



Similkameen News Leader

75¢
INCLUDES GST

Volume 12 Issue 18 #577 ISSN 1712-090X

Tuesday, May 5, 2009



Princeton Fire Department responded to a house fire around 6:30 PM April 30th. Damage was mostly confined to the garage area with the rest of the home suffering smoke damage. *

Liberals roast Rick Thorpe

The event was identified as a 'Rick Thorpe Roast and Appreciation Dinner' and for the almost 100 local Liberal supporters who paid \$50 each to get into Riverside Theatre May 2nd, they were well fed and thoroughly entertained.

The 'target' of the fundraising event in support of Fraser-Nicola Liberal Candidate Ella Brown's election campaign was Okanagan-Westside MLA Rick Thorpe. And although there was no shortage of jabs, wisecracks and zingers, the flavour of the evening often bounced between a roasting and a tribute to the retiring former Minister of Small Business &

Revenue.

RDOS Area Director Brad Hope was first at bat and presented a factual and often hilarious slide show highlighting many of Thorpe's contributions to the Princeton area. Master of Ceremonies Princeton Mayor Randy McLean was also properly skewered in Hope's presentation. In fact, for someone who may have arrived late it would have looked as if Hope was presenting a tongue-in-cheek tribute to McLean.

Kamloops MLA Claude Richmond kept the room filled with laughter with his funny stories involving Thorpe and the former continued on Page 27

Sego Resources issue units

Sego Resources Inc. ('Sego' or the 'Company') announced April 27th that it has closed the first tranche of the Offering described in the news release dated April 3, 2009. The Company has issued 2,000,000 Units at a price of \$0.07 per Unit for gross proceeds of \$140,000. Each unit (a 'Unit') consists of one common share and one share transferable purchase warrant (a 'Warrant') which will entitle the holder to purchase on additional common share at a price of \$0.10 per share for a period of five years.

Northern Securities Inc. ('Northern') acted as agent and received a 12% commission, a 5% work fee and non-transferable options equal to 25% of the number of Units sold pursuant to this closing.

The Units were sold pursuant to a Short Form Offering Document dated April 2, 2009, a copy of which is available on SEDAR at

www.sedar.com. The Company will continue to offer the remaining 11,000,000 units at a price of \$0.07 per unit for gross proceeds of up to \$770,000.

The net proceeds of the Offering will be used for working capital and further exploration of the Company's Miner Mountain Project. The Miner Mountain Project is a copper gold porphyry property located near Princeton, and is 15 kilometres north of Copper Mountain Mining Corporation's former copper producer (closed 1996) that is scheduled to resume production in 2010, following a recent favourable feasibility study.

The Miner Mountain Project is situated within the traditional territory of the Upper Similkameen Indian Band with whom Sego has a memorandum of understanding. The Miner Mountain property is 2,400 hectares in size.

Sego Resources Inc. is a mineral exploration company, exploring a large scale porphyry copper-gold

target northeast of Princeton.

Exploration to date, has located zones of high grade surface copper-gold mineralization and drilling has confirmed the presence of significant copper-gold grades at depth. Sego has signed an MOU with the Upper Similkameen Indian Band which provides a constructive framework for future development and exploration.

Management - Experienced in Wealth Building CEO, J. Paul Stevenson has many years of experience in the mining industry and is a leader in aboriginal engagement in the resources sector. President, Chris Sampson, P.Eng., has extensive experience in porphyry copper exploration and J. Allan Hilton is a well known mine finder and prospector. Shelley Hallock has extensive experience in corporate governance and a background in media.

This team has worked together for 20 years. Qualified Person, Vic Preto Ph.D., P.Eng., is a recognized authority on the geology of the

Nicola Belt and associated mineral deposits.

Sego Resources Inc. announced April 30th that a Titan 24 Induced Polarization (IP) Survey is now underway at its Miner Mountain Project.

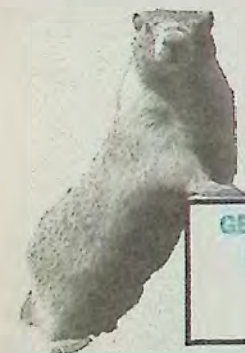
The Titan 24 IP system is noted for its ability to offer 3-D imagery and to reach depths of 750 metres to

over 1,500 metres.

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We found this sign rather funny considering the sidewalk in question is actually missing as crews continue work on the Town Square. *



Similkameen News Leader THIS WEEK:

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MAY 2009 GENERAL ELECTION

AND REFERENDUM ON ELECTORAL REFORM

Get ready to vote.

In the May 12th provincial general election, British Columbia's voters will decide who governs the province for the next four years. Voters will also decide what electoral system will be used for future elections.

New Identification Rules For Voting

Voters must prove their identity and current residential address to receive a ballot or register to vote at the time of voting. Any one of the following identification is acceptable:

- BC drivers licence
- BC identification card
- Certificate of Indian Status

If you don't have any of the above, bring two documents that together prove your identity and current residential address. A list of acceptable types of ID is available at www.elections.bc.ca

Voters without identification can be vouched for by a voter in their electoral district who does have the necessary identification, or a direct family member or someone who has legal authority to make personal care decisions for the voter.

Voting Opportunities

There are many voting opportunities in B.C. Here are some of your options:

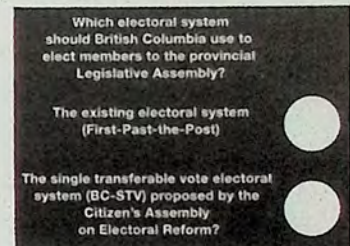
Advance Voting Available to all voters. Voters can attend any advance voting location from 8 a.m. to 8 p.m. (local time), Wednesday, May 6 to Saturday, May 9. All advance voting locations are wheelchair accessible. ♿

General Voting Available to all voters. Voters can attend any general voting location from 8 a.m. to 8 p.m. (Pacific time), Tuesday, May 12, 2009.

Other Voting Options If you are going to be away or some other circumstance prevents you from voting at advance voting or general voting, you can vote in any district electoral office from when the election is called on Tuesday, April 14 to 4 p.m. (Pacific time) on Tuesday, May 12. You can also request a vote-by-mail package from your district electoral office or through the Elections BC website at www.elections.bc.ca

Referendum On Electoral Reform

In addition to an election ballot, voters will also receive a ballot to vote in the referendum on electoral reform.



For more information on the referendum on electoral reform, visit the Referendum Information Office website at www.BCReferendum2009.ca Or, call their toll-free information line at **1-800-668-2800** (in Vancouver: 604-775-2800) from 8 a.m. to 5:30 p.m. (Pacific time) Monday to Friday.

Any Questions?

For further information visit Elections BC's website at www.elections.bc.ca or call toll-free **1-800-661-8683**.

Or, contact your district electoral office.

Hours of Operation
Monday - Friday 9 a.m. to 5 p.m.
Saturday 10 a.m. to 4 p.m.

The following persons have been nominated as candidates for Fraser-Nicola for the May 12, 2009 General Election.

Fraser-Nicola Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Dian Joan Brooks BC Refed	Dennis Shaw 3508 Vera Way, Nanaimo, BC, V9R 6X4	
Ella Brown BC Liberal Party	Dora Bloom 2072 Birch Ave, Merritt, BC, V1K 1K2	
Harry Lali BC NDP	Nance Henne PO Box 338, Merritt, BC, V1K 1B8	David Howe 1999 Voght St, Merritt, BC, V1K 1B8
Desiree Maher-Schley Green Party of BC	Desiree Maher-Schley PO Box 157, Westwood, BC, V0E 3B0	

General Voting Places:	Advance Voting Places:	District Electoral Offices:	
70 Mile Comm Hall 2585 North Bonaparte Rd, 70 Mile House, BC Ashcroft Elem School 711 Hill St, Ashcroft, BC Cache Creek Elem School 1260 97 Hwy, Cache Creek, BC Clinton Memorial Hall 306 Lebourdais Ave, Clinton, BC Coldwater Comm Hall 109 400 St, Merritt, BC Coldwell Residence 10780 Jesmond Rd, Clinton, BC Donna Barker Residence 5230 5A Hwy, Kamloops, BC Eastgate Diner & Catering 5061 3 Hwy, Eastgate, BC Elders Complex 600 Sk'ii Mountain Rd, Shalalth, BC Gold Bridge Comm Centre Gun Lake Rd W, Gold Bridge, BC	Hayes Creek Fire Hall 3950 Princeton-Summerland Rd, Princeton, BC Lac Le Jeune Lodge Lac Le Jeune Rd, Lac Le Jeune, BC Land Claims Office 2217 Village Rd, Douglas Lake, BC Lillooet & District Rec Centre 930 Main St, Lillooet, BC Logan Lake Rec Centre 31 Chartrand Ave, Logan Lake, BC Loon Lake Comm Hall 1705 Loon Lake Rd, Cache Creek, BC Lower Nicola Comm Hall 2383 Aberdeen Rd, Lower Nicola, BC Lytton First Nation Comm Hall 918 Main St, Lytton, BC Merritt Civic Centre 1950 Mamette Ave, Merritt, BC Our Lady of Lourdes Church 5A Hwy, Quilchena, BC	Royal Canadian Legion 56 172 Bridge St, Princeton, BC Shackan Comm Hall 2160 Settlers Rd, Lower Nicola, BC Sketchestn Rec Centre 406 Church Dr, Savona, BC Spences Bridge Elem School 4800 School St, Spences Bridge, BC The Band Hall 85 8 Hwy, Lower Nicola, BC Tulameen Comm Club Otter Ave, Tulameen, BC Walhachin Comm Hall 4359 Central Ave, Walhachin, BC West Fraser Comm Hall 2090 Peters Rd, Lytton, BC Xaxli'p Comm Hall 1433 Fountain Valley Rd, Fountain, BC	Ashcroft Comm Hall 409 Bancroft St, Ashcroft, BC Lillooet & District Rec Centre 930 Main St, Lillooet, BC Logan Lake Rec Centre 31 Chartrand Ave, Logan Lake, BC Merritt Civic Centre 1950 Mamette Ave, Merritt, BC Princeton City Hall 169 Bridge St, Princeton, BC 2176 Quilchena Ave Merritt, BC (250) 378-1455 1330 97 Hwy Cache Creek, BC (250) 457-2320

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Helen Bibby is PSS Student of the Month for April. The Grade 11 student was nominated "for her initiative, leadership, coordination of activities and commitment to Environmental Month" as well as for her commanding ways on the soccer pitch. Student of the Month is sponsored by PSS PAC. *

ATV Club starts ride season

The Similkameen Valley Riders ATV Club is up and running...or should I say riding. A group of eleven braved the elements on Saturday April 25th as they went from Cawston to the Fairview area.

Snow, sleet, rain and wind were encountered along the way. The sun did come out a few times and what a relief it was. The scenery was spectacular as we explored many side trails.

We stopped and had our lunch at Madden Lake Recreation Site. This was the first official ride of the

season for the club and what a great one it was.

Riding safely in the great outdoors is one of the clubs main goal and with each ride; we try to ensure this goal is met.

Our club name is now official and our membership is growing. Anyone interested in our club is welcome to attend our meetings.

The next meeting will be held on Saturday May 9th at 3:00 PM at the Princeton Chamber of Commerce building on Highway 3.

Happy Trails!

-submitted

Hospital Aux. Report

by Audrey Salter

Our general meeting was held on April 20th at 1:00 PM with Christina Scarisbrick in the chair.

We welcomed two new members, Jennifer Bailey and Eileen Debryn.

If you would like to join us, we meet the second Monday of each month at 1:00 PM in the Hospital Board Room, so come and check us out.

We donated \$1,000.00 to the Anchorage mental health drop-in centre.

We also made a commitment of \$2,000.00 to Princeton Secondary School for a bursary.

We also donated a pledge of \$10,000.00 to Penticton hospital for the children's ward. We presented the cheque at 2:00 PM on April 30th in Cherry Lane Mall.

We donated \$20,218.25 for a new ECG machine for Princeton hospital.

Watch for bag sales this month, they really are a great deal!

Until next time, keep smiling!



MAY 2009 GENERAL ELECTION

AND REFERENDUM ON ELECTORAL REFORM

The following persons have been nominated as candidates for Boundary-Similkameen for the May 12, 2009 General Election.

Boundary-Similkameen Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Joe Cardoso Conservatives	Bryan Holgate 11201 115 St RR 5, Osoyoos, BC, V0H 1V5	
Bob Grieve Green Party of BC	Jeanette McGregor PO Box 1542, Grand Forks, BC, V0H 1H0	
Lakhvinder Jhaj BC NDP	Richard Kendrick Site 13 Comp 10 RR 2, Oliver, BC, V0H 1T0	
John Slater BC Liberal Party	Diana Thomas PO Box 661, Osoyoos, BC, V0H 1V0	Diana Thomas 8507 Main St, Osoyoos, BC, V0H 1V0

General Voting Places:	Advance Voting Places:	District Electoral Offices:
Beaverdell Comm Hall 5841 33 Hwy, Beaverdell, BC	Grand Forks Sr Hall 565 71 Ave, Grand Forks, BC	4816 89th St Osoyoos, BC (250) 495-1250
Big White Comm School 400 Happy Valley Rd, Kelowna, BC	Okanagan Falls Sr Centre 1128 Willow St, Okanagan Falls, BC	
Cawston Comm Hall 2119 Main St, Cawston, BC	Oliver Comm Centre 36003 79 St, Oliver, BC	
Christina Lake Comm Centre 90 Park Rd, Christina Lake, BC	Sonora Comm Centre 8505 68 Ave, Osoyoos, BC	
Grand Forks Arena 2020 Central Ave, Grand Forks, BC	Victory Hall 427 7 Ave, Keremeos, BC	
Kaleden Comm Centre 320 Lakehill Rd, Kaleden, BC		
McArthur Centre 346 S Copper Ave, Greenwood, BC		
Midway Comm Centre 692 7 Ave, Midway, BC		
Okanagan Falls Sr Centre 1128 Willow St, Okanagan Falls, BC		
Old Age Pensioner's Hall 789 Scott Ave, Hedley, BC		
Oliver Comm Centre 36003 79 St, Oliver, BC		
Rock Creek & Boundary Fair Pav 3880 Kettle Valley South Rd, Rock Creek, BC		
Sonora Comm Centre 8505 68 Ave, Osoyoos, BC		
Victory Hall 427 7 Ave, Keremeos, BC		

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ABOUT 'SIMILKAMEEN SIZZLE'



MAY 2009 GENERAL ELECTION

AND REFERENDUM ON ELECTORAL REFORM

Don't forget to vote.

Voting Opportunities

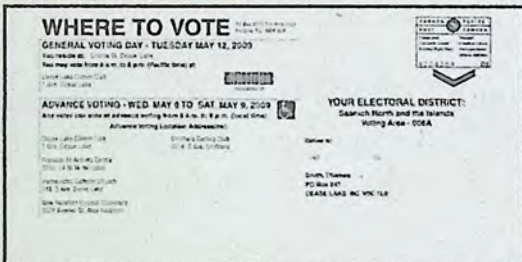
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Do You Have This Card?



This card tells you where you can vote during the four days of advance voting and on General Voting Day. Take it with you when you go to vote. If you do not have this card, visit the Elections BC website at www.elections.bc.ca or call toll-free 1-800-661-8683 to find a voting location near you.

How To Vote

- Choose only one candidate.
- Choose one electoral system.
- Mark your ballot with an X or ✓.

Future Voters

Elections BC encourages you to bring your children with you when you vote. It's a chance to show tomorrow's voters how our electoral process works.

Who Can Vote?

You can vote if you are:

- 18 years of age or older, or will be 18 on General Voting Day (May 12, 2009)
- a Canadian citizen
- a resident of British Columbia for the past six months

You Can Register When You Vote

If you aren't already registered, you can register when you go to vote. You'll need identification that proves both your identity and current residential address.

Bring Identification

Don't forget to bring ID when you go to vote. All voters must show identification before they receive their ballots.

Any one of the following is acceptable:

- BC drivers licence
- BC identification card
- Certificate of Indian Status

If you don't have any of the above, bring two documents that together prove your identity and current residential address.

Government-issued identity documents (e.g. health care card, birth certificate, social insurance card, passport, citizenship document/certificate, Old Age Security card etc.)

Other government-issued documents (e.g. property tax assessment, income tax assessment notice, government cheque)

School/college/university-issued document (e.g. admissions letter, report card, transcript, residence acceptance, tuition/fees statement, student card)

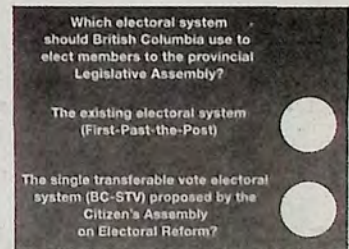
Other documents

- bank/credit card or statement
- residential lease/mortgage statement
- insurance statement
- public transportation pass
- utility bill
- membership cards
- hospital bracelet/documents
- attestation of residence
- provincial election Where to Vote card

Voters without identification can be vouched for by a voter in their electoral district who does have the necessary identification, or a direct family member or someone who has legal authority to make personal care decisions for the voter.

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Or, contact your district electoral office.

Boundary-Similkameen
4816 89th St
Osoyoos, BC
(250) 495-1250

Fraser-Nicola
1330 97 Hwy
Cache Creek, BC
(250) 457-2320

Fraser-Nicola
2176 Quilchena Ave
Merritt, BC
(250) 378-1455

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Mia Crawford is \$50.00 richer thanks to her artistic skills. The Grade 9 Princeton Secondary School student won First Prize with a poster she created for BC Forests Environmental Protection. *

Local bird lovers give a hoot!

by W & G Longstaff

I would like to share this with you. On March 25th a Great Horned Owl was recovered in our backyard(s) by myself and my neighbour Barb.

Through many phone calls on March 26th I made contact with SORCO (South Okanagan Rehab Centre for Owls - also birds of prey). They drove here to pick up the owl at my home and took it back to the rehab centre.

I received a call April 23rd to inform me my Mr. Oley was doing fine and that they figured in two to three weeks from that time he would be ready for release.

SORCO will contact me because this young male Great Horned Owl will be released back into the Princeton area. 'Mr. Oley' was my house guest for one night and was not injured, but starving because of the strange snowpack we had this past winter which made it difficult

to catch rodents. SORCO can be reached at (250) 498-4251 or 498-8422.



Mr. Oley resting in Princeton. Photo: W & G Longstaff



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On May 12 ~~X~~ Vote for Your Parents

British Columbia is facing uncertain economic times. Thousands of seniors are worried about losing their hard-earned retirement savings. Our parents need MLAs who will protect and strengthen the programs that they depend on.

On May 12 please vote for the candidate in your constituency who will:

1. Protect universal healthcare
2. Increase funding for long term care homes to ensure quality care for your parents
3. Restore the pharmacare program to 2001 levels
4. Institute a universal homecare & home support program

Support candidates who support a strong public healthcare system for our seniors.

Election Day is Tuesday, May 12, with voting from 8:00 AM to 8:00 PM. Advance polls take place from Wednesday, May 6 to Saturday, May 9. To find out where you vote, visit www.elections.bc.ca or call 1-800-661-8683.



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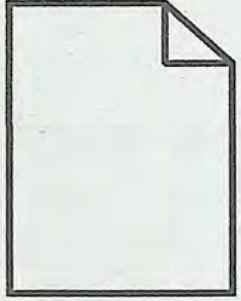
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Health / Lifestyle News

Taking the confusion out of choosing supplements

(NC)—Women today are living longer, but are they living better quality lives?

Today, it is a fact of life that many women are juggling career, family, household responsibilities, and often sacrificing their own needs to take care of those around them. Some of the main health concerns that women face today are a result of these stressful and hectic lifestyles.

Stress is linked to heart disease, cancer, depression, anxiety, diabetes, and insomnia. When we are super busy, we don't take time to eat properly, exercise and get adequate sleep, all factors that take their toll on our health — physically and emotionally.

Sherry Torkos, pharmacist, author, and certified fitness instructor explains how women need to make their health and well-being a priori-

ty and how this will also benefit those around them.

There are many reasons why people should consider taking a supplement, she says.

The most obvious reason, like it or not, is that people just don't eat healthy. "Numerous surveys have demonstrated that we are not eating the recommended amount of fruits and vegetables," says Torkos. Not only that, but the produce we do eat is often short on nutrients for many reasons. Fruits and vegetables are sprayed with pesticides, picked before they are ripe and shipped in from foreign countries — all of which deplete important nutrients, she says.

As well, many prescription drugs can deplete nutrients, including:

- Statin drugs (Lipitor, Zocor, Pravachol) deplete antioxidant coenzyme Q10.

- Birth control pills deplete B-vitamins.

- Antacids (Zantac, Pepcid) deplete calcium, vitamin D and vitamin B12.

- Anti-inflammatory drugs (ibuprofen, naproxen) deplete vitamin C and folic acid.

- Diuretics (Lasix/furosemide) deplete potassium, calcium, magnesium, vitamin C, B1 and B6.

"Supplements can help to fill in the

gaps in our diets and ensure we are getting the right vitamins and minerals for optimal health," says Torkos.

But which supplement is the right supplement? For anyone who has walked down the supplements aisle it can be confusing and overwhelming. The supplement industry has traditionally been ingredient based instead of solution based — requiring consumers to either read vast amounts of scientific literature or take their chances. But that is changing thanks to new brands of supplements that have recently become available at major retailers.

"I found searching the aisles for the right products very frustrating and confusing. That, combined with the lack of natural options available to women, created an overwhelming desire in me to simplify things and make sense of it all." Shawna Page, founder of femMED.

They have taken the guesswork out of supplements by simplifying the supplement aisle and providing easy to use and understand solutions to women's common health concerns, says Torkos. Plus their comprehensive solutions combine all the key ingredients in the right combination so they can safely be taken together or on their own to achieve multiple health goals. - News Canada

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See Us For Details!

Ella Brown

BC Liberal Candidate
Fraser - Nicola

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BC
Strong

Strong Representation

"In travelling the riding I have heard from many people that they want an MLA who is in their communities. I am committed to representing the interests of our communities in Victoria and being a Strong Voice for Fraser-Nicola."

- Ella Brown, BC Liberal Candidate

Ella with supporters - Rally on the Writ



Premier and
Campbell the **BC Liberals**

Authorized by Gill Triggs
Election Agent Fraser-Nicola Campaign
Phone: 250-378-9170

Living Past 100

What did early people eat?

In a book called *Nutrition for Champions*, a doctor who specializes in sports medicine says we build and maintain the strongest, healthiest bodies by eating what our ancient ancestors ate. So, if we were to eat what the ancient people of our region ate, what would that be?

First, they ate a lot of protein. They ate moose, venison, wild goat and Bighorn sheep, rabbit and elk. They probably ate a lot of birds, such as duck, goose, grouse, and partridge. They ate a lot of fish, too, whether trout, or white fish, or other rough fish, but they loved salmon, as it is one of the finest foods for good health. Salmon eggs were a special treat.

There were many kinds of berries as part of their diet: chokecherries, wild strawberries, elderberries, huckleberries, wild raspberries, saskatoons, Oregon grape, wild currants, wild gooseberries, soapberry, mountain ash berry and hawthorn berries.

The ancient people of the Thompson-Okanagan region ate wild onion, balsam root, camas, spring beauty, avalanche lily, sunflower, tiger lily, bitterroot, and wild carrot. (Other plants were medicinal). They also ate thistle root, yellow bell tuber, and Indian celery, black tree lichen, fireweed, cow parsnip, prickly pear cactus, wild rose, thimbleberry, cat tail, water cress, kinnikinnic berry and stinging nettle.

The inner bark of subalpine fir, red alder, Engelman spruce, lodgepole pine, ponderosa pine and cottonwood poplar were eaten both raw and cooked.

Mushrooms were plentiful, including chanterelle, shaggy mane, pine mushroom, cottonwood mushroom, and puffball.

In early spring, as leaves budded from willow trees, these could be eaten. There were many kinds of teas made from branch tips, leaves, or whole plants, or from berries.

Some foods would be used in soups or marinades for flavouring. For example, elderberry juice was used to marinate fish, and mountain ash berry was used as flavouring for meat.

There were no grains of any kind. Dried roots and tubers could be ground down to make a meal or paste, but there was nothing like any of our grain products such as bread, pasta nor cereal.

We might ask ourselves this question: would we be stonger and healthier if we ate a diet of meat, fish, berries, and vegetables? Sports medicine says we would.

Mitsubishi and Copper Mountain agree to extended MOU

Copper Mountain Mining Corporation ("CMMC" or the "Company") reported on April 30th that the Company continues to advance the Copper Mountain Project towards production with the assistance of Mitsubishi Materials Corporation (known simply as "Mitsubishi").

Discussions between Mitsubishi and the Company continue toward finalizing agreements and arranging project financing.

Mitsubishi and the Company have agreed to extend the MOU up to the end of July 2009 to provide the necessary time for the parties to finalize the necessary agreements as outlined in the MOU and prepare to arrange project financing. Improvements to the project with the increased resource resulting from the successful 2008 drill program, is expected to offset financing hurdles in the current adverse economic climate. Mitsubishi has reconfirmed its support for the project by extending the \$28.75 million line of credit to November 30, 2009.

Site activities continue to be funded with the \$28.75 million line of credit provided by Mitsubishi. To date, the Company has drawn approximately 75% of the line of credit to fund long lead equipment items, and support ongoing project activities to maintain the target production schedule for mid 2011. Detailed engineering and site geotechnical excavations for the concentrator are progressing on schedule and below budget.

The office and warehouse complex is now fully functional with power, heat, water, telephones, internet, and sewerage. The Company currently has approxi-

mately 16 employees currently engaged at the site on construction activities. It is estimated that the project will provide employment for 200 construction workers at its peak and the ongoing operations will create 257 full time positions.

About Copper Mountain Mining Corporation:

CMMC is a BC resource company managed by an experienced team of professionals with a solid track record of exploration and development success.

The Company's shares trade on

the Toronto Stock Exchange under the symbol "CUM". The Company currently owns 100% of Copper Mountain Project which holds the mineral claims and crown grants over the 18,000 acre mine site.

CMMC's goal is to develop the

Copper Mountain Project as a mid tier copper and precious metal mine to produce approximately 100 million pounds of copper per year by mid 2011. Additional information is available on the Company's web page at www.CuMtn.com.

Who will stop the Campbell Liberals from giving away your BC?

Harry Lali will!

Gordon Campbell sold off BC Rail in a deal tainted by scandal. He's privatizing hospital services and public assets like BC Hydro and our rivers. Meanwhile, you pay for it with higher rates, higher fees and higher costs.

And if he's re-elected, Campbell will use the recession to make deep cuts to health, education and seniors' care. He won't protect jobs and incomes for ordinary people.

The Campbell government has gone too far rewarding friends and donors at your expense

People who want to improve health care, make job training and university education more affordable, and protect the environment should stick together to stop the re-election of the Campbell Liberals.

Harry Lali: A Voice for Fraser-Nicola

Harry Lali will fight for the issues that are important for families in Fraser-Nicola:

- A new vision for forestry: tenure reform, diversification and innovation, re-forestation, restriction of raw log exports.
- Revitalize BC's resource and rural industries to support jobs and local communities.
- Improve classroom conditions and access to post-secondary education and training.
- Make life affordable for average families; eliminate Gordon Campbell's unfair and ineffective gas tax.
- Stop the fire-sale giveaway of public resources

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Similkameen
News Leader



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for Fraser-Nicola

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The new addition to the Tulameen Fire Hall is nearly complete. The addition (right) was built to provide a separate bay for the ambulance. Photo: Dawn Johnson

The Green Corner

Growing Local Trend: Recycling For A Cause

(NC)—We all know recycling is good for the environment, but have you ever thought about how recycling could help those who are less fortunate?

With tougher economic times and job losses, a growing trend this year is finding a way to turn your trash into someone else's treasure. At a time when so many charities need your help, here are a few ways you can start recycling for an important cause:

Old electronics: That dated computer or cell phone might be old to you, but chances are it would be new to someone else. Most elec-

tronics we toss away still work, but are thrown away in favour of newer models. Consider donating them to organizations that help provide job training for the unemployed.

Not just your old clothes: Most of us have donated some old clothes to a local charity at some point but why stop there? Kitchen items that aren't being used can find a new home at the local soup kitchen; unused toiletries would be appreciated at a women's shelter; and gently used children's toys are a welcome addition to any church.

Don't put your nickels in the blue

bin: You wouldn't put a bin full of coins out for the garbage truck so why give away those cans? Aluminum cans can be traded in for money that you can use to support the charity of your choice. Kids love collecting cans around the neighborhood and at school if it is for a cause they can get excited about. Christian Children's Fund of Canada's, an international children's organization, website (www.ccfcanda.ca) offers a host of donation choices that kids here can send to poor children overseas—everything from a soccer ball to school supplies. -News Canada

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The annual Lions Club Auction was the 'big event' over the weekend. The arena was filled with a wide assortment of goodies auctioned off May 2nd. All proceeds support local Lions Club projects. *

Princeton 1860 - 2010

150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

Dave Taylor (1904-1986)

During the week of March 23rd, 1987, a building in Princeton was demolished, this was the former home of the Princeton Star, later to become the Similkameen Star. The Miehle printing press installed by the owner in 1946 had already been loaded on a flat deck truck and shipped to Victoria, personal possessions repossessed by his family and newspaper files dating back to March 1900 sent to Princeton Museum.

After a short illness, one of the Towns most interesting people had passed away on Sunday, June 15th, 1986 in Penticton Hospital, a memorial service was subsequently held in Princeton Pentecostal Tabernacle on June 19th.

David Taylor was born in Tarbolton, Dundee, Scotland on November 4th 1904, and immigrated to Canada with his parents, arriving in Saskatchewan in 1909. The family later moved to South Wellington, Vancouver Island, where his father was in the grocery and produce business and his mother was postmistress. As a young man Taylor was interested in sports and when attending the University of British Columbia played on the soccer team. He took honours courses in history and found work with the Vancouver Province as a sports reporter, finally graduating from UBC with a BA degree in 1923.

David Taylor arrived in Princeton during 1927 to work on the Princeton Star newspaper, alongside George French, P. McSwain and Joe Brown. In 1929 he had an argument with owner Joe Brown and was fired. In his own words, Taylor later said, "I asked him what he wanted for his paper and I bought it!"

Having acquired the Town's only newspaper, as owner-publisher, Dave Taylor continued to publish The Princeton Star until 1939. He played saxophone in the Town Band and for several years was Secretary of the Board of Trade and took part in several treks over the Hope Road at a time when the Okanagan and Similkameen Boards were trying to convince the Provincial Government to finish the Hope-Princeton Highway.

In 1938 restlessness took hold of Dave Taylor, each week much of his newspaper's space was taken with advertising, the eight page paper was small and he longed for a much bigger challenge. As a result, in March 1939, courtesy of a ship owning friend, he set sail aboard the Norwegian vessel Bronnoy for the Orient. Arriving in Nanking, within a matter of weeks he was employed as a feature writer by The Manchuria Daily News.



Dave Taylor. Photo: Princeton Museum

Dave Taylor was next writing for a Shanghai newspaper and in August 1941 for The Singapore Herald.

According to an article written by himself in 1950 for The Similkameen Star -

"Your reporter who speaks now in simple humility of service was in the Far East as a working journalist in the critical period from 1939 until the fall of Singapore. Successively as associate editor of the Manchuria Daily News, Reuter's correspondent for Manchuria, Chief Reporter Shanghai Times and News Editor Singapore Herald."

In December 1941, he boarded the Union Castle Line's New Zealand and sailed, via Cape Town, to London, England.

"On arrival in Britain, he was called to the War Office by the Intelligence Service and was later consultant for the London Daily Express on Far Eastern Affairs. In support of honest loyalty he served well in the Shanghai Volunteers and the Royal Fusiliers as a Private."

From January 1945, until July of that year, Dave Taylor worked for the Scottish Glasgow Evening News and The Daily Express. Whilst in Scotland he went to the place of his birth and visited relatives, always being fascinated in the history and literature of Scotland and the connection between that country and the Hudson's Bay Company factors and their operations in Canada.

In the meantime, back in

Princeton, his Star newspaper was being edited and published by John, later Dr John, Goodfellow, but in the fall of 1946 Dave Taylor returned to the Similkameen Valley, taking over the newspaper from the incumbent, putting out his first edition back at the helm on October 3rd 1946.

Now with his experience of large newspapers, his wide interests and accumulated knowledge, Dave Taylor's newspaper reflected the personality of the publisher, one issue was completely devoted to the situation in Korea. Local affairs were not neglected though, he had plenty to say about everything in Town and more and more of his sense of humour began to show in the newspaper.

Then in the 1950's there was a change, no one really knows the reason, but he became erratic in his publishing dates and finally Taylor ceased regular publishing altogether. Sometimes he would rouse himself to get out a commemorative issue for one event or another, some of these showing his old spark, but he did continue to do job printing and here too Dave Taylor had fun, producing many outrageous posters!

Until his death in 1986, he continued to write for his own pleasure and many of his manuscripts, including The Fur Traders and Early BC History, together with his old books, photographs and newspapers, are now safely stored in the Princeton Museum and Archives.

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BC Southern Interior Monthly Report

Big Biotech: Can They Be Trusted With Our Food Supply?

The following is the third of a three-part series

by MP Alex Atamanenko

Companies like Monsanto, Cargill, DuPont, and others make the claim that the world needs genetically engineered (GE) crops in order to feed an increasingly hungry world. However, there is little in their history so far to validate this claim and much to indicate they are more likely to be a part of the problem than they are of the solution. Despite this, the U.S. and Canadian governments work hard on their behalf at the World Trade Organization to devel-

op an international regulatory regime that will force governments to accept the products of this crude technology into their markets - whether the citizens of those countries want them or not.

Although other companies have similar skeletons in their closets, no other corporation has adopted the mantra of 'profit by any means' with more zeal over more decades or with more disregard for the environment, their employees or the communities in which they have operated than the biotech giant, Monsanto. Having made their initial fortune selling war

chemicals they brought the world such toxic legacies as napalm, agent orange, dioxin and PCB's all of which are still wreaking havoc today. Over the years they have been charged and found guilty of bribery, false advertising, producing falsified documents in court, and knowingly poisoning entire communities such as Anniston, Alabama. They are regularly accused of waging smear campaigns against scientists who find themselves blacklisted and their funding withdrawn if they dare to speak against Monsanto technologies. An excellent new documentary

- The World According to Monsanto - chronicles all of these transgressions and much more.

Seven European countries have banned Monsanto's MON810 corn over safety concerns that were revealed in an independent study, yet it is still available in Canada. In South Africa where corn is the main food source for 48 million people, farmers have just lost the harvest from over 40,000 hectares planted with three different varieties of Monsanto's GE corn which failed to produce kernels. In India, farmer suicides have become epidemic among farmers unable to repay debts arising from purchasing costly Monsanto BT cotton and chemicals when the promise of increased yield failed to materialize.

It is becoming widely observed and accepted that the loss of consumer choice and biodiversity that has resulted from increased use of this technology on an industrial scale is unacceptable.

According to recent report by Friends of the Earth International - 'Who Benefits From GM Crops' - 'Farmers in any country that welcomes Monsanto can expect to suffer the same fate as US farmers - dramatically increasing seed prices, a plethora of expensive but unwanted 'traits', and a radical decline in

the availability of high-quality conventional seeds.' With respect to Monsanto chemicals the same report notes, 'More and more farmers are being told - by agronomists and by Monsanto - to combat glyphosate-resistant weeds by applying other chemicals, such as paraquat, diquat and atrazine, often in combination with higher rates of glyphosate.'

This is the backdrop in which Monsanto says that we can have faith that their herbicides and biotech crops are wholesome, nutritious, perfectly safe and are necessary to alleviate world hunger.

Renowned environmentalist, Vandana Shiva stated once in an interview 'The advertisements were about hunger. But, GE has been and will be always, a technology to generate profits for the handful of corporations that call themselves 'life-sciences' corporations; which is an insult to life. I would rather call them 'death-sciences corporations.'

I must say that the more I learn about this industry, and especially Monsanto, the more I tend to agree with Vandana Shiva. It is my hope that this column will lead people to seek out more information before believing any of the hype surrounding this technology, including that which comes from our own government.



Work resumed last week on the Town Square Project. *



Princeton

Town Hall News

THANK YOU

Thanks to all of the volunteers who came out in the snow and rain on Saturday April 25 to pick up garbage alongside our streets and highways.

Special thanks goes to Mike Leiding for organizing the event and to Overwaitea Foods and the Princeton Rotary Club for lunch in Two Rivers Park.

USE WATER WISELY

As the weather turns warmer and drier, it's up to you to be water wise. Economically speaking, it makes sense. Not only do we have to think about using our existing supplies wisely we also have to consider costs. Water is getting more expensive. It's costing us more to supply, to treat, to dispose of, and to treat again. The energy required to meet these demands is enormous and also carries with it an environmental price tag. Just because the water is available does not mean that we have to use it with such reckless abandon.

Please respect the *water restrictions* that are in effect from *May 15 to September 30*. If you are an odd numbered home you are permitted to water on odd numbered days, if you are an even numbered home you are permitted to water on even numbered days. Sprinkling is prohibited between noon and 6 pm on your watering day. Your cooperation will ensure a reliable water system for all residents.

Quick Fact About Lawn Sprinkling

How much water does my lawn really need to stay healthy? During the summer, make sure your lawn gets no more than 2.5 cm of water (including rainfall) per week to keep it healthy - and water early in the morning on your designated sprinkling days.

Town Square Project Plan



Stop in at the many retailers and service providers on Vermillion

TOWN SQUARE UPDATE

Construction has resumed on the Town Square project and we want to take this opportunity to remind the community that businesses on Vermillion Avenue remain open and encourage you to patronize their establishments. We ask that the public be patient during construction as there will be some inconveniences; we will endeavor to minimize the impact.

RIVERSIDE THEATRE

Let's go to the Movies in a small town theatre with Big sound & screen. Call the Riverside Centre Movie Hotline at 250-295-6067 Line 2.

Price is \$5.00 per person aged 3 & up.

Doors Open at 6:30 pm Show Time: 7:00pm

FRIDAY, MAY 22

New In Town

Renee Zellweger & Harry Connick Jr. star in this Romantic comedy set in small town. Rated: PG

EMPLOYMENT OPPORTUNITIES

POOL STAFF REQUIRED

The Town of Princeton is accepting application for certified Water Safety Swim Instructors and Lifeguards. If you enjoy working with people of all ages, are a strong swimmer and love being outdoors all summer long why not become certified as a Swim Instructor and/or Lifeguard. WSI and Lifeguard Training Courses are available NOW throughout the Interior of BC. Call Carol at 250-295-7085 to learn more or drop off resumes to Town Hall.

SUMMER RECREATION STAFF

Applications are now being accepted for Summer Recreation Staff. Please drop off resume at Town Hall or call Nadine at 250-295-6067 to learn more.

GAMESTOWN 2010

Tell the world how our community is getting in the Olympic Games spirit by posting our stories, photos and video clips at www.gamestown2010.ca. Later this year, three B.C. communities will be picked as the gold, silver and bronze Game-Towns and will receive funds to put towards sports or healthy living facility improvements of their choosing. Many other great prizes, including tickets to the Winter Games will be awarded along the way.



News Leader Entertainment

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



Rodeo Queen Janine Esdale looks forward to seeing you this weekend at Princeton Rodeo. *

Rodeo this weekend!

This weekend's Princeton Rodeo will feature some top cowboys in the Team Roping event on Sunday, May 10th.

Brothers Cody, Justin, and Brett McCarroll have been team roping since they were old enough to walk and have numerous awards to prove it.

Cody is 28 years old and enrolled in his fourth year of a PhD in English at the University of Alberta in Edmonton, AB. He has a Bachelor of Arts (With Great Distinction) and a Master of Arts in English. Cody qualified for the CFR in 2003 and 2004 and 2007. Over twenty trophy belt buckles, five saddles, and numerous other prizes testify to his talent and to his commitment to the sport. Cody's wife Trina is employed as the head of human resources for the City of Camrose. The couple is focused on success in the university classroom, professional life, and rodeo arena. They are dedicated to Cody qualifying for the CFR for years to come and dream of winning a Canadian championship as well as qualifying for the National Finals Rodeo (NFR) in Las Vegas.

Younger brother Justin is 26 years old and has qualified for the

CFR in 2003, 2006, 2007, and 2008. Justin is the 2006 and 2007 Canadian Champion Header. At age 13, he won his first one-ton Ford truck at a team roping held at the Agricom in Edmonton. He won the very same event the next year, adding a second truck to his credentials. He was the 1999 and 2007 Alberta Team Roping Champion and 2004 Canadian Professional Rodeo Fast Time winner with brother Cody. Justin has a BA degree and a BEd degree. He is currently teaching grade 7/8 at Cornerstone Christian Academy in Kingman, AB. He is married to Kendra, a

licensed-practical-nurse working at the Stollery Children's Hospital in Edmonton, as well as in Camrose at St. Mary's. They reside in Camrose. Together, their focus is winning the 2009 Canadian Championship and qualifying for the NFR.

Baby brother Brett is 23 years old and has qualified for the CFR in 2003, 2005, 2006, 2007, and 2008. He was the Canadian Champion in 2006 and 2007 heeling for brother Justin. He has won two horse trailers in team roping events in 1998 and 2003. Brett has just completed his education continued on Page 12



The 2008 Wild Horse Race in Williams Lake. Photo: Jesse Madden

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FINANCIAL FOCUS

The Benefits Of Working With A Financial Advisor

Investing isn't easy at the best of times, let alone during the challenging period we've experienced in recent months. It requires time, research, patience and a specialized knowledge of financial markets.

Quite simply, in today's environment, you may find working with an investment professional is more important than ever.

While it's true that some people prefer investing on their own, the reality is that most of us can benefit from the services of a financial advisor. With professional help you can take much of the work out of investing and may increase your potential for reaching financial goals.

The job of establishing, monitoring and maintaining your investment portfolio tends to be more effective when you have help. You can benefit from the skills and knowledge of a seasoned professional who is well-acquainted with your personal situation and objectives. And when you stick with one advisor who sees the "big picture" of your financial life, you can get well-rounded help and advice from somebody who has a full grasp of your finances.

A good relationship with a financial advisor will help you:

- Understand your financial needs - Your advisor can review and analyze the current state of your finances and investments.
- Set goals - Establishing realistic financial goals is easier with professional help. No matter what your objectives - perhaps retirement, saving for a child's education, buying a house or reducing income taxes - it's important that they be achievable.
- Develop a financial plan - Once goals are in place, you and your advisor can develop a savings and investment plan to meet your long-term objectives. This may include a strategy for funneling more of your income into savings and investments.
- Assess risk tolerance - An advisor can assist you in determining the level of risk you're comfortable with, and show you how to balance that risk with potential investment returns.
- Establish a portfolio - With professional help you can choose investments for a portfolio that reflect your goals and risk tolerance.
- Potentially save on taxes - Your advisor can show you how to structure a portfolio that takes advantage of tax breaks* available for many types of investments.
- Review finances and investments - It's important to regularly monitor the progress of your plan. An investment professional has the tools to measure the performance of your portfolio against your experiences and market conditions. When adjustments are necessary, your advisor can suggest appropriate investments.

In addition to helping with savings and investments, an advisor can also offer assistance in other areas of your financial life, including insurance**, estate strategies and business planning.

In short, unless you have extensive knowledge of finance and investments and are willing to put a lot of work into managing your financial life, establishing a working relationship with an investment professional is probably your best choice. It can take much of the burden off your shoulders, while still letting you play an active role in managing your investments.

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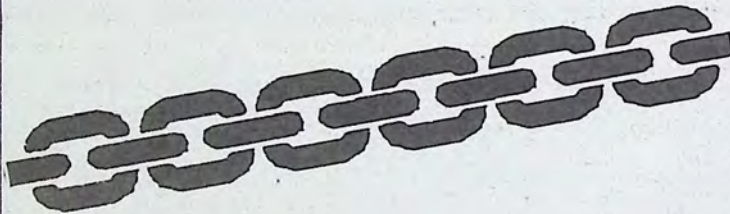


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**COMING SOON...
TO PRINCETON**



Card Shark!



The 2008 Wild Horse Race in Williams Lake. Photo: Jesse Madden

..... continued from Page 11
degree from the University of Alberta and hopes to get a job teaching in the Camrose area. He is a professional horse trainer working year round with his father, Dirk McCarroll, who was the 1989 Canadian Team Roping Champion. Brett is dedicated to making the CFR in 2009 with aspirations of making the National Finals Rodeo in Las Vegas as well.

Another well-known team roper competing this weekend is Troy Fischer. Troy and his family reside in Mayerthorpe, Alberta. Together, with wife Tara, Troy has 2 kids, Branna and Bryce. Troy is no stranger to the rodeo arena as well. He earned the first ever team roping Canadian championship at the CFR in 2000 which was team roping's inaugural

voyage at the CFR. Troy is currently roping with Cody McCarroll and they hope to win another Canadian championship in 2009. Troy is a silversmith by trade and designs the prestigious buckles given away for winners at the Canadian Finals Rodeo.

This weekend's rodeo will feature the return of the Wild Horse Race, which is quite an amazing event to watch! There will be a total five teams competing in this event including Zane Ashbacher (Turner Valley, Alberta), Alan Puhallo (Quesnel, BC), Rob Johnson (Calgary, Alberta), Jason Martin (Williams Lake, BC) and Odell Maxwell (Calgary, Alberta).

The Wild Horse Race will mark the start of this year's Princeton Rodeo, which will also include bareback rid-

ing, saddle bronc, tie-down roping, steer wrestling, ladies barrel racing, breakaway roping, junior barrel racing, junior steer riding, team roping and bull riding.

The event starts with a Grand Entry at 1:30 PM on both Saturday and Sunday, May 9th and 10th at Princeton Fairgrounds. There will be a calf scramble and others children's events throughout the day and a dinner/dance Saturday night at 6:30 PM at Riverside Centre. Moms can enjoy a free bacon/egger on Mother's Day at the Rodeo, which will feature popular announcer Al Parsons, and Rodeo Clown J. J. Harrison.

Admission is set at \$15.00 for adults (\$25.00 for a two-day pass), \$10.00 for Students and Seniors (\$17.00 for a two-day pass) and children 12 and under free.



Skye Davis and Taneesha Beaupre at the Chilliwack Little Britches Rodeo. Photo: Karen Beaupre

Little Britches, High School Rodeo News

Princeton was well represented at the Little Britches Rodeo in Chilliwack recently.

Taneesha Beaupre and Skye Davis - as their 4H project this year - have joined the Little Britches Rodeo Association. Taneesha competed in the Junior Barrels placing 6th and also placed 6th in Pole Bending. She also participated in Goat Tail Tying.

Davis competed in Senior Barrels placing 21st out of 23. She also took part in Pole Bending. Their next event is June 6th and 7th in Merritt and July 18th and 19th in Princeton.

In other rodeo news, Hedley's Taylor Schneider placed 1st in Goat Tying in the BC High School Rodeo event at Deadman's Creek and Princeton's Kelly Buhler placed 1st

in Team Roping at the same High School Rodeo.

The BC High School Rodeo Association is a non-profit organization supporting youth, education, the sport of rodeo and North American Western Heritage.

Events organized by the group are for high school students in Grades 9, 10, 11 and 12.

TUESDAY, MAY 5, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (N) [E] George S.	(6:12) Thomas	Thomas Lions	News (N) [E]	News (N)	The Sopranos [E]	News	(5:30) News (N) [E]	(4:30) News (N) [E]	CBC News: Morning (N) [E]	Being Ian Monster	SportsCentre [E]	Canada AM (N) [E]	Daily Planet [E] King [E]	Henry's King [E]	CityLine [E]	Married... Married...	Power Play [E]
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E) Martha	Today Today Takes a Vacation in Key West, Fla.; small home	The Early Show (N) [E]	American Justice	Good Morning America (N) [E]				Razzberry Animal	Neutron Rollbots	SportsCentre [E]	What's That About?	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits [E]
8 AM	Cosby Cosby	Ad Pers What	(7:58) Hi-5 Magie Bus	Curious Sid			Cold Case Files [E]			100 Huntley Street [E]	Bo On Go Bustown	Pokemon Monster	SportsCentre [E]	Worst Handyman	Weekend K. Possible	Rachael Ray [E]	Unsolved Mysteries	North of 60 [E]	
9 AM	Fam. Feud Fam. Feud	Three Takes [E]	Berenstain Clifford	Super Why! Clifford	improvements. (N) [E]	The 700 Club [E]	Cold Case Files [E]	Regis and Kelly	100 Huntley Street [E]	World Vision [E]	Super Why! Gofrette	Rolie Polie Timothy	Off-Record Fishing	Regis and Kelly	Daily Planet [E]	Feet Tigger	News (N) City	Unsolved Mysteries	Soap What
10 AM	Trivial Trivial	The Mom Show [E]	Sid (10:38)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami "Deviant"	The View (N) [E]	A Reason to Believe	Debt Part House	Wilbur [E] Doodlehop	Berenstain Dewitt	Poker UEFA	The View (N) [E]	Monster Moves [E]	Mickey Handy	The O.C. [E]	Unsolved Mysteries	What The Nanny
11 AM	Harvey Harvey	One House Designer	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan [E]	Paid Prog. Paid Prog.	World Vision	(10:59) News (N) [E]	Martha Stewart	Willa (11:25)	Pregame UEFA Champions League	Twice in a Lifetime [E]	Austin Stevens	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Grace Videos
12 PM	Fresh Pr. Fresh Pr.	Chef Design U	(12:01) (12:39)	Charlie Rose [E]	Paid Prog. Paid Prog.	News (N) Bold	The Sopranos [E]	All My Children (N) [E]	News (N) [E]	Days of our Lives (N)	News (N) CBC News	George S. (12:40)	Soccer: Semifinal, Leg 2	etalk [E] Bold	Man vs. Wild [E]	(11:49) Weekend	CityLine [E]	CSI: NY [E]	Seinfeld Seinfeld
1 PM	Still Stud Still Stud	Home to Parents	Maggie Daniel	Painting Quilt	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Steven and Chris [E]	(1:05) Viva Ruby	Sue Thomas: F.B.Eye	Worst Handyman	Dragon Emperor	ER "Try Carter" [E]	CSI: NY [E]	Raymond King	
2 PM	King King	Guiding Light (N) [E]	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show [E]	Guiding Light (N) [E]	Cold Case Files [E]	General Hospital (N)	Young and the Restless	The Doctors [E]	Living Fortune	Flamingo (2:35) Being	Horn Interruption	General Hospital (N)	MythBusters [E]	(1:54) K. Possible	News (N) [E]	CSI: NY [E]	King Family Guy
3 PM	Seinfeld Friends	How Do I Look? (N)	(3:01) Zoboomafo o "Green"	Big World WordGirl	Judge Judge	Dr. Phil [E]	Cold Case Files [E]	Rachael Ray [E]	The Doctors [E]	Young and the Restless	Jeopardy! Coronatn	Grossology Pokemon	Off-Record Sports	Dr. Phil [E]	Destroyed Destroyed	Replace Emperor	News (N) [E]	CSI: NY [E]	What What
4 PM	MLB Baseball: New York Mets at Atlanta Braves.	Debt Part Deal No	George S. (5:35)	BBC News Business	News (N) NBC News	News (N) CBS News	The First 48 [E]	Deal No Deal No	Oprah Winfrey [E]	(3:59) News Global	NHL Hockey: Playoffs --	SpongeBob OddParent	NHL Hockey: Playoffs --	Ellen DeGeneres Show	Daily Planet (N) [E]	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Vanity Tube Tales
5 PM	PM (Live)	News (N) [E]	Martha (5:35)	BBC News Business	News (N) NBC News	News (N) CBS News	The First 48 [E]	News ABC News	News (N) Global	(4:59) News (N) [E]	Teams TBA. (Live) [E]	OddParent SpongeBob	Teams TBA. (Live) [E]	News (N) [E]	How-Made How-Made	Suite Life Montana	Scrubs (N) Jim	CSI: Crime Scn	Tube Tales Seinfeld
6 PM	PM	Global News	Mechanics Heads Up	News-Lehrer	News (N) Millionaire	News (N) Hollywood	The First 48 [E]	News News	News (N) Entertain	ET Canada	Drake iCarly [E]			News (N) [E]	Destroyed Time Warp	Zoey 101 Life Derek	Rita Rocks Friends	UFC Unleashed [E]	Seinfeld Raymond
7 PM	PM Seinfeld	El News The Insider	Gardens Eden	Nova [E] (DVS)	Jeopardy! Fortune	The Doctors [E]	The First 48 [E]	Entertain The Insider	Entertain ET Canada	90210 (N) [E]	News (N) Mercer	Survive Survive	SportsCentre (Live) [E]	etalk [E] Hollywood	Deadliest Catch (N)	Wizards Montana	Curb Friends	Deadliest Warrior (N)	Family Guy Married...
8 PM	PM Family Guy	The Biggest Loser (N) [E]	New York: A Documentary Film (DVS)	Wild Lives [E]	The Biggest Loser (N) [E]	NCIS "Legend" (N) [E]	Manhunter Manhunter	Scrubs (N) Better Off	NCIS "Legend" (N) [E]	NCIS "Legend" (N) [E]	TBA TBA	Malcolm Futurama	In Corner	American Idol [E]	Daily Planet [E]	Suite Life Buzz	News (N) (8:35) News	The Ultimate Fighter	Seinfeld Seinfeld
9 PM	PM Cheers Sanford	Dr. 90210 (N) [E]	Driving	Independent Lens [E]	Law & Order: SVU (10:01) Without a Trace (N)	The First 48 [E]	The First 48 [E]	Dancing With the Stars (10:02) Cupid "Shipping"	Durham County [E]	News Hour Final (N)	National Falcon Beach	Family Biz Prank Ptrl	UEFA Champ. League	(9:01) Fringe (N) (PA) [E]	Destroyed Time Warp	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: NY [E]	Family Guy King
10 PM	PM Movie: "Hard Rain" (1998) [E]	News (N) [E]	(11:15) Driving Dreams	Charlie Rose (N) [E]	News (N) Tonight	News (N) Late Show	The First 48 [E]	News (11:35)	News (N) ET Canada	Entertain ET Canada	(11:05) The Hour [E]	Mystery Ghost	SportsCentre (Live) [E]	News (N) News (N)	How-Made How-Made	Suite Life Life Derek	Judge News [E]	Disorderly Con.	Raymond King

WEDNESDAY, MAY 6, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News [E] George S.	(6:12) Thomas	Bob Build Lions	News (N) [E]	News (N)	The Sopranos [E]	News	(5:30) News (N) [E]	(4:30) News (N) [E]	CBC News: Morning (N) [E]	Being Ian Monster	SportsCentre [E]	Canada AM (N) [E]	Daily Planet [E] King [E]	Henry's King [E]	CityLine [E]	Married... Married...	Crow-Stairway
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E) Martha	Today Today Takes a Vacation in Key West, Fla.; small home	The Early Show (N) [E]	American Justice	Good Morning America (N) [E]				Save-Ums! Animal	Neutron Skunk Fu!	Hockey: IIHF World Champ. Quarterfinal -- Teams TBA	Megaworld "Spain"	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits [E]
8 AM	Cosby Cosby	Ad Pers What	(7:58) Hi-5 Magie Bus	Curious Sid			Cold Case Files [E]			100 Huntley Street [E]	Bo On Go Bustown	Pokemon Monster	SportsCentre [E]	How-Made How-Made	Weekend K. Possible	Rachael Ray [E]	Unsolved Mysteries	North of 60 [E]	
9 AM	Fam. Feud Fam. Feud	Three Takes [E]	Berenstain Clifford	Super Why! Clifford	Ricki Lake and Abby Epstein; Paul Potts performs. (N) [E]	The 700 Club [E]	Cold Case Files [E]	Regis and Kelly	100 Huntley Street [E]	Hospital for Sick Kids	Super Why! Gofrette	Rolie Polie Timothy	Snowbrd	Regis and Kelly	Daily Planet [E]	Feet Tigger	News (N) City	Unsolved Mysteries	Reality What
10 AM	Trivial Trivial	The Mom Show [E]	Noonbory (10:36)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami "Collision"	The View (N) [E]	A Reason to Believe	Debt Part House	Wilbur [E] Doodlehop	Berenstain Dewitt	PBA Bowling	The View (N) [E]	Destroyed Time Warp	Mickey Handy	The O.C. [E]	Unsolved Mysteries	What The Nanny
11 AM	Harvey Harvey	One House Guys	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan [E]	Paid Prog. Paid Prog.	World Vision	(10:59) News (N) [E]	Martha Stewart	Willa (11:25)	Pregame UEFA Champions League	Twice in a Lifetime [E]	Mayday: Flying	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Grace Videos
12 PM	Fresh Pr. Fresh Pr.	Chef Design U	(12:01) (12:39)	Charlie Rose [E]	The Firm Paid Prog.	News (N) Bold	The Sopranos [E]	All My Children (N) [E]	News (N) [E]	Days of our Lives (N)	News (N) CBC News	George S. (12:40)	Soccer: Semifinal, Leg 2	etalk [E] Bold	The Ultimate	(11:49) Weekend	CityLine [E]	CSI: NY [E]	Seinfeld Seinfeld
1 PM	Still Stud Still Stud	Home to Parents	Maggie Daniel	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Steven and Chris [E]	(1:05) Viva Ruby	Sue Thomas: F.B.Eye	Deadliest Catch	Dragon Emperor	ER "Fear" [E]	CSI: NY [E]	Raymond "70s Show"	
2 PM	King King	Guiding Light (N) [E]	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show [E]	Guiding Light (N) [E]	Cold Case Files [E]	General Hospital (N)	Young and the Restless	The Doctors [E]	Living Fortune	Flamingo (2:35) Being	Horn Interruption	General Hospital (N)	MythBusters [E]	(1:54) K. Possible	News (N) [E]	CSI: NY "Oedipus Hex"	"70s Show" Family Guy
3 PM	Seinfeld Friends	The Big Party Plan-Off	(3:01) Zoboomafo o "Green"	Big World WordGirl	Judge Judge	Dr. Phil [E]	Cold Case Files [E]	Rachael Ray [E]	The Doctors [E]	Young and the Restless	Jeopardy! Coronatn	Grossology Pokemon	Off-Record Sports	Dr. Phil [E]	How-Made How-Made	Replace Emperor	News (N) [E]	CSI: NY [E]	What What
4 PM	PM Payne	Debt Part Deal No	George S. (5:35)	BBC News Business	News (N) NBC News	News (N) CBS News	Dog Dog	News ABC News	News (N) Global	(4:59) News (N) [E]	Teams TBA. (Live) [E]	OddParent SpongeBob	Teams TBA. (Live) [E]	Ellen DeGeneres Show	Daily Planet (N) [E]	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Vanity Ad Pers
5 PM	PM Movie: "The Long Kiss Goodnight" (1996) Geena Davis. [E]	News (N) [E]	Martha (5:35)	BBC News Business	News (N) NBC News	News (N) CBS News	Dog Dog	News ABC News	News (N) Global	(4:59) News (N) [E]	Teams TBA. (Live) [E]	OddParent SpongeBob	Teams TBA. (Live) [E]	News (N) [E]	Treasure Quest (N) [E]	Suite Life Montana	Scrubs "My Finale" (N)	CSI: Crime Scn	Ad Pers Seinfeld
6 PM	PM	Global News	Think Big Into Wild	News-Lehrer	News (N) Millionaire	News (N) Hollywood	Dog Dog	News News	News (N) Entertain	ET Canada	Drake iCarly [E]			News (N) [E]	Deadliest Catch [E]	Zoey 101 Life Derek	Friends Less-Kind	Deadliest Warrior	Seinfeld Raymond
7 PM	PM Seinfeld	El News The Insider	Shadow-Chief	Secrets of the Dead	Jeopardy! Fortune	The Doctors [E]	Dog Extern	Entertain The Insider	Entertain ET Canada	(7:02) The Unusuals (N) [E]	News (N) Red Green	In Real Life (N) [E]	SportsCentre (Live) [E]	etalk [E] Hollywood	Mayday [E]	Wizards Montana	Murdoch Mysteries	The Ultimate Fighter (N)	Family Guy Married...
8 PM	PM Family Guy	Better Off Better Off	India	World War II: Behind Closed Doors	Law Order: CI	Christine Gary	Extern Extern	Scrubs "My Finale" (N)	Lie to Me "Blinded" (N)	Lie to Me "Blinded" (N)	TBA TBA	Malcolm Futurama	Hockey: IIHF World Champ. Quarterfinal -- Teams TBA	Criminal Minds (N) [E]	Daily Planet [E]	Suite Life Buzz	News (N) (8:35) News	The Ultimate Fighter	Seinfeld Seinfeld
9 PM	PM Movie: "The Long Kiss Goodnight" (1996) Geena Davis. [E]	J. Dickinson	Beethoven [E]	Law & Order: SVU	Criminal Minds (N) [E]	Dog Dog	Dog Dog	Lost (N) [E]	Bones (N) (PA) [E]	Bones (N) (PA) [E]	To Be Announced	Karaoke Star Junior	American Idol [E]	Mayday [E]	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: NY [E]	Family Guy "70s Show"	
10 PM	PM PM Geena Davis. [E]	Run Heels Keep Up	The Long Song [E]	Law & Order "All New"	CSI: NY "Greater Good"	Dog Dog	Dog Dog	(10:02) The Unusuals (N) [E]	(10:02) The Unusuals (N) [E]	News Hour Final (N)	National Falcon Beach		Teams TBA	CSI: NY "Greater Good"	Treasure Quest [E]	School Cory	(10:06) I Love New York	Most Amazing Videos	"70s Show" Married...
11 PM	PM Montel W.	News (N) [E]	Montreal Jazz	Charlie Rose (N) [E]	News (N) Tonight	News (N) Late Show	Dog Extern	News (11:35)	News (N) [E]	ET Canada Poker Den	(11:05) The Hour [E]	Mystery Ghost	SportsCentre (Live) [E]	News (N) News (N)	Deadliest Catch [E]	Suite Life Life Derek	Judge News [E]	Disorderly Con.	Raymond "70s Show"

Similkameen News Leader - Horoscopes

May 6 - 13, 2009

Aries - Your mind is in a turmoil of clever ideas and you daydream of freedom and riches. Cool it! You have to be practical and watch your spending. Debt is your downfall!

Taurus - Your health improves as long as you don't over-indulge in sweets and/or alcohol. You have more energy now. Use it to build your strength. You aren't creative. Don't gamble.

Gemini - Your mind is very clear these days. You can plan well with great insight. You feel lusty, and can be a real charmer in groups. Prepare for career challenges next week.

Cancer - Your career is full of action and you can actually enjoy it. Travel is full of challenges. You could experience windfall benefits now. Examine assets for possible areas of gain.

Leo - Career can expand now. Look for opportunity. Financial difficulties seem to be over, but they are not, so make no commitments you might not be able to meet.

Virgo - Problems you faced in March come back next week. you need to proceed with caution, hard work and determination. Friends, partner, may be unpredictable. Job and health are good.

Libra - Partner continues romantic all week. Review debts, investments, assets, insurance. Look for hidden areas of gain. You worry a lot, and will want to worry more. Relax!

Scorpio - Interaction with partner, friends, and consultations with professionals are important now. Job is busy and pleasant. Health is good. Young people are full of surprises. Have fun.

Sagittarius - Partner and friends seem to change their minds, dealings with others seem unreliable. Activity centers around sports, or creativity. Home, family are hectic.

Capricorn - You are still busy with home improvements but young people take up your time, too. You enjoy being creative. This is a positive week for you, but don't overdo work.

Aquarius - Continue being very cautious with drugs and alcohol, and avoid overindulgence in sugary foods. Be realistic about demands of home and family. Do essential tasks.

Pisces - Don't let optimistic daydreams distract you from what needs to be done. Maintain focus on ways to earn money. Plans for home improvement or family visits are put on hold. Work!

Similkameen News Leader - Recipe Corner

Recipe #270

Cowboy Burger

(NC)—With summer just around the corner, start off the barbeque season with this juicy burger to wow the crowd. Change it up by personalizing it with different twists! Serves: 8

Ingredients:

- 1 egg, beaten
- 1 small onion, minced
- 2 cloves garlic, minced
- 1 tsp (5 mL) each chili powder, dried oregano and cumin
- 1/4 cup (50 mL) Heinz Tomato Ketchup
- 2 lb (1 kg) ground beef
- 1/4 cup (50 mL) Heinz BBQ Sauce, any flavour
- 8 slices Monterey Jack or Cheddar cheese
- 8 burger buns
- 8 slices crisp, cooked bacon
- Heinz Tomato Ketchup, Relish and Mustard

Preparation:

Preheat the grill to medium-high. Mix the egg with the onion, garlic, chili powder, oregano, cumin and ketchup. Crumble in beef and stir gently to combine.

Shape into 8 patties. Grill, brushing with barbecue sauce often (if using), for 5 to 7 minutes per side or until no longer pink in the centre. Top with cheese and cook for 45 to 60 seconds longer. Transfer to buns. Top with bacon and condiments.

- News Canada

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Tuesday Movies

EVENING

9:00 pm WTBS (3) ★½ "An American Werewolf in Paris"

(1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pursues her and gradually discovers her dark secret. (E)

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Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★★ "The Long Kiss Goodnight" (1996, Action) Geena Davis. Former cohorts come after a small-town New England mom who gradually remembers her past as a government assassin. (E)

EVENING

9:00 pm WTBS (3) ★★★ "The Long Kiss Goodnight" (1996, Action) Geena Davis. Former cohorts come after a small-town New England mom who gradually remembers her past as a government assassin. (E)

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

Similkameen News Leader

Thursday Movies

EVENING

7:00 pm WTBS (3) ★★ "After the Sunset" (2004, Comedy-Drama) Pierce Brosnan. An FBI agent thinks a master thief and his girlfriend will try to steal a valuable diamond from

a cruise ship. (E)
 10:30 pm WTBS (3) ★★ "After the Sunset" (2004, Comedy-Drama) Pierce Brosnan. An FBI agent thinks a master thief and his girlfriend will try to steal a valuable diamond from a cruise ship. (E)

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Similkameen News Leader

Friday Movies

EVENING

7:00 pm YTV (18) "Spectacular!" (2009, Drama) Nolan Gerard Funk. Premiere. Ousted from his band, a teenager joins a new group that competes for a national championship. (In Stereo) (E)

7:30 pm FAM (26) ★★½ "Sally Marshall Is Not an Alien" (2000, Comedy) Helen Neville. Premiere. An Australian loner must prove a new girl is not an extraterrestrial or else lose her telescope to a bully.

8:00 pm KXLY (10) ★★ "Happy Feet" (2006, Adventure) Voices of Elijah Wood. Premiere. Animated. Born without the ability to sing, a young emperor penguin expresses himself and hopes to attract a mate through his amazing dancing talent. (In Stereo)

9:00 pm WTBS (3) ★★ "Bounty Hunters" (1997, Action) Michael Dudikoff. Rival bounty hunters join

forces to catch a bail-jumper before mob assassins reach him. (E)

9:00 pm FAM (26) ★★ "Dennis the Menace" (1993, Comedy) Walter Matthau. The comic-strip moppet plays pranks on Mr. Wilson, the crotchety fellow who lives next door. (E)

10:00 pm KNOW (5) ★★½ "Twist" (1992, Documentary) Premiere. Filmmaker Ron Mann traces the development of the dance craze that revolutionized pop culture during the 1950s. (E)

10:42 pm FAM (26) ★★ "Madeline" (1998, Comedy-Drama) Frances McDormand. A fearless French orphan involves her schoolmates and headmistress in a series of misadventures. (E)

11:00 pm SPIKE (44) "Backwoods" (2008, Suspense) Haylie Duff. A group of executives go camping for fun and games until someone stalks them through the forest. (In Stereo)

THURSDAY, MAY 7, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (E)	(6:12) George S.	Thomas Lions	News (N)	News (N)	The Sopranos (E)	News	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Being Ian Monster	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	CityLine (E)	Married... Married...	Traders (E)
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E) Martha	Today Diet myths; Jon and Kate	The Early Show (N) (E)	Amer. Justice	Good Morning America (N)			Razzberry Animal	Neutron Kid vs. Kat	Hockey: IIHF World Champ.		Mega Builders (E)	(6:56) Phineas	The Tyra Banks Show	Married... Married...	Outer Limits (E)
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Gosselin; Leonard Nimoy;		Cold Case Files (E)			100 Huntley Street (E)	Bo On Go Busytown	Pokemon Monster	Quarterfinal -- Teams TBA		Deadliest Catch (E)	Weekend K. Possible	Rachael Ray (E)	Unsolved Mysteries	North of 60 (E)
9 AM	Fam. Feud Fam. Feud	Three Takes (E)	Berenstain Clifford	Super Why! Clifford	Mother's Day gift guide; interviewing. (N)	The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Super Why! Gofrette	Rolie Polie Timothy	In Corner	Regis and Kelly	Daily Planet (E)	Feet Tigger	News (N) City	Unsolved Mysteries	Make What
10 AM	Trivial Trivial	The Mom Show (E)	Sid (10:36)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami (E)	The View (N) (E)	World Vision (E)	Debt Part House	Wilbur (E)	Berenstain Dewitt	PBA Bowling	The View (N) (E)	Treasure Quest (E)	Mickey Handy	The O.C. (E)	Unsolved Mysteries	What The Nanny
11 AM	Harvey Harvey	One House Guys	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog. Paid Prog.	World Vision	(10:59) News (N) (E)	Martha Stewart	Willa (11:25)	Hockey: IIHF World Champ.	Twice in a Lifetime (E)	Forensic Factor (E)	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Grace Videos
12 PM	Fresh Pr. Fresh Pr.	Chef Design U	(12:01) (12:39)	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N)	The Sopranos (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	News (N)	George S. (12:40)	Quarterfinal -- Teams TBA	etalk (E)	Mayday (E)	(11:49) Weekend	CityLine (E)	CSI: NY (E)	Seinfeld
1 PM	Still Std Still Std	Home to Parents	Maggie Daniel	Painting Quilting	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Steven and Chris (E)	(1:05) Viva Ruby	Motorcycle	Sue Thomas: F.B.Eye	Austin Stevens	Dragon Emperor	ER (E)	CSI: NY (E)	Raymond Just Shoot
2 PM	King King	Guiding Light (N) (E)	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N)	Young and the Restless	The Doctors (E)	Living Fortune	Flamingo (2:35) Being	Horn Interruption	General Hospital (N)	MythBusters (E)	(1:54) K. Possible	News (N)	CSI: NY (E)	Just Shoot Family Guy
3 PM	Seinfeld Friends	Clean Clean	(3:01) Zoboomafo o "Funny Faces"	Big World WordGirl	Judge Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	The Doctors (E)	Young and the Restless	Jeopardy! Coronatn	Grossology Pokemon	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Replace Emperor	News (N)	CSI: NY (E)	What What
4 PM	Payne Payne	Debt Part Deal No	Martha George S.	BBC News Cyberchas	News (N) Judge J.	News (N)	News (N)	Deal No Deal No	Oprah Winfrey (E)	(3:59) News Global	NHL Hockey: Playoffs -- Teams TBA. (Live) (E)	SpongeBob OddParent	NHL Hockey: Playoffs -- Teams TBA. (Live) (E)	Ellen DeGeneres Show	Daily Planet (N) (E)	(4:08) Phineas	Law & Order: SVU	UFC Unleashed	Vanity Inside Hollywood (E)
5 PM	Friends Friends	News (N) (E)	Martha (5:35)	BBC News Business	News (N) NBC News	News (N) CBS News	The First 48 (E)	News ABC News	News (N) Global	(4:59) News (N) (E)	Teams TBA. (Live) (E)	OddParent SpongeBob	Teams TBA. (Live) (E)	News (N) (E)	How William Shatner	Suite Life Montana	Ugly Betty (N) (E)	UFC Unleashed	Seinfeld
6 PM	Friends Friends	Global News	Creatures Animals	News- Lehrer	News (E) Millionaire	News (N) Hollywood	The First 48 (E)	News News	News (N) ET Canada	ET Canada	Drake Jackson		News (N) (E)	Changed the World (E)	Zoey 101 Life Derek	Parks (6:31) 30	TNA Wrestling (N) (E)	Seinfeld Raymond	
7 PM	Movie: "After the Sunset"	El News The Insider	Eden Big Ideas	Secret Mission Hanford	Jeopardy! Fortune	The Doctors (E)	The First 48 (E)	Entertain The Insider	Entertain ET Canada	(7:01) Harper's Island (E)	News (N) 22 Minutes	Prank Ptrl Prank Ptrl	SportsCentre (Live) (E)	etalk (E) Hollywood	MythBusters (E)	Wizards Montana	Hell's Kitchen (N) (E)	Family Guy Married...	
8 PM	(2004) Pierce Brosnan.	Name Earl 10 Items	The Treasure (E)	New Tricks (E)	Name Earl Parks	Survivor: Tocantins (E)	The First 48 (E)	Ugly Betty (N) (E)	Survivor: Tocantins (N)	TBA	Malcolm TBA	Futurama	Off-Record	CSI: Crime Scn	Daily Planet (E)	Suite Life Buzz	News (N) (8:35) News	Pros vs. Joes: All Stars	Seinfeld
9 PM	Family Guy Family Guy	True Hollywood Story	Art Heaven	MI-5 "Nest of Angels"	The Office (9:31) 30	CSI: Crime Scn	The First 48 (E)	Grey's Anatomy (N)	The Office Kink	The Office Kink	To Be Announced	In Real Life (E)	Score Golf Motoring	Grey's Anatomy (N)	How William Shatner	Wizards Life Derek	(9:06) Jimmy Kimmel	Pros vs. Joes: All Stars Mocap LLC Game	Family Guy Just Shoot
10 PM	Seinfeld Movie: "After the Sunset" (2004)	Party Monsters: Cabo	Arnaud Maggs	Artists Den	Southland (N) (E)	CSI: Crime Scn	The First 48 (E)	Michael J. Fox	(10:01) Harper's Island (E)	News Hour Final (N)	National	Falcon Beach "Lost"	Series of Poker	Southland (N) (E)	Changed the World (E)	School Cory	Flavor of Love I Bet You	MANswers Married...	Just Shoot
11 PM	News (N) (E)	Gold Mountain	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	The First 48 (E)	News (11:35)	News (11:35)	News (N) ET Canada	Entertain ET Canada	(11:05) The Hour (E)	Mystery Ghost	SportsCentre (Live) (E)	News (N) News (N)	MythBusters (E)	Suite Life Life Derek	Judge News (E)	MXC (E) MXC (E)	Raymond Just Shoot

FRIDAY, MAY 8, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (E)	(6:12) George S.	Bob Build Lions	News (N)	News (N)	The Sopranos (E)	News	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Being Ian Monster	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	CityLine (E)	Married... Married...	Adventures of Sinbad
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E) Martha	Today (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N)			Save-Ums! Animal	Neutron Pretty Cure	Hockey: IIHF World Champ.		Mayday "Fog of War"	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits (E)
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files (E)			100 Huntley Street (E)	Bo On Go Busytown	Pokemon Monster	Semifinal -- Teams TBA		MythBusters (E)	Weekend K. Possible	Rachael Ray (E)	Unsolved Mysteries	North of 60 (E)
9 AM	Fam. Feud Fam. Feud	Three Takes (E)	Berenstain Clifford	Super Why! Clifford		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Super Why! Gofrette	Rolie Polie Timothy	Score Golf	Regis and Kelly	Daily Planet (E)	Feet Tigger	News (N) City	Unsolved Mysteries	Tube Tales What
10 AM	Trivial Trivial	The Mom Show (E)	Noonbory (10:36)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami "Driven"	The View (N) (E)	A Reason to Believe	Debt Part House	Wilbur (E)	Berenstain Dewitt	Sp. Olympics	The View (N) (E)	What's That About?	Mickey Handy	The O.C. (E)	Unsolved Mysteries	What The Nanny
11 AM	Harvey Harvey	One House Guys	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog. Paid Prog.	World Vision	(10:59) News (N) (E)	Dinner Antiques	Willa (11:25)	Hockey: IIHF World Champ.	Twice in a Lifetime (E)	Super Ships (E)	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Grace Videos
12 PM	Fresh Pr. Fresh Pr.	Eat, Shrink Design U	(12:01) (12:39)	Charlie Rose (E)	Bootcamp Paid Prog.	News (N)	The Sopranos (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	News (N)	George S. (12:40)	Semifinal -- Teams TBA	etalk (E)	How William Shatner	(11:49) Weekend	CityLine (E)	CSI: NY (E)	Seinfeld
1 PM	Still Std Still Std	Home to Parents	Maggie Daniel	Painting Beads Bbl	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	(1:05) Viva Ruby	Sports	Sue Thomas: F.B.Eye	Changed the World (E)	Dragon Emperor	ER "Time of Death"	CSI: NY "Sweet 16"	Raymond Frasier
2 PM	King King	Guiding Light (N) (E)	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N) (E)	Cold Case Files (E)	General Hospital (N)	Young and the Restless	The Doctors (E)	Steven and Chris (E)	Flamingo (2:35) Being	Horn Interruption	General Hospital (N)	MythBusters (E)	(1:54) K. Possible	News (N)	CSI: NY (E)	Frasier Family Guy
3 PM	Seinfeld Friends	Clean House (N) (E)	(3:01) Zoboomafo o "Creature Neighbors"	Big World WordGirl	Judge Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	The Doctors (E)	Young and the Restless	Living Coronatn	Grossology (3:29) Pretty	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Replace Emperor	News (N)	CSI: NY (E)	What What
4 PM	MLB Baseball: Atlanta	Debt Part Deal No	Martha George S.	BBC News Cyberchas	News (N) Judge J.	News (N)	CSI: Miami "Driven"	Deal No Deal No	Oprah Winfrey (E)	(3:59) News Global	Jeopardy! Air Farce	SpongeBob Mighty B	NHL Hockey: Playoffs -- Teams TBA. (Live) (E)	Ellen DeGeneres Show	Daily Planet (N) (E)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Vanity TV Made
5 PM	Braves at Philadelphia Phillies. (Live)	News (N) (E)	Martha (5:35)	BBC News Business	News (N) NBC News	News (N) CBS News	CSI: Miami (E)	News ABC News	News (N) Global	(4:59) News (N) (E)	Simpsons Fortune	OddParent SpongeBob	Teams TBA. (Live) (E)	News (N) (E)	Heli-Loggers (N) (E)	Suite Life Montana	Mantracker (E) (DVS)	CSI: Crime Scn	TV Made Seinfeld
6 PM		Global News	Heads Up Time	News- Lehrer	News (N) Millionaire	News (N) Hollywood	CSI: Miami (E)	News News	News (N) Entertain	Malcolm Entertain	News (N) iCarly (E)	iCarly (E)		News (N) (E)	Worst Handyman	Zoey 101 Wizards	Departures (E)	CSI: NY (E)	Seinfeld Family Guy
7 PM	Videos Seinfeld	E News The Insider	For King and Empire	Wash Wk McLaughlin	Jeopardy! Fortune	The Doctors (E)	CSI: Miami "Inside Out"	Entertain The Insider	Entertain Malcolm	NUMB3RS (N) (E)	22 Minutes Laughs	Movie: "Spectacular!" (2009)	SportsCentre (Live) (E)	etalk (E) Hollywood	Forensic Factor (N)	Sonny "Sally"	Out There Out There	CSI: Crime Scn	Family Guy Married...
8 PM	Family Guy Family Guy	THIS Investigates (N) (E)	Poirot (N) (E)	Bill Moyers Journal (N)	Howie Do Howie Do	Ghost Whisperer (N)	Criminal Minds (E)	Movie: "Happy Feet" (2006). Adventure.	Prison Break (N) (E)	Prison Break (N) (E)	Comedy Fest. Nolan Gerard Funk.		NASCAR Racing: Nationwide - Diamond Hill Plywood 200	Ghost Whisperer (N)	Daily Planet (E)	Marshall Is Not an Alien"	News (N) (8:35) News	MANswers	Seinfeld
9 PM	Movie: "Bounty Hunters" (1997)	20/20 (E)	Life Begins (N) (E)	NOW Served	Dateline NBC (E)	Flashpoint (N) (E)	CSI: Miami (E)	Adventure.	(9:01) Dollhouse "Omega"	(9:01) Dollhouse "Omega"	fifth estate Prank Ptrl	Prank Ptrl		Flashpoint (N) (E)	Worst Handyman	(9:06) Movie: "Dennis the Menace"	(9:06) Jimmy Kimmel	MANswers	Family Guy
10 PM	Michael Dudikoff.	News (N) (E)	Movie: "Twist" (1992) Premiere.	The Vicar of Dibley		NUMB3RS (E)	CSI: Miami (E)	20/20 (E)	NUMB3RS (N) (E)	News Hour Final (N)	National	Family Biz Adrenaline	Spectacle: Elivs	Heli-Loggers (E)	Movie: "Madeline" (1998) (E)	Judge News (E)	Movie: "Backwoods"	Raymond Family Guy	
11 PM	Montel W.	News (N) (E)	Haida Art	Austin City Limits (E)	News (N) Tonight	News (N) Late Show	CSI: Miami "Inside Out"	News (11:35)	News (N) (11:35)	News (N) ECW (N) (E)	(11:05) The Hour (E)	Mystery Ghost	SportsCentre (Live) (E)	News (N)	Forensic Factor (E)	News (E)	News (E)	Movie: "Backwoods"	Family Guy

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Similkameen News Leader

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

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

CHALLENGE #189 - Rated Easy

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

CHALLENGE #190 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

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

Saturday Movies

MORNING

9:00 am WTBS (3) ★★ "Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970. (E)
11:00 am WTBS (3) ★★½ "Romy and Michele's High School Reunion" (1997, Comedy) Mira Sorvino. Two pinheads try to impress former classmates with far-fetched success stories. (E)

AFTERNOON

12:00 pm FAM (26) "Johnny Kapahala:

Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer. (E)

1:32 pm FAM (26) "Hatching Pete" (2009, Comedy) Jason Dolley. A teenager becomes a big hit when he dons a chicken suit to become a high-school mascot. (E)

5:00 pm WTBS (3) ★★½ "Bad News Bears" (2005, Comedy) Billy Bob Thornton. A single mother recruits a former baseball player to coach a ragtag team of misfit Little Leaguers. (E)

EVENING

6:00 pm CITY (29) ★★½ "Lost and Delirious" (2001, Drama) Piper Perabo. Three boarding-school students experience love and sexual involvement. (E) (DVS)

7:30 pm WTBS (3) "Get Smart's Bruce and Lloyd Out of Control" (2008, Comedy) Masi Oka. Two technical wizards must prevent KAOS from locating a missing invisibility device.

8:00 pm KSPS (6) ★★½ "On the Town" (1949, Musical Comedy) Gene Kelly. Sailors Gabey, Chip and Ozzie have 24 hours to meet pretty women and see the sights of New York.

9:00 pm KXLY (10) ★★ "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Looking for fun, a mis-

chievous feline invades the home of two children while their mother is away. (In Stereo) FAM (26) ★★½ "Miracle" (2004, Drama) Kurt Russell. Coach Herb Brooks leads the U.S. Olympic hockey team to victory over the Soviet team in 1980. (E)

10:30 pm WTBS (3) ★★½ "Unfaithful" (2002, Drama) Richard Gere. A man becomes increasingly distraught after he discovers his wife is having an affair with a Frenchman. (E) CBC (13) ★★½ "The Shawshank Redemption" (1994, Drama) Tim Robbins. Two life sentences for a 1947 double murder land an innocent man in a corrupt Maine penitentiary.

11:15 pm FAM (26) ★★½ "Superman III" (1983, Science Fiction) Christopher Reeve. Ersatz kryptonite laced with tobacco tar splits Superman in two: good Clark Kent and bad Man of Steel. (E)

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Sunday Movies

MORNING

8:30 am WTBS (3) ★½ "Beverly Hills Ninja" (1997, Comedy) Chris Farley. A ninja watches out for his portly adopted brother, hired to track a mystery woman's beau in Southern California. (E)

10:00 am KREM (8) ★★½ "A Civil Action" (1998, Drama) John Travolta. A lawyer crusades for years on behalf of Massachusetts families whose children died from pollutants in the water.

10:30 am WTBS (3) ★★½ "Zathura" (2005, Adventure) Josh Hutcherson. Two young brothers play a mysterious game that propels them into an outer-space adventure. (E)

AFTERNOON

12:00 pm FAM (26) "Go Figure" (2005, Drama) Jordan Hinson. A teenage

figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. (E)

12:30 pm WTBS (3) ★★ "Richie Rich" (1994, Comedy) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. (E)

KREM (8) ★★½ "U.S. Marshals" (1998, Crime Drama) Tommy Lee Jones. A chief deputy and his team pursue an escaped fugitive accused of killing two government agents.

1:30 pm FAM (26) "Zenon: Girl of the 21st Century" (1999, Science Fiction) Kirsten Storms. A mischievous youngster who has spent her whole life in space has a lot of adjusting to do on Earth. (E)

2:30 pm WTBS (3) ★★½ "Bad News Bears" (2005, Comedy) Billy Bob Thornton. A single mother recruits a former baseball player to coach a ragtag team of misfit Little Leaguers. (E)

4:00 pm YTV (18) ★★ "Yours, Mine & Ours" (2005, Comedy) Dennis Quaid. A household threatens to burst at the seams when the marriage of two widowed parents creates a family of 18 children. (In Stereo) (E)

5:00 pm WTBS (3) ★★½ "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (E)

EVENING

6:00 pm YTV (18) ★★ "The Perfect Man" (2005, Romance-Comedy) Hilary Duff. A crafty teen invents a secret admirer to prevent her mother from having another bad relationship. (In Stereo) (E)

7:00 pm SPIKE (44) "Street Warrior" (2008, Action) Max Martini.

Premiere. A war veteran infiltrates a fighting club that left his brother in a coma. (In Stereo)

7:30 pm WTBS (3) ★★½ "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (E)

8:00 pm KNOW (5) "Ghost in the Machine" (1988, Mystery) John Thaw. Inspector Morse is called in when a British lord's strange death follows the theft of several valuable paintings. (E)

CBC (13) "The Quality of Life" (2008, Crime Drama) Nicholas Campbell. Vancouver Mayor Dominic da Vinci deals with an investigation following the murder of a domestic servant. (E)

9:00 pm FAM (26) ★★½ "The Secret Garden" (1993, Drama) Kate Maberly. An English orphan discovers her bitter uncle's garden with her sickly cousin, and it is magical.

10:00 pm WTBS (3) ★★½ "Zathura" (2005, Adventure) Josh Hutcherson. Two young brothers play a mysterious game that propels them into an outer-space adventure. (E)

10:41 pm FAM (26) ★★½ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. (E)

11:00 pm SPIKE (44) "Sharpshooter" (2007, Action) James Remar. For his last assignment, a sniper must stop a terrorist who plans to sell nuclear materials. (In Stereo)

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MONDAY, MAY 11, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12)	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentr e	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Once a Thief
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums! Animal	Neutron Casper	SportsCentr e		Inside Queen Mary 2	(6:58) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files				Bo On Go	Pokemon	SportsCentr e		How-Made	Weekend	Rachael Ray	Unsolved Mysteries	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Rolie Polie	Off-Record	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries	TV Made What
10 AM	Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Free Fall"	The View (N)	World Vision	Debt Part House	Wilbur	Berenstain Dewitt	UEFA Champs	The View (N)	Super Ships	Mickey Handy	Frankie Flowers	Unsolved Mysteries	The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Martha Stewart	Willa (11:25)	ATP Tennis: Mutua Madrilena	Twice in a Lifetime	Mega Builders	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Grace Videos
12 PM	Fresh Pr.	Chef	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	George S.	Masters Madrid -- Early	etalk	Canada's Worst Driver	(11:49) Weekend	CityLine	CSI: NY "Silent Night"	Seinfeld
1 PM	Still Stnd	Home to	Maggie	Fine Art	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Steven and Chris	(1:05) Viva Ruby	Round.	Sue Thomas: F.B. Eye	Dirty Jobs	Dragon Emperor	ER	CSI: NY "Obsession"	Raymond
2 PM	King	Guiding Light (N)	Franklin	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Living Fortune	Flamingo (2:35) Being	Horn Interruptio	General Hospital (N)	MythBuster s	(1:54) K. Possible	News (N)	CSI: NY	Raymond
3 PM	Seinfeld	Split Ends (N)	(3:01) Zoboofa o Zoboo invents a	Fetch! Ruff	Judge J.	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Jeopardy!	Grossology	Off-Record	Dr. Phil	Super Ships	Replace Emperor	News (N)	CSI: NY "Silent Night"	What
4 PM	MLB Baseball: Atlanta	Deal No	George S.	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Free Fall"	Deal No	Oprah Winfrey	(3:59) News Global	NHL Hockey: Playoffs -- Teams TBA. (Live)	SpongeBob OddParent	NHL Hockey: Playoffs -- Teams TBA. (Live)	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Vanity E News
5 PM	Braves at New York Mets. (Live)	News (N)	Martha (5:35)	BBC News Business	News (N) NBC News	News (N) CBS News	Intervention "Derek"	News ABC News	News (N) Global	(4:59) News (N) Global	Teams TBA. (Live)	OddParent	Teams TBA. (Live)	News (N)	MythBuster s	Suite Life Montana	Chuck	CSI: Crime Scn	Carlawood Parker
6 PM		Global News	Taste Buds Mechanics	News-Lehrer	News (N) Millionaire	News (N) Hollywood	Intervention "Anthony"	News	News (N) ET Canada	ET Canada	Drake iCarly			News (N)	Dirty Jobs (N)	Zoey 101 Life Derek	Less-Kind Surviving	UFC Fight Night	Ground Up
7 PM	Videos	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Cold Blood (N)	News (N) Red Green	Karaoke Star Junior	SportsCentr e (Live)	etalk	Worst Handyman	Wizards Montann	(7:02) Mantracker (DVS)	Are You Smarter	
8 PM	Family Guy	The Soup	Around the World	Antiques Roadshow (N)	Deal or No Deal (N)	Big Bang	Paranormal	Dancing With the Stars	House (N)	House (N)	TBA	Malcolm		Big Bang	Daily Planet	Suite Life Buzz	News (N) (8:35) News	Pros vs. Joes: All Stars	Make Bob-Doug
9 PM	Movie: "An American Werewolf in Paris"	My Boys	Landscape Revealed	American Experience (N) (DVS)	Medium (N) Rules	Two Men Rules	Intervention "Derek"	Surviving	24 (N) (PA)	24 (N) (PA)	To Be Announced	League Zixx Level	UEFA Motorcycle	Two Men (9:31)	MythBuster s	Wizards Life Derek	(9:08) Jimmy Kimmel	CSI: NY "Obsession"	Seinfeld
10 PM		The Best Years (N)	The Corporation	NW Prof	Medium (N) (DVS)	CSI: Miami "Dissolved"	Intervention "Anthony"	(10:02) Castle (N)	News Hour Final (N)	National	Falcon Beach	Shaun White	CSI: Miami "Dissolved"	Worst Handyman	School Cory	Rock of Love	Most Amazing Videos	Raymond	
11 PM	Sanford	News (N)	Haida Art	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	Paranormal	News	News (N) ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentr e (Live)	News (N)	Dirty Jobs	Suite Life Life Derek	Judge News	Disorderly Con.	Married... Married...	

Monday Movies

EVENING

10:30 pm WTBS (3) ★ 1/2 "Hard Rain" (1998, Action) Morgan Freeman. A thief, a sheriff and the nephew of an armored-truck driver seek money bags in a flooding Indiana town. [E]

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GARAGE SALE
8:00 AM - 10:30 AM Saturday, May 9
228 The Ridgeway

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9:00 AM - 2:00 PM Saturday, May 9
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Also, 19' Triple E travel trailer.
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SIMILKAMEEN
VALLEY
PLANNING
SOCIETY

**ANNUAL GENERAL MEETING
Similkameen Valley Planning Society**

6:30 PM Friday, May 22, 2009

**Hedley Community Hall
956 Scott Avenue, Hedley**

- (1) To receive a report from the Directors
- (2) To elect a President, Vice President, Secretary-Treasurer and Directors
- (3) To receive the financial report
- (4) To consider and handle any other business which may be properly brought before the meeting

By order George Hanson, President

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notices

Narcotics Anonymous

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160 Old Hedley Road
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Sundays 7:30 PM
Living Water Foursquare Church, Kanley Avenue

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Drinking a problem?

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Meets 7:30 PM Thursdays
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Fred 295-7272/Marena 295-7663

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CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #189 - Easy

516	879	234
342	651	798
987	342	561
468	795	123
235	168	479
179	234	856
724	916	385
891	523	647
653	487	912

CHALLENGE #190 - Hard

436	728	519
795	134	286
281	965	743
572	386	491
649	251	378
318	497	652
853	649	127
927	513	864
164	872	935

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Editorial Page News Leader

Similkameen News Leader, 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0

My Turn...

You snooze, you lose

I missed the all-candidates forum last week.
Or should I call it the both-candidates forum?

What had happened was I got home from a long day at work, had dinner with my wife then laid down on the couch for a short nap. Sort of unusual for me to do so early in the evening, but for some reason I was beat.

By the time I woke up the both-candidates forum was over and I had achieved the impossible having slept through it, without actually being there.

I think my subconscious was telling me what my conscious state was aware of from the beginning – it's probably not going to be all that exciting an election in our newly-named riding of Fraser-Nicola.

I know, myself and all my invisible closet Liberal friends are hoping for a victory but the fact of the matter is the only way anyone is going to beat Harry Lali in this riding is, well, one of two ways.

Harry would have to either retire (for good) from politics or move to another part of the province and run in a riding other than ours. I hear the far northern parts of BC are just starting to be recognized as 'destination territory' these days.

There's no other way to beat him here. That's not to say the Liberals haven't tried, but as much as I sometimes hate to admit it, he's a force to be reckoned with.

Harry and I have known each other for well over ten years. If you ask him he'll tell you exactly how long he's known me and probably share a detail or two of one of our early meetings. We have what I would call a friendly respect for each other. We've discussed a lot of stuff off the record and shared a lot of laughs. We know probably too much about each other and I've never voted for him.

That doesn't mean I don't like the guy. I think he was at his absolute best when he was the Transportation Minister and fought long and hard for highway projects throughout the province with particular attention to his riding.

I have to say the newly out-of-retirement Harry took a little getting used to, but he latched on to a cause (fighting for rural BC) and started making sense again.

And although the Liberals will likely remain in power in BC after May 12th and Harry will claim another victory in his amazing political career some of us will ask ourselves why we bothered going to the polls again.

After any election I sort of forget about the party and just deal with the MLA (or MP) as our representative. They are our messengers to the powers that be and we are expected to use our messenger in the best way possible.

I have to admit I'm sort of used to having Harry as our messenger to Victoria....and sometimes change is a good thing.

But I suspect after May 12th there's not going to be a whole of change in BC politics and after most of us get past the whining and complaining of another election that proved nothing significant we'll start to move forward with different targets in our crosshairs.

Then after the Olympics we'll go to the polls again and by that time our riding will change in size again and be renamed something crazy like Lower Nicola-Upper Similkameen or Merritt-Princeton Corridor or whatever.

And I'll never be able to sleep through another all-candidates forum ever again.



This was the old Similkameen Star building and Dave Taylor residence as it looked in April 1984. It was located directly behind the post office on Kenley Avenue. The building was demolished after Taylor's death a couple years after this photo was taken. Photo: Princeton Museum

...Your Turn

Reader issues challenge

To The Editor;

As a new resident, my wife and I turned out for the Town clean-up day.

We met many people, and were united by a desire to remove as much garbage as possible. The morning went well, and our group cleaned from the Husky downwards.

The previous night I cleaned up the KVR from Subway to the tunnel. We're down on Burton Avenue, so this was more self-serving.

The three bags of garbage I collected along the KVR was predominantly created by Subway and Booster Juice, with a few greasy A&W wrappers for balance.

I'd like to take this opportunity to make a few challenges. Firstly to the afore-mentioned businesses, please send out a member of staff once a week for 30 minutes or so, to clean up the garbage along this popular trail.

Secondly, can the town approve a couple of garbage bins to site along this section? (I notice there's a few brand new bear-proof bins in the works yard). And finally, for everyone to adopt a small piece of sidewalk/pavement/trail in this

town, and spend 5-10 minutes a week cleaning up.

I'm a cyclist, and well aware of the visitors that come to ride this section of the KVR. Imagine heading down the pristine trail from Coalmont, passing through the tunnel, to be greeted only by garbage.

Letter To The Editor

Harry responds to Ella

Dear Editor:

My Liberal opponent's letter of last week is little more than a hoax. The so-called "run of river" projects are sucking our own publicly-owned company BC Hydro dry. Despite some minor benefits to communities that have been hard hit by this B.C. Liberal government's arrogance and neglect, the real dollars are going to Gordon Campbell's Liberal friends and insiders who are profiting from these environmentally-damaging and cost-inflated bad deals.

Big Liberal names are on the payroll of the profiteers who are landing these projects – people like former Campbell-Liberal Attorney-General Geoff Plant (now chair of Renaissance Power)

As the traditional industrial economy changes, visitors now make up a large part of the town's balance sheet.

Let's give them a reason to stop and spend a little more. As a bonus, we'll get an even more beautiful place to live.

- Matthew Jones, Princeton

and David Cyr (the former Ministerial Assistant to Minister Mike de Jong) who is now a director at Plutonic Power. I hate to say it, but this is a modern day equivalent to buying the peoples' land with beads and trinkets.

Times are difficult now, but rather than selling out for a meal today we need to ensure we own and control our own resources, our hydro-electric power company and a plan to benefit British Columbians for generations to come. My friends don't let Gordon Campbell fool you like he tried with the obscene \$104,000 pay raise for his own deputy minister and his top Liberal execs and with his promise not to sell BC Rail.

..... continued on Page 24

Canada

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EDITORIAL GUIDE

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

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

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

Current Comment

So What About This Election?



Dawn Johnson
editor@thenewsleader.ca

As election day approaches, I wonder what kind of political party the Liberals think they are. Like most people, I have seen the Liberal advertisements on television, the one-minute fireside chat formula with Gordon Campbell telling us how good we have had it, and I just have to wonder.

There are always a lot of issues between the public and their governments at any level, but to hear Gordon Campbell, there are no issues. The Liberal ads seem to me to be very smug. They seem to say, "We've done such a good job for you, we know you'll vote for us again."

For a person like me, who will go beyond the television ads and ask a few questions, the advertisements are not enough to persuade me. For many other people, the television ads are perhaps the only political comments they will hear before they go to the polls. I find this alarming because the Liberals seem to be giving us no indication what they will do or not do if elected again.

One of Gordon Campbell's little chats consists of bragging about how his government reorganized health care in B.C. and gave us big regional hospitals and health care centers providing us with so many services. I do not know about the rest of you, but I am not pleased about what happened to our hospital. Due to the Campbell government policy, we no longer have an operating room or a nursery or a birthing room. We cannot recruit and retain doctors anymore, and this is not due merely to a shortage of physicians. Any physician would like to think he or she was going to be working in a location where skills could be maintained.

Even something as natural as having a baby cannot take place in our hospital as it is now. Pregnant mothers have to go to the regional hospital more than an hour away. This is supposed to be protecting the health

of mother and child, but don't tell me that having a baby at the side of the highway is good health care, and don't try to tell me that no local babies have been lost in the regional hospital. I know different.

I have seen no improvement in health care for anyone since the Campbell Liberals took office. I know there is a shortage of health care professionals, but creating regionalized hospitals does not solve that problem. I do not hear the Liberals saying how they will solve that problem: what I hear them saying is, "There is no problem." Another Gordon Campbell TV chat tells us how good our economy is even in these tough times. I am not saying our economy is as bad as that of California, but there has been a steady erosion of forest industry jobs since the Liberals took office, and the most promising development in the forest industry has been the employees who took over the sawmill at Nanaimo and are running it at a profit in these tough times.

The Liberals are not telling us that they will stop trying to privatize BC Hydro or our hospitals. I am a citizen who greatly resents the privatization policy. I see our government for what it is: a corporation. I just wish they would act like one. My parents, my husband and I, and my children, have invested in BC Hydro and in our hospitals and all of the other services in the province. We are shareholders in this corporation called British Columbia. Yes, we elect the Board of Directors through the provincial elections, but that should not mean they have a free hand to do as they please without consulting the shareholders. What other group of shareholders would allow the Directors to sell off company assets without consulting the shareholders first? Worse still, this corporation seems dedicated to selling off the assets that make money!

Among the more right wing parties, there has developed an attitude that governments should not own anything. A lot of this attitude has developed as part of the free trade

agreements with the USA. The American corporations spend a lot of money lobbying for a piece of the marketplace where they can expand, and lobbyists in Washington have a lot of influence. Because so much of the American way of life is dependent on corporations providing services, they want a "level playing field" in order to trade freely with Canada. To level the playing field, we citizens are expected to sacrifice our assets that we paid taxes for during good times and bad.

In the past, in this column, I have warned about the foolishness of allowing the American corporate interests, and our own corporations, to dictate what we do with our tax dollars. Maybe now that President Obama has made it clear that when the government bails out a corporation it owns a piece of it, the Americans may see things more like we do. But I digress, when what I wanted to say was, "Look at the mess the American corporations have made of their economy! Do they deserve the right to dictate to us how we should play on that level field?"

I have a cousin who lives in Arizona. She is a second generation American. We exchange ideas and opinions about how things are done in each country. In her last letter, she said, "Something must be done about our health care situation. It cannot go on the way it is."

Her husband is old enough to qualify for Medicare, but she has to wait a year, and she and her retired husband still have to pay health and medical insurance for her. Fortunately, they are among the Americans who have enough retirement income, and their house is paid for. Still, they see the flaws in their system of private hospitals and private health and medical insurers. They hope President Obama's government will change their system to be more like ours.

I seem to have rambled a long way from television ads. What I need to find out is whether anybody knows what the Gordon Campbell government will or will not do if elected.

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Similkameen News Leader

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Meadowlark Festival Presentation - Princeton



Jeff and Sue Turner have just returned from filming a segment of "Nature's Great Events" for the BBC entitled "The Great Salmon Run."

This incredible BC documentary has been shown to millions in Europe. We are very fortunate to have the first showing in North America.

"The Great Salmon Run" will be shown and narrated by Jeff and Sue at:

Riverside Centre - 7:00 PM Thursday, May 14
Admission by donation at the door
Sponsored by Vermilion Forks Field Naturalists, Princeton

THE ADRENALINE RUSH IS FREE



DO YOU:

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- Want to make a difference and give back to your community?
- Want to learn wilderness survival skills, map and compass navigation skills, GPS and radio operations, search and rescue techniques?

ARE YOU:

- 18 years of age or older and self-motivated (16 with parents' signatures)
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- Willing to attend Justice Institute of BC Certification in Ground Search & Rescue and other SAR related disciplines and get a First Aid ticket?
- Prepared to represent the 'Team' in a professional and proficient manner and accept direction and guidance?
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THEN YOU:

- Should join the Princeton Ground Search and Rescue Team

HOW YOU CAN JOIN:

- Call Arnie at (250) 295-8482 or Randy at (250) 295-5364
- Leave a message at (250) 295-7216
- e-mail pgers@telus.net for more information

Princeton Ground Search & Rescue Society
is now accepting applications for the
Spring 2009 Training Session



Stamp Mill Day included live entertainment all day at Hedley Museum. *

..... continued from Page 22

For Gordon Campbell and the B.C. Liberals it is all about looking after their corporate buddies and the richest 5% of British Columbians with big bucks while mortgaging our future and our children's future after that, and so on. I, and my NDP colleagues, will always fight alongside you to help you take back your B.C. Together we can fight to end Campbell's destructive path of privatization of our resources, the sell-off of B.C. Hydro, and the give-away of our

rivers to large foreign-owned corporations.

And when Gordon Campbell and his Liberal candidates come around telling you they are "only RENTING our rivers - not selling them off," I am reminded of Gordon Campbell's infamous words: "We're not selling off B.C. Rail - we're only LEASING it to CN."

Ah yes...the "lease" is for 990 years! Gordon Campbell has proven again and again that he cannot be trusted to tell British

Columbians the truth.

Let Gordon Campbell know that you have had enough and that there is more to British Columbia than the city of Vancouver! It is time to end the Campbell-Liberal abandonment of Rural B.C. I have always proudly stood alongside the people of Rural B.C. On May 12th re-elect Harry Lali and send a strong message to Gordon Campbell.

Yours,
Harry Lali
Fraser-Nicola NDP Candidate

Letter To The Editor

Ken says 'thank you' for support

Dear Readers,

This year's MS Walk in Penticton was a wonderful event. The weather was gorgeous, no wind and plenty of sun. The venue at King's Park was set up with a village theme and each town in the South Okanagan - Similkameen had its own tent and gathering area. The entertainment included a magic show and excellent musicians. I was thrilled to be joined by several members of my family,

and many friends from Vernon and Princeton.

This year about \$55,000 was raised to support programs and services in the South Okanagan-Similkameen, and to fund national research programs. Research is the key to ending Multiple Sclerosis. In my fund raising efforts, I asked supporters to designate their contribution to research. As a result, I raised over \$14,000 that will be dedicated to finding a

cure for Multiple Sclerosis.

On behalf of everyone with Multiple Sclerosis and their families, thank you for your support. Your generosity has put us one step closer to finding a cure...and when that day comes, we will all be able to proudly say that we set a goal, worked together, and played a role in ending Multiple Sclerosis.

Yours truly,
Ken Carlson, Princeton



Hedley Museum has made many improvements to displays for the new year! *

Ghost Town

A town that has been abandoned, usually because the economic activity that supported it no longer exists.

There are a total of six such ghost towns in the Princeton area:

Allenby, Blackfoot, Blakeburn, Copper Mountain, Granite Creek and Leadville.

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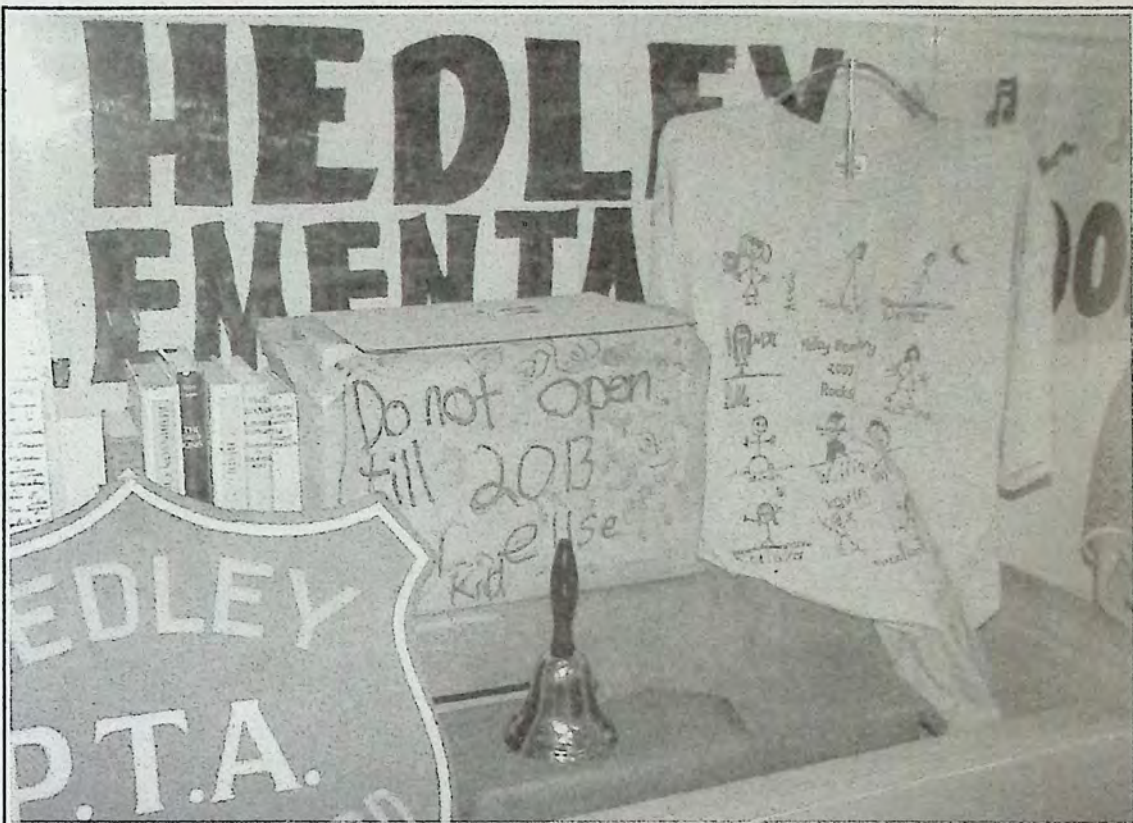
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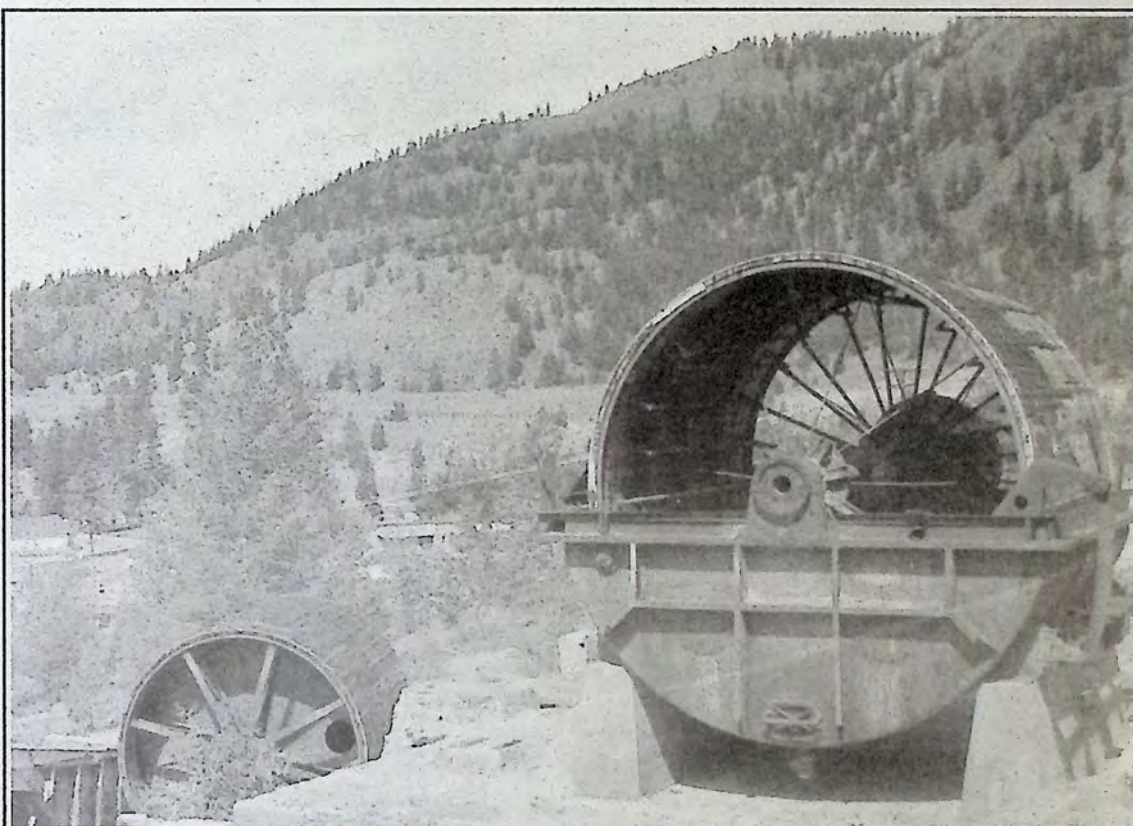


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Hedley Museum has some new displays including this one from Hedley Elementary School. *



The view from the lower portion of the former Hedley stamp mill. *



Stamp Mill Day, May 2nd, included a tour of the former stamp mill with guide Derek Lilly. *



Okanagan-Westside MLA Rick Thorpe, centre, was presented with a Tim Hall print as a gift of thanks at the end of the 'Roast and Appreciation Dinner' held in his honour at Riverside Theatre May 2nd. He is joined by, from left, Pentiction Mayor and RDOS Chair Dan Ashton, Area H Director Brad Hope, Princeton Mayor Randy McLean and Keremeos Mayor Walter Despot. *

..... continued from Front Page Speaker of the Legislative Assembly. At one point Richmond quipped, "Rick is a hard worker. Not very effective, but a very hard worker," which kept the crowd entertained.

Richmond did take the opportunity to take a shot at the Referendum on Electoral Reform (the STV vote) and had probably the funniest line during the evening when he stated; "The STV is like a STD, very nasty and difficult to get rid of."

Pentiction Mayor and RDOS Chair Dan Ashton and Keremeos Mayor Walter Despot also took their turns with the most entertaining of the speakers being Thorpe's Administrative Assistant Mike Reid. Reid, who has held that position for the past 13 years, described in great detail his joining 'TA' a support group for former staff and

employees who have survived working with Thorpe.

Reid himself admitted the key to his longevity was linked to his answering "Yes, Minister" to everything Thorpe has asked of him over the years and the ability to cover any follow-up questions with reasonably plausible answers.

Then it was Thorpe's turn.

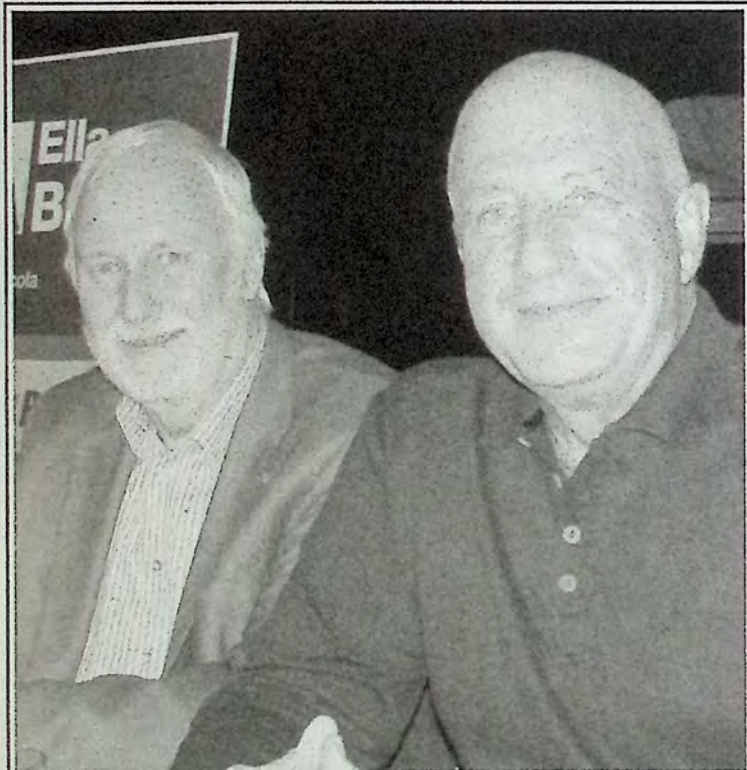
First on his list was a complete roasting of RDOS Area H Director Brad Hope for choosing Australian wines over Similkameen Valley wines to be served during the evening. He also roasted Princeton Mayor Randy McLean for being the 'biggest whiner of the three Similkameen Valley political heads at the function. Then he roasted Keremeos Mayor Walter Despot for his fears related to the Mobile Business License Program.

In all, it was a fun evening full of good-natured barbs and pokes

where everyone, including the designated targets, had an opportunity to laugh at themselves and the sometimes silly things that happen while participating in the complex game of politics.

Thorpe did state he appreciated the working relationships he had developed with local politicians and enjoyed working with them.

"It's been a pleasure to help your community get the things that really matter to you."



Kamloops MLA Claude Richmond, left, and Okanagan-Westside MLA Rick Thorpe before the fun began at the 'Roast and Appreciation Dinner' which was used as a fundraiser for Fraser-Nicola Liberal Candidate Ella Brown's campaign May 2nd at Riverside Theatre. Close to 100 local Liberal supporters attended. *

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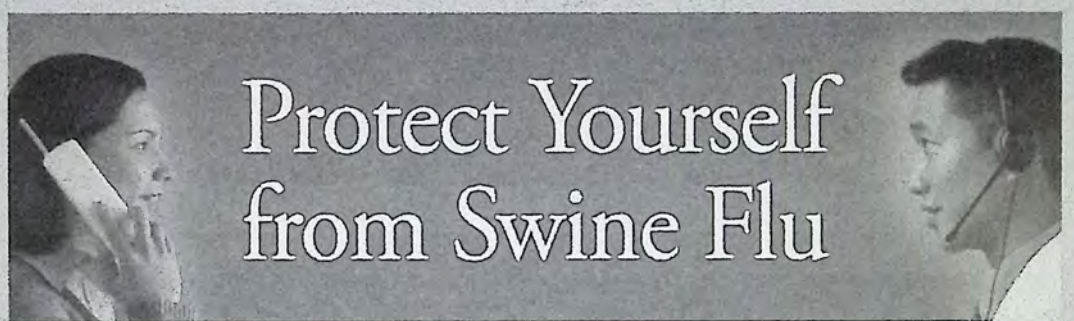
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Annual General Meeting
7:00 PM Thursday, May 21
Princeton Hospital Board Room

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You have heard a lot about swine flu lately. Some people are even visiting emergency rooms because they are worried.

There have only been a few cases in British Columbia. Those people have symptoms similar to seasonal flu. You can stay healthy by taking the same easy steps that you do during the regular flu season:

- When you sneeze, use a disposable tissue.
- Try to cough into your sleeve.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth.
- If you're sick, stay home.

If you are worried, the best place to start is not the emergency room. It is by getting the right answers. And we are here to help.

If you are feeling ill or have questions about swine flu, call HealthLink BC at 8-1-1 or visit www.fightflu.ca.





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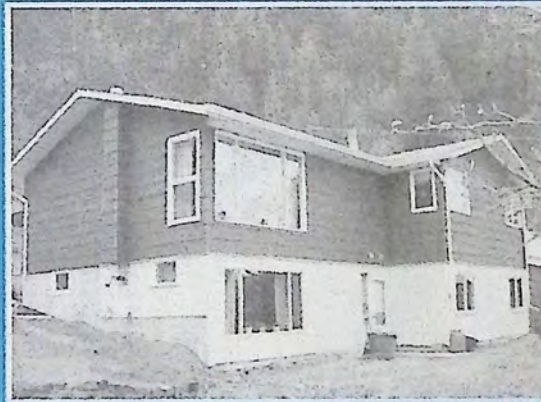


12 Fenchurch Avenue

Located in downtown Princeton, this charming house has something for everyone. The yard is level, partially landscaped and treed, a perfect spot to sit on warm summer evenings. For those hobbyists, the large 24 x 24 garage has a place for the car and still room to putter. One bedroom and bathroom on the main floor, and the same on the top level means no waiting and elbow room for all. Shopping and town amenities all within a few minutes walk - a great location, a great lifestyle!

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Incredible Views!



441 Darcy Mountain Rd

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309 Ninth Avenue

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