



It's not every day you see a maypole dance in the centre of town, but during Hedley's Stamp Mill Day celebration May 5th, there were many maypole dances as part of the festivities. *

Chambers unite for workshop

Princeton and District Chamber of Commerce joined Similkameen Country at a workshop on Chamber entrepreneurship. Workshop organizer, EDO Michael McLaughlin, says the purpose was to assist Similkameen Chambers to find ways to raise more revenue.

"Chambers in small communities are extremely challenged financially. Their revenue comes from local government, membership and entrepreneurship. The last one offers the only real growth opportunity."

Managers of the Oliver and

Revelstoke Chambers of Commerce gave presentations on entrepreneurship. The Oliver Chamber raises over 60% of its budget from sales of ads, merchandise and hosting events. The Revelstoke Chamber raises 75% of its \$400,000 annual budget.

A key note in the presentations was the need for local government, the Chamber and economic development to work closely together. Chambers should operate in a business-like way and not take on community services that drain their staff and budgets.

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FSA's - Here's the other side of the story

Reprinted from: Report on Education from the Deputy Minister of Education dated April 27, 2007.

Foundation Skills Assessment. What is all the fuss about? Many principals and superintendents have expressed concern that

writing the FSA is an issue again in some school districts as we approach the administration dates. Last weekend, the FSA was dis-

cussed with trustees in a session at the BCSTA AGM. Frankly, the BCTF opposition to the FSA has all of us shaking our heads and wondering, what is this about? I thought it would be helpful to share some of my views as we approach the FSA week as it is important for each individual child, each school and district, and the system as a whole to take this snapshot of student achievement.

So let's put this in context. Is the FSA the same as a large-scale, standardized, high-stakes test similar to that of our American and English counterparts? No! FSA is not administered to all students and is not administered repetitively as in places that test every year. It is administered only to grade 4 and 7 students.

This takes a maximum 5 hours spread over a minimum of three days twice in each students first 8 years of schooling. To put a fine point on it, that represents a time commitment in the order of 0.1% for each student.

FSA is not standardized - it is criterion-referenced and connected to our BC curriculum. Actually, the FSA items are developed by BC teachers and are like the items

teachers would use in regular classroom assessment. These assessments are not bought externally. They are made in BC. FSA is not high stakes, In fact it is a no stakes exam in terms of a students report card marks or promotion from grade to grade. It does provide useful information about a students achievement at a point in time.

What about the weighing the pig rhetoric? You have all heard it repeatedly weighing the pig does not make it heavier, ergo repeated testing of a student does not improve learning you know that message.

But let's be clear we are talking about two tests over 8 years. Should we not be interested in a students Grade 7 achievement on the FSA if he/she was not meeting expectations in Grade 4? Have we made a difference?

If not, what do we need to do differently so each child succeeds? These are questions we should not be afraid to ask.

The BCTF says that the FSA undermines classroom assessment. I wonder, How? Do teachers know more about individual students and their learning than FSA reveals?

.....continued on Page 2

Keeping up vs. catching up

SPECIAL TO THE NEWS LEADER
by Solana Allison

By rights, I'm supposed to be on the inside track of the 'digital revolution.' On the cutting edge, as it were.

I should at least know where the edge is. In all truth, I have to admit I am a technological buffoon. A self professed ludite.

That's right, I watched the digital revolution come - and, for the most part, pass right on by me. The truth is, though, I found the whole thing interesting in a removed intellectual kind of way. I wasn't interested in being involved in it. I only learned to email because of friends' expectations, peer pressure as it were. (Also my friends got tired of my ludite helplessness, and after a point, refused to help with basic computer operations).

Reason number two was, the job

market demanded it. I went from watching computers play 'pong' to watching the help wanted ads list such things as: must have good working knowledge of DOS, CAD, MS Office, Excel, and so on. The pace of change was so fast; the technology was, and still is, intimidating to me.

"What's that?" I asked my buddy, craning my head to get a better look. I stared at the computer screen looking at what seemed to be a photograph of an Isaac Asimov space port shuttle. Or something from Dune.

"My sister emailed it to me; it's a working model of a proposal for a skyscraper in Dubai, the Arab Emirates."

"Oh," I said feeling immediately grateful for the wood in my house.

"It's so simple!" My exasperated thirteen year old niece grabbed the cell phone out of my hand and, with her thumbs moving like greased

lightening, reprogrammed the phone in one point five minutes.

"Yeah, and if you wanna change numbers in your favourite list you just do this," my twelve year old nephew flashed his hand over the phone, handed it back. There was a host of phone numbers in there all right, and I still had no idea what either one was talking about.

"That's great guys, thanks." I said, knowing full well that I would never be able to access that information again. I really just bought it to make phone calls. I still write numbers down. It struck me how technologically literate kids are, how seemingly easy they adapt to change. For them, it's normal. What they have no concept of or context for is social systems. They don't seem to have a handle on politics or economics. Now, I don't expect them to be studying poly-sci in their teenage years. But kids are graduating with continued on Page 24

..... continued from Front Page Absolutely! Classroom teachers who take a balanced approach to formative and summative assessment know a great deal about their students.

The FSA does not affect this result but provides one additional piece of information that teachers and parents can use in the context of the full class-

room assessment program. I advocate for this balanced, common-sense approach to assessment. I know parents who are not frightened by the misleading BCTF rhetoric welcome the FSA snapshot because it confirms what their teachers have reported to them or raises questions for discussion with their child's teacher.

What about the worry expressed on the BCTF website and in public statements that the FSA takes the joy out of teaching and makes teachers teach to the test? The FSA is based on BC curriculum. Teachers teaching the BC curriculum are preparing their students to be successful on the FSA. In any event, what else would BC teach-

ers be teaching other than our top-notch curriculum? As far as joy goes, I know there are thousands of BC teachers experiencing the satisfaction of teaching all over the province. The FSA is at most a blip in the teaching activities of teachers in our province.

Are students anxious and worried when they are asked to write the

FSA? Maybe a little, but I fear their worry is escalated by the actions and words of some teachers expressing views about FSA. When I taught, I prepared my students for a test and counselled them regarding successful approaches and attitudes they brought to the test. I encouraged them to do their best and did my best to make sure each student was confident and able to demonstrate his/her learning. Isn't that what we should expect teachers in grade 4 and 7 to do as they prepare their students for FSA? Why would we tolerate less?

I have been asked for clarification regarding who is required to write the FSA, who can be excused and who makes the decision.

To be clear, the FSA is not an optional activity that students or parents can opt into or out of. It is a required educational activity in the same manner as instruction in the Language Arts curriculum is required. Page 15 of the FSA Instructions for Principals and for teachers/invisgators (<http://www.bced.gov.bc.ca/assessment/fsa/>) outlines which students are included in the FSA. The authority for these directions is derived from Ministerial Orders.

The instructions state: Parents may request the Principal to excuse a student in the event of a family emergency, a lengthy illness or other extenuating circumstance. This is the same policy framework that most principals would apply when considering a student's legitimacy to be absent from school. Parents should not expect that their child will be excused from participation because they write a letter of request motivated by the BCTF miscommunications about FSA.

The Principal is the person who ultimately makes the decision whether a student participates or not. The Principal is responsible for implementing the directions included in the FSA instructions provided by the Ministry. When the Principal decides that a student may be excused, the parent must be informed prior to the date of FSA administration, and the Superintendent must be provided a list of names of all students excused.

In a practical world, what does a principal do when a parent is worried about harm the FSA will do to their child because of this controversy? I would simply show the parent an FSA test, explain the assessment program and the use of the results and bet that almost all parents will say something like, What is all the fuss about then?

The FSA will not look unfamiliar as a test or outrageous in the expectations it sets for students. We know that the vast majority of students writing the FSA meet or exceed expectations. If a parent feels the student will not meet expectations, then there are far more important things to talk about with that parent and the child's teacher. From my point of view, evidence and information should be used to improve the achievement of each of our students, one at a time. Evidence-based instruction should be the norm in our classrooms.

- Emery Dossdall, Ed D, Deputy Minister of Education



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RCMP Cst. Mike Leiding poses with DARE Graduates at Vermilion Forks Elementary. - photo Rod Miller

RCMP conducts DARE graduation

Graduation ceremonies were held on April 25th at the Vermilion Forks Elementary School at 11:00 AM with 40 students having successfully completed the program. Parents, grandparents and friends were in attendance for the celebration when the students were presented with a certificate along with a D.A.R.E. T-shirt.

The program was delivered by Cst. Mike Leiding (Princeton RCMP), topics taught in class addressed the following: Purposes and Overview of D.A.R.E.

Program, Tobacco and You, Smoke Screen, Alcohol and You, The Real Truth, Friendship Foundations, Putting It Together, Personal Action, Practice! Practice! Practice!, Culmination.

After the presentation students entertained the audience with skits which incorporated messages about the dangers of drug use. The success of the program was in large part due to community support and sponsorships, a special thanks goes out to the local Dairy Queen for providing each student

with a 'Dilly Bar' and to Overwaitea Foods for supplying 'cheese and fruit platter' as well as beverages.

D.A.R.E. is being taught in 56 countries with over 36 million children receiving instruction in guiding them to make healthy lifestyle choices.

The Princeton RCMP is looking forward to the 2008 school year when D.A.R.E. will once again be delivered to the grade 5 classes at Vermilion Forks Elementary School.

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between Lawn Mower Races & Rodeo



keremeos and area news



Keremeos Mayor Walter Despot in the Stamp Mill Day Parade in Hedley May 5th. *

Sewage treatment plant creates odour

Mayor Walter Despot advised May 1st that the Village of Keremeos sincerely regrets that steps taken to date to control the sewer treatment plant odour have not had the desired result. The Village, therefore, is initiating a new program.

In conjunction with Can West Technologies, the Village will be injecting a bio-degradable non

hazardous bio-stimulant into the sewer system.

"We will also be trying this formula on the drying beds that are causing the majority of the problem," advises the Mayor.

"Within a few days the odour should be far less noticeable."

The Village is also continuing to pursue financing for the centrifuge that is needed to ultimately, effec-

tively address the sewer treatment plant odour.

"We anticipate hearing whether or not our grant application is successful within the next six to eight weeks," says Mayor Despot.

"In the unfortunate event that we are not successful, the Village still commits to its residents to take whatever steps are necessary to rectify this problem."

Walk for peace on Mother's Day

The 24th Annual Mother's Day Walk for Peace will start at Haynes Point Provincial Park at 1:00 PM on Sunday, May 13th - Mother's Day.

The colorful parade of families with umbrellas, banners, baby carriages and canes has made its way down Highway 97 to the US Canada Border point every year since 1983.

The Americans meet at the Public Library in Oroville and they sing, drum and dance their way north to meet the Canadians for this gather-

ing in support of friendship, peace and justice.

There are musical, choral, poetic and spoken word renderings given from under a canopy and speaker system around which the walk participants pitch their signs, ribbons and banners.

Penticton feminist activist, Laurel Burnham notes that "this local event is true to the spirit of Mother's Day which was originally and anti-war observance founded by Julia Ward Howe in to mark war's waste of human life and dignity."

"It's always heartwarming to meet old friends and share our hopes for a more just and peaceful world," says Cawston walk organizer Dave Cursons.

The Raging Grannies will regale the crowd with their sharply rendered repertoire of songs of social commentary. The grannies are welcoming new members to the group. "Granny is a state of mind, not a biological condition," says Cass Robinson of Penticton Raging Grannies.

Members of the Canadian Russian community arrive every year by bus from Grand Forks to join the walk and share their beautiful choral singing. Afterwards the Doukhobor Community in the South Okanagan presents a supper at the Elks Hall in Osoyoos.

The Doukhobor delegation is headed by J.J. Verigin who notes sadly that this year we lament the slaughter of Canadians, Americans, Afghanis, Iraqis and countless other men, women and children the world over.

"How long for this folly," said Verigin.

Everyone is welcome to join the 24th Annual Mother's Day Walk for Peace.

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Princeton Posse 2006/07 - The DVD



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 <p>526 Dagur Way \$143,800</p>	<p>Princeton Total Sq Ft: 952 MLS# 39643</p> <p>Spotlight on value! Where can you buy a 2-bedroom home on one half acre for under \$150,000? It's right here! Great family home with room to grow, comes complete with two sheds for extra storage. Great mountain views - only 5 minutes from town!</p>	 <p>2667-2669 Nicola \$433,800</p>	<p>Tulameen Total Sq Ft: 1,250 MLS# 38150</p> <p>Superior location and cabins in Tulameen. Just steps away from the beach and lake. Two 50'x120' lots and cabins being sold as one. Main cabin is 1,250 sq ft and smaller one is 640 sq ft. Priced to sell! Main cabin is on full concrete foundation.</p>	 <p>Placer Creek Road \$299,900</p>	<p>Princeton Lot Area (acres): 120.75 MLS# 38373</p> <p>CONTINGENT - Over 120 acre riverfront in the heart of 4 season recreation, approval for a resort of 40 RV sites and 80 cabins, 6 RV sites completed with pressurized water. Less than 1 hour to Manning Park Ski Resort. Good solid value. Not in ALR. Seller licensed listing rep.</p>
 <p>102 Skye Blue Loop \$113,800</p>	<p>Allison Lake Lot Area (acres): 0.58 MLS# 38474</p> <p>Fantastic building site at the north end of Allison Lake. Beautiful view lot. Ski boats are welcome on Allison Lake, don't forget great fishing here! This lot makes for a great getaway from the everyday. Hurry and build your vacation home! 40gpm drilled well.</p>	 <p>2692 Highway 5A \$858,300</p>	<p>Borgeson Lake Lot Area (acres): 176.95 MLS# 38062</p> <p>The jewel in the crown. Gorgeous lake-front property situated on Borgeson Lake along Highway 5A this 176 acre parcel has stunning views of the lake and valley. Approx. 2/3 not in ALR so may be subdivision potential. Bordered by Crown Land to the north.</p>	 <p>1100 Summers Creek \$888,000</p>	<p>Princeton Total Sq Ft: 3,850 MLS# 38173</p> <p>Executive, European home has missed nothing. Amazing views and privacy. 10-foot ceilings, extensive cherry and maple floors and cabinets. Granite counters, marble baths, sauna, Juliet balcony, arches. Pantry, island, wine cellar. Simply top drawer!</p>
 <p>2141 Highway 5A \$384,900</p>	<p>Princeton Total Sq Ft: 2,672 MLS# 38345</p> <p>Beautiful and private 3-bedroom home on 27.72 acres. Large living and dining rooms. Walk-in pantry. Large 21'x22' workshop with 200 amp service. Carport and woodshed. 16'x20' cabin for your guests. Water license for irrigation. Plenty to offer!</p>	 <p>1066 Hayes Creek \$159,900</p>	<p>Princeton Total Sq Ft: 1,260 MLS# 39571</p> <p>Mobile home on just over 1 acre approx. 10-minutes from town. Great southern exposure overlooking a ranch. Beautiful mountain views. 10'x12' covered deck.</p>	 <p>2729 Highway 3 \$538,800</p>	<p>Princeton Total Sq Ft: 1,796 MLS# 38065</p> <p>First class home on 65 acres that fronts Highway 3 27Km East of town. Almost one mile highway frontage. 1,400 sq ft main c/w full basement and enclosed double garage. Heating costs are low with almost new wood stove. Great second bench with view!</p>
 <p>2837 Old Hedley Road \$399,000</p>	<p>Princeton Total Sq Ft: 1,490 MLS# 38140</p> <p>Fabulous 3-bedroom home on the Similkameen River. This 4.32 acre parcel is all useable, cross fenced and irrigated. Several outbuildings and a 30'x56' shop, 220 amp single car garage, 2 mobile pads with hook ups. Horses will love it!</p>	 <p>301 Coalmont Road \$123,800</p>	<p>Princeton Lot Area: 36,154 sq. ft. MLS# 38500</p> <p>Industrial shop located on 0.83 acre just minutes from downtown Princeton. Large drive through doors, high ceilings and well lit. Highway frontage. Great buy!</p>	 <p>Highway 3 West \$313,800</p>	<p>Princeton Lot Area (acres): 11.90 MLS# 38067</p> <p>Location, location. Very private 11+ acres in town and bordering Highway 3. Gorgeous building sites, well treed. Two benches, one is approx. 2 acres and the other 6 acres. Possible subdivision potential. Top bench CS and Residential below. Super potential!</p>

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**Capsule
Comments**

by your Pharmasave Pharmacist Wen Wong



Ensuring an adequate intake of calcium can relieve premenstrual syndrome symptoms. It seems that those women taking 1,200 mg/day of calcium carbonate may notice about a reduction in symptoms (fluid retention, mood swings, pain and discomfort) after three months. Take your calcium with vitamin D and in divided doses.

Summer is coming and many people are hoping to lose some weight to look better in their bathing suits. Make a goal. Choose 10% of your current body weight as your weight-loss goal. *And write down this goal.* The act of writing down your goals is a very powerful tool to achieving that goal. Give it a try!

It's extremely important to keep your blood pressure in check. Many times, a person with high blood pressure will have two or three drugs to treat the problem. This is often necessary because they work together to lower the pressure. At the same time, multiple drugs mean lower doses can be used hence fewer side effects.

When taking medication and it gets "stuck in your throat," it probably lodges in a small pocket in the upper throat. To avoid this, take your medication with a full glass of water. This is especially important at bedtime.

You know you are getting older when you have too much room in your house but not enough room in your medicine cabinet. If you aren't sure if a medication is OK to keep, call our pharmacists. We can help.

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news leader health and lifestyle page**Spice up your space with scents**

(NC)— Want to boost your brainpower, control your appetite, revitalize your sex life? Snuggle (www.homebasics.ca) shows you the secret may just be scents.

Proponents of aromatherapy believe that natural essences can reduce stress, stimulate your mind and improve your mood. And with so many new home-fragrance products on the market today, you can give every room an aroma of its own. So follow your nose - and this guide - to use scents to spice up your living space.

Face up to your skin condition

(NC) - You have an important job interview but you don't want to shake hands because you have eczema. It is your wedding day, and the uninvited guest is the pimple on your chin. You are expecting your first child, but your pregnancy glow is marred by blotchy skin. Whether you are in a business or social setting, or just looking in the mirror, the condition of your skin can affect your self-esteem and confidence. It may be easy to tell you have a skin condition - many are literally 'in your face.' But it can be difficult to identify the problem and to find the best treatment. Here are some common skin conditions:

Sensitive Skin: Affects many people at various ages and stages. Characteristics include dryness, irritation, itchiness, inflammation and skin that is prone to reactions, which presents itself as redness, stinging or burning sensation.

Acne: It is one of the most common of all skin problems. Caused by an increase in the production of hormones, acne affects most teenagers and even many adults.

Rosacea: Characterized by constant facial flushing, or redness, rosacea is often mistaken for adult acne or sunburn.

Dermatitis: An umbrella term for certain itchy, red, inflamed skin conditions. There are many types of dermatitis, the most common being eczema and psoriasis.

A little simple research can help you find the products that are right for your skin. The makers of Cetaphil, a complete line of dermatologist-recommended cleansers and moisturizers, offer helpful skin care tips on Cetaphil.ca.

Pharmacists and cosmeticians at your local drug store can recommend products that are right for your skin type. If you're experiencing more severe skin problems, then make an appointment with a dermatologist. She will be able to suggest a skin care regiment to treat your condition. Skin is your largest organ and a keystone of good health and appearance. When your skin looks good, it can help you feel confident - so put your best face forward!

More information about skin care products is available online at www.cetaphil.ca. - News Canada

Candles come in a host of shapes, colours, and sizes (not to mention aromas) - and the array of decorative holders is almost as vast. They're perfect for the living room, bedroom or bath. You'll even find kitchen-savvy candles that help dispel cooking odours. Just be sure to trim the wicks to a quarter of an inch every time you light them (a longer wick can make the flame dangerously high) and never leave candles burning unattended.

Incense cones or sticks impart intense aromas. Look for unique incense burners made of wood, brass or other materials that suit a room's décor. For a sense of magic and mystery, try a smoking bottle - it emits mesmerizing swirls of sweet-smelling smoke. And if you've got a teen or tween lobbying to light candles in her room, you might want to compromise with incense - it's a safer alternative, since it burns without a flame.

Potpouri - These mixtures of dried flower petals and spices impart a delicate fragrance and are best for scenting

small areas. Try scooping some into a glass jar or bowl and setting it next to the commode. Or sew a handful into a small piece of fabric, like a handkerchief, to scent dresser drawers or closets.

Essential Oils - A form of fragrance derived from plants, the oils are highly concentrated - a few drops go a long way. Disperse their scent in decorative oil warmers (the oil goes into a basin and is heated by a candle underneath) or try a clay car diffuser. Hang it from the rearview mirror and add a trickle of oil to infuse your auto with aromatherapy.

Scented Drawer Liners and padded hangers fill your closets and dressers with just a hint of fragrance. Don't worry: The oil dries quickly and won't rub off on clothes. And Snuggle dryer sheets are a fabulous, inexpensive way to scent closets dressers. Place individual sheets at the bottom of drawers, a laundry bag or a hamper and inside suitcase to prevent musty odours.

- News Canada

living past 100**Eat liver, live longer**

What if you could wipe five years off your aging just by a simple change in your diet? Would you do it? What would it cost?

Eating liver is one of the ways you can do it, and liver is one of the cheapest meats on the market.

What is so special about liver? For one thing, liver contains a lot of excellent B vitamins, and B vitamins are the essential vitamins for cellular and nervous system health. Liver is an excellent source of Vitamin B 12, also called Cyanocobalamin. This vitamin is needed to prevent anemia. It aids in cell formation and cellular longevity. Note: if your cells are well-formed and live longer, you live longer too. In addition to adding to cell health, this vitamin is required for proper digestion, absorption of foods, for protein synthesis and metabolism of carbohydrates and fats. As well, it prevents nerve damage (like in your eyes), makes young people fertile and promotes normal growth and development.

Deficiency in Vitamin B 12 causes digestive malabsorption, a problem most common in the elderly and anyone with a digestive disorder. Vegetarians are more likely to have a deficiency, as they do not eat meats. Liver is a good source of this vitamin. So are the following: cheese, clams, eggs, herring kidney, mackerel, milk, seafood and tofu.

More important than Vitamin B 12 is folic acid. All organ meats and bone marrow are loaded with folic acid. When was the last time you ate liver, kidney, sweetbreads or bone marrow? These are sources of one of the most life-extending nutrients you can consume.

Folic acid is needed for energy production and for the formation of red blood cells. Folic acid functions as a coenzyme in DNA synthesis, and is important for healthy cell division and replication. Cancer is a form of unhealthy cell division and replication, so folic acid is essential as a preventative measure against cancer. Folic acid is essential for pregnant women to prevent birth defects in their children. Folic acid is needed to prevent anemia.

Liver contains para-aminobenzoic acid, better known as PABA. It is a basic component of folic acid, and helps in the utilization of pantothenic acid. PABA is an antioxidant which helps protect against sunburn and skin cancer, assists in the formation of red blood cells, is a coenzyme in the breakdown of protein, and may prevent hair from turning grey. In fact, a supplement of PABA may restore grey hair to its original colour! PABA is found in liver, kidney, blackstrap molasses and whole wheat.

These days, there is a lot of talk about the importance of vegetables and fruits in our daily diet. We do not hear much about the importance of the B vitamins and amino acids. Remember: humans are basically meat eaters. Our bodies depend on certain factors in animal foods to keep us healthy and strong. Folic acid is extremely important in longevity. In a recent study, people who had good levels of folic acid were five years younger than those who did not have many sources of folic acid in their daily diet.

Maybe you hate eating liver. Then you need to eat plenty of brown rice, brewer's yeast, barley, lamb, dates, cheese, beans, lentils, root vegetables, salmon, tuna, wheat germ, split peas, pork, chicken, milk, blackstrap molasses, whole wheat and green leafy vegetables. If that sounds like a lot of bother, take a supplement.



Maryann Campbell was featured in an Art Show April 29th at Riverside Centre. *

Our Economy

by: EDO Michael McLaughlin

In my last column I wrote about economic growth and diversification that comes from the existing business community. This time I begin to examine growth from new investment in a community. The picture I paint may challenge popular ideas about economic growth. Generally, economic development agencies spend about 20% of their time and budget on business attraction. That is because they get more results from building existing commerce and industry than from investment attraction.

Let us look specifically at attracting investment to the Similkameen Valley. We have many things in our favour. We are located between the two main BC population centres, have fairly good high-

way transportation, Princeton, at least, has land available for development, business start-up costs are relatively low and there is no shortage of water.

We would be in a stronger position if there was rail transport and broad band internet available everywhere in the Similkameen. We do not have a deep labour pool; nor do we have many suppliers of the many goods and services industry requires.

Industry tends to go where is industry is. This is called agglomeration. Businesses of like types locate in clusters because the services and supplies they need are immediately available, a skilled labour market is generated, members of the cluster are close-in-

clients and there may be co-operative marketing and transport advantages.

The benefits of agglomeration are why you see industrial growth in Kelowna, but not much in the South Okanagan/Similkameen. I continued on next page



"Lamp on Acid" Maryann Campbell

This piece by Maryann Campbell is titled, "Lamp On Acid." *

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Miranda Grigg poses with some of her paintings at an Art Show featuring her work April 29th. *

..... continued from previous page will get back to agglomeration in the Similkameen context in my next column.

Here are a few statistics business attractors should know.

The goods producing (manufacturing) now represents less than 20% of the national economy. The relative size of the manufacturing sector has fallen every year since WWII.

The resource-based sector accounts for about 3% of the BC

economy and is shrinking relative to the total BC economy.

So, if you are a community chasing manufacturing, especially resource-based, then you are competing with hundreds of other communities for a shrinking pie.

That does not mean we should not try to attract industry. It means it is not going to be easy and we must be very, very strategic and shrewd in how we go about it.

The services producing sector now accounts for over 80% of the Provincial economy and it continues to grow each year, while manufacturing gently shrinks. There are eleven sub-sectors in the services producing sector.

Six of them have a higher average wage than the goods producing sector average. Not all services jobs are low paying. In fact, some of the highest paying jobs are in services.

Do you see where I am going? Here is another statistic. The fastest growing source of income in BC (and Canada) is non-employment income. In 2001, income from pensions, investments and other non-employment income accounted for 29% of BC personal incomes, up from 25.5% in 1991, and it is still rising.

What are you going to chase, the shrinking markets or the growing markets?

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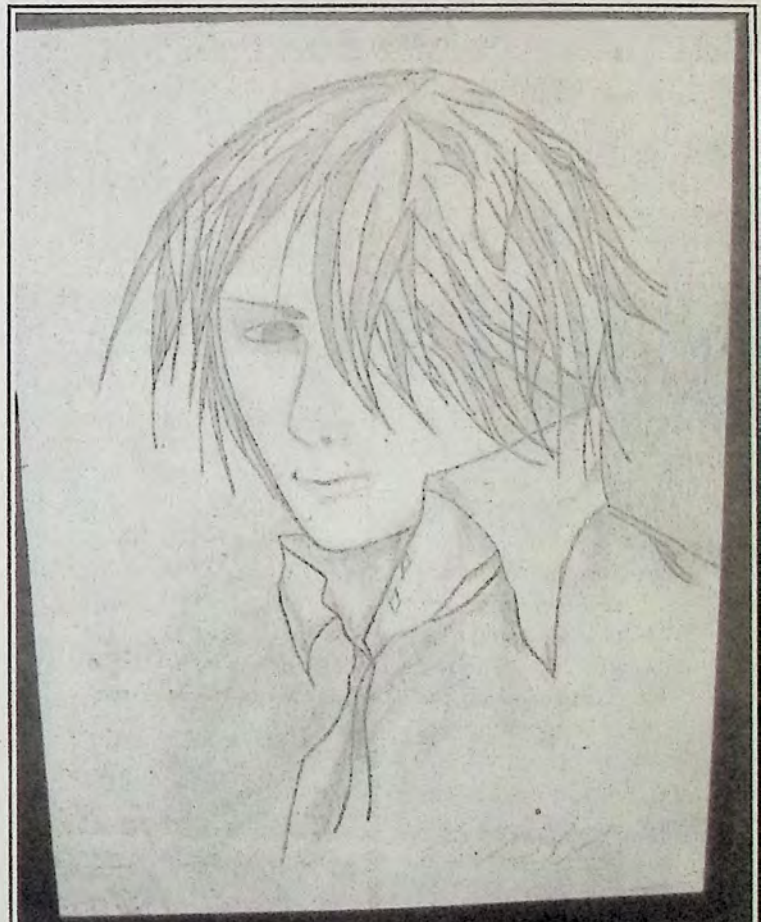
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This sketch is one of many examples of Miranda's artistic talents. *

Vermilion Forks Field Naturalists host forum

Vermilion Forks Field Naturalists will host the Swan Lake Forum May 14th from 9:00AM to 3:00 PM at the Riverside Wellness Centre.

A fascinating day-long forum regarding future plans for the Swan Lake Wildlife Viewing and Habitat Restoration Project is being sponsored by the Vermilion Forks Field Naturalists. The club has been heavily involved for the past number of years, in cooperation with the Ministry of the Environment for British Columbia, in various activities aimed at the development of the refuge and we have recently completed a three year plan. The

Executive of the club have decided that the timing was appropriate to seek input from the club members, and a wide variety of public groups on future prospects for the refuge.

The club has invited representatives from Princeton Town Council, Okanagan Similkameen Regional District, Ministry of Environment; Canadian Wildlife Service; Land Conservancy of BC, Vermilion Forks Trails Society; Princeton Fish and Game, Nature Trust Okanagan; Princeton Chamber of Commerce; Princeton Rotary Club. We hope to have representatives from other sources as well. The day will start

off with a Short history of the area, Background of How and Why Swan Lake Wildlife Refuge was developed and the partnership of the VFFN and the Ministry of Environment and the three year plan. There will be a tour and lunch at the site with an afternoon discussion on the future of Swan Lake.

We hope to make crucial decisions regarding the further development of this lovely lake, and magnificent example of grassland habitat as a firmly protected public resource. Members planning to attend inform Don Burbidge (295-6009) to facilitate the ordering of bag lunches.

- submitted by Cathie Yingling

Foundations merge together

Effective May 1st the Princeton General Hospital Ridgewood Lodge Foundation (PGHRLF) will be officially amalgamated with the South Okanagan Similkameen Medical Foundation (SOSMF). The change will mean that SOSMF will be the Foundation fully responsible for Princeton and Area Fundraising for Princeton General Hospital (PGH) and Ridgewood Lodge (RL).

Early last year PGHRLF started the process of looking into what is in the best interests of Fundraising for Princeton Healthcare as we looked toward the future. SOSMF expressed an interest many years ago in taking over our fundraising. At that time with various changes the Government was making, PGHRLF chose to remain on its own. At present SOSMF does provide funds for Princeton General Hospital and Ridgewood Lodge, a number of Okanagan residents have used PGH and have donated to PGH through SOSMF. SOSMF also handles many Princeton donors that have had medical services provided at Penticton Regional Hospital (PRH) and wish to donate money there. PRH is the parent facility and oversees Princeton's Health Services.

Currently SOSMF oversees Fundraising for all the other service areas under Penticton Regional Hospital Service Area.

Will this change things for Princeton donors who want to continue to contribute to PGH or Ridgewood Lodge? No, nothing other than who the cheque is made out to, just make sure to indicate which facility you would like your donation to go towards. 100% of the monies donated will go to the facilities that you specify. One of the big reasons for PGHRLF to amalgamate with SOSMF is that they have 3 full time staff members one of whom is a Certified Fund Raising Executive. The staff is available to help donors with questions as they relate to complex charitable donation issues such as Living Wills/Endowments and other matters. On behalf of the South Okanagan Similkameen Medical Foundation, we are honoured to be working for Princeton General Hospital and Ridgewood Lodge.

Each and every donation from the citizens in the Princeton area will go directly for medical equipment; patient comforts and staff education to ensure the best possible care for the patients and residents.

- submitted by Bill Quinlan

Chambers unite for workshop

..... continued from Front Page Revelstoke Manager Thom Tischik said businesses need to "pay if they want to play." Business directory listings, ads in print materials and websites and consumer show representation should be paid for by businesses. The revenue can then be used to promote the business community.

Following presentations, the two Chambers broke into working groups to figure out what they could do to raise additional funds.

The Princeton group focused on the need to define what the Chamber's activities should be. One recommendation was to have a facilitated session with Chamber Directors, business community members and local government to clarify priorities. The need to define a fee for services arrangement was identified.

Similkameen Country listed several of the suggestions made by the guest speakers as having potential for their organization. Manager Colleen Christiansen said the workshop "gave us some real tools we can use to raise more funds."

McLaughlin commented that the SVPS is willing to continue working with Similkameen Chambers after their Directors assess how they want to follow up on recommendations.

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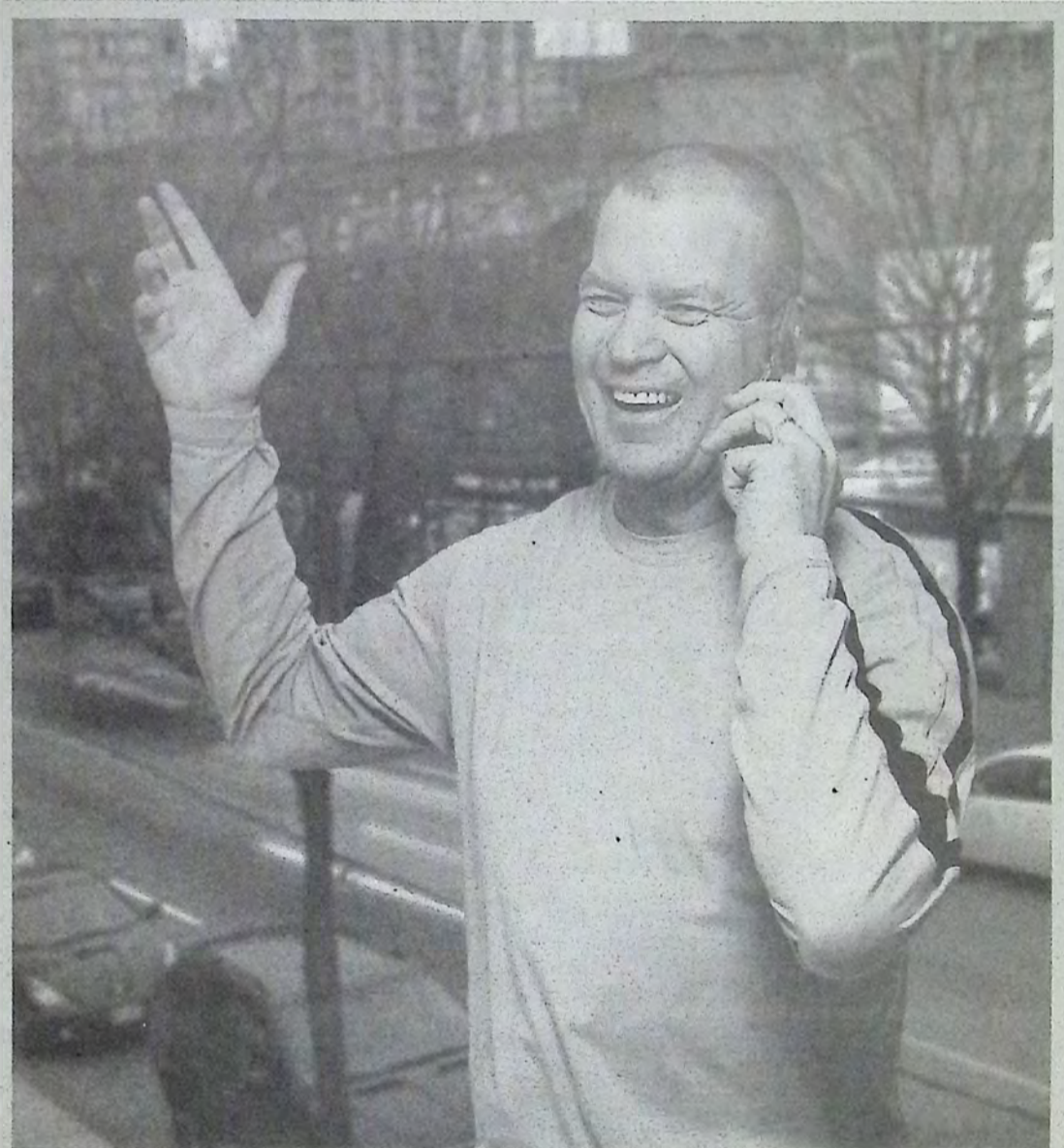


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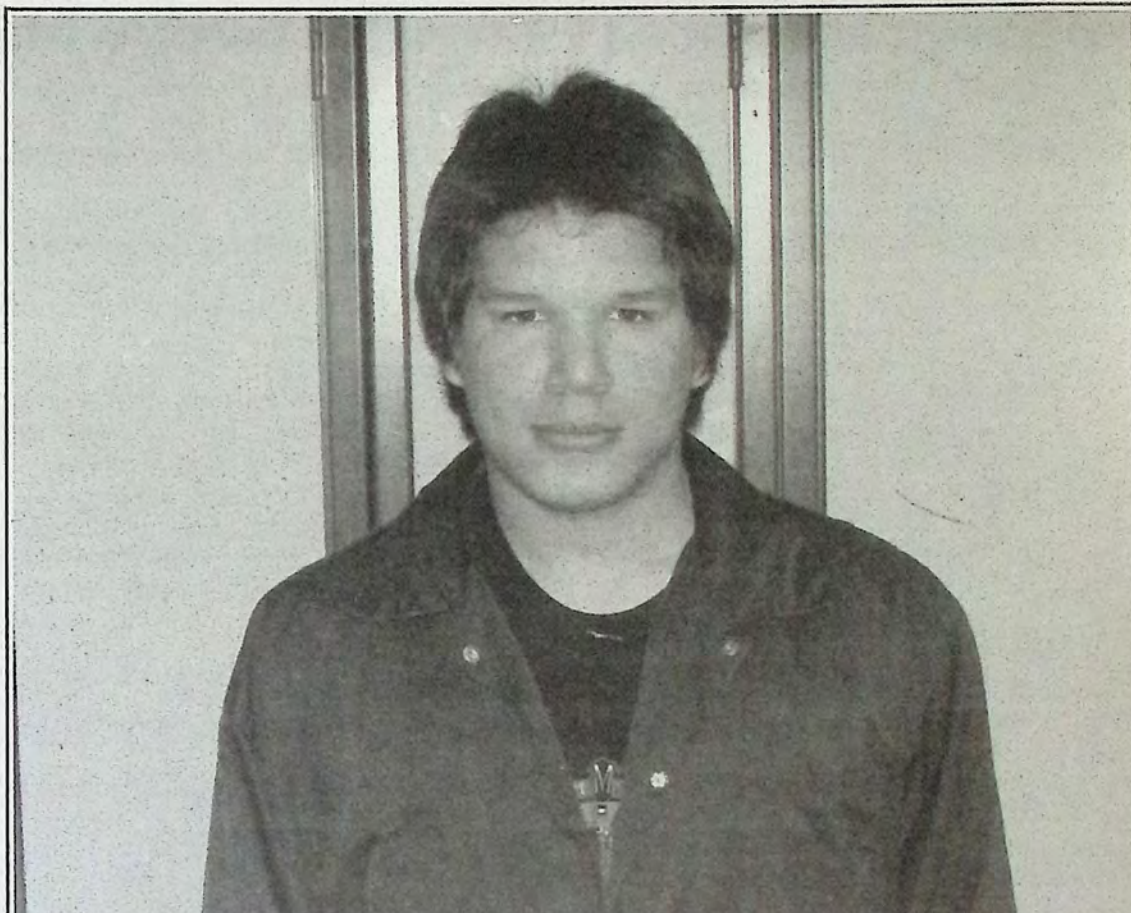
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Cory Berkers is the PSS Student of the Month for April. The Grade 11 student was nominated for "stepping up and breaking up a fight between two students." Cory wins a watch from PSS PAC.*

Family Fair Baking Contest results

Here is the list of Baking Contest Winners at the PSS Family Fair: 2007 Baking Contest Winners:

Grade 12 - Miranda Grigg (1st Place x 2); Grade 8 - Kira Miller (1st Place x 2), Grade 5 - Layne Robillard (1st Place), Grade 4 - Kayley Belanger (1st Place), Grade 4 - Morgan Grigg (1st Place + 2nd Place), Grade 4 - Shaylyn Douglas (1st Place), Grade 4 - Kennady Holland-Krenn (2nd Place), Grade 4 - Breanne Lindley (1st Place + 2nd Place), Grade 4 - Cassidy McCutcheon (1st Place), Grade 3 - Kylee Holland-Krenn (2nd Place), Grade 3 - Jessica Musgrove (1st Place), Grade 3 - Shelby Maynard (1st Place), Grade 1 - Austyn Cochet (1st Place), Kindergarten

- Kelcie Holland-Krenn (1st Place), Kindergarten - Austin Gelineau (1st Place), Kindergarten - Matt Maynard (1st Place).

Here is the list of winners for the "Taste of Princeton" Raffle and the "Art of Princeton" Raffle at the PSS Family Fair: Taste of Princeton Raffle: 1) Blake Bertucci. Art of Princeton Raffle:

1) George White Painting - Stephanie Boyce 2) Ruth Kavanaugh Print - Susan Later 3) Lyn Malnechenko - S. Currie 4) Harvey Donahue Painting - Milan Bertucci 5) Kathy Schneider Print - Charles Whitlock 6) Sue LePoidevin Vase - Steve Kovacs 7) Dick Trehearne Lamp - Chrisy Stein.

Communities for Kids launches website

The most important time in a child's development is from conception to age 6.

Research shows that the kind of care and attention children receive in early childhood has a major impact on the rest of their lives. Parents, caregivers, volunteers, professionals and others will soon have a new resource to help with those important first years. The Communities for Kids website is full of information to raise healthy, happy children.

Please join Communities for Kids for a showcase and celebration of the website (www.communitiesforkids.ca) at the Penticton Health Centre, 740 Carmi Avenue, Penticton from 10:00 AM until 12:00 Noon on May 17, 2007.

Visitors to the easy-to-use website will be able to:

- Find useful parenting tips and information on child development
- Join a discussion forum to talk with other parents and caregivers
- Locate family resources within communities using maps and

directories

- Link to other websites full of "must have" parenting information
- Find suggestions for family activities
- Discover who we are and how we work

The website will appeal to all community members interested in healthy child development and healthy communities, including parents, grandparents, service providers, preschool teachers, childcare providers, council members, teachers, recreation leaders, business people, faith community members and others. Explore and enjoy the Communities for Kids website!

The Communities for Kids coalition includes Understanding the Early Years (UEY), Success by 6@, and Communities for Kids. The coalition promotes optimal health and development of all children, from conception to age 6, in the South Okanagan-Similkameen. For more information email us at communitiesforkids@shaw.ca.

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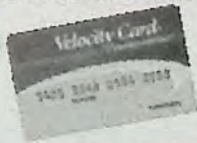
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weekly entertainment guide

TUESDAY, MAY 8, 2007 THROUGH MONDAY, MAY 14, 2007



BC Lion Wide Receiver Mike Lindstrom displays his interesting form as he tees off at Hole #18 April 25th during a tournament at Princeton Golf Club to benefit Princeton Minor Football Association. *

Keremeos racers tear up the track

by Alan Thom, Publisher & Managing Editor www.okasim-today.com

The weather turned out great for an exciting start to the local Stock Car racing season. The event sponsor was South Okanagan Bakery. It was Hit to Pass and the \$400 Claimer class on Sunday afternoon at Penticton Speedway. Owner Johnny Anntjes was very happy with the opening. A good crowd enjoyed opening day. The sun came out during the timing sessions and stayed around.

The fans got what they came for. Lots of wheel to wheel action in both classes, but as usual Hit to Pass put on the big show.

Thanks to Pit boss Brian Poppe, the program went off pretty smoothly. There were a few first time drivers in Claimer class, both ladies and guys, and it made for very interesting racing. In the qualifying time runs Ron Elgie of Keremeos was fastest in the #28 car. Hit to Pass fastest qualifier was Allen Scarfo of Kelowna in the #88.

When the racing got under way rookie Natalie Elgie of Keremeos won her first race ever in the Claimer Trophy A heat. It was her birthday too. Quite a start to her racing career. The B heat was taken by her brother-in-law Ron Elgie in #28. Just one Trophy dash in Hit to Pass. It was taken by #55, Dale Highberg of Twin Lakes. He put on a real good show.

When the Heats began it was another rookie finishing in front. Kyle Piper drove a solid race in his Jetta. Peter Vandebroel of Penticton came home second and

3rd place went to the #22 car of Brent Vellecotte of Kelowna. He's back racing after taking a year off. Claimer #2 Heat went to Peter Vandebroel after a great wheel to wheel battle with 'Rocking' Ron Elgie. The crowd really enjoyed that one. 3rd place went to high school student Sarah Cornett-Ching.

She's been racing for 6 years now, following in the footsteps of her dad Joe. Dale Highberg did it again in the Hit to Pass heat. He won over the #28 of Dan Marsel of Keremeos. Dan runs a garage and sponsors a number of cars. After sitting in the stands for a couple of years, he said he was ready to race and he made believers of us Sunday afternoon.

He just kept his foot in it and along with the other drivers put on a great start to this year's events at the Speedway. 3rd place went to Norm Swerdfeger of Penticton.

There's always something going on in the stands during races and the Penticton SPCA volunteers sold 50/50 tickets and split \$450 with a lucky fan. Another crowd pleaser was a birthday party for Cameron Spiers, he was celebrating his 7th birthday along with family and friends, complete with a cake and balloons.

The crowd sang Happy Birthday and Cameron got to wave the green flag to start the Claimer Main Event. His dad George is the owner of Katana Boats that sponsors the Katana Sportsmen Late-model

series all around B.C.

After the intermission fun, The Claimer cars went at it for 20 laps. One of the attractions of this class is that you never know what's going to happen with the mix of rookies and more experienced drivers. It makes it entertaining for everyone.

Peter Vandebroel of Penticton was on a roll. He's a smooth and experienced driver. After going side by side with Ron Elgie again, Peter came away with the win. Ron is really after it this year and was a strong second. 3rd place went to the Natalie Elgie entry, but it sure looked like her husband in there at the wheel.

The day wrapped up with Hit to Pass. Other than the Katana cars, Hit to Pass is the most popular and you just have to see it once to know why. As part of the race cars have to keep hitting one another. It's in the rules. Caution is taken to keep it injury free and that's how it all turned out.

After the usual tire smoking, cars spinning and banging action, the race was won by Kelowna's Allen Scarfo. He had a good year last year finishing in the top 5 and looked very strong to start the season. Norm Swerdfeger in the #31 picked up another third place finish to wrap up a great day. Lot's of celebrations and high-fives at the start-finish line.

We'd like to say thanks to Rebecca the timing lady for doing a great job getting us the information.

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Former BC Lion John Henry White hits his ball out of the rough during a BC Lions Golf Tournament held April 25th at Princeton Golf Club to benefit Princeton Minor Football Association. *



BC Lion Defensive Back Mark Washington putts on Hole #17 under the watchful eye of Bob Wicks during an event at Princeton Golf Club to benefit Princeton Minor Football Association. *



BC Lion Guard Sherko Haji-Rasouli putts out on Hole #18 during a BC Lions Golf Tournament held April 25th at Princeton Golf Club to benefit Princeton Minor Football Association. *



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6 AM :30	Dawson's Creek (E)	News (N) Room	(Off Air)	Body Elec. Caillon (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentre (E)	News (E) Canada AM	Daily Planet (E)	(6:05) King Spider-Man	Rachael Ray (E)	Star Trek: Next Gener.	Counterstrike (E)
7 AM :30	Movie: "High School High" (1996) Jon Lovitz.	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Kelly Clarkson; Julee Rosso; Sheila Lukins; hospitality design. (N)	The Early Show (N)	City Confidential (E)	Good Morning America (N)			Arthur (E) Lunar Jim	Being Ian Battle	SportsCentre (E)		Moon Landings	K. Possible (7:24)	CityLine (E)	Deep Space 9	Night Heat (E)
8 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World	Discover	Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Poko The Save-Ums! (E)	George S. LazyTown	Off-Record ATP Tennis: Internazionali BNL d'Italia	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (N) City	Most Amazing Videos	FANatical Inside Box
9 AM :30	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	Cold Case Files (E)	The View (N)	World Vision (E)	Design House	The Gill Deacon Show	Mischief Jacob	ATP Tennis	The View (N) (E)	Blueprint for Disaster	JoJo Benj Bear	Movie: "Problem Child" (1990) (E)	Deep Space 9	Ellen (E) Grace
10 AM :30	Harvey Harvey	Thane Seinfeld	Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Mischief Jacob	ATP Tennis	eTalk (E) MTV e2	Mysterious Cleopatra	Higglytown (11:25) King	Speakers	Star Trek: Next Gener.	The Nanny Frasier
11 AM :30	Home Imp. Home Imp.	News (N) Undersea	Sustain	Charlie Rose (E)	Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News Viva Pinata	George S. Flamingo		Degrassi Bold & B.	Extreme Engineering	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld
12 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Macphee Quilting	Watercolor America	Days of our Lives (N)	As the World Turns (N)	City Confidential (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts	Motoring Paintball	Sue Thomas: F.B. Eye	Worst Handyman	Dragon Emperor	Making It Star! Daily	Star Trek: Voyager (E)	Mad Abt. Frasier
1 PM :30	King King	Guiding Light (N) (E)	Gaslight Working Lions	Reading	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Winx Club	Interruption	General Hospital (N)	How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Postcards	Judge Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	Greatest Ever... (E)	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E) (DVS)
3 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchase Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Mercer	Phantom Robot Boy	NHL Hockey: Eastern Conf. Semi. -- Rangers at Sabres	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	FANatical Inside Box
4 PM :30	Raymond Raymond	News (N) (E)	George S. (5:32) Business	BBC World NBC News	News (N) News	News (N) News	CSI: Miami "Invasion"	News (N) ABC News	News (N) Global	News (N) Global	Simpsons Arrested	OddParent SpongeBob	Conf. Semi. -- Rangers at Sabres	News (N) (E)	How-Made	K. Possible Suite Life	TV Moments	CSI: Crime Scn	Seinfeld Seinfeld
5 PM :30	Sex & City Sex & City	Body Caitlin	CG Kids Heads Up	News-Lehrer	News (N) Raymond	News (N) Hollywood	Dog Dog	News (N) News (N)	News (N) News (N)	ET Canada Entertainment	NHL Hockey: Western Conference Semifinal Game 7 --	Being Ian Frank Prt	Hockey	News (N) (E)	Extreme Engineering	So Little Sadie	Movie: "28 Days Later" (2002, Horror) Cillian Murphy. (E)	UFC Unleashed	Married... Married...
6 PM :30	Friends Friends	Out There Jeopardy!	Animals Eden	Nova (N) (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Driving The Insider	Entertain ET Canada	Entertain ET Canada	Gilmore Girls (N) (E)	Conference Semifinal Game 7 --	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	Futureweap ons (E)	So Raven Smart Guy	Horror Cillian Murphy. (E)	Bullrun (N)	Frasier Grace
7 PM :30	Sex & City Sex & City	NCIS "Trojan Horse"	Masterpiece	Wild Things (E)	Dateline NBC (E)	NCIS "Trojan Horse"	Angel Angel	George Lopez (N) (E)	Gilmore Girls (N) (E)	Accident Investigator	Canucks at Ducks	Fresh Pr. Fries That?	In Corner	American Idol (E)	Daily Planet (E)	Suite Life Life Derek	News (N)	The Ultimate Fighter	ET Canada FANatical
8 PM :30	Movie: "Proof of Life" (2000, Suspense) (PA) Meg Ryan. (E)	The Unit (N) (E)	Yo-Yo: Bach	Frontline "When Kids Get Life"	Law Order: CI	The Unit (N) (E)	CSI: Miami "Invasion"	Dancing With the Stars (10:01) Boston Legal (N)	House "Resignation"	News (N) (E)	To Be Announced	Mystery Ghost	Billiards: Trick Shots	Dancing With the Stars	Extreme Engineering	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
9 PM :30	Boston Legal (N) (E)	Classical Landscape	Independen t Lens (E)	Law & Order: SVU	Without a Trace (E)	Dog Dog	Accident Investigator	News (N) (E)	National Academy	Prank Prt Academy	Series of Poker	Law & Order: SVU	Futureweap ons (E)	Popular (E)	Movie: "Breakfast of Champions" (1999) (E)	Star Trek: Voyager (E)	Married... Married...		
10 PM :30	News (N) Room	Reach-Top	Moving On	C. Rose	Tonight	Late Show	Driving	Driving (11:35)	ET Canada	ET Canada	The Hour (E)	Bob Weird	SportsCentre (Live) (E)	News (N)	How-Made	Life Derek	The Ultimate Fighter	The Nanny	

WEDNESDAY, MAY 9, 2007

	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 :30	Dawson's Creek (E)	News (N) Room	(Off Air)	Body Elec. Caillon (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentre (E)	News (E) Canada AM	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (E)	Star Trek: Next Gener.	Counterstrike (E)
7 AM :30	Movie: "Gone Fishin'" (1997) (PA) Joe Pesci.	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Cameron Diaz; Tech 101; face masks; Mother's Day reunions. (N)	The Early Show (N)	City Confidential (E)	Good Morning America (N)			Arthur (E) Lunar Jim	Being Ian Pokemon	SportsCentre (E)		Nature of the Beast	K. Possible (7:24)	CityLine (E)	Deep Space 9	Night Heat (E)
8 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World	Discover	Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Poko The Save-Ums! (E)	George S. LazyTown	Hockey: IIHF World Champ.	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (N) City	Star Trek: Next Gener.	That News Inside Box
9 AM :30	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	Cold Case Files (E)	The View (N)	World Vision (E)	Design House	The Gill Deacon Show	Mischief Pippi	Quarterfinal -- Teams TBA	The View (N) (E)	The British UFO Files	JoJo Handy	Movie: "All I Want for Christmas" (1991) (E)	Deep Space 9	Ellen (E) Grace
10 AM :30	Harvey Harvey	Seinfeld	Hockey	Bob Build	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Mischief Jacob	ATP Tennis	eTalk (E) MTV e2	UFOs: Above	Higglytown (11:25) King	Speakers	Star Trek: Next Gener.	The Nanny Frasier
11 AM :30	Home Imp. Home Imp.	News (N) Edge	Reach-Top	Charlie Rose (E)	Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News Viva Pinata	George S. Flamingo		Degrassi Bold & B.	Return to Area 51 (E)	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld
12 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Planet Thimbles	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	City Confidential (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts	Bowling	Sue Thomas: F.B. Eye	MythBusters (E)	Dragon Emperor	Speakers Star! Daily	Star Trek: Voyager (E)	Mad Abt. Frasier
1 PM :30	King King	Guiding Light (N) (E)	Gaslight Moving On	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Winx Club	In Corner Interruption	General Hospital (N)	Extreme Engineering	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Postcards	Judge Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Frasier Arrested	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	How-Made	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E) (DVS)
3 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchase Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	NHL Hockey: Eastern Conference Semifinal Game 7 --	Phantom Robot Boy	NHL Hockey: Western Conf. Semifinal -- Sharks at Red Wings	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	That News Inside Box
4 PM :30	Raymond Raymond	News (N) (E)	George S. (5:32) Business	BBC World NBC News	News (N) News	News (N) News	CSI: Miami "Invasion"	News (N) ABC News	News (N) Global	News (N) Global	Simpsons Arrested	OddParent SpongeBob	Conf. Semi. -- Rangers at Sabres	News (N) (E)	Hindenburg: Titanic of the Skies	K. Possible Suite Life	Next Top Model	CSI: Crime Scn	Seinfeld Seinfeld
5 PM :30	Raymond Raymond	Body Caitlin	Mechanics Creatures	News-Lehrer	News (N) Raymond	News (N) Hollywood	The Sopranos (E)	News (N) News (N)	News (N) News (N)	ET Canada Entertainment	Senators at Devils	Being Ian Drake	Sharks at Red Wings	News (N) (E)	So Little Sadie	Movie: "Timeline" (2003) Paul Walker. Premiere. (E)	CSI: Crime Scn	Married... Married...	
6 PM :30	King King	Out There Jeopardy!	Meerkat Wild	Great Lodges-Canadian	Jeopardy! Fortune	Friends Scrubs	(7:15) The Sopranos "He Is Risen" (E)	Entertain The Insider	Entertain ET Canada	To Be Announced	Canada Just-Gags	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	MythBusters (E)	So Raven Smart Guy	Walker. Premiere. (E)	CSI: Crime Scn	Frasier Grace
7 PM :30	Movie: "Sweet November" (2001) Keanu Reeves. (E)	Movie: "Conspiracy Theory" (1997) Mel Gibson, Julia Roberts. (E)	Hot Rocks "Water" (E)	Secrets of the Dead (N)	Thank God You're Here	Jericho "Why We Fight"	Risen" (E) Driving	Jim Underbelly	Bones (N) (PA) (E)	Bones (N) (PA) (E)	To Be Announced	Fresh Pr. Weird	Off-Record	Lost (N) (E)	Daily Planet (E)	Suite Life Life Derek	News (N)	CSI: NY (E)	ET Canada That News
8 PM :30	News (N) Room	Reach-Top	Moving On	C. Rose	Tonight	Late Show	Driving	Driving (11:35)	ET Canada	ET Canada	The Hour (E)	Bob Weird	SportsCentre (Live) (E)	News (N)	How-Made	Life Derek	The Ultimate Fighter	The Nanny	

Horoscopes

May 9 - 16, 2007

Aries - Your worries become a little stronger, and may erupt as frustration with some situation. Talk about money worries, make changes as needed. Improvement comes soon.

Taurus - Your dreams about career may be daydreams. Reality needs checking. Personal plans need to be expressed, defined.

Gemini - You may be questioning whether your career is right for you, but you are doing this internally. You may want to talk about it this weekend. Don't do anything hasty.

Cancer - This is your week to revamp your appearance. You need to present a better, happier face to the world. A lot of things are going on in your mind. Don't let worries trip you up.

Leo - Voice your plans in no uncertain terms this week and things will run more smoothly in the coming month. Career takes a different turn next week. Change will be permanent.

Virgo - It is important to focus on career and parents this week. Partner or family may bring a pleasant surprise. Check debts.

Libra - Partner is full of ego energy now, and may seem snappish. Ignore tension. Direct his/her energy toward productive activity. Career goes smoothly. Enjoy humour, fun.

Scorpio - Partner, children, pets and good times seem to fill up this week. Spend weekend talking about shared concerns. Take care of your health - watch out for cuts, burns, accidents.

Sagittarius - Spend time interacting with partner, spouse, good friends this weekend. You can make big, positive changes at home now, but weekend is hectic. Health is good.

Capricorn - Creative ideas crowd your mind these days. You can plan, but plans shift rapidly. Work on home, property. A lot of action begins regarding family. Partner is agreeable, fun.

Aquarius - Impressions of family are not realistic. Young people have things to say - listen. Health improves. You have a lot you want to say - say it nicely. Drive carefully.

Pisces - You are still full of energy, and can accomplish a lot. Next week, your focus will shift, so finish up current projects. Self-expression may be vague, misdirected this weekend.

Regular Meetings

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

thursday movies

MORNING

- 7:00 am WTBS (3) ★★"The Thomas Crown Affair" (1999, Suspense) Pierce Brosnan. A billionaire looking for new challenges attracts the attention of an investigator when a priceless Monet is stolen. [E]
- 10:00 am CITY (29) ★★"Sacred Hearts" (1995, Drama) Kelly Fritz. A teenager with dysfunctional parents experiences the joys and pangs of first love. [E]

EVENING

- 7:00 pm WTBS (3) ★"Exit Wounds" (2001, Action) (PA) Steven Seagal. A tough Detroit policeman lands in a new precinct and discovers a rogue group of cops who run a drug ring. [E]
- KSPS (6) ★★"Okle Noodling" (2001, Documentary) Filmmaker Bradley Beesley profiles Oklahoma

- fishermen who use their bare hands to catch their prey. (In Stereo) [E]
- 9:10 pm WTBS (3) ★"The Glimmer Man" (1996, Action) (PA) Steven Seagal. An LAPD detective links murders blamed on a serial killer to a tycoon eliminating business associates. [E]
- 10:06 pm CITY (29) ★★"Darkman" (1990, Horror) Liam Neeson. Premiere. An acid-scarred scientist uses 99-minute masks to be with his girlfriend and trap gangsters. [E]
- 10:55 pm WTBS (3) ★"Exit Wounds" (2001, Action) (PA) Steven Seagal. A tough Detroit policeman lands in a new precinct and discovers a rogue group of cops who run a drug ring. [E]
- 11:00 pm SPIKE (44) ★★"FearDotCom" (2002, Horror) Stephen Dorff. A detective searches for a madman who runs a Web site that features torture, murder and the death of its browsers.

friday movies

MORNING

- 7:00 am WTBS (3) ★"See Spot Run" (2001, Comedy) (PA) David Arquette. After an FBI dog takes a bite out of their boss, vengeful gangsters target the animal which lives with a goofy mailman. [E]
- 10:00 am CITY (29) ★★"XChange" (2000, Science Fiction) Stephen Baldwin. In a future where people travel by exchanging bodies, an executive's corporeal form is stolen by an assassin. [E]

EVENING

- 6:00 pm CITY (29) ★★"Analyze That" (2002, Comedy) Robert De Niro. Released from prison, gangster Paul Vitti seeks further help from his troubled psychotherapist. [E]
- 7:30 pm FAM (26) ★★"The Lizzie McGuire Movie" (2003, Comedy) Hilary Duff. After graduating from junior high school, a teenager travels to Rome and meets a pop singer.
- 8:00 pm WTBS (3) ★★"Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. [E]
- 9:02 pm FAM (26) ★★"Ernest Goes to Jail" (1990, Comedy) Jim Varney.

- A case of mistaken identity lands a bumbling bank janitor in the slammer and his criminal look-alike on the streets. [E]
- 10:00 pm WTBS (3) ★★"Houseguest" (1995, Comedy) (PA) Sinbad. An impostor fools a lawyer and his family as an old friend trained in oral surgery. [E]
- 10:30 pm FAM (26) ★★"Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest.
- 11:00 pm SPIKE (44) ★★"Eddie Murphy Raw" (1987, Comedy) Eddie Murphy. The comedian does a Bill Cosby impression and discusses life, women and sex in a stand-up show in New York.

Similkameen News Leader Community Calendar

MAY

- 11 - Bull-A-Rama, Princeton Rodeo Grounds
- 12, 13 - 6th Annual Princeton Pro Rodeo, Princeton
- 13 - Mother's Day
- 19-21 - Hedley Slo-Pitch Tournament
- 19-21 - Keremeos Elks Rodeo, Keremeos Rodeo Grounds
- 21 - Victoria Day
- 24-27 - Music Under The K, Keremeos

JUNE

- 17 - Father's Day
- 29 - Princeton Racing Days, Sunflower Downs
- 29, 30 - Princeton Canada Day Weekend Celebrations

JULY

- 1 - Canada Day
- 1, 2 - Princeton Canada Day Weekend Celebrations

AUGUST

- 5 - Kars Under the K - Keremeos

SEPTEMBER

- 1, 2, 3 - Slo-Pitch Tournament, Hedley
- 15 - Similkameen Sizzle, Keremeos
- 16 - Terry Fox Run, Keremeos, Princeton
- 18 - George & Brenda's Anniversary!

If your Club, Group or Organization has set an important date, it can be listed here Free. Contact us for details!

ads@thenewsleader.ca

Similkameen News Leader

Recipe Corner (Recipe #166)
Brought To You By: Similkameen News Leader

Mushroom Relish

Preparation Time: 15 mins. Cooking Time: 10 mins. Serve this zesty low-cal, Indonesian style accompaniment with grilled burgers, chicken, lamb or pork.

Ingredients

- 1 tbsp vegetable oil or olive oil (15 mL)
- 1/2 cup EACH diced red onion and red pepper (125 mL)
- 3/4 lb. coarsely chopped fresh Mushrooms (4 cups/1L)
- 2 cloves garlic, minced
- 2 tsp. minced gingerroot (10mL)
- 1/4 cup chopped cilantro (50mL)
- 1 tbsp. fresh lime juice
- 1 1/2 tsp. hot sauce (7mL)
- 1/4 cup yogurt (50mL)

Method - Heat oil in large non-stick skillet over medium heat. Sauté onion and red pepper 2-3 minutes. Stir in mushrooms, garlic and gingerroot; cook and stir for 3-5 minutes or until tender. Stir in cilantro, lime juice, hot sauce, and yogurt. Cook 1-2 minutes or until most of the juice has evaporated. Serve warm or at room temperature. Leftovers may be covered and refrigerated. Makes 2 cups.* Use white, crimini or portabella mushrooms or a mixture. Tip: To speed up preparation, coarsely chop mushrooms in food processor. Nutritional Information: Per Serving (1 tablespoon) Calories: 9 Protein : 0.3 g Fat: 0.5 g Carbohydrates: 1.0 g Dietary Fibre: 0.2 g

For more great mushroom recipes, tips, and information visit Mushrooms Canada online at www.mushrooms.ca

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Similkameen News Leader (250) 295-4149

If you have a favourite recipe you would like to share, contact us for details!

226A Bridge Street, Princeton

THURSDAY, MAY 10, 2007

	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 :30	Dawson's Creek	News (N) Room	(Off Air)	Body Elec. Caillon (EI)	News (N)	News (N)	Crossing Jordan	(5:00) News (N)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentre	News (N) Canada AM	Daily Planet	(6:05) King Spider-Man	Rachael Ray	Star Trek: Next Gener.	Counterstrike "The Hit"
7 AM :30	Movie: "The Thomas Crown Affair" (1999)	Life Today 100 Huntley Street	BluesClues Dora	Barney Arthur (EI)	Today Mike Myers: last-minute	The Early Show (N)	City Confidential	Good Morning America (N)			Arthur (EI) Lunar Jim	Being Ian Idaten	SportsCentre		Beastly Countdown	K. Possible (7:24)	CityLine	Deep Space 9	Night Heat
8 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Poko The Save-Ums!	George S. LazyTown	Hockey: IHHF World Champ.	Regis and Kelly	Daily Planet	Pooh Bear	News (N) City	Most Amazing Videos	What Inside Box
9 AM :30	MLB Baseball: San Diego Padres at Atlanta Braves.	The Price Is Right (N)	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right (N)	Cold Case Files	The View (N)	World Vision	Design House	Doodlebop	Pippi	Quarterfinals -- Teams TBA	The View (N)	Untamed North America	JoJo Sprites	Movie: "Sacred Hearts"	Deep Space 9	Ellen (EI) Grace
10 AM :30	Padres at Atlanta Braves. (Subject to Blackout)	Seinfeld	Ravens	Thomas Sit-Be Fit	Dr. Keith Ablow (N)	Young and the Restless	24 (EI)	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Mischief Jacob	ATP Tennis: Internazionali BNL d'Italia -- Early Rounds. From Rome.	eTalk (EI)	Nature of the Beast	Higglytown (11:25) King	Star Trek: Next Gener.	The Nanny	
11 AM :30	Yes, Dear	Divas Dime	They've Got Game	Painting Needle Art	Days of our Lives (N)	As the World Turns (N)	City Confidential	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts	Sue Thomas: F.B. Eye	Hindenburg: Titanic of the Skies	Dragon Emperor	In Fashion	Star Trek: Voyager	Mad Abt. Frasier	
12 PM :30	King	Guiding Light (N)	Gaslight Dotto Tech	Reading Lions	Passions (N)	Guiding Light (N)	Amer. Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Winx Club	Interruption	General Hospital (N)	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager	Beverly Hills, 90210	
1 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (EI) Postcards	Judge	Dr. Phil (EI)	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (EI)	How-Made	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South (EI) (DVS)
2 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J.	Oprah Winfrey (EI)	Cold Case Files	Millionaire	Oprah Winfrey (EI)	News (N) Global	NHL Hockey: Playoffs -- Teams TBA. (Live)	Phantom Robot Boy	NHL Hockey: Playoffs -- Teams TBA. (Live)	Daily Show	Daily Planet (N)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	What Inside Box
3 PM :30	Friends	News (N)	George S. (5:32) Business	BBC World NBC News	News (N)	News (N)	CSI: Miami "Wannabe"	News (N) ABC News	News (N) Global	News (N)	Teams TBA. (Live)	OddParent SpongeBob	News (N)	Deadliest Catch	K. Possible Suite Life	Ugly Betty (N)	CSI: Crime Scn	Seinfeld	
4 PM :30	Friends	Body	Spellz	News-Lehrer	News (N)	News (N)	The First 48	News (N)	News (N)	ET Canada	Being Ian	Frank Ptrl	News (N)	Dirty Jobs	So Little Sadie	Supernatural (N)	TNA Wrestling Impact!	Married... Married...	
5 PM :30	Friends	Caitlin	Reach-Top	Movie: "Okie Noodling"	Jeopardy! Fortune	Friends Scrubs	The First 48	Entertain The Insider	Entertain ET Canada	Survivor: Fiji (N)	Canada 22 Minutes	Sabrina Malcolm	SportsCentre (Live)	eTalk (EI) Hollywood	Mayday "Fire Fight"	So Raven Smart Guy	Godiva's (DVS)	The Ultimate Fighter (N)	Grace
6 PM :30	Movie: "Exit Wounds"	Out There Jeopardy!	Profiles of Nature	Movie: "Okie Noodling"	Jeopardy! Fortune	Friends Scrubs	The First 48	Entertain The Insider	Entertain ET Canada	Survivor: Fiji (N)	Canada 22 Minutes	Sabrina Malcolm	SportsCentre (Live)	eTalk (EI) Hollywood	Mayday "Fire Fight"	So Raven Smart Guy	Godiva's (DVS)	The Ultimate Fighter (N)	Grace
7 PM :30	(2001) (PA) Steven Seagal.	Saved (N)	Gold Mountain	New Tricks	Name Earl (8:40) The Office (N)	Survivor: Fiji (N)	Detroit SWAT	Ugly Betty (N)	Survivor: Fiji (N)	Are You Smarter Than a 5th Grader? (N)	To Be Announced	Fresh Pr. Fries That?	Off-Record	Grey's Anatomy (N)	Daily Planet	Suite Life Life Derek	News (N) (8:35) Star!	UFC Unleashed	What
8 PM :30	(9:10) Movie: "The Glimmer"	Psych (EI)	Around the World	Globe Trekker	CSI: Crime Scn (9:20)	CSI: Miami "Wannabe"	Grey's Anatomy (N)	Are You Smarter Than a 5th Grader? (N)	News (N)	National	Prank Ptrl Academy	Series of Poker	(10:01) ER "Sea Change" (N)	Mayday "Fire Fight"	Popular "Big Bertha"	(10:06) Movie: "Darkman"	(1990) Liam Neeson. (EI)	Movie: "FearDotCom"	Married... Married...
9 PM :30	Man (1996) (PA)	Painkiller Jane (N)	Wild Stuarts	Soundstage	(10:01) ER "Sea Change" (N)	Without a Trace (N)	The First 48	(10:01) Traveler "Pilot" (N)	News (N)	Entertain ET Canada	The Hour Phil Keoghan.	Bob Weird	SportsCentre (Live)	News (N)	Deadliest Catch	8 Rules Life Derek	Movie: "FearDotCom"	Ellen (EI)	The Nanny

FRIDAY, MAY 11, 2007


	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 :30	Dawson's Creek	News (N) Room	(Off Air)	Body Elec. Caillon (EI)	News (N)	News (N)	Crossing Jordan	(5:00) News (N)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentre	News (N) Canada AM	Daily Planet	(6:05) King Spider-Man	Rachael Ray	Disorderly Con.	Counterstrike "The Hit"
7 AM :30	Movie: "See Spot Run" (2001)	Life Today 100 Huntley Street	BluesClues Dora	Barney Arthur (EI)	Today (N)	The Early Show (N)	City Confidential	Good Morning America (N)			Arthur (EI) Lunar Jim	Being Ian Yu-Gi-Oh!	SportsCentre		Beastly Countdown	K. Possible (7:24)	CityLine	Disorderly Con.	Night Heat "Jumper"
8 AM :30	David Arquette.	Catering	Hi-5 Berenstain	Curious Clifford		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Poko The Save-Ums!	George S. LazyTown	Hockey: IHHF World Champ.	Regis and Kelly	Daily Planet	Pooh Bear	News (N) City	Disorderly Con.	Big Screen Inside Box
9 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Poko The Save-Ums!	George S. LazyTown	Hockey: IHHF World Champ.	Regis and Kelly	Daily Planet	Pooh Bear	News (N) City	Disorderly Con.	Big Screen Inside Box
10 AM :30	Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right (N)	Cold Case Files	The View (N)	World Vision	Design House	Doodlebop	Pippi	Quarterfinals -- Teams TBA.	The View (N)	Worst Handyman	JoJo Mickey	Movie: "XChange" (2000)	Disorderly Con.	Ellen (EI) Grace
11 AM :30	Harvey	Seinfeld	Rivers	Bob Build Sit-Be Fit	Dr. Keith Ablow (N)	Young and the Restless	24 (EI)	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Mischief Jacob	ATP Tennis: Internazionali BNL d'Italia -- Early Rounds. From Rome.	eTalk (EI)	Monster House	Higglytown (11:25) King	Star Trek: Next Gener.	The Nanny	
12 PM :30	Home Imp.	News (N)	Canada-History	Charlie Rose (EI)	Paid Prog.	News (N)	Crossing Jordan	All My Children (N)	News (N)	Days of our Lives (N)	CBC News	Land Bfr Flamingo	NASCAR Racing: Nextel Cup Qualifying	Degrassi Bold & B.	Deadliest Catch	(11:49) Weekend	(12:15) CityLine	Disorderly Con.	Seinfeld
1 PM :30	Yes, Dear	Divas Dime	Router	Scheewe	Days of our Lives (N)	As the World Turns (N)	City Confidential	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts	Sue Thomas: F.B. Eye	Hindenburg: Titanic of the Skies	Dragon Emperor	At Movies TBA	Disorderly Con.	Mad Abt. Frasier	
2 PM :30	King	Guiding Light (N)	Gaslight Sustain	Reading Lions	Passions (N)	Guiding Light (N)	Amer. Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Winx Club	NBA Live Interruption	General Hospital (N)	Mayday "Fire Fight"	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager	Beverly Hills, 90210
3 PM :30	Seinfeld	Room	Hi-5 Balloon ride.	Arthur (EI) Fetch! With Judge	Judge	Dr. Phil (EI)	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (EI)	How-Made	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South (EI) (DVS)
4 PM :30	MLB Baseball: Atlanta Braves at Pittsburgh Pirates.	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J.	Oprah Winfrey (EI)	Cold Case Files	Millionaire	Oprah Winfrey (EI)	News (N) Global	NHL Hockey: Playoffs -- Teams TBA. (Live)	Phantom Xialoin	Hockey: In Corner	Daily Show	Daily Planet (N)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Big Screen Inside Box
5 PM :30	Braves at Pittsburgh Pirates. (Subject to Blackout)	News (N)	George S. (5:32) Business	BBC World NBC News	News (N)	News (N)	CSI: Miami "Deadline"	News (N) ABC News	News (N) Global	News (N)	Teams TBA. (Live)	El Tigre Avatar	NASCAR Racing: Busch Series -- Diamond Hill Plywood	News (N)	Worst Handyman	K. Possible Montana	Stargate Atlantis	CSI: Crime Scn	Seinfeld
6 PM :30	Body	Jungle	News-Lehrer	News (N)	News (N)	News (N)	CSI: Miami "The Oath"	News (N)	News (N)	ET Canada	Being Ian	Frank Ptrl	News (N)	I Shouldn't Be Alive	Zoey 101 Life Derek	Movie: "Analyze That" (2002)	CSI: Crime Scn	Married... Married...	
7 PM :30	Raymond	Out There Jeopardy!	Wild Goose Chase	Wash Wk McClLaughlin	Jeopardy! Fortune	Friends Scrubs	Intervention "Cristy"	Entertain The Insider	Entertain ET Canada	House (EI)	Canada Air Farce	Team Fantaste 4	SportsCentre (Live)	eTalk (EI) Hollywood	A Haunting	School Movie: "The Lizzie McGuire Movie"	Robert De Niro.	UFC Fight Night	Frasier
8 PM :30	Movie: "Vegas Vacation" (1997)	Dateline NBC (EI)	The Tenant of Wildfell Hall	Wash Wk NOW (N)	Dateline NBC (EI)	Ghost Whisperer (N)	Intervention "Anthony"	Grey's Anatomy (N)	House (EI)	NUMB3RS (N)	To Be Announced	Naruto Zatch Bell	Boxing: Friday Night Fights.	Ghost Whisperer (N)	Daily Planet	Life Derek	Party	ET Canada	
9 PM :30	Chevy Chase.	20/20 (EI)	Bill Moyers' Journal (N)	Frank Sinatra	Law & Order (N)	NUMB3RS (N)	CSI: Miami "The Oath"	20/20 (EI)	NUMB3RS (N)	News (N)	National	Alchemist Bleach	Close to Home (N)	I Shouldn't Be Alive	(9:02) Movie: "Ernest Goes to Jail"	(10:06) True Lives: Volume 1	Game	Married... Married...	
10 PM :30	Movie: "Houseguest" (1995)	20/20 (EI)	Frank Sinatra	Law & Order (N)	NUMB3RS (N)	NUMB3RS (N)	CSI: Miami "The Oath"	20/20 (EI)	NUMB3RS (N)	News (N)	National	Alchemist Bleach	Close to Home (N)	I Shouldn't Be Alive	(9:02) Movie: "Ernest Goes to Jail"	(10:06) True Lives: Volume 1	Game	Married... Married...	
11 PM :30	(PA) Sinbad.	News (N) Room	History	Austin City Limits	News (N) Tonight	News (N) Late Show	Intervention "Cristy"	News (N)	News (N)	(11:03) ECW (N)	The Hour Best-of show.	Eureka 7 Gundam	SportsCentre (Live)	News (N)	Worst Handyman	(2004) True Lives	Movie: "Eddie Murphy Raw"	Ellen (EI)	The Nanny

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saturday movies

MORNING

6:00 am SPIKE (44) ★★½ "Firefox" (1982, Action) Clint Eastwood. Premiere. An American pilot sneaks into Russia to steal a superfast jet that runs by telepathy and is armed with nuclear weapons. [E]

7:05 am WTBS (3) ★½ "Houseguest" (1995, Comedy) (PA) Sinbad. An impostor fools a lawyer and his family as an old friend trained in oral surgery. [E]

9:20 am WTBS (3) ★★½ "Jumanji" (1995, Fantasy) Robin Williams. A magic board-game brings forth African perils and a guy who disappeared in 1969 while playing it. [E] (DVS)

10:00 am A&E (9) ★★ "Ghost" (1990, Fantasy) Patrick Swayze. A slain Manhattan yuppie reaches out to his lover, with a medium as his middlewoman. [E]

11:25 am WTBS (3) ★½ "Scary Movie 2" (2001, Comedy) (PA) Shawn Wayans. Psychology students and their professor spend the weekend in a haunted house in this sendup of horror films. [E]

AFTERNOON

12:00 pm FAM (26) "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. [E]

CITY (29) ★★½ "The Lonely Guy" (1984, Comedy) Steve Martin. A lonely New York bachelor learns that he, his buddy and others like them are a distinct social type. [E]

12:30 pm A&E (9) ★★ "Mask" (1985, Biography) Eric Stoltz. Teenage Rocky Dennis whose face is misshapen by a rare disease has a wild mother who instills confidence in him. [E]

1:15 pm WTBS (3) ★★½ "The Lord of the Rings: The Two Towers" (2002, Fantasy) (PA) Elijah Wood. Now divided, members of a fellowship take different paths to destroy the ring and defeat evil Sauron and his pawns. [E]

1:30 pm FAM (26) ★½ "The Big Green" (1995, Comedy) Steve Guttenberg. A sheriff helps a British teacher coach a grade-school soccer team of misfits in a dying Texas town. [E]

5:00 pm WTBS (3) ★★½ "The Lord of the Rings: The Return of the King" (2003, Fantasy) (PA) Elijah Wood. Frodo and Sam march toward Mount Doom to destroy the ring, while Gandalf and warriors prepare for a final confrontation with Sauron and his allies. [E]

EVENING

6:00 pm CITY (29) ★★½ "Class Warfare" (2001, Drama) Lindsey J. McKeon. Premiere. After her family loses its wealth, a teen plans to dispose of a classmate and steal his winning lottery ticket. [E]

7:00 pm YTV (18) ★★ "She's All That" (1999, Romance-Comedy) Freddie Prinze Jr. Premiere. A cool teen bets a friend that he can transform the school's geekiest girl into a prom queen. (In Stereo) [E]

8:00 pm KSPS (6) ★★ "12 Angry Men" (1957, Drama) Henry Fonda. One of 12 jurors holds out in the case of a boy from the slums who is accused of killing his father. [E]

9:00 pm CHBC (4) "Family In Hiding" (2006, Suspense) Brenda Strong. After seeing a murder, a single woman and her two children enter the Witness Protection Program. [E]

KNOW (5) "Second Time Around" (1991, Mystery) John Thaw. A former police commissioner's murder has apparent ties to an unsolved case Inspector Morse worked on 18 years earlier. [E]

KXLY (10) ★★½ "Spy Kids 3: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to rescue his sister inside a virtual-reality game created by a madman out to enslave children. (In Stereo) [E]

FAM (26) ★★ "Jane Austen's Mafia!" (1998, Comedy) Jay Mohr. Premiere. A godfather's son weds, gets involved with a casino chorus-girl and rises to the top of the criminal hierarchy. (In Stereo) [E]

CITY (29) ★★ "White Palace" (1990, Romance) Susan Sarandon. Premiere. Lust turns to love for a 40-ish working-class woman and a 20-ish yuppie adman with little in common. [E]

9:15 pm WTBS (3) ★★ "Wild Wild West" (1999, Action) Will Smith. Secret agent James T. West and his partner fight evil inventor Dr. Loveless who plans to assassinate President Grant. [E]

10:46 pm FAM (26) ★★ "Honey, We Shrunk Ourselves" (1997, Fantasy) Rick Moranis. An inventor learns important truths about his teenagers when he and other family members shrink to less than one inch. [E]

11:00 pm CITY (29) ★★ "The Ladies Man" (2000, Comedy) Tim Meadows. A late-night radio host and self-described Casanova searches for a lost love when he receives an unsigned letter boasting of her wealth. [E]

11:30 pm WTBS (3) ★★½ "Jumanji" (1995, Fantasy) Robin Williams. A magic board-game brings forth African perils and a guy who disappeared in 1969 while playing it. [E] (DVS)

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sunday movies

MORNING

6:15 am WTBS (3) ★★ "Anacondas: The Hunt for the Blood Orchid" (2004, Suspense) (PA) Johnny Messner. While exploring the jungles of Borneo, scientists and their guide encounter monstrous, man-eating snakes. [E]

7:00 am A&E (9) ★★ "Bridget Jones's Diary" (2001, Romance-Comedy) Renée Zellweger. An outrageous British woman decides to take control of her life, but instead falls for two very different men. [E]

8:15 am WTBS (3) ★★ "Wild Wild West" (1999, Action) Will Smith. Secret agent James T. West and his partner fight evil inventor Dr. Loveless who plans to assassinate President Grant. [E]

11:00 am CITY (29) ★★ "Drowning Mona" (2000, Comedy) Danny DeVito. After a woman drowns in an odd incident, the local sheriff investigates and finds the whole town had the motive to do her in. [E]

11:30 am SPIKE (44) ★★ "The Godfather" (1972, Drama) Marlon Brando. Crime boss Vito Corleone and his sons rule their New York empire with Mafia justice. [E]

AFTERNOON

12:00 pm FAM (26) "Just Like Dad" (1996, Comedy-Drama) Wallace Shawn. A nerd's bullied 12-year-old son hires a macho guy to pose as his dad at a father/son picnic. [E]

1:00 pm KREM (8) ★★ "Return to Me" (2000, Romance) David Duchovny. A heart-transplant recipient meets the donor's lonely widower in a chance encounter. [E]

1:30 pm WTBS (3) ★★ "The Chronicles of Riddick" (2004, Science Fiction) (PA) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army. [E]

1:33 pm FAM (26) ★★½ "Coyote Summer" (1996, Drama) Vinessa Shaw. A troubled New York teen staying at a Utah cattle ranch tries to save a doomed horse. [E]

3:00 pm VTV (22) "Hard to Forget" (1998, Mystery) Polly Shannon. A Chicago detective asks a woman in South Africa to help trap the killer of her identical twin. (In Stereo) [E]

3:30 pm SPIKE (44) ★★ "The Godfather, Part II" (1974, Drama) Al Pacino. Michael Corleone rules his father's criminal empire, while flashbacks recall young Vito's climb to power. [E]

4:00 pm WTBS (3) ★★½ "The Lord of the Rings: The Return of the King" (2003, Fantasy) (PA) Elijah Wood. Frodo and Sam march toward Mount Doom to destroy the ring, while Gandalf and warriors prepare for a final confrontation with Sauron and his allies. [E]

EVENING

6:00 pm YTV (18) ★★ "Ever After: A Cinderella Story" (1998, Romance) Drew Barrymore. Premiere. Treated as a servant by her stepmother, a 16th-century woman wins the heart of the French prince. (In Stereo) [E]

CITY (29) ★★ "The Sum of All Fears" (2002, Suspense) Ben Affleck. Jack Ryan and the CIA director try to stop terrorists who are planning a nuclear attack. [E]

7:00 pm VTV (22) "Luna: Spirit of the Whale" (2007, Docudrama) Adam Beach. Aborigines try to prevent a government official from transporting a stray killer whale. (In Stereo) [E]

8:00 pm KHQ (7) ★★½ "Shrek" (2001, Comedy) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess. (In Stereo) [E]

8:15 pm WTBS (3) ★★ "The Chronicles of Riddick" (2004, Science Fiction) (PA) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army. [E]

9:00 pm FAM (26) ★★½ "Address Unknown" (1997, Mystery) Kyle Howard. A boy suspects his father's death was no accident after receiving a letter from him dated 10 years ago. [E]

10:39 pm FAM (26) ★★½ "Kundun" (1997, Drama) Tenzin Thuthob Tsarong. From childhood until his exile as an adult, Tibet's 14th dalai lama deals with upheavals and Chinese oppression. [E]

10:45 pm WTBS (3) ★★ "Dungeons & Dragons" (2000, Fantasy) (PA) Jeremy Irons. Evil Mage Profion seeks Empress Savina's magic scepter in his quest to overtake the kingdom of Izmer for his group of magic users. [E]

SATURDAY, MAY 12, 2007

	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	TBS Storyline	News (N)	(Off Air)	Desert	(5:00) Today (N)	(5:00) Saturday Early Show	Bio.: Baldwin	Good Morning America	Adventure Hunter	Fishing Fishin	Lunar Jim Doodlebob	Gadget Adrenalini	Hockey: IHHF World Champ.	OWL/TV Kingdom	Ultimate Ten Inventions	Star Racer Overdrive	About You Dharti	Movie: "Firefox" (1982)	What Paid Prog.		
7 AM	(7:05) Movie: "Houseguest" (1995)	Gold Trails	Sagwa	MotorWeek	News (N)	Madeline Sabrina	Biography	Good Morning Northwest Saturday (N)	News (N)	News (N)	Wilbur (N) George S.	Robot Boy Grossology	Motoring 2007	Katie-Orbie Hobo	Worst Handyman	Yin Yang (7:20)	Eye on Asia	Action: Clint Eastwood, Freddie Jones	Mad Abt. Friends		
8 AM	(PA) Sinbad, Phil Hartman, (N)	Body	George S.	Vic. at Sea	Trollz (N)	Sell House	Horreland Spender	So Raven	Driving TV	Goldfish	Phantom	Semifinal -- Teams TBA	Good Morning Canada (N)	I Shouldn't Be Alive	Suite Life (6:43) Zoey	Polish Studio (N)	Jones Premiere.	The Nanny			
9 AM	(9:20) Movie: "Jumanji" (1995)	Antique	Big World	Americas	Dragon (N)	Discover	Movie: "Ghost" (1990)	Suite Life	GetUpGrow	Make	Tn-Titans	Formula One Racing	Daily Planet (N)	Mysterious Cleopatra	School (11:34)	Chum Chart (N)	Bullrun	Married...			
10 AM	(11:25) Movie: "Scary Movie 2"	PGA Golf: The Players Championship -- Third Round. From Ponte Vedra Beach, Fla. (Live) (N)	Macphee	Barbecue	PGA Golf: The Players Championship -- Third Round. From Ponte Vedra Beach, Fla. (Live) (N)	Backroads Discover	Patrick Swayze, Demi Moore. (N)	IndyCar Racing: Indianapolis 500 Qualifying -- Pole Day. (Live) (N)	News (N)	Media	Will-Grace	MLS Soccer: Chicago Fire at Toronto FC. (Live) (N)	Pokémon	Boxing (Taped) (N)	World Wildlife Fund	American Hot Rod	Movie: "The Lonely Guy" (1984) Steve Martin.	When Stunts Go Bad 2!	Beverly Hills, 90210		
11 AM	(1:15) Movie: "The Lord of the Rings: The Two Towers" (2002) (PA)	Foodies	Marriage	Rolie Polie	Wild Things (N)	3 2 1 Pen Veggie	Access Hollywood (N)	Sell House	ABC News	Simpsons	Simpsons	NHL Hockey: Playoffs -- Teams TBA. (Live) (N)	The Archies: Jugman (N)	NASCAR Racing: Nextel Cup -- Dodge Avenger 500. From Darlington, S.C. (Live) (N)	Window Opens-Ethiopia	Angel	So Raven (7:25) Zoey	Movie: "The Ultimate Fighter" (2001)	Married...		
12 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
1 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
2 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
3 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
4 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
5 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
6 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
7 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
8 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
9 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
10 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends
11 PM	(1:15) Movie: "The Lord of the Rings: The Return of the King" (2003) (PA)	Design	Wild	My Family	Without a Trace (N)	The First 48 (N)	American Justice	NASCAR The Insider	Andromeda	Blue Murder (N)	Andromeda	News (N)	Driving TV	Weird	SportsCentre (Live) (N)	News (N)	Dirty Jobs (N)	"Honey We Shrank"	"The Ladies Man"	Shocking Moments	Friends

SUNDAY, MAY 13, 2007

	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	(6:15) "Anacondas: The Hunt for the Blood Orchid"	Antique	(Off Air)	Berenstein	Today (N)	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Foodies (N)	Franklin	Gadget	Hockey: IHHF World Champ.	Acorn Kids	Dirty Jobs (N)	Star Racer Overdrive	Mix TV	Trucks!	Ride
7 AM	(7:05) Movie: "Houseguest" (1995)	In Touch	Jakers	Bob Build	Jane	CBS News Sunday Morning	Movie: "Bridget Jones's Diary" (2001)	News (N)	Foodies	World Vsn	Arthur (N)	Winx Club	Reporters	Good Morning Canada (N)	Hindenburg: Titanic of the Skies	Yin Yang (7:20)	Eye on Asia	Hrsepower	Mad Abt.
8 AM	(8:15) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Van Impe	George S.	Jakers	Meet the Press (N)	Nation	Discover	City Confidential	News (N)	TribalTrail	Coronatn	Viva Pinata	Score Golf Television	PLAN Canada (N)	Funnest Animals	Cory	Eye-Asia	Hrsepower	Ned Stacy
9 AM	(9:20) Movie: "Jumanji" (1995)	Gold Trails	The Magic School Bus	Fetch! With Maya	Jane	Discover	City Confidential	This Week With George	Hour of Power (N)	Coronatn	Flamingo	Hockey: IHHF World Championship	PLAN Canada (N)	Funnest Animals	Cory	Eye-Asia	Hrsepower	Ned Stacy	
10 AM	MLB	Past Lives	Big World	European	Veggie	Inside	City Confidential	Matthews	Driving TV	DELL	CBC News: Sunday (N)	SpongeBob	Neutron	PLAN Canada (N)	Surviving Disaster (N)	Phil	Boy World	Disorderly Con.	Seinfeld
11 AM	Baseball: Atlanta Braves at Pittsburgh Pirates. (Subject to Blackout)	PGA Golf: The Players Championship -- Final Round. From Ponte Vedra Beach, Fla. (Live) (N)	Fetch! With Mechanics	Nature (NVS)	Nature (NVS)	CG Kids	Reach-Top	Wild	Profiles of Nature (N)	Dora	Consumer	(3:35) Go, Diego, Go!	Chronicles	National Heads-Up Poker	Without a Trace (N)	Dog	Entertainment Tonight	'70s Show	Simpsons
12 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
1 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
2 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
3 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
4 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
5 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
6 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
7 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
8 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
9 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
10 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)
11 PM	(1:15) Movie: "The Chronicles of Riddick" (2004) (PA) Vin Diesel.	Design	Jungle	Monarch of the Glen	Fortune	60 Minutes	Simmons	Funnest Home Videos	Simpsons	Survivor: Fiji (Season Finale) (N)	Angel	Makeover: Home	Survivor: Fiji (Season Finale) (N)	Game	Hockey: IHHF World Championship	Frank Ptrl	Weird	Madison	SportsCentre (Live) (N)

MONDAY, MAY 14, 2007

	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 (25)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Dawson's Creek (E)	News (N) Room	(Off Air)	Body Elec. Caillou (EI)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N) (E)	News (N)	(4:30) News (N) (E)	CBC News: Morning (N) (E)	Gadget Monster	SportsCentr e (E)	News (E)	Cable in the Classroom	(6:06) King Spider-Man	Rachael Ray (E)	Star Trek: Next Gener.	Counterstri ke (E)
7 AM	Movie: "In the Army Now" (1994) Pauly Shore.	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (EI)	Today (N)	The Early Show (N) (E)	City Confidential (E)	Good Morning America (N) (E)				Being Ian	SportsCentr e (E)		Ultimate Ten: Military	K. Possible (7-24)	CityLine (E)	Deep Space 9	Night Heat "Ice" (E)
8 AM		Collectors	Hi-5	Curious			Amer. Justice			100 Huntley Street (E)	The Gill Deacon Show	Pokémon Flamingo	SportsCentr e (E)		How-Made	Weekend Lilo Stitch	Deep Space 9	V.I.P. "Run, Val, Run"	Due South (E) (DVS)
9 AM	NewsRadio	Body	Magic Bus	Dragon		Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	CBC News: Today (N) (E)	George S.	Off-Record	Regis and Kelly	Daily Planet (E)	Poolh Bear	News (N) City	Star Trek: Next Gener.	Ad Pers Inside Box
10 AM	Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right (N)	Cold Case Files (E)	The View (N) (E)	World Vision (E)	Design House	Doodlebop	Dragon	Snowbrd	The View (N) (E)	True Crime Scene (E)	JoJo Feet	Movie: "Drowning Mona"	Deep Space 9	Ellen (E) Grace
11 AM	Harvey	Seinfeld	Animals-Front	Bob Build Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Mischief Jacob	Masters Hamburg	eTalk (E) Diary (E)	The New Detectives	Higglytown Danny DeVito (11:25) King	(2000) Danny DeVito	Star Trek: Next Gener.	The Nanny Frasier
12 PM	Home Imp. Home Imp.	News (N) (E)	Canada-History	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N) (E)	CBC News CBC News	Being Ian Flamingo	Billiards	Degrassi Bold & B.	Mayday (E)	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Planet Moving On	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	City Confidential (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living What's-	George S. Beasts	Cycling Paintball	Sue Thomas: F.B. Eye	Blueprint for Disaster	Dragon Emperor	Big Holly Star! Daily	Star Trek: Voyager (E)	Mad Abt. Frasier
2 PM	King King	Guiding Light (N) (E)	Gaslight Home	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Amer. Justice	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Winx Club	Interruptio	General Hospital (N)	How-Made How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
3 PM	Seinfeld Seinfeld	Room Design	Hi-5	Arthur (EI) Postcards	Judge Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Martin Neutron	Off-Record Sports	Dr. Phil (E)	Ultimate Ten: Military	Weekend Lloyd	News (N) (E)	CSI: Crime Sen	Due South (E) (DVS)
4 PM	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	NHL Hockey: Playoffs --	Phantom Robot Boy	NHL Hockey: Playoffs --	ER (E)	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Sen	Ad Pers Inside Box
5 PM	Friends Friends	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N)	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N) (E)	Teams TBA. (Live) (E)	OddParent SpongeBob	Teams TBA. (Live)	News (N) (E)	MythBusters (E)	K. Possible Suite Life	Stargate SG-1 "Bounty"	CSI: Crime Sen	Seinfeld Seinfeld
6 PM	Friends Friends	Body Caitlin	Fetch! With Creatures	News-Lehrer Raymond	News (N) Hollywood	News (N)	The Sopranos (E)	News (N)	News (N) (E)	ET Canada Entertain	Canada Red Green	Sabrina Malcolm	SportsCentr e (Live) (E)	News (N) (E)	American Chopper (N)	So Little Sadie	Rules The Bachelor: Officer	Movie: "Sniper 3" (2004, Action) Tom Berenger, Denis Amdt.	Married... Married...
7 PM	Family Guy Family Guy	Out There Jeopardy!	Edge History	Served My Hero	Jeopardy! Fortune	Friends Scrubs	(7:15) The Sopranos "He Is Risen" (E)	Entertain The Insider	Entertain ET Canada	24 (N) (PA) (E)	Canada Red Green	Sabrina Malcolm	SportsCentr e (Live) (E)	eTalk (E) Hollywood	Worst Handyman	So Raven Smart Guy	News (N) (8:35) Star!	Action) Tom Berenger, Denis Amdt.	Frasier Grace
8 PM	Seinfeld Seinfeld	Deal or No Deal (N)	That'll Teach 'em (E)	Antiques Roadshow	Deal or No Deal (N)	How I Met Two Men	TBA	Dancing With the Stars (Live) (E)	Heroes "Landslide" (N) (E)	Real-Crashers 24 (N) (PA) (E)	To Be Announced	Fresh Pr. Weird	Off-Record	Dancing With the Stars (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	Sports	Ad Pers
9 PM	Movie: "Cradle 2 the Grave" (2003) (PA) Jet Li.	The King of Queens (N)	The Rise and Fall of Citizen Black	American Experience "Alexander Hamilton" (N)	Heroes "Landslide" (N) (E)	The King of Queens (N) (E)	CSI: Miami (E)	The Bachelor: Officer	Real-Crashers The Sopranos (E)	News (N) (E)	National	Prank Pirl Bob	Score Golf Television	CSI: Miami (N) (E)	Worst Handyman	Popular "Problems"	Movie: "Dancer, Texas Pop. 81" (1998)	Star Trek: Voyager (E)	Married... Married...
11 PM	Movie: "Torque" (2004)	News (N) Room	Movie: "Obachan's Garden" (E)	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	(11:15) The Sopranos (E)	News (N) (E)	News (E) ET Canada	Entertain ET Canada	The Hour (E)	Madison Best	SportsCentr e (Live) (E)	News (N) (E)	MythBusters (E)	8 Rules Life Derek	Texas Pop. 81" (1998)	Oblivious Sports	Ellen (E) The Nanny

monday movies

MORNING

7:00 am WTBS (3) ★★"In the Army Now" (1994, Comedy) Pauly Shore. Soon after joining the Reserves, two buddies are called to active duty in Africa. (E)

10:00 am CITY (29) ★★"Drowning Mona" (2000, Comedy) Danny DeVito. After a woman drowns in an odd incident, the local sheriff investigates and finds the whole town had the motive to do her in. (E)

EVENING

6:00 pm SPIKE (44) "Sniper 3" (2004, Action) Tom Berenger. Hired to kill a suspected terrorist, a sniper learns his target is an old friend.

9:00 pm WTBS (3) ★★"Cradle 2 the Grave" (2003, Action) (PA) Jet Li. A Taiwanese intelligence agent and a thief try to recover stolen diamonds and the latter's kidnapped daughter. (E)

10:06 pm CITY (29) ★★"Dancer, Texas Pop. 81" (1998, Comedy) Breckin Meyer. Four teens rile residents of a tiny town off Highway 91 with their decision to relocate in Los

Angeles. (E)

10:30 pm KNOW (5) "Obachan's Garden" One woman's incredible endurance and spirit. (E)

11:00 pm WTBS (3) ★★"Torque" (2004, Action) (PA) Martin Henderson. Framed for murder by a drug dealer, a biker must elude lawmen and the brother of the dead man. (E)

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notices

notices

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May 08-22

Mens Fastball Fundraiser: Lawn Aeration \$20.00 per yard (depends on size). Contact Ian (250) 295-6122. tfn

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WAREHOUSEMAN'S LIEN ACT

Attention: Nathan McKeller
Box 162
Craik, Sask.,
S0G 0V0

The contents of Unit #17 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Nine Hundred and Twenty-six Dollars and Sixty-three Cents (\$926.63). If you have not paid this outstanding account by May 18th, 2007 the contents will be sold by auction on Monday, May 21st, 2007 to cover storage costs.

Attention: Trevor Snihur
186 2nd St.
Tulameen, BC
V0X 1G0

The contents of Unit #76 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Two Hundred and Fifteen Dollars and Thirty-two Cents (\$215.32). If you have not paid this outstanding account by May 18th, 2007 the contents will be sold by auction on Monday, May 21st, 2007 to cover storage costs.

Attention: Andre and Phyllis LeBlanc
801 Norm Rd.
Quesnel, BC
V2J 6W9

The contents of Unit #4 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to Eight Hundred and Nine Dollars and Sixty-two Cents (\$809.62). If you have not paid this outstanding account by May 18th, 2007 the contents will be sold by auction on Monday, May 21st, 2007 to cover storage costs.

1995 Chev Silverado Extra-Cab. 350, Auto...Okanagan two horse straight haul trailer. Both in good shape, will sell together or split. (250) 295-7331.
May 08-22

New gas outdoor fireplace c/w new propane tank (full). Approx. 38" high - 24" square. Asking \$225.00 OBO. (250) 295-3545. May 08-22

Almond Admiral washer/dryer. \$50.00/pair. (250) 295-6384. May 08

Swisher 44" pull lawn mower. Ideal for ATV or garden tractor. 11.5 HP new \$1,400.00. Asking \$1,000.00 OBO. (250) 295-4341 9:00 AM - 8:00 PM.
May 08-22

4 x 8 pool table, cues and accessories. \$99.00. (250) 295-43141 9:00 AM - 8:00 PM. May 08

12' aluminum boat, 4 HP Johnson motor, swivel boat seat, two oars, reel holder and boat trailer. All for \$1,500.00. (250) 295-6855. May 08-22

Moving...everything must go! 1 double bed with electric head and foot raising, no stains, \$250.00. 1 dresser, white with night stand, \$100.00. 1 queen bed (no stains on mattress) with dresser, headboard and chest of drawers, \$350.00. 1 end table and coffee table, \$50.00. Lots of glasses, all sizes. Wine carafes and glasses. Table and chairs, \$200.00. Microwave, \$50.00. (250) 295-3469. May 08-22

help wanted

Chinese cuisine cook required. Must have one year experience. \$13.50/hour. Apply in person with resume at Gold & Jade Restaurant or call (250) 295-7644.
May 01-08

notices

Open for business, Princeton Golf Course's new Divot's Restaurant. Come and meet Tim Weber our new manager. Open 8:00 AM for breakfast, lunch and dinner. Apr 24-May 07

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notice

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School District No. 58 (Nicola-Similkameen) requires a Summer Student.

The worker will provide assistance in the normal maintenance tasks involved with maintaining playgrounds, playing fields and School District sites. A valid Driver's License is required.

Students must have been enrolled full-time in High School/College in 2006/2007 and must be returning full-time to College/University for the 2007/2008 sessions.

Application forms are available at Princeton Secondary School, Princeton, or online at www.sd58.bc.ca, listed under 'Help Wanted' and returned by **May 31, 2007**.

Only those applicants being interviewed will be contacted.

For further information, please call Jim Garfield at (250) 315-1113.

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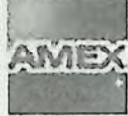
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Notice To Intending Applicants

Decked Timber Forestry Licence To Cut A82557

Pursuant to Section 47.6 of the *Forest Act*, a forestry licence to cut (FLTC) is being offered for sale.

Closing Date: May 11, 2007

District: Cascades

Geographic Location: Boss-Davis Lake Recreation Site
Volume: 387 m3, Lodgepole pine 80%, Fir 10%, Yellow Pine 9%, Spruce 1%

Term: Licence expires 30 days after the start date

The decked timber is tree length in mixed piles and will require bucking and hammer marking. The decked timber is accessible to self-loading log truck but access is limited and will require strict co-ordination with other on-site activities. The FLTC will require removal of all timber and culled woody material from bucking by June 10, 2007, which is when the licence will expire. No time extensions will be permitted.

All bidders will be deemed to have fully reviewed the deck locations and access and be fully apprised of all access issues.

The Licensee must work in co-ordination with the Ministry of Transportation, have all required permits and must follow all current WCB safety requirements.

The Tender process will include a Lump Sum Bonus Offer in addition to stumpage.

Tender packages containing stumpage rates, application requirements, forms, and other important information can be obtained from: Marlon Dosch, Tenures Technician Cascades Forest District, 3840 Airport Road, Box 4400, Merritt, BC V1K 1B8.
 Phone # 250 378-8400, Fax # 250 378-8481.

All applications must be received in a sealed envelope clearly marked "APPLICATION AND TENDER FOR FORESTRY LICENCE TO CUT #A82557" via post, courier or hand delivery to:

Cascades Forest District, 3840 Airport Road, Box 4400, Merritt, B.C., V1K 1B8 on or before 2 p.m. (local time), on May 11, 2007.

Applications received after this deadline will not be accepted.



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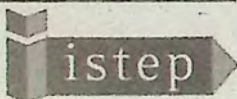
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Careers in Construction Open to Landed Immigrants

The Immigrant Skilled Trades Employment Program (ISTEP) helps landed immigrants get jobs and build careers in BC's construction industry.



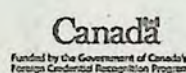
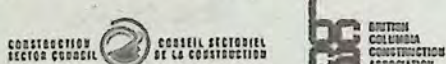
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You can apply to ISTEP if you:

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* average figure according to AWStats

editor@thenewsleader.ca

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

my turn

It's time we branched out

The Town of Princeton has a new website.

It's actually a very attractive online snapshot of what you may expect to see in and around our little town with easy to locate navigation tools and some mighty fine photos to help tell the story about what we are all about in Princeton.

With all due respect to the designer - Jay did a great job, a really great job - we decided it would be fun to see what the twisted minds at our office would have come up with if we were awarded a contract to design a new Town of Princeton website.

First of all, we would ask for no less than \$100,000.00.

We're not sure why as our experience with website design would be worth far less than that, but for easy math \$100,000.00 just sounded right. Lots of zeros sounds big!

It would also be enough for us to fill our tank with gas and drive to somewhere like Keremeos for a day to daydream about what we would put in this website thing and also consider whether or not we did the right thing by charging \$100,000.00.

Then we'd decide to probably change the web address to something else. Sure, we like the simplicity of Princeton.ca, but would have gone for something jazzier like ThisAintPenticton.ca or NextToTheOkanaganValley.ca.

We would most definitely have steered away from BeyondHope.ca... but on second thought that could work.

Okay, there you have it. Our new town website would be called BeyondHope.ca and would have cost us a tank of gas to get to this point.

Then we'd use some reverse physiology to sell the community much like that cough syrup that tastes like crap does in their advertising only we wouldn't say Princeton tastes like crap - because it doesn't. We'd have our BeyondHope.ca homepage as a completely black screen. Slowly you hear the sound of a ticking clock.

TICK...TICK...TICK...getting louder and louder until it starts to make your computer vibrate the desk it's sitting on and the ticking ends with a blood curdling scream and then silence.

Awkward silence for a few seconds and just when you think there's nothing on the website a deep, dark Darth Vader-type voice would say, "Come with me (long pause) Beyond Hope."

Then in a flash the black screen spews hundreds of images in less than thirty seconds. There are photos of local scenery, local landmarks, local events, occasions, celebrations and people. Maybe slip in a subliminal frame every so often that says "YOU CAN GET MORE THAN GAS IN PRINCETON" to plant the seed in the subconscious mind.

You'll know this little gem is working the next time someone says, "I didn't know there was more than just gas stations here." Admit it, you'll hear that at least a dozen times this Summer. Remember where that came from... a visit to BeyondHope.ca!

Then Darth Vader says, "The only way to see beyond Hope is to get beyond Hope."

Then the screen fades to black and in teeny tiny yellow letters in the very centre of the screen are words so small you can't read them. You strain to make it out and slowly the words grow in size as if moving closer towards you.

Soon you can read one simple phrase: "Princeton, BC. Find out what's really beyond Hope."

Hey, it's a form of marketing by turning a negative into a positive and oddly enough, it's a pretty successful method.

Probably not worth \$100,000.00 but we'd like think being beyond Hope is worth far more than that.

EDITORIAL GUIDE

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

The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense!

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

Similkameen News Leader

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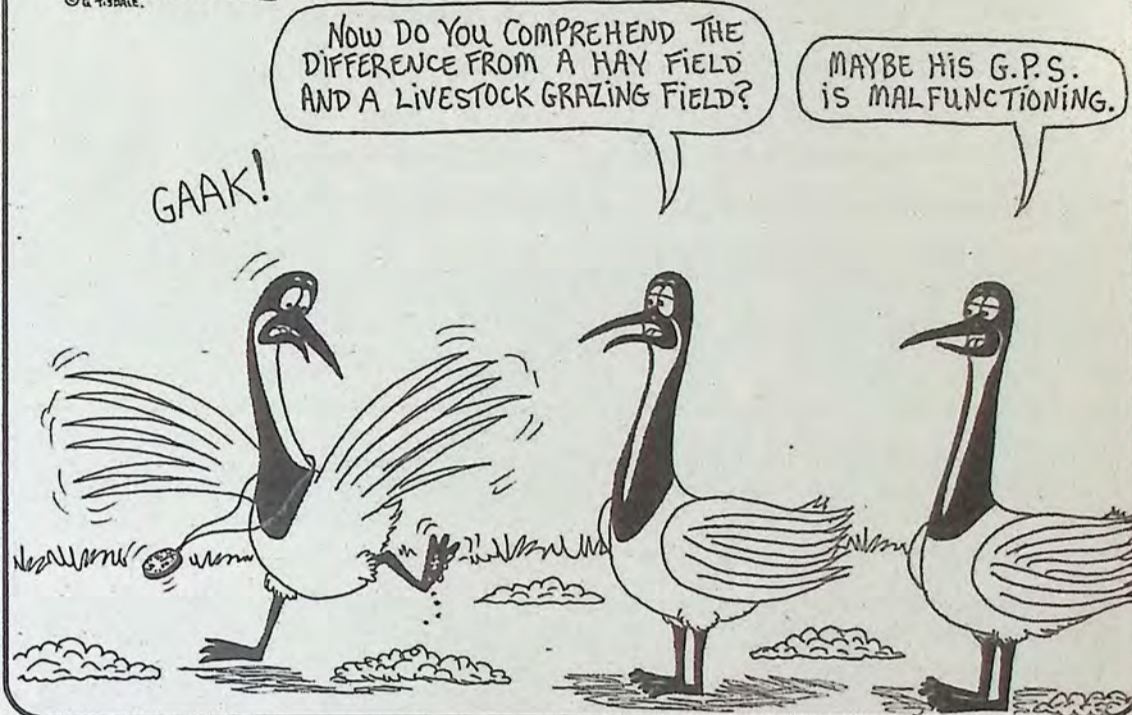
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TIS TOONS



your turn

MP thanks EcoSociety for event

Dear Editor,

I would like to thank the West Kootenay EcoSociety for putting on a fantastic conference addressing one of the most important issues facing our planet - climate change. This conference is a great first step in making this region a leader in environmental stewardship to protect this planet from devastating climate change.

Although I was unable to attend the conference due to parliamentary business, two of my staff members, Ann Harvey and Jayme Hadikin, attended the event on my behalf and have discussed with me the all the presentations and workshops that took place. Both were very impressed with the entire event. While learning a great deal, they enjoyed the opportunity to meet with all the speakers and participants who showed an obvious and deep commitment to address climate change.

The federal government has a very important role to play when it comes to climate change and the environment. We have an opportunity to pass legislation to meet our Kyoto commitments. The newly amended Bill C-30, the Clean Air and Climate Change Act, does just that. However, the Federal Environment Minister, John Baird, has said that the cost of meeting Canada's Kyoto commitments would send Canada into a recession. During a live video link at the conference, the Mayor of Güssing, Austria, Mr. Peter Vadasz, talked about how his community was suffering because of the unemployment rate and the

out migration of the young people. That is when the community decided to reach for self-sufficiency and renewable energy. In the last ten years, because of the renewable energy sector, there are 1,000 new jobs in a town with a population of 4,000.

When Mayor Vadasz was asked by a conference delegate what he thought of Minister Baird's comments about sending Canada into a recession, he replied, Moving to self-sufficiency and renewable energy creates jobs, it doesn't kill

Letter To The Editor

Author earns award for book

To The Editor;
Hello George,

I hope things have been going well for you since we last talked.

I thought I would let you know about an award my book, *Interred With Their Bones*, Bill Miner in Canada, 1903 to 1907, is to receive in early May.

I have been advised by the BC Historical Federation that I will receive an Honourable Mention Citation in Victoria May 11th. The Lieutenant Governor Iona Campagnola will be presenting the award along with a number of others initiated for historical writing by the Federation.

The book is now into its third print and reaction to the exhaustive and comprehensive look at life in British Columbia 100 years ago has been extremely positive. Many of

them. Why would you pay for imported energy, when you can pay for local energy so that the jobs and money stays local? Self-sufficiency should be at the top of your country's agenda. In my opinion, Mayor Vadasz has it right.

Thank you again to everyone who is working to address climate change. Together, with all levels of government involved, we can make a difference.

- Alex Atamanenko, MP - BC Southern Interior

the comments posted to the author's website at www.billminer.ca tell of readers exploring the country around Princeton, Hedley, Tulameen, Aspen Grove, Nicola, Douglas Lake, Quilchena and all along the Otter Valley Road, trying to trace the footsteps of Bill Miner and all of those who were affected by him over 100 years ago.

The maps and the detailed descriptions of the incidents taking place in the book have piqued the interest of lovers of BC History in the interior.

The Princeton and District Museum and Archives continues to carry copies of the book, and sales have been steady in Princeton since it was published less than a year ago.

- Peter Grauer, Kamloops, BC
peter@billminer.ca

www.thenewsleader.ca

Current Comment:

We have a new look



Dawn Johnson
editor@thenewsleader.ca

This year marks a change in the cultural activity in our area. The change did not come overnight. A lot of people have been working on it for quite some time, but the change will become more apparent this year.

The change began with musical performances in restaurants, and more art shows. Last year's Open House at Riverside Wellness Centre, and the development of Princeton Performing Arts were the beginning of the change. Princeton Community Band continued the trend with participation in Music Under the K, Hedley Stamp Mill Days, and out of town performances, most notably in the Vancouver Santa Claus parade.

Change began with Ed Muckle organizing music performances during Racing Days weekend. This brought an excellent response from the public.

This year, during Arts & Culture Week, we have seen the first production by Princeton Performing Arts. All performances of The Mousetrap sold out, and local people saw how the gym at Riverside could be transformed.

For the first time, we saw ballet in Princeton, and we saw that people would come out to enjoy the performance. Kelowna Ballet was impressed. The director said, per capita, Princeton had the best turnout they had seen while on tour. They have promised to come back.

During the same evening as the ballet, there was an art show by local students.

Pottery classes are thriving, and so are the art classes for youngsters and the workshops for adults.

This year, at Racing Days, our town is going to be full of performing artists, not just from our own area, but from many out of town locations. They are coming to join in Sounds of Our Heritage, a continuation of the event Ed Muckle organized last year. This year, there is a cowboy poetry contest as well as many musical performances during the entire weekend.

Town Council and Area H Director Gerri Logan have been fully supportive of all of the arts and cultural activities being promoted in our area.

A stage is planned for Riverside Wellness Centre. Construction should begin this summer. When that facility is finished, we will see a major advancement in performing arts, whether it is music, dance or drama.

One person said, "Princeton will have more to do than hockey."

Hockey has had a venue. The arts are going to get a venue, finally.

People have the attitude there is no financial benefit to the arts. Wait until Racing Days! We will see a change in that attitude.

When we have a new town square, an expanded library as well as an expanded museum, and a performing arts venue at Riverside, watch how things will change. We will have a great new look and a great new feeling.

Marketplace Ministry

by Jim Caruso

Ode To Mom

It's Mothers Day again and I have to share this with you. I just wish this was original with me, but the credit goes to Bill Christensen. Bill wrote this down, but I am sure that every child has heard these words and many of these children are now moms and they have not only heard these words, but that have spoken these same words to their offspring:

- My mother taught me TO APPRECIATE A JOB WELL DONE...
- "If you're going to kill each other, do it outside - I just finished cleaning!"
- My mother taught me RELIGION...
- "You better pray that will come out of the carpet."
- My mother taught me about TIME TRAVEL...
- "If you don't straighten up, I'm going to knock you into the middle of next week!"
- My mother taught me LOGIC...
- "Because I said so, that's why."
- My mother taught me LOGIC... #2
- "If you fall out of that swing and break your neck, you're not going to the store with me."
- My mother taught me FORESIGHT...
- "Make sure you wear clean underwear, in case you're in an accident."
- My mother taught me IRONY...
- "Keep crying and I'll give you something to cry about."
- My mother taught me about the science of OSMOSIS...
- "Shut your mouth and eat your supper!"
- My mother taught me about CONTORTIONISM...
- "Will you LOOK at the dirt on the back of your neck!"
- My mother taught me about STAMINA...
- "You'll sit there 'till all that spinach is finished."
- My mother taught me about WEATHER...
- "It looks as if a tornado swept through your room."
- My mother taught me how to solve PHYSICS PROBLEMS...
- "If I yelled because I saw a meteor coming toward you, would you listen THEN?"
- My mother taught me about HYPOCRISY...
- "If I've told you once, I've told you a million times: Don't exaggerate!"
- My mother taught me about BEHAVIOR MODIFICATION...
- "Stop acting like your father!"
- My mother taught me about ENVY...
- "There are millions of less fortunate children in this world who don't have wonderful parents like you do!"
- My mother taught me about ANTICIPATION...
- "Just wait until we get home."
- My mother taught me about RECEIVING...
- "You are going to get it when we get home!"
- My mother taught me MEDICAL SCIENCE...
- "If you don't stop crossing your eyes, they are going to freeze that way."
- My mother taught me to THINK AHEAD...
- "If you don't pass your spelling test, you'll never get a good job."
- My mother taught me ESP...
- "Put your sweater on; don't you think I know when you're cold?"
- My mother taught me HUMOUR...
- "When that lawn mower cuts off your toes, don't come running to me."
- My mother taught me how to BECOME AN ADULT...
- "If you don't eat your vegetables, you'll never grow up."
- My mother taught me about SEX...
- "How do you think you got here?"
- My mother taught me about GENETICS...
- "You're just like your father."
- My mother taught me about my ROOTS...
- "Do you think you were born in a barn?"
- My mother taught me about WISDOM OF AGE...
- "When you get to be my age, you will understand."
- "One day you'll have kids ...and I hope they turn out just like you!"
- They did, Mom!

Jim Caruso, Pastor
Oceanside Community Church, Parksville, BC
pjcaruso@telus.net

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Similkameen News Leader

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Brenda Engel
OFFICE ADMINISTRATOR
brenda@thenewsleader.ca

George Elliott
OWNER / PUBLISHER
george@thenewsleader.ca

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 - Caesar \$6.00 In-house dressing, focaccia croutons, fresh parmesan.
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 - Prawns Sambuca \$12.00 Tiger prawns flamed with Sambuca, garlic and wine.
 - Smoked Salmon Cheesecake \$9.00 A savoury smoked salmon and herb paté.

ENTRÉE
 - Chicken with Prosciutto, Asiago, tarragon sauce, wild rice & asparagus. \$16.00
 - AAA New York Steak, with scallops, prawns in a saffron wine sauce with in-season vegetables, roast potatoes. \$20.00
 - Filet Mignon Brochettes, wild mushroom sherry glaze, roast potatoes, in-season vegetables. \$20.00
 - Seafood Cannelloni filled with crab, shrimp, scallops topped with our own gigi sauce, sautéed in-season vegetables. \$18.00

DOLCI \$5.00
 - Mama Linguini's mocha Tiramisu
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 - Peppermint Scnapps and Chocolate Zabaglione
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 - White Chocolate Truffle Cake

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 Reservations: (250) 295-3390 Licensed



One day a year the main street closes to all traffic in downtown Hedley to make way for a different kind of race. The annual Stamp Mill Day Outhouse Race was held last Saturday in Hedley. *

..... continued from Front Page
 out understanding how our political process works, what the ideas are behind communism, socialism, capitalism, fascism, or what the implications of globalization are; what it will mean to them in their lifetimes career-wise. What it means for their country.

For at least the past three hundred years, the most basic political struggles within all the industrialized nations have been over the distribution of wealth: Who gets what. Terms like left and right or capitalist and socialist, have pivoted on this fundamental question. Yet, despite the vast misdistribution in a world painfully divided by rich and poor, it turns out that compared to other sources of worldly power, an even greater chasm separates the armed from the unarmed the ignorant from the educated.

Today, in the fast changing affluent nations, (Canada still included) gaps and struggles will happen over the distribution of and access to knowledge.

This is why, unless we understand how and to whom knowledge flows, we can either protect ourselves against the abuse of power, or create better, more democratic societies that tomorrow's technological promises.

In a prescient remark, Winston Churchill once said that "empires of the future are empires of the mind." True knowledge is not limited to the confines of academia; it is a combination of real world experience, scholastic education and practical skills.

Most importantly, true knowledge comes from having a wide enough base for comparison and the ability to engage in critical thinking.

"What's 'yellow level' in school?" I asked my teenage nieces and nephews who were up visiting

from their home stateside. I was eavesdropping. My ears registered something about a drill at school.

"It's when, like if we see any suspicious activity or anything were 'sposed to report it."

"Yeah, and we can just text the office if we don't want to do it in person."

"Oh," I said feeling a bit nauseous. "What do you think is suspicious?"

"Um, well, I don't know," she bit her lip uncertainly.

"Her sneaking in at five thirty saying she was at drama." Her brother playfully tapped her shoulder. "When she was really out with -" "Shut up! You are, like so annoying!"

"You guys ever read George Orwell?" I interrupted.

"Who?"

"Nineteen eighty-four? Animal Farm?"

They shook their heads.

"You should check it out sometime."

"I don't like, read for fun," she said looking down.

"Oh well, how about Tank Girl?" I asked.

"Is it a movie?"

"Yeah, it's set in the future when there's this one company that controls..."

"What's that got to do with our yellow drill or whatever?"

I sighed. It's not all the schools fault. It's a ridiculous combination of pop culture, political agendas, consumerism, and general lemming thoughtlessness. As parents, relatives, and mentors, we have to take some responsibility. Or really, we are not doing our job to ready these kids for the world. We are a world of globalization, technological explosions, and tainted free market economies.

As the global economy grows the

financial marketplace becomes so vast that it dwarfs any single institution, including whole countries. Globalized production and marketing require capital to flow easily across national boundaries. This, of course, in turn demands the dismantling of old financial regulations and barriers erected by nations to protect their economies. (See NAFTA and the Columbia trade deals).

What does it mean for our kids? It means that they will one day face a country which governs them as citizens, but unlike the good old days, however, they will have a smaller and smaller voice in our democracy.

Our own government is increasingly forced to bow to the dictates of multi-national corporations who use the reigns of U.S. foreign policy for their own economic interests, even if those interests run counter to the good of the people of our nation. It means that the primary industries of our country will be used up and shipped out to other countries, until finally, we have nothing left.

It means that the secondary job market of manufacturing is unstable, as more and more products will be built in Asian and other foreign markets; that it may be more politically effective for our kids to have a seat in the U.S. Congress, whose decisions will have greater impact on their lives than the decisions made by their own politicians.

It means that it takes more than technological know-how to survive. It takes an education of the world, and it's up to us so see that they understand it.

As my dear old Ma used to say, "school can learn you a lotta things, but it can't teach you to think."

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Riverside Centre was filled to capacity for Princeton Concerts Society's presentation of Ballet Kelowna. *

Concert Society says thanks

Thank you, Princeton for your support of Ballet Kelowna!

WOW! What an event, we couldn't have done it without you. What a fabulous performance!

When the first initial approach was made by Ballet Kelowna for an event here in Princeton, we realized we could not afford to participate in bringing this performance here.

We were most appreciative of the Ballet Kelowna's Director, David

LeHay's offer to bring the dance group to Princeton, for the amount of tickets sold minus our expenses.

The Princeton Concert group is under the umbrella of the Princeton Arts Council and is a non-profit organization and is dependent on the support of the people of Princeton to help with the financing of these events.

We want to thank Ballet Kelowna for their generous offer. And to the people of Princeton, a

large 'Thank You' for supporting this event. We also thank all those who work under the Arts Council for their support in the physical arrangements and particularly the Performing Arts group and those who worked on the "Mousetrap" for leaving their wall draperies up, which magically transformed our Gym into a theatre.

Special thanks to all the Youth Ambassadors who helped with continued on next page



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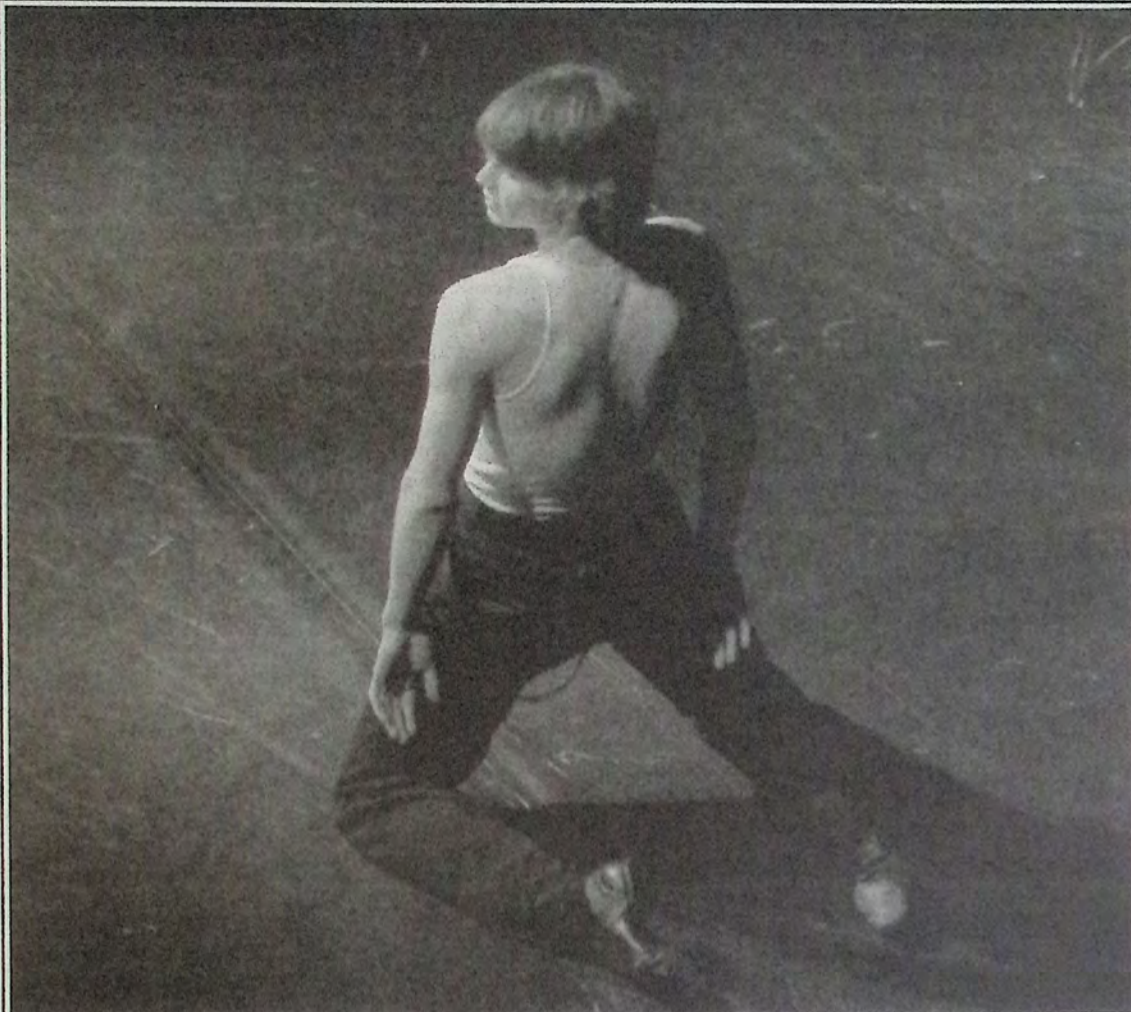


Registration

4:00 PM - 6:00 PM
Tuesday, May 8th
Cenotaph Park
(250) 295-6949



Dancers perform "Butterfly Affect" a ballet written in 2006 and considered a contemporary piece. *



Ballet Kelowna dancer Robb Beresford strikes a pose only feet from the front row of seats. *

... continued from previous page tickets and programs and seating. Ballet Kelowna is looking forward to a repeat performance; imagine what it will be like when we have our new stage!

Ballet Kelowna features a total of six dancers. They are Angel Jutzi, Rocky L. Gagne, Tiffany Bilodeau, Robb Beresford, Delphine Leroux and Eric Nipp. They range in age from late teens to early 20's.

Ballet Kelowna, along with Artistic Director David LaHay, have been on tour throughout the months on March, April and May as part of their Spring Season.

In the week before their Princeton performance the group stopped in Penticton, Merritt, Lake Country and Chilliwack.

Their Spring Tour will end May 20th in Penticton.

To find out more about Ballet Kelowna, past seasons and learn more about the talented dancers you can visit their website at www.BalletKelowna.com.

Our next event is a Piano Recital with artist Haley Simons, on Sunday, May 27th at 7:00 PM at the Princeton Baptist Church. Tickets will be \$10.00 and available at the door.

Dr. Haley Simons is a Doctor of

Music and has a Bachelor of Music degree from the University of Alberta.

Her masters degree is from Rice University in Houston Texas. She has received a scholarship to attend the Musique International Summer Academy in Alkmaar, Holland.

She has attended the Banff Centre and the Mozarteum in Salzburg Austria. Dr. Simons was on the music faculty at Alberta College for nine years.

We believe this will be another stellar performance you will not want to miss.

- submitted by Cathie Yingling



Ballet Kelowna dancer Angel Jutzi during 'Indigo Moods' a blues influenced dance to music composed by Ronnie Earl. The News Leader thanks organizers for providing us with such good seats! *

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LET'S TALK!

AT YOUR SERVICE!

Ten Things You Need For A Home Business - Part 2 of 3

4) **A separate phone line - or two - and a decent modem.** Your customers will appreciate their calls being answered by you, your assistant or a professional-sounding voice-mail message - not your young child, with the dog barking in the background. A separate phone line for your business is a must, and another line for online access is highly recommended. Get a voice-mail system too, rather than an answering machine, says Jane Applegate, nationally known small-business author and advice columnist, because the recordings are better quality and the system is more reliable.

5) **A separate bank account.** This is important, because you never want to mix your business money with your personal money. Having a bank account in your business's name is the way to go. Finance software programs are good tools to help keep track of your business finances.

6) **A business license and business number.** Your city or regional district may or may not require you to have a business license; it varies per jurisdiction. Contact your local governments to find out. Many large companies will want to see a business license before they do business with you. Getting a business number is a must.

7) **A website and e-mail account in your business's name.** Yes, you need a website, for business and marketing purposes. Any you want a Web domain name that matches the name of your business's name - not some complicated slash-tilde gibberish that no one can remember. Same thing with your e-mail address - an account with an Internet service provider (yourname@yahoo.com) won't do here. Not only do you want to sound professional; you also must promote your brand.

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