



Similkameen

News Leader

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Tuesday, August 5, 2009



Ice cream sundaes were served in stages during Sock Hop Frenzie July 29th at Centennial Pool. *

Fair adds dancing dogs

Princeton's annual fair is going to offer a real variety of things to see, to do, and to listen to. Dog agility performance is one of the new additions to the Fall Fair menu, joining the blacksmith and farrier demonstrations. The G.O.A.T. raffle features a mystery first prize, with a wonderful western painting by Lyn Melnechenko as second prize, and a mixed goods basket as third prize. No, a goat is not the first prize, but a prize goat is involved. You are going to have to be there!

The kids (and maybe a few older kids) are going to enjoy the hay ride featured on the Saturday of the fair. Two new sponsors have stepped forward to help put on the fair:

Douglas Lake Equipment and our local Steelworkers union. Sponsors help cover the cost of entertainment. West Coast Equipment has stepped forward with an offer of some antique equipment for display.

To put the fair together requires a lot of work on the grounds. The buildings must be cleaned and the grounds layout determined.

A work party is scheduled for the weekend of August 15-16. Some people will come on Saturday, some on Sunday, and some on both days. The next regular meeting of the Fall Fair Association will be August 11, 6:30 PM at the fairgrounds. All members and volunteers are welcome to attend.

Mitsubishi joins Copper Mountain project

Copper Mountain Mining Corporation ("CMMC" or the "Company") reported July 30 that the Company and Mitsubishi Materials Corporation ("Mitsubishi") have signed definitive agreements, namely Shareholders' Agreement, Share Subscription Agreement, Concentrates Sales and Purchase Agreement, and Secondment Agreement whereby Mitsubishi will acquire a 25% interest in the Copper Mountain Project ("Project"), located near Princeton. In addition to purchasing a 25% equity interest in the Project for \$28.75 million, Mitsubishi agreed to use commercially reasonable efforts to arrange a \$250 million project loan, and has agreed to purchase all of the copper concentrate from the mine.

The Project is an open pit porphyry copper mine that operated from 1972 to 1996 and over its

life produced 1.74 billion pounds of copper, 9.1 million ounces of silver and 730 thousand ounces of gold. The current resource is estimated at 5 billion pounds of copper at a 0.15 % Cu cut-off.

The resource estimate incorporates data from over 4,400 historical drill holes totalling approximately 400,000 metres, and 370 new drill holes, totalling 107,000 metres from the Company's 2007 and 2008 exploration programs.

O'Rourke, Chief Executive Officer of the Company stated: "In October 2008 the Company's Board of Directors authorized management to proceed with the development of the Copper Mountain Project subject to the Company finalizing its financing arrangements as well as obtaining the required operating permit amendments for the Project."

"I am extremely pleased to have such a strong partner as Mitsubishi join the Project

which brings the financial clout of a major behind the Project, which is scheduled to commence production by mid 2011," O'Rourke adds.

To date, site activities have been funded by the Company's equity contributions and a \$28.75 million line of credit from Mitsubishi, which together have totalled almost \$40 million. Long lead items have been ordered with the SAG and ball mill manufacturing well underway to maintain the target production schedule for mid 2011.

Detailed engineering is progressing and site geotechnical excavation for the concentrator is now complete. The office and warehouse complex is now fully functional with power, heat, water, telephones, internet, and sewerage.

The Company currently has approximately 20 employees currently engaged at the site on construction activities. It is estimated that the project will provide employment for 200 con-

struction workers at its peak and the ongoing operations will create 257 full time positions.

Over the 17 year life of the project, it is estimated that the mine will produce 1.47 billion pounds of Copper, 452,000 ounces of gold, and 4.5 million ounces of silver.

About Mitsubishi Materials Corporation:

Established in 1950, Mitsubishi is one of the world's largest diversified materials companies and is a leader in metal smelting and refining, cement products, fabricated metals and advanced materials for electric components.

MMC has invested in 4 (four) copper mines now under operation, namely Los Pelambres, Escondida (both in Chile), Huckleberry (Canada) and Batu Hijau (Indonesia).

Mitsubishi's high-level research and development programs are instrumental in enabling it to maintain its dominant position in key markets.

Mitsubishi comprises 221 subsidiaries and affiliates in 25 countries, employing 21,224 people.

About Copper Mountain Mining Corporation:

CMMC is a Canadian resource company managed by an experi-

enced team of professionals with a solid track record of exploration and development success. The Company's shares trade on the Toronto Stock Exchange under the symbol "CUM".

CMMC currently owns 100% of the 18,000 acre Copper Mountain Project, located 15 km south of the town of Princeton. The Copper Mountain Project is a past producer of 1.7 billion pounds of Copper that closed in 1996, and therefore, there is significant developed infrastructure on site that the Company can build upon.

The Copper Mountain Project has a current resource of approximately 5 Billion pounds of copper and it is CMMC's goal to develop the Copper Mountain Project as a mid tier copper and precious metal mine to produce approximately 100 million pounds of copper per year by mid 2011.

Additional information is available on the Company's web page at www.CuMtn.com. -submitted



Similkameen

News Leader THIS WEEK:

Sizzle Plans Heat Up - Page 4
Music Festival Is Coming! - Page 10
Swim Club Makes Waves - Page 11

Similkameen News Leader

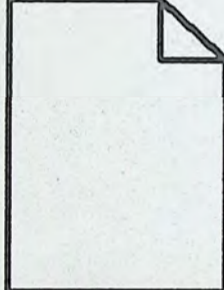


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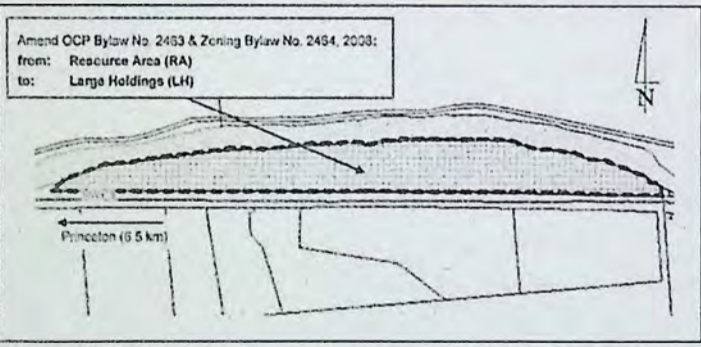
Regional District Okanagan-Similkameen
 Official Community Plan and Zoning Amendment Application
 Electoral Area 'H'
 District Lot 404, SDYD, Except Part Shown on Plan DD970, KAP49285 and KAP64782

NOTICE OF PUBLIC HEARING:
 Tuesday, August 18, 2009 - 7:00 PM
 Riverside Centre
 148 Old Hedley Road, Princeton, BC

PURPOSE:
 Proposal: amend the Official Community Plan and Zoning Bylaw to facilitate a four (4) parcel subdivision of the subject property.

Amendment Bylaw Nos. 2463.05 & 2464.05: to amend the Official Community Plan & Zoning Bylaw by changing the land use designation and zoning of the subject property from Resource Area (RA) to Large Holdings (LH).

The minimum parcel size under the existing RA Zone is 8 hectares (ha), whereas the requested LH Zone will allow for a minimum parcel size of 4 ha in order to facilitate a four (4) lot subdivision.



Amend OCP Bylaw No. 2463 & Zoning Bylaw No. 2464, 2008:
 from: Resource Area (RA)
 to: Large Holdings (LH)

VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AT:

Regional District Okanagan Similkameen 101 Martin Street, Princeton, BC Monday to Friday - 8:30 AM to 4:30 PM	Princeton Town Hall 169 Bridge Street, Princeton, BC Monday to Friday - 8:30 AM to 4:30 PM
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Anyone who considers themselves affected by the proposed bylaw amendments can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw Nos. 2463.05 and 2464.05, c/o Regional District Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT DEVELOPMENT SERVICES:
 Telephone: (250) 490-4107 - Fax: (250) 492-0063 - e-mail: planning@rdos.bc.ca - Web: www.rdos.bc.ca

Donna Butler, MCIP
 Manager of Development Services

Bill Newell
 Chief Administrative Officer



Badlands Basketball coach - and former Princetonite - Jesse McLean loves his home town and the game that keeps bringing him back to the Similkameen to share it with other young residents. *

Princeton and basketball in his veins

Former Princeton Secondary School graduate Jesse McLean loves his hometown and favourite sport so much that he has combined the two into a teaching and learning experience. McLean, who lives in Edmonton, along with partner Chad Pidhaicuk of Drumheller, Alberta put together the Badlands Basketball Camp which stops each summer in Princeton. The camps also take place in Alberta and will expand next year to other communities. What makes the camp unique? "Our goal has always been to be affordable, fun and to provide a lot of instruction," McLean told the News Leader. McLean says some camps have college players teaching with little interaction with the actual coaching staff. "We have always been very hands on, and Chad and I handle most of the instruction when it comes to core skill sessions and the more difficult station work." He also says the Badland Basketball coaches are always on

site and enjoy working with the participants. "We also limit our camps to no more than eight kids per coach. This year we actually had six coaches and thirty-six kids so the players get a lot of interaction with the coaches and hopefully that translates into improvement on the floor." McLean says the Princeton camp is favoured by his team out of twenty camps and clinics held over the past six years. "The Princeton kids are so eager to learn and willing to work hard to improve." Bringing his program 'home' also means something else to McLean. "I am always personally pleased to come home and work in the gym I played in, with the kids that go to my old school." The former Princeton Rebel also recognizes the dedication of local coaches in teaching the game and coaching successful teams. "Dean Johnston, Richard White, Rob Marshall and all of the other coaches in Princeton have dedicat-

ed their time to help the game improve in the community. When we first brought our camp to Princeton we had to really start with the basics and now we can jump right into the meat of coaching because these kids have been coached well and they are hungry for more learning." Make no mistake about it, McLean knows his game. He spends nine months of the year coaching basketball during the school season as well as in spring leagues, club ball and various camps and clinics. He coached a grade 9 boys team at the Stoney Plain school he teaches at as well as an under-17 girls team in Edmonton, a developmental spring league for grades 4 to 7 in Stoney Plain and then hits the road in July for camps. You'd think with that kind of schedule and seeing so many different players at different skill levels he'd know talent when he sees it. "People may not know it, but you have some immensely talented basketball players in Princeton. There are some that have real potential to play at the next level." Award winners from the Princeton camp were: Most Improved Camper - Rebekah Salway (Junior Camp) and Morgan Reichert (Elite Camp), MVP - Kris Krenn (Junior) and Kelcy Banks (Elite), Heart & Hustle - Carver Carret (Junior) and Courtney Hassell (Elite), All Stars: Mort Johnston, Michael White and Samantha Simons (Junior) and Makenzie Johnston, Nathan Garton and Angie Marshall (Elite).

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KNOW WHAT TO DO TO FIGHT THE H1N1 FLU VIRUS

The H1N1 flu virus is a respiratory illness that causes symptoms similar to those of the seasonal flu (fever and cough, runny nose, sore throat, body aches, fatigue and lack of appetite).

All strains of flu can be dangerous; however, good infection prevention measures can help protect you and others if this virus begins to spread rapidly in Canada.

- ▶ Wash your hands often and thoroughly—for at least 20 seconds—in warm, soapy water or use hand sanitizer.
- ▶ Cough and sneeze in your sleeve, not your hand.
- ▶ Keep common surfaces and items clean and disinfected.
- ▶ Stay home if you're sick, and call your health care provider if your symptoms get worse.

KNOWLEDGE IS YOUR BEST DEFENCE

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Keremeos News

These will become orange habanero pepper plants by September. They were waiting their turn in the greenhouse at Harkers Organics in Cawston and will likely be planted by the time you read this. *

Sponsors commit to Sizzle

When economic times are tough, it also affects fundraising and the Keremeos Similkameen Sizzle pepperfest is dealing with the same issue. However, to date, in addition to smaller contributions and donations in-kind there have been two major sponsors who have jumped on board.

Valley First Credit Union and Royal LePage Locations West Realty have both committed sponsorship funding for the next three years to the September pepperfest. Fundraising amounts are coming in, but many sponsors have reduced the size of their donation, something anticipated by committee Chairman Carroll MacLean.

"We're going to be way down this year and lucky to collect over half

of what we raised last year."

The pepperfest committee met July 29th to hammer out details of a tentative schedule of events for the September 19th event.

Activities are planned to take place in Memorial Park between 7:30 AM and 6:00 PM. The day will begin with a pancake breakfast from 7:30 to 10:30 AM followed by the Amateur Chili Cook-Off from 11:00 AM to 12 Noon. There will be local musical entertainment in the morning along with karaoke.

The afternoon will feature Celebrity Chefs from 1:00 to 3:00 PM, live entertainment featuring the Cruzeros from 2:00 to 5:00 PM and the popular Sear Factor pepper eating contest from 5:00 to

6:00 PM.

Children's games and activities will take place all day in the park and a refreshment garden will run from 12 Noon to 5:30 PM.

The original plan was to move the pepper eating contest to 12 Noon but was later moved to the end of the day.

"Sear Factor has grown into a large event of its own," explained George Elliott, who hosts and organizes the contest.

"And since a number of the contestants actually come out of the beer garden I thought moving the event to earlier in the day would seriously affect the potential number of contestants."

Keremeos Mayor Walter Despot agreed.

"Many people come to the park just to see the pepper eating contest at the end of the day."

The Cruzeros, who made their first appearance at Sizzle last year, proved that a well known band draws a crowd and keeps it there.

"Last year's event had a real festival feel to it," says committee member Vicki Morgan.

The committee is hoping for a repeat of last year's success which included a number of vendors in the park selling everything from fruit and vegetables to breads and souvenirs.

In addition to financial contributions, Similkameen Sizzle also needs volunteers. For more information on how you can become part of the annual pepperfest contact Sizzle Chair Carroll MacLean via e-mail at cmclean@telus.net.

**We're different,
 and we like that.**

Similkameen News Leader

Got Peppers?

For info visit:
 www.gotpeppers.info

Similkameen Sizzle



A young jalapeno pepper soaks up some sun at Harkers Organics in Cawston last week. *

Stay safe and healthy in the heat

It seems the long, cold winter days are far behind us now—as many residents in the Interior are heading outside to enjoy the hot, summer weather. But if you're going to stay healthy this season, it's important to take some precautions while you're basking in the sun.

We've all heard it before—every year health officials remind sun worshippers to slather on sunscreen and drink plenty of fluids, yet there are still a few emergency room visits in the summer months by people suffering from the effects of the heat.

Remember these three words to avoid a sunburn...Slip, Slap, and Slop!

- Slip on clothing to protect your arms and legs. If you have to be out in the midday sun, opt for shade or wear loose-fitting, long-sleeved shirts and pants.

- Slap on a wide-brimmed hat.

- Slop on waterproof sunscreen that has an SPF of 15 or higher. Apply sunscreen at least 15 minutes before going out, and don't forget the top of your feet and tips of your ears. Reapply often.

Heat stress, heat exhaustion, and heat stroke are all risks you can suffer from as the temperature rises.

The effects of heat stress include general weakness, tiredness, poor muscle control, and headache. Heat exhaustion may also include nausea, pale, cool and clammy skin, excessive sweating, rapid pulse and rapid shallow breathing and muscle cramps.

Heat stroke, the next stage, can occur very quickly and without warning. Symptoms of serious

heat stroke include hot, dry, flushed skin, usually with no sweating, agitation and confusion, headache, nausea, and vomiting.

Serious symptoms may require emergency services. Gradual dehydration over a few days is also a concern, especially for the elderly or those with weak immune systems.

Home treatment for mild, heat-related illness:

- Move to a cooler environment
- Rest
- Drink plenty of cool, non-alcoholic fluids
- Take a cool shower or bath
- Wear light-weight clothing

Here are some additional tips for enjoying the heat safely:

- NEVER leave children alone in a parked car. Temperatures can rise to 51.7 C (125 F) within 20 minutes in an enclosed vehicle when the outside temperature is 33.9 C (93 F). Leaving the car windows open will not keep the inside of the vehicle at a safe temperature. Pets should also not be left in a vehicle at any time.

- Drink plenty of fluids and don't wait until you are thirsty to drink. Avoid fluids that contain alcohol, caffeine and large amounts of sugar.

- Protect yourself from the sun, stay in the shade and use sunscreen with SPF 15 or more.

- To keep cool on hot days, stay indoors in air-conditioned facilities. At temperatures above 30 C, fans are not as effective at preventing heat-related illness.

- Limit daytime outdoor activity to early morning and late afternoon.

- Avoid tiring work or exercise in

hot, humid environments. If you must exert yourself, drink two to four glasses of non-alcoholic fluids each hour.

- Wear lightweight, light-coloured, loose-fitting clothing and a brimmed hat, or use an umbrella for shade.

- Check regularly on older people, and those who are unable to leave their homes, for signs of heat-related illness.

For more information:

HealthLink BC – Health-related Illnesses <http://www.healthlinkbc.ca/kbase/topic/symptom/htske/overview.htm>

HealthLink BC – Protecting Your Skin from the Sun

<http://www.healthlinkbc.ca/kbase/topic/special/tv6658spec/sec1.htm>

DR. DAVID SMITH

OF CASCADE MEDICAL CLINIC

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PRINCETON RACING DAYS SAYS THANK YOU!

The Executive and Directors would like to take this opportunity to let all of our Volunteers know how much their help meant to making this past Horse Racing meet the success it was. Without all the volunteers dedication in wanting this event to succeed we could not do what we did. Everything went smoothly, the horse owners were happy, the patrons were happy and of course Princeton Racing Days was thankful for everyone's hard work.

IT TAKES PEOPLE WORKING TOGETHER TO MAKE AN EVENT A SUCCESS!

John Allison - Dennis Allison - Harold Allison - Roberta Baron - Bev Beattie - Ruby Bey - Graham Bibby - Kenny Bishop - Devon Brown - Len Buchignani - Patty Buchignani - Burk Bullington - Shirley Campbell - Lisa Carlton - Pat Clark - Lucy D'Amato - Keith Douglas - Des Dunbar - Leslie Edwards - Dave Fiddler - Barrie Fraser - Sandy Gabor - Sue Gereau - Linda Ghiloni - Luke Girouard - Roy Harker - Patty Harrower - Peter Hartinger - Carrie Hough - Bev Huff - Terry Inglis - Chris Jensen - John Jensen - Susy Johnson - Brady Johnson - Ken Johnson - Marg Johnson - Val Johnson - Gord Johnson - Greg Jung - Brad Kane - Dan Kastor - Fran Kastor - Ellie Korpan - Norma Jean Krenn - Dani Leochko - Frank Lindley - Kim Lockton - Geri Logan - Lynda McElroy - Kevin Meadows - Carol Normandin - Bob Pelly - Donna Pivalow - Jack Powell - Vicki Pozzobon - Lisa Reid - Denise Rogers - Jim Rogers - Pete Ruoss - JR Russell - Brian Rutherford - Connie Scott - Bob Stein - Dean Stinson - Geri Swanson - Mike Theal - Jim Thomas - Stan Thompson - Ed Vermette - Jeanie Williams - Abe Willis - Mona Willis

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Health / Lifestyle News**Allergy myths dispelled**

(NC)—Think you know everything about seasonal allergies? Here are some popular myths - debunked.

Myth: Allergy season is over in the fall - it's likely just a cold.

Fact: Just because the weather is turning cooler doesn't mean allergy season is over.

Seasonal allergies can cause just as much misery for allergy sufferers in the fall as they do in the spring, and a newly introduced allergen can trigger an allergic reaction in an adult that can often be confused with a cold. Seasonal allergy symptoms occur all at once, while cold symptoms appear

one at a time. Another important difference is that colds tend to last up to seven days, while allergic reactions will remain until the allergen is removed.

Myth: Taking one brand of allergy medicine will build tolerance.

Fact: There is no reason to change allergy medication if you have found one that works. You cannot build up a tolerance to antihistamines like Reactine, which is proven effective in relieving both indoor and outdoor allergy symptoms.

Myth: I can't be allergic to ragweed - it doesn't grow anywhere near where I live.

Fact: Ragweed is the biggest allergy trigger during the fall, and even if it doesn't grow where you live, you can still be affected. That's because ragweed pollen can travel for hundreds of kilometres in the wind, so it's hard to avoid. If you're allergic to spring pollen-producing plants, chances are you're allergic to ragweed, too.

Myth: Allergies are annoying but are generally harmless to your health.

Fact: If left untreated, allergies can disrupt sleep, learning, and possibly result in chronic respiratory problems like asthma or sinusitis. Non-drowsy antihistamines can be very effective. In fact some, like Reactine, relieve allergy symptoms for a full 24 hours.

Ragweed 101

(NC)—Ragweed is a major cause of seasonal allergies, and fall is prime time for the itchy, watery eyes, runny nose and sneezing that often signals a reaction to this troublesome weed.

Many people often mistake goldenrod for ragweed - but the two are very different plants. Goldenrod, with its yellow blooms, is often blamed for causing seasonal allergies, when the

unremarkable ragweed plant with its toothed green leaves and small, inconspicuous flowers is the real culprit.

Ragweed is often found along the road, in fields and vacant lots in urban centres. It's a stubborn plant and since its pollen can travel for hundreds of kilometres, it's difficult to avoid.

Getting active 101

(NC)—Most of us would like to be more active and physically fit, but getting started can be tough. Sometimes you just need some inspiration.

This summer, Sun Life Financial and ParticipACTION are rallying Canadians to get off their couches and get moving. The ParticipACTION Sun Life - Inspire the nation tour will travel through 31 communities across Canada, igniting passion for physical activity.

"We believe that personal health is a major driver in overall well-being, including financial health," says Dean Connor, President, Sun Life Financial Canada. "Part of our responsibility as a corporate citizen is to promote wellness and educate Canadians about the importance of leading healthy lifestyles."

"We want Canadians to join us in the movement to make physical activity part of who we are as a nation," says Kelly Murumets, President and CEO, ParticipACTION.

According to the Canadian Fitness and Lifestyle Research Institute's Physical Activity Monitor, more than half of Canadians are inactive. You can do something about it. Add movement to your day. Walk instead of drive. Take the stairs instead of the elevator. Join a local sports league, or garden. Bring a buddy. Physical activity is always more fun when you have someone to share it with. Bring a friend along for your daily jog.

Make it routine. Make a walk part of your day. Gather friends for a weekly pick-up game of soccer. Build what works into your schedule.

Once you're active, spread the word. Visit the "Inspiration Booth" to record your video on how you've introduced more movement into your life. To learn more about the ParticipACTION Sun Life - Inspire the nation tour, visit participACTION.com.

"I always tell my patients to avoid peak pollen times in the fall, which are generally in the early part of the day," says Dr. Ross Chang, President, British Columbia Society of Allergy & Immunology. "Having a good antihistamine on hand is also a must - I recommend non-drowsy options like Reactine, which can start to work in as little as 20 minutes."

While ragweed may be a nuisance, the good news is the suffering will end with the first frost.

Living Past 100**Heart Alert For Women and Kids**

For the first time in many years, heart disease is on the increase in both sexes and all ages. Along with diabetes, obesity is linked to heart disease. Health experts will tell you lack of exercise is one of the causes of all of these problems, along with over-eating.

Other health experts are pointing another direction. They say it is not how much you eat, it is what you choose to eat. They make a strong case for healthier eating which will cause a weight reduction in the first week.

If you look at the recommended diet for a diabetic, you will see a reduction in both saturated fats and "goodies". Diabetics who stick to their diets stay slim and healthy. Many diabetics stay off insulin for years. The key to good health and proper weight is to remove certain things from the list of foods you eat.

In a study of blood type influences, Type A is most likely to become diabetic, but Type O is the dominant blood type among First Nations people, and they have a diabetes epidemic. Neither of these blood types can metabolize wheat products. A key factor in their weight reduction is the removal of wheat products from their diet. They will see an immediate change not only in weight, but in general feelings of good health.

Blood type B individuals will store wheat products as fat.

In these blood types, wheat gluten reduces insulin efficiency and metabolism. Removing wheat products from the diet means no cakes, bread, cookies and crackers made from wheat. This is not so easy to do in our society, where grain products are pushed at us as part of a healthy diet. Most grain products are wheat-based. However, removing wheat products will have immediate positive effects, because the wheat products in these blood types contributes to body fat as a direct result of slowing metabolism.

In Type O, most grain products lead to fat, but they can eat lean meat and fish without the fat build-up, and so can Type B (no poultry). This is not true for Type A. They tend to store meat protein as fat. Most Type A people would be well-advised to become vegetarians.

For all these blood types, vegetables speed up metabolism, which means the cells function better and the person feels more energetic. When a person feels more energetic, that person will do more, which means more exercise and even more weight loss and better health.

Invasive Plant Alert

Sulphur Cinquefoil - Another Princeton Invader

by Lisa Scott

Sulphur cinquefoil, a native of Europe, Asia and northern Africa, was introduced into North America before 1900. It is established across much of the United States and southern Canada. It occurs from British Columbia east to Newfoundland and Nova Scotia, south to Florida, and west to eastern Texas.

This long-lived perennial infests disturbed areas, meadows, pastures and rangelands and can dominate a site within two to three years of first appearance. Its seeds are spread by grazing ungulates, especially deer and elk, as well as human activities, including ATV and off-road recreation. Recent increases in sulphur cinquefoil density may also be associated with density reductions in knapweed, due to stress resulting from attack by biological control agents (natural insect enemies).

In British Columbia, sulphur cinquefoil is most common in the Southern Interior, where it has become rapidly abundant in the last decade.

While this plant does occur in the Princeton area, it is not widespread and many grassland areas still remain free of this invader. So learning to recognize and report this plant, and take action on your own properties is important.

The insidious nature of sulphur cinquefoil poses both a significant environmental and economic threat. Once established, this weed can produce dense populations that reduce or eliminate forage production and biodiversity. It is unpalatable to most livestock and wildlife due to a high concentration of bitter tasting compounds.

Sulphur cinquefoil is a member of the rose family (Rosaceae), and is one of over 20 herbaceous cinquefoils in BC. Plants grow upright, reaching heights of 15-70 cm, with one or more hairy stems. Leaves are divided into 5-7 hairy, toothed leaflets, each 5-10 cm long. Flowers are pale yellow with five heart-shaped petals around a bright yellow centre.

Sulphur cinquefoil most closely resembles graceful cinquefoil (*Potentilla gracilis*), a native plant which is shorter; has white woolly hair on the undersurface of the leaves; more basal leaves; deeper, less uniform leaf serrations; bright yellow flowers; and a smooth seed coat.

Sulphur cinquefoil grows very early in the spring from a woody root. The plant begins blooming in mid-June and produces flowers throughout the summer if growing conditions are favourable, until setting seed in late July.

Above-ground portions of the

plant completely dry up by late August but fall re-growth of bottom leaves is possible under moist, mild conditions.

As with all invasive plants, prevention is number one. Due to its aggressive tendencies and challenges in controlling, this is one species you are best preventing from invading your property. This can be accomplished by maintaining your land in a healthy, vigorous condition to ensure a productive plant community. Competitive perennial grasses and forbs utilize water and nutrients that would otherwise be readily available to cinquefoil.

Cooperate with adjacent landowners and encourage them to control sulphur cinquefoil. Reducing soil disturbance is also important, in addition to immediately re-seeding disturbed, bare soils with a suitable seed mix that provides dense, early colonization to reduce weed invasion.

Hand-pulling, with regular follow

up, can be effective on new and small infestations.

For anyone who would like to learn more about invasive plants in the Princeton area, I encourage you to join us on a field day being held in rural Princeton on August 11. Join weed experts, local agronomists and private landowners as you learn how to identify and control the knapweed complex, hound's-tongue, Dalmatian toadflax, Canada thistle, burdock and other invasive plants. View examples of successful biological control and join in discussions that will focus on invasive plant management in both natural and agricultural settings.

It is free of charge but you must register in advance. Contact me at (250) 404-0115 or email ecomatters@shaw.ca to register or for more information.

For more information on invasive plants, go to the regional district website www.rdos.bc.ca or check out www.weedsbc.ca.



Sulphur cinquefoil. Photo: Lisa Scott

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Think it's too hot outside to do anything these days? A ride through the former KVR tunnel under Highway 3 is not only cooling, but presents many rewards on the other side! Photo: Brenda Engel

The Green Corner

Who's the CEO of your household?

(NC)—Does your household have a Chief Environment Officer or a "CEO?" For some Canadians, it might be a child who leads the charge on environmental activities in the home, like separating garbage from recycling. For many other households, mom leads the way.

The recent TD Friends of the Environment Foundation "CEO" poll revealed that most Canadian households have a Chief Environment Officer. More than half (52%) of respondents said a woman is their household "CEO," compared to 36% saying their Chief Environment Officer is a man. Interestingly, the poll found that children are the number one influence on environmental behaviour, with more than one in four respondents acknowledging that their children influenced them to be more

environmentally responsible.

"Canadian families are changing the world, one backyard at a time," says Mary Desjardins, Executive Director, TD Friends of the Environment Foundation. "With 92% of respondents saying their household has a 'Chief Environment Officer,' it is clear that Canadians are committed to and passionate about environmental responsibility."

Canadians were also asked to rate their household's environmental friendliness: 18% rated their household as an "A" while 61% gave their household a "B." Only 2% gave their household a failing grade with an "F."

Canadians looking to improve the grade they would give their household can consider a few of the green activities by Canadian "CEOs": the

poll found that the top three green activities that "CEOs" do at home are managing recycling (91%); reducing their home's energy consumption (84%) and encouraging waste reduction (82%).

"If Canadians are looking for ways to improve their household's environmental responsibility, they can visit the new TD Friends of the Environment Foundation website and sign up to receive our Taking Root quarterly e-newsletter for simple, effective ideas," says Desjardins. "Making just a few small changes to the way we live can make a tremendous difference to the environment at home and in the community."

Find out how you can get involved with environmental activities in your community by visiting www.tdfe.com.

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The view of the Trans-Canada Trail (formerly the KVR railbed) from the ochre bluffs.

Princeton 1860 - 2010

150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

Holocaust on Copper Mountain



The view inside the Orange Hall prior to the funeral service. Photo: Princeton Museum

Mining, working under the surface deep underground, always has been and always will be fraught with many perils. Locally, the mine at Copper Mountain was no exception to this rule; if one looks back through past editions of Princeton newspapers that is quite evident. From individual earlier fatalities through to the 1938 occasion when a cage transporting men to and from the surface plunged to the bottom of the shaft, time is littered with such stories.

While reading a copy of the Princeton Star dated Thursday March 22nd, 1928, it wasn't so much the following headline that caught my eye "Copper Mt. Holocaust Among Great Tragedies In District's History", but the second line "Incendiarism Suspected". I read the article and investigated further.

On the night of Saturday, March 17th, 1928, nine men were killed and eleven injured in a fire above ground that destroyed No. 3 bunkhouse at Copper Mountain. The blaze reduced the 44 roomed building to a smoldering mass in less than a quarter of an hour.

The fire had started a little before 4:00 AM. in the morning. Nine men were burned to death and eleven injured, four seriously, while twenty others received minor injuries. Despite the No. 3 bunkhouse being by far the newest and best equipped owned by the Granby Co., then operators of the Copper Mountain Mine, the circumstances surrounding the incident were quickly questioned when it was reported that at precisely the same time an identical fire had bro-

ken out at No. 2 bunkhouse, but had been discovered and quickly extinguished by the presence of mind by miner Charlie Stocker.

The prompt arrival of a number of investigating officers, including John A. Briggs - the District Inspector of Mines, from Merritt, together with his Provincial counterpart, W. R. Dunwoody - Provincial Police Inspector plus Sergeant J. A. Fraser - District

Police Supervisor, did not bring any quick answers to the many questions being posed. The Police stated that at that point they were still "Running down all possible clues and unable to make any definite statements or form any conclusive opinion."

The fact that the fires were seen to be the work of an arsonist, although this was never proven at either the continued on Page 26



A crowd gathers to pay last respects. Photo: Princeton Museum

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Traditional Music Fest

Festival News - Part 3

This is the third in a series of stories about some of the theme concerts being presented at the second annual Princeton Traditional Music Festival.

The Festival takes place August 21st to 23rd right in town. Festivities begin at 6:30 PM on Friday the 21st with an opening ceremony on Veterans' Way. This is followed at 7:00 PM by an Irish country dance right on the street. The dance is open to everyone; no experience is required – the caller will teach all the dances – and there's no need to bring a partner. On Saturday and Sunday, August 22nd and 23rd there will be non-stop music from 10:00 AM to 6:00 PM on two stages – one in front of the Museum and one on Vermilion Square.

As well as the regular concerts by individual performing groups there will also be theme concerts. As described previously, a theme concert is focused on a particular topic presented by a group of singers and musicians who are on the stage at the same time. Last week's article featured the "Sea Songs" theme concert; this week will focus on the "Songs of British Columbia" concert.

The first Europeans who came to live in what is now BC encountered a landscape and climate that forced them to change the way they worked.

Trees on the west coast were gigantic, which made logging in BC very different from that in eastern North America. Fishing for salmon was very different than fishing for Atlantic cod, and mountainous terrain made prospecting and mining a challenge.

These new experiences brought forth lots of stories and many songs. The "Songs of British Columbia" theme concert will feature songs about mining, logging and fishing, songs about coalminers' strikes on Vancouver Island and songs from Princeton. The Princeton songs were collected in the 1960's by Phil Thomas from local people such as Bob Baird and Art Shenton. Many songs were also found by Jon Bartlett and Rika Ruebsaat in the Similkameen Star and the Princeton Star going back to 1900.

Jon Bartlett and Rika Ruebsaat will be singing in this theme concert as will Chris Corrigan from Bowen Island. His contribution will be a number of songs about life on the Island, particularly

struggles with the ferry service.

Lorne Dufour will be joining the panel from McLeese Lake, which is between Williams Lake and Quesnel. Lorne has been a horse logger for thirty-three years and has been writing poetry for almost forty years. He writes about the hardships and humour of life as a logger. Lorne has published three books: Spit on Wishes, Starting From Promise and Jacob's Prayer, which will be on sale at the Festival.

Also joining the panel will be the Westside Ramblers -- Joe and Rosie Lobb from West Kelowna. The Ramblers have been performing together for about ten years. During this time they have built up an extensive repertoire of BC and Canadian folk songs, some of which have rarely been heard. They have performed for the Kelowna Heritage Society, the Kelowna Museum and the Friends of Fintry.

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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Lorne Dufour. - photo submitted



News Leader Entertainment

Similkameen News Leader TV Guide Listings - August 5 - 11, 2009



One scoop or two? The ice cream sundaes were served in a way to keep participants cool and refreshed during Sock Hop Frenzie July 29th at Centennial Pool. And there were some seconds served! *

Swim club makes waves in Merritt

As Canada's greatest swimmers were stepping up to the starting blocks at the World Aquatic Championships in Rome, the Princeton Kokanee Summer Swim Club was competing a little closer to home.

The Merritt swim meet saw over 180 swimmers competing from 11 swim clubs from all over BC. The club had an excellent swim meet with the following swimmers all posting new personal best times: Emily Allison, Charlie Allison, Norman Anderson, Kiara Anderson, Dylan Carmichael, Taylor Carmichael, Mark Cimbaro, Nicholas Cimbaro, and Eric Gutierrez-Ogrinc.

Dylan Carmichael won the Bronze Aggregate Medallion, placing third overall in the swim meet for the Division 1 Boys.

Taylor Carmichael broke the Princeton Record for the 100 m Individual Medley, which was previously held by her, with a time of 1:23.97. She also came within 0.2 seconds of breaking the meet records in both the 50 m Fly as well as the 50 m Backstroke. These performances earned Taylor the Gold Aggregate Medallion, placing first overall in the swim meet for the Division 3 Girls.

In addition to Merritt, the team has competed in meets in Penticton,

Kelowna, Golden, Revelstoke, and Salmon Arm.

The team now has their eyes set on the Okanagan Regional Championships which will be held in Kamloops on August 8th and 9th. Swimmers placing in the top 3 in each event, or achieving a Provincial

Qualifying Time in the finals, will qualify for the Provincials which will be held August 21st-23rd in Abbotsford. If you want to know more about the Kokanee Summer Swim Club call Amanda Carmichael, Club President, at (250) 295-3450. -submitted



Kokanee Swim Club member Taylor Carmichael earned a Gold Aggregate at a recent swim meet in Merritt. - photo submitted

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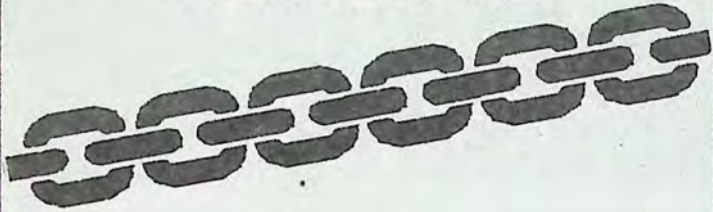
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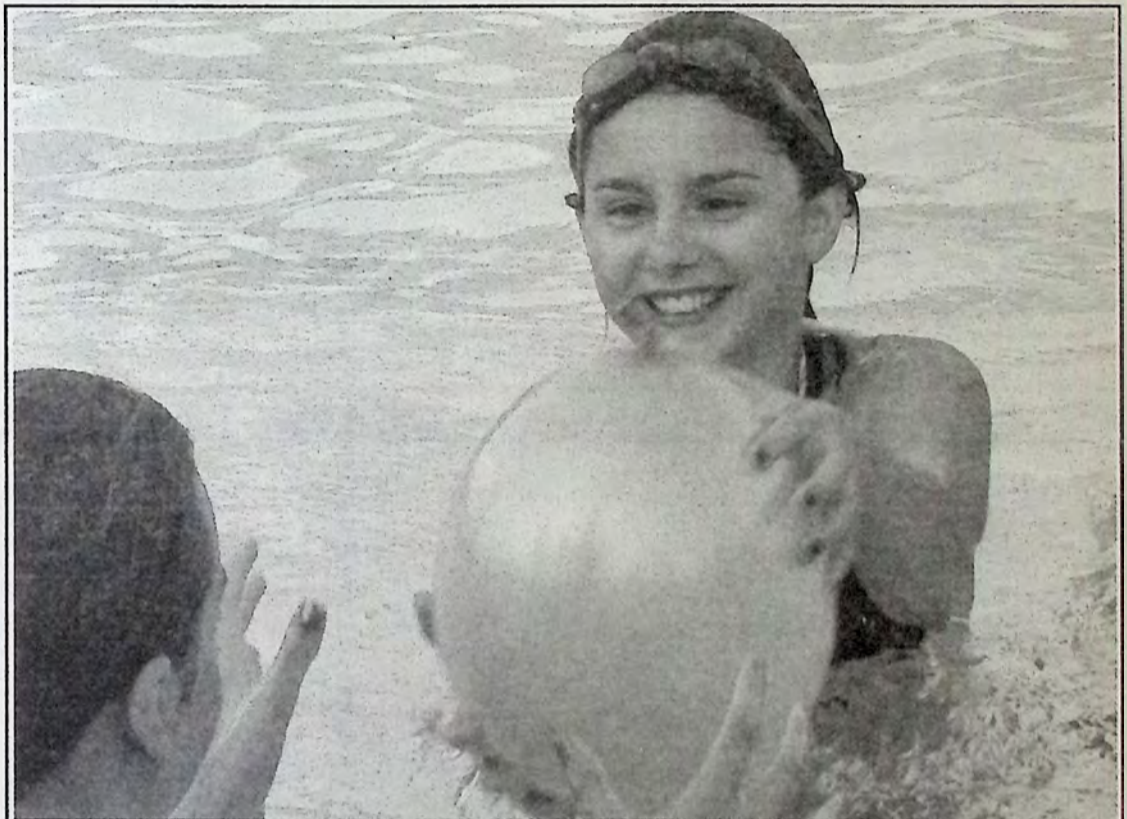
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Any idea why it was called 'Sock Hop Frenzie' at Centennial Pool? The fun theme night event took place July 29th and even the pool staff got into the spirit of the celebration! *



This was the easy part of the balloon relay race held during Sock Hop Frenzie at Centennial Pool. *



This was the hard part of the balloon relay for some at Sock Hop Frenzie July 29th. *

TUESDAY, AUGUST 4, 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	Amer. Justice	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Fire Jammers	Henrys King	CityLine	CSI: NY "Admissions"	Power Play
7 AM	In the Heat of the Night	Room That News	Martha (7:29) Dora the Explorer	Arthur (E1) Martha Curious	Today Long Island Lizards; Tyler Florence; decorating;	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry Animal	Berenstain Rolie Polie	SportsCentre		Day of the Shark	Mickey Mickey	The Tyra Banks Show	CSI: NY	The Outer Limits
8 AM	Cosby	Ad Pers	Explorer	Curious	Tyler Florence; decorating;		Cold Case Files		100 Huntley Street	Bo On Go	Timothy	SportsCentre		What's That About?	Handy	Rachael Ray	Pros vs. Joes	North of 60 "Bushman"	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Vanessa Hudgens; summer	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! Gofrette	Casper (9:25) Kid	Off-Record	Regis and Kelly	Fire Jammers	Feet	News City	Disorderly Con.	Soap What
10 AM	Trivial	The Mom Show	Noonbory (10:25)	Sesame Street (E1)	trends. (N)	The Price Is Right (N)	The First 48	The View Eric Bana. (N)	Doc "Daddy Dearest"	Debt Part House	Wilbur	(10:05) Viva Erky Perky	Champ. Darts	The View Eric Bana. (N)	Day of the Shark	Mickey Handy	The O.C. "The Journey"	CSI: Crime Scn	What Videos
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	The Sopranos	No Diet Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Dinner Antiques	(10:50) Ruby	X Games From Los Angeles. (Taped)	Twice in a Lifetime	Worst Handyman	Benj Bear McBoing	The Bonnie Hunt Show	CSI: Crime Scn	Videos Ellen
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Slim in 6 Friend	News Bold	Amer. Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Monster Grossology	etalk Bold	The Detonators	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld	
1 PM	Still Stnd	Home to	Maggie	Dewberry	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Hawks (1:40) Viva	Sue Thomas: F.B. Eye	Hell-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)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery Team	Horn Interruptio	General Hospital (N)	MythBusters (N)	(1:54) K. Possible	CityNews at 5 (N)	CSI: Crime Scn	King Family Guy
3 PM	Seinfeld	How Do I Look? (N)	(2:57) Zoboomafo o "Hot and	Big World Judge	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure Pokemon	Off-Record	Dr. Phil	Jetstream "Fight's On"	Emperor	CityNews at 6 (N)	CSI: Crime Scn	North of 60 "Bushman"
4 PM	Family Guy	Debt Part	Cold	Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Deal No	Oprah Winfrey	(3:59) Early Global	Fashion F. Mercer	SpongeBob OddParent	MLB Baseball: New York Yankees at Toronto Blue Jays. (Live)	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Power Play
5 PM	Payne	Deal No	Martha	BBC News	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	Simpsons Fortune	OddParent SpongeBob	CTV News at Five (N)	Deadly Waters (N)	Suite Life Montana	Hell's Kitchen (N)	UFC's Ultimate 100	Tube Tales	
6 PM	Movie: "Boat Trip" (2003) Cuba	Global	Mechanics	News-Lehrer	News (N)	News	The First 48	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver	iCarly	News (N)	Against the Elements	Zoey 101 Life Derek	More to Love (N)	Ways Die	Seinfeld Raymond	
7 PM	Gooding Jr.	El News	Gardens	Nova	Jeopardy!	The Doctors	The Cleaner (N)	Entertain The Insider	Entertain ET Canada	NCIS "About Face"	Coronatn Jeopardy!	Drake Prank Ptrl	SportsCentre (Live)	Corner Gas Hollywood	Deadliest Catch (N)	Wizards Montana	Make Me a Supermodel	MANSWERS Seinfeld	
8 PM	Seinfeld	Inside Hollywood (N)	Mighty Movers	Nova scienceNOW	America's Got Talent	NCIS "Hide and Seek"	The Cleaner	The Superstars (N)	NCIS "Hide and Seek"	NCIS "Hide and Seek"	Mercer Malcolm	22 Minutes Futurama	Off-Record	CSI: Miami	Daily Planet	Suite Life Buzz	News	UFC: Penn vs. Florian	Seinfeld Raymond
9 PM	Movie: "Boat Trip" (2003) Cuba	X-Weighted (N)	Masterpiece	Wild! (DVS)	America's Got Talent (Same-day Tape)	Big Brother 11 (N)	The First 48	Scrubs	Big Brother 11 (N)	Big Brother 11 (N)	Being Erica (DVS)	Family Biz Prank Ptrl	WEC WreckCage	Criminal Minds	Deadly Waters	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: Crime Scn	Family Guy King
10 PM	Gooding Jr.	Ruby (N)	Turgets-Iraq	Appalachian History	Medium	The First 48	Primetime	NCIS "About Face"	News Hour Final (N)	National	Falcon Beach "Tidal"	NASCAR Racing	Flashpoint	Deadliest Catch	School Cory	(10:06) I Love New York	MANSWERS	King Seinfeld	
11 PM	Sanford	News (N)	Seeking Doctors	Charlie Rose (N)	News (N)	News	The Cleaner	News	News Hour Final (N)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News	How-Made	Suite Life Life Derek	Northern	Disorderly Con.	Married... King

WEDNESDAY, AUGUST 5, 2009

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6 AM	Jeffersons	News	Franklin	Bob Build	News (N)	News	American Justice	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Rolie Polie Dewitt	SportsCentre	Canada AM	Daily Planet	Henrys King	CityLine	CSI: NY "Taxi"	Crow-Stairway
7 AM	In the Heat of the Night	Room That News	Martha (7:29) Dora the Explorer	Arthur (E1) Martha Curious	Today Marlon Wayans; Money 911; Today's Kitchen;	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums! Animal	Berenstain Rolie Polie	SportsCentre		Deadly Waters	Mickey Mickey	The Tyra Banks Show	CSI: NY "Blink"	The Outer Limits
8 AM	Cosby	Ad Pers	Explorer	Curious	Money 911; Today's Kitchen;		Cold Case Files		100 Huntley Street	Bo On Go	Timothy	SportsCentre		How-Made	Handy	Rachael Ray	Disorderly Con.	North of 60	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	cooking jerk chicken. (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Casper (9:25) Kid	Off-Record	Regis and Kelly	Daily Planet	Feet	News City	CSI: Crime Scn	Reality What
10 AM	Trivial	The Mom Show	Sid (10:25)	Sesame Street (E1)		The Price Is Right (N)	CSI: Miami "Identity"	The View (N)	Doc "Breaking Away"	Debt Part House	Wilbur	(10:05) Viva Erky Perky	Champ. Darts	The View (N)	Deadly Waters	Mickey Handy	The O.C.	CSI: Crime Scn	What Videos
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Dinner Antiques	(10:50) Ruby	X Games From Los Angeles. (Taped)	Twice in a Lifetime	Monster Moves	Benj Bear McBoing	The Bonnie Hunt Show	CSI: Crime Scn	Videos Ellen
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News Bold	Amer. Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Monster Grossology	etalk Bold	The Detonators	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld	
1 PM	Still Stnd	Home to	Maggie	Art Work	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Hawks (1:40) Viva	Sue Thomas: F.B. Eye	Deadliest Catch	Dragon Emperor	ER "In a Different Light"	CSI: Crime Scn	Raymond Fresh Pr.	
2 PM	King	Guiding Light (N)	(1:56)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Mystery Team	Horn Interruptio	General Hospital (N)	MythBusters (N)	(1:54) K. Possible	CityNews at 5 (N)	CSI: Crime Scn	Family Guy
3 PM	Seinfeld	The Big Party Plan-Off	(2:57) Zoboomafo o Jurassic	Big World Judge	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure Pokemon	Off-Record	Dr. Phil	Qubit (N)	Replace	CityNews at 6 (N)	CSI: Crime Scn	North of 60
4 PM	Family Guy	Debt Part	period.	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami "Identity"	Deal No	Oprah Winfrey	(3:59) Early Global	Fashion F. Red Green	SpongeBob OddParent	MLB Baseball: New York Yankees at Toronto Blue Jays. (Live)	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Crow-Stairway
5 PM	Movie: "Bandits" (2001) Bruce Willis, Billy Bob Thornton.	Deal No	Martha	BBC News	News (N)	News	Dog the Bounty Hunter	News	Early News	(4:59) News Hour (N)	Simpsons Fortune	OddParent SpongeBob	CTV News at Five (N)	Day of the Shark 2 (N)	Suite Life Montana	Goode Surviving	UFC's Ultimate 100	What	
6 PM	Willis, Billy Bob Thornton.	Global	Think Big	News-Lehrer	News (N)	News	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver	iCarly	News (N)	Deadliest Catch	Zoey 101 Life Derek	Japanese Game Show	Ultimate Fighting Champions	Seinfeld Raymond	
7 PM	Seinfeld	El News	Eyewitness to War	Make-Laugh	Jeopardy!	The Doctors	Dog the Bounty Hunter	Entertain The Insider	Entertain ET Canada	The Philanthropist (N)	Coronatn Jeopardy!	In Real Life	SportsCentre (Live)	Corner Gas Hollywood	Mayday	Wizards Montana	Murdoch Mysteries	hip 89: Bisping vs. Leben	Family Guy Seinfeld
8 PM	Movie: "Bandits" (2001) Bruce Willis, Billy Bob Thornton.	Psych (N)	Himalaya-Palin	Time Team America (N)	50 Funniest Phrases	Christine Gary	Criss Angel Mindfreak	Wipeout (N)	Wipeout (N)	Wipeout (N)	Dragon's Den	Malcolm Futurama	Off-Record	CSI: Crime Scn	Daily Planet	Suite Life Buzz	News	Seinfeld Raymond	
9 PM	Willis, Billy Bob Thornton.	Richards Kendra (N)	The Planets	The Head (DVS)	America's Got Talent	Criminal Minds	Dog the Bounty Hunter	Japanese Game Show	(9:02) In Plain Sight	(9:02) In Plain Sight (N)	The Tudors (DVS)	Survive Adrenaline	World Series	You Can Dance	Day of the Shark 2	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: Crime Scn	Family Guy Fresh Pr.
10 PM	Sanford	Keep Up	Yo-Yo: Bach	Wings Over the Alamo	The Philanthropist (N)	CSI: NY	Dog the Bounty Hunter	Primetime: Crime	The Philanthropist (N)	News Hour Final (N)	National	Falcon Beach	World Series	CSI: NY	Mighty Ships	School Cory	(10:06) I Love Money	Most Amazing Videos	Seinfeld
11 PM	Sanford	News (N)	Hockey	Charlie Rose (N)	News (N)	News	Dog the Bounty Hunter	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News	Deadliest Catch	Suite Life Life Derek	Northern	Disorderly Con.	Married... King

Similkameen News Leader - Horoscopes

August 5 - 12, 2009

Aries - Watch out now for colds and flu. Be cautious about what you say on the job. If you are looking for work, talk to a lot of people to telling the work you want. Be determined.

Taurus - Hard work starts to pay off now. Be cautious with money: don't dwell on what you don't have, appreciate what you have. Prepare for a busy week next: keep on top of things.

Gemini - If you take a vacation now, you can have a lot of fun, but travel won't run smoothly. Problems with home could keep you at home, but home improvement pays off.

Cancer - This is a good month to have fun with siblings and neighbours, whether just talking to them or joining in some activity. You could win a prize on August 12. Don't overspend.

Leo - A partner or spouse brings real benefits now, but there are strings attached to any money involved. Proceed with caution on any big schemes presented by a friend. Think!

Virgo - This could be a wild week in your career. Try to keep up with the pace but get plenty of rest. If you haven't been dieting, now is a good time to start if you need to lose weight.

Libra - Job prospects are still under a cloud of shortage, but don't give up hope. Things will turn around this fall. Make up resumés and take them around next week. Cross fingers.

Scorpio - You may have problems to clear up regarding debts. If you need to learn something, now is a good time to do it. Career matter could bring you a lot of fun this weekend. Enjoy!

Sagittarius - A lot of things related to your career are running smoothly right now: clear up any potential problems this week. Next week may be more than you can handle.

Capricorn - Trips with partner or friend can be very pleasant this week. Watch out for trouble on the job or with health. Keep active, but don't overdo. Men: look for romance before sex.

Aquarius - Interaction with friends is very positive now. You may get a break on money owed, or you may be tempted to go into debt. Keep a tight hold on finances. Job is fun.

Pisces - Matters related to health and/or family could cause problems this week. Your own health is good now, but do not overindulge in sweets, alcohol or baked goods. If you do, you will suffer. Flights of fancy may cloud your thinking. Be alert!

Tuesday Movies

EVENING

6:00 pm WTBS (3) ★½ "Boat Trip" (2003, Comedy) Cuba Gooding Jr. Two skirt-chasing buddies discover too late that their travel agent has booked them on an all-gay cruise. (E)

9:00 pm WTBS (3) ★½ "Boat Trip" (2003, Comedy) Cuba Gooding Jr. Two skirt-chasing buddies discover too late that their travel agent has booked them on an all-gay cruise. (E)

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Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "Bandits" (2001, Comedy) Bruce Willis. Two bank robbers fall for a bored housewife who helps them commit heists across the country. (E)

EVENING

8:00 pm WTBS (3) ★★½ "Bandits" (2001, Comedy) Bruce Willis. Two bank robbers fall for a bored housewife who helps them c

Similkameen News Leader

Thursday Movies

EVENING

7:00 pm WTBS (3) ★★½ "The Ringer" (2005, Comedy) Johnny Knoxville. Special Olympians train a man, who is pretending to be mentally impaired, to go toe-to-toe with the hated champion of the games.

10:00 pm WTBS (3) ★★ "Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average. (E)

Friday Movies

AFTERNOON

1:00 pm YTV (18) ★★½ "Open Season" (2006, Comedy) Voices of Martin Lawrence. Animated. A mule deer shakes up the easy life of a domesticated bear. (In Stereo) (E)

EVENING

6:00 pm WTBS (3) ★★ "Clear and Present Danger" (1994, Suspense) Harrison Ford. An acting CIA chief learns the president has triggered a war with Colombian drug cartels. (E)
7:00 pm YTV (18) "Lovewrecked" (2006, Adventure) Amanda Bynes. After saving the life of her favorite rock star, a teenager takes him to a nearby island and tells him that they are castaways. (In Stereo) (E)
7:30 pm FAM (26) "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment. (In Stereo) (E)

9:00 pm FAM (26) "Now You See It..." (2005, Adventure) Alyson Michalka. While producing a reality TV show, a teenager meets a magician whose powers are real but put him in danger. (In Stereo) (E)

9:30 pm WTBS (3) ★½ "Hard Rain" (1998, Action) Morgan Freeman. A thief, a sheriff and the nephew of an armored-truck driver seek money bags in a flooding Indiana town. (E)

10:30 pm FAM (26) "The Blke Squad" (2003, Drama) Braden Parkes. Unable to spend time with his divorced father, a boy befriends a group of cyclists. (In Stereo) (E)

11:00 pm SPIKE (44) "Ring of Death" (2008, Action) Johnny Messner. A former lawman infiltrates a sadistic prison where inmates fight to the death. (In Stereo)

Similkameen News Leader - Recipe Corner

Recipe #283

Super-Quick Guacamole Dip

Ingredients

- 2 large, ripe avocados
- Juice from half a lime
- Salt and pepper, to taste
- 3 tablespoons Tostitos salsa
- 1 bag Tostitos bite-size rounds tortilla chips

Directions

1. Cut avocados in half and take out pits.
2. Scoop flesh from skins and discard skins.
3. Mash avocado with fork or beater.
4. Add salsa, lime juice, and salt & pepper to taste. Mix thoroughly.

Serve immediately or cover and refrigerate until ready to use. Serve with Tostitos bite-size rounds tortilla chips, as a fun and easy way to integrate whole grains into your diet.

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THURSDAY, AUGUST 6, 2009

Grid for Thursday, August 6, 2009. Columns: Time, WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP. Rows: 6 AM to 11:30 PM.

FRIDAY, AUGUST 7, 2009

Grid for Friday, August 7, 2009. Columns: Time, WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP. Rows: 6 AM to 11:30 PM.

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 #215 - Rated Easy

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

CHALLENGE #216 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

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

Saturday Movies

MORNING

9:00 am WTBS (3) ★★½ "Romy and Michele's High School Reunion" (1997, Comedy) Mira Sorvino. Two pinheads try to impress former classmates with far-fetched success stories. (E)
11:30 am WTBS (3) ★★½ "Kicking & Screaming" (2005, Comedy) Will Ferrell. A vitamin salesman and his overly competitive father go head-to-head as coaches of children's rival soccer teams. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire against two teenage singers. (In Stereo)
1:55 pm FAM (26) "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club. (In Stereo)
2:00 pm KXLY (10) ★★½ "Holes" (2003, Adventure) Sigourney Weaver. A boy and his friends question the motives of a woman who forces them to dig holes at a detention camp. (In Stereo) (E)
4:00 pm YTV (18) ★★ "Doogal" (2005, Adventure) Voices of Daniel Tay. Animated. A youngster and her animal friends must stop an evil wizard from creating another ice age. (In

EVENING

5:00 pm WTBS (3) ★★½ "Cinderella Man" (2005, Biography) Russell Crowe. Despite a string of losses and injuries, boxer Jim Braddock makes a dramatic comeback and faces champion Max Baer. (E)
Spike (44) ★★½ "Aliens" (1986, Science Fiction) Sigourney Weaver. Premiere. The survivor of a harrowing alien attack returns to planet LB 426 with Marines sent to check her horror story. (In Stereo)
6:00 pm CITY (29) ★½ "Citizen Duane" (2006, Comedy-Drama) Douglas Smith. A high-school student seeks to restore his father's honor by toppling the man's nemesis, the longtime mayor of their small town. (E)
8:00 pm WTBS (3) ★½ "Playing God" (1997, Drama) David Duchovny. A decertified surgeon accepts a job as personal doctor for a Los Angeles mobster sought by the FBI. (E)
KXLY (10) ★★½ "Finding Nemo" (2003, Comedy) Voices of Albert Brooks. Animated. A fish embarks on a journey to find his son after losing him in the Great Barrier Reef. (In Stereo) (E)
VTV (22) "Would Be Kings" (2008, Crime Drama) (Part 1 of 2) Currie Graham. Police corruption, power

and money affect the lives of two lawmen and their family. (In Stereo) (E) (DVS)
Spike (44) ★★½ "Aliens" (1986, Science Fiction) Sigourney Weaver. The survivor of a harrowing alien attack returns to planet LB 426 with Marines sent to check her horror story. (In Stereo)
9:00 pm FAM (26) ★★½ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. (In Stereo) (E)
11:00 pm WTBS (3) ★★½ "Kicking & Screaming" (2005, Comedy) Will Ferrell. A vitamin salesman and his overly competitive father go head-to-head as coaches of children's rival soccer teams. (E)
FAM (26) ★★½ "Hero at Large" (1980, Comedy) John Ritter. An actor costumed as Captain Avenger foils a grocery-store robbery and becomes a sensation. (In Stereo)
11:30 pm CBC (13) ★★½ "The Lord of the Rings: The Two Towers" (2002, Fantasy) Elijah Wood. Now divided, members of a fellowship take different paths to destroy the ring and defeat evil Sauron and his pawns. (In Stereo) (E)

Sunday Movies

MORNING

9:00 am WTBS (3) ★½ "I Know What You Did Last Summer" (1997, Horror) Jennifer Love Hewitt. A killer stalks North Carolina teens who disposed of an auto accident's live victim. (E)
11:00 am WTBS (3) ★★½ "G.I. Jane" (1997, Drama) Demi Moore. A female Navy SEALs recruit completes rigorous training under a tough officer's command. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs and a cooking contest in the same day. (In Stereo) (E)

EVENING

1:30 pm WTBS (3) ★★½ "Runaway Jury" (2003, Suspense) John Cusack. A juror, a lawyer and a mysterious woman stand in the way of a man trying to manipulate an explosive trial. (E)
FAM (26) ★★½ "The Even Stevens Movie" (2003, Comedy) Shia LaBeouf. Members of a family unwittingly appear on a reality-television show after the producer sends them to an island for a vacation. (In Stereo) (E)
3:00 pm VTV (22) "Black Widower" (2006, Suspense) Kelly McGillis. Authorities become suspicious about a man whose wives have died under mysterious circumstances. (In Stereo) (E) (DVS)
4:00 pm WTBS (3) ★★½ "Forces of Nature" (1999, Romance-Comedy) Sandra Bullock. A bridegroom hurries by plane to his wedding, but he and his seatmate must find other modes of travel. (E)
YTV (18) ★★½ "Muppets From Space" (1999, Comedy) Jeffrey Tambor. After learning about his origins, Gonzo must decide whether to seek his own kind or stay with friends. (In Stereo) (E)
5:00 pm CBC (13) ★★½ "Nanny McPhee" (2005, Comedy) Emma Thompson. A widower hires a mysterious woman who uses magic to control his seven unruly children. (In Stereo) (E)

Adventure) Josh Hutcherson. A mysterious game propels two young brothers into outer space. (In Stereo) (E)
8:00 pm WTBS (3) ★½ "I Know What You Did Last Summer" (1997, Horror) Jennifer Love Hewitt. A killer stalks North Carolina teens who disposed of an auto accident's live victim. (E)
KNOW (5) "Dead on Time" (1992, Mystery) John Thaw. Inspector Morse investigates the mysterious death of his former lover's husband. (E)
CBC (13) "Iron Road" (2009, Drama) (Part 1 of 2) Peter O'Toole. Premiere. A Chinese woman works on the Canadian Pacific Railway in the 1800s. (In Stereo) (E)
9:00 pm FAM (26) ★★½ "Around the World in 80 Days" (2004, Adventure) Jackie Chan. With help from his two sidekicks, an eccentric inventor bets he can circle the globe in less than three months. (In Stereo) (E)
10:00 pm WTBS (3) ★★½ "Consenting Adults" (1992, Suspense) Kevin Kline. A new neighbor lures a couple into wife-swapping as a setup to an insurance-scam murder. (E)
10:30 pm SPIKE (44) ★★½ "House of Flying Daggers" (2004, Action) Takeshi Kaneshiro. During the Tang dynasty, two lawmen go under cover at a house of pleasure to shake loose the leader of a powerful rebel faction. (In Stereo)
10:32 pm FAM (26) ★★½ "Hometown Legend" (2002, Drama) Terry O'Quinn. Retired for 12 years, a high-school football coach returns to his former team and resurrects their spirit. (In Stereo) (E)

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SATURDAY, AUGUST 8, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Paid Prog.	News		America	Today (N)	(5:00) The Early Show (N)	Sell House	Wall St	Fishing	Fishing	Super Why!	Being Ian	SportsCentre	OWL/TV Kingdom	Combat School	Rangers Handy	CHIN Dharu	TNA IMPACT!	Soap
6:30 AM	Paid Prog.	Tube Tales		Fly Tying			Sell House	Paid Prog.	Fishing	Fishn	Busytown	Grossology							Paid
7 AM	Paid Prog.	Ad Pers	Martha	MotorWeek	News (N)	Cake	Flip This House	Good Morning America	Saturday Morning News (N)	Saturday Morning News (N)	Turbo	Pretty Cure	NASCAR Racing: Nationwide - Qualifying	Anne Grn Kids	Sharkbite Summer	Mickey Phineas	Eye on Asia		Mad Abl.
7:30 AM	Paid Prog.	Fishing	Clifford	Seasoned		Horveland	Flip This House (N)	Emperor			Animal	Rollbots							Mad Abl.
8 AM	Videos	Foodies	George S.	Woodsmith		Dino	Flip This House (N)	Replace			Razberry	SpongeBob		Jeff	Ancient World	Suite Life School	Polish Studio	Xtreme 4x4	Raymond
8:30 AM	Videos	Driving TV	Magic Bus	Hometime		Sushl Pack					Goldfish	Kid vs. Kat		Pringle				Hrseperwr	Raymond
9 AM	"Romy and Michele's High School Reunion"	Paid Prog.	(8:58)	Workshop		Strawberry	Keyshawn	So Raven		Driving TV	Bold Presents	SpongeBob		Pringle	How-Made	Zoey 101	Amazing	Trucks!	Seinfeld
9:30 AM		Paid Prog.	(9:28)	Old House		Care Bears	Keyshawn	So Raven		Fishing		Casper		Alice	How-Made	So Raven	Downright	MuscleCar	Seinfeld
10 AM	E! News	Maggie-Beast	Ask This	Zula Patrol	Paid Prog.	Angel	Montana	Fishn	Heart of a Child	Dinner	OddParent		Friday Night Fights. (Taped)	Diary	Sharkbite Summer	Montana	CityLine	UFC Unleashed	Family Guy
10:30 AM	Daily 10		Test Kitch	Friend	Paid Prog.	Angel	Suite Life	Fishing		Antiques	League			Diary		Wizards			Family Guy
11 AM	Friends	To Be Announced	Rolie Polie Paddington	Christina Primal Grill	Paid Prog.	PGA Tour Golf: WGC Bridgestone	Angel	Rangers	Heart of a Child	Fishing	Cycling	Transform		PLAN	MaydaySystem	Sonny	Paid Prog.	UFC Unleashed	"70s Show
11:30 AM	Movie: "Kicking & Screaming" (2005) Will Ferrell.				Paid Prog.	Invitational - Third Round. (Live)	Angel	Wall St	News	Magic	Mountain Biking: UCI	Pokemon	NASCAR Racing: Nationwide Series - Zippo 200 at The Glen. (Live)	Daily Planet	MythBusters	Movie: "High School Musical" (2006) Zac Efron.	CityLine	UFC Unleashed	Friends
12 PM	To Be Announced	Lilly	Cooking	Paid Prog.	Invitational - Third Round. (Live)	Angel	Wall St	News	Magic	Mountain Biking: UCI	Pokemon	NASCAR Racing: Nationwide Series - Zippo 200 at The Glen. (Live)	Daily Planet	MythBusters	Movie: "High School Musical" (2006) Zac Efron.	CityLine	UFC Unleashed	Friends	
1:30 PM	King	To Be Announced	(1:05) Taste Mechanics	Antiques Roadshow	Beach Volleyball: AVP Crocs Tour	Criss Angel Mindfreak	Movie: "Holes" (2003)	Simpsons	World Aquatics	Rollbots	Hawks		Car	MythBusters (N)	(1:55) Movie: "High School Musical" (2006) Zac Efron.	EP Canada	UFC Unleashed	"70s Show	
2:30 PM	Seinfeld	To Be Announced	(2:03) Fetch! Ruff	History Detectives	Athlete	Paid Prog.	CSI: Miami	Sigourney Weaver	Simpsons	Family Guy	Be the Creature	Team	Sports	Twice in a Lifetime	Cash Cab	School Musical 2" (2007) Zac Efron.	CityNews/6	UFC: Penn vs. Florian	Bob-Doug Parker
3:30 PM	Seinfeld	To Be Announced	(3:27) Little Trek	Veggie	Paid Prog.	CSI: Miami	Sigourney Weaver	Simpsons	Family Guy	Be the Creature	Team	Sports	CFL	Twice in a Lifetime	Cash Cab	School Musical 2" (2007) Zac Efron.	CityNews/6	UFC: Penn vs. Florian	Bob-Doug Parker
4 PM	Payne	To Be Announced	(4:02) Europe	Penguins	Access Hollywood (N)	CSI: Miami	NASCAR	Family Guy	Family Guy	Who Do	Movie: "Doogal" (2005)		Football: Edmonton Eskimos at Hamilton Tiger-Cats. (Live)	First Story	Cash Cab	Cory	Easy Money	Prisoners-Ctrl	Family Guy
4:30 PM	Payne	To Be Announced	(4:27) Food Trip	Turbo	Turbo	CSI: Miami	NASCAR	Family Guy	Global	Project X	Movie: "Doogal" (2005)		Football: Edmonton Eskimos at Hamilton Tiger-Cats. (Live)	First Story	Cash Cab	Cory	Easy Money	Prisoners-Ctrl	Family Guy
5 PM	Movie: "Cinderella Man" (2005)	E! News	George Shrinks	Summer	News (N)	News	CSI: Miami "Sunblock"	Storms	Family Guy	(4:59) News Hour	Antiques Roadshow	Kid vs. Kat		etalk	Destroyed	Sonny	Murdoch Mysteries	Movie: "Aliens" (1986)	Friends
5:30 PM	Russell Crowe, Renée Zellweger.	Global	Profiles of Nature	Lawrence Welk Show	News (N)	News	CSI: Miami	News	(5:59) News Hour (N)	Doc "Welcome to NY"	Sat. Report	Kid vs. Kat		News (N)	Deadliest Catch	(6:01) Jonas Buzz	Movie: "Citizen Duane" (2006) Douglas Smith.	Sigourney Weaver, Carrie Henn. Premiere.	Bob-Doug Parker
6:30 PM	Zellweger.	Out There	National Geographic	Benny Time Goes	CSI: NY	Cold Case	CSI: Miami	Entertainment Tonight	Doc	Doc "No Pain, No Gain"	The Nature of Things	Prank Ptrl	Football: Winnipeg Blue Bombers at Calgary Stampeders. (Live)	W-FIVE (DVS)	Destroyed	Suite Life	News	Movie: "Aliens" (1986), Science Fiction	Friends
7:30 PM	Movie: "Playing God" (1997)	Rich Poor	Heartbeat	The Civil War "A Very Bloody Affair: 1862"	Law Order: CI	CSI: Miami	The Sopranos	Movie: "Finding Nemo" (2003, Comedy)	Doc "Angels in Waiting"	Doc Nancy is mugged.	East Coast	Survive	Bombers at Calgary Stampeders. (Live)	W-FIVE (DVS)	Destroyed	Suite Life	News	Movie: "Aliens" (1986), Science Fiction	Friends
8:30 PM	David Duchovny.	Movie	Midsomer Murders	Affair: 1862"	Face the Ace (N)	48 Hours Mystery	CSI: Miami "Sunblock"	Doc "Lost and Found"	Doc	Da Vinci's City Hall	In Real Life		Sports	Currie Graham.	Destroyed	Tom Hanks.	EP Canada	Sigourney Weaver, Carrie Henn.	Friends
9:30 PM	American Chopper	Rich Poor	Heartbeat	The Civil War "A Very Bloody Affair: 1862"	Face the Ace (N)	48 Hours Mystery	CSI: Miami "Sunblock"	Doc "Lost and Found"	Doc	Da Vinci's City Hall	In Real Life		Sports	Currie Graham.	Destroyed	Tom Hanks.	EP Canada	Sigourney Weaver, Carrie Henn.	Friends
10:30 PM	"Kicking & Screaming"	News (N)	Montreal Jazz	Austin City Limits	News (N)	News	CSI: Miami	Edison	News Final	(10:58) J.R.	News	Mystery	SportsCentre (Live)	News (N)	Guinea Pig	Movie: "Hero at Large"	Northern	Disorderly Con.	Mad Abl.

SUNDAY, AUGUST 9, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Sports	News		Maya	Today (N)	Paid Prog.	Private Sessions	Paid Prog.	Is Written	Driving TV	Animal	Being Ian	SportsCentre	Daily Planet	Greatest Gunfight	Rangers Handy	Amazing	Married...	Driving TV
6:30 AM	Saved-Bell	Pioneers		Fetch! Ruff		Paid Prog.		Paid Prog.	Fishful	Whata	Save-Ums!	Grossology							Paid Prog.
7 AM	Saved-Bell	Hunter	Martha	Raggs	News (N)	CBS News Sunday Morning	The Sopranos	Good Morning America	Foodies	Canada	Razberry	Monster	Reporters	Twice in a Lifetime	Day of the Shark 2	Mickey Phineas	Eye on Asia	Married...	Mad Abl.
7:30 AM	Videos	Fishing	Clifford	Animalia	Northwest	(N)	The Sopranos	This Week With George	Sunday Morning News (N)	TribalTrail	Coronatn	Kid vs. Kat	Fishing	Anne Grn	Shark After Dark	Suite Life	Eye-Asia	Xtreme 4x4	Raymond
8 AM	Videos	Fishn	George S.	Reading	Meet the Press (N)	Nation	The Sopranos	The Sopranos	Sunday Morning News (N)	Ride Guide	Coronatn	League	Yachting	Pringle					
8:30 AM	Videos	Powerboat	Magic Bus	Electric			The Sopranos	The Sopranos	Hour of Power	Hour of Power	Coronatn	OddParent	NASCAR Racing	PLAN	Funnest Animals	Zoey 101	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
9 AM	Movie: "I Know What You Did Last Summer"	Neighborhood	(8:58) Wishbone	The Firm	Paid Prog.	Paid Prog.	The Sopranos	Wall St	Hour of Power	Hour of Power	Coronatn	Barnyard	NASCAR Racing	PLAN	Funnest Animals	Zoey 101	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
9:30 AM	Last Summer	Vanity	Maggie-Beast	Design	Paid Prog.	Prelude to Final Major	Angel	Hometime	Driving TV	Listen Up	CBC News: Sunday	SpongeBob	NASCAR Racing: Sprint Cup	Jeff	Chameleon Beach (N)	Montana			Just Shoot
10 AM	Movie: "G.I. Jane" (1997) Demi Moore.	TBA	Rolie Polie	Foreign	Paid Prog.	PGA Tour Golf: WGC Bridgestone	Angel	Juicing	Hour of Power	PGA Tour Golf: WGC Bridgestone	fifth estate	Jackson	Heluva Good! Sour Cream Dips at The Glen. (Live)	Canada's Worst Driver	How-Made	Suite Life	Reviews	Jesse James	King
10:30 AM	Moore, Viggo Mortensen.	To Be Announced	Lilly	Globe Trekker	American Le Mans Series	Invitational - Final Round. (Live)	Angel	Your Green Life	News	PGA Tour Golf: WGC Bridgestone	Land Sea	The Next Star 2	W-FIVE (DVS)	Heluva Good! Sour Cream Dips at The Glen. (Live)	How-Made	Suite Life	EP Weekly		King
12 PM	To Be Announced	(1:05) Think Mechanics	The History Project	Beach Volleyball: AVP Crocs Tour	Simmons	To Be Announced	Simmons	To Be Announced			Steven and Chris	The Next Star 2	Double Identity	Canada's Worst Driver	"Eddie's Million Dollar Cook-Off"	The O.C.	Jesse James	Raymond	
1:30 PM	Movie: "Runaway Jury" (2003, Suspense) John Cusack.	To Be Announced	Upside	Wait God	Paid Prog.	Paid Prog.	Simmons	Homeland Security USA	Simpsons	Family Guy	Doc Zone	Prank Ptrl	SportsCentre (Live)	Movie: "Black Widower"	Cash Cab	Suite Life	CityNews/6	Jesse James	GoldMind
2:30 PM	Movie: "Forces of Nature" (1999)	To Be Announced	(4:02) Money	NBC News	Extra (N)	Simmons	Storms	Paid Prog.	Family Guy	Jeopardy!	Movie: "Muppets From Space"	Boxing: Maidana	MythBusters	Wizards	TO Show	Jesse James	Carlawood	Parker	
3:30 PM	Movie: "Forces of Nature" (1999)	Okanagan	(4:27) George Shrinks	Workshop	NFL Preseason Football:	CBS News	Simmons	ABC News	Global	(4:59) News Hour	Movie: "Nanny McPhee" (2005), Colin Firth	Movie: "Zathura" (2005) Josh Hutcherson.	NFL Preseason Football:	In Fashion	Mighty Ships	Sonny	Be a Millionaire	Jesse James	Friends
4:30 PM	Movie: "Forces of Nature" (1999)	Global	Saddle	Lark Rise to Candleford	Hall of Fame	KREM 2 News at 6 (N)	Simmons	Explorer	(5:59) News Hour (N)	Amer Dad	Colin Firth	Titans	Hall of Fame Game vs. Bills vs.	News (N)	Somali Pirate	(6:01) Jonas Buzz	Royal Pains	Jesse James	Carlawood
5:30 PM	Movie: "Forces of Nature" (1999)	Global	Saddle	Lark Rise to Candleford	Hall of Fame	KREM 2 News at 6 (N)	Simmons	Explorer	(5:59) News Hour (N)	Amer Dad	Colin Firth	Titans	Hall of Fame Game vs. Bills vs.	News (N)	Somali Pirate	(6:01) Jonas Buzz	Royal Pains	Jesse James	Carlawood
6:30 PM	Movie: "Forces of Nature" (1999)	Global	Saddle	Lark Rise to Candleford	Hall of Fame	KREM 2 News at 6 (N)	Simmons	Explorer	(5:59) News Hour (N)	Amer Dad	Colin Firth	Titans	Hall of Fame Game vs. Bills vs.	News (N)	Somali Pirate	(6:01) Jonas Buzz	Royal Pains	Jesse James	Carlawood
7:30 PM	Movie: "I Know What You Did Last Summer"	Deal or No Deal	Movie: "Dead on Time" (1992) John Thaw.	Mysterious Murder	MI-5 "Love and Death"	Am. Road Trip	Simmons	Defying Gravity (N)	Simpsons	News Final	CBC News: Sun.	Adrenaline	Billiards: WPBA	Defying Gravity (N)	Somali Pirate	(10:32) Movie: "Hometown Legend"	Paid Prog.	"House of Flying Daggers"	Mad Abl.
8:30 PM	Movie: "I Know What You Did Last Summer"	Deal or No Deal	Movie: "Dead on Time" (1992) John Thaw.	Mysterious Murder	MI-5 "Love and Death"	Am. Road Trip	Simmons	Defying Gravity (N)	Simpsons	News Final	CBC News: Sun.	Adrenaline	Billiards: WPBA	Defying Gravity (N)	Somali Pirate	(10:32) Movie: "Hometown Legend"	Paid Prog.	"House of Flying Daggers"	Mad Abl.
9:30 PM	Last Summer	Movie	(1992) John Thaw.	Mysterious Murder	MI-5 "Love and Death"	Am. Road Trip	Simmons	Defying Gravity (N)	Simpsons	News Final	CBC News: Sun.	Adrenaline	Billiards: WPBA	Defying Gravity (N)	Somali Pirate	(10:32) Movie: "Hometown Legend"	Paid Prog.	"House of Flying Daggers"	Mad Abl.
10:30 PM	Movie: "Consenting Adults" (1992) Kevin Kline.	News (N)	Montreal Jazz	Globe Trekker	News (N)	News	Animal House	News	News Final	Paid Prog.	News	Mystery	SportsCentre (Live)	News (N)	MythBusters	Movie: "Hometown Legend"	Paid Prog.	"House of Flying Daggers"	Mad Abl.
11:30 PM	Kevin Kline.	News (N)	Montreal Jazz	Globe Trekker	News (N)	News	Animal House	News	News Final	Paid Prog.	News	Mystery	SportsCentre (Live)	News (N)	MythBusters	Movie: "Hometown Legend"	Paid Prog.	"House of Flying Daggers"	Mad Abl.

MONDAY, AUGUST 10, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News	Franklin	Bob Build	News (N)	News	American Justice	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	CSI: NY	Once a Thief
6:30 AM	Sanford	Tube Tales	George S.	Lions															
7 AM	In the Heat of the Night	Room	Martha	Arthur (E)	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums!	Berenstain	SportsCentre		Mighty Ships	Mickey	The Tyra Banks Show	CSI: NY "A Man a Mile"	The Outer Limits
7:30 AM		That News	(7:29) Dora the Explorer	Martha							Animal	Rolie Polie							
8 AM	Cosby	Ad Pers	the Explorer	Curious			Cold Case Files		100 Huntley Street	Bo On Go	Timothy	SportsCentre		How-Made	Handy	Rachael Ray	CSI: Crime Scn	North of 60	
8:30 AM	Cosby	What	Magic Bus	Sid						Busytown	Willa			How-Made	Handy				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	Intervention "Jason"	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Casper	Off-Record	Regis and Kelly	Daily Planet	Feet	News	CSI: Crime Scn	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 (E)		The Price Is Right (N)	Intervention "Janet"	The View	Sick Kids	Debt Part	Wilbur	(10:05) Viva	ATP Tennis: Rogers Cup -- Early Round.	The View	Canada's Worst Driver	Mickey Handy	The O.C.	CSI: Crime Scn	What
10:30 AM	Trivial		(10:25)							House	Doodlebop	Erky Perky							Videos
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Wall St	World Vision	(10:59) Noon News Hour (N)	Dinner	(10:50)	From Montreal.	Twice in a Lifetime	Mayday	Benj Bear	The Bonnie Hunt Show	CSI: Crime Scn	Videos
11:30 AM	Harvey	Designer	Berenstain	Sit-Be Fit				Paid Prog.			Antiques	Ruby			(11:25) King				Ellen
12 PM	Fresh Pr.	Chef	(11:56)	Charlie Rose	Paid Prog.	News	American Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Monster	Grossology	Sarah Bold	Mighty Ships	(11:49)	Weekend	CSI: Crime Scn	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:32)			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	(1:40) Viva	Sue Thomas: F.B. Eye	Monster Moves	Dragon Emperor	ER	CSI: Crime Scn	Raymond
1:30 PM	Still Stnd	Parents	Sagwa	Sewing															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: Crime Scn
2:30 PM	King		BluesClues	WordWorld															Raymond
3 PM	Seinfeld	Split Ends (N)	(2:57)	Big World	Judge	Dr. Phil	Intervention "Jason"	Rachael Ray	The Doctors	Young and the Restless	Living Food	Pretty Cure	Record	Dr. Phil	Canada's Worst Driver	Replace Emperor	CityNews at 6 (N)	Movie: "Star Wars IV: A New Hope"	North of 60
3:30 PM	Friends		Zoboomafoo "Snake Bellies"	WordGirl	Judge														North of 60
4 PM	Family Guy	Debt Part	Fetch! Ruff	Judge J.	Oprah Winfrey	Intervention "Janet"	Deal No	Oprah Winfrey	(3:59) Early	Fashion F.	SpongeBob	ATP Tennis: Rogers Cup -- Early Round.	From Montreal.	Ellen DeGeneres Show	Daily Planet	(4:03)	Phineas	Law & Order: SVU	Once a Thief
4:30 PM	Family Guy	That News	George S.	Cyberchas	Judge J.					Global	Red Green	OddParent		CTV News at Five (N)	MythBusters (N)	Suite Life Montana	Be a Millionaire	Ford.	Carlawood
5 PM	Payne	Deal No	Martha	BBC News	News (N)	News	Intervention "Sandra"	News	Early News	(4:59) News Hour (N)	Simpsons	OddParent		News (N)	Dirty Jobs	Zoey 101	Dating in the Dark (N)	Movie: "Star Wars IV: A New Hope"	Ground Up
5:30 PM	Payne	News	(5:33)	Business	NBC News	CBS News		ABC News	Global	ET Canada	Fortune	SpongeBob	(Live)						
6 PM	Movie: "The Wedding Singer"	Global	Taste Buds	News-Lehrer	News (N)	News	Intervention "Joey" (N)	News	(5:59) News Hour (N)	ET Canada	CBC News: Vancouver	iCarly		News (N)	Dirty Jobs	Zoey 101	Dating in the Dark (N)	Movie: "Star Wars IV: A New Hope"	Ground Up
6:30 PM	Movie: "The Wedding Singer"	News	Mechanics	Millionaire	Hollywood			News		Entertain		Drake							
7 PM	(1998)	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Obsessed "Richie" (N)	Entertain	Entertain	Brothers & Sisters (N)	Coronatin	The Next Star 2	SportsCentre (Live)	etalk	Hell-Loggers	Wizards	(7:01) Royal Pains	(1977) Mark Hamill, Harrison Ford.	Are You Smarter
7:30 PM		The Insider	Landscape	Europe	Fortune			The Insider	ET Canada		Jeopardy!			Hollywood		Montana	News	Ford.	Weekend
8 PM	Seinfeld	How I Met	Hot Rocks "Art"	Antiques Roadshow	Am. Road Trip	How I Met	Paranormal	Be a Millionaire	Teen Choice 2009 (N)	Teen Choice 2009 (N)	Mosque	The Next Star 2	Record	Criminal Minds	Daily Planet	Suite Life Buzz	News		Bob-Doug
8:30 PM	Harvey	Rules				Rules					Sophie								
9 PM	Movie: "The Wedding Singer"	The Soup	Something Dancing	History Detectives (N)	Law Order: CI	Two Men Big Bang	Intervention "Sandra"	Dating in the Dark (N)			Just for Laughs	League	World Extreme Cagefighting (Taped)	Law Order: CI	MythBusters (N)	Wizards	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
9:30 PM	Movie: "The Wedding Singer"	How I Met										Zixx Level							Seinfeld
10 PM	(1998)	Final 24 (N)	Tango High	Inside	Dateline NBC	CSI: Miami	Intervention "Joey"	(10:01) Castle	Brothers & Sisters	News Hour Final (N)	National	The Next Star 2		CSI: Miami	Hell-Loggers	School of Life	Flavor of Love	Most Amazing Videos	Raymond
10:30 PM																			Seinfeld
11 PM	Sanford	News (N)	Ravens	Charlie Rose (N)	News (N)	News	Obsessed "Richie"	News	News Hour Final (N)	Entertain	(11:05) The Hour	The Next Star 2	SportsCentre (Live)	News (N)	Dirty Jobs	Suite Life	Judge	Disorderly Con.	Raymond
11:30 PM	Montel W.	Guy Stuff	Landscape		Tonight	Late Show		(11:35)		ET Canada				News (N)		Life Derek	News		Raymond

Monday Movies

AFTERNOON

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

EVENING

6:00 pm WTBS (3) ★★ "The Wedding Singer" (1998, Romance-Comedy) Adam Sandler. A spirited entertainer and a waitress with a boor-

ish fiance work at the same weddings.

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

9:00 pm WTBS (3) ★★ "The Wedding Singer" (1998, Romance-Comedy) Adam Sandler. A spirited entertainer and a waitress with a boorish fiance work at the same weddings.

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Evelyn Sparrow
July 23, 1915 - July 27, 2009

It is with much sadness that we announce the passing of Evelyn Sparrow on Monday, July 27, 2009. Mom celebrated her 94th Birthday on Thursday, July 23, 2009 at Ridgewood Lodge, with cake and ice cream for all the Residents to enjoy. She passed away peacefully just after 5:00 AM on July 27.

She was predeceased by her husband Bill Sparrow, her two sisters Laura and Pat, her grandson Petey, her mother and her brother Fred. She will be sadly missed by her daughter Carol (Peter) Ruoss, grand daughter Susy (Rick) Johnson, great grandson Brady, nieces Mary and Evie (Lenny) and nephew Ralph (Betty).

Go in Peace MOM. CREMATION. There will be no service by request.

Ivy Helen Janke

In loving memory of Ivy Helen Janke 'Nana.' She passed away on June 22, 2009 in Princeton, BC. She leaves behind her children Rose (John) Glenow, Doug Janke, Tom (Sharon) Janke, and Karen (Stanly) Janke, as well as eight grandchildren, Shawn (Stephanie), Wade (Noelle), Ashley, April, Richard, Thomas, Timothy, Jennifer, and three great-grandchildren, Kelra, Ryder, Rylan and her dear friend Ray. Memorial service will be held in Hedley on Sunday August 16, 2009 in the OAP Hall at 1:00 PM.

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Over 100 evening party dresses from \$50.00 or rent from \$20.00. Call Kim (250) 295-4373 or 295-7988. Nov 25th

Horse for sale. 10-years old, 15 1/2 HH, gray Appaloosa mare. Skittles is very sociable and loves attention. Well broke, trailers and loads perfectly. \$1,500.00 Call both (250) 499-5097 and (250) 497-6001. Jul 29-Aug 11

1,850 watt Coleman generator, ran 3 hours, like new...8' camper with jacks...27' motorhome, diesel power, very good condition inside and out. Call (250) 295-0201. Jul 29-Aug 11

2007 Aerolite 30-foot travel trailer with tip out. Very easy to tow. Only used 8 times. Excellent unit to live in, travel or head south for the winter. Includes balance of 7 year warranty. \$20,000 firm. View at 145 Angela Avenue. Phone (250) 295-6408. Aug 05

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Apartment for rent. Available NOW. Excellent references and damage deposit required. No pets. Adult only building. Call (250) 295-1252 or (250) 438-0935 for details. Jul 21-Aug 04

3 bedroom mobile home in Hedley. \$600.00/month plus damage deposit. Call (250) 292-8131. Aug 05-19

Room and board in a home downtown. Occupied by a family with 4 children. For info call (250) 295-1820 or (250) 295-3608. Aug 05-19

for rent/lease

Large bachelor suite for rent. \$650.00 includes utilities. Office - commercial space for lease downtown on Vermilion Avenue. Call (250) 295-7274. Jul 21-Aug 04

notices

Mez Smith of Northern Lights Massage Therapy will be out of town for the month of August visiting family in South Africa. Please phone after mid-September at (250) 295-1416. Aug 05-12

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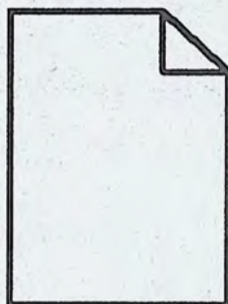
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sudoku



SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #215 - Easy

769	514	283
831	972	654
254	683	719
698	351	427
175	426	938
423	798	561
917	865	342
542	137	896
386	249	175

CHALLENGE #216 - Hard

814	725	936
659	413	872
327	869	145
173	954	268
496	382	517
285	176	394
942	638	751
561	297	483
738	541	629

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Participants at Sock Hop Frenzie, July 29 at Centennial Pool, cooled off with ice cream! *

Why fireworks and dry forests don't mix

With fire bans currently in effect, a recent story from Kelowna regarding a pair of individuals who were setting off fireworks in July 2006 with the fire hazard at high to extreme received hefty fines for their actions (details below).

"People need to be reminded that here are rules and regulations regarding the dates and times in which fireworks can legally be set off," says Sgt. Mike Savage of Princeton RCMP Detachment.

Those dates are October 25 to November 5 and December 23 to January 5th each year.

Special permits are required for the remainder of the year from your local government office, Town Office or Regional District.

"If you use fireworks at any time of the year especially during a high or extreme fire hazard season then you can be charged under Sec 3.1

of the Wildfires Act."

Savage adds, "Not only could you receive a \$3,000 fine, you can be held to account civilly for the total costs of fighting a fire. Carelessness and or mishandling a burning substance can result in horrible losses."

This also includes drivers who flick cigarette butts out the window of motor vehicles.

"The public is reminded that we live in an area where the red and dead pine are all around us. Please take care in the forests and do your part to prevent forest fires."

Public Information Notice
Inappropriate use of Fireworks nets a \$3,000.00 fine

On July 13, 2009 in Kelowna Provincial court there were two trials for individuals charged under section 3.1 of the Wildfire Act:

Mishandling burning substances

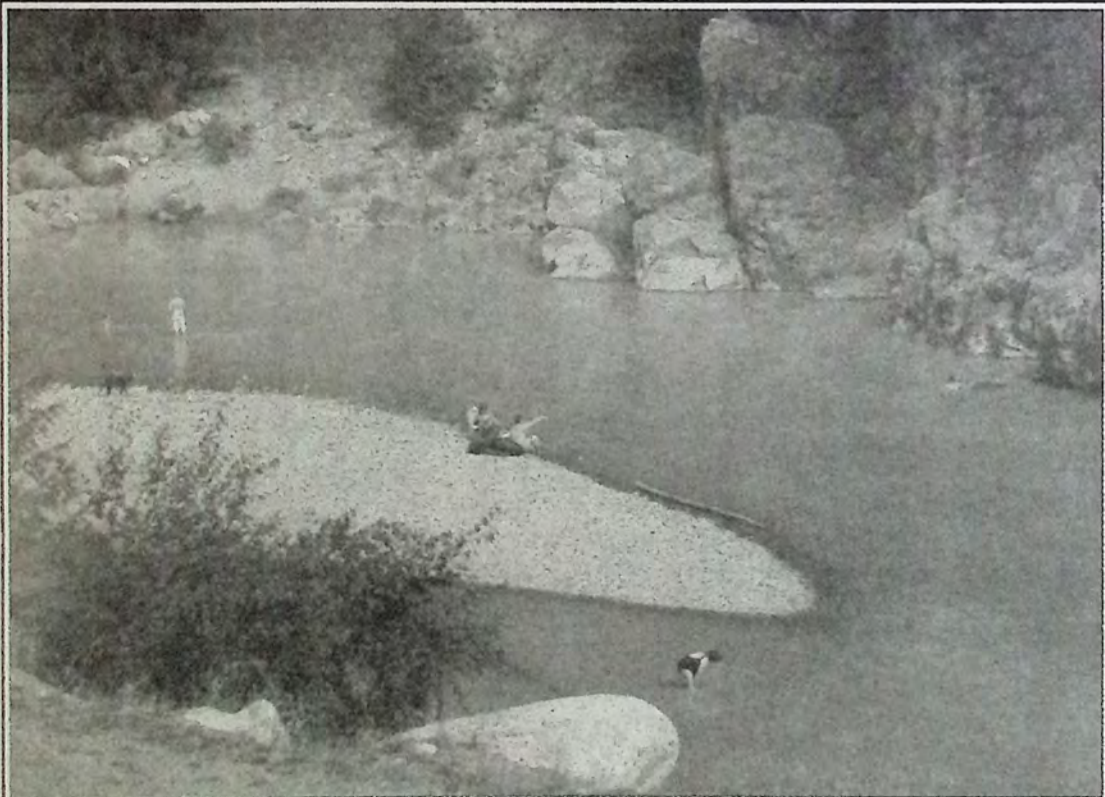
3 (1) Except for the purpose of starting a fire in accordance with this Act or another enactment, a person must not risk starting an open fire in forest land or grass land, or within 1km of forest land or grass land, by dropping, releasing or mishandling

(a) a burning substance, or
(b) any other thing that the person reasonably ought to know is likely to cause a fire.

Details of the incidents:

- July 30th 2006 in the afternoon.
- Bear Creek forest service road area, West of Kelowna.
- High to extreme fire hazard.
- The first person ignited a Pinwheel firework device in the back of a pickup truck, this device began to ignite the liner of the truck box, there was no evidence presented showing that any burning mater-

..... continued on Page 24



Heavy rains last week filled Similkameen River with silt from slides. At Bromley Rock the water was quite cloudy from mud and land slides that occurred far upstream. Photo: Brenda Engel



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My Turn...

Stuck in a failing system

The saga about our 85-year old mother and Interior Health continues.

The independent investigations produced a three page letter that said nothing really. It could easily have been a standard form letter with some personalized details cut and pasted in to make it seem otherwise.

There was no apology.

There were no solutions nor was there anything said about how the system they use in placing seniors into long-term care facilities was going to be fixed.

Because, of course, they don't see any problems with the 'first available bed' rule that has placed our mother in a facility where her health declined to the point of near death. It's made us look at long-term care in a very different way.

Since the end of the investigations, there has been another tele-conference call where we were told that promises made were now going to be broken. We permitted our mother to return to where she had been living (her temporary first available bed) with the understanding she would be in her preferred location (the place she picked out) by September 1st.

Big surprise, September 1st wasn't going to happen. The wait would not be a few weeks longer, either. Possibly months. Many, many months.

Here's where the system is failing.

I have pointed out to both the Ministry of Health and IHA that the 'FAB' is far from a 'fab' plan. In the case of our mother she ended up in a facility populated with dementia patients. Her health declined partly due to the fact that interaction with fellow residents was not stimulating for her and partly due to the fact that the facility is located far from her friends.

She is now slowly slipping into a depression that has caught the attention of a few people - including IHA.

To their credit, they are trying to make a few wrongs right however, if the 'FAB' system recognized the difference between dementia and non-dementia and used that as one of the baselines for first bed placement I wouldn't be bitching so much about it.

We did get an apology in the last teleconference call - which I pointed out was the first one received from IHA.

And I can safely say IHA is now trying very hard to put water on the fire that has been created but it took a lot of complaining to get anywhere which tells me there is a real problem with how they do business.

It disgusts me beyond words when I think about how the system has let our family down and put extra stress on our mother who has spent the past seven months in a facility she clearly does not like.

She turns 85 later this month and the only worries she should have would be whether or not to have tea or coffee with her breakfast.

If your family, or the family of someone you know, is dealing with problems with a long-term care facility don't be shy and just accept it as how things are done.

Make noise. Complain and get actively involved in forcing changes where changes need to be made.

After all, we're all going to end up there one day. My only hope is I don't have to experience the crap my mother has gone through.

Canada

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We would like you to write to us, but please remember to abide by anti-discrimination laws.

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The Editor reserves the right to condense any letter or to substitute proper language for improper language.



Swimmers cool off in Centennial Pool in Memorial Park. *

...Your Turn

Grist Mill comes back to life!

Dear Editor;

Many of your readers will have attended the Canada Day concert and picnic at the Grist Mill in Keremeos. Over 300 people enjoyed free access to the mill grounds and an evening of entertainment provided by Fiddle Frazzle and a number of local musicians. Over \$650 was raised to help fund much needed repairs to and repainting of the "White House."

The Grist Mill Heritage Club has been formed to continue fund raising efforts and the \$25 membership fee will entitle members to an individual Season's Pass allowing free access to The Mill during operating hours. Season's passes are available at The Mill or by contacting Jim Bagley (250) 499-5566 or Dave Cursons (250) 499-5417.

A carpenter has assessed the exterior of the "White House" and generally speaking repairs required are generally minor with some re-fixing of the siding, repairing a flicker hole and repairing a window sill and sec-

tion of a window sash. These repairs will however need to happen before considering repainting. The need for painting is more pressing as the paint is peeling badly in many places; which will inevitably lead to water damage. The Heritage Club has the funds on hand to carry out the repairs as soon as possible.

During a chance meeting at the mill with John Halliwell, Manager of Stewardship and Finance, and the government representative responsible for the mill, we were advised that to carry out the much-needed repairs and painting a permit

would be required. This process may take some time, perhaps even making any action impossible this year.

It is somewhat ironic that no permit is required to allow the Mill to fall into disrepair through lack of government care and funding. Nonetheless we will continue with fundraising efforts and hope that bureaucracy will not stymie efforts to preserve this historic site.

We held another fundraising event - an evening concert and picnic this past Sunday, August 2nd.

- Jim Bagley, Cawston

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Current Comment

Some Shocking Truths About Today's Women



Dawn Johnson
editor@thenewsleader.ca

People often ask me, "How can you come up with so many different ideas to write about?"

First, I read a great deal. I watch the news every day. I hear what people are saying. Then, there is this peculiarity of how my brain works: all of the bits of information I retain are attached to some other bit of information until they become interwoven. Then I have a series of related facts. This is how I arrived at the shocking facts about today's women.

Women today are dying of heart attacks at nearly the same rate as men, and suffering from heart disease at nearly the same rate. Not so many years ago, doctors spent little time worrying about heart disease and women patients because women seemed to have better protection than men. That is not true today.

A study done somewhere (sorry, I've forgotten just where) showed that women tend to neglect their own health while looking after everyone else, and that neglect is a contributing factor leading to early death or serious problems at a younger age. This bit of information was no shocker. My dentist told me a few years ago that his women patients neglect their dental health in favour of spending money on other things the kids or hubby may want. I have been guilty of the same thing, not realizing the importance of good dental and oral health. Too much of the wrong bacteria in your mouth can lead to a heart attack or pneumonia.

Women tend to sacrifice their beauty while looking after the family. The first thing they sacrifice is the slender body. They get fat, and being overweight leads to a lot of health problems which may result in heart disease, diabetes, high blood pressure and maybe even knee replacements.

Women do not like to be fat. In fact, being overweight is a big issue with most women. However, women tend to ignore it as part of growing older. One doctor told me, "Never use old age as an excuse for a health problem." Being overweight is not healthy and should never be ignored. If you are an overweight woman, see your doctor. Work with your doctor to bring down your weight.

Did you know your body must produce about two kilometres of blood vessels for every extra pound you put on? Is it any wonder your heart has to work harder to push blood to all of those billions of extra fat cells?

The most shocking thing women do while ignoring their own excess weight is this: they ignore the excess weight carried around by their husbands and worse still, by their children. The average woman is over-feeding her family! The stay-at-home mom may be a worse offender than the working mom who picks up fast food on the way home from work. Remember this slogan from a company selling baking products: 'Nothin' says lovin' like somethin' from the oven'? Stay at home moms tend to bake more cakes, cookies and pies for their families than working mothers. Then they encourage husbands and kids to fill their faces with these fat and sugar loaded products. Of course, they sample a few themselves. These are just as deadly as a diet of hamburgers, French fries and sodas.

Women will talk about exercise and say they get plenty doing housework and chasing after kids. I say, if you're going to stuff yourself and your husband and kids with all those excess calories, then the whole family needs to walk from here to Hedley daily to burn off those calories. How many of you fat Princetonites are doing that?

Maybe you think you can get away with 20 extra pounds because you're over 40. A recent study done in Italy found that weight gained in

middle age does the most damage. Another study done in Korea showed that just a five pound weight gain added fat to the liver, which is an indicator of health risk. So, besides cakes, pies and cookies, what are North Americans eating too much of? Here's a list: French fries, soft drinks, juice drinks, candy, ice cream, cheese, bread, mashed potatoes, pizza, sweetened breakfast cereals, potato chips (and similar products), fatty meats such as regular hamburger and sausages, beer and cocktails. A good first step toward losing weight would be to screen all of the above off your grocery list. There is always another side to the issue of what we North Americans eat. There are healthy foods most do not eat enough of: fish, vegetables, fat-free dairy products, lean meats, fresh fruit.

You know something? If you or hubby or kid wants to munch on a snack, you can eat a head of celery and two pounds of carrots for the same price as a big bag of potato chips or a large bag of licorice all-sorts, without the high cost of obesity and with the benefit of consuming something good for you.

I have one more comment. All those glossy magazines aimed at Mrs. Housewife have luscious recipes for lunches, dinners and desserts. Every one of these is aimed at making you buy more at the grocery store. They are not about health. If you want good healthy recipes, buy a magazine aimed at good health, and even then, watch out for the sales pitch. As for some of the diets these magazines recommend, if I went on one of those diets, I would be consuming double the number of calories per day as what I consume now. I read them and think, "Blimp City!" Unless you work all day at a very physical job, ladies, you don't want to follow one of those diets.

The shocking truth about today's women is that they are feeding themselves and their families into an early grave. That's not somethin' that says lovin'.

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A great place to cool off is Tulameen River under the former KVR railway bridge along the Trans-Canada Trail. It is easily accessed by going through the tunnel under Highway 3. Photo: Brenda Engel

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Atamanenko urges action to protect orchardists

Canadian cherry producers are experiencing a bumper crop but bad trade deals will actually see them lose money this year.

"Cherries from the U.S. are being sold in Canada at prices our farmers cannot compete against," said Alex Atamanenko, New Democrat Agriculture critic.

"This is just plain wrong and completely unfair."

The BC Southern Interior MP has written to the federal Minister of Agriculture urging him to take action even if it means risking trade action.

"Trade deal or no trade deal, the U.S. wouldn't hesitate to slap a tariff on our produce if it meant protecting their producers," noted Atamanenko.

"It's time for us to do the same." According to the BC MP prior to NAFTA Canada had in-season bor-

der tariffs and ship dates that protected fruit and vegetable producers at harvest time.

"In those days our farmers weren't being undercut at a critical time and were able to make a living while supplying us with good quality local food," noted Atamanenko.

"That is no longer the case and because we insist on following the rules to the letter our farmers continue to be hurt."

The New Democrat MP has been on a nation-wide "Food for Thought" tour listening to what people have to say about Canada's food system.

"One of the key messages I am hearing is that our so called Free Trade Agreements have drastically interfered with the ability of our farmers to make a living," added Atamanenko.

"The other theme that I hear right

across the country is that we need to rewrite the rules and make food sovereignty the fundamental basis of our trade deals."

Atamanenko says that the time has come for bold action to regain control over Canada's food system.

"It is ludicrous that in a year in which we have one of the best crops ever, Canadian producers will actually lose money because Washington State cherries are allowed to flood our market," stated Atamanenko.

"We need to pressure our federal government to protect our food sovereignty and create conditions for farmers to earn a living."

The New Democrat Agriculture Critic concluded, "I would like to urge all citizens to take action by making it clear to super market chains that they will only buy Canadian cherries."

Fireworks and forests don't mix

..... Continued from Page 21
-ial left the back of the truck.

- This was within 1km of forest land as defined in the Wildfire Act.

- This activity did not ignite a wildfire.

- This person entered a guilty plea before the Judge.

- The second defendant ignited a pencil shaped firework that shot sparks out, he did this on the road surface, he shot the first defendant in the back, there was no evidence presented that showed any burning substance came in contact with any forest fuels.

- This was within 1km of Forest Land as defined in the Wildfire Act.

- This activity did not ignite a wildfire.

- This person entered a guilty plea before the Judge.

The Sentence:

In the two separate hearings the Judge did find both defendants guilty of section 3.1 for conducting activities that carried a RISK of an open fire ignition.

In both of these cases the defendants showed reckless and negligent behaviour by igniting a device outside of what could be called their intended use and in a place and time that had a risk of igniting a wildfire.

The Judge imposed a fine of \$3,000 to both defendants.

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An old newspaper ad from the Similkameen Star announcing expanded bus service. Photo: Princeton Museum

How times have changed!

by Nick Mills

It was while recently searching the Archives for historical material that I came upon this 1949 newspaper advertisement for the Greyhound bus service from Princeton – Vancouver.

Knowing how that Company have trimmed our daily service to a minimum I thought readers might like to compare the alterations that have been made in the past sixty years in the name of progress!

If Greyhound are allowed to carry through on their current planned cuts soon trips a day to Vancouver

will be reduced to a quarter of what they were, the passenger one-way fare will have increased five fold and there is no discount for buying a return ticket as shown in the 1949 advertisement!

The new owners of Greyhound Canada, the First Group of Companies from the UK – ironically, who had its origin as a group of redundant bus drivers from the English City of Bath, would also do well to take note that in 1949 the “Fast” journey time from Princeton – Vancouver was six hours ten minutes, today, with much improved

roads and equipment the same journey takes five hours and forty minutes, a reduction in time of only thirty minutes – if you are lucky!

As the advertisement reads – “You save time...you save money when you travel Greyhound! Four trips daily...seven days a week ...connections in Penticton for Nelson, Trail and all Prairie Points.”

Oh well, C'est la vie, this is what happens when a Company is run by a bunch of suited accountants that have forgotten their roots. (No pun intended!)

Holocaust at Copper Mountain

..... continued from Page 9
Coroner's or Fire Marshal's separate inquests, stemmed from the fact filled wastepaper boxes– used tea chests, were set alight under identical circumstances and both containers positioned in the central corridor, near the main entrance. A fire started here would have immediately swept up the stairway opposite and towards both ends of the building. It is also alleged that a nozzle had been removed from one of the fire hoses on the lower floor of the No. 2 bunkhouse and was picked up in the snow outside the building, but there was nothing to prove that in the excitement this was not done in fighting the fire.

The Fire Marshal conceded that the Company had been conscientious in its efforts to be ready for such an emergency. The Mine Inspector said that he failed to find any concrete evidence of “Absolute Incendiarism”, whilst Alfred Gould, a man experienced in fires of many types, felt that “Had the men on the lower floor kept their doors and windows closed they would have done more to save their fellows above them than all the apparatus in the World.”

It is also interesting to note that in the fall of 1919, the Allenby

bunkhouse had been destroyed by a fire of undetermined origin and in similar circumstances. Arson had also been strongly suspected in this case!

The Orange Hall, later the Elks', originally situated opposite the Princeton Star office on Bridge Street, was Princeton's shabby, but only gathering place for a mass funeral and it was here on a cold windswept day, Friday March 23rd, that over a thousand people attended the impressive ceremony. Copper

Mountain Mine and Allenby Mill closed for the day and a specially arranged train brought over 300 mourners from the two Granby communities to Princeton for the day.

After the service eight caskets were taken by hearse, over fifty cars followed, to the Town cemetery, where today their final resting place is marked by a Memorial commemorating the tragedy that happened over eighty years ago on Copper Mountain, the truth about which may never be truly known.

RALPH · P · BASSET · 1888
PATRICK · J · DERMODY 1863
JAMES · MACKAY · · 1875
DANIEL · A · M'PHERSON 1875
ALEX · MATHESON · · 1882
NILS · SOLID · · · · 1898
MARTIN SWANSON · 1871
H · WILLIAM · TOWL · 1885
WILLIAM · H · UPJOHN 1900

THESE · MEN · LOST · THEIR
LIVES · IN · THE · FIRE · AT
COPPER · MT · B · C ·
MARCH · EIGHTEENTH · 1928

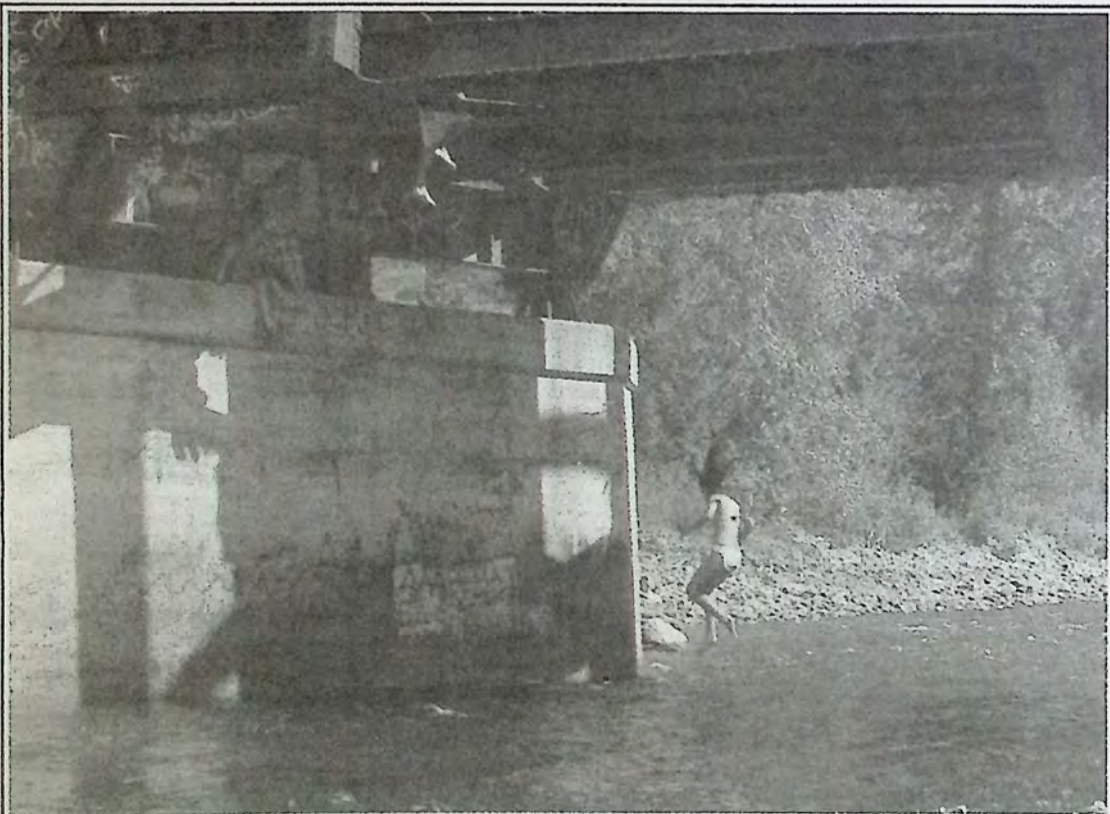
The lost men are honoured in Princeton Cemetery. Photo: Nick Mills



A grass fire east of Hedley last week. Last Friday fence posts were still smoking. Photo: Brenda Engel



It was called Sock Hop Frenzie July 29th at Centennial Pool. The real 'frenzy' occurred when ice cream sundaes were being served. It was messy, but fun for everyone who participated. *



Just before impact! Jumping into Tulameen River from the KVR railway bridge. Photo: Brenda Engel

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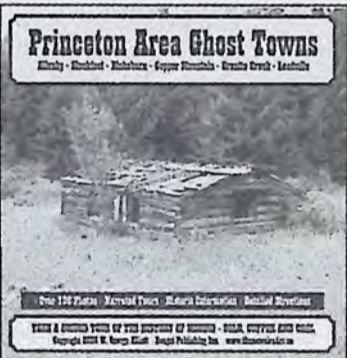
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MLS 104948

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\$345,000
MLS 105003

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