Trivial	The Mom Show	Sid	Sesame Street (E1)	(10:25)	The Price Is Right (N)	CSI: Miami "Legal"	The View (N)	Doc "The Candidate"	Debt Part House	Wilbur	(10:05) Viva	Champ. Darts	The View (N)	Against the Elements	Mickey Handy	The O.C.	CSI: NY	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) Noon News Hour (N)	Dinner	(10:50) Antiques	Shaun White	Twice in a Lifetime	Canada's Worst Driver	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: NY	Videos
12 PM	Fresh Pr.	Chef	(11:56) Charlie Rose	Paid Prog.	News	The Sopranos "Kaisha"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today	Monster	Grossology	NHRA Drag Racing: Northwest Nationals. From Seattle. (Taped)	talk	Monster Moves	(11:49) Weekend	CityLine	CSI: Crime Scn	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	2009 ESPY Awards	Sue Thomas: F.B. Eye	Deadliest Catch	Dragon Emperor	ER "Dying Is Easy"	CSI: Crime Scn	Raymond
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 Team		2009 ESPY Awards	General Hospital (N)	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	CSI: NY	Fresh Pr. Family Guy
3 PM	Seinfeld	The Big Party Plan-Off	(2:57) Zooboomafo "Families"	Big World	Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure	Off-Record	Dr. Phil	Qubit (N)	Replace Emperor	CityNews at 6 (N)	CSI: NY	North of 60
4 PM	MLB Baseball: San	Debt Part	The rain	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami "Legal"	Deal No	Oprah Winfrey	(3:59) Early Global	Fashion F.	SpongeBob	MLB Baseball: Cleveland Indians at Toronto Blue Jays. (Live)	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Crow-Stairway
5 PM	Francisco Giants at Atlanta	Deal No	Martha	BBC News	News (N)	News	Dog	News	Early News	(4:59) News Hour (N)	Simpsons	SpongeBob	Indians at Toronto Blue Jays. (Live)	CTV News at Five (N)	Mighty Ships (N)	Suite Life	Goode Surviving	CSI: Crime Scn	What
6 PM	Braves. (Live)	Global	Think Big	News-Lehrer	News (N)	News	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver	iCarly	CTV News (N)	CTV News (N)	Deadliest Catch	Zoey 101 Life Derek	Japanese Game Show	UFC Fight Night	Seinfeld
7 PM	Seinfeld	El News	The Enemy Within	Make-Laugh	Jeopardy!	The Doctors	Dog	Entertain	Entertain	The Philanthropist (N)	Coronatn	In Real Life "E.R."	SportsCentre (Live)	talk	Mayday "Fire Fight"	Wizards	Mandoon	Ways Die	Family Guy
8 PM	Family Guy	Psych (N)	Feast India	Time Team America (N)	America's Got Talent	Christine Gary	Tattoo	Wipeout (N)	Wipeout (N)	Dragon's Den	Malcolm	Futurama	Off-Record	So You Think You Can Dance	Daily Planet	Suite Life	CityNews	UFC Unleashed	Seinfeld
9 PM	Movie: "Above the Rim" (1994)	Richards	Orchestra	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)	The Tudors (DVS)	Survive Adrenaline	World Poker Tour	Mayday "Fire Fight"	Wizards Life Derek	(9:06) Jimmy Kimmel	Most Amazing Videos	CSI: Crime Scn	Family Guy
10 PM	Duane Martin.	Keep Up	Yo-Yo Bach	Wide Angle	The Philanthropist (N)	CSI: NY	Dog the Bounty Hunter	Over a Barrel: About Oil	The Philanthropist (N)	News Hour Final (N)	National	Falcon Beach	CSI: NY	Mighty Ships	School Cory	(10:06) I Love Money	Ways Die	King	
11 PM	Montel W.	Guy Stuff	Health	Charlie Rose (N)	News (N)	News	Dog	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Mystery	SportsCentre (Live)	CTV News	Deadliest Catch	Suite Life	Judge	Disorderly Con.	Married... King

Similkameen News Leader - Horoscopes

July 22 - 29, 2009

Aries - You do a lot of talking with young people this week and may go places with them for fun. You may feel very creative. Watch out for cuts and burns on fingers and toes.

Taurus - Home and your property are what draws your attention now. You may have to spend a lot on home. You may plan what to leave as your estate. If you can, take a vacation now.

Gemini - You need to talk to siblings, neighbours. Take care of errands, write letters, make phone calls. You have a lot of positive, creative energy. Use it to improve your appearance.

Cancer - Your focus now is on money and possessions. Things are stewing in the back of your mind. Don't let worry and anger endanger your health. Drive carefully. Be discreet on the job.

Leo - Plans can go ahead now, but not without some problems. You are still short of money, so be cautious. This is a good time to evaluate how others see you and make changes.

Virgo - Career runs smoothly but with a few bumps. Don't let authority figure make you angry. Be professional. You are changing. You may still feel a bit depressed, but it will go soon.

Libra - The inner you wants to speak out now. Do so with caution. Not everybody wants to hear it. You are still in learning mode. Health is good. Keep foot from mouth!

Scorpio - Career matters demand either paperwork or a lot of talking and errands. Matters concerning estates, deaths, debts and investments may demand attention, but are not problems.

Sagittarius - Do a lot of study about matters that concern you. There may be a need to revise how you communicate. Short trips can be of benefit as a learning tool. Have fun!

Capricorn - Problems with health or job are easily solved with a combination of creativity and energy. Focus on investments, debts, insurance, and matters related to estate. Learning is slow.

Aquarius - Friends, partner, people you consult, have a lot to say to you now. Listen. Problems related to a death or an estate can be solved easily by a change in your attitude.

Pisces - Problems with home or property demand creative solution along with some hard work. Health is good. Find time to go walking, swimming, hiking or biking. Job demands input. Talk!

We're different, and we like that.

Similkameen News Leader

Tuesday Movies

EVENING

9:00 pm WTBS (3) ★★ "White Squall" (1996, Drama) Jeff Bridges. A

high-school senior and other youths take a yearlong sailing trip with a gruff skipper and his wife. (C)

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Wednesday Movies

EVENING

9:00 pm WTBS (3) ★★ "Above the Rim" (1994, Drama) Duane Martin. A high-school basketball star is torn by

loyalties to a drug dealer and an ex-player. (C)

Similkameen News Leader

Thursday Movies

EVENING

7:00 pm WTBS (3) ★★ "Men in Black II" (2002, Comedy) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the

world. (C)
9:15 pm WTBS (3) ★★ "Men in Black II" (2002, Comedy) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (C)

Friday Movies

EVENING

6:00 pm WTBS (3) ★★ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (C)

SPIKE (4) ★★ "Friday the 13th" (1980, Horror) Betsy Palmer. Premiere. The reopening of Camp Crystal Lake spells murder and mayhem for a group of sexually promiscuous counselors.

7:00 pm YTV (19) "Chestnut: Hero of Central Park" (2006, Comedy) Mackenzie Vega. Two adopted sisters try to conceal a puppy in a New York building where dogs are prohibited. (In Stereo) (C)

9:00 pm WTBS (3) ★★ "The Rich Man's Wife" (1996, Suspense) Halle Berry. The unhappy wife of a wealthy

television executive meets a sinister stranger with a murderous proposition. (C)

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) (C)

10:30 pm FAM (26) ★★ "Curly Sue" (1991, Comedy-Drama) James Belushi. A con man targets a corporate lawyer and steals her heart with his adorable adopted daughter. (In Stereo) (C)

11:00 pm SPIKE (4) ★★ "The Naked Gun: From the Files of Police Squad!" (1988, Comedy) Leslie Nielsen. A blundering Los Angeles detective and his boss foil a plan to assassinate Queen Elizabeth. (C)

Similkameen News Leader - Recipe Corner

Recipe #281

Spicy Lotus

(NC)—Whether it's bending the rules of a board game or going your own way with a special drink, yellow tail is encouraging Canadians to play by their own rules this summer. As you enjoy the warm and sunny weather, relax with yellow tail Chardonnay and this Asian inspired cocktail.

- 2 oz yellow tail Chardonnay
- 1 oz green tea liqueur
- 1 oz spicy mango syrup
- 1 oz lemonade
- 1 strawberry to garnish

Directions:

- Shake all ingredients and strain into a martini glass
- Garnish with a strawberry

This summer yellow tail is packing up its play by your rules attitude and hitting the road in an Airstream trailer bringing games and its tasty yellow tail wine to events and retailers across Canada. More information on the campaign and the different stops it will be making can be found online at www.yellowtailwine.com/playbyourrules.

- News Canada

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THURSDAY, JULY 23, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (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	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's	CityLine	Married...	Traders
7 AM	In the Heat of the Night	Room	Martha	Arthur (El)	Today	The Early Show (N)	American Justice	Good Morning America (N)			Razberry	Berenstain	SportsCentre		Qubit	(6:56)	The Tyra Banks Show	Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:29) Dora the Explorer	Curious	Martha on Today; kitchen gadgets; Today's Kitchen;		Cold Case Files			100 Huntley Street	Bo On Go	Timothy	SportsCentre		Qubit	Phineas	Banks Show	Married...	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	makeovers, recipes. (N)	The 700 Club	CSI: Miami "Hell Night"	Regs and Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why!	Casper	Golf: Senior British Open -- First Round.	Regis and Kelly	Daily Planet	Feet	CityNews	Most Amazing Videos	Make
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (El)		The Price Is Right (N)	CSI: Miami	The View Demi Lovato.	Doc "Pick Your Poison"	Debt Part	Wilbur	(10:05) Viva	Round.	The View Demi Lovato.	Mighty Ships	Mickey	The O.C.	CSI: NY	What
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Dinner	(10:50) Ruby	Antiques	Twice in a Lifetime	Megabuilders	Benj Bear	The Bonnie Hunt Show	CSI: NY	Videos
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	PGA Tour Golf: RBC Canadian	etalk	Mayday	(11:49)	CityLine	CSI: Crime Scn	Seinfeld
1 PM	Still Stnd	Home to Parents	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	Open -- First Round. (Live)	Sue Thomas: E.B.Eye	Mighty Ships	Dragon	ER	CSI: Crime Scn	Raymond
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 Team		General Hospital (N)	MythBusters	(1:54)	CityNews at 5 (N)	CSI: NY	Just Shoot
3 PM	Seinfeld	Dress Nest	(2:57)	Big World	Judge	Dr. Phil	CSI: Miami "Hell Night"	Rachael Ray	The Doctors	Young and the Restless	Living	Pretty Cure	Off-Record	Dr. Phil	How-Made	Replace	CityNews at 6 (N)	CSI: NY	North of 60
4 PM	Family Guy	Debt Part	(DVS)	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) Early	Fashion F.	SpongeBob	CFL Pre	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	Traders
5 PM	Friends	Deal No	Martha	BBC News	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	Simpsons	SpongeBob	Football: Hamilton Tiger-Cats at Montreal Alouettes. (Live)	CTV News at Five (N)	Journey to the Edge of the Universe	Suite Life	30 Rock	UFC Unleashed	Inside Hollywood
6 PM	Friends	Global	Creatures	News-Lehrer	News	News	The First 48	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver	iCarly	Montreal Alouettes. (Live)	CTV News (N)	Universe	Zoey 101	Jim	TNA IMPACT! (N)	Seinfeld
7 PM	Movie: "Men in Black II"	El News	Eden	Paris	Jeopardy!	The Doctors	Crime 360 (N)	Entertain	Entertain	House	Coronatn	Family Biz	SportsCentre (Live)	etalk	MythBusters	Wizards	(7:01) Law & Order: UK (N)		Family Guy
8 PM	(2002)	How I Met	Columbus' Lost Ships	Midsomer Murders	30 Rock	Big Brother 11	Crime 360 Serial robber.	Samantha	Big Brother 11	Big Brother 11	Doc Zone	Malcolm		CSI: Crime Scn	Daily Planet	Suite Life	CityNews	Jesse James	Seinfeld
9 PM	Movie: "Men in Black II"	True Hollywood Story	Museum Maestros	MI-5	The Office	CSI: Crime Scn	The First 48	Grey's Anatomy	The Office	The Office	Doc Zone	In Real Life "E.R."	Premier Poker	You Can Dance	Journey to the Edge of the Universe	Wizards	(9:06) Jimmy Kimmel	MANswers	Family Guy
10 PM	(2002), Will Smith	The Beast (N)	World of Albert Kahn	Soundstage (N)	(10:01) The Listener (N)	(10:01) The Mentalist	The First 48	(10:02) Private Practice	House	News Hour Final (N)	National	Falcon Beach	NASCAR Racing	(10:01) The Listener (N)	School	(10:06) Hall's Kitchen	MANswers		Seinfeld
11 PM	Sanford	News (N)	On Screen	Charlie Rose (N)	News (N)	News	Crime 360	News	News Hour Final (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	CTV News	MythBusters	Suite Life	Judge	MXC	Married...

FRIDAY, JULY 24, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (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	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's	CityLine	Married...	Adventures of Sinbad
7 AM	In the Heat of the Night	Room	Martha	Arthur (El)	Today	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums!	Berenstain	SportsCentre		Building the Biggest	(6:56)	The Tyra Banks Show	Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:29) Dora the Explorer	Curious	Martha on Today; summer trends; summer white wines.		Cold Case Files			100 Huntley Street	Bo On Go	Timothy	SportsCentre		MythBusters	Weekend	Rachael Ray	Pros vs. Joes	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	(N)	The 700 Club	CSI: Miami	Regs and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Golf: Senior British Open -- Second Round.	Regis and Kelly	Daily Planet	Feet	CityNews	Most Amazing Videos	Tube Tales
10 AM	Trivial	The Mom Show	Sid	Sesame Street (El)		The Price Is Right (N)	CSI: Miami "Pirated"	The View Kevin Spacey.	Doc "No Pain, No Gain"	Debt Part	Wilbur	(10:05) Viva	Round.	The View Kevin Spacey.	Austin Stevens	Mickey	The O.C.	CSI: NY "Admissions"	What
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Dinner	(10:50) Ruby	NASCAR Racing	Twice in a Lifetime	Mighty Ships "Becruz"	Benj Bear	The Bonnie Hunt Show	CSI: NY	Videos
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	PGA Tour Golf: RBC Canadian	etalk	Journey to the Edge of the Universe	Phineas	CityLine	CSI: Crime Scn	Seinfeld
1 PM	Still Stnd	Home to Parents	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	Open -- Second Round. (Live)	Sue Thomas: E.B.Eye	Universe	Wizards	ER	CSI: Crime Scn	Raymond
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 Team		General Hospital (N)	MythBusters	Cory	CityNews at 5 (N)	CSI: NY "Admissions"	Frasier
3 PM	Seinfeld	Clean House (N)	(2:57)	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	CityNews at 6 (N)	CSI: NY	North of 60
4 PM	Family Guy	Debt Part	(DVS)	Biz Kid\$	Judge J.	Oprah Winfrey	CSI: Miami "Pirated"	Deal No	Oprah Winfrey	(3:59) Early	Fashion F.	SpongeBob	CFL Pre	Ellen DeGeneres Show	Daily Planet	Wizards	Law & Order: SVU	CSI: Crime Scn	Adventures of Sinbad
5 PM	Payne	Deal No	Martha	BBC News	News (N)	News	CSI: Miami "Bunk"	News	Early News	(4:59) News Hour (N)	Simpsons	SpongeBob	Football: Toronto Argonauts at Winnipeg Blue Bombers. (Live)	CTV News at Five (N)	Worst Handyman	Suite Life	Mantracker	UFC Unleashed	TV Made
6 PM	Movie: "Hitch" (2005) Will Smith, Eva Mendes	Global	Heads Up	News-Lehrer	News (N)	News	CSI: Miami	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver	The Next Star 2 (N)	Winnipeg Blue Bombers. (Live)	CTV News (N)	American Loggers	Zoey 101	Departures	Movie: "Friday the 13th" (1980)	Seinfeld
7 PM	Smith, Eva Mendes	El News	No Price Too High	Wash Wk	Jeopardy!	The Doctors	CSI: Miami	Entertain	Entertain	NUMB3RS "Jacked"	Coronatn	Movie: "Chestnut: Hero of Central Park" (2006)	SportsCentre (Live)	etalk	Interrogation	Sonny	Out There	Betsy Palmer	Family Guy
8 PM	Seinfeld	You Smarter?	Poirot "The Dream"	Bill Moyers Journal (N)	The Chopping Block (N)	Ghost Whisperer	Criminal Minds	Surviving	The Unit	The Unit	Air Farce	Laughs		etalk	Daily Planet	Suite Life	CityNews	MANswers	Seinfeld
9 PM	Movie: "The Rich Man's Wife" (1996)	THS Investigates (N)	Mysterious Murder	NOW	Dateline NBC	(9:01) Flashpoint "Aisle 13"	CSI: Miami "Bunk"	Jim	Mental "Coda" (N)	Mental "Coda" (N)	Wild Roses	Prank Ptrl	(Subject to Blackout)	Castle	American Loggers	"Roxy Hunter and the Secret"	(9:06) Jimmy Kimmel	MANswers	Family Guy
10 PM	Sanford	News (N)	Memorandum (N)	P.O.V.	News (N)	News	CSI: Miami	20/20	NUMB3RS "Jacked"	News Hour Final (N)	National	Family Biz		Without a Trace	Worst Handyman	Movie: "Curly Sue" (1991)	Judge	"Naked Gun"	Married...
11 PM	Montel W.	Guy Stuff	Bethune	Ribbon	Tonight	Late Show	CSI: Miami	News	News Hour Final (N)	Entertain	(11:05) The Hour Gary Bettman.	Mystery	SportsCentre (Live)	CTV News	Interrogation	Paid Prog.			Amer Dad

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 #211 - Rated Easy

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

CHALLENGE #212 - Rated Hard

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

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) ★★★ "Cruel Intentions" (1999, Drama) Sarah Michelle Gellar. A manipulative adolescent challenges her stepbrother to ruin two sexually innocent acquaintances.
11:30 am A&E (9) ★★★ "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (E)

AFTERNOON

12:00 pm FAM (26) ★★★ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest. (In Stereo) (E)
1:32 pm FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (E)
4:00 pm YTV (18) ★★★ "All Dogs Go to Heaven" (1989, Fantasy) Voices of Dom DeLuise. Animated. A junkyard dog returns to life and his dachshund buddy in 1939 New Orleans. (In Stereo) (E)
5:00 pm WTBS (3) ★★★ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (E)

EVENING

6:00 pm CITY (29) ★★★ "Treed Murray" (2001, Drama) David Hewlett. A teenage mugger and his gang of thugs trap an adman in a tree in a Toronto park. (E)
7:30 pm WTBS (3) ★★★ "The Man" (2005, Comedy) Samuel L. Jackson. A case of mistaken identity leaves an ATF agent squabbling with a talkative salesman in his custody. (E)

8:00 pm VTV (22) "Eight Days to Live" (2006, Drama) Kelly Rowan. A woman races against time to find her missing son and save his life. (In Stereo) (E) (DVS)
9:00 pm WTBS (3) ★★★ "Clueless" (1995, Comedy) Alicia Silverstone. A Beverly Hills teen plays matchmaker for teachers, transforms a bad dresser and examines her own existence. (E)
FAM (26) ★★★ "Batman Forever" (1995, Action) Val Kilmer. Premiere. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (In Stereo)
11:00 pm WTBS (3) ★★★ "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée.
11:01 pm FAM (26) ★★★ "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo)
11:30 pm CBC (13) ★★★ "Ararat" (2002, Historical Drama) David Alpay. A filmmaker works on an epic movie about Turkish atrocities committed against Armenians in 1915. (In Stereo) (E)

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Sunday Movies

MORNING

8:00 am WTBS (3) ★★★ "Election" (1999, Comedy) Matthew Broderick. When a school's goody-two-shoes runs for class president, a teacher/adviser schemes to keep her from winning. (E)
10:00 am WTBS (3) ★★★ "Clueless" (1995, Comedy) Alicia Silverstone. A Beverly Hills teen plays matchmaker for teachers, transforms a bad dresser and examines her own existence. (E)

AFTERNOON

12:00 pm WTBS (3) ★★★ "Honey, I Blew Up the Kid" (1992, Comedy) Rick Moranis. The wacky inventor who shrunk the kids makes his 2-year-old boy the size of a Las Vegas casino. (E)
1:30 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)
2:00 pm WTBS (3) ★★★ "Flubber"

(1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée.
3:00 pm VTV (22) "Spirit Bear: The Simon Jackson Story" (2005, Docudrama) Ed Begley Jr. A Canadian teenager leads a campaign to save an endangered bear. (In Stereo) (E) (DVS)
4:00 pm WTBS (3) ★★★ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (E)
YTV (18) ★★★ "Good Boy!" (2003, Comedy) Molly Shannon. After adopting a dog, a 12-year-old learns the animal is an interplanetary scout sent to investigate other canines. (In Stereo) (E)
5:00 pm CBC (13) ★★★ "Willy Wonka and 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) (E)

EVENING

6:00 pm YTV (18) "Air Buddies" (2006, Comedy) Patrick Cranshaw. Five talking puppies band together to save their kidnapped parents. (In Stereo) (E)
6:30 pm WTBS (3) ★★★ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (E)
8:00 pm KNOW (5) "Inspector Morse: Greeks Bearing Gifts" (1994, Mystery) John Thaw. Morse

searches for a link between Oxford scholars and members of the Greek community as he probes a chef's murder. (E)
CBC (13) "The Summit" (2008, Suspense) (Part 2 of 2) Mia Maestro. A union leader and a bioterrorism expert must find the antidote to a biological weapon that threatens millions of lives. (In Stereo) (E) (DVS)
9:00 pm WTBS (3) ★★★ "Secondhand Lions" (2003, Comedy-Drama) Michael Caine. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales.
KHQ (7) "The Storm" (2009, Suspense) (Part 1 of 2) Treat Williams. Premiere. Forces of nature in the air, on land and in the sea combine to threaten humanity. (In Stereo) (E)
FAM (26) ★★★ "Superman" (1978, Science Fiction) Christopher Reeve. Jor-El of Krypton sends his baby to Earth, where he grows up as Clark Kent and works at the Daily Planet. (In Stereo) (E)
10:00 pm SPIKE (44) ★★★ "The Quick and the Dead" (1995, Western) Sharon Stone. A cowgirl enters a quick-draw contest to get revenge on an outlaw in a town called Redemption.
11:31 pm FAM (26) ★★★ "Superman II" (1980, Science Fiction) Christopher Reeve. The Man of Steel gets serious with Lois Lane and fights three Krypton outcasts in league with Lex Luthor. (In Stereo) (E)

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SATURDAY, JULY 25, 2009

Table with 20 columns (WTBS to TROP) and 12 rows (6 AM to 11 PM) showing TV programming schedules for Saturday, July 25, 2009.

SUNDAY, JULY 26, 2009

Table with 20 columns (WTBS to TROP) and 12 rows (6 AM to 11 PM) showing TV programming schedules for Sunday, July 26, 2009.

MONDAY, JULY 27, 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	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Rolle Polle Dewitt	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Once a Thief
6:30 AM	Sanford	Tube Tales	George S.	Lions															
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums!	Berenstain	SportsCentre		Austin Stevens	(6:50) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30 AM		That News	(7:29) Dora the Explorer	Martha							Animal	Rolie Polle							
8 AM	Cosby	Ad Pers	Explorer	Curious			Cold Case Files		100 Huntley Street	100 Huntley Street	Bo On Go	Timothy	SportsCentre		How-Made	Weekend	Rachael Ray	Most Amazing Videos	North of 60
8:30 AM	Cosby	What	Magic Bus	Sid							Busytown	Willa		How-Made	K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Regis and Kelly	Daily Planet	Feet	CityNews	Most Amazing Videos	TV Made
9:30 AM	Fam. Feud		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 "Addiction"	The View (N)	Doc Nancy is mugged.	Debt Part	Wilbur	(10:05) Viva	Champ. Darts	The View (N)	Canada's Worst Driver	Mickey Handy	The O.C.	CSI: NY "Taxi"	What
10:30 AM	Trivial		(10:25)							House	Doodlebop	Erky Perky							Videos
11 AM	Harvey	One House	Rolie Polle	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Dinner	(10:50)	X-Games Classix (N)	Twice in a Lifetime	Mayday	Benj Bear	The Bonnie Hunt Show	CSI: NY "Blink"	Videos
11:30 AM	Harvey	Guys	Berenstain	Sit-Be Fit				Paid Prog.			Antiques	Ruby				(11:25) King		Ellen	
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News	The Sopranos	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	World Poker Tour	etalk	Forensic Factor	(11:49) Weekend	CityLine	CSI: Crime Sen	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:32)		Paid Prog.	Bold					Gross			Bold					Seinfeld
1 PM	Still Stnd	Home to	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		Sue Thomas: F.B. Eye	Earthshocks: Hyper	Dragon Emperor	ER	CSI: Crime Sen	Raymond
1:30 PM	Still Stnd	Parents	Sagwa	Sewing								(1:40) Viva							Raymond
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 (N)	(1:54) K. Possible	CityNews at 5 (N)	CSI: NY "Taxi"	Raymond
2:30 PM	King			BluesClues	WordWorld							Team	Interruptio						Raymond
3 PM	Seinfeld	Split Ends (N)	(2:57)	Big World	Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living	Pretty Cure	Off-Record	Dr. Phil	Canada's Worst Driver	Replace	CityNews at 6 (N)	CSI: NY "Blink"	North of 60
3:30 PM	Friends	Zoombaf	WordGirl	Judge							Food	SpongeBob	Sports			Emperor			North of 60
4 PM	Family Guy	Debt Part	"Superclaw"	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami "Addiction"	Deal No	Oprah Winfrey	(3:59) Early	Fashion F.	SpongeBob	Boxing: Maidana	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: Crime Sen	Once a Thief
4:30 PM	Family Guy	That News	George S.	Cyberchas	Judge J.			Deal No		Global	Red Green	SpongeBob							
5 PM	Payne	Deal No	Martha	BBC News	News (N)	News	Intervention "Sylvia"	News	Early News	(4:59) News Hour (N)	Simpsons	SpongeBob	Boxing: Friday Night Fights. (Taped)	CTV News at Five (N)	MythBusters	Suite Life Montana	The Bachelorette (Season Finale) (N)	CSI: Crime Sen	Carlawood
5:30 PM	Payne	News	(5:33)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob							Parker
6 PM	Movie: "Mississippi Burning"	Global News	Taste Buds	News-Lehrer	News (N)	News	Intervention (N)	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver	iCarly	Coronatn Jeopardy!	The Next Star 2	SportsCentre (Live)	American Loggers (N)	Wizards of Waverly Place	Movie: "Today You Die" (2005)	Are You Smarter
6:30 PM	Gene Hackman. (1988)	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Obsessed (N)	Entertain	Entertain	The Unit	The Next Star 2	SportsCentre (Live)		etalk	Hollywood				
7 PM	Hackman. (1988)	The Insider	Landscape	Europe	Fortune			The Insider	ET Canada										
7:30 PM		How I Met	Hot Rocks	Antiques Roadshow	Am. Road Trip	How I Met	The Cleaner	The Bachelorette (Season Finale) (N)	Lie to Me	Lie to Me	Just for Laughs	League	World Poker Tour	Law Order: CI	MythBusters	Wizards of Waverly Place	CSI: Crime Sen	Seinfeld	
8 PM	Seinfeld	Rules				Rules					Zixx Level	Futurama	Off-Record		Buzz	News	Steven Seagal	Weekend	
8:30 PM																			Bob-Doug
9 PM	Movie: "Phantoms" (1998) Peter O'Toole	The Soup	Sensing Things	History Detectives (N)	Law Order: CI	Two Men Big Bang	Intervention "Sylvia"	(10:02) Dating in the Dark	The Unit	News Hour Final (N)	National	The Next Star 2		CSI: Miami	American Loggers	School	Flavor of Love	Most Amazing Videos	Raymond
9:30 PM		Wildest TV	On Screen	Paving the Way	The Wanted (N)	CSI: Miami	Intervention (N)									Cory			Seinfeld
10 PM	O'Toole	Final 24 (N)																	Seinfeld
10:30 PM																			Seinfeld
11 PM	Sanford	News (N)	Ravens	Charlie Rose (N)	News (N)	News	Obsessed	News	News Hour Final (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	CTV News	Dirty Jobs	Suite Life	Judge	Disorderly Con.	Raymond
11:30 PM	Montel W.	Guy Stuff	Landscape		Tonight	Late Show				ET Canada		Ghost		CTV News		Life Derek	News		Raymond

Monday Movies

EVENING

6:00 pm WTBS (3) ★★ ★★ "Mississippi Burning" (1988, Drama) Gene Hackman. Two FBI agents face racism while investigating the disappearance of three civil rights activists in 1964 Mississippi. (E) 7:00 pm SPIKE (44) "Today You Die" (2005, Action) Steven Seagal. A

world-class thief escapes from prison to exact revenge on the partners who doubled-crossed him. (E) 9:00 pm WTBS (3) ★★ "Phantoms" (1998, Horror) Peter O'Toole. A British professor comes to the aid of vacationing sisters who discover eerie killings in a Colorado ski town. (E)

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

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Victor Alexander Mackay
August 8, 1922 - July 13, 2009



Victor Alexander Mackay passed away peacefully at the Bulkley Valley Regional Hospital. Vic was born in Carbon, Alberta to Alexander and Olive Mackay. Vic led a full life, living in Alberta, the Kootenay region of BC, and then later in Merritt and Princeton. The last 12 years were spent in Smithers.

His passion in life was fly fishing, and he liked nothing more than being out on a lake in pursuit of a beautiful trout.

He is predeceased by his wife, Elizabeth, and his brothers Fred and Don.

Vic is survived by his children Alan (Dale) of Merritt, BC, Jean McCrory (George) of Blackie AB, Mickey (Shannon) of Salmon Arm, BC, James (Sarah) of Edson, AB, Bruce (Diane) of Smithers, BC, Bob (Melanie) of Lloydminster, SK, Mark Mackay of Vancouver, Hugh (Shelia) of Alix, AB and Doreen Cyr (Burke) of Drayton Valley, AB and numerous grandchildren, great-grandchildren and great-great grandchildren.

In lieu of flowers, donations can be made to the Bulkley Valley Community Foundation.

The family would like to thank the staff at the Bulkley Lodge for caring for Vic and allowing him to live with dignity.

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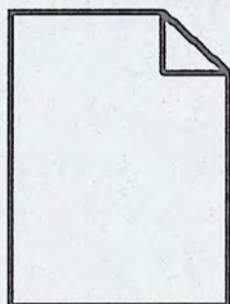
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SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #211 - Easy

581	243	697
473	695	812
692	718	453
916	582	734
725	436	189
834	971	526
147	826	365
268	357	941
359	164	278

CHALLENGE #212 - Hard

123	896	547
475	213	986
968	457	231
682	549	173
719	632	854
354	178	692
537	961	428
246	385	719
891	724	365

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They jump out of a perfectly good airplane. The News Leader's Brenda Engel got a chance to ride with the Canadian Forces Skyhawks Parachute Team on July 17th and got bird's eye view shots from outside the plane's cargo door as jumpers left the plane 10,500 feet above Princeton. Photos: Brenda Engel



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Saturday, July 25th 2009
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The contents of unpaid units will be disbursed via the Silent Auction format. Interested parties may view units between these hours, bidding closes at 11:00 AM with highest unit bids being accepted.

Payment - CASH or certified cheque

WAREHOUSEMAN'S LIEN ACT

Attention: **Diane McIvor**
Box 431
Princeton, B.C.
VOX 1W0

The contents of Unit #137 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Three Hundred and Forty-two Dollars and Twenty-four Cents (\$342.24)**. If you have not paid this outstanding account by **July 17th 2009**, the contents will be sold by auction on **Saturday, July 25th 2009** to cover storage costs.

Attention: **Patrick Hurley**
Box 1989
Princeton, B.C.
VOX 1W0

The contents of Unit #24 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Six Hundred and Ninety-three Dollars and Seventy-nine Cents (\$693.79)**. If you have not paid this outstanding account by **July 17th 2009**, the contents will be sold by auction on **Saturday, July 25th 2009** to cover storage costs.

Attention: **Margaret Coultish**
General Delivery
Princeton, B.C.
VOX 1W0

The contents of Unit #31 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One thousand Four Hundred and Seventy-six Dollars and Fifty-nine Cents (\$1,476.59)**. If you have not paid this outstanding account by **July 17th 2009**, the contents will be sold by auction on **Saturday, July 25th 2009** to cover storage costs.



Editorial Page News Leader

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

My Turn...

Beyond cougars and trailer fires

There's times in this business I wish certain things did not happen. The cougar story, armed robbery and trailer fire that took most of the attention over the past week would fall into this category.

Sure, I know they are 'newsie' items that get people talking and sell newspapers but what bothers me about them is that they often overshadow what really goes on in and around our wonderful little town. Not to mention how twisted these stories end up once they hit national media.

I hate the fact that a lot of people who have never been to Princeton only know it from the 'bad' things they hear on the news.

So when I was offered an opportunity to ride in a plane with the Canadian Forces Skyhawks Parachute Team last week I gave it away. I would have absolutely loved to have been there, but chose to give my seat to my wife, Brenda.

Naturally, she was armed with a camera, but that wasn't my main reason for giving up my seat. I wanted her to get far enough away from the cougars, armed robberies and trailer fires to experience something she will talk about for years.

And each time she talks about it she'll say it happened 10,500 feet above Princeton and that the Princeton Airport was where they took off and landed and Princeton would be clearly visible in many of the photos she took outside the cargo door.

I would imagine, as you read this, there are dozens of photos of hers already being shared by family and friends via e-mail without a single mention of cougars, armed robberies or trailer fires.

While I understand the impact each of those items has had on local people, I am not trying to make light of them, nor ignore them. I just wish they were not all many focus on when there are so many other good things to see and do in and around Princeton.

The Skyhawk experience Brenda had last week is one.

Sure, only a handful of people got to experience it first hand, but to hear her talk about it - the excitement in her voice even today - you'll likely feel as if you were there. And if her stories don't paint a clear enough picture, she has over 100 photos and some video to help clarify it a little more for you.

Being in the news business we see and hear a lot of horrific things. Thankfully not all of them occur in our neck of the woods.

And, yes, there seems to be times when all you hear about when people talk about Princeton is negative in tone, although we have so very much to be proud of and to celebrate within our town.

So if sometimes all it takes is to watch guys jump out of a perfectly good airplane just for the heck of it to temporarily forget about all the bad stuff, then maybe it's worth giving up a seat on a plane to experience that.

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.



The Canadian Forces Skyhawks Parachute Team just before a jump at about 10,500 feet above Princeton. The team later attended a public meet and greet function July 17th at the airport. Photo: Brenda Engel

...Your Turn

Yep, it's a great little town!

To the Editor;

A few Fridays ago, a dear friend of ours was involved in an accident on Summers Creek Road. We would like to publicly thank many who have helped us all that day and since.

The ambulance crew were wonderful, so caring and gentle, while being very thorough. Thank you so much to Trevor and Gord and for explaining to Dawn every step of the way what you were doing and why. While she doesn't remember all about that evening, she does remember you guys and will always have the autographed shirt.

Thank you also to Lisa who started her shift early and was with Dawn until the transport to Penticton Hospital happened a few hours later. (I am a Nurse and so know that "just doing our job" as Lisa, Trevor and Gord all said, can be much more than that.)

Thanks also very much to Brad and June Hope for their tremendous help while we waited for the ambulance to arrive and who stayed until she had left but also

continued to be concerned afterwards. I am sure that June's Therapeutic Touch helped a lot with creating calmness too.

To all those who offered to help as they drove up to the lake, thank you. It is scary having such a windy, well used road when something like this happens. Dawn is doing much better but will take quite a while to be back to her usual self.

The plan was for Dawn and Carlos to spend a quiet and relax-

Letter To The Editor

Solar light thieves beware

To the Editor;

To whom it may concern, and you know who you are. You've stolen solar lights from my yard, and I'm not real happy about it.

We put these lights up to make our yards look nice, and some idiots have to come along and steal them. You want solar lights? Go buy your own.

I've set up a camera and if I catch you, you'll be sorry. I don't imagine you'd be too happy if someone

ing summer with us but plans have obviously changed for now. However they both love it here, 'Paradise' as Larry calls it, and are always commenting on how friendly and caring the Community is. This accident proved it once again. Thank you to all who ask Carlos how Dawn is and how he is doing.

- Dawn and Carlos Mendonca, Surrey

- Pam and Larry Legault, Princeton

stole from you.

So leave my lights alone, and get a life!

Please return my lights.

- Roxyne Power, Princeton

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Current Comment

The Islamic Revolution Starts Trouble



Dawn Johnson
editor@thenewsleader.ca

We are seeing increasing numbers of incidents involving Islamic peoples. Whether the violent incidents are between sects of the Muslim faith, as in Iraq, or between Muslims and non-Muslims, it seems the followers of Islam are continually involved in some kind of turmoil.

What has happened in Iran is symbolic of the changes taking place within the Muslim world. The faith is not changing, but the leaders of the faith and the most rigid of the followers see more threat to the way things have been. The young want change. They want to be part of the world at large, and this means a lot of change is in the wind. Clashes are sure to happen between those who want things to stay the same and those who want change.

Most Islamic people of the world have been isolated from change for centuries. The nineteenth century began to change that isolation through the world demand for oil. The oil industry did not change life for the Islamic people as much as internet is changing daily life, particularly among the young. The young log into the internet and the world is open to them. They see a world so different from their own that the need is stimulated to explore that world.

The need to explore foreign lands is an ongoing human characteristic. Throughout history, young people have travelled to foreign lands to see what is there. These days, they can do it without leaving their desks.

When minds are open to seeing new and different things about their world, their view of the world creates change within them. They have a new perspective. They talk about the way others live their lives, and contrast it with their own. Suddenly, they see them-

selves in a new and different way. They see their homes and their parents in a new way.

For people locked into a particular religion with particular customs, this comparing, questioning, and thinking about change becomes threatening.

America is frequently blamed for unrest within the Islamic nations. This blame is somewhat undeserved, but there is some basis for blame. It is not so much the political America that irks the diehard Muslims; it is the very way of life in the United States, Canada and industrialized nations that threaten the stability of the Islamic way of life. Young people see images of people who do not have to conform, who do not have to follow certain rituals. They see people with the freedom to choose how they want to live, and a need to have that kind of freedom begins to burn within the young people. This is the deep fear of not only religious leaders, but the elders of the nation.

I would be the first to agree that not everything about North American and European culture is good. When unstable performers like Michael Jackson are turned into kings, we need to question our own sense of values. When freedom of choice becomes licence, we must bring some kind of order into our society. At the same time, I would be the first to defend the right of the individual to have freedom of choice, as long as that freedom did not harm anyone.

This brings us to the crunch facing Islamic nations. We might think, "What harm can it do if women's faces and legs are seen? What harm can it do if young people choose their own mates instead of marrying who their parents choose?"

Try running that one past two sets of Muslim parents who have made a marriage arrangement for their children. Try encouraging freedom of dress and education

for women. (Remember the Taliban in Afghanistan?) Try passing laws that say there will be no more circumcision of girls. There is going to be not mere resistance, but outrage at these "foreign" ideas.

Because we have freedom of religion, we know a Muslim can have his faith and live just like the rest of us. There is no real threat to the faith. There is a threat to custom and tradition, and often, people confuse custom and tradition with faith. The trappings of faith are frequently bound up in what people wear, how they build their homes, which days are holy, who marries whom, and all sorts of little customs.

In our society, we have learned to respect the right to believe in God each in his own way. We respect the customs, too, except when it involves polygamy and female circumcision. We don't care if Jews don't eat pork, or if Roman Catholic clerics don't have sexual relations. We don't care if Sikhs wear turbans and nuns wear long black dresses and hoods on their heads. We do not care if First Nations men wear braids and Innu people have labrettes. It is all part of religious freedom. That's what North America is all about.

At the same time, before any readers become smug, it was not so long ago that we denied Jews access to Canada despite their being persecuted in Germany. It was not so far back in our history that a Roman Catholic would not approve of marriage with a Protestant. It was not so long ago that we did not allow commerce on a Sunday. I could cite many more examples of our own problems in arriving at our present state of religious tolerance, but you get the picture. We had to adapt from one generation to the next, because we believe in that freedom.

That's probably what scares Islamic nations most: things are changing, and adapting is hard.

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OFFICE ADMINISTRATOR
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Muriel Peterson, above, was the Overall Low Net winner of the Eleanor Hicks Senior Ladies Golf Tournament held July 16th. Overall Low Gross winner was Cathy Chadsey. - photo submitted

Senior ladies tourney results

A total of 18 golfers participated in the annual Eleanor Hicks Senior Ladies Golf Tournament.

The event was held Thursday, July 16th at Princeton Golf Club.

Overall Low Gross Winner was Cathy Chadsey with Muriel Peterson taking Overall Low Net.

Other winners were:

Flight 1 - Low Gross: Helen

Rogers, Low Net: Swany Bernier
Flight 2 - Low Gross: Betty Jarvis,
Low Net: Cathy Orser

Flight 1 - 2nd Low Gross: Anette
Dixon, 2nd Low Net: Elaine
Harwood

Flight 2 - 2nd Low Gross: Loraine
Kirby, 2nd Low Net: Joy Wallace

Long Drive (1st Flight): Elaine
Harwood

Long Drive (2nd Flight): Muriel
Peterson

KP (1st Flight): Anette Dixon

KP (2nd Flight): Betty Jarvis

Accuracy (both flights): Muriel
Peterson

Fewest Putts (1st Flight): Swany
Bernier

Fewest Putts (2nd Flight): Loraine
Kirby - Chip In: Beryl Mullin

Sego receives final report

Sego Resources has received the "Geophysical Survey Interpretation Report" from Quantec Geoscience.

The report details results of the Quantec Titan 24 survey of DC Resistivity and Induced Polarization which Quantec did at the Sego Resources Miner Mountain Property from April 25th to May 4th of 2009.

The report and maps showing the survey results will be posted on Sego's website at this location: <cid:part8.07090108.01000504@s egoresources.com>

The DC/IP Titan 24 survey identified 23 potential targets with various priority levels based on the depth and geophysical parameters. These 23 targets group into 18 geographic areas.

Within the Nicola Volcanic Terrane, at the Miner Mountain Property where Sego has defined through trenching and drilling zones of Copper - Gold (Silver) mineralization (see Sego NR April 24, 2008, June 20, 2008, November 18, 2008), the Titan 24 survey identified 15 chargeability zones which group into 9 areas spread along a 500 - 1,000 metre wide belt, stretching 2.5 kilometres from the southwest of the property to the southeast.

This zone appears to come to surface at the southwest and southeast areas. In particular at the southwest end, significant gold and copper mineralization has been found: Trench 36 - 32m of 0.29% Cu and 1.00 G/T Au, Trench 37 - 4m 0.19% Cu and 1.15 G/T Au, and Trench 42 - 10 metres 1.18% Cu with diagnostic alkalic porphyry alteration (see Sego NR June 5, 2008).

Sego has received permits for trenching and plans 8 trenches to explore the southwest and northeast ends as an initial exploration of the chargeability targets.

This Press Release was reviewed by Chris Sampson P.Eng. a Qualified Person as defined by NI 43-101.

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.

Management - Experienced in Wealth Building: CEO, J. Paul Stevenson has many years of experience in the mining industry and is a leader in Aboriginal engagement in the resources sector.

President, Chris Sampson, P.Eng., has extensive experience in porphyry copper exploration and J. Allan Hilton is a well known mine finder and prospector who discovered what became the Samatosum Mine.

Shelley Hallock has extensive experience in corporate governance and a background in media. This team has worked together for 20 years. Qualified Person, Vic Preto Ph.D., P.Eng., is a recognized authority on the geology of the Nicola Belt and associated mineral deposits.

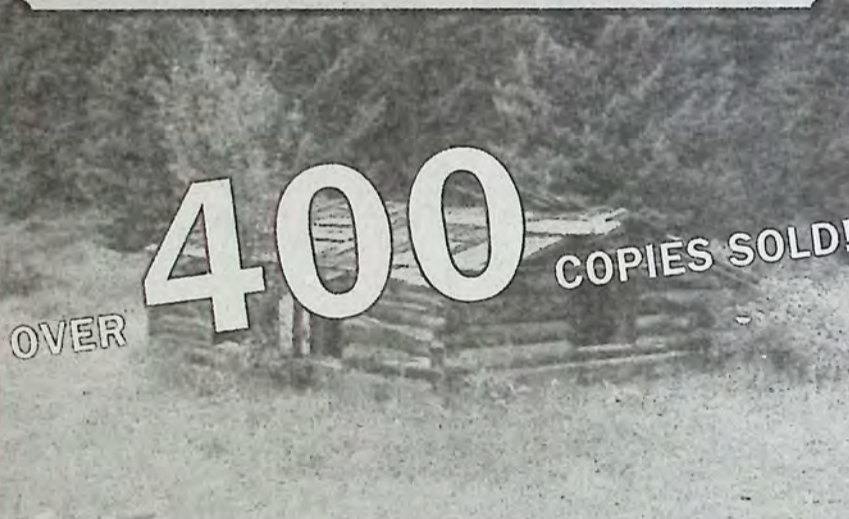
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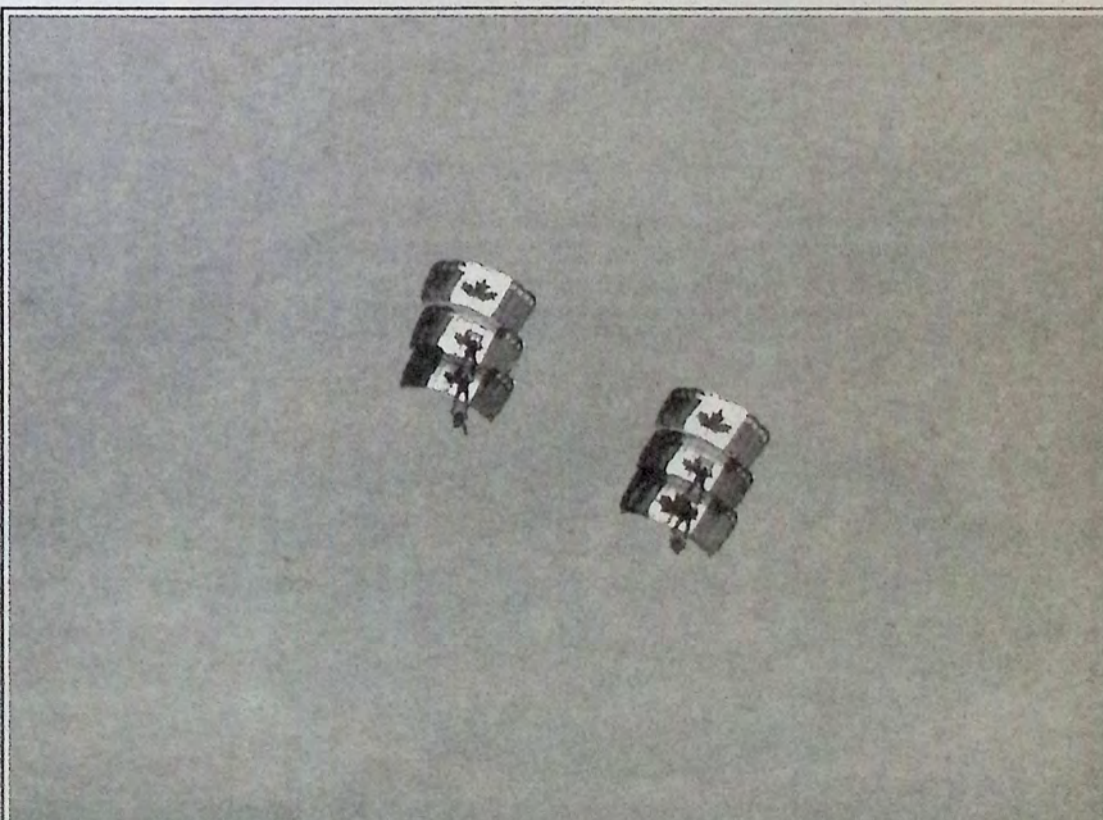
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The Canadian Forces Skyhawks Parachute Team perform during Airshow 2009, July 18th. *



The Fraser Blues perform during Airshow 2009 at Princeton Airport. *



The Canadian Forces Skyhawks Parachute Team show their true colours during Airshow 2009. *

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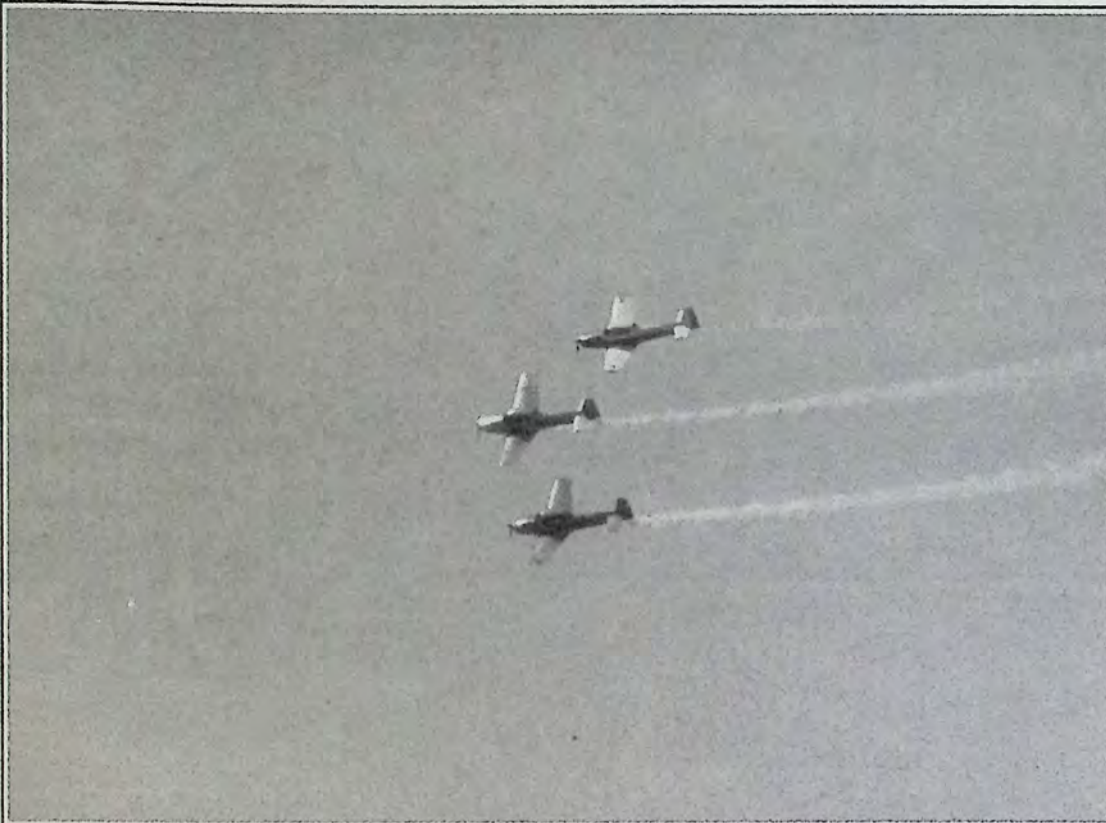
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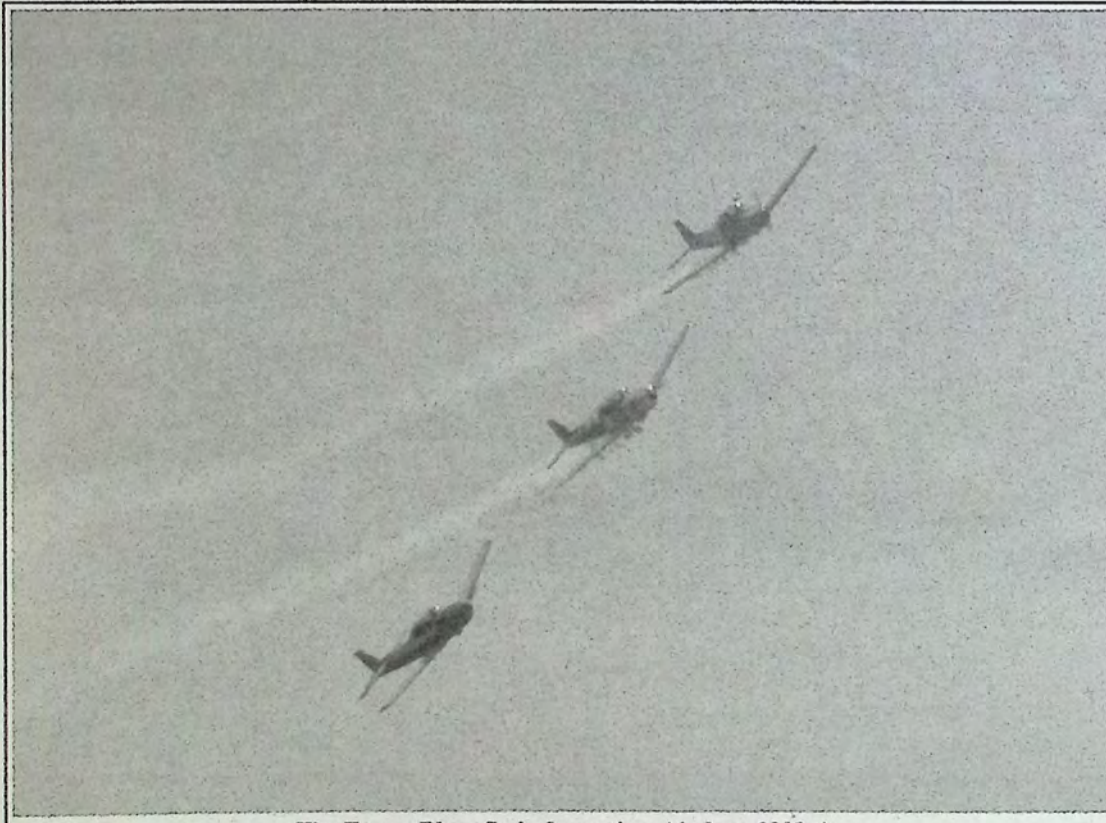
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The Fraser Blues fly over the valley during Airshow 2009. *



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The Fraser Blues fly in formation. Airshow 2009. *

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A Must To View!



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This beautifully renovated home features bird's eye maple hardwood flooring, fresh paint, new flooring in kitchen and bathrooms. Large bay window in the livingroom brings in the light and provides soothing views of the Similkameen River across the road. French doors off the diningroom lead you to a spacious deck overlooking manicured lawns and raised garden beds. A fully finished lower level provides a great entertaining area complete with wet bar, wine storage and even a Murphy bed! With 3 bedrooms and 3 bathrooms everyone has their own space. An oversized single garage has 3 work benches and still enough room for your vehicle. Situated on a corner lot, quiet street, and walking distance to town, this home really does have it all. A perfect place to retire, all the hard work is done so just put your feet up and enjoy!

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Wow! Just...Wow!



405 Grant Avenue

Wow! Will be the first word you say when you view this beautifully renovated home! Much improved floor plan makes a great flow from room to room. New flooring, paint, light fixtures, kitchen breakfast bar and so much more. The lower level with its own kitchen, sitting area, bedroom and bathroom is a great opportunity for the extended family to live together but have their own space. Double garage, RV parking, and a covered carport means there is room for all vehicles and the toys. Located on a corner lot, walking distance to school and town, this home suits a variety of lifestyles. Come out for a look, you won't be disappointed!

\$345,000
MLS 104845

Welcome To Cawston!



1995 Stewart Road

There is lots of room for everyone on this level 5.80 acre hobby farm with large 5 bedroom home! The land is fenced, and already has a 4-stall barn with tack room and hay loft above. Approx. 2 acres with a hay/alfalfa mix (currently not irrigated). Grow your own veggies in the spacious garden area! From the livingroom with large picture windows, you have wonderful mountain views. The basement is mostly finished and would make a great suite for an extended family. Come out and have a look, this could be just what you have been waiting for!

\$499,000
MLS 104616

REALTY EXECUTIVES PRINCETON

Gateway to the Okanagan

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EACH OFFICE INDEPENDENTLY OWNED AND OPERATED