News Leader

ONLY

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Westland Insurance CSR Sharon Laine, left, serves Century 21 Princeton Realty owner Heather Johnson a hot dog during Customer Appreciation Day hosted by both businesses May 16th. *

PXA praises Rodeo Club

John Bey, President of Princeton Exhibition Association (PXA) had nothing but good to say about the way Princeton Rodeo Club cleaned up after the recent weekend rodeo. "The clean-up was excellent," Bey told PXA members at the May 13 meeting. "Everything was put away. They started in on Monday morning and got it done. The

Commenting on the successful rodeo, Bey went on to remark on how good the drill team was.

Rodeo Club is to be commended."

"That was the nicest grand entry I've seen," Bey said.

Princeton 4-H ran the rodeo concession and were pleased with their income. A different crew will run the concession for the ATV poker run in June and for the horse racing meet on June 27.

Bey had a big disappointment during the rodeo. DVD's featuring last year's rodeo did not sell due to the failure of a DVD player. The DVDs will be available for sale downtown at \$15 each as soon as Bey can locate an outlet. These DVDs make great gifts to send to friends and relatives out of town to show them what we do in Princeton.

In other PXA business, work continues to upgrade the infield. A lot of volunteer work has been done to date, and President Bey reminded volunteers to keep track of their hours. A new gate house was built, continued on Page 2

Copper Mountain Mining Corporation (CMMC or the Company) announced May 13th it has obtained a receipt for the filing of a preliminary prospectus dated May 9, 2008 in the Provinces of British Columbia, Alberta and Ontario in respect of an offering of up to 21,739,131 units (the Units) at a price of \$2.30 per Unit (the Offering) for aggregate gross proceeds of up to \$50,000,000.

Each Unit is comprised of one common share (Share) of the Company and one-half of one Share purchase warrant of the Company, each whole warrant (Warrant) being transferable and exercisable to acquire one Share of the Company (Warrant Shares) at an exercise price of \$3.50 per Share for a period of 12 months after the Closing Date.

The Offering will be conducted on a best efforts agency basis led by Jennings Capital Inc. and including Canaccord Capital Corporation



(collectively, the Agents). The shares and warrants distributed under the Offering will be qualified by way of a long form prospectus. In consideration for the services to be rendered by the Agents under the Offering, the Agent will receive a cash commission equal to 6% of the aggregate gross proceeds of the Offering. The Agent will also receive agent warrants (Agent's Warrants) exercisable to purchase that number of Shares that is equal to 6% of the aggregate number of Units sold under the Offering. Each Agent's Warrant will entitle the holder to acquire one Share at a price of \$2.30 for a period of 12 months from the date of closing of the Offering.

The Offering is scheduled to close on or about May 30, 2008 and is subject to the Company receiving all applicable regulatory and TSX Venture Exchange approvals and completion of definitive documentation. Proceeds from the Offering will be used to advance payments for long lead items, infrastructure upgrading, advancing the exploration program at the Copper Mountain Project and for general and working capital purposes.

About Copper Mountain Mining Corp.: CMMC is a new public BC resource company managed by an experienced team of professionals with a solid track record of exploration and development success.

The next three years should be called The Years of the Anniversaries. This year British Columbia turns 150 years old, in 2009 the China Ridge Cross-

to investigate the possibility of Princeton hosting and supporting a foreign Olympic team. Most teams come over well in advance of the Olympics in order to train, acclimatize, and recover from jet lag - and Princeton has so much to offer in

The Company owns 100% of the Copper Mountain Project which holds the mineral claims and crown grants over the 18,000 acre mine site. Copper Mountain Mining Corp. has the goal of developing

the Copper Mountain Project as a mid tier copper and precious metal producer within the next three years. Additional information is available on the Company's web page at www.CuMtn.com. - submitted

Project 2010 is coming! China Ridge

Country Ski Association turns 20 and in 2010 - also the Olympic Year - Princeton turns 150!

A few months ago Ernie Lawrence started talking about a great idea. With all those anniversaries coming up, and with the Olympics coming to Vancouver - why not find a way in which Princeton could celebrate the Olympics, and

its anniversary? Subsequently, a group was formed terms out outdoor sports, and cross-country skiing in particular.

China Ridge Cross-Country Ski Association has taken the lead, and is proud to announce 'China Ridge Project 2010.' The Project has invited the Slovene Olympic Cross-Country Ski Team to train with us this coming winter, and before the Olympic Games. The Slovenes have officially and enthusiastically taken up the invitation.

The steering group members are John Akerly, Nat Brown, Bob Coyne, Kelley Cook, John Hughes, Ernie and Marilyn Lawrence, and Lyle Thomas. Please speak with any of these if you have questions or offers of support or sponsorship! Trail preparation is already under way with the construction of a warming hut at China Ridge, and improvements on Nat Brown's course on the PrincetonSummerland Road. The athletes will be housed privately.

Princeton's first chance to greet the Slovenes will be in late Julyearly August, when Marko Gracer (Team Leader) will visit the area with his family to have a look at accommodations and skiing possibilities on offer.

The first athletes will arrive this coming January, preparatory to the Pre-Olympics (every Olympic venue is required to host a pre-Olympic event so teams may check out arrangements and preview venues; in the case of the crosscountry skiers, this will be a full-on World Cup event at Whistler's Nordic venue). They will be in the area for about a week, living in private homes and skiing at China Ridge and at Nat Brown's ski course.

..... continued on Page 24

Similkameen

ws Leader

THIS WEEK Page 2 - Flying team comes to town / Page 3 - Forest agreement plans on track

REGULAR FEATURES Page 4 - Keremeos / Page 11-18 - TV Guide / Page 22 - Editorial / Page 23 - Current Comment

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website: www.thenewsleader.ca - visited by 586* people daily in April 2008 *average figure according to AWStats

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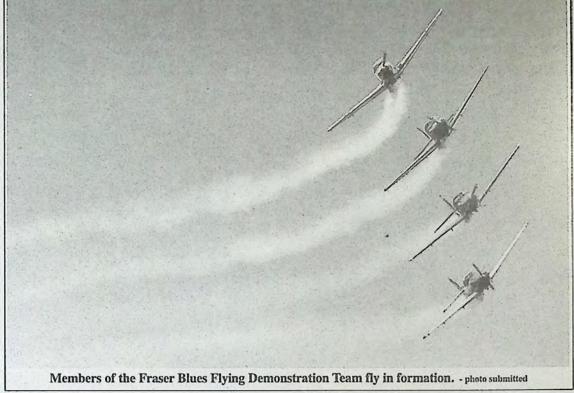


SUPPORT LOCAL EMERGENCY SERVICES BY BECOMING A VOLUNTEER FIREFIGHTER

Princeton Volunteer Fire Department has 8 openings for regular members (ages 19-65) and junior members (ages 16-18, still attending school).

If you are a business owner, a retiree, male or female (with Class 5 Drivers License) you may qualify to become part of a team that works hard but provides you with free training, insurance coverage and a chance to run into burning build-

Applications are available at the Fire Hall (162-2nd Street) Wednesdays from 6:30 - 7:30 PM and at the Town Office, or leave a message at (250) 295-3325.



In 2007 members of the Fraser Blues Flying Demonstration Team arrived in Princeton to discuss the possibility of organizing a show for the Princeton Regional Airport. One year later the Airport Committee and Town of Princeton has invited them to do just that.

On Saturday June 7th come out to the Princeton Regional Airport to meet the pilots of the Fraser Blues and watch as the team takes to the air over Princeton for two spectacular shows. Not to be confused with the radio-controlled plane operators that put on an annual display in Princeton, these are the real thing - the Fraser Blues team pilot four vintage WW II Navion aircraft.

Leading the team is retired Colonel George Miller who, today, is manager of the Langley airport. For more than 35 years he was a member of the Royal Canadian Air Force, flying F-86 Sabres and CF-104 Starfighters in Europe. He was with Canada's first military aerobatic team, the Golden Hawks and went on to become a team leader of the Canadian Snowbirds.

Flying in the number two position is Guy Miller from Abbotsford. Guy is a former CF-18 Homet fighter pilot and instructor. He also piloted for Cathay Pacific Airways 747-400 lines and was a simulator

Clive Barratt flies in the number three position. With 65 different aircraft types flown, Clive is a former Canadian Forces instructor pilot, search and rescue pilot and accident investigator. Today, he flies for an airline and lives in Chilliwack.

Flying in the number four position

is Gord Ball, from Abbotsford. Gord is a former CF-104 pilot and retired airline captain. During his career, he flew many aircraft including Huey helicopters, 737s, 727s, DC-8s and DC-10s.

In addition to the Fraser Blues at the air show on Saturday, the Canadian Air Force has confirmed that an F-18 Hornet fighter jet will be attending the air show as well. A versatile, world-class fighter aircraft, the supersonic CF-18 Hornet can engage both ground and aerial targets.

Its twin engines generate enough thrust to lift 24 full-size pick-up trucks off the ground. As the Canadian Air Force's frontline multi-role fighter, the CF-18 is used for air defence, air superiority, tactical support, training, aerobatic demonstration, and aerospace testing and evaluation.

Stop by to meet the Fraser Blues Pilots, watch the Canadian Air Force F-18 Hornet, enjoy a BBQ lunch donated by Billy's Restaurant, visit the weather station and enjoy children's activities throughout the day.

Fun, food, and entertainment for all ages is what you will find at this FREE community event hosted by the Town of Princeton. Gates off of Airport Road will open to the public at 10:30 AM.

XA praises

...... continued from Front Page but needs more work.

Plans will be made for renewing the old farm equipment on display at the museum. The old machinery needs sand blasting and painting before going on display at the fairgrounds. One volunteer has said he would try to get the work done, but more volunteers will be needed.

Chuckwagon racers have been renting part of the fairgrounds for training, and will be back. Competitors in the cutting horse event scheduled for June 14 and 15 will be renting stalls during the

June will be a busy month at the fairgrounds with two major events: the ATV/BC poker run, and horse races.

The next PXA meeting will be held June 10 at 7:00 PM at the track office.

Topics of Discussion. Looking for something of real interest? You're

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Community forest agreement application remains on track

The Town of Princeton, Area H of the Regional District Okanagan-Similkameen and the Upper Similkameen Indian Band are pleased to inform the community that progress is being made on the submission of an application to the ministry of Forests and Range for a five year probationary Community Forest Agreement.

The three partners recently met in Hedley to discuss outstanding issues and give guidance to their consultant and working group on how to work towards the July application deadline.

One of the benefits of a community forest is an allocation of an annual timber supply that is available for logging, the financial proceeds of which will go directly to the three partners, thereby staying in the local area.

The three partners have been working with local licensees Tolko Industries, Stuwix Resources and Weyerhaeuser to identify a forest tenure area that would be suitable to

sustain a 20,000 cubic metre timber allocation.

Community forestry involves the three pillars of sustainable development: social, ecological and economic sustainability. At its core, community forestry is about local control over and enjoyment of the benefits offered by local forest resources. These benefits are both monetary and non-monetary.

On the monetary side, benefits include local employment and economic development. Non-mone-

tary benefits are derived from the many values associated with forests, including ecological (such as the protection of drinking water), cultural, spiritual, medicinal, recreational and aesthetic values.

The public is invited to comment on the application process and the working group will be distributing a questionnaire through post boxes. Please note that if you have requested Canada Post not place 'unaddressed ad mail' in your mailbox you will not receive a questionnaire. If you don't receive a copy of the questionnaire they can be picked up at Town Hall, 169 Bridge Street. Backgrounder

In British Columbia community forests are established when the provincial government grants forest management rights to a community as a tenure arrangement, or timber license. The invitation from the Ministry of Forest and Range in July of 2007 to the three partners was based on a tenure arrangement and the ability to forest 20,000 cubic metres of timber annually. Community Forest Licences are long term (usually 25 years), replaceable tenures.

The working group will be scheduling public meetings (June 25 is already scheduled). The objective of the meetings is to share information with the community, facilitate discussions and receive input regarding the management, vision, values and objectives for the Community Forest. The Government requires that the partners demonstrate that there is a high level of community awareness and strong support for the application from a broad cross-section of the community. In order for the community forest application to be successful the partners need community support and involvement.

The process to supply for a community forest is currently being managed by a working group of the three partners and forestry consultant Rod Willis and with the assistance of the British Columbia Community Forest Association. The working group is guiding the process of developing the application to the Ministry of Forests and Range.

If the partners are successful in acquiring the Community Forest Agreement, the agreement (and license) will be issued to a limited liability partnership corporation of which the Town of Princeton, Regional District Okanagan-Similkameen and Upper Similkameen Indian Band would appoint directors. Over the next couple of months, the corporate structure will be reviewed to determine the best structure for what would become a functioning business immediately upon the issuance of the Community Forest Agreement.





Princeton Town Hall News

169 Bridge Street PO Box 670 Princeton BC V0X 1W0
Phone: (250) 295-3135 Fax: (250) 295-3477 Email: prince@nethop.net

website: www.princeton.ca



OPPORTUNITY

The Town of Princeton is seeking *Proposals* for the operation and maintenance of the Princeton Municipal Campground and R.V. Park from June until October. The municipality operates a seasonal full-service 72 site campground and R.V. park at the banks of the Similkameen River 10 minutes from downtown Princeton and requires the management and maintenance of the Park over the season.

For a proposal package, further information and details on this opportunity please contact Patrick Robins at Town Hall at 169 Bridge Street or call 295.3135.

PARKS, RECREATION & CULTURE

PRINCETON CENTENNIAL POOL OPENS MAY 26

Check out the Town of Princeton Leisure Guide for the Spring Pool Schedule, Phone registration has begun for Red Cross Swim Lessons with Session A beginning June 2 to 12. Call 295-6535

LIFEGUARD COURSE AVAILABLE

National Lifeguard Services (NLS) Course available at Centennial Pool in mid June 2008 for those who have a Bronze Cross Certification and are a minimum of 16 years of age. Lifeguard training for safety supervision, rescue in a pool environment, and training for employment as a lifeguard. Standard First Aid is also required & a course is being organized for those who are interested in the NLS course.

Please call Centennial Pool at 295-6535 or 295-6067 for more information.

EMPLOYMENT OPPORTUNITIES

BYLAW ENFORCEMENT

The Town has an opportunity for a self-motivated, tactful and customer service focused individual to provide bylaw enforcement services.

The Bylaw Enforcement Officer is responsible for ensuring compliance with the Town's bylaws including, but not limited to: parking, dog control, illegal dumping, watering, noise, burning and business licensing. The position is also responsible for the care of animals impounded at the municipal pound.

Candidates must possess a valid Class 5 (with extract), high school graduation and proven computer skills (including familiarity with MS Office). Preferred applicants would have bylaw enforcement and investigative skills training.

This part-time term position is based upon 17.5 hours per week working Monday to Friday with some weekend and evening work as required. Current rate of pay is \$19.00 to 21.00/hour. The wage and job description are currently under review.

This is a term position (to December) with the potential for regular part-time status after the year-end review.

warded in confidence no later than May 30, 2008 to: Town of Princeton, PO Box 670, 169 Bridge Street Princeton, BC

Resumes and cover letter detailing your interest

VOX 1W0

The Town of Princeton thanks all applicants for their interest.

Only those candidates selected for an interview will be contacted.

POOL STAFF

Please drop off your resume at Town Hall or call 295-6535 for more details.

NOTICE OF PROPOSED ZONING AMENDMENT BYLAW 806, 2008

Pursuant to the provisions of Section 893 of the Local Government Act, notice is hereby given that Town Council will consider amending the Town of Princeton Zoning Bylaw No. 646,

The proposed Amendment is as follows:

Town of Princeton Zoning Bylaw No. 646, 1994
That Lot 21, Block 1, District Lot 706, Yale (Formerly Osoyoos) Division, Yale District Plan 2283 (civic address 379 Burton Avenue), PID 011-019-760 be rezoned from Single Family Residential, Small Parcel (RS2) to Two Family Residential (RD).

The purpose of which is to facilitate the construction of a residential duplex at 379 Burton.

A public hearing is being waived under the provisions of Section 893 of the *Local Government Act*, as the subject properties are consistent with the Town of Princeton Official Community Plan

A copy of the subject Bylaw No. 806, 2008 (379 Burton – Williams) is available for examination during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday inclusive in the Town Office, 169 Bridge Street, Princeton, B.C.

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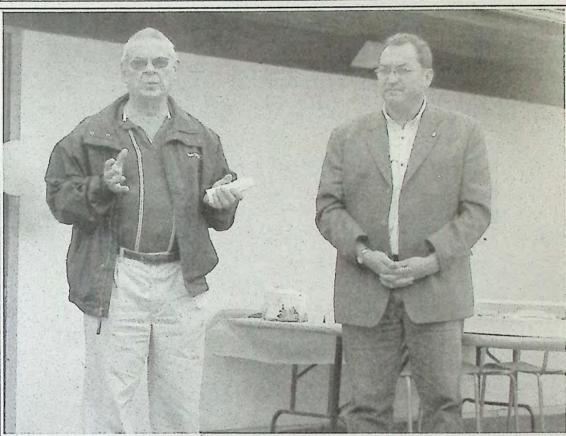
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keremeos and area news



Village of Keremeos Mayor Walter Despot, left, and Town of Oliver Mayor Ron Hovanes officially open the Keremeos Day Program Centre May 14th. The facility is located in a portion of the Village Office that had been used for many years as a vet clinic. Renovations were needed to create the current facility.*

A new Day Program for adults with developmental disabilities opened May 14th in Keremeos. The program is funded by Community Living British Columbia, and provides lifeskills, recreation, and job coaching to these individuals.

The 'drop-in' centre is located in the back of the Keremeos Municipal Hall (most locals will remember it as the former veterinarian clinic) and is open Monday to Friday 10:00 AM to 4:00 PM.

There were individuals, family members, Mayor Walter Despot and members of his council present for the casual opening ceremony last week which included a cake cutting and snacks including hot dogs. All in attendance agreed that this much needed service is going to be a huge benefit to Keremeos and area.

"To be able to offer a program like this is fantastic," Mayor Despot told the News Leader.

"It'll be open five days a week and will teach basic lifeskills, such as money management, and provide assistance for some participants who are at the stage where they are looking for employment opportunities."

The day program staff say they are looking forward to building upon what can only be described as a great start. Anyone interested in learning more about the program can call (250) 499-2388.

For more information on Community Living BC, contact their headquarters at 1-877-660-2522 or visit their website at www.communitylivingbc.ca.

School wants your bottles

SESS wants your recyclable bottles and cans. You can drop them off at the school by arranging a time with Mr. Slanzi at (250) 499-2727 extension 223.

These recyclables will be a source of funding for the grad class, band students and athletics programs. Go green and help your local stu-



What's a cake cutting ceremony without a cake cutting? Two participants in the new Keremeos Day Program get down to the business of making the official opening finally official.*



PSS Student of the Month for May is Helen Bibby. The Grade 10 student was nominated for her contribution to the CYC Youth Forum. Student of the Month is sponsored by PSS PAC. *

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Society hosts gala

Save the evening of June 19th, so that you can be one of the lucky people to enjoy a gala dinner and dance, hosted by the Princeton Performing Arts Society. The gala will take place in the beautiful RockRidge Canyon dining room and will feature an extensive buffet dinner, starting with punch and appetizers at 6:00 P.M.

After dinner, there will be dancing to the cool sounds of jazz pianist, Hugh Parsons. Hugh is coming down from Kelowna, with friends to supply some unforgettable music for the gala.

During the evening, there will be multiple door prizes drawn, and chances to bid on great prizes in the silent auction. Some prizes include: an overnight stay at the Penticton Lakeside Resort, 2 passes for a ride on the Kettle Valley Steam Railroad, gift certificates to The Branding Iron Restaurant, two rounds of golf and dinner at the Princeton Golf Course, passes for the driving range at Doc's Golf, two rounds of golf, carts and take home souvenirs (hats, tees, etc.) from Skaha Meadows golf course, a large order of Dawn's delicious bread from Princeton Bakery, a big commercial bucket of ice cream, courtesy of The Hut, paintball Penticton and many, many more Princeton, B.C. VOX 1WO.

exciting prizes thanks to the generosity of local and regional businesses.

The gala is a fundraiser to help outfit and furbish the new community theatre that is being built at Riverside Wellness Centre. Tickets are \$50.00 and can be purchased at The Spotlight or News Leader offices. Tickets must be purchased in advance.

Some lucky person will get to win two tickets. We will be selling chances to win two tickets to the gala in the foyer before and after the performances of Angels in Love. Tickets for this raffle may be purchased from members of the Princeton Performing Arts Society

It promises to be a fun and entertaining evening that supports a good cause.

The gala dinner and dance is being organized and carried out by the Princeton Performing Arts Society under the leadership of Esther Donovan, and committee members; Barb Fraser, Sylvia Bailey, Annette Dixon, Josh Herzog, Susan Kerr Herzog.

To contact the Princeton Performing Arts Society, phone (250) 295-7927, or e-mail PrincetonPerformingArts@gmail.c games from Action Adventure in om or write PO Box 596,

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How will you spend your \$100?

Starting in late June, British Columbians will receive a Climate Action Dividend of \$100. Together with new cuts to personal and business taxes and over \$1 billion in climate action initiatives, the dividend is intended to help people make climate friendly choices. By making smart choices with your \$100 dividend on everyday purchases like energy-efficient light bulbs, or shopping locally for produce, your decisions can make a big difference.

To learn more about the dividend and other climate smart measures, visit smartchoicesbc.ca or call 1-877-387-3332.



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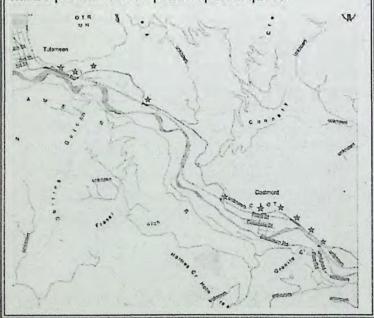
Notice of Intention to Apply for a Disposition of Crown Land

Take notice that FortisBC Inc. of Westbank, BC intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a Right-of-Way for Utility purposes covering Block B, District Lot 128, Former part of District Lot 181, unsurveyed Crown Land in District Lot 749, part of District Lot 151, part of District Lot 99, Lot A, District Lot 378 Plan 9184, part of District Lot 360 on Plan CG115, part of District Lot 281 all of Yale Division Yale District situated on Provincial Crown land located in the vicinity of Tulameen and Coalmont.

The Lands File Number that has been established for this application is 3411822. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until June 9, 2008. ILMB may not be able to consider comments received after this date.

Please visit our website http://www.arfd.bc.ca/ApplicationPosting/index.js p -> Search -> Search by File Number: insert Lands File Number for more information.

Be advised that any response to this advertisement will be provided to be public upon request.



news leader health and lifestyle page

The season's hottest look: Glowing, springtime skin

(NC)-Spring's sunshine has finally chased away the winter blahs and like most Canadians, you just can't wait to get outside. You might be ready to resurface from winter hibernation, but is your skin? Wellknown Toronto makeup artist, Diana Carreiro has some easy tips for some skin spring cleaning.

Fake it 'til you make it. Just because your skin feels like it's recovering from winter, doesn't mean it has to look that way.

"A great way to fake a glowing springtime look is to add a lightweight highlighting cream to your daily makeup," suggests Diana. She recommends a soft cream colour if you're fair skinned or a pale golden colour if medium to dark skinned. Simply use your fingers to rub it along your cheekbones, brow bones - anywhere the sun would hit. And don't forget the eyes!

circles. To really make eyes pop, try experimenting with plumping mas-

The basics are your bible. The health of your skin depends on the way you take care of it.

"There are basic steps everyone should follow for healthy skin. Cleanse, exfoliate, moisturize and protect," says Diana. Always remove your makeup before bed and avoid drying bar soaps.

Opt for a gentle cleanser instead. Exfoliation is the step most people skip. You can exfoliate through microdermabrasion, chemical peels, retinoids or scrubs.

And always protect your skin from the sun's UV rays which can cause pre-mature wrinkles, rough skin and dangerous skin disorders. Use a minimum SPF of 15. To avoid the dry skin trap, Diana also suggests Diana suggests using a long-lasting using a light daily moisturizer with

under eye concealer to hide dark a hydrating night cream to address fine lines, thinning skin and repair elasticity.

Consider the Liquid Lift. Your regular skin routine may be good for daily care, but sometimes it's just not enough for the long-term. Nonsurgical procedures like Botox Cosmetic or facial fillers like Juvéderm are an easy way to soften wrinkles or plump up lost volume. Many people interested in maintaining healthy, youthful and naturallooking skin are opting to use these two products together in a 'Liquid Lift.'

The best part about it? No one will ever notice - it'll look like you just came back from vacation more refreshed.

"Many clients ask me about nonsurgical procedures, and I always suggest booking a consultation with their doctor to discuss their options," says Diana. - News Canada

How the Mediterranean diet can support a healthy lifestyle and a healthy heart

(NC)-The Mediterranean diet originated in countries like Italy and Greece and includes foods such as whole grains, fruits, vegetables, nuts, fish and, of course, olives. The benefits of olive oil and the Mediterranean diet have been the focus of several scientific studies proving its benefit.

The Journal of American Medical Association (JAMA) published two major studies showing the benefits of a Mediterranean-style diet. The first study included 1,507 healthy men and 832 women, in 11 European countries. The study concluded that individuals between the ages of 70 and 90 that adhered to a Mediterranean-type diet and led a healthy life had a more than 50 percent lower death rate than those that did not.

The second study demonstrated that a Mediterranean-style diet had beneficial effects on the metabolical syndrome characterized by obesity, high blood pressure and increased blood sugar. These results are powerful proof that a healthy lifestyle can work wonders.

Some of the essential ingredients included in the Mediterranean diet have been incorporated into a heart health product called Omega-3 Heart supplement created by Jamieson Laboratories. Omega-3 Heart is a purified fish oil supplement significantly enhanced by the

Princeton Posse 2006/07 The DVD Only \$19.99

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addition of Oleaselect, a unique olive fruit extract. Both fish and olive are important foods in the Mediterranean diet.

Exclusive to Jamieson, Oleaselect is a patented extract of olive pulp derived from an Italian variety of olive, selected because of its unusually robust content of potent polyphenols (antioxidants).

Oleaselect provides natural antioxidants that help fight bad cholesterol and support cardiovascular health.

"Eighty percent of Canadians have at least one risk factor of heart disease and almost ten million Canadians have high cholesterol levels, making Jamieson Omega-3 Heart a must-have addition to their efforts to attain good heart health," said Jillian McLaren, Marketing Manager, Jamieson Laboratories. "The addition of the Oleaselect www.jamiesonvitamins.com.

extract is an especially important ingredient, particularly given the key role of the olive in the Mediterranean diet, an increasingly popular style of eating amongst North Americans that has been linked to longer life, less heart disease and protection against some cancers."

Oleaselect is manufactured by Indena, a leading supplier of botanical extracts with more than 80 years of experience in manufacturing pharmaceutical grade botani-

Oleaselect is exclusive to Jamieson Vitamins and is included in its Omega-3 Heart supplement available at Canadian pharmacies and retailers.

More information about this Omega-3 Heart is available at

living past 100

Fight herpes with food

Herpes is an annoying virus which causes cold sores and sties. Anyone who has the herpes virus will tell you how awful it is. Worse still, there is no cure for it. You can prevent outbreaks, to some extent, by eating foods rich in an amino acid called lysine.

Foods rich in lysine include baked beans, eggs, and cheese. Pork is especially rich in lysine. One loin chop provides 2,000 milligrams of lysine. Milk contains a lot of lysine, so all milk products help prevent herpes out-

There are foods the herpes virus uses to build its own cells, and these are foods you should avoid. Herpes uses another amino acid called arginine to strengthen itself and to multiply. If you want to prevent herpes outbreaks, you need to avoid foods rich in arginine. These foods include chocolate,

Vitamin C is a great virus fighter, so preventing cold sores and sties should include a diet rich in Vitamin C and bioflavinoids. This can be achieved by following the new food guidelines: more fruit and vegetables in your diet. Foods rich in Vitamin C include strawberries, oranges, broccoli and sweet

Warning: If you have a herpes outbreak, keep it to yourself. Do not share your towels with anyone, and avoid close contact with others until the out-



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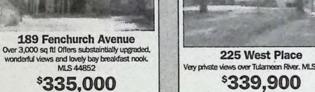




















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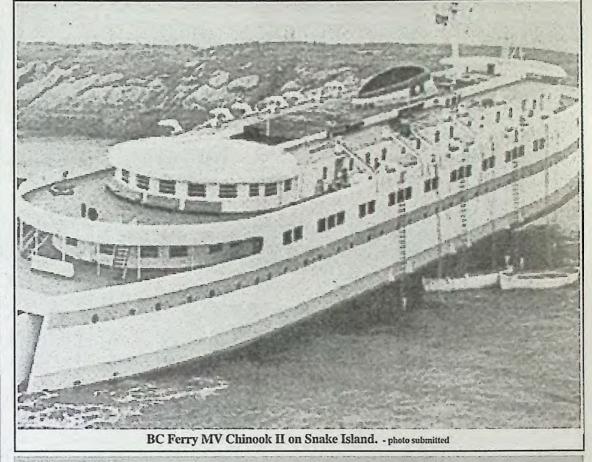
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BG50 YEARS

The Beginnings of BC Ferries INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

As far back as 1867 a system of railway bridges had been envisaged as a solution to the transport problems of British Columbia's offshore islands. A water crossing had been proposed for the north end of Vancouver Island where bridges could be built. This plan did not materialize since the rough terrain dictated a more southerly mainland rail route, so that before the advent of rail travel the islands were

entirely dependent on marine trans-

Incorporated in 1889, The Union Steamship Company of British Columbia Ltd. served the coast extensively until the mid 1950's. Together with the Black Ball Line and the Canadian Pacific Railway's Coastal Steamship Service, the Union served the needs of the Province without major upset until the acceleration of post second world war development. The main services to Vancouver Island were then reliant on miniature ocean liners, which became inadequate with the swelling demand for transport of highway vehicles.

The early 1950's saw Union Steamship expand its cargo fleet, but for a number of reasons started losing long-haul passenger traffic and in 1956 Black Ball displaced the Company to serve Bowen Island. Negotiations to increase federal subsidies on Union's routes failed and the Company decided to discontinue passenger services. Their cargo services continued until 1959 when Company assets were sold to competitor Northland Navigation.

Black Ball and Canadian Pacific's ferry services were also in difficulty. In 1958 both Companies' employees struck for more pay. The BC cabinet invoked the Civil Defence Act which allowed the Province to take possession of and use the property and undertakings of Black Ball for such periods as might appear necessary. As Canadian Pacific's services were under the jurisdiction of the Federal Government in their case it was decided not to intervene.

Black Ball employees struck again and ignored an injunction to return to work. Furthermore, in 1959 Canadian Pacific withdrew its night steamers on the Vancouver/Victoria run and reduced its winter service.

The Provincial government then decided that a reliable and regular service needed to be created so on July 18th, 1958, Premier Bennett announced the government's intention of creating a ferry service. The first two ferries, M.V. Sidney and M.V. Tsawwassen were built and launched by the end of 1959. Construction also began on the terminals at Tsawwassen (including a 3 kilometre causeway into deep water) and Swartz Bay.

BC Ferries began transporting vehicles and passengers between Swartz Bay and Tsawwassen on June 15th, 1960. The fleet and service grew with the purchase of four ferries and assets of Gulf Island Ferries for approximately \$250,000 in September of 1961. In November of that year, Black Ball Ferries was bought by the Government for just under seven million dollars and the ships and terminals were turned over to BC Ferries.

Shortly after Black Ball turned their ships over, it is reported in the BC Ferries Archives the two things that don't mix are fog and the lack of radar! Black Ball had previously leased the radar unit for their ship the Chinook II so when BC Ferries refused to make the payment the leasing company removed it. Travelling, minus the radar, in thick fog her Captain mistook how close to land she was and approaching Nanaimo ran the vessel up onto Snake Island. A few cars were slightly damaged, no one was hurt and the Chinook was floated off with minor damage at the next high tide.





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Former Princeton resident and 2003 Bridge Grad Lyndsy Schwarz has just completed her Legal Administrative Assistant Course at CDI College. She received her CDI College 'Diploma with Honours' on April 29th and will attend her Graduation Ceremony in October. Congratulations, Lyndsy from all your friends and family! - photo submitted

rancher becomes IAF director

The Investment Agriculture Foundation of B.C. (IAF) welcomes three new directors to its Board. Marcel Cloutier, Irmi Critcher, and Ernie Willis were appointed following the April 15th annual general meeting.

"The calibre of nominees put forward by the B.C. agriculture industry is exceptionally high," said outgoing IAF board chair Bert Miles. That assessment is echoed by Rhonda Driediger, chair of the industry members group that makes appointments to the IAF board.

"We have full confidence in this complement of directors to provide strong input, expertise and representation to the board," said Driediger.

Marcel Cloutier represents emerging sectors on the board. A parttime cattle rancher residing in Kamloops, he also works in farm equipment sales. Marcel is actively involved with First Nations issues, serving as president of the Association Nations Kamloops Region (2005), as director of the First Nations Agriculture Lending Association (2005), and as vice president of the Two River Métis Association (2003). He was the first cattleman in B.C. to introduce certified hormone-free beef for domestic consumption.

Irmi Critcher, who represents the grains, oilseeds and forage sector, is the past president of the B.C. Grain Producers Association (BCGPA). She has been on the BCGPA board for ten years, during which time she was active on numerous committees. Her past involvements include being a director of the B.C. Grain Industry Development Council and a member of the Peace River Regional Districts Wildlife Committee. Irmi and her husband Barry own and operate a 3,000-acre grain and oilseed farm near Taylor, B.C.

The beef cattle sector is represented by Ernie Willis, a third generation rancher in the Princeton area. His elected positions have included chair of the Domestic Agriculture Committee for the Canadian Cattlemens Association, president of the British Columbia Cattlemens Association, and director of the British Columbia Agricultural Council. He has also served on the Princeton Hospital Board, as chair of the Regional District of Okanagan Similkameen, and as president of the Princeton Chamber of Commerce. Ernie and his wife Lynn have three grown daughters.

"Our sincere thanks to departing directors Garnet Berge, Jens Larsen, and Bert Miles for their six years of service, the maximum allowed by IAF policy," said Rhonda Driediger.

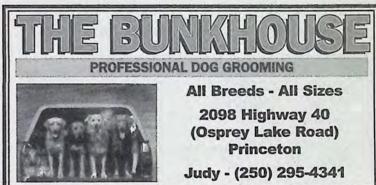
"They have all shown exemplary commitment and dedication to the industry."

Continuing Foundation directors are Debbie Aarts, John Berry (ex officio), Chris Byra, Tony DiMaria, Gay Hahn, Peter Levelton, Gerry McClintock, Gary Sandberg, and Harvey Sasaki (ex officio). Directors re-appointed for a further two-year term are Stuart Wilson, Derek Janzen and Bar Hayre. A new chair and executive committee will be announced later this month following the next board meeting. **Agriculture Foundation**

The Investment Agriculture Foundation of B.C. is a not-forprofit organization that manages and distributes federal and provincial funds in support of innovative projects to benefit the agriculture and agri-food industries in B.C. To learn more about the IAF and the funding programs it administers, please visit www.iafbc.com.

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The Princeton Healthy Harvest Box Committee would like to thank everyone who worked so hard to make the first Harvest Box distribution day a roaring success. Thank you also to our subscribers who demonstrated their faith in our project by prepaying as early as last March for the May distribution.

We would like to clarify that the content of all boxes was not the same, but that all had an equal value. We were not able to get everything that we ordered. Our supplier gave us the option of taking a cash credit on our order or accepting substitute high-quality organic produce.

We opted for the extra produce which was worth more than our cash credit would have been. This allowed us to pass that value on to our subscribers.

Originally we were going to have only 9 items in each box. In addition to those 9 original items, we also included organic oranges from California to make up for a smaller amount of red bell peppers than we had planned. The organic apples and pears we originally ordered were not available, and we had to substitute non-organic local apples and pears.

But to ensure that every box was extra rewarding, 1/3 of the boxes contained organic avocados, 1/3 of the boxes contained 1/2 lb organic asparagus from Keremeos, and 1/3 of the boxes contained organic sunchokes from Oliver. If you have any questions or comments, please contact the project coordinator at (250) 295-3941.

Thanks again to all who participated and we look forward to serving you again in June!

- submitted by Ann Hughes



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Dorothy's court report

By the time this is read I'm sure Spring will be here. Instead of cloudy, dull days demanding jackets and hats we will all be in summer clothes and complaining of the heat.

Vermilion Court residents have enjoyed another happy time - in fact several! We had The Oscars Hollywood Style with music supplied by Andrea and Dan. The ushers for this event were two handsome young men - David and Dan.

Each resident was escorted to the front where they were presented with a beautiful rose and a personal badge on a ribbon denoting their personal influence and/or help in the every day operation of our home. Not only the residents were

honoured in this manner but all staff and volunteers.

A very lovely gesture everyone appreciated - but this was not all! We had a beautiful cold plate supper followed by more music and singing such as No Business Like Show Business, Sentimental Journey, Singing In The Rain, and more. Then the Elvis Presley Impersonator and his music arrived to sing and entertain us. Elvis was none other than Darrell Tompkins of Tulameen and after his performance he donated a personal record to us and also went to each person shaking hands. He leaves shortly on a tour to perform for others. Good luck, Darrell!

- submitted by D. Stenvold

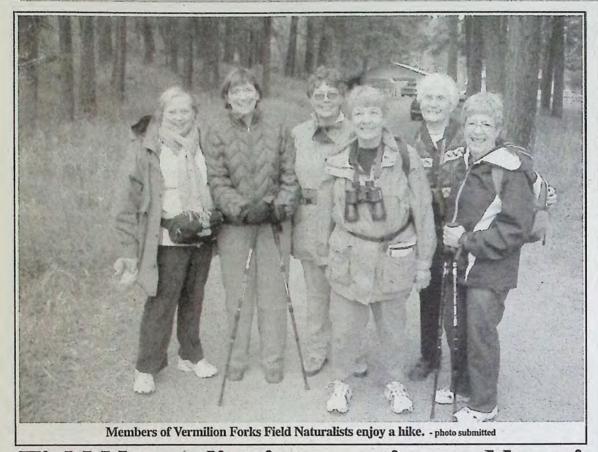
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weekly entertainment guide

TUESDAY, MAY 20, 2008 THROUGH MONDAY, MAY 26, 2008



Field Naturalists' stay active and busy!

Members of Vermilion Forks Field Naturalists took a pleasant Saturday morning ramble on benches behind the Middleton's home. There we viewed beautiful wild flowers such as spring beauties, shooting stars, purple water leaves, peppergrass, candy tuff, yellow, white and purple violets, wayside groundwell, and yellow bells.

We divided into two groups those who wanted a more moderate hike, and those that wanted an easy ramble. The picture above shows those of us who enjoyed an easy hike, viewing flowers along the way. Thanks to Janet and Peter, we were hosted with coffee and tea and goodies as we watched the caspian finches, and red wing blackbirds drawn to the many bird feeders they have. We all agreed it was a lovely morning, even if the weather was a bit cool.

Our next field trip is June 7th, a day out at AP Guest Ranch on Highway 5A featuring walking, birding and plant life.

Meet at the bus depot at 9:00 AM. Bring your bird and plant books. This day will include an easy moderate hike to a pond or on to Thalia Lake. Lunch can be available at the guest ranch, or bring your own. Susan will provide a dinner as well for for a fee (ask organizers for details). Andre plays fiddle, so bring instruments if you wish to participate and make a day of it. Contact Linda Neumann (250) 295-7013 if you are interested in this field trip.

Next on our calendar of events is: 'Wings On Their Fingers!' Saturday, May 24th 8:00 to 11:00 PM, meet at Riverside Wellness Centre. The public is invited to join biologist, Tanya Luszcz, on an evening of batting at the Castle Resort to introduce you to these amazing flying mammals.

The night begins with a short slide show, showcasing the diversity of bats in the Princeton area. If time permits, we'll play some batty games. Then, using the high-tech gear of the trade, you will become bat scientists as we attempt to capture foraging bats to view them up close.

Wear long pants and good shoes. Bring warm clothes, a flashlight /headlamp, something to sit on (blanket or camp chair), maybe a thermos of warm tea, and perhaps your mosquito repellent. -submitted

Birding the KVR

The day promised to be a warm spring day as seven members of the Vermilion Forks Field Naturalists set off on a birding expedition on May 8th.

While parking, a beautiful Mountain Bluebird landed on a bare branch giving its soft melodious call. Nearby the female flitted in and out of some clumps of grasses hunting bugs. We see them so often, but it is always a thrill to see the birds again looking like bits of blue sky.

As the group set off lots of wildflowers were seen, the Balsannroot were beginning to show their bright yellow flowers, Western Spring-beauty, Springgold, a few Yellowbells and the delicate Fringcups welcomed us to the trail.

In the trees some soft calls announced the presence of Pygmee Nuthatch, the 'wicka, wicka' calls of the Northern Flicker and other twitterings called attention to the birdlife. The weather tended to be variable and a brisk wind from the north urged us on.

The nest, used for many years by

a pair of Great-horned Owls was no longer to be found; no evidence of any rebuilding. These owls are masters of the taking over of nests from other species, usually Redtail

An unusual purple-flowered plant caught the groups attention, photographs were taken and it was later identified as a Dwarf Waterleaf, also known as Ball-head Waterleaf.

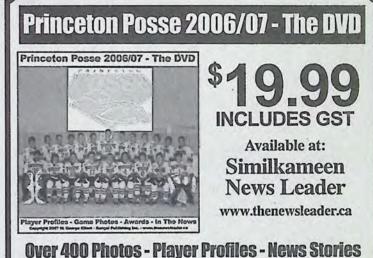
Large birds soaring overhead were identified as a Golden Eagle and a Redtail Hawk. Two smaller raptors examining holes in a dead tree were American Kestrels.

A stop at Wayne Lake which this year has a lot of water, yielded many other birds; Greenwinged, Blue-winged and Cinnamon Teal, a party of Ring-necked Ducks, a sprightly Ruddy Duck, Barrows Golden-eye and many Yellow-rumped Warblers were identified. A total of 23 bird species were checked off and another five heard but not seen. The variable weather did keep bird activity down somewhat.

- submitted by Madelon Schouten

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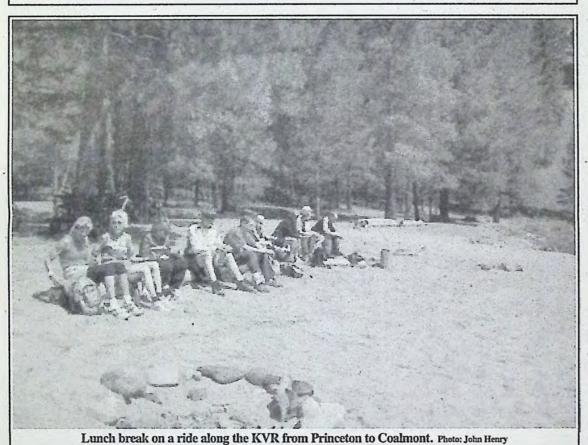
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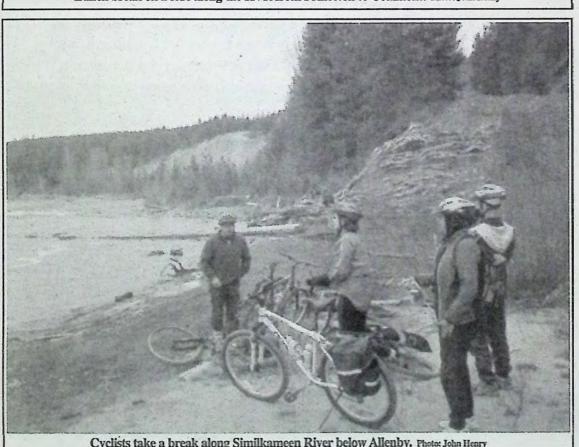
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Local bicyclists have been gathering the past few weekends for casual rides on area trails. Here's a group prior to a trip on the KVR between Princeton and Coalmont. The News Leader thanks John Henry for sharing these photos with us and reminding us it's time to get out and explore! Photo: John Henry





Cyclists take a break along Similkameen River below Allenby. Photo: John Henry

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Partners in Grime by Neil Anderson

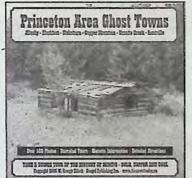
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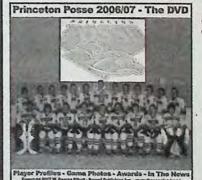
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5	PM :30	"Cellular"	News (N)	Bear E (5:35)	BBC World Business	News (N) NBC News	News (N) CBS News	The First 48	News ABC News	News (N) Global	(4:59) News (N) 🖽	Hockey: Eastern Conf. Final -	OddParent SpongeBob	NBA Basketball:	News (N)	How-Made How-Made	Suite Life Montana	Reaper "Cancun"	CS1: Crime Scn	ET Canad What
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WEDNESDAY, MAY 21, 2008

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	AM	Jeffersons	Room	(7:54) Hi-5	Curious -	swimsuit fashion. (N)		American Justice:	America (N)		100 Huntley Street @		Pokemon Flamingo	SportsCentr e @		How-Made	Weekend	The Tyra Banks Show	Disorderly Con.	North of "Birthrigh
0	AM	Sanford '	The Mom	Berenstain	Super Why! Dragon		The 700	Riot Cold Case Files [f]	Regis and Kelly	100 Huntley Street 🔃	World Vision 🕮		Timothy George S.	Off-Record Poker	Regis and Kelly	Daily Planet	Feet Tigger	News (N)	Disorderly Con.	ET Cana What
10	AM	Harvey		Franklin 📧			The Price Is Right (N)	CSI: Miami "Broken"	The View	World Vision	Room	Wilbor @		Billiards	The View		Mickey	Movie: "Miss	Most Amazing	Videos Grace
	AM	Cosby	Hones [#]	MANAGEMENT I	pe listical	140720 Y 15000	Young and the Restless	Crossing Jordan 🐯	The state of the state of	Past Lives	(10:59) News (N)	Doodlebop Martha Stewart	Care Bears	Preshow	eTalk @	Jetstream	Benj Bear	Castaway and the Island Girls"	Videos Most Amazing	The Nan
10	PM	Still Stnd	News (N)	History	Sit-Be Fit Charlie Rose (ff)	Show Paid Prog.	News (N)	Crossing Jordan (#)	Paid Prog. All My Children	House News (N)	Days of our Lives (N)	News @	Jacob Being Ian	UEFA Champions League		Building the Biggest		CityLine @	Videos Most Amazing	Frasier Seinfeld
12	- ALD)Q			Water Moving On		Paid Prog. Days of our Lives (N)	Bold & B. As the World	The Sopranos	(N) (E) One Life to Live (N)	As the World	As the World	CBC News: Today (N)	Grossology George S.	Soccer: Final	Bold & B. Sue Thomas:	MythBuster		Ellen DeGeneres	Videos Star Trek: Voyager (f)	Seinfeld Beverly Hills, 90
-	:30 PM	King	The Steve	Edge Entrada	Sewing WordWorld		Turns (N) Guiding	American	General	Turns (N) Guiding	Turns (N) Guiding	Dinner Steven and	Viva Pinata Ruby	Sports	F.B.Eye General	Deadliest	Emperor (1:48)	Show News @	Star Trek: Voyager [f]	Fresh Pr
2		King	Wilkos Show Christine	Landscape Blue's Clues	Lions Maya	Veggie Judge	Light (N) C Dr. Phil C	Justice: Riot Cold Case	Hospital (N)	Light (N) E Young and	Light (N) St Young and	Chris @	Flamingo Team	Interruptio Off-Record	Hospital (N)	How-Made	Weekend K. Possible	News (N)	CSI: Crime	Family (
3	:30	The state of the s	Design Judge J.	Dora	Arthur (EI)	Judge Judge J.	Oprah	Files E	Ray @	the Restless Oprah		Arrested TBA	Pokemon SpongeBob	Sports Hockey	Daily Show	How-Made Daily Planet	Replace Emperor	E Friends	Scn CSI: Crime	Vanity TV Mad
4	:30	Family Guy	Judge J.	A TABLE	Fetch! With BBC World	Judge J.	Winfrey (E) News (N)	"Broken"	Cops [tt]	Winfrey (E) News (N)	Global (4:59) News	NHL Hockey:	OddParent OddParent	UEFA Champ.	Colbert News (N)	(N) Really Big	Proud Suite Life	Hollywood Make Me a	Sen CSI: Crime	Ad Pers
5	:30	Bourne Supremacy"	Œ	(5:35)	Business	NBC News	CBS News	"Deadline"	ABC News	Global	(N) Œ	Western Conf. Final - - Stars at	SpongeBob	League Soccer	Œ	Things (N) Dirty Jobs	Montana Zoey 101	Supermodel Rock of	13-146,000,000,000	What Family (
6	:30		Ad Pers News	Heads Up Mechanics	News- Lehrer	News (N) Raymond	News (N) Hollywood	CSI: Miami "The Oath"	News	News (N)	ET Canada Entertain	Red Wings	Drake iCarly @	NBA Basketball: Western	Œ		Life Derek	Love	Unleashed	Seinfeld
7	:30	Frasier Seinfeld	E! News Jeopardy!	Lemur Undersen	Windsors- Royal	Jeopardy! Fortune	Friends Scrubs	CSI: Miami	The Insider	Entertain ET Canada	Movie: "Indiana Jones and	News 🖭	Malcolm Prank Ptrl	Conf. Final Game 1 Teams TBA	Criminal Minds "Lo- Fi"		Smart Guy	2Half Men 2Half Men	The Ultimate Fighter (N)	Seinfeld Frasier
8		Friends Friends	Movie: "Obituary" (2006) Josie	What the Ancients Did	Depression: Out of the Shadows	Law & Order "Tango"	Price Is Right	CSI: Miami "Rap Sheet"	Contract of the contract of	Movie: "Indiana Jones and	the Last Crusade" (1989) [E]	To Be Announced	Fries That? Monster	SportsCentr	American Idol The winner is	Daily Planet	Suite Life Sadie	News (N) (8:35) News	Ways Die Ways Die	Family Married
9	PM :30	Movie: "The Bourne Supremacy"		Surveillance	Pr. Strand Control of	Law & Order "Betrayal"	Criminal Minds "Lo- Fi"	CSI: Miami "Deadline"	Home; Cabin Fever'	the Last Crusade" (1989) [6]	Family Guy	To Be Announced	Futurama Shadow	Boxing:	announced.	MythBuster s @	Montana Life Derek	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld
10	PM	(2004) Matt	Stunt Stars	In Korea	Secrets of the Dead	Law & Order (N)	CSI: NY "Hostage"	CSI: Miami "The Oath"		Family Guy	News Hour Final (N)	National	Falcon Beach 🖭	Wednesday Night Fights.	CSI: NY "Hostage" (N)	Really Big Things	School Cory	(10:06) Movie: "Peter Pan"	Star Trek: Voyager (E)	Married Fresh P
11	PM	Frasier	News (N) Guy Stuff	Celia Franca	Charlie Rose (N) (E)	News (N)	News (N)	CSI: Minmi		News (N)	Entertain ET Canada	(11:05) The Hour (E)	Mystery Ghost	SportsCentr e (Live) [ff]		Mayday	Suite Life Life Derek	(2003) Jason Isaacs. 個	Bullrun 🖭	Frasier The Nar

Horoscopes

May 21 - 28, 2008

Aries - Going places, doing things with others, communicating, spending time with siblings: these are activities which will bring pleasure this week. Health comes from activities.

Taurus - This is a good time to focus on gaining money and/or possessions. You could receive gifts, or a windfall of some kind. Action is centered around home, property, and parents or elders.

Gemini - You feel good these days, and this weekend should be a time to spruce up your appearance and your wardrobe. Too much fun could be bad: everything in moderation!

Cancer - You may have money problems, but they may not bother you as you seem to be so pleased with your life overall. Watch out for misunderstandings this weekend: be concise.

Leo - Do some planning this week for events, or a vacation or a project that will satisfy your ego needs. Be charming while in groups of people as you tend to come on too strong.

Virgo - Focus on career and doing it well for rewards. You may have things that worry you, and you may have some health issues. Keep your feelings to yourself. Avoid foot in mouth.

Libra - The urge to roam is very strong now. You see travel as a route to spiritual enlightenment. This is a delusion. What you need to do is some planning or a new social group.

Scorpio - Career and home keep you on your toes. Action is focused around both. Good luck comes from inheritance, money paid to you, or an investment dividend. Pace is fast.

Sagittarius - Interaction with partner and friends is full of pleasure. You could enjoy romance! Home life carries surprises. Watch out for sudden changes in plans. No laziness!

Capricorn - Work can be fun this week, but it could be hectic. Watch out for errors. Plans you make now at your workplace will have to be changed or delayed. Health is good if active.

Aquarius - Interaction with others is very important at this time, but do stand your ground. Have fun with younger people. Enjoy activities just for fun. Be creative, artistic.

Pisces - Your focus is on home, family, real property, and enjoying all of these. Activities at home bring a lot of pleasure. Job is hectic, may be upsetting at times. Guard health and fitness.

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 neets 2nd Monday, 12:15 Hospital

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

Southern Cruisers Similkameen Chapter #53 meets for rides every

Rocklin Avenue.

Thursday night.
• Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
• Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in GSAR Hall,

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

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

Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.

Legion Ladies Aux., second Tuesday each month, 7:00 PM, Legion.

thursday movies

MORNING

10:00 am CITY 29 ***"Solaris"
(2002, Science Fiction) George
Clooney. A widowed psychologist
arrives at a space station to investigate the unexplained behavior of a group of scientists.

9:00 pm WTBS 3 ** **Out for Justice" (1991, Action) Steven Seagal. A Brooklyn policeman tries to kill his partner's killer and anyone else who gets in his way. 65 KNOW 5 "Obachan's Garden" One woman's incredible endurance and spirit.

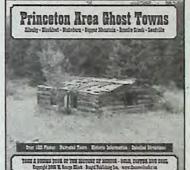
10:06 pm CITY 29 ***Solaris" (2002, Science Fiction) George

Clooney. A widowed psychologist arrives at a space station to investi-gate the unexplained behavior of a

gate the unexplained behavior of a group of scientists.

11:30 pm WTBS ③ ★ *Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade aver-

Princeton Area Ghost Towns - The DVD



INCLUDES GST

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www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

friday movies

MORNING

10:00 am CITY ② ★★%"Robin Hood: Men In Tights" (1993, Comedy) Cary Elwes. The Sherwood Forest archer leads his melting pot of outlaws against Prince John and the Sheriff of Rottingham. ☑

7:00 pm CITV 12 ***"Ice Age" (2002, Comedy) Voices of Ray Romano. Premiere. Animated. A woolly mammoth, a saber-toothed tiger and a sloth find a human baby and try to reunite him with his tribe.

for boys, then the body disappears. 9:01 pm FAM 26 ** "Address Unknown" (1997, Mystery) Kyle Howard. A boy suspects his father's death was no accident after receiving a letter from him dated 10 years ago.

10:06 pm CITY 29 "Sex House 6" (2004, Adult) Beverly Lynne. Roommates have a variety of erotic

encounters.

10:30 pm FAM 26 * *"The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote havour [63]

hew Orleans house on a remote bayou.

11:30 pm WTBS ③ ★★½"The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill.

Cranberry Mint Sparkler

Similkameen News Leader

Recipe Corner (Recipe #220)

Brought To You By: Similkameen News Leader

- 1 1/2 cups (375 mL) lightly packed fresh mint leaves, washed and dried
- 3 lemons (approx.)
- 1/3 cup (75 mL) liquid honey
- -1 bottle (1.89 L) Ocean Spray 100 % Juice Blend-Cranberry
- -2 cups (500 mL) sparkling water fresh mint for garnish

Place mint leaves in a large pitcher. Juice two of the lemons; measure 1/3 cup (75 mL) juice. Thinly slice the remaining lemon and reserve. Add the lemon juice and honey to the pitcher.

Use a mojito muddler or small wooden spoon to mash the leaves until fragrant. Pour in the cranberry juice blend and sparkling water. Strain or pour mixture into ice filled glasses. Garnish with additional fresh mint and a reserved lemon slice. Serve immediately. Makes 8 servings.

Per Serving: Calories: 158, Protein: 0 g, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 g, Carbohydrate: 41 g, Fibre: 0 g, Sodium: 66 mg, Potassium: 11 mg

For more recipes and tips on healthy living, visit www.oceanspray.ca.

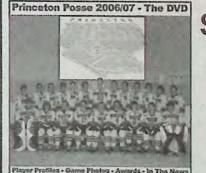
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Princeton Posse 2006/07 - The DVD



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Over 400 Photos - Player Profiles - News Stories

THURSDAY, MAY 22, 2008

6 :3 7 :3 8 :3 9 :3 0 :3	Temptation Temptation M Jeffersons Jeffersons M Sauford	2nd Chnce Body	Ball (E) George S. Clifford Dora (7:54) Hi-5 Magic Bus Berenstain (9:34)	Caillou (EI) Thomas Barney Arthur (EI) Curious Clifford Super Why!	Today Bill Bellamy; baby gear; sunglasses;	News (N) The Early Show (N)	Crossing Jordan [2] The Sopranos	(5:00) News	(5:30) News (N) (E)	(4:30) News (N) 🖭		Erky Perky	Consts Contre		Ph 15 PH	**		(i. m. 1	
7 AAA 8 AAA 9 AAA 9 AAA 0 AAA 9 AAA	M Temptation Temptation Temptation M Jeffersons Jeffersons M Sauford Sauford Harvey	Past Lives Room That News The Mom Show Parties.	Clifford Dora (7:54) Hi-5 Magic Bus Berenstain	Barney Arthur (EI) Curious Clifford	Bellamy; baby gear; sunglasses;	Show (N)		Good			Morning	Viva Pinata		Canada AM	1-0-1		The second secon	Star Trek: Voyager @	F/X: The Series [E]
8 :3 9 :3 0 :3	Jeffersons Jeffersons M Sanford O Sanford M Harvey	Room That News The Mom Show Parties.	(7:54) Hi-5 Magic Bus Berenstain	Curious	baby gear; sunglasses;			Morning			(N) Golrette	Grossology	SportsCentr			K. Possible	CityLine [6]	V.J.P. "Val's on First"	Due South
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9 :3 0 Al 0 :3	Sanford M Harvey	Show Parties.		INTERNET LUISION	Peters. (N)	The 700	Justice Cold Case	Regis and	100 Huntley	Street [E]	Busytown	Flamingo	e 🕮			Lloyd	Banks Show		(ii)
0 :3	The second second	Debbie		Dragon -	Cita	Club (E)	Files (E)	Kelly	Street 🕮	Vision "Voice"	Super Why! Gofrette	Timothy George S.	Golf: Senior PGA Championshi	Kelly	Daily Planet		News (N)	Disorderly Con.	ET Canad What
Sugar (A)		Travis' Facelift	Franklin (E)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Breathless"	The View (N) [E]	World Vision	Room	Wilbur (ff)	Erky Perky Jane	p First Round.	The View	Things	Comitor	"Solaris"	V.I.P. "Val's on First"	Videos Grace
	M Coshy	Clean House @		Big World	Ellen DeGeneres	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Care Bears		eTalk (ff)		Benj Bear	(2002) George Clooney. @	Disorderly Con.	The Nann
:3 PA	O Coshy M Still Stnd	News (N)	Pancakes History	Sit-Be Fit Charlie	Show Paid Prog.	News (N)	Crossing	Paid Prog.	House News (N)	Days of our	News (6)	Jacob Being Ian	Bowling	Instant Degrassi	Megabuilde	(11:25) Amg	CityLine [6]		Frasier Seinfeld
2 :3		Birth	Scattering	Rose 📧	Paid Prog.	Bold & B.	Jordan 📵	Children (N) (E)	(1)	Lives (N)	CBC News: Today (N)	Grossology		Bold & B.	rs @	Weekend		Amazing Videos	Seinfeld
	M Fresh Pr.	Design Home	Planet By Design	Simply Quilting	Days of our Lives (N)	As the World Turns (N)	The Sopranos	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Dinner	George S. Viva Pinata	Billiards	Sue Thomas: F.B.Eye		Emperor	T-120-110-110-110-110-110-110-110-110-110	Star Trek: Voyager [ff]	Beverly Hills, 902
	M King King	The Steve Wilkos	Avventura Undersea	WordWorld Lions	Millionaire Penguins	Guiding Light (N)	American Justice	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris (tt)	Ruby	Euro 2008 Interruptio				News (E)	Star Trek: Voyager [6]	Fresh Pr
PI	M Friends O Seinfeld	Show Christine Design	Blue's Clues	Maya Arthur (El)	Judge	Dr. Phil (ii)	Cold Case Files (E)	Rachael Ray @	Young and the Restless	Young and the Restless	Frasier	Team	Off-Record	100000	How-Made	K. Possible	Charles and April 1	CSI: Crime Sen	Inside Bo
	M MLB	Judge J.	Dora	Cyberchas	Judge J.	Oprah	CSI: Miami	Inside	Oprah	(3:59) News	Arrested TBA	Pokemon SpongeBob	Sports Hockey		How-Made Daily Planet	Replace Emperor			Vanity
4 :3	LICH LOUK	Judge J.	(4:35) Little Bear (E)	Con and the street		Winfrey @	"Breathless"	Cops 🖽 .	Winfrey 🔃	Global	NHL Hockey:	OddParent	Tysons Hits				Hollywood		Hollywoo
5 :3	M Mets at Atlanta Braves.	News (N)	(5:35)	BBC World Business	News (N) NBC News	News (N) CBS News	The First 48 "Memphis"		News (N) Global	(4:59) News (N) 🖫	Eastern Conf. Final -	OddParent SpongeBob	NBA	News (N)	Free Off	Suite Life Montana	Ugly Betty "Jump" (N)	CSI: Crime Sen	What
6 PM	M (Live)	Ad Pers News	Mentors Yin-Yang	News- Lehrer	News (N) Raymond	News (N) Hollywood	The First 48	News .	News (N)	ET Canada Entertain	- Flyers at Penguins	Drake Drake	Basketball: Eastern Conf. Final	News (N)	squid; sperm		The Bachelorett	TNA iMPACT!	Family G
_ PI	M Family Guy	El News	Profiles of Nature [E]	Health Matters	Jeopardy!	Friends	Crime 360	Entertain	Entertain	Deal or No	News (ff)	Malcolm	Game 2 -	So You	MythBuster	So Raven	Premiere)	(N) @	Seinfeld
- PA		Jeopardy! Cash	Big Ideas	New Tricks	Fortune Deal or No	Scrubs Big Bang	(N) © The First 48	The Insider	ET Canada Deal or No	Deal (N) Œ	TBA To Be	Prank Ptri Fries That?	A comment and	Think You Can Dance Auditions.	s (E) Daily Planet	Smart Guy	(N) (E) News (N)	The	Frasier Family C
8 :3	0 Frasier	Queens of Music	e2 🖽	@	Deal (N)	How I Met	E	"Jump" (N)	Deal (N) @	Last Comic Standing	Announced	Monster	Apple 12 (2011) 12 (2014) 10 (2014)	(N) (E	Secretary and the second	THE THE V	(9-25) Nove	Ultimate Fighter	Married
9 PI	for Justice"	Queens: Women of	Movie: "Obachan's Garden" (E)	Globe Trekker @	Last Comic	CSI: Crime Scn	The First 48	Grey's Anatomy "Freedom"	Last Comic	(N) (E)	To Be Announced	Futurama Shadow	Classic	Anatomy	Daily Planet	Montana Life Derek	Jimmy	84 Countdown	Seinfeld Seinfeld
0 PI	M Steven Sengal	Horror: True Story	Carden (E)	Normandie	Standing (N) (E)	(10:01) Without a	The First 48		Standing (N) @	News Hour Final (N)	National	Falcon Beach [6]	Soccer Poker Night (Taped)	A. 7 B. W. 2000	Face-Off	12.00 A.X.	Movie:	Most Amazing	Married Fresh Pr
PI PI	M Frasier	News (N)	In Korea	Charlie Rose (N) 🕮	News (N) Tonight	News (N) Late Show	Crime 360	News (11:35)	News (N)	Entertain ET Canada	(11:05) The Hour @	Mystery	SportsCentr e (Live) 🗷	News (N)	squid; sperm	Suite Life		Videos Bullrun 🖫	Frasier The Nan

	WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
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7 1	Temptation Temptation	16 20 - 1	Clifford Dora	Barney Arthur (EI)		The Early Show (N)	The Sopranos	Good Morning America (N)			Gofrette Curious	Grossology Team	SportsCentre		Shark Family 🖽	K. Possible (7:24)	CityLine @	Disorderly Con.	Due South "Say Amen
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AM	Sanford Sanford	The Mom Show @	Berenstain (9:34)	Super Why! Dragon		The 700 Club @	Cold Case Files 🖫	Regis and Kelly	100 Huntley Street @	World Vision	Super Why!	Timothy George S.	Golf: Senior PGA	Regis and Kelly	Daily Planet		News (N)	Disorderly Con.	ET Canada What
O AM	Harvey	Debbie Travis'	Franklin Bus safety.	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View	World Vision	Room	Wilbur (#)	Erky Perky	Championshi p Second Round.	The View	Birth of a Sports Car	Mickey	Movie: "Robin	Disorderly Con.	Videos
:30	Harvey	Facelift Clean	Rolie Polie	Big World	Ellen	Young and	Crossing	Paid Prog.	"Voice" Past Lives	House (10:59)	Doodlebop Martha	Jane Care Bears	(Live) (E	eTalk @	How Do	(10:31) Benj Bear	Hood: Men in Tights"	Disorderly	Grace The Nanny
PM	Cosby Still Stnd	House 🖽 News (N)	Pancakes Gregg	Sit-Be Fit Charlie	DeGeneres Show Paid Prog.	the Restless News (N)	Jordan (f)	Paid Prog.	House News (N)	News (N) EE Days of our	Stewart News [tt]	Dewitt Being Ian	Score Golf	Instant Degrassi	They Do It? MythBuster	(11:25) King	(1993) @ CityLine @	Con. Disorderly	Frasier Seinfeld
2 :30	Still Stnd	Birth	Edge	Rose 🖽	Paid Prog.	Bold & B.	Jordan 🖫	Children (N) 🖫	Œ	Lives (N)	CBC News: Today (N)	Grossology	Snowbrd	Bold & B.	s Œ	Weekend		Con.	Seinfeld
7	Fresh Pr. Fresh Pr.	Design Home	Animals Dotto Tech	Watercolor Scrapbook	Days of our Lives (N)	As the World Turns (N)	The Sopranos	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Dinner	George S. Viva Pinata	Billiards	Sue Thomas: F.B.Eye	Animal Face-Off Colossal	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager [#]	Beverly Hills, 9021
2	King King	The Steve Wilkos Show	Dotto Tech Animals	WordWorld Lions	Millionaire Millionaire	Guiding Light (N)	American Justice	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris &	Ruby Flamingo	In Corner Interruptio	General Hospital (N)	squid; sperm whale.	(1:48) Weekend	News @	Star Trek: Voyager @	Fresh Pr. Family Gu
63	Friends Seinfeld	Christine	Blue's Clues	20077	Judge Judge	Dr. Phil 🖭	Cold Case Files @	Rachael Ray Œ	Young and the Restless	Young and the Restless	Frasier Arrested	Team Pokemon	Off-Record Sports	Dr. Phil @		K. Possible Replace	News (N)	CSI: Crime Scn	Inside Box Vanity
PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (f)	CSI: Miami		Oprah Winfrey @	(3:59) News	12.0	SpongeBob	Hockey		Daily Planet (N)	Emperor	Friends	CSI: Crime Scn	
PM	MLB Baseball: Arizona	Judge J. News (N)	(4:35) Little Bear (6)	Biz Kid\$ BBC World	Judge J. News (N)	News (N)	CSI: Miami	Cops (E)	News (N)	Global (4:59) News	Teams to Be Announced.	OddParent OddParent	Boxing: Wednesday Night Fights.	Colbert News (N)	Worst -	Proud - Suite Life	Hollywood American	CSI: Crime	
5 :30 PM	Diamondbac ks at Atlanta	Ad Pers	(5:35) Fetch! With	Business News-	NBC News News (N)	CBS News News (N)	CSI: Miami	ABC News	Global News (N)	(N) (E) ET Canada		SpongeBob Prank Ptrl	NBA	News (N)	Handyman Bone	Montana Zoey 101		Scn UFC: The	What Family Guy
6 :30	Braves. (Live)	News E News	Creatures Emily of	Lehrer Wash Wk	Raymond Jeopardy!	Hollywood Friends	"Innocent" CSI: Miami	News	Entertain	Entertain Movie: "Ice		Endurance	Basketball: Western	(E)	Detectives A Haunting	Buzz Wizards		Final Chapter	Seinfeld
	Family Guy	GALLES CONT.	New Moon	McLaughlin		Scrubs	"Lost Son"	The Insider	ET Canada	Age" (2002) Voices of	TBA	Ghost Adrenaline	Conf. Final Game 2 — Teams TBA	eTalk [ff] Hollywood	Mary Vogel.	Movie:	Reaper "Cancun" (N)		Seinfeld Frasier
8 PM :30	Seinfeld Frasier	Extreme- Home	The Royal "Letting Go"	Foreign NOW	American Gladiators	Ghost Whisperer	The Sopranos	Grey's Anatomy "Freedom"	Movie: "Ice Age" (2002) Voices of	Ray Romano	To Be Announced	Naruto Avatar	SportsCentr	Ghost Whisperer	Daily Planet	d" (2001)	ACTION AND ADDRESS OF THE PERSON NAMED IN	84 Countdown	Family Guy Married
9 PM	"Diabolique"	True Hollywood	Hemingway Adventure	Bill Moyers Journal (N)		Moonlight	CSI: Miami		Ray Romano.	NUMB3RS "Traffie"	To Be Announced	Futurama Bleach	e (Live) 📧 Boxing:	Duel (tt	A Haunting Mary Vogel	Movie:	(9:06) Jimmy	Ways Die Ways Die	Seinfeld Seinfeld
.00	(1996) Sharon Stone. [6]	20/20 (E)	Cinema Asia "India"	Pioneers of Television		NUMB3RS "Traffic"	CSI: Miami "Innocent"	20/20 (6)	NUMB3RS "Traffie"	News Hour Final (N)	National	Death Note Gundam	Friday Night Fights. (ff)	To Be Announced	Bone Detectives	"Address Unknown" Movie: "The	Kimmel (10:06) Movie: "Sex	Game	Married
		V.	(N)				CSI: Minmi		News (N)	(11:03)	(11:05) The	Shadow		News (N)	Worst	Movie: "The Haunted	House 6"	Game	Fresh Pr.

Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

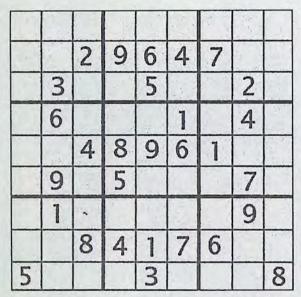
HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #91 - Rated Easy

5	7	X-5		7				3
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		4		8		3		
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		6		0 - N		2		
2				1		5	14.	8

CHALLENGE #92 - Rated Hard



THIS WEEK'S SOLUTIONS: Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

MORNING

6:00 am 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. (In Stereo) [£]

9:30 am WTBS 3 *%"Small
Soldlers" (1998, Action) Kirsten
Dunst. Faulty military microchips turn
children's action toys into a tiny but
lethal army. Live action/animatronics. [£]

10:00 am A&E [9] *"Sphere" (1998,
Science Fiction) Dustin Hoffman. A
psychologist, a biochemist, a mathematician and others investigate a
large golden sphere deep in the
ocean. [£]

11:30 am WTBS 3 **"Scary
Movie 3: Lord of the Brooms"
(2003, Comedy) Anna Faris. An
anchorwoman investigates rumors
about UFOs and a videotape that
leads to deaths.

AFTERNOON

AFTERNOON

12:00 pm FAM ② ★★%"Honey, I Blew Up the Kid" (1392, Comedy) Rick Moranis. The wacky inventor who shrunk the kids makes his 2-year-old boy the size of a Las Vegas casino. ⑤ SPIKE ④ ★★%"Heartbreak Ridge" (1986, War) Clint Eastwood. A veteran Marine sergeant keeps in touch with his ex-wife while beating a platoon into shape for Grenada. (In

platoon into shape for Grenada. (In

1:00 pm WTBS 3 *x"I Know What You Dld Last Summer" (1997, Horror) Jennifer Love Hewitt. A killer stalks North Carolina teens who disposed of an auto accident's

live victim. (E)
A&E 9
Resurrection" A&E (9) ** "Allen Resurrection" (1997, Science Fiction) Sigourney Weaver. Cloned Ellen Ripley and others aboard a spaceship battle rampaging aliens.

1:30 pm FAM 26 ** "The Rookie" (2002, Drama) Dennis Quaid. A high-school baseball coach makes it to the major leagues as a middle-aged relief pitcher.

3:00 pm A&E (9) ** * "The Last Boy Scout" (1991, Action) Bruce Willis. An ex-Secret Service agent plays private eye with an ex-quarter-

plays private eye with an ex-quarter-back on a case of sports gambling and murder.

Action) Tom Berenger. Hired to kill a suspected terrorist, a sniper learns his target is an old friend. (In Stereo)

6:00 pm WTBS 3 ***The
Others" (2001, Suspense) Nicole
Kidman. A devout woman with two
sunlight-sensitive children believes ghosts inhabit her darkened island

griosis initiabit her darkered island mansion.

A&E

A&E commando on board as a cook. [6]

EVENING

6:00 pm CITY 29 "The Perfect Nelghbor" (2005, Suspense) Perry King. Premiere. A sexual predator poses a threat to a couple whose

marriage is still reeling from a previous infidelity. (E) (DVS)
7:00 pm WTBS (3) ** *The
Door in the Floor" (2004, Drama)
Jeff Bridges. A children's author
seduces women when painting their

nude portraits, while his wife has an affair with a teen.

A&E ① ★★*"Under Siege" (1992, Action) Steven Seagal. Two military madmen hijack a nucleararmed Navy battleship with a SEAL commando on board as a cook.

8:00 pm CHBC ④ "My Fair Eddie" (2008, Romance-Comedy) Dean Cain. A magazine editor bets that she can transform a scruffy man into a handsorme, mannerly bachelor.

sne can transform a scrulity man into a handsome, mannerly bachelor. (E)
KSPS (6) ***"Bad Day at Black Rock" (1955, Crime Drama)
Spencer Tracy. A stranger incurs the wrath of racists when he arrives with a medal for a fallen Japanese-American war hero's family

wrath of racists when he arrives with a medal for a fallen Japanese-American war hero's family.

KREM [8] "Vinegar Hill" (2005, Drama) Mary-Louise Parker. A teacher discovers that her in-laws have a loveless marriage after she and her family are forced to move in with them. (In Stereo) [5]

VTV[2]"One Dead Indian" (2006, Docudrama) A man investigates the death of his brother, an American Indian protester gunned down by police in 1995. (In Stereo) [5] (DVS) 9:00 pm KNOW [5] "Midsomer Murders: Electric Vendetta" (2001, Mystery) John Nettles. An expert on UFOs assists two detectives in their investigation of a naked body found in a crop circle. [5]

A&E [9] *** "Under Siege" (1992, Action) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a cook. [6]

FAM [26] *** "Remember the Titans" (2000, Drama) Denzel Washington. Premiere. A Virginia high school hires a black football coach after undergoing integration in 1971. coach after undergoing integration in

sunday movies

MORNING

7:00 am A&E ① ***"Carrle"

(1976, Horror) Sissy Spacek. A social misfit with psychic powers wreaks havoc at her prom to get even with pranksters. (E)

9:00 am WTBS ③ **"Scary Movle 3: Lord of the Brooms"

(2003, Comedy) Anna Faris. An anchorwoman investigates rumors about UFOs and a videotape that leads to deaths.

leads to deaths.

A&E ② ★★¼"The Outsiders"
(1983, Drama) Matt Dillon. In 1960s Oklahoma a sensitive youth gets in over his head when his best friend

kills a member of a rival gang. (€)
10:30 am WTBS (3) ★%"I Know
What You Dld Last Summer"
(1997, Horror) Jennifer Love Hewitt.
A killer stalks North Carolina teens who disposed of an auto accident's

live victim.

11:00 am A&E

Thomas Crown Affalr" (1999, Suspense) Pierce Brosnan. A billionaire looking for new challenges attracts the attention of an investigator when a priceless Monet is stolen.

AFTERNOON

12:00 pm FAM ② "Jump Inl" (2007, Drama) Corbin Bleu. Premiere. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. [8]

12:30 pm WTBS ③

* "Dreamcatcher" (2003, Horror) Morgan Freeman. While staying at a cabin in the woods, telepathic friends confront aliens that are being hunted by the military. [8] by the military. (6)

client's health case stumbles on a cover-up of a contaminated water supply in a desert town.

1:30 pm FAM 26"Spymate" (2003, Comedy) Chris Potter. A former agent and his onetime chimpanzee partner reunite for a final mission to save the man's brilliant daughter from a villainous scientist.

from a villainous scientist.

3:00 pm WTBS ③ ★★*"The Others" (2001, Suspense) Nicole Kidman. A devout woman with two sunlight-sensitive children believes ghosts inhabit her darkened island massion.

vivezi "Prom Queen" (2004, Docudrama) Aaron Ashmore. Media and legal storms descend when a

gay teenager fights for the right to bring his boyfriend to the prom. (In Stereo) (E) (DVS)
4:00 pm YTV (B) "King of the Camp" (2008, Musical) Justin Stadnyk. A kitchen worker at a summer camp

kitchen worker at a summer camp competes in wakeboarding and tries to win the heart of a counselor. (In Stereo) (E) CITY (29) ** * "Casanova" (2005, Romance-Comedy) Heath Ledger. Premiere. With a reputation for seducing women, regardless of their marital status, the infamous rake discovers a beauty who appears to be impervious to his charms. (E) 5:00 pm WTBS (3) * %"Bless the Child" (2000, Suspense) Kim Basinger. A nurse learns her 6-year-old niece possesses special powers that evil people wish to harness. (E)

that evil people wish to harness. (E) CBC (13) ***A"An American Tail: Flevel Goes West" (1991,

Adventure) Voices of Phillip Glasser.
Animated. Little Fievel Mousekewitz
and family leave the Bronx for the
Old West. (In Stereo) ©
SPIKE 44) *** "Star Wars VI:
Return of the Jedi" (1983, Science
Fiction) Mark Hamill. Luke
Skywalker, now an experienced Jedi
knight, tries to discover Darth
Vader's identity. (In Stereo)

EVENING

6:00 pm YTV (18) ** *"Ferris Bueller's Day Off" (1986, Comedy) Matthew Broderick. A cool teen plays hooky in Chicago with his girl-friend, his buddy and the classic Ferrari of his buddy's father. (In Stereo) (18)

Stereo) (£2)
CITY (29) ** *"The Forgotten" (2004, Suspense) Julianne Moore. Grieving over the death of her son, a woman sets out to disprove her psychiatrist's shocking revelation that he never existed. (£6) (200 pm WTBS (3) *%"Bless the Child" (2000, Suspense) Kim Basinger. A nurse learns her 6-year-old niece possesses special powers

Basinger. A nurse learns her 6-yearold niece possesses special powers
that evil people wish to harness.

8:00 pm VTV 22 "Elijah" (2007,
Biography) Billy Merasty. Premiere.
Elijah Harper becomes an aboriginal
politician who changes the course of
Canadian history. (In Stereo)
SPIKE 44 ** **"Star Wars VI:
Return of the Jedi" (1983, Science
Fiction) Mark Hamill. Luke
Skywalker, now an experienced Jedi
knight, tries to discover Darth
Vader's Identity. (In Stereo)

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Eddie the Dalmatian invites you to sign up for his FREE Paws 'n' Claws Pet Photo Guide

SATURDAY, MAY 24, 2008

		WTBS	CHBC	KNOW	KSPS	КНО	KREM	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	TROP
	***	Build Bass	4	5	6	7	8	9	10	(11)	12	13	18	19	22	24	26	29	44	45
	-	Paid Prog.	News (N)		Animal	(5:00) Today (N) [E]	(5:00) The Early Show	Sell House	Good Morning	Fishing	Fishing	Super Why!	Flamingo	SportsCentr	OWLITY	What's That	Overdrive	About You	Movie: "Windtalkers	That News
		Paid Prog.	Body	Paddington			(N)	Sell House	America	Hunter	Fishn	Busytown	Viva Pinata	e Œ	Kingdom	About?	Rangers	Dharti	" (2002,	Paid Prog.
7	AM	Subaru	Design	Dora	MotorWeek	News (N)	Care Bears	Sell House	Good	News (N)	News (N)	Bo On Go	Pokemon	Fishing	Katie-Orbie	Bone	Yin Yang	Eye on Asia	War) Nicolas	Ellen (E)
-	:30	Paid Prog.	Design	Clifford	Animal		Strawberry	Sell House	Morning Northwest	Œ	(CE)	Pinky	Urban	Motoring	Kids	Detectives	(7:20) Pucca		Cage, Adam Beach. [5]	Mad Abt.
	AM	Videos	Let's Build	George S.	Field Guide		Cake [E]	Star Wars:	Saturday			Wilbur (6)	SpongeBob	Preview	Good	A Haunting	Suite Life	Polish	2444	Grace
8	:30	Videos	Whata	Magle Bus	Hometime		Horseland	Empire of Dreams (E)	Œ			Goldfish	OddParent	IndyCar	Morning Canada [6]	Mary Vogel.	(8:43) Zoey	Studio (E)		The Nanny
	AM	Videos	Foodies	(9:07)	Workshop		Sushi Pack	Dicions (iii)	So Raven	9	Driving TV	The Neville	Barnyard	Racing:	Canada (g)	How-Made	Cory	Bio.:	Hrsepwer	Seinfeld
9	:30	Movie:	Biker TV	Upside	Old House		Dino		So Raven		Fishing	Brothers	Phantom	Indianapolis 500		How-Made	So Raven	Dempsey	MuscleCar	Seinfeld
	AM	"Small Soldiers"	Bodies	(10:05)	Ask This	Jacob	Paid Prog.	Movie:	Montana	Fishn	Energy TV	Chilly	Thk		World	Mayday [ff]	Phii	CityLine [6]	Trucks! (N)	Family Guy
10	:30	(1998)	Paid Prog.	Little Bear	Test Kitch	Dragon (EI)	Paid Prog.	"Sphere"	Suite Life	Fishing	CEO TV	Chilly	Hawks		Vision		Wizards		Xtreme 4x4	
100000000000000000000000000000000000000	AM	Kirsten	E! News	Rolie Polie	Baking	Paid Prog.	Backroads	(1998) Dustin	Emperor	Fishing	Fishing	Count	Transform	Score Golf	PLAN	Deadliest	School	Leo Laporte		Frasier
		Dunst. "Scary	Daily 10	(11:36)	Gourmet	Paid Prog.	Paid Prog.	Hoffman,	Replace	Mining TV	Knockout	ITU	Legion		Canada (ff)	Catch (ff)	Suite Life	and ampoint	Ways Die	Frasier
	PM	Movie 3:		Macphee	Garden		PGA Tour	Sharon Stone, [6]	Paid Prog.	News (N)	Malcolm	Triathlon	Pokemon	Colf: Sanior	Daily Planet	Double Die	Movie:	Reviews	Movie:	Friends
1 M (C)		Lord Brooms"		Planet	Garden	PGA	Golf:	otone, gg	WNBA	PGA Tour	Seinfeld	World Cup	Yu Gi Oh	PGA	(E)	Things (6)	"Honey, I	Electric	"Heartbreak	Friends
lib and	2000	Movie: "I	Clean	Avventura	Antiques		Crowne Plaza	Movie:	Basketball:	Golf:	Seinfeld	(14) (15)	Fantaste 4	Championshi		***	Blew Up the	F F F F F	Ridge"	
1	.00	Know What	Money (77)	Entrada	Roadshow	Round.	Invitational -	"Alien	Storm at	Crowne		Distance		p Third Round.	Fantasy Lands [tt]	Worst Handyman	Kid"	Jack Nation Countdown	(1986, War) Clint	Beverly Hills, 90210
-	_	You Did Last	Clean	Pan Asia	mt t	(Live) 🖫	- Third	Resurrection	Silver Stars	Plaza Invitational -	Simpsons	Diving: Canada Cup	Shuriken	(Live) [E]			Movie: "The Rookie"		Eastwood,	7
2	PM	Summer"	House (ff)		Phoenix Mars		Round. (Live) [語]	"(1997) 🖫	******	- Third	Simpsons	- Synchro.			Car	Mayday [tt]	(2002)	Paid Prog.	Marsha Mason.	Deal or No Deal (N)
	:30	***	-	Pan Asia	Mission				NASCAR	Round. [6]	Simpsous	Œ	Urban		Animals		Dennis Quaid,	Paid Prog.		
3	PM	King	Tyra Banks: Hwd Story		Visions of England (ff)	Athlete	Paid Prog.	Movie: "The Last Boy	The State of State of	Simpsons	Family Guy	To Be Announced	Hawks	SportsCentre (Live) @	Shuffle [tt]	How-Made	Rachel	News (N)	84 Countdown	Family Guy
	:30	Seinfeld		Go Diego		Friend	Paid Prog.	Scout" "	Paid Prog.	Simpsons	Family Guy	, in the control	Hawks	C (22,10) (E)	Silution (III)	How-Made	Griffiths.	Speakers	Countdown	Family Guy
	0.000	Family Guy		Zoboomafo o "Bovine"	Europe	Penguins	Access Hollywood	(1991) Bruce Willis.	ABC News	Family Guy	Family Guy		Team Galaxy	Boxing:	Sue	What's That	Suite Life	Stargate	Movie:	Frasier
		Family Guy		o Bovine	Travels	Veggle	(N)	willis.	News (N)	Family Guy	Global		Defeat the	Friday Night Fights. (E)	Thomas: F.B.Eye	About?	Proud	Atlantis	"Sniper 3" (2004) Tom	Frasier
E	PM	Movie: "The Others"	News (N)	Miss BG	Summer	News (N)	News (N)	Movie:	NBA Count	Family Guy	(4:59) News		plant aliens.		First Story	Dirty Jobs	K. Possible	Murdoch	Berenger.	Friends
5		(2001)	Sports	George S.	Keep Up	NBC News	CBS News	"Under Siege"	NBA	Global	House		(N)	NBA	First Story	Œ	Montana	Mysteries	(E)	Friends
	PM	Nicole	That News	Lemur	Lawrence	News (N)	News (N)	(1992)	Basketball: Eastern	News (N)	Debt Trap	Sat. Report	Prank Ptrl	Basketball: Eastern	News (N)	Deadliest	Sadie	Movie: "The	84	Seinfeld
6	:30	Kidman. (6)	What	Gardens	Welk Show	Raymond	Scrubs	Steven Seagal. [6]	Conf. Final	Œ		TBA	Prank Ptrl	Conf. Final	(C)	Catch [6]	Flight 29	Perfect Neighbor"	Countdown	Seinfeld
_		Movie: "The	E News	National	May-Dec.	CSI: Miami	Cold Case	Movie:	Game 3 — Teams TBA	Debt Trap	Mutant X	To Be	Ghost	Game 3 Teams TBA	W-FIVE-	Angel	So Raven	(2005)	Disorderly	Family Guy
1	:30	Door in the Floor"	Fashion	Geographic	Benny	Œ	(E)	"Under Siege"	reams tox	-	Œ	Announced	Ghost	Teams TBA	S&M	Angel	(7:22) Zoey	Premiere.	Con.	Family Guy
	PM	(2004) 🖾	Movie: "My	Heartbeat	Movie: "Bad	To Be	Movie:	(1992)	Extreme	Mutant X	Andromeda	Movie	Mystery	Sports	Movie:	MythBuster	Life Derek	News (N)	TNA	That News
8	:30		Fair Eddie" (2008) Dean	圈	Day at Black		"Vinegar	Steven	Team:	Œ	Œ		Mystery	NASCAR	"One Dead	s Œ	Montana	Tree	iMPACT!	What
		Seinfeld	A CONTRACTOR OF THE PARTY OF TH	Movie:	Rock"		Hill" (2005) Mary-Louise	Seagal. [6] Movie:	Stories Edition	Andromeda	renegade		Adrenaline	Racing:	Indian" (2006) [@]	Dirty Jobs	Movie:	Movie:	Œ	Friends
9		King		"Midsomer	Great	Last Comic	Parker.	"Under"	The Insider	Œ	renegade		Adrenaline	Nationwide - - Carquest	(DVS)	(1)	"Remember	"Heist"		Friends
		In the Heat	True	Murders: Electric	Performanc	Standing	48 Hours	Siege" (1992)	Entertainm	renegade	News (N)	Movie	Mystery	Auto Parts	Comedy	Angel	the Titans"	(2001) Gene Hackman.	Movie:	Seinfeld
10	:30	of the Night	Hollywood	Vendetta"	es 📧	Œ	Mystery [Steven	ent Tonight	renegade	Driving TV	-	Mystery	300	Name of the last		Movie:	(tt	"Windtalkers	Seinfeld
E S		24 📳	Story The Soup	Mrs.	My Horo	News (N)	News	Seagal. [#]	Name			1	103,43.4	Country Country	Comedy	Angel	"Man of the	(44.45)	" (2002,	
11			E News	Pritchard	My Hero Roost		Without	"Under	News	News (N)	(11:02) J.R.		Ghost	SportsCentre (Live) [[]	100000000000000000000000000000000000000	Deadliest Catch @	House"	(11:15) "The Perfect	War) Nicolas Cage.	Deal or No
Talle !	:30		E Mena	*	Roost	Sat. Night	Without	Siege"	Paid Prog.	Sat. Night	Sat. Night		Ghost	The same	News (N)		(1995)	Neighbor"		

SUNDAY, MAY 25, 2008

	WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP
	Animal R.	Pioneers		Pocoyo	Company of the second	Paid Prog.	Private	Good	Is Written	Hunter	Nanalan'	Flamingo	Formula	Kingdom	3 PK 2 C PRINCIPLE TO REST	Overdrive	Mix TV	Trucks!	Let's Buil
6 :30	Ultimate	Taste	Paddington	SeeMore	(E)	Paid Prog.	Sessions (#)	Morning America	Fishful	Let's Build	Lunar Jim	Dewitt	One Racing	Kids.	rs Œ	Rangers		Trucks!	Paid Prog
_ AM	Stars	Design	Dora	Zula Patrol	News (N)	CBS News	Movie:	News (N)	Foodies	Canada	Doodlebop	LazyTown	Reporters	Good	Animal	Yin Yang	Eye on Asia	Hrsepwer	Ellen [60]
:30	Videos	Design	Clifford	Animalia	E	Sunday Morning	"Carrie" (1976) Sissy	EE	Canada	Is Written	Coronatn	Winx Club	Reporters	Morning Canada [#]	Face-Off Colossal	(7:20) Pucca		Hrsepwer	Mad Abt.
_ AM	Videos	Paid Prog.	George S.	Reading	Meet the	(N) (E)	Spacek. @		News (N)	TribalTrail	Coronatn	Ruby	Indy	Canada (S)	squid; sperm	Suite Life	Eye-Asia	MuscleCar	Grace
8 :30	Videos	Powerboat	Magic Bus	Mama	Press (N)	Nation			(E)	Marriage	Coronatn	Viva Pinata	Prerace		whale,	(8:43) Zoey	Festival	Trucks!	The Nam
_ AM	"Scary	Neighborho	(9:07)	Wishbone	Paid Prog.	Paid Prog.	Movie: "The	Indy		Hour of	Coronatn	Barnyard	IndyCar	PLAN	Funniest	Cory	Italiano di Johnny	Xtreme 4x4	Seinfeld
9 :30	Movie 3:	od	Upside	Coll Frm	Paid Prog.	Paid Prog.	Outsiders" (1983) Matt	Prerace	,	Power @	Coronatn	OddParent	Racing:	Canada 奪	Animals	So Raven	Lombardi	Trucks!	Seinfeld
	Lord Brooms"	Foodles	(10:05)	NW Profi	Paid Prog.	Backroads	Dillon. [5]	IndyCar	Driving TV	Listen Up	CBC News:	SpongeBob	Indianapolis 500. (Live)	Amnesty	Crocophiles	Phil	(In Italian)	Hrsepwer	Fresh Pr.
	Movie: "I	Marriage	Little Bear	European	CORR Off	Paid Prog.		Racing:	Listen Up	Foodies	Sunday (ff	Being Ian	Œ	Balance-TV	Œ	Wizards		Hrsepwer	Fresh Pr.
, AM	Know What	How Do I	Rolie Polie	Ride, Lives	Road Racing	Collegiate	Movie: "The	Indianapolis 500. (Live)	Hour of	Energy TV		iCarly [f]		Jeff	Animal	School	Paid Prog.	MuscleCar	Frasier
-	Last	Look? [E]	(11:36)	Trek	(Taped) (E)	Nationals	Thomas Crown	(E)	Power (#	Driving TV		Naked		Health	Face-Off	Suite Life	Role	Trucks!	Frasier
PM	Cummar	My	Mechanics	Health	Golf: Senior	(N) PGA Tour	Affair"		News (N)	PGA Tour	Marketple	Fries That?		Question	Colossal squid; sperm	Movie:	Battlestar	Xtreme 4x4	Friends
-	Movie:	Celebrity	(12:45)	Matters	PGA Championshi	Golf: Crowne	(1999) 🖭		PGA Tour	Golf:	Land Sea	Fries That?		Period @	whale.	"Jump In!"	Galactica	Disorderly	Friends
, PM	"Dreamcatch	Home (E)	Heads Up	Open Road	p Final	Plaza	Movie:		Golf:	Crowne Plaza	Steven and	15/Love		W-FIVE-	Dirty Jobs	(2007) Premiere.	World	Con.	The Sing
	er" (2003, Horror)	House 🖽	Heads Up		Round.	Invitational -	"Erin	Motorsports	Crowne	Invitational -	Chris 🔃	Holmes	Sports	S&M		Movie:	Poker Tour	Disorderly	Bee [tt]
PM	Morgan	Clean	Profiles of	All	(Live) 🖫	- Final Round.	Brockovich" (2000,	Explained	Invitational -	- Final Round.	Fashion	Mystery	NASCAR	Twice in a	How-Made	"Spymate"	Œ	Con.	Amne\$ia
2 :30	I recition.	House (E)	Nature	Creatures	-	(Live) (E	Drama) Julia	TBA	- Final Round. &	(Live) R	Antiques .	Ghost	Racing:	Lifetime [#	How-Made	(2003, Comedy)		Disorderly	(N) (E)
_ PM		Style Star	Dora	History	Paid Prog.	Paid Prog.	Roberts, Albert	This Week	Simpsons	Family Guy	Mansbridg	Adrenaline	Sprint Cup — Coca-Cola	Movie:	MythBuster	Lizzie	News (N)	Con.	You
3 :30	Others"	Style Star	Go Diego	Detectives	Jane	Paid Prog.	Finney. [4]	With	Simpsons	Family Guy		Prank Ptri	600. From	"Prom	s [#]	Cory	Chris	Disorderly	Smarter's
- PM	1(2001)	Sarah	Zoboomafo	Chronicles	CSI: Miami	Extra (N)	The First 48	George Matthews	Family Guy		TO THE STATE OF	Movie:	Lowe's Motor	Queen" (2004)	Mars: The	Suite Life	Movie:	Con.	Inside
4 :30	Kidman [66]		o Zoboo	Hometime	"10-7" 📵	(E)	Œ	Ebert	Family Guy	12475	Announced	"King of the	Speedway in	Aaron	Phoenix	Proud	"Casanova"	Wild World	Hollywoo
_ PM		Parker News (N)	wants to fly.	Workshop	News (N)	News (N)	The First 48	News	Family Guy	(4:59) News	Movie: "An	Camp" (2008,	Concord, N.C. (Live)	Ashmore. Sue	(Live)	K. Possible	(2005) Heath Ledger. [6]	Movie: "Star	Friends
5 :30	"Bless the	Okanagan	George S.	Old House	NBC News	CBS News	(E)	ABC News	Global	Mysteries	American	Musical) [6]		Thomas:		Montana		Wars VI:	Friends
	Child" (2000) Kim	That News	Emily of	Heartbeat	News (N)	News (N)	The First 48	News	News (N)	renegade	Tail: Fievel Goes West"	Movie:		FB.Eye News (N)	Mars Rising	Sadie	Movie: "The	Return of the Jedi" (1983)	TV Made
6 :30	Davinson	What	New Moon		Fortune		(E)	Your World	@	King of Hill		"Ferris		Œ		Flight 29	Forgotten"	Mark	Tube Tal
PM	Movie:	E News	National	Memorial	Dateline	60 Minutes	The First 48	Funniest	renegade	Brothers &	To Be	Bueller's Day Off"	-	CSI: Crime	MythBuster	So Raven	(2004) Julianne	Hamill.	What
7 :30	"Bless the	About Girl	Geographic	Day Concert	NBC (N)	(III)	(II)	Home Videos	King of Hill	Sisters [tt]	Announced	(1986) Matthew		Sen	s	(7:22) Zoey	Moore.		Coreys
_ PM	Cima	Extreme-	Rosemary	Concert		Cold Case	The First 48		Simpsons	Simpsons	Test the	Broderick.	SportsCentr	Movie:	Daily Planet	Life Derek	News (N)	Movie: "Star	That Nev
8 :30	Bacinger	Home	and Thyme	Price	-	(E)	Œ	Home	King of Hill	King of Hill	Nation: Sports (N)	Prank Ptri	e (Live) @	"Elijah" (2007) Billy		Montana	Party	Wars VI:	What
PIV		Psych [6]	New Tricks	American	Law &	Cold Case	The First 48	Desperate	Family Guy	All the second second	Shorra ((4)	Falcon	Golf: Senior		Phoenix	Movie:	World	Return of the Jedi" (1983)	Friends
9 :30	of the Minte		œ	Experience "Truman"	Order 🖭	Œ	6	Housewives	Amer Dad	Amer Dad	-	Beach [PGA	Premiere.	Odyssey 🔃		Poker Tour	Mark	Friends
PI		The Soup	Mrs.	(Part 1 of 2)	Law &	Shark (6)	The First 48	(10:02)	(10:02)	News (N)	CBC News:	Falcon	Championshi p Final	Law &	Mars Rising	Butler" (2005) [E]	(23)	Hamill.	Seinfeld
0 :30		Keep Up	Pritchard	(DVS)	Order: SVU		(E)	Brothers &	Brothers &	Can Files	Sun.	Beach [6]	Round.	Order: SVU		(10:31)			Seinfeld
. PN		News (N)	The Last		News (N)	News (N)	The First 48	Sisters (E) News	Sisters (E) News (N)	Popoff	News [tt]	Oracle	SportsCentr	News (N)	MythBuster	Movie:	Access	MXC (E)	You
1 :30		Okanagan	Detective	America	Paid Prog.	McCarver	(6)	Van Impe	House	Key-David	Doc Zone	Oracle	e (Live) @	News (N)		"High School	Hollywood	MXC (t)	Smarter?

MONDAY, MAY 26, 2008

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN (19)	VTV	DISC 24	FAM	CITY 29	SPIKE 44	TROP 45
_	-		News (N)	Bali [tt]	Caillou (El)		News (N)	CSI: Miami	Committee of the commit	(5:30) News				Tennis:	Canada AM					F/X: The
6	10000	All-Family All-Family	2nd Chnce	George S.	Bob Build	Rews (N)	News (N)	(CS): Whatmi	And the second second second second	(N) (E)	(N) (E)	Morning (N)	Viva Pinata	French Open Early	No. Act Control of Con	©	King (ff)			Series [#]
-7	AM	Temptation	Body	Clifford	Barney	Today The B-52s. (N)	The Early Show (N)	CSI: Miami	Good Morning	-		Gofrette	Grossology	Round Day 2. From		Daily Planet (N) (E)		CityLine (E)		Due South
1	:30	Temptation	Past Lives	Dora	Arthur (EI)	(H)	Œ	CEL	America (N)			Curious	Team	Paris. (Live)		(4.) [45]	(7:24)	3		
0	AM	Jeffersons	Room	(7:54) Hi-5	Curious		1	CSI: Miami	Œ		100 Huntley Street [f]	Bo On Go	Pokemon	Œ	3		Weekend	The Tyra Banks Show	CSI: Crime Sen	North of 60
8	:30	Jeffersons	That News	Magic Bus	Clifford		-	CH	1		Street RE	Busytown	Flamingo			How-Made	Lloyd			
0	AM	Sanford	The Mom Show [6]	Berenstain	Super Why!	7	The 700 Club @	CSI: Miami	Carlot Control of Control	100 Huntley Street @	World Vision (t)		Dewitt		Regis and Kelly	Daily Planet			CSI: Crime	Tube Tales
9	:30	Sanford	Show (G)	(9:34)	Dragon		Club (w)		Keny	Succe (M)	VISION (LE)	Gofrette	George S.		Keny		Tigger	City		What
	AM	Harvey	Debbie	Franklin	Sesame		har time applicable of the first time.	Part of the State	The View	World	Room	Wilbur [ff]	Erky Perky		The View	Mayday 🕮	Mickey		CSI: Crime	Videos
10	:30	Harvey	Travis' Facelift	Baseball. [60]	Street (EI)	×	Right (N)	Œ	(N) (EI	Vision @	House	Doodlebop	Jane		(N) (EI		Handy	Marry Ryan	Sen	Grace
	AM	Cosby	Clean	Rolie Polie	Big World	Ellen	Young and	CSI: Miami	Paid Prog.	Past Lives	(10:59)	Martha	Care Bears	Fishing	eTalk [ff]	Super Ships	Benj Bear	E-A 1000-00/2011	CSI: Crime	The Nanny
11	:30	Cosby	House [tt]	Pancakes	Sit-Be Fit	DeGeneres Show	the Restless	Œ	Paid Prog.	House	News (N)	Stewart	Jacob	Billiards	Instant	(E)	(11:25) King		Sen	Frasier
40		Still Stnd	News (ff)	History	Memorial	Paid Prog.	News (N)	CSI: Miami "Darkroom"	All My Children	News (N)	Days of our Lives (N)	News [cc]	Being Ian		Degrassi	Mean	(11:49)		CSI: Crime Sen	
12	:30	Still Stnd		History	Day Concert	Paid Prog.	Bold & B.	Darkioom	(N) (C)	[EE]	Lives (N)	CBC News:	Grossology	UEFA	Bold & B.	Mean	Weekend		o	Seinfeld
4	PM	Fresh Pr.	Design	Oh Baby!		Days of our	As the World	CSI: Miami	One Life to	As the World	As the World	Today (N)	George S.	Champs	Sue Thomas:	Extreme Engineering	Dragon	20 3 1 C C C C C C C C C C C C C C C C C C	CSI: Crime Scn	Beverly Hills, 90210
1	:30	Fresh Pr.	Home	"To Relate"	Sewing	Lives (N)	Turns (N)	(EE)	Live (N)	Turns (N)	Turns (N)	Dinner	Viva Pinata		F.B.Eye	Engineering	Emperor	Show	oca	11015, 20210
	PM	King	The Steve	Macphee	WordWorld	Millionaire	Guiding	CSI: Miami	General	Guiding	Guiding	Steven and	Ruby	Classic Soccer	General	How-Made	(1:48)		CSI: Crime	Fresh Pr.
2	:30	King	Wilkos	Macphee	Lions	Millionaire	Light (N)	Œ	Hospital (N)	Light (N)	Light (N)	Chris Œ	Flamingo	Euro 2008	Hospital (N)	How-Made	Weekend		Sen	Family Guy
	PM	Friends	Christine	Blue's Clues	The	Judge	Dr. Phil @	CSI: Miami	Rachael	Young and	Young and	Frasier	Hawks	Off-Record	Dr. Phil 🔃	Man vs.	K. Possible	7777		Inside Box
3	:30	Seinfeld	Design	Œ	WordGirl Marathon	Judge		Œ	Ray 🔃	the Restless	the Restless	Arrested	Pokemon	Sports		Wild @	Replace	Œ	Sen	Vanity
1/2	PM	Family Guy	Judge J.	Dora	(DVS)	Judge J.	Oprah	CSI: Miami	Inside	Oprah	(3:59) News	TBA	SpongeBob	Hockey	Friends	Daily Planet	Emperor	Friends	CSI: Crime	Tube Tales
4	0.00	Family Guy	The state of the state of the	(4:35) Little		Judge J.	Winfrey (4)	Œ	Cops [tt]	Winfrey [tt]	Global	Count	OddParent	Boxing	Frasier	(N) (E)	Proud	Hollywood	Sen	Tube Tales
_	100	Movie:	News (N)	Bear [t]	BBC World	News (N)	News (N)	CSI: Miami	News	News (N)	ACT SERVE LEVELS	To Be	OddParent		News (N)	MythBuster	Suite Life	American		ET Canada
5	:30	"Signs" (2002) Mel	œ	(5:35)	Business	NBC News	CBS News	Œ	ABC News	Global	(N) Œ	Announced	SpongeBob	NBA	(6)	s Œ	Montana	Gladiators (N) @	Sen	What
	PM	Gibson. @	Ad Pers	Skooled!	News-	News (N)	News (N)	Movie: "The	News	News (N)	ET Canada		Drake	Basketball: Eastern	News (N)	Dirty Jobs	Zoey 101			Family Guy
6	:30		News	renegade	Lehrer	Raymond	Hollywood	Andromeda Strain"	News	Œ	Entertain	1/	iCarly 🖭	Conf. Final	Œ	(f)	Life Derek	Entourage	Sen	Seinfeld
	PM	Frasier	E! News	Edge	Served	Jeopardy!	Friends	(2008)	Entertain	Entertain	Durham	News [tt]	Malcolm	Game 4 Teams TBA	eTalk 🔃	Worst	So Raven	Biography	CSI: Crime	Seinfeld
7	27/2016/05/21	Frasier	Jeopardy!	Wild	Wait God	Fortune	Scrubs		The Insider	ET Canada	County @	Red Green	Prank Ptrl		Degrassi	Handyman	Smart Guy	磘	Sen	Frasier
-	-1111	Seinfeld	Rules	Asahi	Antiques	American	Big Bang	Movie: "The	- 500 - 500 C	Bones (f)	Bones (tt)	To Be	Movie:	SportsCentr	Corner Gas	Daily Planet	Suite Life	News (N)	SCHOOL SERVICE STREET	Family Guy
8	:30	Cheers	How I Met	Baseball	Roadshow (N)	Gladiators (N) @	How I Met	Andromeda Strain"	Swap @			Announced	"Man of the House"	e (Live) 🖽	Robson	Œ	Sadie.	(8:35) News	Sen	Married
		Movie:	My Boys	Dragon	American		Two Men	(2008) 🔃	The	House	House		(2005)	Euro 2008	Criminal	Dirty Jobs	Montana	(9:06)	CSI: Crime	Seinfeld
9		"Signs" (2002) Mel	Rules	Songs	Experience "Truman"	Dateline	Rules		Bachelorett e (N) 🔃	"Resignation	"Resignation		Premiere.	EURO	Minds @	Œ	Life Derek	Jimmy Kimmel	Sen	Seinfeld
		Gibson. @	Paradise	Dragon	(DVS)	NBC @		Movie: 'The		Durham	News Hour	National	Falcon	Classic Soccer	CSI: Miami	Y-60,00,00 April 194	School	(10:06)	V.I.P.	Married
10	:30		Hotel 2	Songs [tt]			(E)	Andromeda Strain"		County (N)	Final (N)		Beach 🖽	UEFA	(E)	Handyman	Cory	Movie: "The Rundown"	"Franco in Love"	Fresh Pr.
	PM	Cheers	News (N)	Profiles of	Charlie	News (N)	News (N)	(2008) 🔃	News	News (N)	Entertain	(11:05) The	Mystery	SportsCentr	News (N)	MythBuster	Suite Life	(2003) The	CSI: Crime	Frasier
11	:30	"NightTrn"	Guy Stuff	Nature [tt]	Rose (N)	Tonight	Late Show		(11:35)	Œ	ET Canada	Hour [tt	Ghost	e (Live) [News (N)	s 🖫	Life Derek	Rock.	Sen	The Nanny

monday movies

MORNING

10:00 am CITY ② ★★"I Want to Marry Ryan Banks" (2004, Romance-Comedy) Jason Priestley. An actor and his manager fall for a beautiful contestant on a reality-television show. [65]

AFTERNOON

5:00 pm WTBS 3 ***"Signs" (2002, Suspense) Mel Gibson. With the help of his brother, a Pennsylvanian investigates the appearance of 500-foot-diameter circles in his crop fields.

EVENING

6:00 pm A&E* 9"The Andromeda Strain" (2008, Science Fiction) (Part 1 of 2) Benjamin Bratt. Premiere. A reporter uncovers a government conspiracy when a deadly pathogen from a U.S. satellite spreads through Utah.

8:00 pm A&E 9 "The Andromeda Strain" (2008, Science Fiction) (Part 1 of 2) Benjamin Bratt. A reporter uncovers a government conspiracy when a deadly pathogen from a U.S. satellite spreads through Utah.

© YTV 18 **Man of the House" (2005, Comedy) Tommy Lee Jones. Premiere. A tacitum Texas Ranger goes under cover as a coach to protect a group of college cheerleaders who witnessed a murder. (In Stereo) 19:00 pm WTBS 3 ** *"Signs" (2002, Suspense) Mel Gibson. With the help of his brother, a Pennsylvanian investigates the appearance of 500-foot-diameter circles in his crop fields. 10:00 pm A&E 9 "The Andromeda Strain" (2008, Science Fiction) (Part 1 of 2) Benjamin Bratt. A reporter uncovers a government conspiracy when a

ers a government conspiracy when a deadly pathogen from a U.S. satellite

spreads through Utah. (E)

10:06 pm CITY 29 ** * "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty

Hock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon.

11:30 pm WTBS 3 * "Night Train to Venice" (1993, Drama) Hugh Grant. Violent punks besiege a passenger train carrying the author of an expose on the European neo-Nazi movement.

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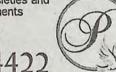
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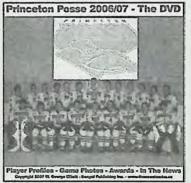
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	398	621	574
	654	987	312
	841	293	765
	976	548	231
	235	716	498

CHALLENGE #92 - Hard

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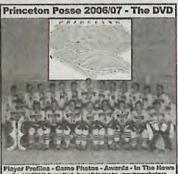
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my turn

Waddaya mean 'Over 60?'

I'm officially on a slo-pitch team.

It was the easiest try out I've ever attended. Basically, I showed up twice and now I'm part of the team.

I used to play slo-pitch twenty some years ago when I lived in Penticton and always enjoyed the casual approach where the score often didn't matter just as long as you were having a good time.

The team I'm on locally is called 'Over 60' which I find funny in itself as only a few of the regular team members are in that category. I think the team name actually reflects how much money is in the year-end party fund but I'm not going to force the issue. I'm just happy to be out with a bunch of people who are getting some exercise and playing an organized team sport most of us seem to understand the rules for - my current favourite is the 5-run maximum per inning 'mercy' rule.

So last week we had a game against a much younger, fitter and stronger team under the lights at Memorial Park. We gave them their money's worth striking out a few and playing with deadly accurate catches in the field and swift plays around the bases.

I thought maybe someone had found some medication in the dugout and passed it around. I was standing deep in right field thinking these guys were far from 'over 60' - in fact, these old farts were moving like players half their age. It was a wonderful thing to see.

Our opponents seemed frustrated at times that we were tagging them out and striking them out as well as we were. I considered pointing it out between innings but didn't want to cast any bad mojo on a situation that seemed to be working pretty good.

Then it happened. My second at bat. I'm a pretty reliable base hitter, good for a single at least, and that's what I got but in my sudden burst of lightning speed to first base I pulled a thigh muscle. It didn't really register until I tried to steal second on an error. I managed to hop there and I got pulled from the game for a replacement runner.

Hey, whatever helps the team, I thought.

Then at my next at bat I had to have a runner. And it was one of the old farts. It was at that moment that I started to understand the true meaning of our team name. Sooner or later, everyone on the team is going to have a game where they feel over 60. To the old fart's credit, he got to first before the inning ended. Had I had to do it, it would not have been very pretty.

But I take consolation in the fact that I'm part of a team of basically regular people, interested in getting out and getting active. I still have no idea what the final score was, nor does it matter.

Playing slo-pitch under the lights at Memorial Park is thrilling enough. And one night there's going to be a crowd there cheering us on. Not because we're the 'Over 60' team and not (as I accidentally suggested to a team member) because we're some sort of novelty act, but because if we can do it, pretty much anybody else can.

And you don't have to be over 60 to start enjoying Memorial Park!

EDITORIAL GUIDE

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

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!

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Let's discuss coalbed methane

Editor:

A community meeting on May 28th will be considering the environmental and social impacts of any proposal to extract coalbed methane in this area. We have much to consider. The environmental footprint of extraction of gas from coal deposits is much larger than that of conventional natural gas extraction.

First, vast quantities of water must be extracted from coal deposits in order to allow recoverable gas to be displaced, and this water, along with accompanying salts, hydrocarbons and minerals must be held or disposed of.

Secondly, each developed well is low yield, and in order to efficiently extract gas reserves, multiple wells are required, each with its own infrastructure of roads, pipelines, powerlines and com-

Water produced from gas extraction is a primary concern. It seems likely that this water may come from fairly superficial sources in this area. Coal seams will be subject to fracturing by injection of fluids, solids and chemicals to allow for more low-pressure pathways for water flow and recovery and, eventually, for gas flow.

Nobody knows what this process does to the water table supplying existing wells, but it seems more than coincidental that some domestic wells disappear or become contaminated at the same time that there is nearby gas exploration or drilling activity. The extracted water may be relatively pure or may contain quantities of salts, metals (some of them toxic)

and hydrocarbons (some of them toxic and mutagenic).

Incredibly, the BC Environmental Management Act still allows the streambed or watercourse disposal of these produced waters, which is the cheapest option. The expensive option, which is re-injection into a suitable deeper ground formation, removes this large volume of water from the aquifer. The void left in the superficial coal layer by removal of water and gas simply fills again with water from elsewhere in the aquifer, aided by the new pathways created by the fracturing process.

Nobody knows how quickly the water table will be depleted or contaminated, and any studies done on water quality and quantity are done by people hired by industry, not by government. There will be no time for the recommended 3 year lead time for water table study and evaluation prior to development of the resource. There will be no time to reflect upon whether a modest boost to the economy is a good tradeoff for a vanishing water table at a time when a warmer climate may make water more valuable than fuel.

Efficient and profitable extraction of coalbed methane requires a high density of wells, sometimes exceeding 1 every 80 acres. The Oil and Gas Commission, which oversees permitting, grants licenses on a well-by-well basis without consideration given to the impact of the required infrastructure on wildlife, agriculture, vegetation and social structures. The well site and operations can be developed

on private land without landowner consent.

Before wells become profitable they can be subject to occasional venting with atmospheric release of methane, which contributes 20fold more to climate change than does carbon dioxide. Early production wells are also subject to flaring of non-economic quantities of gas, again contributing to ongoing climate change. Wells in production will need pumps for water and compressors for delivery to the pipeline system or storage. Resulting noise is disruptive to both people and wildlife.

The Oil and Gas Commission bears responsibility for regulation of the industry in BC. Recently, a new Oil and Gas Activities Act has been tabled; however it seems that BC is determined to trail far behind other jurisdictions in terms of both regulation and enforcement. The Commission is largely dependent on funding from the industry which it regulates through charges for permits and other services.

Funding is less difficult if the industry prospers, therefore there is less incentive to close down operations for gross infractions. A system of self-audited rules is probably insufficient to keep the oil and gas industry in line. Twothirds of the inspections done in 2004 revealed breach of regulations. Actual enforcement seems to go to other government departments, with any fines going to general revenue. This is not a good recipe for a well-regulated indus-

...... continued on Page 24

Current Comment:

What happened to us?



Dawn Johnson editor@thenewsleader.ca

Sometimes, two things that seem totally unrelated will come together in my mind and create a new way of looking at my world. This occurred recently after reading a book by Eckhart Tolle called The New Earth. Those of you who watch the Oprah show will recognize this, as Oprah has been touting this new earth movement on her show. Curiosity and receiving the book as a gift led me to the kind of circular thinking that engaged my mind.

Tolle's book is about creating a new earth by losing our fear, greed and ego. First, I want to say I do not believe greed is anything more than a kind of fearfulness. People become greedy when they fear they will not have enough of something. This fear seems almost instinctive. It seems we have to teach our children to share and to be generous. With some people, the lesson is never learned.

Second, I do not believe losing ego is healthy. Ego is what gives personal identity, ambition, determination, kindness. Ego is what each of us develops to inform the internal "me" as to what is expected of "me". A person with no ego may be in need of a lot of mental health counselling.

In my view, the worst kind of ego is the smallest ego, the ego that cannot see beyond "me" and what I need or want. The expanded ego informs the "me" that I am one with the world around me. When we say a person has a big ego, what we mean is that this person sees the world only from a limited point of view, the view of his or her own needs.

There is nothing wrong with the idea of creating a new earth, and having people give more and share more with each other. If we could have a new earth of peace and prosperity for every person, I would work very hard to help it come into existence. At the same time, I see this concept as great for people like you and me, who eat well, living in affluence, have universal health care, unemployment benefits, Workers Compensation and Old Age Security.

Try selling the "new earth" idea to a starving person in Darfur, or a leper in India, or an unhealthy person in the United States. Try selling the idea of "no fear, no greed, no ego" to a homeless person who has chilblains from the cold. Try selling the idea to a survivor of the Burma storm who has lost everything, including family.

Living without fear is possible only when basic needs are met not only for today, but for years to come. Tolle lives in Vancouver, in a nation which tries to look after its people (I know, a lot fall through the cracks!). We have little to fear, really. The things we complain about are really petty when compared with a survivor of the Burma

All of this led me to think of 50,000 year old footprints fossilized in volcanic ash in Africa. Our mitochondrial DNA proves all of us human beings came from Africa, and archaeologists believe we began to migrate from Africa 50,000 years ago. The footprints in the ashes were footprints like those of modern man. I know fossilized bones of a female human named Lucy were found in the Great Rift Valley of Africa, and were one million years old, but these were not considered evidence of a "modern" human, so I start my speculation 50,000 years ago. What happened to us in all those thousands of

If I were doing a report card on the progress of the human race, I would have to list us as slow learners. After 50,000 years, we are still doing poorly. We do not seem to be able to grasp the lessons we should

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have learned. I cannot blame our lack of progress on inability to write our history and pass our lessons on to future generations. Six thousand years ago, in Sumer, we humans were writing our history. The ancient Egyptians and Israelites wrote their history, and we can still read it today. Why have we done so poorly? Why are we still so afraid?

There is an old saying that tells us if we do not learn from history, we are doomed to repeat it, and there is plenty of evidence that we are doomed. Archaeologists tell us of great civilizations that rose thousands of years ago, and then fell. Sometimes it was government corruption (that hasn't ended) and sometimes it was religious fanaticism (still going on), and sometimes it was invasion by less advanced people.

I watched a documentary about pre-Incan people who tortured prisoners, drank their blood, and poured blood on some religious icon. Later in history, Aztecs were cutting the hearts out of sacrificial humans. In 1940, the Nazis began sacrificing people to a political ideal. Russia did the same thing in 1917. I tell you, our species is incredibly slow learners!

I would love to live in a world where every nation cared for its people as well as we Canadians care for each other. We are not the only nation to do this. The majority of British Commonwealth nations do this, along with Scandinavian nations, and some European Union nations. I remember when Sweden implemented universal health care. Predictions were that Sweden would go broke in a decade. In fact, Sweden has done just the opposite: its economy has grown to become a world player. Canada has not gone broke, nor have England and Australia. There is a lesson to be learned from these successes, too. Considering how slowly we learn, are we going to learn this lesson?

Similkameen **Brenda Engel** George Elliott OFFICE ADMINISTRATOR OWNER / PUBLISHER george@thenewsleader.ca brenda@thenewsleader.ca 226A Bridge Street P. O. Box 956, Princeton, B. C., V0X 1W0 Phone: (250) 295-4149 • Fax (250) 295-4103







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2008 Automobile Deduction Limits and Expense Benefit Rates for Business - Part 2

The Honourable Jim Flaherty, Minister of Finance, announced the automobile expense deduction limits and the prescribed rates for the automobile operating expense benefit that will apply in 2008.

Specifically:

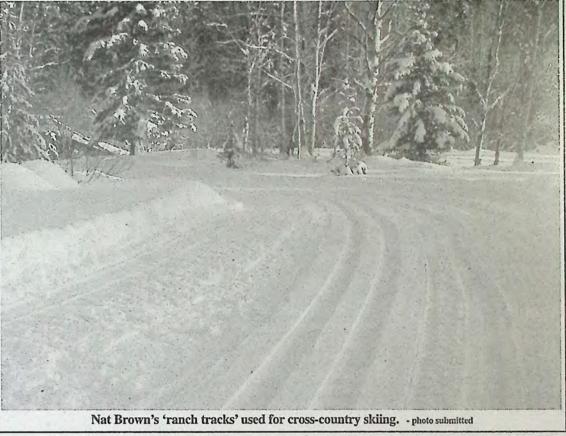
- The limit on the deduction of tax-exempt allowances paid by employers to employees using their personal vehicle for business purposes for 2008 will be increased by 2 cents to 52 cents per kilometre for the first 5,000 kilometres driven and 46 cents for each additional kilometres. The allowance amounts reflect the key cost components of owning and operating an automobile, such as depreciation, financing, insurance, maintenance and fuel costs.
- The general prescribed rate used to determine the taxable benefit relating to the personal portion of automobile operating expenses paid by employers for 2008 will increase by 2 cents to 24 cents per kilometre. For taxpayers employed principally in selling or leasing automobiles, the prescribed rate will increase by 2 cents to 21 cents per kilometre. The amount of the benefit reflects the costs of operating an automobile. The additional benefit of having an employer-provided vehicle available for personal use (i. e., the automobile standby charge) is calculated separately and is also included in the employee's income.

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..... continued from Front Page

The main event will be in January of 2010, when the Team will be with us for a week to ten days, just before moving into the Olympic Village.

Slovenia and Nordic Skiing

The Slovene Ski Team inherits one of the oldest competitive ski traditions in Central Europe. One of their main training areas is Planica/Ratece which sports the world's largest ski flying hill, and hosts regular World Cup jumping.

Marko Gracer is the long-time Head Coach and Team Leader of the Slovene ski team, and will be leading the team in the 2009 pre-Olympics, as well as at the 2010 Olympics. Marko has visited Princeton before, and Nata'a Laèen, Matej Sokliè and Peter Klofutar have all trained in the Princeton area in previous years, as have Ale Dolhar and Marjan Zagorek. Slovenia and Princeton have a long unofficial history of athletic association!

It is impossible to say at this stage just who will be on the 2010 Slovene Olympic Team - Trials will be in the early winter of 2009. But the athletes who will be coming to Princeton will be worldclass skiers with a chance at topten finishes and a long history of solid success. The team will be on the China Ridge trails regularly, and plans are afoot for at least one afternoon to ski with Princetonarea skiers; moreover, all skiers are invited to come ski with the Team! Princeton will show the Slovenes what Canadian hospitality is all about, and send the team on to the Olympics well-rested, welltrained, and ready to do their best. We'll be watching them!

More Will Follow!

Stay tuned! There is a great deal of work to be done in preparation, but Princeton is on the road to significant participation in the 2010 Olympics.

We will be playing a valuable part in supporting a group of athletes who will have spent years preparing rigorously for these Olympics. Some will have trained 800 or even 1,000 hours per year. Most will have dreamed of this since they began skiing.

Most will have known other Olympians and will be burning to follow in their footsteps, or even to achieve better results. Some may finish in the top ten or fifteen, or set new records for their country. All will be dreaming of a spot on the

The Olympics will be one of the two or three great moments of their lives, along perhaps with their wedding and the birth of a child. They will remember what they did - and what we did! - for the remainder of their lives.

Come join us! Anyone with an interest in supporting Project 2010 is welcome to participate - simply contact any of the committee members named below.

Nat Brown (from Wednesday, at (250) 295-4175), John Akerly, Bob Coyne, Kelley Cook, John Hughes, Ernie and Marilyn Lawrence, and Lyle Thomas.

Coalbed methane letter

The people of Princeton made it clear that they did not welcome coalbed methane extraction near their community in 2004. There does not seem to have been an outpouring of support for the same proposal in 2008, but it seems that the wheels of development are in motion again.

We are not adequately protected by Provincial regulation. Regional District has been silent. Town Council seems to be waiting for something.

Many other communities in BC

have opposed this process with success. If we continue to consume their fossil fuels and do nothing, the industry will respond to our demands and extract the product in our back yard.

If we insulate our houses, reduce demand, and lobby to preserve our community and our environment, they may just go away again. Perhaps if we continue to make the right energy choices in the future they might never come back.

Sincerely,

Myrna and John Bosomworth, Princeton

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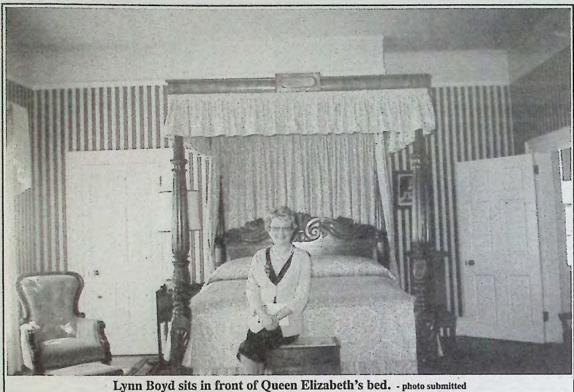
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Local Grand Mistress completes tour

Lynn Boyd, Worshipful Grand Mistress of Canada, Ladies Orange Benevolent Association, has just completed her cross-Canada visitations for 2008.

These visitations to the Provincial Grand Lodge Sessions took her to Winnipeg, Manitoba; Maple Ridge, BC; Brockville, Ontario and Brampton, Ontario as well as Trayton, Newfoundland and Labrador; Westville, Nova Scotia and Charlottetown, Prince Edward Island.

While all of these visits were of great interest and quite exciting, one of the more memorable visits was to the 'Birthplace of Confederation' the City of Charlottetown. While there, Boyd was honoured with a visit with the Lieutenant Governor, The Honourable Barbara Hagerman, at Government House.

At this visit with good friend R. W. Sister Annie Boyle, Boyd was

privileged to receive a tour of the premises and posed for the above photo in front of Her Majesty, Queen Elizabeth's bed.

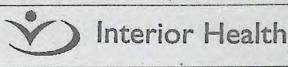
Boyd was also presented with a pin replicating the Governor's Standard.

A treasured gift, indeed!

A second visit in that fair City was to the Mayor's office where Mayor Clifford J. Lee presented her with a framed print of the Charlottetown City Hall, a magnificent and ancient structure.

Boyd's next trip is again to Ontario in July to chair the Most Worshipful Grand Lodge session in Toronto and 2009 includes visits to Alberta, Quebec and New Brunswick.

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CFK announces contest

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nity will be invited to a T-shirt presentation event in their community. A picture and story about the event and winners in each community will be posted on the Communities for Kids website, and submitted to every local newspaper.

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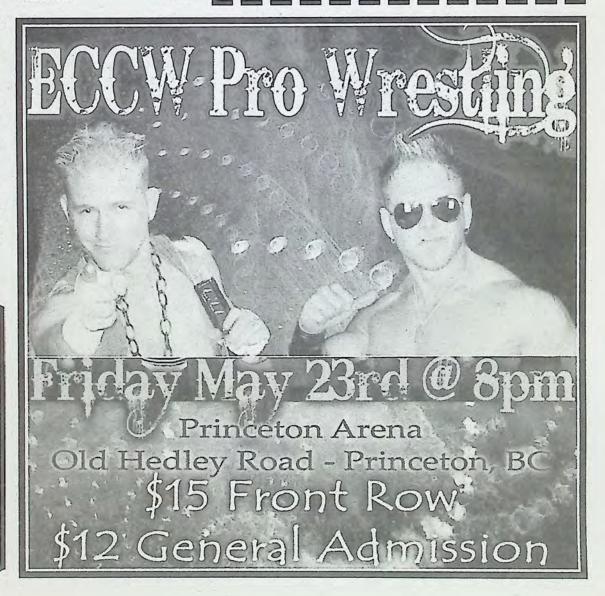
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Pair pedal to promote food security

The first of the season's cross-Canada travellers came through the Similkameen last week. Two high school buddies riding recumbent trikes are working to raise awareness of issues of food security while exploring our great country using petal power.

Alex Atamenenko's office was responsible for networking these two young men with Ann Hughes of Princeton and Angelique Wood in Hedley, due to their work in community development and food security.

During their two month long trek,

Darrick Hahn and Sinisa Grgic will display banners on their bikes to promote Deconstructing Dinner, a radio show hosted by Jon Steinman, which discusses many issues related to what Canadians eat, what we grow and the relationship between farmers, ranchers, big business and the consumer.

If you are interested in listening to Deconstructing Dinner, which is broadcast on Kootenay Co-Op Radio out of Nelson, you can check out their website at http://kootenaycoopradio.com/deconstructingdinner/.

After an arduous day in the mountains of Manning Park, the two tri-cyclists made it to Princeton, where they met the folks behind Princeton's Healthy Harvest Box initiative.

The reinstatement of this important service was the work of Beatrice Bibby, Princeton Public Health Nurse. She approached Christine Swartz, Community Developer for Food Security for the South Okanagan Similkameen and Kristi Estergaard, regional nutritionist from Penticton Interior Health together, and they hosted two food security forum events in the Fall and Winter of last year.

Out of that came a committee of folks who wanted to make the Healthy Harvest Box happen on a self-sustaining basis in Princeton.

Ann Hughes, who is currently spearheading the program in Princeton, told the cyclists of an Indigenous Dinner which was scheduled for Monday night, which they had been welcomed to join.

Back on the road they went, heading out to Hedley to join an informal supper club of cooks who like to share food. The group of four planned a menu including duck stew, a Manitoban Indian wild rice casserole, home made bannock, quail a lorange, asparagus, Jerusalem artichoke, Saskatoon berry pie and a selection of wines from St. Laszlo and Forbidden Fruit wineries.

The two were billeted in Hedley that night before starting out the next day during one of the Similkameen rainstorms that regularly occur at this time of year!

If you'd like to check out more of the adventures of these two intrepid young men, check out their website at http://www.fresh-entertainment.ca/Blog/Blog.html.

- submitted

Princeton Concerts PRESENTS:



OF CLASSICAL PIANO
WITH

RENOWNED PIANIST

HALEY SIMONS

"AT THE PIANO"

7:00 PM Sunday, May 25 Baptist Church

> Tickets \$10.00 At The Door

Princeton Area Ghost Towns - The DVD



\$19.99 INCLUDES GST

Available at:
Similkameen
News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal



Yummy! Here's a look inside one of the Healthy Harvest Boxes distributed May 14th. Orders are now being taken for the June Harvest Box. See Brenda at the News Leader office for details. *

Fire department needs you!

The Princeton Volunteer Fire Department is looking for a few good men...and women to become part of a hard-working group of volunteers with a long history in the Princeton area.

Fire Chief Eric Gregson says the department currently has eight openings for regular members (between the ages of 19 and 65) and also welcomes junior members - students still attending school between the ages of 16 and 18.

Gregson says applications are

available at the Fire Hall located at 162-2nd Street Wednesdays between 6:30 and 7:30 PM. Interested residents can also pick up an application form at Town Hall during regular business hours or can leave a message at (250) 295-3325.

"If you are a business owner, a retiree, male or female with Class 5 Drivers License, you may qualify to become part of a team that works hard for the community."

Gregson says there are many

perks including free training and insurance coverage.

The Fire Department is stepping up a recruitment program with advertising in print and radio and information booths at local events.

Gregson says the Fire Department will have a display table at the upcoming Airport Appreciation Day where interested residents can get more details on what is required to be a volunteer firefighter as well as the benefits of supporting local emergency services.

www.thenewsleader.ca

Princeton Area Ghost Towns - The DVD



\$19.99 INCLUDES GST

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Similkameen
News Leader
www.thenewsleader.ca

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PSS graduating student Julia Halipchuk has been awarded a \$4,000.00 Scholarship from The Fluor Foundation, renewable for four years. Halipchuk has been accepted by University of British Columbia - Okanagan for September 2008 where she plans to begin a degree in Civil Engineering. Congratulations, Julia! - photo submitted

The Lifeblood of Our Valley WATER It Is Everyone's Concern



7:00 PM Wednesday, May 28 Princeton Legion Hall

Gillies Wendling, Hydrologist - Owner/Operator GW Solutions

Guest Speaker Karen Campbell, BA, LLB, LLM - Staff Counsel & Director of BC Policy, Pembina Institute

INVITED GUEST PANEL INCLUDES:

Petrobank Vice President Gregg Smith - Minister of Energy & Mines Richard Neufield Minister of Environment Barry Penner - Princeton Town Council Princeton Mayor Randy McLean - RDOS Area H Director Gerri Logan

> What Does Coalbed Methane Development Mean For You?

Look Who's Moved!

Dean Stinson changes his address...and he can change yours!

The RE/MAX country team is very excited to announce that Dean Stinson has joined our office as of May 5, 2008. Dean is a multi-award winning Realtor and brings 11 years of experience to the RE/MAX team.

I am very grateful to Dean for joining me at RE/MAX country. I have learned so much from him, while working as his licensed assistant for the past 2 years. I am very happy to have Dean working with us here, and his enthusiasm for excellent service to our clients has been infectious to all of us.

Our office will only continue to improve and grow with the great Realtors that we have here now and to come!

Thanks, Dean and welcome aboard!

Judy Klassen, Owner/Manager
 RE/MAX country, Princeton



Your Piece of Paradise



2289 Arcat Road \$203,800

1 acre on the edge of Similkameen River.

Property like this is a rare find these days. Call now to view! mls.ca#45173

Riverfront Cabin



2285 Arcat Road \$388,300
Approx. 1 acre riverfront panabode cabin with recent remodeling done. Concrete foundation, excellent plumbing/wring. mls.ca#45169

Allison Lake Lakefront



2944 Allison Place \$683,800 Lakefront property at Princeton's finest lake! Over 200 ft worth! 4-bedrooms, 2 baths, large country kitchen, living/dining room, loft upstairs and big windows. mls.ca#45163

Very Nice Location!



399 Taylor Mill Dr \$413,800
Beautiful home backing on Princeton Golf
Course. Upstairs renovated, basement partly
done awaiting your touch. Huge deck, 2 car
garage, 2 car/RV carports. mls.ca#44830

Close to Downtown



285 Allison Avenue \$168,300 Solid older home on large lot in Allison Flats, close to downtown, walk to everything! Large open country living with 2 bedrooms. Large cellar. Home needs some TLC. mls.ca#44581

Great Opportunity!



3892 Highway 40 \$558,300 Superior country store and cabins at Chain and Osprey Lakes. One bedroom living quarters. Showers/laundry for tourists, renovated building, 4 cabins only a year old. mls.ca#43755

Too Much To Mention



84 Tapton Avenue \$408,300 Large windows and rooms, slate tile, hardwood, everything top drawer throughout. Notice zoning, central air, fenced backyard. mls.ca#43658

Land Sakes!



615 Cedar Cr Rd \$1,388,300
145 acre ranch is 5-minutes from town, paved right to the front door. Barns, corrals, hay-field, 3 wells, spring, pond, creek, workshop, equipment shed, outdoor riding arena, 3,200 sq ft rancher, indoor pool. mls.ca#43301

Privacy + Lakeview



4176 Highway 40 \$323,800 3 bedroom cabin on 6.43 acres overlooking Osprey Lake, Located 41km NE of town near 3 Lake Store. Come relax in this 4-season mgradise! mls.ca#42737

Be Your Own Boss!



600 Highway 3 W \$1,588,300
Opportunity is knecking! Very busy gas station and convenience store located at the west entrance to town on Highway 3. mls.ca#41995

Listen To This_



4263 Highway 40 \$1,888,300 I just pulled six 2-pounders of trout out of Osprey Lake and I'm sitting on my deck with a glass of wine and the fish on the BBQ. That was the owner yesterday. Freedom 55 - retire here at 55 on this 55 acre parcel. mls.ca#40057

A Personal Message from The 'Dean' of Real Estate...

I have left Century 21 Princeton Realty to join Judy Klassen in her new venture. I have the utmost respect for Century 21 Princeton Realty and they are an excellent company with great Realtors. I learned a lot in the time I was with them...besides, I made a promise to Judy and Randy.

"A promise made is a debt unpaid, and the trail has its own stern code" - Robert Service

RE///EX° country

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240 Bridge Street, Princeton Phone (250) 295-3222 Fax (250) 295-6781

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