

This is the view of the area being used for off-road adventures at Allison Lake. It shows how high the water has come in recent weeks. - photo submitted by Ursel Ebenau

## PXA will welcome Katimavik

Princeton Exhibition Association (PXA) Secretary Carol Ruoss advised members that Katimavik is looking for a three year commitment from organizations in Princeton to have Katimavik volunteers work in Princeton nine months of the year.

Members were happy to welcome the young volunteers back into the community.

For five consecutive years, excluding 2006, Princeton hosted Katimavik volunteers, who worked

for many local organizations including the Chamber of Commerce, Princeton Museum, Vermilion Forks Field Naturalists, Princeton Community Services and the many members groups of the Princeton Exhibition Association.

Ruoss advised members to begin looking for a residence for the young people. The residence must be able to accommodate up to 14 people.

Rent is paid by the federal government.

## The arts are flourishing in the Similkameen

Arts and cultural activities are growing in Princeton area. Princeton & District Community Arts Council heard reports of both past successes and future plans during the May 16 meeting.

Monica Klein reported on the huge success of the first play done by Princeton Performing Arts. She added that Sue and Chelsea Turner are looking for a suitable comedy play for next season, as well as dinner theatre for

this summer. A local restaurateur has asked whether the group would consider presenting a show or two in his restaurant.

Mary Bedford gave a glowing report of two art workshops hosted by the 35 member Vermilion Artists. She stated there will be an art show at the Goldion building on Racing Days weekend and a drawing workshop in the autumn.

Princeton Concert Society member

Joan Kelly told everyone of the upcoming concert on May 27 featuring Haley Simons, a renowned pianist, who will perform at the Baptist Church at 7:30 PM. This follows the great success of the Concert Society in bringing Kelowna Ballet to Princeton. The ballet will be back next year.

Joseph Dubé said Princeton Writers Group is now very small but they are putting together a play.

Princeton Community Band will hold

a concert at the secondary school, and will be part of Music Under the K this weekend. Band members will be participating in Racing Days activities.

Bunchgrass Quilters have made more than 30 small quilts to give to children in crisis. Rosemary Woodruff brought some quilts to the meeting to show the work being done. This week, they go to Ridgewood Lodge to do hand sewing with interested residents. This is in addition to doing members' own quilting projects.

Nick Mills reported that the museum has been closed due to lack of volunteers to do tours. The museum opens this weekend. The Museum Society had hoped to be able to hire a university student with help from federal government funding, but it has been denied this year. Fortunately, Weyerhaeuser is giving a grant to hire a secondary school student. He said there is a possibility that Katimavik will return to Princeton to help out next year.

Vermilion Forks Field Naturalists reported a highly successful workshop on Swan Lake, and is still hoping to have the government designate it as a wildlife preserve, in order to ensure this land is not sold to developers. The little lake set in a basin surrounded by grasslands is unique, and

is a great attraction to visitors. The society is putting on a bird identification course May 26 and June 2, as well as participating in the Meadowlark Festival.

Rika Ruebsaat gave a report on the Sounds of Our Heritage festival to be held Racing Days weekend. The festival will feature music performances related to Canada's history as well as traditional music and dance from immigrant groups. A special feature will be traditional British village dancers. Four of these groups are coming to Princeton from Vancouver and Oregon. Look for them on Saturday, June 30 and Sunday, July 1 from 1:00 to 5:00 PM in front of the Welby Stage building next to the museum.

Arts Council members welcomed Sue Alton, who is going to assist Vermilion Artists in making a proposal to have the Arts Council purchase display grids on which to hang paintings during art shows. These grids would be useful for displaying quilts and old photographs. Members agreed the grids could be rented to various groups. Vermilion Artists will make their proposal at the June 13 meeting.

## Here's a club of workers

SPECIAL TO THE NEWS LEADER  
by Solana Allison

I admit it I don't often read the news, mainstream news that is. The truth is I try to avoid a lot of it. Especially televised news.

Everything seems so tragic and macabre. There is rarely anything televised, written about, or reported on that doesn't have some kind of dark twist. Daily we are inundated with stories of war, homicide, issues of abuse or abandonment, crime, scandal and general badness. I realize that we don't live in

Pollyanna land, that things happen that should be talked about and addressed, still, I can't help but feel that this is all a bit one sided.

We are told that 'sensation sells' people buy it. The networks think the general populace love sensation. This is how we end up with programs like Maury Povich, and reality T.V. This is also why 'idiot holds up local gas station with BB gun' makes headlines here.

When it comes down to brass tacks, it's our definition of 'sensation' that I find most disturbing. It's a word that has become interchangeable with scandal, violence and abuse. The disturbing part is

that there seems to be no bottom to it. No end in sight to what media will put out. Our collective conscious becomes callous, desensitized into accepting tragedies that should shock us into action.

Instead we hang our heads, and as our minds try to adjust to the latest horror being broadcasted, and say things like "Yeah, well, the world today is so messed up."

What is messed up is that we accept these things without batting an eye. It has been said that art imitates life. It has also been said that life imitates T.V. you see what I'm getting at here?

..... continued on Page 24



# MP says Canadians are getting gouged at pumps

Alex Atamanenko, MP BC Southern Interior - is growing more concerned over how Canadians continue to be gouged at the gas pumps, paying an average

excess of 27 cents per litre for gasoline, which is pure profit according to Hugh Mackenzie, the author of a report on the economic situation with gas prices.

The study published by the Canadian Centre for Policy Alternatives (CCPA) examines gasoline prices before and after Hurricane Katrina in the fall of

2005. It concludes that the rules from pricing gasoline at the pump changed overnight.

"I am upset to learn how much profit the big oil companies are

making off the backs off hardworking Canadians," said Atamanenko.

"There needs to be more fairness for Canadians, and the government must get to the bottom of this."

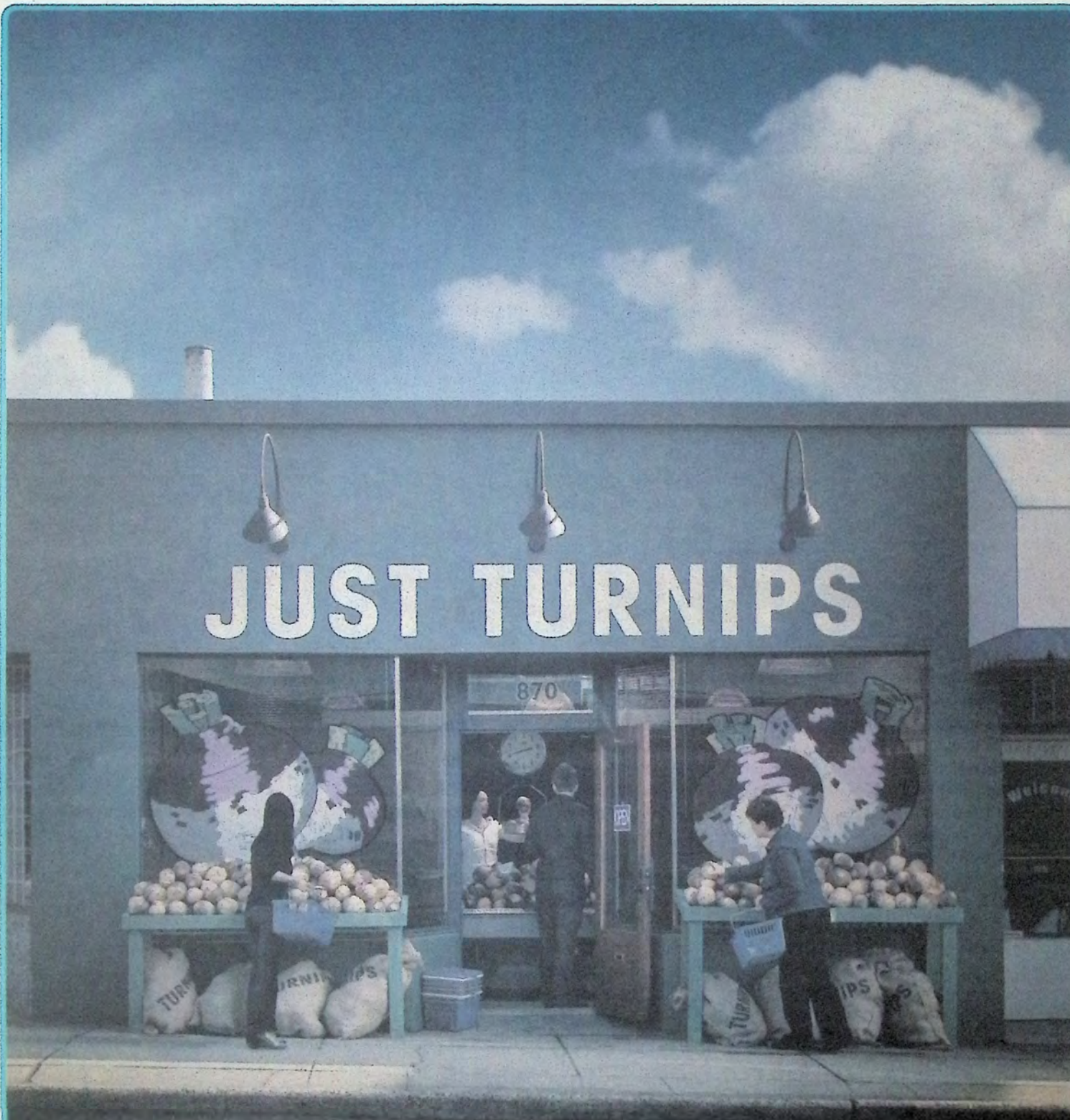
The NDP is demanding that the government choose Canadians over oil and gas companies and to do something about the outrageous price of gas. They are recommending an independent monitoring agency be set up to regulate gas prices, and NDP MP, Chris Charlton, introduced legislation this week that would establish an Office of the Oil and Gas Ombudsman to investigate consumer and business complaints relating to the practices of major oil and gas suppliers.

Atamanenko and the rest of his NDP caucus also want to see incentives put in place to encourage auto makers to produce fuel-efficient vehicles and for consumers to buy environmentally friendly cars.

The CCPA report analyzed the relationship between crude oil prices and gasoline prices at the pump. At current exchange rates, it calculated that a \$1.25 US/barrel increase should result in an increase of one Canadian cent per litre. But in September 2005, when crude oil prices increased by \$10 US per barrel, gasoline prices more than doubled, and at one point, prices had increased five-fold above what the crude oil price justified.

People all across the BC Southern Interior are being cheated. In Princeton they are paying as high as \$1.18 (\$1.22 on May 16); in Oliver, it is reaching \$1.17. The highest so far has been in Trail, where prices have hit \$1.24 per litre. All this comes at a time when some companies have earned over \$550 million dollars in the past four months.

"The Conservatives and Liberals are continuing to let big oil and gas companies reap a profit off the backs of hardworking Canadians. They get billion dollar subsidies from the government in addition to their record profits. What are hardworking Canadians left with, other than empty pocketbooks and empty promises?" asked Atamanenko.



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Assorted ceramic fish created by children aged 8 to 12 years in the Pottery Studio at Riverside Centre.

## Get fired up about pottery!

Sue Le Poidevin has hosted three very successful pottery classes and facilitates a Potter's Guild from the Pottery Studio at Riverside Centre. This spring, Sue offered two kids classes, one for ages 5-7 and another for ages 8-12. The kids made pinch pots, weed holders, clay animals, fish and some very original castles! The adult class ran for six weeks and the students were taught hand-building techniques and beginner

wheel throwing. The Potters Guild consists of people who have had previous pottery making experience or have taken Sue's classes in the past and now would like to work on their own. Open Studio occurs three times a week and Sue fires Guild members work in the kiln on site, owned by Princeton Arts Council. Sue will be offering adult classes again in the fall and kids classes in August through the Summer

Recreation Program. Dates and times will be listed in the upcoming Princeton Recreation newsletter. Sign up early to avoid disappointment, as these classes fill up fast with returning students who know how much fun is to be had! For more information, you can call Nadine at (250) 295-5115 or Sue at (250) 295-0527. - submitted

## Legion Ladies Auxiliary News

After opening prayers and ceremonies, the first order of business was a moments silence in memory of recently deceased member Ruth Spencer. There were three new members initiated, Carol Seaman, Arlene Marsel and Gail Madill. They were welcomed by President Charlene Longdo and the 13 members present. The Tea & Bake sale held on Saturday May 5, was very success-

ful. The beautiful big baskets were won by Ken Silovitch and Shane O'Malley. The Branch has requested our help in several upcoming events. The meeting closed with "The Queen" and delicious refreshments. New members are always welcome at our meeting the second Tuesday of the month at 7:00 PM Legion Hall. - submitted by M. Marsel

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## keremeos and area news



Southern Interior Stockmens Association hosted a beef barbecue in Memorial Park following the Sunday performance of Keremeos Elks Rodeo. Hundreds of steaks were grilled on site. \*

## Music Under the K features many styles

Are you a music lover? Even if you're not, Keremeos and the 9th Annual Music Under the 'K' is the place to be May 24-27th.

Started as a music festival for school bands and choirs, Music Under the 'K' quickly grew with professional musicians and area amateur performers added to round out the program and provide many different styles of music. From rock to classical, jazz to folk and ethnic, there's something for everyone and most performances take place at outdoor venues.

The weekend starts Thursday evening with Opening Ceremonies in Memorial Park, featuring Beth Hill, an aboriginal singer, storyteller from Ontario, local dancer Nicola Frasch and Similkameen Elementary Secondary bands.

All school and community bands and choirs will present concerts Friday morning at local schools.

Professional groups will include Friday evening entertainers Taxi Chain, a Celtic rock group coming from Toronto, Novel Voz, a capella singers, on tour from Havana, Cuba. They will be joined by Off Ramp, a jazz quintet from Penticton and the fabulous Sentinel Secondary R&B Band from West Vancouver.

A Classical Music venue at the Cawston Hall features professional and amateur classical musicians. Daniel Tones, a percussionist from UBC Vancouver and Haley Simon, classical pianist coming from Toronto will perform Saturday from 1:00 PM. Music Under the 'K' appreciates the donation of an antique grand piano by Ann Nelson for use by these

musicians.

Again at the Cawston Hall, on Sunday afternoon local junior and senior musicians will be joined by Johnny Eden and Derek Olive, cycle touring guitarists/singers from Ottawa.

Friday and Saturday afternoons will feature many school bands and combos and local singers and musicians outdoors at Memorial Park and Similkameen Agencies. Quieter, non amplified music will be presented at Keremeos Ecumenical Church, including Wind in the Willow and Quick Silver flute choir from Penticton.

The Band of the 15th Field Artillery from Vancouver will present the major concert in 2007 on Saturday evening joining with Daniel Tones and the 500 member massed band. Have you heard nearly six hundred musicians play together? It's spine-tingling.

The weekend will be complete with breakfast in the park, Sunday morning with entertainment by Matt Duffus, childrens' entertainer and several other musical groups.

Because of the great support of major sponsors Heritage Canada, BC Lotteries Corp, Gorman Bros., TerraLink, Br. 192 Royal Canadian Legion and Village of Keremeos and many supporters and advertisers Music Under the 'K' has been able to keep registration fees low to allow any group to attend. Concerts are still offered free of charge BUT donations are greatly appreciated.

Check out the website: [www.musicunderthek.ca](http://www.musicunderthek.ca) for more information. From Rock to Bach and everything in between there's music for you to enjoy.

- submitted by Helen Bishop





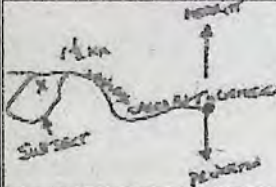









Todd Hutnyk of Merritt scored 70 on Air Weapon in the Saddle Bronc during Sunday's performance of the Keremeos Elks Rodeo. More photos and story on Page 11/12. \*



# HOW TO FIND THE PERFECT HOME!

Step 1: See Below. Step 2: See Step 1.

 <p><b>2285 Arcat Road</b> <b>\$268,300</b></p>	<p>Princeton Total Sq Ft: 527 MLS# 39865</p> <p>Approximately 1-acre riverfront cabin with panabode cabin and detached sauna/shower house. Concrete foundation, excellent plumbing and wiring, immaculate landscaping - must see, must have!</p>	 <p><b>2837 Old Hedley Road</b> <b>\$399,000</b></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><b>546 San Ang Way</b> <b>\$85,000</b></p>	<p>Princeton Lot Area (acres): 0.50 MLS# 36938</p> <p>One of the best half-acre building lots in San Ang Estates. Wonderful mountain views and sunshine. Easy access, flat site, close to town and golf. Bring your plans!</p>
 <p><b>110 Pinewood Drive</b> <b>\$169,900</b></p>	<p>Princeton Lot Area (acres): 5.00 MLS# 39882</p> <p>Fantastic 5 acre parcel is fully serviced with many building sites, 29km from Princeton, only ten minutes from three lakes for year 'round recreation. Trans-Canada Trail a hop, skip and a jump away. Only 3 hours from Vancouver, 1 hour to Summerland.</p>	 <p><b>Lot A Lawless Creek</b> <b>\$338,300</b></p>	<p>Tulameen Lot Area (acres): 13.93 MLS# 36602</p> <p>Fantastic view acreage overlooking the Tulameen River and valley. Very private and pristine. Located just outside of Tulameen, approx. 1 km on the Lawless Creek Road. 13+ acres, drilled 16 gpm well, waiting for your dream home or personal getaway.</p>	 <p><b>308 E Highway 3</b> <b>\$149,900</b></p>	<p>Princeton Lot Area (acres): 3.23 MLS# 36791</p> <p>One of the last lots left in Princeton with highway exposure. Last lot leaving to the East, first lot coming West. Storage centre next door, Kal Tire, motel, car wash across. Excellent investment to hold or develop. Zoning, property has been logged.</p>
 <p><b>615 Cedar Creek</b> <b>\$1,388,300</b></p>	<p>Princeton Total Sq Ft: 3,200 MLS# 39774</p> <p>Secluded country estate away from the world. Nestled on 145 acres comes complete with a 3,200 sq ft rancher, indoor pool, sweeping decks, country kitchen and much more. Barns, corrals, outdoor riding arena, work shop, creek, pond, gazebo, hayfield. Come see!</p>	 <p><b>2289 Arcat Road</b> <b>\$138,300</b></p>	<p>Princeton Lot Area (acres): 1.71 MLS# 39866</p> <p>1 acre on the edge of the Similkameen River. Property like this is a rare find these days. Call now to view this piece of paradise! Make it yours today!</p>	 <p><b>235 Penryn Avenue</b> <b>\$39,900</b></p>	<p>Princeton Lot Area (acres): 0.08 MLS# 36615</p> <p>Central location in downtown area with easy walk to all amenities. Single family dwelling with quiet no through road. Not many building lots left in Princeton. Zoning allows duplex, but not enough room.</p>
 <p><b>439 Similkameen Avenue</b> <b>\$215,000</b></p>	<p>Princeton Total Sq Ft: 1,244 MLS# 36919</p> <p>Immaculate rancher-style home with attached single car garage with cozy front and back covered porches. Bonus 6-foot crawlspace is bright, lots of storage and perfect woodstove with wood hatch. Lovely finishing, laminate, tile and awesome kitchen and built-in vac.</p>	 <p><b>31-263 Highway 3</b> <b>\$78,000</b></p>	<p>Princeton Total Sq Ft: 924 MLS# 39838</p> <p>Immaculate moduline is a pleasure to view. Master bedroom has full ensuite and walk-in closet. This one owner mobile is bright and spacious with a covered deck. New roof in 2005, landscaped yard is just enough gardening. Easy to view!</p>	 <p><b>211 Allison Avenue</b> <b>\$129,900</b></p>	<p>Princeton Total Sq Ft: 827 MLS# 36442</p> <p>Solid corner location with many updates. New front and back decks, new windows, countertops plus five new appliances. Lovely landscaping, greenhouse and garden sites. New fence and mixed beds. Many planted trees for shade and privacy.</p>

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PS Capsule Comments

by your Pharmasave Pharmacist Wen Wong



We are coming into the 'buggy' time of year. Some people are seriously allergic to insect bites and stings and carry an Epi-Pen Injector with them to use if bitten. Now is the time to check the expiration date on your syringe. When you need it, you want it to be effective. It's an expensive product but it can save your life.

Breast-feeding mothers should be cautious when taking medications because sometimes some of the drug may end up in the breast milk and could react negatively on the baby. Our pharmacists have good references and can advise you on what's safe to use.

There is no evidence that nicotine causes cancer in human beings. However, out of the thousands of other chemicals found in tobacco, at least 50 are known to cause cancer. We are now almost five months into 2007. If you are an ex-smoker who stopped this year, congratulations!

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Newest washer protects fabric - and the environment

(NC) - Most households need to clean a diverse range of fabrics, all requiring different and sometimes very special treatment. So it might come as a surprise to find out that with the very latest technology, most of it can be machine-washed.

Focussing equal care for silk and cashmere as it affords duvets and denim, the newest 'Honeycomb' washing machine drum reduces fabric deterioration in two fundamental ways. First, it is designed with far fewer water exit holes; and secondly it operates with a constant cushion of water between the fabric and the drum.

"Much of the wear-and-tear of clothing comes from the contact it makes with the water exit holes inside the washing machine," says Jan Heck, president of Miele

Canada, a world leader in innovative appliance design.

"It's these holes that cause snags and pilling, leading to the premature wear of garments. The Honeycomb drum has 80 percent fewer water extraction holes than standard, and in Canada it is the key feature of the front-loading Touchtronic laundry system," Heck said.

"The drum also provides a constant, protective water cushion for fabrics as they are washed."

Reduce clothing costs

According to Miele, the average Canadian household invests 5 to 10 percent of its income every year in washable apparel and linens. For example, if the income is \$85,000 that home would spend, conservatively, \$4,250 per year on clothes and linens. "We calculate that such

fabrics, washed gently in the Honeycomb drum, would last four times longer - providing an annual savings of \$3,187,502."

Environmentally sound

Furthermore, the Touchtronic system has an unprecedented 20-year life expectancy, so lower maintenance and durability should also be factored into cost savings. "And, in addition to eliminating harsh chemicals like bleach," Heck said, "the system uses less energy, and it uses only 7.8 gallons of water per load, the most efficient on the market."

As a result, Miele is the first appliance manufacturer in the world to gain certification to the stringent International Environment Standard. More information is available online at miele.ca or toll-free at 800-643-5381. - News Canada

How to detect chronic myeloid leukemia

(NC) - As with any type of cancer, understanding the signs, symptoms and risk factors of chronic myeloid leukemia (CML) is vital to detection and treatment.

One of four types of leukemia, CML is a blood disorder that is characterized by an overproduction of white blood cells and is distinguished from the other types by a genetic abnormality in the blood cells called the Philadelphia chromosome which promotes the growth of leukemia cells.

CML is neither preventable nor inherited. A person's chances of developing CML may be increased by the presence of the Philadelphia chromosome, believed to be acquired after birth, as well as exposure to very high doses of radiation. Its onset is gradual and progresses slowly.

Patients may experience fatigue, weight loss, diminished appetite, night sweats or anemia. Some patients complain of discomfort on the left side of their abdomen, which may be the result of an enlarged spleen. But increasingly, patients are asymptomatic and are diagnosed from a routine blood test where an elevated white blood count is found.

Treatment plans for people diag-

nosed with CML vary depending on how far the cancer has progressed and the specific characteristics and needs of the patient. Options may include bone marrow transplant, chemotherapy and newer treatments such as targeted therapies.

The goal of any treatment plan is complete response, characterized by normal blood counts, the absence of leukemic cells and the loss of the Philadelphia chromosome.

A cancer diagnosis can be overwhelming. Newly diagnosed patients or those in treatment will want to arm themselves with as much information as possible. Taking a family member or friend

along to appointments and having a prepared list of questions may be helpful.

Patients might want to ask about the stage of the cancer and whether it has spread to other parts of the body, available treatments, their risks, benefits and side effects, available support, and post-treatment care.

CML primarily affects adults and accounts for about 15% of all leukemias. Of the 4,100 new diagnoses of leukemia in Canada in 2006, it is estimated that between 450 and 500 will be cases of CML.

More information is available online at www.lls.org/canada and www.cmlsociety.org.

- News Canada

living past 100

Salad season is good medicine

One of the great things about this time of year is the urge to eat a lot of raw food in the form of fresh vegetables and fruits. These may be in salads, or as finger foods, but they are as good as medicine to keep you healthy.

Raw vegetables and fruits contain enzymes that disappear when the food is cooked. You may have heard of phytonutrients, one of the key benefits of raw plant foods.

Many different substances come under the heading if phytonutrients. Flavonoids, carotenoids, isoflavones, and lignans are among the group known as phytonutrients.

These substances help ward off disease, especially heart disease and cancer. All are antioxidants, which is why every nutritionist in North America and Europe is pitching the benefits of eating vegetables and fruits. We do not eat enough of these good things, and we eat too much of things that are not good for us, such as fried foods and foods containing a lot of sugar, such as cake and soft drinks.

One of the most important phytonutrients for women is called indole-3-carbinol. It helps prevent breast cancer by decreasing levels of harmful estrogen while increasing the levels of benign forms of estrogen. If a woman eats half a head of cabbage every day, she is doing a lot to prevent breast cancer and perhaps cervical cancer as well.

Cabbage is not the only indole-3-carbinol source. Broccoli, brussel sprouts and cauliflower contain this valuable phytonutrient.

Now that the salad season is here, eat as many salads as you can before winter comes and spoils all the fun of eating cold raw food.

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Princeton Rage! Top row, from left: Katie Lamoureux, Morgan Reichert, Michelle Freeman, Kelsey Crawford. Middle row, from left: Taylor Esslink, Hannah Crawford, Mia Crawford, Colby Williams, Jacinda Esslink, Kirsten Haayer. Front, from left: Courtney Hassell, Amy Brewer, Jessie Badger. Missing from photo: Kaylin Burstall. - photo submitted

# This team is all the rage!

The season has begun for the Princeton Rage, the PeeWee girls baseball team!

Every Tuesday evening in Cawston the girls play various

## NDP urges caution in setting limits

According to Alex Atamanenko, Member of Parliament for BC Southern Interior and NDP Agriculture Critic, Canada's Pesticide Management Regulatory Agency (PMRA) is using the wrong criteria if they are willing to harmonize pesticide regulations with the U.S. just to remove trade barriers. "The U.S. often adopts lower pesticide standards than many countries in the world and that is one race to the bottom that Canada should avoid at all costs," said the NDP agriculture critic.

Atamanenko was referring to the (PMRA)s intention to harmonize pesticide residue limits on hundreds of products with those of the United States as an initiative under a 2005 continental agreement called the Security and Prosperity Partnership (SPP).

"The government is making the claim that official residue limits are irrelevant because farmers are using fewer and fewer pesticides. If this is

teams from the Okanagan with practices held Thursday nights at our local ball field. After only a few games they were off to Summerland for a tournament on

truly the case then the limits should be changed to reflect the lowest limits from either country and in no case should those limits ever be increased," noted Atamanenko.

"Canadians in ever increasing numbers are demanding locally grown, organic and pesticide free food products," stated Atamanenko.

"Our focus should be on doing everything possible to enable a transition towards reducing pesticide reliance so farmers can produce for and profit from this rapidly expanding market. When it comes to pesticides we should always retain the ability to base our regulations on independent peer-reviewed testing that has proven these products to be safe for our children, ourselves and the environment," concluded Atamanenko.

"We must never let trade agreements dictate health standards in Canada and we must never lower our food standards in the name of harmonization with any country."

May 5th and 6th.

Their second tournament was in Merritt for the weekend of June 10th and 11th, with the Districts being held in Summerland on June 16th and 17th.

All games and practices are well attended by family and friends cheering the girls on, so if you aren't busy come on down and give your support!

A big thank you to Doug Haayer of Century 21 for his sponsorship of the team! Much appreciated! Good luck to the girls for their remaining games, "Rage on Princeton!"

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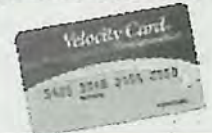
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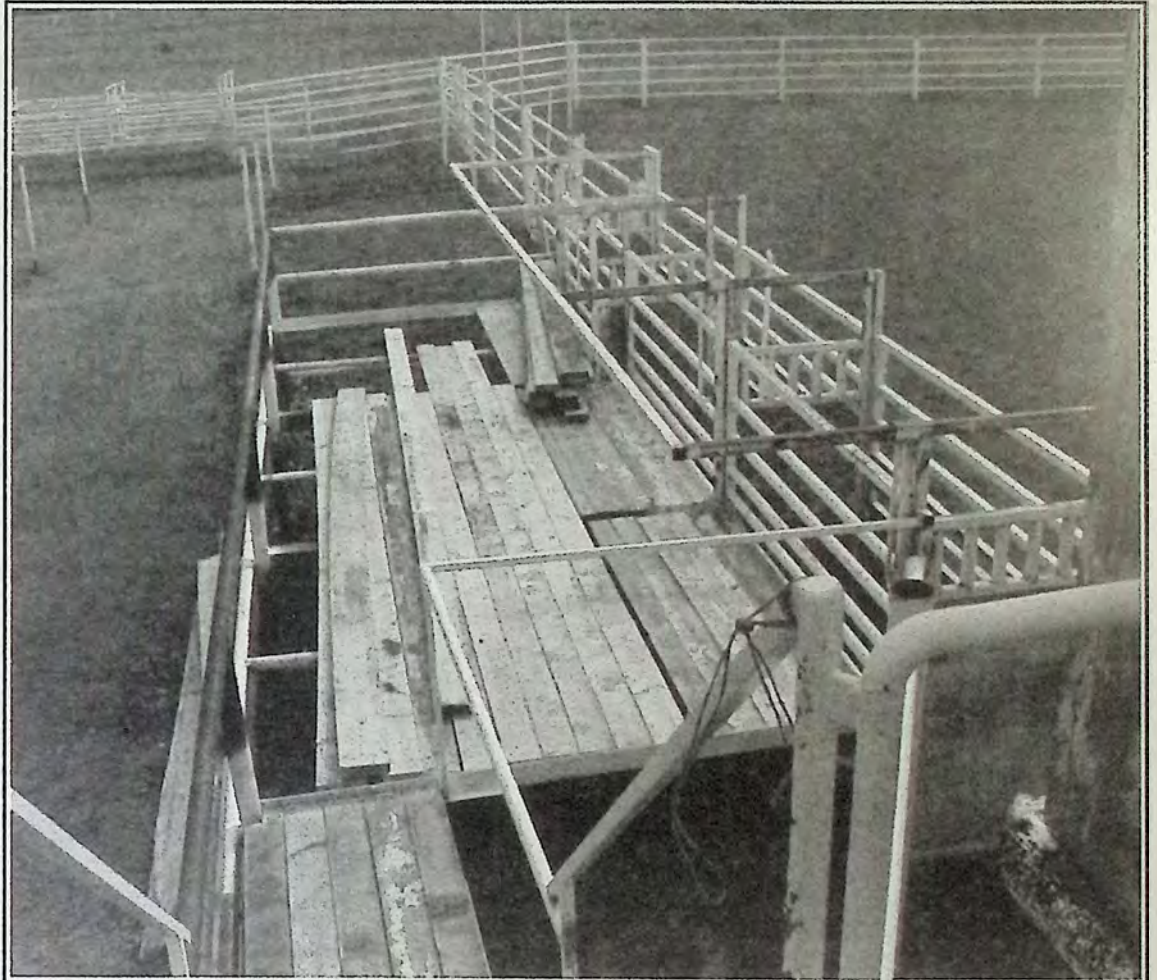
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One of the many improvements made to Princeton Fairgrounds occurred in the Rodeo Arena. These platforms were added behind new chutes a couple years ago - by volunteers.

## In Praise Of Volunteers

by: W. George Elliott

In general terms a volunteer is a person who freely gives of their time to a group or organization for no pay. There are many volunteers in our community - many of whom wear more than one hat with more than

one organization - and when you think about it, there are numerous celebrations and activities that take place up and down the Similkameen Valley that would never take place without volunteers.

It would be a pretty sad, dull place to live.

If you know us at all, you know we've done our share of volunteering - as have most of the people we know in Town. If you've read this paper for any length of time you will also be aware of the fact we have written about the importance of volunteers in our communities many times before.

This time around I want to share a few stories about volunteers. Not what they are doing specifically, but a little about their affect on others and the way some people view our community.

The most recent examples I can share came from the Princeton Pro Rodeo and Bull-A-Rama event held during Mother's Day weekend.

As a Rodeo Club member I've seen a few changes in how the Pro Rodeo is put together and know that it takes a lot of money to put on such an event. If you've never volunteered for anything, one of the first things that may surprise you is the amount of money organizations spend to function. Especially those who host events such as a rodeo or a fall fair. Sometimes it's scary to be spent on an event that organizers can't even be sure will break even when you depend on attendance and weather to be favourable.

It's really quite a gamble. Most everyone associated with the event - outside of the organizing committee - expects payment in advance or a hefty deposit. That ..... continued on next page

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Volunteers are extremely active in the Keremeos area where Similkameen Country (their Chamber of Commerce) plays an active role in all local celebrations and activities.

..... continued from Page 8  
money has to come from somewhere and often it means asking local businesses for donations.

As often as businesses get 'hit' in an average year for cash donations, prize donations or a discount on their products or services, many local businesses do not hesitate to chip in.

They deserve a pat on the back for being so community minded and the next time you attend a local event and find a long list of names in a program with the words 'thanks to our sponsors' remember these people are supporting volunteers and volunteer activities and deserve our support in return.

Where am I going with this?

The Bull-A-Rama and Princeton Pro Rodeo reminded me of what kind of affect volunteer organizations can have on others around them.

Let me tell you a little story. This one comes from the Friday night Bull-A-Rama.

I'm in the 'VIP Section' leaning on the steel rail overlooking the rodeo arena with a 1,800-pound snorting and very annoyed bull not five feet away. I'm thinking that I'm grateful for the solid construction of the chutes.

"You gonna get some photos tonight, are you?" Jerry Cadwell, officially identified as Arena Director looks at me flicking a toothpick around his mouth with his tongue.

I answer with a yes and tell him why I'm there.

We share pleasantries and then he says it.

"This is an amazing Rodeo Committee here."

He tells me he's been coming to Princeton's Pro Rodeo to be the Arena Director for the six years the local group has been presenting

CPRA events.

"Just look at this," his meaty hand hits my shoulder as he motions to the VIP building behind me and then gestures to the platforms built behind the chutes - a recent addition in the past couple years.

"There's no other rodeo in BC with that," he says. "And the best improvement lately is the announcers booth," he again gestures with his hand. "That used to be pretty cramped in there."

Cadwell tells me I should stand where I am for some photos and gives me suggestions of other great vantage points, as he tries to be helpful. He makes it clear he likes it at Princeton's Rodeo because, "You guys treat us great."

Then he shuffles off the do his Arena Director job and I get the feeling this is just the beginning of what I later decide should be a story about those unsung heroes in our midst: volunteers.

Another conversation takes place the following afternoon when I'm standing over by the Rodeo Clown's trailer. I'm actually scouting for places to take photos when he sees me and comes over to see what I'm doing.

Mark Vantienhoven isn't in make up yet as it's still about thirty minutes before the rodeo and we get chatting as if we've known each other forever.

"The people here are so friendly," he tells me more than once.

He calls Airdrie, Alberta home, but spends most of the year on the road except for a weekend off to squeeze in his wedding.

He tells me he's going to participate in the Golf Tournament planned following the Rodeo for riders, organizers and others.

He's pumped about being here and tells me he can't believe how

nice we are in Princeton.

It makes me think we have an asset to our Valley we haven't figured out how to market.

Something like 'Come to the Similkameen. We're so friendly you'll want to come back' only not as wordy and a little more to the point.

I'm not sure how I'm going to weave this into a story until a few days later and Solana comes into the office to bounce off her latest ..... continued on next page

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### Retirement/Long Service Celebration

School District No. 58 (Nicola-Similkameen) will be hosting a Retirement/Long Service tea honouring retiring employees for this year, as well as recognizing employees having 10, 15, 20, 25 and 30 years service with the District.

The social will be held on:

Merritt: Monday, June 4, 2007  
in the Multi-Purpose Room  
Merritt Secondary School  
5:30 PM - 7:30 PM

and

Princeton: Tuesday, June 5, 2007  
in the Princeton Secondary School Library  
5:30 PM - 7:30 PM

A list of employees who are being honoured can be found on the district's website at [www.sd58.bc.ca](http://www.sd58.bc.ca), listed under Public Information, and click on Public Announcements. All past retirees/employees of the district are invited to participate in this celebration with us.

Please contact Jill Yakimchuk at (250) 315-1100 to confirm your attendance.

Princeton Rotary Club

## CHARITY GOLF TOURNAMENT

### Sunday, June 10

### Princeton Golf Club

ENTRANCE FEE: - \$75.00 (CDN) per Golfer (includes \$25.00 Calcutta)  
- Deposit of \$75.00 required at time of Registration

TEAM MAKE UP: - Four Players with verified Handicaps as follows:  
- Maximum ONE Player with a Handicap of 8.  
- Total Team Handicap index must be 50 or greater.

FORMAT: - June 10 - 8:00 AM Check-In at Princeton Golf Club  
- 9:00 AM - eighteen holes, shotgun start  
- Lunch at the Golf Club  
- Awards and Prizes following lunch



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Princeton Ground Search and Rescue Society is an organization of volunteers who depend on support from corporate donations from places like Weyerhaeuser to aid in their operation.

..... continued from Page 9  
 article idea. She wants to do an upbeat piece about what a few local organizations have done for the community.  
 It gives me an idea about those hard-working volunteers.

It also makes me think Town Council should 'give back' a little more by recognizing volunteers in some public fashion. Maybe a huge 'Volunteer Appreciation Dinner' once a year in the off-season so all those hard working helpers get a little of the attention they deserve for doing so much for the community.

personal or family connection to an organization or event, which in turn becomes the reason.

For example, Brenda and I currently volunteer time at the annual Pepperfest (Similkameen Sizzle) each September in Keremeos. We've made some great friends there and even got married at the event.

So you didn't go to (pick a local event) because of (whatever your reason). Fair enough, maybe you don't see or understand the value of supporting local events. There's nothing wrong with that. Although you are missing out on why volunteers do what they do.

For us, it's a pretty special local celebration that we will likely be connected to for many years. Even if the celebration were to one day stop taking place, we know we have experienced something special as a direct result of being volunteers.

It is our experience in Princeton, Tulameen, Hedley, Keremeos and all points in between that the volunteers who step up and get involved are doing so not for what they are getting out of it (although there are positive benefits to volunteering) but because they want to do something to 'give back' to their community. Some feel it's their 'civic duty' and others do it to meet other like-minded people.

Sometimes that's all you need to realize we live in a pretty special place filled with pretty special people doing some pretty special things - for free.

These are all good reasons for pitching in. Sometimes there's a

Other times it takes a rodeo clown to remind us that even if attendance is down and a lot of people didn't bother to go to the event, there are people who are part of the event who appreciate our volunteers just the same.

In fact, they depend on them as much as our community does.

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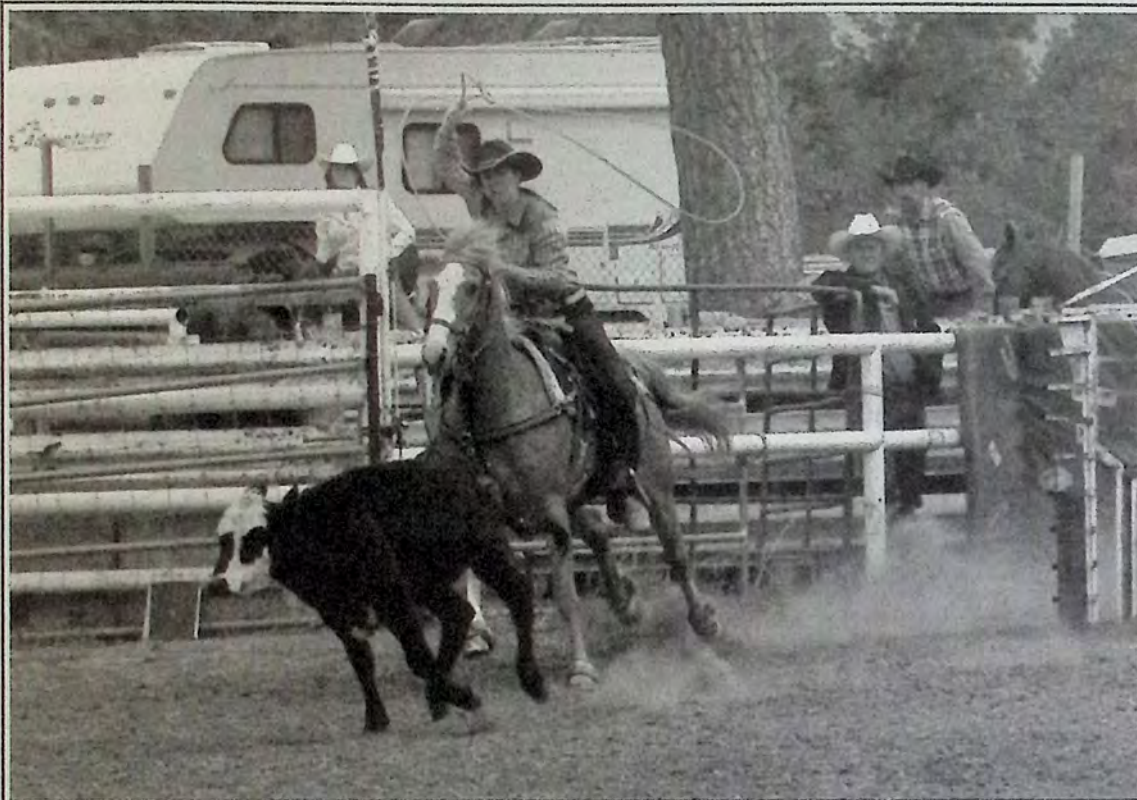
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# weekly entertainment guide

TUESDAY, MAY 22, 2007 THROUGH MONDAY, MAY 28, 2007



Taylor Schneider of Hedley recorded a time of 4.0-seconds with this run on Sunday in Breakaway Roping at Keremeos Elks Rodeo. \*

## Elks Rodeo another success!

The weather held off and a crowd filled the stands for the annual May long weekend Keremeos Elks Rodeo last Saturday and Sunday.

Many Sunday scores shattered marks set the day before.

In Bareback Riding on Sunday, Cash Kerner of Pritchard finished the day on top with a 76 point ride on Decker. Ryan Schmelzer from Washington State finished second with 75 and Justin King of Sagle, WA was third with 74.

In Tie Down Roping Clayton Freemantle of Quesnel took the day money with a time of 12.1-seconds. Steve Pozzobon from Kamloops was second with 13.4-seconds and Brad Thomas of Alkali Lake finished third with a time of 15.2-seconds.

In the Saddle Bronc Devin Richter of Omak finished on top of the leader board with an 80 point ride on Starbucks. Darrell Schneider of Hedley was second with 78 and Rod Rimmer from Victoria was third with 74.

In Steer Wrestling Jim Gerhardi of Quesnel recorded a time of 4.4-seconds on Saturday. Rob Everett of 150 Mile House got the best score Sunday of 11.6-seconds.

In Breakaway Roping rodeo announcer Al Parsons' daughter Justine had the best time Saturday with 7.0-seconds but cowgirls on Sunday shattered that mark. Katie Waterston of Kamloops took top spot with a time of 4.7-seconds with Cody Braaten of Langley finishing in second with 3.5-seconds and Taylor Schneider of Hedley in third with 4.0-seconds.

In Junior Steer Riding the best score on Sunday was recorded by

Nik Smith of Peachland with 79 points. Keegan Smith of Merville was second for the day with 75 points.

In Ladies Barrel Racing a Saturday time of 17.561-seconds was demolished on Sunday with Montana Madill of Courtney recording the blazing fast time of 17.270-seconds.

In the Junior Barrel Racing Event a Saturday time of 18.049-seconds recorded by Rylee Cork of Quesnel was the top score to beat and Morgan Fosbery of Merritt shattered it Sunday with her time of 17.824-seconds.

In Novice Barrel Racing Lisa Winters of Penticton stayed on top of the leader board with her Saturday time of 18.449-seconds. The best time Sunday went to Sheryl Spencer of Penticton with 18.471-seconds.

In the Team Roping event, a time recorded Saturday of 8.0-seconds was beat repeatedly on Sunday.

When the dust settled, it was the pair of Chad Evenson (Pritchard) and Cole Pozzobon (Pritchard) in

first place with a time of 6.0-seconds. Second place went to Cecil and Leo Louis of Vernon with their time of 6.1-seconds and in third were the duo of Josh Cahill (Clinton) and Rod Spiers (Arras) with 7.0-seconds.

The Bull Riding event, which was split into two sections coupled with Team Roping, saw a large portion of the crowd leave on Sunday thinking the end of the first section of Bull Riding was the end of the rodeo.

Andrew Stewart of Douglas Lake took the day money on Sunday with his 82 point ride on MXC. Jesse Bailey (Pritchard) finished the day in second with a ride worth 80 points on Cotton Eyed Joe and Anthony Robbins (Alkali Lake) was third with a 70 point ride on Pork Chop.

The Sunday Rodeo ended just in time for the beef barbeque in Memorial Park hosted by Southern Interior Stockmens Association.

The ranchers cooked up hundreds of steaks during the event.

**Similkameen  
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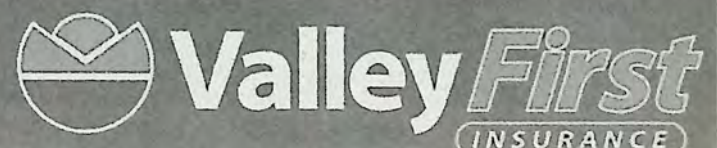


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Sandra Thomas of Osoyoos rounds the second barrel in her Sunday run during the Ladies Barrel Racing event at Keremeos Elks Rodeo. Her time was 22.034 seconds. \*



Taylor Schneider (Hedley) and Kasey Attrill (Enderby) teamed up for the Team Roping event at Sunday's performance of the Keremeos Elks Rodeo. \*



Anthony Robbins of Alkali Lake scored 70 points on Pork Chop in the first section of Bull Riding Sunday at Keremeos Elks Rodeo. \*

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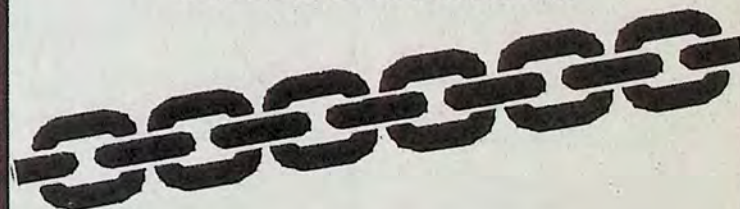


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	WTBS ③	CHBC ④	KNOW ⑤	KSPS ⑥	KHQ ⑦	KREM ⑧	A&E ⑨	KXLY ⑩	BCTV ⑪	CITV ⑫	CBC ⑬	YTV ⑭	TSN ⑮	VTV ⑯	DISC ⑰	FAM ⑱	CITY ⑲	SPIKE ⑳	TROP ㉑
6 AM :30	Dawson's Creek (E)	News (N) Room	(Off Air)	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCenter (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (E)	Godfather Trilogy (Part 2 of 4)	Counterstrike (E)
7 AM :30	Movie: "Mrs. Winterbourne" (1996, Comedy) (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Foods to improve eyesight; backyard plants. (N) (E)	The Early Show (N) (E)	City Confidential (E)	Good Morning America (N) (E)			Arthur (E) Lunar Jim	Being Ian Battle	SportsCenter (E)		Zapped (E)	K. Possible (7:24)	CityLine (E)		Night Heat (E)
8 AM :30	NewsRadio Cosby	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 Motoring	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (N) City	V.I.P. "Val Squared"	Due South (E) (DVS)
9 AM :30	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	CSI: Miami (E)	The View (N) (E)	World Vision (E)	Design House	Jane Doodlebop	Pippi	Billiards	The View (N) (E)	Blueprint for Disaster	JoJo Benj Bear	Movie: "It Had to Be You" (2000)	V.I.P. "A.I. Highrise"	Ellen (E)
10 AM :30	Harvey Harvey	Thane Seinfeld	Scattering Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Mischief Jacob	2007 BLG Awards	eTalk (E) MTV e2	Unsolved History (E)	Higglytown (11:25) King	Michael Vartan.	Star Trek: Next Gener.	The Nanny Frasier
11 AM :30	Home Imp. Home Imp.	News (N) (E)	Sustain Undersea	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News CBC News	Viva Pinata Flamingo	Running Beach Soccer	Extreme Engineering	Bold & B.	(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	Soccer Beach Soccer	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	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Winx Club	Interruption	General Hospital (N)	How-Made 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 Postcards	Arthur (E) Judge	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)	Greatest Ever... (E)	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E) (DVS)
3 PM :30	Raymond MLB	Days of our Lives (N)	Dora (4:37) Little	Cyberchase Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	TBA TBA	Phantom Robot Boy	Hockey In Corner	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	FANational Inside Box
4 PM :30	Baseball: New York Mets at Atlanta Braves. (Subject to Blackout) (E)	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N) News	CSI: Miami "Pirated"	News (N) ABC News	News (N) Global	News (N) Global	National	OddParent Naruto	Poker Champ	News (N) (E)	How-Made How-Made	K. Possible Suite Life	Movie: "Stepmom" (1998)	CSI: Crime Scn	Seinfeld Seinfeld
5 PM :30	Body Caitlin	CG Kids Heads Up	News-Lehrer	News (N) Raymond	News (N) Hollywood	News (N) Hollywood	Dog the Bounty Hunter	News (N)	News (N)	ET Canada Entertain	NHL Hockey: Western	Being Ian Frank Ptrl	NBA Basketball: Conference	News (N) (E)	Extreme Engineering	So Little Sadie	Drama Julia Roberts. (E)	Movie: "House of Flying Daggers" (2004)	Married... Married... Frasier Grace
6 PM :30	Raymond Raymond	Jeopardy! Eden	Animals (DVS)	Nova (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Angel Angel	Entertain The Insider	Entertain ET Canada	The Best Years (N)	Conference Final Game 6 - Red Wings at Ducks	Sabrina Malcolm	Final Game 1 - Teams TBA.	eTalk (E) Hollywood	Futureweap ons (E)	So Raven Smart Guy	Movies	Takeishi	ET Canada
7 PM :30	Raymond Raymond	NCIS "Angel of Death"	"Magical-Long Tack Sam"	Wild Things (E)	Dateline NBC (N) (E)	NCIS "Angel of Death"	Angel Angel	Dancing With the Stars (E)	Very Bad Men Very Bad Men (E)	Very Bad Men (E)	Wings at Ducks	Fatherhood	SportsCenter (Live) (E)	American Idol (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	The Ultimate Fighter	FANational
8 PM :30	Sex & City Sex & City	Dateline NBC (N) (E)	Concierto	Frontline (E) (DVS)	Law Order: CI	Movie: "Jesse Stone: Sea Change" (2007) (E)	CSI: Miami "Pirated"	Dog the Bounty Hunter	House "Clueless" (E)	House "Clueless" (E)	Canada Mercer	Mystery Ghost	Series of Motoring	Law & Order: SVU	Futureweap ons (E)	Popular (E)	(10:06) Jimmy Kimmel	Star Trek: Voyager (E)	Married... Seinfeld Seinfeld
9 PM :30	Movie: "Showtime" (2002) (PA)	Boston Legal (N) (E)	Classical Landscape	Independent Lens (N)	Law & Order: SVU	News (N) News (N)	Dog the Bounty Hunter	News (N)	News (N)	News (N)	To Be Announced	Prank Ptrl Academy	Series of Poker	Law & Order: SVU	Futureweap ons (E)	Popular (E)	Movie: "Top of the World" (1993, Drama) (E)	Star Trek: Voyager (E)	Married... Ellen (E)
10 PM :30	Robert De Niro.	News (N) Room	ReachTop Moving On	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Angel	News (N)	News (N)	Entertain ET Canada	Bob Weird	SportsCenter (Live) (E)	News (N)	News (N)	How-Made Life Derek	8 Rules Life Derek	Star Trek: Voyager (E)	Ult. Fighter The Nanny	

WEDNESDAY, MAY 23, 2007

	WTBS ③	CHBC ④	KNOW ⑤	KSPS ⑥	KHQ ⑦	KREM ⑧	A&E ⑨	KXLY ⑩	BCTV ⑪	CITV ⑫	CBC ⑬	YTV ⑭	TSN ⑮	VTV ⑯	DISC ⑰	FAM ⑱	CITY ⑲	SPIKE ⑳	TROP ㉑
6 AM :30	Dawson's Creek (E)	News (N) Room	(Off Air)	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCenter (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (E)	Godfather Trilogy (Part 3 of 4)	Counterstrike (E)
7 AM :30	Movie: "Showtime" (2002) (PA)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Brad Pitt; Angelina Jolie; the abs diet. (N) (E)	The Early Show (N) (E)	City Confidential (E)	Good Morning America (N) (E)			Arthur (E) Lunar Jim	Being Ian Pokemon	SportsCenter (E)		Nature of the Beast	K. Possible (7:24)	CityLine (E)		Night Heat (E)
8 AM :30	Robert De Niro.	Homes Berenstain	Curious Clifford		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Design House	Jane Doodlebop	Pippi	Boxing	World Biker Build-Off	JoJo Handy	Movie: "Where the Money Is" (2000, Drama) (E)	V.I.P. "Val in Carnation"	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)	CSI: Miami (E)	The View (N) (E)	World Vision (E)	Design House	Jane Doodlebop	Pippi	Boxing	The View (N) (E)	World Biker Build-Off	JoJo Handy	Movie: "Where the Money Is" (2000, Drama) (E)	V.I.P. "Amazon Val"	Grace
10 AM :30	Harvey Harvey	Seinfeld Hockey	Bob Build	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Mischief Jacob	Preshow UEFA Champions League Soccer: Final -- Liverpool vs. Milan.	eTalk (E) MTV e2	World Biker Build-Off	Higglytown (11:25) King	Michael Vartan.	Star Trek: Next Gener.	The Nanny Frasier	
11 AM :30	Home Imp. Home Imp.	News (N) (E)	ReachTop Edge	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News CBC News	Viva Pinata Flamingo	Soccer: Final --	Extreme Engineering	Bold & B.	(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	Liverpool vs. Milan.	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 (E)	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Winx Club	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 Postcards	Arthur (E) Judge	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 How-Made	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E) (DVS)
3 PM :30	Raymond MLB	Days of our Lives (N)	Dora (4:37) Little	Cyberchase Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	NHL Hockey: Eastern	Phantom Robot Boy	Poker Champ	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	That News Inside Box
4 PM :30	Baseball: New York Mets at Atlanta Braves. (Subject to Blackout) (E)	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N) News	CSI: Miami "Addiction"	News (N) ABC News	News (N) Global	News (N) Global	Conference Final Game 7 - Senators at Sabres	Being Ian Adrenalini	NBA Basketball: Conference	News (N) (E)	Blackbeard	K. Possible Suite Life	Movie: "The Count of Monte Cristo" (2002) Jim Caviezel.	CSI: Crime Scn	Married... Married... Frasier Grace
5 PM :30	Body Caitlin	Mechanics Creatures	News-Lehrer	News (N) Raymond	News (N) Hollywood	News (N) Hollywood	Movie: "A Few Good Men" (1992)	News (N)	News (N)	ET Canada Entertain	NHL Hockey: Eastern	Being Ian Adrenalini	Final -- Teams TBA. (Live)	News (N) (E)	MythBusters "Pirate Special"	So Little Sadie	Guy Pearce. (E)	CSI: Crime Scn	Married... Married... Frasier Grace
6 PM :30	Raymond Raymond	Jeopardy! Wild	Meerkat World	DanceSport World	Jeopardy! Fortune	Friends Scrubs	Tom Cruise, Jack Nicholson.	Entertain The Insider	Entertain ET Canada	Friday Night Lights (E)	Canada Just-Gags	Sabrina Malcolm	SportsCenter (Live) (E)	Lost (N) (E)	Maritime myths. (N)	Smart Guy		CSI: Crime Scn	ET Canada
7 PM :30	Raymond Raymond	Movie: "The Bodyguard" (1992)	Galileo's Sons (E)	The Blair Decade (N) (E)	Saturday Night Live in '90s: Pop Culture	NCIS "Probie" (E)	CSI: Miami "Addiction"	Lost "Through the Looking Glass" (N) (E)	Crossing Jordan (E)	Crossing Jordan (E)	To Be Announced	Fresh Pr. Weird	Boxing: Wednesday Night Fights.	American Idol (Same-day Tape)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: NY (E)	That News
8 PM :30	Raymond Raymond	Kevin Costner, Whitney Houston. (E)	Planet Earth	Secrets of the Dead	Dateline NBC (N) (E)	CSI: NY "Obsession"	Movie: "A Few Good Men" (1992)	Tom Cruise.	Friday Night Lights (E)	News (N) (E)	National	Prank Ptrl Academy	Boxing: Wednesday Night Fights.	Lost (N) (E)	MythBusters "Pirate Special"	Popular (E)	(10:06) Movie: "Fatal Destiny" (1994) Mark Evan Jacobs.	Star Trek: Voyager (E)	Married... Married... Ellen (E)
9 PM :30	Movie: "The Perfect Storm" (2000) (DVS)	News (N) Room	Scattering Dotto Tech	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Angel	News (N)	News (N)	Entertain ET Canada	The Hour (E)	Bob Weird	SportsCenter (Live) (E)	News (N)	How-Made Life Derek	8 Rules Life Derek	Star Trek: Voyager (E)	Ult. Fighter The Nanny	



# Horoscopes

May 23 - 30, 2007

**Aries** - You need to be cautious about catching a cold or other respiratory infection this week. You will be able to fight it but it will be a major inconvenience. Safety first!

**Taurus** - You may be feeling very aggressive about what you own or how much money you have. This stems from old worries and resentments. Get over it before you anger others. Chill!

**Gemini** - While you are busy planning for the future, take some time to evaluate your career. It is moving steadily in a new direction. Talk with partner about good relationship.

**Cancer** - You are mentally reviewing your career this week, because it is so hectic and full of problems. This is a temporary situation, but it may get worse before it gets better. Stay alert.

**Leo** - Plans for travel can be ironed out and will go smoothly if you keep your focus this week. Your day to day activity is hectic and full of surprises. Work at keeping a balance.

**Virgo** - Career, parents, family - all of these occupy your time this week, leaving room for nothing else. Partner may kick up a fuss over it. Stay calm, make plans to do things together soon.

**Libra** - Partner is still filled with ego issues, but talking about problems tends to clear the air. You can make a very good impression on employer this week and next. Go for it!

**Scorpio** - You may want to spend a lot of money on travel right now and it could be fun, but you are suffering from an urge to be extravagant. Make sure your bank balance remains healthy.

**Sagittarius** - This is a good time to see what you and a partner or spouse can do to increase the value of your assets. Investments made now can pay off. Partner has good ideas.

**Capricorn** - You enter a high energy period that can last until late June. Make the most of it. Health is good. Work around home is rewarding, but make sure you work safely. Achieve!

**Aquarius** - It seems like you can't plan to do anything because of money problems. Take heart, conditions are improving, but it is slow. Wait til autumn to carry out plans.

**Pisces** - Your feelings shift to family, home and property. Work you do on your home and property will pay off. The plans you have for home improvement may cost too much now. Wait.

## 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 Tuesdays 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) ★½ "Up Close & Personal" (1996, Romance) Robert Redford. Romance and stardom result for a pretty young reporter when her boss takes her under his wing. (E)
- 10:00 am CITY (29) ★★½ "The Count of Monte Cristo" (2002, Adventure) Jim Caviezel. A French sailor, framed and sent to an island prison, escapes and seeks revenge on those who betrayed him. (E)

### EVENING

- 8:00 pm CBC (13) "Shattered City: The Halifax Explosion" (2003, Docudrama) (Part 1 of 2) Graham Greene. In 1917 a French-owned freighter containing TNT collides with a Belgian ship, killing and injuring thousands of people. (E)

- 10:00 pm WTBS (3) ★½ "Up Close & Personal" (1996, Romance) Robert Redford. Romance and stardom result for a pretty young reporter when her boss takes her under his wing. (E)
- 10:06 pm CITY (29) ★½ "Trippin'" (1999, Comedy) Deon Richmond. Realizing he daydreamed through high school and is facing a doldrum life, a teen applies to college and seeks Miss Right. (E)

## friday movies

### MORNING

- 6:00 am SPIKE (44) ★★ "Godfather Part III" (1990, Crime Drama) Al Pacino. Dignified Michael Corleone joins his wild nephew in a Sicilian vendetta involving the Vatican.
- 7:00 am WTBS (3) ★★½ "Wimbledon" (2004, Romance-Comedy) Kirsten Dunst. An English tennis player reinvigorates his game after finding romance with an American counterpart. (E)
- 10:00 am CITY (29) ★½ "Wing Commander" (1999, Science Fiction) Freddie Prinze Jr. A rookie space pilot and his reckless friend help defend Earth against a race of malevolent aliens. (E)

### AFTERNOON

- 4:00 pm YTV (18) ★★ "The SpongeBob SquarePants Movie" (2004, Comedy) Voices of Tom Kenny. Animated. SpongeBob and Patrick head for Shell City to retrieve King Neptune's stolen crown and save the life of Mr. Krabs.
- 5:00 pm WTBS (3) ★★ "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (E)
- CITY (29) ★★ "Lara Croft: Tomb Raider" (2001, Adventure) (PA) Angelina Jolie. A beautiful globe-trotter battles otherworldly creatures for possession of a powerful artifact. (In Stereo) (E)

### EVENING

- 7:30 pm FAM (26) "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment.
- 8:00 pm CBC (13) "Shattered City: The Halifax Explosion" (2003, Docudrama) (Part 2 of 2) Graham Greene. In 1917 a French-owned freighter containing TNT collides with a Belgian ship, killing and injuring thousands of people. (E)
- VTU (22) "Plague City: SARS in Toronto" (2005, Drama) Kari Matchett. Canadian health-care workers are on the front line in a battle against the deadly disease when it spreads to Toronto. (In Stereo) (E)
- 9:00 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.
- 9:40 pm WTBS (3) ★★½ "Wimbledon" (2004, Romance-Comedy) Kirsten Dunst. An English tennis player reinvigorates his game after finding romance with an American counterpart. (E)
- 10:06 pm CITY (29) "Forbidden Lust" (2002, Adult) Mandy Fisher. Two detectives look for clues in the case of a beautiful woman who has married and buried a series of rich husbands. (E)
- 10:30 pm FAM (26) ★★ "Jane Austen's Mafia!" (1998, Comedy) Jay Mohr. A godfather's son weds, gets involved with a casino chorus-girl and rises to the top of the criminal hierarchy.

## Similkameen News Leader Community Calendar

### MAY

24-27 - Music Under The K, Keremeos

### JUNE

- 7 - St Paul's Strawberry Tea, Princeton
- 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
- 8, 9 - Princeton Fall Fair, Princeton Fairgrounds
- 15 - Similkameen Sizzle, Keremeos
- 16 - Terry Fox Run, Keremeos, Princeton
- 18 - George & Brenda's Anniversary!

### OCTOBER

- 20 - Taste of Our Valley, Victory Hall, Keremeos
- 31 - Halloween Spook House, Princeton Fairgrounds

### NOVEMBER

- 11 - Remembrance Day Ceremonies, Various Locations

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 #168)  
Brought To You By: Similkameen News Leader

## Warm Asian-Style Spinach Salad

Serves: 4 Prep time: 15 minutes Cook Time: 16-18 minutes

### Ingredients:

- 2 High Liner Frozen Salmon Fillets in Teriyaki Sauce
- 8 cups baby spinach
- 1 cup sliced fresh mushrooms
- 1/2 small red onion, thinly sliced
- 2 cups bean sprouts.

### Dressing:

- 2 tbsp. rice wine vinegar
- 1 tbsp. soy sauce
- 1/4 cup vegetable oil
- 1 tsp. sugar
- 1 tsp. sesame oil
- 1 clove garlic, minced
- 1/4 tsp. freshly ground pepper

### Preparation:

1. Bake salmon fillets according to package directions.
2. In large bowl, combine spinach, onion, mushrooms and sprouts.
3. In small microwaveable bowl, combine dressing ingredients.
4. Cut warm salmon fillets into chunks and add to salad.
5. Microwave dressing for about 30-seconds on HIGH or until hot; pour over salad and toss.
6. Serve immediately.

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

**226A Bridge Street, Princeton**



THURSDAY, MAY 24, 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. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentr e (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (E)	Godfather Trilogy (Part 4 of 4)	Counterstrike (E)	
7 AM :30	Movie: "Up Close & Personal" (1996) Robert Redford (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Haircutting; National Geography Bee winner: reupholstering furniture.	The Early Show (N)	City Confidential American Justice	Good Morning America (N)				Arthur (E) Lunar Jim	Being Ian Idaten	SportsCentr e (E)		Catching-Killer (7:24)	K. Possible (7:24)	CityLine (E)		Night Heat "Crossfire"
8 AM :30		Taste Body	Hi-5 Food. Berenstain	Curious Clifford					100 Huntley Street (E)		Curious Clifford	Pokémon Flamingo	SportsCentr e (E)		Blackbeard	Weekend Lilo Stitch	Deep Space 9	V.I.P. (E)	Due South "North"	
9 AM :30	NewsRadio	Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	George S. LazyTown	Off-Record Lumberjks	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (N) City	Most Amazing Videos	What Inside Box	
10 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		Jane Pippi	Golf: Senior PGA Championship -- First Round.	The View (N)	Best-Dinosaurs	JoJo Sprites	Movie: "The Count of Monte Cristo" (2002) Jim Caviezel.	V.I.P. "Aqua Valva"	Ellen (E) Grace	
11 AM :30	Harvey	Seinfeld	Ravens Scattering	Thomas Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) Paid Prog.	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Mischief Jacob		eTalk (E) MTV e2	Nature of the Beast (11:25) King	Higglytown	Star Trek: Next Gener.	The Nanny Frasier		
12 PM :30	Home Imp. Home Imp.	News (N)	Fighting Their Fears	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News CBC News	Viva Pinat Flamingo	Billiards	Degrassi Bold & B.	Zapped (E)	(11:49) Weekend	Guy Pearce.	Star Trek: Next Gener.	Seinfeld Seinfeld	
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	They've Got Game (E)	Painting Needle Art	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	Chopper Paintball	Sue Thomas: F.B. Eye	MythBusters "Pirate Special"	Dragon Emperor	CityLine (E)	Star Trek: Voyager (E)	Mad Abt. Frasier	
2 PM :30	King King	Guiding Light (N)	Gaslight Dotto Tech	Reading Lions	Passions (N)	Guiding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	LazyTown Winx Club		General Hospital (N)	Maritime myths.	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210	
3 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)	How-Made How-Made	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South "North"	
4 PM :30	Raymond MLB	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	Frasier 22 Minutes	Phantom Robot Boy	Hockey NHL	Daily Show Colbert	Daily Planet (N)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	What Inside Box	
5 PM :30	Baseball: New York Mets at Atlanta Braves. (Subject to Blackout)	News (N)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N)	CSI: Miami "Shootout"	News (N) ABC News	News (N) Global	News (N)	Simpsons Arrested	OddParent Naruto	Hockey: Western Conf. Final - Ducks at Red Wings	News (N)	Deadliest Catch (E)	K. Possible Suite Life	Ugly Betty "Pilot" (E)	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM :30		Body Caitlin	Spellz (E) Reach-Top	News-Lehrer	News (N) Raymond	News (N) Hollywood	The First 48 "Hard Fall"	News (N)	News (N)	ET Canada Entertain	Canada Now	Being Ian Erky Perky		News (N)	Dirty Jobs "Bell Maker"	So Little Sadie	Supernatural (E)	TNA Wrestling Impact!	Married... Married...	
7 PM :30		Vanity Jeopardy!	Profiles of Nature (E) Crater	NW Profl Fortune	Jeopardy! Fortune	Friends Scrubs	The First 48 (E) The Insider	Entertain ET Canada	Entertain ET Canada	Name Earl The Office	22 Minutes Just-Gags	Sabrina Malcolm	SportsCentr e (Live) (E)	eTalk (E) Hollywood	Mayday "Out of Sight"	So Raven Smart Guy	Godiva's (E) (DVS)	The Ultimate Fighter (N)	Frasier Grace	
8 PM :30	Friends Friends	Saved (E)	Bollywood Bound (E)	New Tricks (E)	Name Earl The Office	The King of Queens	Lock Up Dog	Ugly Betty "Pilot" (E)	Name Earl The Office	Name Earl The Office	Movie: "Shattered City: The Halifax Explosion"	Fresh Pr. Fatherhood	Off-Record	So You Think You Can Dance (N)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	Ult. Fighting	ET Canada What	
9 PM :30	Friends Raymond	Psych (E)	Gourmet China	Globe Trekker (E)	30 Rock Scrubs	CSI: Crime Scn	CSI: Miami "Shootout"	Grey's Anatomy (10:01) Grey's Anatomy	Name Earl The Office	Shark "Starlet Fever"	National The Hour (E)	Frank Ptrl Academy	Series of Poker	CSI: Crime Scn	Dirty Jobs "Bell Maker"	8 Rules Sinbad	(9:06) Jimmy Kimmel	Wild World Sports	Seinfeld Seinfeld	
10 PM :30	Movie: "Up Close & Personal" (1996) (E)	Painkiller Jane (E)	Wild Industrl	Soundstage "Jewel"	Studio 60-Sunset Strip	Shark "Starlet Fever"	The First 48 "Hard Fall"	News (N) Anatomy (11:35)	Entertain ET Canada	News (N)	The Hour (E)	Bob Weird	SportsCentr e (Live) (E)	News (N)	Deadliest Catch (E)	8 Rules Life Derek	Popular "Queen B." (1999) Deon Richmond. (E)	Elimination Real TV	Married... Married...	
11 PM :30		News (N) Room	Never Give Up	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show												Ult. Fighting	Ellen (E) The Nanny	

FRIDAY, MAY 25, 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. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (N)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentr e (E)	News (E) Canada AM (E)	Daily Planet (E)	(6:06) King Spider-Man	Rachael Ray (E)	Movie: "Godfather Part III"	Counterstrike (E)	
7 AM :30	Movie: "Wimbledon" (2004) Kirsten Dunst. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Blondie; Lily Allen; swimwear; spa treatments. (N)	The Early Show (N)	City Confidential American Justice	Good Morning America Fergie. (N)				Arthur (E) Lunar Jim	Being Ian Yu-Gi-Oh!	SportsCentr e (E)		Beastly Countdown (7:24)	K. Possible (7:24)	CityLine (E)	(1990, Crime Drama) Al Pacino, Diane Keaton, Talia Shire.	Night Heat "Vault"
8 AM :30		Catering Body	Hi-5 Berenstain	Curious Clifford					100 Huntley Street (E)		Curious Pinky	Pokémon Flamingo	SportsCentr e (E)		Futureweap ons (E)	Weekend Lilo Stitch	Deep Space 9		Due South "Vault"	
9 AM :30	NewsRadio Cosby	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	George S. LazyTown	Off-Record Yachting	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (N) City		Big Screen Inside	
10 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		Jane Pippi	Golf: Senior PGA Championship	The View (N)	Worst Handyman	JoJo Mickey	Movie: "Wing Commander" (1999) (E)	Disorderly Con.	Ellen (E) Grace	
11 AM :30	Harvey	Seinfeld	Rivers Scattering	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E) Paid Prog.	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Mischief Jacob		eTalk (E) Screen	Monster House (E)	Higglytown (11:25) King	Disorderly Con.	The Nanny Frasier		
12 PM :30	Home Imp. Home Imp.	News (N)	Canada-History	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News CBC News	Land Bfr Flamingo	Billiards	Degrassi Bold & B.	Deadliest Catch (E)	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld Seinfeld	
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Router SportFish	Scheewe Scrapbook	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	Chopper Paintball	Sue Thomas: F.B. Eye	Dirty Jobs "Bell Maker"	Dragon Emperor	Star! Daily	Disorderly Con.	Mad Abt. Frasier	
2 PM :30	King King	Guiding Light (N)	Gaslight Sustain	Reading Lions	Passions (N)	Guiding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	LazyTown Winx Club		General Hospital (N)	Mayday "Out of Sight"	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210	
3 PM :30	Seinfeld Seinfeld	Room Design	Hi-5 "Action Jobs"	Arthur (E) Fetch! With Judge	Dr. Phil (E)	Young and the Restless	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)	How-Made How-Made	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South "Vault"	
4 PM :30	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	Frasier Air Farce	Movie: "The SpongeBob SquarePants Movie"	Hockey NBA Basketball: Conference Final -- Teams TBA. (Live)	Daily Show Colbert	Daily Planet (N)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Big Screen Inside	
5 PM :30	Movie: "The School of Rock" (2003) Jack Black. (E)	News (N)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N)	CSI: Miami "Cop Killer"	News (N) ABC News	News (N) Global	News (N)	Simpsons Arrested	OddParent (8:20) Robot	Final -- Teams TBA. (Live)	News (N)	Worst Handyman	K. Possible Montana	Movie: "Lara Croft: Tomb Raider" (2001) (PA)	UFC Fight Night	Married... Married...	
6 PM :30		Body Caitlin	Jungle Science	News-Lehrer	News (N) Raymond	News (N) Hollywood	CSI: Miami (E)	News (N)	News (N)	ET Canada Entertain	Canada Now	OddParent (8:20) Robot		News (N)	I Shouldn't Be Alive	Zoey 101 Life Derek			Married... Married...	
7 PM :30		Vanity Jeopardy!	Canadian Waterways	Wash Wk McLaughlin	Jeopardy! Fortune	Friends Scrubs	Intervention (E) The Insider	Entertain ET Canada	Entertain ET Canada	Without a Trace (E)	Songwriter's Circle (E)	Team Fantastic 4		eTalk (E) Hollywood	A Haunting (E)	School Movie: "Read It and Weep" (2006)	StarGate Atlantis		Frasier Grace	
8 PM :30	(8:10) King	Vanity Insanity (E)	North and South (Part 1 of 6) (E)	Wash Wk NOW (N)	1 vs. 100 (E) Ghost Whisperer (E)	Ghost Whisperer (E)	Intervention "Trent"	Funnest Home Videos	Without a Trace (E)	NUMB3RS "Brutus"	Movie: "Shattered City: The Halifax Explosion"	Naruto Zatch Bell		Movie: "Plague City: SARS in Toronto" (2005)	Daily Planet (E)	News (N) Party	News (N)	Ult. Fighting	ET Canada Big Screen	
9 PM :30	King (9:40)	Zoe Sauske: Wild Card	Bill Moyers Journal (N)	Law Order: CI	Close to Home (E)	CSI: Miami "Cop Killer" (N)	National Bingo Night (N)	Without a Trace (E)	Without a Trace (E)	Without a Trace (E)	Halifax Explosion"	Inuyasha Gundam	Boxing: Friday Night Fights. (Same-day Tape)	I Shouldn't Be Alive	Movie: "Coyote Summer" (1996)	(9:06) Jimmy Kimmel	Elimination	Seinfeld Seinfeld		
10 PM :30	Movie: "Wimbledon" (2004) Kirsten Dunst. (E)	20/20 (E)	Mysterious Murder	Electric Comp	Law & Order "Fame"	NUMB3RS "Brutus"	CSI: Miami (E)	20/20 (E)	NUMB3RS "Brutus"	News (N)	National The Hour (E)	Alchemist Bleach		Law & Order "Fame"	Deadliest Catch (E)	Movie: "Jane Austen's Mafia!"	Movie: "Forbidden Lust" (2002)	Wild World "Eddie Murphy Raw"	Married... Married...	
11 PM :30		News (N) Room	History	Austin City Limits (E)	News (N) Tonight	News (N) Late Show	Intervention (E)	News (N)	News (N)	(11:03) ECW (N)	The Hour (E)	Eureka 7 Gundam	SportsCentr e (Live) (E)	News (N)	Worst Handyman				Ellen (E) The Nanny	



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## saturday movies

**MORNING**

7:00 am WTBS (3) ★★½ "Alfie" (2004, Comedy-Drama) Jude Law. A Londoner continues his womanizing ways while working as a chauffeur in New York. [E]

9:15 am WTBS (3) ★★ "Fools Rush In" (1997, Comedy-Drama) Matthew Perry. A New York WASP and a feisty Latina wed when a one-night fling leaves her pregnant. [E]

11:00 am SPIKE (44) ★★½ "Hamburger Hill" (1987, War) Anthony Barrie. An account of the 101st Airborne Division's 10-day struggle to secure a strategic mountainside in South Vietnam. [E]

11:35 am WTBS (3) ★★½ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. [E]

**AFTERNOON**

12:00 pm FAM (26) ★★ "Honey, I Shrank the Kids" (1989, Comedy) Rick Moranis. An inventor's ray gun zaps his son, his daughter and a neighbor's boys down to pea-size in his jungle of a lawn. [E]

CITY (29) ★★ "Lara Croft: Tomb Raider" (2001, Adventure) (PA) Angelina Jolie. A beautiful globe-trotter battles otherworldly creatures for possession of a powerful artifact. (In Stereo) [E]

1:30 pm SPIKE (44) ★★ "Sniper" (1993, Action) Tom Berenger. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets. [E]

1:33 pm FAM (26) ★★ "Honey, We Shrank 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]

1:45 pm WTBS (3) ★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely woman falls for an engaged pediatrician while coordinating his ceremony and wedding reception. [E]

3:30 pm SPIKE (44) ★★½ "Sniper 2" (2002, Suspense) Tom Berenger. A former Marine and a Marine on death row work together to assassinate an Eastern European rogue general. [E]

4:00 pm WTBS (3) ★★½ "Forrest Gump" (1994, Drama) (PA) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. [E]

YTV (18) "Tony Hawk in Boom Boom Sabotage" (2006, Adventure) Voice of Tony Hawk. Animated. A group of young skateboarders must rescue Tony Hawk from a twisted circus ringleader. (In Stereo) [E]

5:30 pm SPIKE (44) "Sniper 3" (2004, Action) Tom Berenger. Hired to kill a suspected terrorist, a sniper learns his target is an old friend. [E]

**EVENING**

6:00 pm CITY (29) ★★ "Ripper: Letter From Hell" (2001, Horror) A.J. Cook. Members of a college study group on serial killers fall victim to a stalker whose methods mirror Jack the Ripper's. [E]

7:00 pm WTBS (3) ★★ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. [E]

8:00 pm KSPS (6) ★★ "Casablanca" (1942, Drama) Humphrey Bogart. Cafe owner Rick helps an old flame and her husband escape from Nazis in Morocco. [E]

KHQ (7) ★★½ "Chicago" (2002, Musical) Catherine Zeta-Jones. A lawyer handles the cases of two

murderous women who are looking to gain celebrity from their public exposure. (In Stereo) [E]

9:00 pm CHBC (4) "A Trick of the Mind" (2006, Suspense) Paul Johansson. A private investigator tells a woman a shocking secret about her husband. [E]

KNOW (5) "Inspector Morse: Who Killed Harry Field?" (1991, Mystery) John Thaw. Morse gets a taste of the bohemian lifestyle when he investigates the death of an artist who also dabbled in forgery. [E]

KXLY (10) ★★ "102 Dalmatians" (2000, Adventure) Glenn Close. Released from prison, Cruella De Vil teams with designer Jean Pierre Le Pelt in resuming her quest for a Dalmatian coat. (In Stereo) [E]

FAM (26) "Hello Sister, Goodbye Life!" (2006, Drama) Lacey Chabert. A college student must take care of her 7-year-old half sister after the death of their parents. [E]

9:30 pm CITY (29) ★★ "The Man Who Cried" (2000, Drama) Christina Ricci. Adopted by a British couple and stripped of her ethnicity, a Russian Jew investigates her roots in pre-war Paris. [E]

SPIKE (44) ★★ "Windtalkers" (2002, War) Nicolas Cage. In World War II, a Marine protects a Navajo recruit who transmits messages in his native tongue, confounding Japanese code-breakers. [E]

9:45 pm WTBS (3) ★★ "Fools Rush In" (1997, Comedy-Drama) Matthew Perry. A New York WASP and a feisty Latina wed when a one-night fling leaves her pregnant. [E]

10:46 pm FAM (26) "MXP: Most Xtreme Primate" (2003, Comedy) Devin Drewitz. Two brothers must rescue a snowboarding chimp from kidnappers and return him to his rightful owner. [E]

11:30 pm CITY (29) ★★½ "Airport" (1970, Suspense) Burt Lancaster. A snowstorm, a mired plane, an elderly stowaway and the bombing of a passenger jet plague an airport manager. [E]

## sunday movies

**MORNING**

6:00 am WTBS (3) ★★½ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. [E]

8:00 am WTBS (3) ★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely woman falls for an engaged pediatrician while coordinating his ceremony and wedding reception. [E]

10:00 am SPIKE (44) ★★½ "Apocalypse Now Redux" (2001, War) Marlon Brando. An Army agent goes upriver into the heart of Cambodia to kill a renegade colonel. [E]

11:00 am CITY (29) ★★ "Josie and the Pussycats" (2001, Comedy) Rachael Leigh Cook. In a plot to take over the world, a music mogul tries to use the band to brainwash America's youth. [E]

**AFTERNOON**

12:00 pm FAM (26) ★★½ "The Lizzie McGuire Movie" (2003, Comedy) Hilary Duff. After graduating from junior high school, a teenager travels to Rome and meets a pop singer. [E]

1:32 pm FAM (26) ★★½ "Double Teamed" (2002, Drama) Annie McElwain. Twin sisters Heather and Heidi Burge develop a budding rivalry in high school and make it to the WNBA. [E]

2:00 pm WTBS (3) ★★½ "Forrest Gump" (1994, Drama) (PA) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. [E]

2:30 pm SPIKE (44) ★★ "Sniper" (1993, Action) Tom Berenger. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets. [E]

3:00 pm VTV (22) "Loving Evangeline" (1998, Romance) Nick Mancuso. The owner of a beautiful marina helps a magnate investigate his brother's suspicious boating death. (In Stereo) [E]

5:00 pm WTBS (3) ★★ "Cast Away" (2000, Drama) (PA) Tom Hanks. After a plane crash at sea, a Federal Express engineer survives on a remote island for four years in complete isolation. [E]

**EVENING**

6:00 pm YTV (18) ★★ "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip. (In Stereo) [E]

CITY (29) ★★ "The Italian Job" (2003, Crime Drama) Mark Wahlberg. A master thief and his crew plan to steal back a fortune in gold bullion after they lose it to a double-crossing gang member. [E]

8:00 pm WTBS (3) ★★ "Cast Away" (2000, Drama) (PA) Tom Hanks. After a plane crash at sea, a Federal Express engineer survives on a remote island for four years in complete isolation. [E]

CBC (13) ★★½ "The Road to El Dorado" (2000, Musical) Voices of Kevin Kline. Animated. Two Spanish rogues find the fabled city of gold, where the natives proclaim them to be gods. [E]

9:00 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]

10:55 pm FAM (26) ★★½ "One Small Hero" (1999, Adventure) Nathan Kiley. A diminutive but determined boy secretly follows along after failing to qualify for a wilderness camping trip. [E]

11:00 pm WTBS (3) ★★½ "Turner & Hooch" (1989, Comedy-Drama) Tom Hanks. A drooling dog helps a tidy detective link California beach-town foul play to a drug-money laundry. [E]

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SATURDAY, MAY 26, 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	TBS Storyline	News (N)	(Off Air)	Desert Farmers	(5:00) Today (N) [E]	(5:00) Saturday Early Show	Biography "Johnny Depp" Actor	Good Morning America	Adventure Hunter	Fishing Fishin	Lunar Jim Doodlebop	Gadget Adrenalini	SportsCentre [E]	OWL/TV Kingdom	Ultimate Ten [E]	Star Racer Overdrive	About You Dharti	Reality Racing (N)	Whatever Paid Prog.		
7 AM :30	Movie: "Alfie" (2004) Jude Law, Omar Epps. [E]	Gold Trails	Sagwa	MotorWeek	News (N)	Madeline	Johnny Depp.	Good Morning Northwest	News (N) [E]	News (N) [E]	Wilbur [E]	Robot Boy	Fishing	Katie-Orbie	Worst Handyman	Yin Yang (7:20)	Eye on Asia	Movie: "Summer Rental"	Mad Abt. Friends		
8 AM :30	Law, Omar Epps. [E]	Body	George S.	Vic. at Sea	Trollz [E]	Sell House	Spender	Saturday (N) [E]	Arthur	SpongeBob	Billiards	Good Morning Canada [E]	I Shouldn't Be Alive	Suite Life (8:43) Zoey	Polish Studio [E]	(1985) John Candy.	Ned Stacy	The Nanny			
9 AM :30	(9:15) Movie: "Fools Rush In" (1997) Matthew Perry. [E]	Eagle Communications	(9:32) Old House	Workshop	Cake [E]	Design	So Raven	Driving TV	Goldfish	Phantom	Bowling	How-Made	Cory	Speakers	Hirseper	Ellen [E]					
10 AM :30	Antique	Upside	Ask This	Babar [E]	Discover	Driving	Montana	GetUpGrow	Energy TV	Make	Tn-Titans	Poker Champ	FLAN Canada [E]	Futureweap ons [E]	Phil	Xtreme 4x4	Seinfeld				
11 AM :30	Diva Dime	Macphee	Barbecue	Paid Prog.	Backroads	King Cars	Emperor	All Xtreme [E]	Fishing	Knockout	2007 Canada Cup FINA GP	Avatar Shuriken	Poker Champ	Daily Planet [E]	Unsolved History [E]	School Chart [E]	Movie: "Hamburger Hill" (1987, War)	Friends	Married...		
12 PM :30	Movie: "Legally Blonde" (2001, Comedy) [E]	PGA Golf: Crowne Plaza	Floyd	Ming	Golf: Senior PGA Championship - Third Round.	PGA Golf: Crowne Plaza Invitational - Third Round.	Angel	Paid Prog.	News (N) [E]	Media	Will-Grace	FIVB Volleyball: World League -- Canada vs. Finland. [E]	Yu-Gi-Oh!	Golf: Senior PGA Championship - Third Round.	Amnesty International	American Chopper	"Honey, I Shrunk the Kids" (1:33)	Movie: "Lara Croft: Tomb Raider" (2001) (PA)	War) Anthony Barrie.	Friends	
1 PM :30	Movie: "The Wedding Planner" (2001) Jennifer Lopez. [E]	Invitational - Third Round.	SportFish	Donnas	Kiawah Island, S.C.	Angel	Angel	Angel	Angel	NASCAR	Daryil	"70s Show"	GI Joe	Kiawah Island, S.C.	Keating	Futureweap ons [E]	MuchOnDe mand [E]	Deal or No Deal [E]	Beverly Hills, 90210		
2 PM :30	Powerboat	Dora	Europe	Athlete	Discover	Sell House	NBA Acc	"70s Show"	Simpsons	Simpsons	Hockey	Ruby	Mystery	SportsCentre (Live) [E]	MTV Shuffle [E]	How-Made	Smart Guy	News (N)	What		
3 PM :30	Ride	(3:35) Go, Diego, Go!	Wild Things [E]	3 2 1 Pen	Access Hollywood (N)	Sell House	ABC News	Simpsons	Simpsons	NHL Hockey: Playoffs -- Teams TBA. (Live) [E]	"Tony Hawk in Boom Boom"	Boxing: De La Hoya vs. Mayweather Jr.	Sue Thomas: F.B. Eye	Twice in a Lifetime [E]	How Do	K. Possible	The Collector	Movie: "Sniper 2" (2002) Tom Berenger.	Ad Pers		
4 PM :30	Movie: "Forrest Gump" (1994, Drama) (PA) Tom Hanks, Robin Wright. [E]	Marriage	Rolie Polie	Summer	Spokane Shock	News (N)	Flip This House [E]	NBA Count	Simpsons	News (N)	House	Frank Ptr	NBA Basketball: Conference Final Game 3 -- Teams TBA.	Frank Ptr	NBA Basketball: Conference Final Game 3 -- Teams TBA.	Mystery	SportsCentre (Live) [E]	Life Derek	News (N)	TNA Wrestling Impact!	
5 PM :30	News (N)	George S.	Roost	CBS News	News (N)	Flip This House [E]	News (N)	Scrubs	Without a Trace	Jackpot Diaries, Part 2 (N) [E]	To Be Announced	Andromeda [E]	Blue Murder [E] (DVS)	Mystery	SportsCentre (Live) [E]	Jeff Ltd.	How Do	Movie: "Hello Sister, Goodbye"	SexTV [E]	Movie: "The Man Who Cried" (2000, Drama) [E]	Married...
6 PM :30	Room	Meerkat	Lawrence Welk Show	News (N)	Scrubs	Without a Trace	Jackpot Diaries, Part 2 (N) [E]	To Be Announced	Andromeda [E]	Blue Murder [E] (DVS)	Mystery	SportsCentre (Live) [E]	Jeff Ltd.	How Do	Movie: "Hello Sister, Goodbye"	SexTV [E]	Movie: "The Man Who Cried" (2000, Drama) [E]	Married...	Friends		
7 PM :30	Movie: "Something's Gotta Give" (2003) Jack Nicholson. [E]	Can Files	National Geographic	Time Goes	My Family	NUMB3RS "Scorched"	48 Hours Mystery [E]	48 Hours Mystery [E]	48 Hours Mystery [E]	Glenn Close.	Andromeda [E]	News (N)	Driving TV	Weird	SportsCentre (Live) [E]	News (N)	Dirty Jobs [E]	"MXP: Xtreme"	"Airport"	Mad Abt.	
8 PM :30	Dateline NBC [E]	Heartbeat [E]	Movie: "Casablanca" (1942)	Humphrey Bogart.	Catherine Zeta-Jones, Renée Zellweger. [E]	48 Hours Mystery [E]	48 Hours Mystery [E]	48 Hours Mystery [E]	48 Hours Mystery [E]	Glenn Close.	Andromeda [E]	News (N)	Driving TV	Weird	SportsCentre (Live) [E]	News (N)	Dirty Jobs [E]	"MXP: Xtreme"	"Airport"	Mad Abt.	
9 PM :30	Movie: "A Trick of the Mind" (2006) [E]	"Inspector Morse: Who Killed Harry Field?" [E]	Red Green	Blekadder	Mad TV [E]	Wild	(11:05) Doctor Who "Dalek"	News (N)	News (N)	Jackpot Diaries, Part 2	Paid Prog.	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night
10 PM :30	Movie: "Fools Rush In" (1997) Matthew Perry. [E]	Mad TV [E]	Wild	(11:05) Doctor Who "Dalek"	News (N)	News (N)	Jackpot Diaries, Part 2	Paid Prog.	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night	Sat. Night
11 PM :30	Movie: "Some"	Scattering																			

SUNDAY, MAY 27, 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	Movie: "Legally Blonde" (2001, Comedy) [E]	Antique	(Off Air)	Berenstain Bears	Today (N) [E]	Discover	Breakfast With the Arts	Good Morning America	Pioneers	Foodies	Franklin	Gadget	Formula One Racing	Acorn Kids	Dirty Jobs "Bell Maker"	Star Racer Overdrive	Mix TV	Trucks!	Ride		
7 AM :30	In Touch Forgiven. (N)	Jakers	Bob Build	Jane	CBS News Sunday Morning (N) [E]	Jackpot Diaries [E]	News (N) [E]	Canada	Is Written	Coronatn	Mew Mew	Reporters	Good Morning Canada [E]	MythBusters [E]	Yin Yang (7:20)	Eye on Asia	Hirseper	Mad Abt. Friends			
8 AM :30	Movie: "The Wedding Planner" (2001) [E]	Van Impe	George S.	Jakers	Meet the Press (N) [E]	Nation	Cold Case Files [E]	Indy Prerace	Hour of Power [E]	Coronatn	Flamingo	IndyCar Racing: Indianapolis 500. (Live)	PLAN Canada [E]	Funnest Animals	Cory	Festival Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen [E]	Grace		
9 AM :30	Fast Lives	Big World	European	Paid Prog.	Extra (N) [E]	Cold Case Files [E]	IndyCar Racing: Indianapolis 500. (Live)	Hour of Power [E]	Chicks	Coronatn	Flamingo	IndyCar Racing: Indianapolis 500. (Live)	PLAN Canada [E]	Killer Squid [E]	Phil	Boy World	Movie: "Apocalypse Now Redux" (2001, War)	Married...	Seinfeld		
10 AM :30	Movie: "Cast Away" (2000, Drama) (PA) Tom Hanks, Helen Hunt. [E]	Biker TV	Fetch! With Mechanics	Healthy	CORR Off Road Racing	PGA Tour Special (N)	Cold Case Files [E]	Motorcycle Racing	Taste	Largo Winch [E]	Antiques	Mansbridg Garden	NASCAR Racing: Nextel Cup - Coca-Cola 600. From Lowe's Motor Speedway in Concord, N.C. (Live) [E]	Movie: "Are We There Yet?" (2005)	News (N) [E]	MythBusters "Pirate Special"	Naturally Darcy	Movie: "The Italian Job" (2003) Mark Wahlberg. [E]	CSI: Crime Scn	What	
11 AM :30	Home Imp.	Invitational - Final Round.	Wild	Profiles of Nature [E]	All Creatures	CSI: Miami "Payback"	Cold Case Files [E]	Health	"70s Show"	Simpsons	Global	Game	Golf: Senior PGA Championship - Final Round.	Law & Order: SVU	MythBusters "Pirate Special"	Movie Ent	World Poker Tour [E]	CSI: Crime Scn	Married...		
12 PM :30	Home Imp.	Invitational - Final Round.	Wild	Profiles of Nature [E]	All Creatures	CSI: Miami "Payback"	Cold Case Files [E]	Health	"70s Show"	Simpsons	Global	Game	Golf: Senior PGA Championship - Final Round.	Law & Order: SVU	MythBusters "Pirate Special"	Movie Ent	World Poker Tour [E]	CSI: Crime Scn	Married...		
1 PM :30	Movie: "Forrest Gump" (1994, Drama) (PA) Tom Hanks, Robin Wright. [E]	Strange	Dora	Consumer	CSI: Miami "Shattered"	Discover	Cold Case Files [E]	With George Matthews	HeartCity	"70s Show"	Simpsons	NHL Hockey: Playoffs -- Teams TBA. (Live) [E]	Drake & Josh Drake and Josh go to Los Angeles.	Motor	Blackbeard	K. Possible	Making It	Disorderly Con.	Deal-No Deal		
2 PM :30	Design	Room	Rolie Polie	Hometime	CSI: Miami "Payback"	Without a Trace [E]	Cold Case Files [E]	Health	"70s Show"	Simpsons	Global	Game	Golf: Senior PGA Championship - Final Round.	Law & Order: SVU	MythBusters "Pirate Special"	Movie Ent	World Poker Tour [E]	CSI: Crime Scn	Married...		
3 PM :30	News (N)	George S.	Workshop	News (N)	News (N)	Dog	News (N)	Simpsons	News (N)	Without a Trace [E]	Movie: "The Road to El Dorado" (2000) [E]	Frank Ptr	Weird	Madison	SportsCentre (Live) [E]	News (N)	Mariume myths.	"One Small Hero"	Hollywood	CSI	Mad Abt.
4 PM :30	Design	Jungle	Monarch of the Glen	News (N)	News (N)	Simmons	News (N)	News (N)	News (N)	Without a Trace [E]	Movie: "The Road to El Dorado" (2000) [E]	Frank Ptr	Weird	Madison	SportsCentre (Live) [E]	News (N)	Mariume myths.	"One Small Hero"	Hollywood	CSI	Mad Abt.
5 PM :30	Movie: "Cast Away" (2000, Drama) (PA) Tom Hanks, Helen Hunt. [E]	Design	Jungle	Monarch of the Glen	News (N)	News (N)	Simmons	News (N)	News (N)	Without a Trace [E]	Movie: "The Road to El Dorado" (2000) [E]	Frank Ptr	Weird	Madison	SportsCentre (Live) [E]	News (N)	Mariume myths.	"One Small Hero"	Hollywood	CSI	Mad Abt.
6 PM :30	Doc [E]	National Geographic	Memorial Day Concert	Dateline NBC [E]	60 Minutes (N) [E]	Simmons	Funnest Home Videos	King of Hill	King of Hill	To Be Announced	Ice Cube, Nia Long. [E]	SportsCentre (Live) [E]	Degrassi	Instant	MythBusters "Pirate Special"	So Raven (7:25) Zoey	CSI: Crime Scn	What	Big Screen		
7 PM :30	Movie: "Cast Away" (2000, Drama) (PA) Tom Hanks, Helen Hunt. [E]	Doc [E]	National Geographic	Memorial Day Concert	Dateline NBC [E]	60 Minutes (N) [E]	Simmons	Funnest Home Videos	King of Hill	King of Hill	To Be Announced	Ice Cube, Nia Long. [E]	SportsCentre (Live) [E]	Degrassi	Instant	MythBusters "Pirate Special"	So Raven (7:25) Zoey	CSI: Crime Scn	What		
8 PM :30	Movie: "Cast Away" (2000, Drama) (PA) Tom Hanks, Helen Hunt. [E]	Doc [E]	National Geographic	Memorial Day Concert	Dateline NBC [E]	60 Minutes (N) [E]	Simmons	Funnest Home Videos	King of Hill	King of Hill	To Be Announced	Ice Cube, Nia Long. [E]	SportsCentre (Live) [E]	Degrassi	Instant	MythBusters "Pirate Special"	So Raven (7:25) Zoey	CSI: Crime Scn	What		
9 PM :30	"Til Death	Mysterious Murder	Bill Moyers Journal (N)	Friday Night Lights [E]	Cold Case "The Key"	Dog	Desperate Housewives	Family Gay	Family Gay	Amer Dad	Amer Dad	Game	Golf: Senior PGA Championship - Final Round.	Law & Order: SVU	MythBusters "Pirate Special"	Movie Ent	World Poker Tour [E]	CSI: Crime Scn	Married...		
10 PM :30	One Tree Hill	Canadian Waterways	City at War: London	Law & Order: SVU	Without a Trace [E]	Simmons	(10:02) Brothers & Sisters [E]	Without a Trace [E]	News (N)	Can Files	Can Files	Falcon Beach "Pilot"	Madison	SportsCentre (Live) [E]	News (N)	Mariume myths.	"One Small Hero"	Hollywood	CSI	Mad Abt.	
11 PM :30	"Turner & Hooch" [E]	News (N)	Water	Calling [E]	News (N)	News (N)	Simmons	News (N)	News (N)	Northern	fifth estate	Hollywood	News (N)	Mariume myths.	"One Small Hero"	Hollywood	CSI	Mad Abt.			



MONDAY, MAY 28, 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	(5:00) Turner & Hooch (E)	News (N) Room	(Off Air)	Body Elec. Caillou (E)	News (N) (E)	News (N) (E)	(5:38) The Sopranos (E)	(5:00) News (N) (E)	News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N) Arthur (E) Lunar Jim	Gadget Monster Being Ian Team	Tennis: French Open - Early Round. From Paris. (Live)	News (E) Canada AM (E)	Cable in the Classroom	(6:08) King Spider-Man	Rachael Ray (E)	CSI: Crime Scn	Counterstrike (E)	
7 AM :30	Movie: "National Security" (2003) (PA) (E)	Life Today 100 Huntley Street (E)	BluesClues Dora Hi-5 Curious Berenstain Clifford	Barney Arthur (E)	Today Maroon 5. (N) (E)	The Early Show (N) (E)	(6:59) The Sopranos "House Arrest" (E)	Good Morning America (N) (E)											CSI: Crime Scn	Night Heat "Deadline"
8 AM :30							(8:18) The Sopranos (E)			100 Huntley Street (E)	Curious Clifford	Pokémon Flamingo							CSI: Crime Scn	Due South "Witness"
9 AM :30	Movie: "Blue Streak" (1999) (PA) (E)	Body Judge	Magic Bus Rolie Polie	Dragon Big World			(9:32) The Sopranos "Funhouse" (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	George S. LazyTown		Regis and Kelly	Daily Planet (E)	Pool Bear	News (N) City	CSI: Crime Scn	Ad Pers Inside Box	
10 AM :30	Martin Lawrence. (1999) (PA) (E)	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	(9:32) The Sopranos "Funhouse" (E)	The View (N) (E)	World Vision (E)	Design House		Jane Pippi		The View (N) (E)	Exhibit A-For.	JoJo Feet	Movie: "Josie and the Pussycats" (2001) (E)	CSI: Crime Scn	Mad Abt. Grace	
11 AM :30	MLB Baseball: Atlanta Braves at Milwaukee Brewers. (Subject to Blackout)	Seinfeld	Animals-Front	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	(10:51) The Sopranos (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Mischief Jacob	Billiards	eTalk (E) Diary (E)	The New Detectives	Higglytown (11:25) King		CSI: Crime Scn	The Nanny Frasier	
12 PM :30		News (N) (E)	Canada-History	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N) (E)	(12:02) The Sopranos (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N) (E)	CBC News CBC News	Viva Pinata Flamingo	Fishing Motoring	Degrassi Bold & B.	Mayday (E)	(11:49) Weekend	CityLine (E)	CSI: Crime Scn	Seinfeld Seinfeld	
1 PM :30		Diva Dime Homes	Planet Moving On	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	(1:13) The Sopranos "Fortunate Son" (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts	UEFA Champs	Sue Thomas: F.B. Eye	How Do They Do It?	Dragon Emperor	Hollywood Star! Daily	CSI: Crime Scn	Beverly Hills, 90210	
2 PM :30	King King	Guiding Light (N) (E)	Gaslight Gardener	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	(2:26) The Sopranos (E)	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Winx Club	Chopper NASCAR	General Hospital (N)	How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	CSI: Crime Scn	Makeover: Home	
3 PM :30	Seinfeld Seinfeld	Room Design	Hi-5	Arthur (E) Fetch! With Judge	Judge Dr. Phil (E)		(3:39) The Sopranos "Another Toothpick" (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	How Do They Do It?	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South "Witness"	
4 PM :30	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)		Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Red Green	Movie: "Are We There Yet?" (2005) Ice Cube.	Hockey Foker Champ	Veronica Mars (E)	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Deal-No Deal	
5 PM :30	Friends Friends	News (N) (E)	George S. (5:32) Business	BBC World News	News (N) NBC News	News (N)	The Sopranos (E)	News (N) ABC News	News (N) Global	News (N) (E)	Simpsons Arrested		NBA Basketball: Conference Final Game 4 - Teams TBA.	News (N) (E)	MythBusters (E)	K. Possible Suite Life	10 Years of Stargate	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM :30	Friends Friends	Body Caitlin	Fetch! With Creatures	News-Lehrer Raymond	News (N) Hollywood	News (N)	(6:09) The Sopranos "Second Opinion" (E)	News (N) (E)	News (N) (E)	ET Canada Entertain	Canada Now	Being Ian Ruby		News (N) (E)	American Chopper (N)	So Little Sadie	Rules Movies	CSI: Crime Scn	Married... Frasier	
7 PM :30	Family Guy Family Guy	Vanity Jeopardy!	Water History	Served My Hero	Jeopardy! Fortune	Friends Scrubs	(7:23) The Sopranos (E)	The Insider	ET Canada	Without a Trace (E)	22 Minutes Just-Gags	Sabrina Malcolm		eTalk (E) Hollywood	Worst Handyman	So Raven Smart Guy	Godiva's (E) (DVS)	CSI: Crime Scn	Deal-No Deal	
8 PM :30	Seinfeld Seinfeld	How I Met Christine	Beyond Memory (E)	Antiques Roadshow	Real-Crashers	How I Met Christine	TBA	Wife Swap (N) (E)	Real-Crashers	Real-Crashers	Movie	Fresh Pr. Weird	SportsCenter (Live) (E)	On the Lot The 18 finalists' short films. (N) (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: NY "Tri-Borough"	ET Canada Ad Pers	
9 PM :30	Movie: "Blue Streak" (1999) (PA) (E)	King My Boys	Movie: "Spellbound" (2002) (E)	American Experience	Miss Universe 2007 (Same-day Tape)	Two Men King	The Sopranos (E)	Ex-Wives Club (N) (E)	The Office The Office	The Office The Office		Mystery Ghost	Legends Cup Poker (Taped)	CSI: Miami "Fade Out"	Worst Handyman	Popular (E)	(9:08) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld	
10 PM :30	Martin Lawrence. (1999) (PA) (E)	10 Items The Loop		The Last Ridge (E)		CSI: Miami "Fade Out"	(10:09) The Sopranos "Second Opinion" (E)	Supernanny (N) (E)	Without a Trace (E)	News (N) (E)	National	Prank Ptrl Academy		News (N) (E)	MythBusters (E)	8 Rules Life Derek	Out the Dead" (1999) (E)	CSI: NY "Tri-Borough"	Married... Frasier	
11 PM :30	"National Security" (2003) (PA) (E)	News (N) Room	(11:05) "Bollywood Bound"	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Sopranos	News (N) (11:35)	News (N) (E)	ET Canada	The Hour (E)	Bob Weird	SportsCenter (Live) (E)	News (N) (E)	MythBusters (E)	8 Rules Life Derek	Out the Dead" (1999) (E)	CSI: NY "Tri-Borough"	Grace The Nanny	

monday movies

MORNING

7:00 am WTBS (3) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two Los Angeles security guards try to stop a criminal mastermind and his gang of robbers. (E) (DVS)

9:00 am WTBS (3) ★★ "Blue Streak" (1999, Comedy) (PA) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (E) (DVS)

10:00 am CITY (29) ★★ "Josie and the Pussycats" (2001, Comedy) Rachael Leigh Cook. In a plot to take over the world, a music mogul tries to use the band to brainwash America's youth. (E)

AFTERNOON

4:00 pm YTV (18) ★★ "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip. (In Stereo) (E)

EVENING

9:00 pm WTBS (3) ★★ "Blue Streak" (1999, Comedy) (PA) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (E) (DVS)

9:30 pm KNOW (5) ★★ "Spellbound" (2002, Documentary) Filmmaker Jeff Blitz follows eight diverse children to the finals of a spelling bee in Washington, D.C. (E)

10:06 pm CITY (29) ★★ "Bringing Out the Dead" (1999, Drama) Nicolas Cage. After too many years on the job, an EMS paramedic begins an emotional descent during 56-hour tour. (E)

11:00 pm WTBS (3) ★★ "National Security" (2003, Comedy) (PA) Martin Lawrence. Two Los Angeles security guards try to stop a criminal mastermind and his gang of robbers. (E)

11:05 pm KNOW (5) ★★ "Bollywood Bound" (2001, Documentary) Four Indo-Canadian actors decide to seek their fortune in India's bountiful film industry. (E)

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### announcements

### announcements

**Edith Gill celebrated her 97th birthday with her family on May 15th. She sends her greetings to her friends in Princeton.**



### yard sale

Community Yard Sale  
15 yards, Taylor Mill Drive, Saturday & Sunday, June 2 & 3,  
10:00 AM - 4:00 PM. No Early Birds!

### looking to rent

Young couple looking to rent. N/S, 2 cats. Looking for something close to Town. \$675 per month max. Call (250) 295-3143 and ask for Kenny or Jenn. May 12

### card of thanks

Thank you to Tracy and her Staff of Heart To Heart Flowers for the kind and generous donation of the flowers for our Spring tea and bake sale - which was a great success!  
- Ladies of LA, Legion Branch 56

### card of thanks

Thank you to all of the ladies who donated the baked goods for our tea and bake sale and contributing to our success.  
- Ann Bauder, on behalf of LA, Legion Branch 56.

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

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### announcements

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8:00 AM - 4:00 PM Saturday, May 26, 2007 - \$120.00 + GST

### FoodSafe - Level 1

8:00 AM - 4:00 PM Monday, May 28, 2007 - \$ 70.00 + GST

### Pleasure Craft Operator Certificate

Boat Safety

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help wanted

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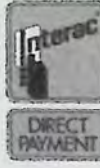
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- Dennis Walker, Giant-FM News, Penticton, BC

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# editor@thenewsleader.ca

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

## my turn

### Who's hosing whom?

Remember when Bob and Doug MacKenzie first made the term 'hoser' popular?

Well, it's about to make a come back and this time it's the oil companies hosing consumers at the gas pumps.

We usually expect gas prices to slowly climb in accordance with the increase in highway traffic but over \$1.20 per litre is a little insane.

We would like to point out that it's not the fault of the local gas station owners/operators as they still earn so little per litre of gas pumped we now understand why the average gas station has a convenience store either attached to it or located inside.

We suspect the really successful convenience stores were once gas stations with snack corners that only really started making money when the gas tanks were pulled out of the ground.

Chips and pop are obviously where the real money is, not in pumping gas.

Now that we think of it, it would be great if Pepsi or Old Dutch ran the oil companies. At least that way you'd know that on every long weekend there would be some sort of combo sale. Buy two litres of pop at regular price and two litres of gas would be 99¢ plus taxes, plus deposit.

Sporting events like SuperBowl, Grey Cup and the Stanley Cup along with New Year's and Canada Day would be when they'd dust off those potato chip deals.

And it wouldn't be on those crappy little vending machine size bags of chips, either.

We're talking the bonus size bag of (pick your favourite flavour - ours is 'All Dressed') buy one for 99¢ and get a litre of gas for 99¢. Limit of five. We may even see a deal on dip. Buy two of your favourite chip dips at regular price and get a litre of oil free!

Call us a dip stick if you will, but we think there's something to this.

Hey, at least with Pepsi and Old Dutch calling the shots we'd get some deals on gas instead of with the oil companies and their buddies (Translation: government) who tend to like increasing prices to remind us that they are really in control. Or more precisely, to remind them that they think we think they are in control.

We received 'the e-mail' most everyone else got suggesting the way to get the point across was to not buy gas on May 15th. We didn't only because we didn't need any that day.

What we need to do to get the point across is to quit driving. But since that will probably not happen, we should ask of our elected officials that they demand some sort of solution to stop the hosing at the gas hose so we can all just go back to being hosers.

#### 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

ISSN 1712-090X

An Independent Newspaper - There Are No Chains On Us!

Published weekly by Bengel Publishing Inc.

226A Bridge Street, P.O. Box 956,

Princeton, B.C., V0X 1W0

Phone (250) 295-4149 • Fax (250) 295-4103

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## TIPSTOONS



## your turn

### Green talks about green issues

The Editor:

Like most households in his constituency, I have just received Alex Atamanenko's Newsletter.

This time he wants to alert us to B.C.'s Future Food Security. He points out that agriculture is highly depended on oil during all the many steps involved in getting your food from the field to the dinner table quite true, of course. Then, however, he vaults into the usual field of Green Prophecy by telling us that the oil gravy train is coming to a screeching halt.

Oil production, after increases for about seven years, will begin to fall, escalating the cost of fuel and threatening our ability to feed ourselves.

None too soon, of course, for those who embrace Green Theology. Very soon, he claims we will have to abandon the environmentally irresponsible notion of shipping and trucking our food in from all over the world.

He continues: It is almost certain that by 2025 we will need to produce most of what we eat locally.

Well folks, forget about salads in the winter and yummy California fruit learn to really enjoy apples; they store well. And, if we can't afford to ship food we certainly can't afford to ship people to vacations in Mexico and Hawaii, or yearly migrations to Arizona. Perhaps a generous investor will build us a greenhouse for carbon credit.

Atamanenko, however, has the answer; an ideal model we should all begin to emulate. He suggests we visit [www.cjly.net/deconstructingdinner/](http://www.cjly.net/deconstructingdinner/) to learn about sustainable living. I also strongly suggest you visit the site!

It is reminiscent of the city garden and back to nature movements of the 1970s; another time when we expected the end of oil. I like the idea of urban gardens but I will leave it to you to decide if this is a practical model for feeding yourself, never mind millions of city dwellers.

So where does the end of oil notion come from? Recently the BBC, CNN and MSN ran specials on the possible exhaustion of the world's oil, suitably filled with the usual dire predictions.

However, if you visit the website of the Society of Petroleum Engineers, a more credible and dispassionate source, you will find this: World oil resources <[http://www.spe.org/spe/jsp/basic/0,2396,1104\\_12171\\_0,00.html](http://www.spe.org/spe/jsp/basic/0,2396,1104_12171_0,00.html)> to 2025 may be more than two times current reserves <[http://www.spe.org/spe/jsp/basic/0,2396,1104\\_12169\\_0,00.html](http://www.spe.org/spe/jsp/basic/0,2396,1104_12169_0,00.html)>, based on an estimate from the U.S. Energy Information Administration (EIA) using USGS data.

Reserve growth of 730 billion barrels accounts for new discoveries and the expansion of what can be recovered from known reservoirs due to advances in technology and improvements in economics.

But EIA estimates that in 2025, countries around the globe will still have more than 900 billion barrels of oil remaining to be discovered. EIA estimates total world oil resources at more than 2.9 trillion barrels of oil.

Atamanenko is the MP for the entire Southern Interior. He speaks for each of us on the floor of the House.

I expect more from him than I have seen in his Newsletters and his many letters to the editors more research before he forms opinions, more focus on practical outcomes for his communities, more common sense; and less jumping on popular band wagons when there is no danger whatever that he and his party will ever be responsible for putting their ideas into practice.

- Karin Green, Princeton

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Current Comment:

# Are you a left wing person?



Dawn Johnson  
editor@thenewsleader.ca

Sometimes one word will tell you a whole lot more than just what that one word means.

I was reading a report from the Ottawa Citizen newspaper about a citizens' conference on the Security and Prosperity Partnership (SPP) being drafted by corporate heads and politicians in North America. The Council of Canadians sponsored the conference and delegates came from the three nations involved: Mexico, USA and Canada. The Council of Canadians was expressing deep concern about the "under the table" deals between governments, as well as concerns about protecting Canada's resources and social programs.

In the article, which was about the need to declare water a fundamental human right and not a commodity, the author of the report referred to the Council of Canadians as a "left-leaning advocacy group".

The word, left-leaning, immediately set off alarms in my mind. Since when is a group of Canadian citizens concerned about water resources a "left-leaning" group?

For that matter, why slap a leftist label on the Council of Canadians, a group of citizens from across Canada who want the best for Canadians?

There was a time when "left wing" meant strong socialist or just about communist, but these days it seems to be a label slapped on anybody who questions what government or corporations are doing.

If that is the case, then I am definitely "left" in my thinking, because I am a firm believer in the duty of citizens to act as watchdogs over what their government is doing. As governments are supposed to be in charge of controlling the activities of corporations (not the other way around), we citizens need to be watchdogs over the interaction between government and corporations.

The following is a quote from an American President who wrote to a military officer:

"I see in the near future a crisis approaching that unnerves me and causes me to tremble for the safety of my country. As a result of the war, corporations have been enthroned, and an era of corruption in high places will follow, and the money power of the country will endeavour to prolong its reign by working upon the prejudices of the people until all wealth is aggregated in a few hands and the Republic is destroyed."

This was written by Abraham Lincoln shortly before he was assassinated.

President Dwight D. Eisenhower, the American General who headed the military in Europe in World War II, warned future U.S. presidents of

the threat of the corporate and military complex.

So, I guess we label Lincoln and Eisenhower as "left-leaning"?

Perhaps most disturbing is the idea that the Ottawa Citizen allows its reporters to give opinions on the nature of citizen groups while supposedly giving readers the facts. That leniency should show all of us that major corporations now own most of the major media, and see watchdog groups as the enemy, therefore deserving of the label "left-leaning".

Thank God there are still a lot of us "left-leaning" citizens in Canada questioning and even opposing the recent government-corporate buddy-buddy plans for our future.

## Marketplace Ministry

by Jim Caruso

### Life Changes People And People Change Lives

As I write this I am sitting on the ferry that travels between Vancouver and Vancouver Island. I am just returning from a quick three day trip to High River, Alberta. It was a lot of driving considering the Rogers Pass was closed due to mudslides and I had to backtrack and travel through the Yellowhead and then down through the Columbia Icefields between Jasper and Banff. It was an important trip to make and I needed the time driving to process what happened.

You see, my childhood friend Craig Brown passed away the week before on the Sunday evening. Craig had been diagnosed with cancer two months earlier. About a month ago I flew out to see him in the hospital in Calgary and we had a great time telling stories about growing up in Princeton together, we laughed and talked and gave our own perspectives on the stories, indicating that we seemed to remember them differently, funny how that works as we age.

Craig and I were buddies from the beginning of school until our late teens. Although it didn't seem like that long, a matter of 12-14 years, we connected as friends. That connection was evident when after some thirty years of losing touch with one another, two years ago, Elaine and I were in Alberta and looked him up. Craig and I picked up right where we left off and we had a great time of reminiscing. But it was Monday morning May 7th I received a phone call at about 7:00 AM, it was Craig's sister-in-law and she told me Craig had passed away. He had just turned 54 on May 1st. I had already been asked if I would officiate at his funeral and I was honoured and had agreed.

Driving to Alberta to speak at my friend's funeral caused me to think about our friendship. I wondered to myself, why was I so connected with this guy when we only grew up together and why even after some thirty-plus years later I still considered him a close friend? Well, Craig became a member of the RCMP right out of school and I became a paramedic for the BC Ambulance Service, and in our jobs, due to the nature of the work, we experience what is commonly called trauma bonding. I now realized, as we grew up in Princeton, we were always in so much trouble as kids that I think we bonded because of the situations we got ourselves into. Situations, of which I am sure, caused my mom, Molly Caruso and Craig's dad, Corporal Len Brown of the Princeton RCMP, much stress and led to premature aging. Craig and I spent many hours in the back of the police car being chauffeured home to face the music as my mom would say; I never liked the tune that was playing.

At the funeral, there were 250 plus people gathered together in the small town of High River, Alberta, where Craig had worked as police officer for many years, but many of the people had come from different communities and provinces. Each one a family member or a friend who had experienced the life of a quality human being, Craig Brown, who made everyone feel special and important. I was privileged to see how in those thirty years how he had bonded with the people he had worked with, fished with and canoed with. At the funeral we shared many Craig Brown stories, shed many tears and laughed from deep within our hearts. I closed the service by telling some of my Craig Brown stories indicating the impact Craig had on my life and how both of us had graduated from the back seat of the police car to the front seat. He had been a police officer for 25 years and I had become the RCMP Police Chaplain for our community. He was given a gun and access to the RCMP detachment and that both of us were given authority to sign passport applications. In the Bible it says God has a plan for your life, For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future, (Jeremiah 29:11, the Bible also says that we only have a certain amount of days to live here on earth. All the days ordained for me were written in your book before one of them came to be, (Psalm 29:16). Who would have thought as Craig and I grew up in Princeton, he would become a police officer and I would become a preacher and a police chaplain and one day I would officiate at his funeral. I was honoured and privileged to have been able to do this for my friend. We had indeed come a long way. Thanks, Lord.

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

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# Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!



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**THANK YOU!**

As of July 1, 2007 I will be leaving Princeton. I would like to remind anyone who has Gift Certificates to please book in to use them ASAP as I would like to honour them before I leave.

I would sincerely like to thank all my clients and customers for their business, friendship and support during my time here. I will truly miss Princeton and all the great people I have come to know. A special thank you to Heather Herrick for all your support and friendship. I will miss you very much. Again, thank you all so much!

Jodi Townend, Heaven's Scent Esthetics

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..... continued from Front Page

What can we do? Well, maybe (and I'm just spiffballing here) if we weren't so busy being sucked in to what the latest sensation was we could see some of the good things that are happening right in front of us everyday.

For instance, who are those masked heroes in our own community who annually raise twenty thousand dollars a year, offer well drilling services in Africa, and provide community service as well? I went to find out.

My search led me to the sun dappled patio of Cowboy Coffee sitting across a table from Princeton Rotary Club President himself, Mr. Lawrence Stoochnoff.

He manages to be easy going and enthusiastic at the same time. He came prepared, and casually handed me a list of fundraisers (including the Taste of Ales, Wine Fest, the golf tournaments, as well as the Similkameen Cup at Racing Days) and sponsored projects that blew my socks off.

High School Scholarships \$3000.00, Princeton Performing Arts \$2000.00, Ambassador Program \$600.00, Grade four Dictionaries \$800.00, Pre School Sponsorship \$1000.00, Crisis Assistance \$500.00, Cindy Parolin Safe House \$500.00, Trails Society \$2000.00, Hospital Foundation \$1000.00, Single Seniors Christmas lunch \$200.00, Community for Kids Family Centre \$500.00, International Service \$1250.00, Playground Equipment \$2500.00.

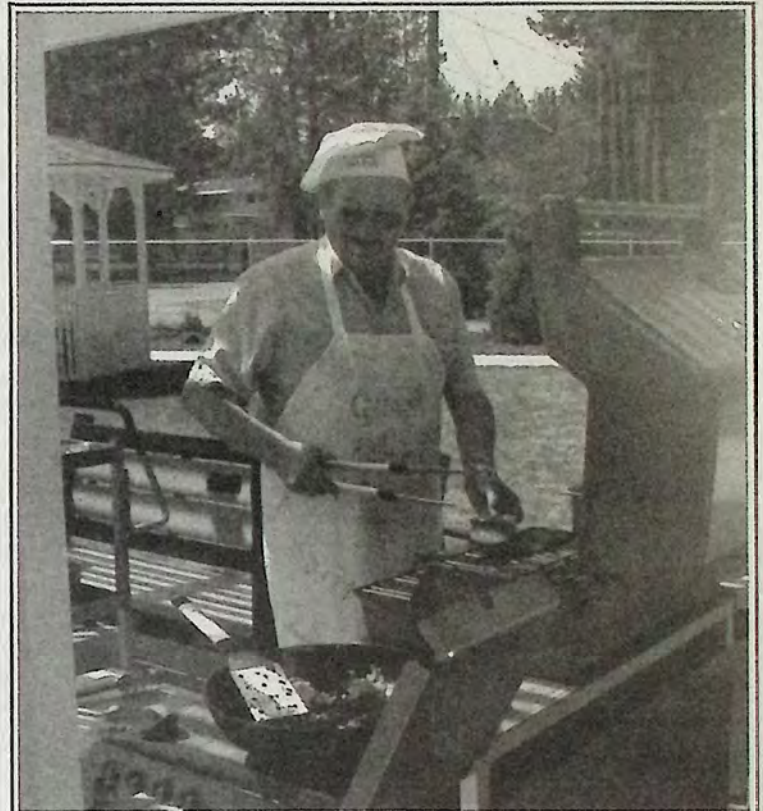
A group of people with that much hustle willing to pay it foreword: Priceless.

Q: We all know that Rotary does fantastic things for the community, you guys not only raise funds, you contribute a lot to numerous organizations that are around, what we don't know is the mandate of Rotary is?

"Paul Harris was the person who started this thing, I'm not sure of the date, like, 1910 a hundred years ago or so. He just got people together and they were just trying to organize a group and help out and do some service in the community together. Rotary has grown from that to a world wide organization. So essentially we are looking for service within a community and service internationally. I think one of the things that people tend to think is that Rotary is a kind of a closed shop club, and that nobody can join, and that its just a bunch of businessmen. I want to clarify that. We are always looking for new members, we are always looking for members of good character and strong integrity and that kind of thing, sometimes people of the community maybe want to join the club but they don't know how."

Q: So who makes up Rotary?

"We've got managers, business owners, several people that are regular community members, retired people, foresters, a broad cross section of people really. Ideally like a lot of service organizations, I think that people that have the time to do that are a bit older, so we are always looking for young members to. We love to have young blood in there with lots of energy. We have a few young members and it's great. They add so much to the club."



Councillor Ray Jarvis was cooking burgers last Friday as the first 'Guest Chef' at Ridgewood Lodge. Photo: Brenda Engel.

Q: Basically Rotary is a non-profit charitable organization. You provide services and funds to communities where there are gaps, or where there is need. You fundraise through a lot of different events that Rotary hosts, how do you decide who you are going to make contributions to?

"Some things are ongoing, like our scholarship to the school, its there ever year, other than that people come foreword and say 'there is this need in the community' or we recognize a need. So it happens both ways, if we see a need or people come to us. We look at our available resources and priorities, including previous commitments, but its very rare that we turn anyone down that comes to us."

Q: What do you get out of Rotary? Why did you join?

"When I came to Princeton it was about nine or ten years ago, I wanted to help out - I like to be involved in the community. That's a good way to get involved in the community. I was the high school principal at the time. Its a good way to meet people; it's a good way to help people. I became a member and for the first while I didn't want to take on any leadership positions, because I had enough leadership in my life. When I retired I said now I could just help more, but I don't want a leadership position. That didn't last long; actually it lasted two years before I got talked into being President."

Q: So the executive in the elections that happen are good for a one year term?

"One year term normally. But it's a small group so there is always twisting of the arms to do two years. Or do one thing one year and something else another year."

Q: Do you feel a great deal of personal satisfaction out of the work Rotary does?

"That's why. It makes you feel good. You take a look at some of the things that are happening out there. Sometimes you don't get to see the actual recipient, like when we do the pre school placement - that's to a family in need; we never know who that

is."

Q: So you do a lot of anonymous work, Rotary has been actually fairly quiet, at least in this community, maybe one of the reasons I'm writing a piece, because you guys are actually shy and bashful which is noble.

"We actually want a little more exposure, namely for the community to see what they are supporting. It's their financial support that gives us the money to do these things in the community."

Q: Aside from the funds that Rotary gives out, you guys also have a mandate of service. What does that entail?

"Well like the park down here, we'll go down and do clean up, so physical service, sometimes we'll set up or help set up other peoples projects. Another thing we do that I think is just fantastic, and that's student exchange. In all honesty that's probably one of the big things that Rotary does that promotes world peace. I think it's tremendous where people from other countries come to stay with us, or we send our kids to other countries. We learn that people are all people and we can get along. I think it brings the world together. I think when you look at this all of it there is a tremendous amount that we do for the youth, when you look at the scholarships and the pre school and the dictionaries and the youth exchange, really we invest a lot of our resources into our youth."

There you go. They put on the events that fundraise. They get the money. They find out where the money needs to go.

They are big on kids and education, they feed people lunch, help out our hospital, contribute to the arts and try to not turn anyone away.

That's what happens at Rotary every year. It happens with the sweat of masked heroes in the form of volunteers, and it happens to the tune of twenty thousand or so dollars. Rotary would like to thank the community and the spouses of the members (We can all imagine how Lois Lane or Colonel Trevor felt at times) and I would like to thank Rotary.



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LET'S TALK!

AT YOUR SERVICE!

### Students and Income Tax

As the School year is ending and students leave post secondary institutions or you are preparing to attend a post secondary institution in the fall there are several income tax rules that will help students reduce their taxable income for 2007. One of the most commonly overlooked deductions is moving expenses incurred.

#### Moving expenses

You can deduct moving expenses if you move to study courses as a full-time student (defined below). However, you can only deduct these expenses from the taxable portion of your scholarships, fellowships, bursaries, certain prizes, and research grants. You cannot deduct moving expenses if your only income at the new location is scholarship, fellowship, or bursary income that is entirely exempt from tax under the proposed legislation.

#### Common deductions

You can also deduct moving expenses if you move to work, including summer employment, or to run a business. However, you can only deduct these expenses from employment or self-employment income you earned at the new location. Your new home must be at least 40 kilometres closer to the new educational institution or place of work. You can claim moving expenses that you incur at the start of each academic period, as long as you meet the 40-kilometre limitation. You also can claim such expenses when you move back after a summer break, or a work semester in the case of a co-operative student.

#### Notes

If you moved in the year but could not claim all your expenses on your return for that year, you may be able to claim the remaining expenses on your return in the following years. In addition, if you pay expenses after the year of your move, you may be able to claim them on your return for the year you pay them. You may carry forward unused amounts until you have enough income to claim them.

For more information go to [www.cra.gc.ca](http://www.cra.gc.ca)

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# Seniors enjoy a field trip

Another happy week at Vermilion Court!

We were each given a beautiful yellow rose - a pre-Mother's Day gift. And then on Sunday many of us had family members visiting or taking us out for a meal.

Each lady received a small floral nosegay to pin on.

Last Tuesday three cars transported us to Jack and Edna's beautiful garden. It was a warm sunny day and we all enjoyed their bubbling brook twisting between large evergreen trees.

So many objects to see!

Ducks aimlessly swimming, a child fishing (no hook), a golden statue, bird houses, faces on trees and so much more.

The squirrels chatting excitedly on seeing us and the wind chimes ringing in the breeze. Several small tables with chairs and benches placed in the shade were welcomed after our brief walk over the well groomed lawn. Small books on each table with interesting trivia were eagerly read. And then Edna, Jack and Aida served lovely



Ruth, Aida and Helen. - photo submitted

refreshments and refreshing juice before we returned home.

Thank you Jack, Edna, Aida,

Helen and Ria. It was so much enjoyed!

- submitted by D. Stenvold

## Democrats speak out against pay raise bill

New Democrat MLAs have decided to vote against the bill giving MLAs a 29-per-cent pay increase, New Democrat Leader Carole James said May 17th.

"The New Democrat Caucus will vote no on this bill," James said.

"A 54-per-cent pay increase for the Premier and a 29-per-cent increase for MLAs are completely out of step with what British Columbians expect. And we hope that enough Liberal MLAs join us to defeat this bill."

She said the NDP caucus has also decided that its members will not opt out of the pay increase if Bill 37 passes, but will donate the pay increase to charities.

"If we had the votes to defeat this bill, we would vote it down in its entirety," James said.

"New Democrats will give their raise to charity if the B.C. Liberals pass this bill, and participate in the pension plan. Unfortunately, the pension contained in the bill is the only one before us. We believe all workers should have a pension, and British Columbians are telling us that they believe that too. But they are surprised that the Campbell Liberals are bringing in pensions for MLAs while at the same time cutting pensions for injured workers."

Bill 37, which was introduced to the Legislature on Wednesday, follows the recommendations of a three-member commission appointed by Premier Gordon Campbell. The bill also includes a provision which gives MLAs the opportunity to opt out of all pay and pension changes in perpetuity. Q & As on MLA Pay Bill

The New Democrat Caucus will vote no on this bill. A 54-per-cent

pay increase for the Premier and a 29-per-cent increase for MLAs are completely out of step with what British Columbians expect. And we hope that enough Liberal MLAs join us to defeat this bill.

Q. If the bill passes, will NDP MLAs opt in?

A. We oppose the bill and will vote no. And we hope that enough B.C. Liberal MLAs listen to their constituents and join New Democrats to defeat the bill. The Liberals are playing confrontational politics with their opt-out clause, and New Democrats won't play their game. If the bill passes, we will give the entire pay increase to charity.

Q. But you will accept the pension benefits. Isn't that hypocritical?

A. If we had the votes, this bill would be defeated in its entirety. The pension proposed is the only one before us, and if the B.C. Liberals pass this bill, New Democrats will give the raise to charity and participate in the pension plan. We believe all workers should have a pension. British Columbians are telling us they believe so too, but they are surprised that the Liberals are bringing in pensions for MLAs while at the same time cutting pensions for injured workers.

Q. How will the public know that MLAs are donating their increase to charity?

A. Every NDP MLA will donate their pay increase to charity. And they have committed that they will be clear with constituents in their communities about where that money will go.

Q. Will you promise to roll back the wage and pension benefits if

you form government?

A. If we had the power this bill would never have come before the House. And we are working to defeat it. Clearly we will be addressing this issue, and every British Columbian will know where we stand at election time.

Q. The proposal flows from an independent commission just what you asked for. How can you reject its recommendations?

A. This is the Premier's commission. He appointed them and they acted on his behalf. It wasn't representative of the public. And their recommendations were not unanimous.



Model jet turbine airplanes will be flying at Princeton Airport from 9:00 AM to 5:00 PM on May 26th and 27th. Some of the jet pilots will be test flying their aircraft Friday, May 25th and at 12 Noon Saturday the planes will be on display for photos.

- photo submitted





Local cyclist John Henry sent this photo to us last week. It's a rock slide he encountered May 13th on a ride from Coalmont to Princeton along the Trans-Canada Trail. Thanks, John!

## Our Economy

by: EDO Michael McLaughlin

### Attracting Industry

Last time I showed that the size of the industrial economy is slowly shrinking; while the sizes of the services economy and non-employment income are on the rise.

Then I asked the rhetorical question: What are you going to chase, the shrinking markets or the growing markets? Perhaps you expected me to say we should not bother with industrial attraction. Uh-uh.

I think we need to understand these economic trends and incorporate them into our economic development strategy. However, we should still attempt to attract industrial investment to the Similkameen Valley.

Presently, the only industrial park in the Similkameen is Princeton's. The Similkameen Valley Planning Society is working with the Regional District to designate additional space for industrial development.

Princeton Council is taking the right approach to developing the industrial park. I know, it has been sitting pretty much empty for a decade. Waving an empty, non-serviced field under the noses of investors is not going to get you anything but a sneeze.

This Council has developed a land use plan with a phased selling of zones within the industrial park. They have applied for infrastructure funding. This is the way to go. Generally, plans and infrastructure must be in place before investors will build.

The Town is using a strategy to attract investors. The strategy will be ready when the park (funny we

call them parks) has the necessary services. As a first step, the Town is retaining a consultant with a successful record of industrial attraction.

The consultant will advise Council on best (and worst) practices in attracting industrial investment. The SVPS raised the consulting fee and is working with the Town to define and implement the attraction strategy.

The strategy will define what Princeton's advantages are, what industries most benefit from those advantages and how to get the Princeton opportunity in front of the right people.

A shotgun approach does work in business investment attraction. Years ago, many communities wasted lots of money and time advertising to the industrial world. Princeton's cost-effective approach will be directed to where results are most likely.

How likely are we to be successful? Dunno. As much as we can set the table, business investors have invitations to many banquets. Princeton's greatest advantages are proximity to the Coast and Okanagan Valley and availability of comparatively inexpensive, developable land.

There is very little land available in the Okanagan south of Summerland. The cost of land in the Fraser Valley is much higher than in the Similkameen.

So, I think Council will be

rewarded for their efforts.

The business community has a role in business attraction. In Merritt, over two dozen business owners act as 'ambassadors.' When investors inquire, they are shown around the community, invited to bar-b-ques, made to feel wanted. Ambassadors travel with the EDO to make pitches to investors.

The Chamber of Commerce is the logical organization to mobilize the business community.

Several studies show that business investment decisions include consideration of the range of community services, recreation facilities, the quality of the environment and opportunities for outdoor recreation.

That is why every volunteer organization plays a role in attracting investment. Maintaining the quality of our landscapes is important. The way our civic institutions operate is another factor.

In short, everyone can be involved in business investment attraction. A friendly, energetic community with a thriving business core, available labour, land and some business advantages is what attracts investment.

Next time I will write about attracting investment from the growing sectors of the economy - the services producing sector and non-employment income - and I promise to include the whole Valley in that discussion.

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