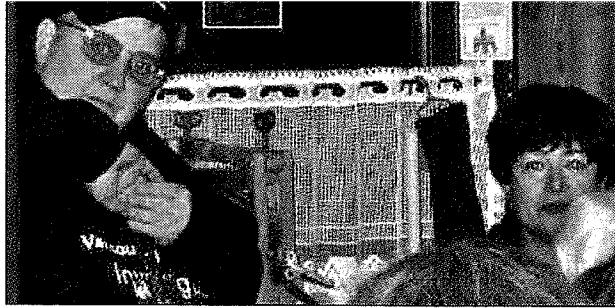


goblins for Halloween, a group of paranormal investigators were at the Pitt Meadows Museum trying to find proof of the real thing.

This isn't the first time the group has gone searching for ghostly inhabitants in the 126-year-old museum. But that night the public was invited too.

Vancouver Paranormal, an amateur ghost hunting team that investigates spooky spots across the Lower Mainland, led an hour-long question and answer period with about 30 members of the public curious to know more about ghosts.

"I was surprised to see how many people came out," admitted Jan Gregory, who founded Vancouver Paranormal five years after a ghostly



A mysterious face can be seen reflected in the window in this photograph taken at the Pitt Meadows Museum on Saturday night. It is not a reflection of anyone in the room.

experience. "We were only expecting a handful of people."

Two weeks earlier, the team had been at an apartment in East Vancouver trying to lure what its residents said was a bad-natured ghost out of his hiding spot in a back room.

The apartment was deco-

rated for an upcoming Halloween party, with fake blood in the windows and a rubber bat above the TV. But the real spooky stuff was a year-round reality, according to the people who lived there.

The apartment's three residents, Brett, Erica and Patty, who did not want their last

A member of Vancouver Paranormal sets up recording equipment in an East Vancouver apartment in an effort to catch possible "bad-natured ghost."

names used, had been enduring late-night visits from a figure in the hallway for months. That, coupled with chronically missing personal objects, was becoming an annoyance.

They called Vancouver Paranormal to find, if not answers, then at least confirmation that something weird was happening.

When Eric and Patty went to bed for the night the team of eight paranormal investigators split into groups around the house and started the waiting game.

They collect data with still photography, using Geiger

counters, digital thermometers, motion detectors, infrared cameras, night-vision film and capturing audio.

"We're as into disproving what we are for proving," said Gregory. "I don't know that category." "I don't know that ghosts in these places. But tell you there are some real weird things going on that defy explanation."

Gregory usually takes about 10 people on overnight investigations. They sit patiently in the dark and collect data in the hopes of witnessing something inexplicable.

"Spirit, we're not here to hurt you. We just want to help you," Gregory said in the de-

City Cooks Recipes



with Simi Sara

WATCH CITYCOOKS TODAY
AT 9:30AM & 12:30PM
FOR THIS RECIPE

S'MORES COOKIES WITH SEATTLE ESPRESSO MARTINI "ON THE SIDE"

Kathy Casey, Kathy Casey's Northwest Table

- 8 tbsp butter
- 1/4 cup vegetable shortening
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1.5 cups flour
- 1/2 cup unsweetened cocoa powder
- 3/4 tsp baking soda
- 1/2 tsp salt
- one 8 oz package toffee baking bits

- Topping**
- 1 cup mint marshmallows
 - 1/4 cup sweetened condensed milk
 - 1/4 cup graham cracker crumbs

Cookie Dough: In a mixing bowl, cream the butter, shortening, sugar, egg and vanilla well. Sift the flour, cocoa, baking soda and salt together in a small bowl. Mix into the butter mixture. Stir in the toffee bits.

In a large piece of plastic wrap, roll the dough into a 3-inch diameter log with flat ends. Wrap well and refrigerate for at least 1 hour, or up to 3 days.

When ready to bake, preheat an oven to 350F. Line 4 or 5 baking sheets with baking parchment.

While the oven is heating, make the topping. Combine the ingredients in a medium bowl and mix with a rubber spatula or spoon until the marshmallows are thoroughly coated. The mixture will be very sticky.

Cut the chilled dough into 10 equal slices. Place 2 or 3 slices on each prepared baking sheet. (When baked, these cookies spread to about a 5-inch diameter, so bake only 2 or 3 per pan.) In the centre of each cookie, place about 1 heaping tbsp of topping, using it all.

Bake the cookies for 18 to 20 minutes, or until just done. Let cool on the baking parchment until totally cooled and easy to remove.

SEATTLE ESPRESSO MARTINI

- 1 ounce Starbucks coffee liqueur
- 1 ounce Amaretto cream liqueur
- 1 shot espresso (about 1 ounce)
- 3 coffee beans for garnishing

Fill a cocktail shaker with ice. Measure in the liqueurs. Add the espresso. Cap and shake vigorously until very cold. Strain the drink into a large cocktail glass. Float the coffee beans in the drink for garnish.



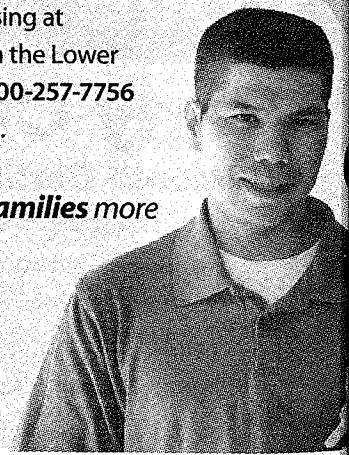
Rental Assistance Program

Is your family paying too much rent? If you have paid more than 30 per cent of your household income for rent in the past 12 months and have a household income below a certain threshold, the Rental Assistance Program could help your family. British Columbia now provides direct cash assistance to eligible low-income working families with children under the age of 18. The assistance will be paid directly to eligible households to assist with rent payments in the private housing market.

The Rental Assistance Program was recently announced as part of the Provincial Housing Strategy – *Housing Matters*.

To find out if you are eligible, contact BC Housing at **604-433-2218** in the Lower Mainland or **1-800-257-7756** elsewhere in B.C.

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For more recipes go online to www.citytv.com/citycooks



www.bchousing.org