



Similkameen

News Leader

INCLUDES HST! \$1

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Tuesday, May 31, 2011

Who's Working For You? See Below!



PSS students participated in a 24-hour famine to support the local food bank last week. Trysten Drewes tries her best in one of many games used to keep students awake during the event. Photo: Des Cosman

RCMP busy during long weekend

An enforcement program was put in place by SOTS (South Okanagan Traffic Services) and IRSU (Integrated Road Safety Units) Keremeos and Princeton RCMP members over the May long weekend covering an area from Manning Park to Osoyoos (Oliver/Penticton/Summerland). The results were as follows:

- 322 speeding charges,
- 1 excessive charge with vehicle impoundment,
- 5 seat belt charges,

- 2 intersection charges,
- 1 commercial vehicle charge,
- 2 follow too close charges,
- 14 Driver's License charges,
- 9 other charges,
- 2 motorcycle relates charges,
- 66 warnings for various offenses,
- 3 drug seizures.

"Overall a high number of violators caught over the weekend, with no serious injuries or fatal collisions," states Cpl. Bryce Petersen of South Okanagan Traffic Services.

Live horse racing event shapes up

The tradition of horse racing in Princeton always takes on a more exciting feeling at this time of year as word about preparations begins to circulate. This year, with two race dates, there are a few changes. The Similkameen Cup and the John Deere featured races will be held June 30. If there are fewer than six horses for a race due to scratched horses, that race will be cancelled. A scratched horse is one registered for a race but withdrawn before the race is run.

The Luke Gibson Memorial and the Tulameen Cup feature races will be held September 2, the first day of the Fall Fair. Rotary will be selling tickets on the Similkameen Cup races.

Alan Kovaltsenko, The

Troubadour, will provide musical entertainment after the races on June 30. He offers good country and western vocals accompanied by guitar. Announcers this year are Keith Reid and Dean Stinson, both did a great job last year.

Vendors are welcome at \$60 for the day. No vendors competing with the concession stand will be permitted on the grounds, but all other vendors should call John Bey at 250.295.3970. Vendors at the races will have no shelter and no power unless other arrangements can be made.

Jen Bernard and her crew will run the concession, as they did at the rodeo. Everyone was pleased with the way they handled the food concession.

There will be a barrel for losers again this year. Those who lost on a race can write their names on their losing wager tickets and drop them in the barrel for a chance to win in a consolation draw. Programs will have tickets attached, and there will be a draw for the lucky program.

The paddock will be decorated with flowers.

Parking for handicapped persons will be permitted on the grounds with a view of the race track. A limited

number of handicap parking spaces are available.

The group doing the planning and preparation for the races is dedicated but small. Volunteers are needed for the pari-mutual operation, and several 12-13 year old boy volunteers are needed as runners. A few other volunteers are needed, and may be in their teens. Volunteers will receive meal tickets. Anyone wishing to volunteer should contact Lisa at 250.295.3535 or John at

250.295.3970.

No dogs at races!

No dogs will be permitted on the grounds. People attempting to enter with a dog will be turned away. There will be no exceptions due to small size of dog or other reason.

Yapping dogs cause problems with the horses, posing a potential for a serious injury to persons or horses. Dog droppings on the grounds are appreciated by nobody. Leave Fido at home!

Ministry issues snow pack bulletin

This is current snow survey and water supply bulletin issued May 24th by the Province of BC.

The May 15th snow survey is now complete. Data from 44 snow courses and 55 snow pillows around the province and out-of-province sampling locations, and

climate data from Environment Canada, have been used to form the basis for the following reports.

Weather

Weather patterns in May have been dominated by cooler than normal temperatures throughout British Columbia. Weather has been unsettled, and patterns are consistent with the La Niña cycle observed through the winter/spring.

Snowpack

Typically the transition from snow accumulation to snow melt occurs

at most locations in the province near the middle of April. However this year, the cool April and May has led to a delay in the onset of snow melt. As of May 15th most snow survey locations have transitioned to melt. The delay in the onset of melt is about 3-4 weeks later than normal for most of the province.

The ongoing delay in melt has led continued on Page 5

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Huldra Silver announces exploration plans

Huldra Silver Inc. (TSX-V:HDA) (the "Company" or "Huldra") announced May 16th the Company's 2011 exploration plans for its 100% owned Treasure Mountain Property.

The objective of the program is to expand the existing resources on the developed area of the underground and further explore the

property. These plans include underground drilling, surface drilling, soil geochemistry, trenching, prospecting and field geology.

Underground Exploration

An underground drill program is currently being designed to upgrade the existing resource and test for additional mineralization by infill drilling along strike and at depth. The current underground development consists of 2,750 metres of drifts and raises on 4 levels.

The total vein indicated resource, estimated at 11.02 ounces silver per tonne (10.0 oz silver per ton) cut-off grade, is reported as 33,000 tonnes with 26.68 ounces silver per tonne, 4.16% lead and 3.80% zinc, containing 880,000 ounces silver, 3,030,000 lbs. lead and 2,760,000 lbs. zinc. Total vein inferred resource, estimated at the same cut-off grade (11.02 ounces silver per tonne) is reported as 120,000 tonnes with 29.76 ounces silver per tonne, 2.79% lead and 4.36% zinc, containing 3,580,000 ounces silver, 7,370,000 lbs. lead and 11,540,000 lbs. zinc.

East Zone

An open cut has been designed to further explore and define the East Zone where trenching and diamond drilling exposed a high

grade silver and lead vein. The purpose of the program is to take a bulk sample of the material and further delineate the structure. This work is expected to commence in June as soon as the necessary infrastructure is on site.

JK Vein

The JK vein was discovered during a trenching program late in the 2010 exploration program. Two shallow holes were drilled on the western end of the structure. However, the material was partially oxidized close to surface. Initial drilling in 2011 will concentrate on the JK vein based on the size of the structure and the encouraging initial results from trenching. Drilling in the area will also step off the JK vein to the north and south to test for extensions of the East Zone along other mineralized dykes. The diamond drill program will consist of a minimum 2,500 metres NQ size core.

MB Zone

The MB Zone is approximately 800 metres northwest of the current mine workings. Surface samples were taken from an exposed area of fractured argillite in 2010 and assays were reported as high as 9221g/t Ag. A soil geochemistry program will be conducted

..... continued on Page 22

Living Water Foursquare Church

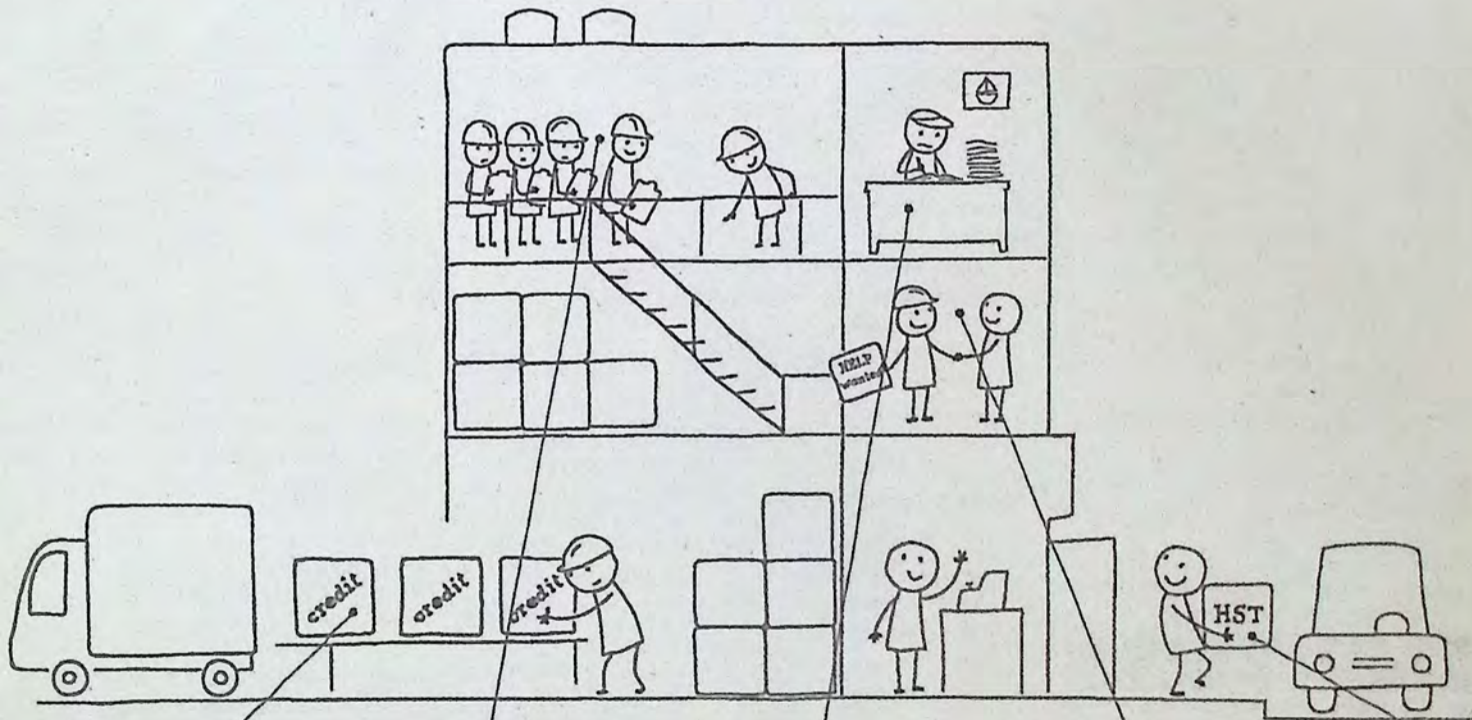


Invites you to celebrate 20 years of ministry with us!

12:30 PM Sunday, June 12

Bring your own beef to our bar-be-que behind the Church

All past and present attendees welcome!



Small businesses receive HST input credits. That means they don't end up paying taxes on the goods and services they buy to run their business.

B.C. has the lowest HST rate in Canada, making our province an attractive place to foreign investors and for existing business to expand.

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HST's single tax system reduces costs for B.C. businesses. That helps strengthen the economy, create jobs, and makes us more competitive internationally.

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Small business supports plan to save the HST

The majority of small businesses support the plan announced May 25th by Finance Minister Kevin Falcon to reduce the HST by two percentage points over time. A survey done by the CFIB

(Canadian Federation of Independent Business) in March showed that support for the HST increased from 45 per cent with no change in the rate to 83 per cent support with a two percentage

point cut. "The HST has had its fans and critics among business owners. A big concern for business owners has been the impact on customers. Now that impact is positive, it's

going to have a whole lot more fans out there," said Laura Jones Sr. Vice-President Western Canada.

To finance the cuts to the HST, corporate taxes will go up and announced cuts to the small business rate will be delayed.

"We are never fans of tax increases and delaying proposed cuts but we are reassured that the finance minister has committed to reverse the corporate tax increases and make good on the government's commitment to further reduce the small business rate as soon as is possible once the budget is balanced," said Shachi Kurl, Director

of Provincial Affairs, BC.

Complying with the PST was one of the top red tape headaches for small businesses.

"Going back to the PST/GST system would be a total nightmare for BC businesses and it would send a very negative message about our investment climate. It's very good news that the government has a new plan to make the tax more palatable. The rate cuts will be the spoonful of sugar that helps the HST go down," concludes Jones. *Similkameen News Leader is one of hundreds of small businesses in the Similkameen Valley with a CFIB Membership.*



Ground cover was planted last week near the 'new' water tower overlooking Princeton Airport. The job was completed by Grade 10 students at Princeton Secondary School. Photo: Morgan Dobbs

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From Fur Traders to Miners to the Railroad

Princeton Town Hall News

OPEN FOR THE SEASON

Centennial Outdoor Pool Now open - Splash on in!
Swim lesson registration has started! Lessons begin June 6.

May to July 1 Schedule

| | | |
|--------------|--------|-------------------------------|
| Public Swims | Sa/Sun | 2-4 pm & 6-8 pm, |
| Lane Swim | M-Th | noon-1 pm & T/Th 7:15-8:30 pm |
| Senior Swim | M/W | noon-1 pm & Sa/Su 4-5 pm |
| Parent/Tot | T/Th | noon-1 pm |
| Swim Lessons | M-Th | 3:30-5:30 pm |
| Aquafit | T/Th | 7:15-8:30 pm starts June 7 |

Centennial Outdoor Pool is located in Memorial Park next to the tennis courts, 221 Hwy 3, or call 250-295-6535.

For more information about the pool - check out us out in the Summer Leisure Guide.

PRINCETON LANDFILL

Landfill and Recycling Depot - Hours of Operation

OPEN Saturday through Wednesday 9:00 am-5:00 pm
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CLOSED Christmas Day, New Years Day &, Easter Sunday
Location - #171 Princeton-Summerland Road

Questions? Call:

| | |
|--------------------|--------------|
| Town of Princeton | 250-295-3135 |
| Princeton Landfill | 250-295-0500 |
| Recycling Depot | 250-295-6111 |

WATER RESTRICTIONS

Water Restrictions will be in effect May 15, 2011.

By conserving today, we reduce the need for expanded facilities and costly upgrades to the water system.

What are the rules?

- Lawn sprinkling regulations are in effect from May 15 to September 30 every year.
- There are four stages of restrictions, each stage allowing less water use.
- Stage 1 comes into effect automatically on May 15 of every year unless more stringent water conservation measures are needed. Stages 2, 3 and 4 are implemented according to the severity of the water shortage. Each level requires increasingly larger reductions in water use.
- Residential, multi-family, commercial, Industrial, institutional and public properties are all required to follow the regulations.

Stage 1 Restrictions will be in effect May 15th.

- Even numbered civic addresses may water on Wednesdays, Friday and Sundays.
- Odd numbered civic addresses may water on Tuesdays, Thursdays and Saturdays.
- No watering is permitted between Noon and 6:00 pm.
- Watering is not permitted on Mondays.
- Washing of boats or motor vehicles with a hose is permitted only if using a hose with an automatic shut-off device.
- Public sector entities are restricted to three days per week at any time.

Bylaw Enforcement Officers will enforce all levels of the water restrictions bylaw. A person who contravenes the bylaw commits an offence under the Offence Act and is subject to a fine.

For more information visit Town hall during regular business hours.

EMPLOYMENT OPPORTUNITY

The Town of Princeton has an opportunity for a seasonal labourer for the Public Works Department.

The position is suited for a self-motivated, well organized individual that can work with minimal supervision. Excellent communication and team skills are a must.

Reporting to the Public Works Foreman, the person will be responsible for maintaining a high standard of quality and will perform and be responsible for a number of public works functions. General labouring responsibilities include manual tasks involving considerable physical effort and general maintenance work. You must be physically fit for manual labour and capable of using power tools. Public relations and interpersonal skills are essential.

Grade 12 and a valid BC driver's license Class 5 with a safe driving record is required. A driver's extract may be requested. A valid first aid certificate is an asset.

This is a seasonal temporary position from June 2011 until September 30, 2011. This position is within the jurisdiction of the Town of Princeton and CUPE Local 608 Collective Agreement. The rate of pay is \$22.91.

Successful candidates will be selected based on their education, experience and skills related to the job.

Please forward your resume by June 10, 2011 to:

Town of Princeton
PO Box 670, 169 Bridge Street
Princeton, BC VOX 1W0
admin@princeton.ca

The Town of Princeton thanks all applicants for their interest and advises that only those to be interviewed will be contacted.

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Public Notice of Open House

Improvements to Highway 3 and 7th Avenue

The Ministry of Transportation and Infrastructure invites the public to an information session regarding planned improvements for Highway 3 and 7th Avenue intersection in downtown Keremeos. These improvements will address safety issues at the intersection.

This drop-in open house is scheduled for the following date and time:

Wednesday June 1, 2011
 4:00 to 7:00 p.m.
 Victory Hall
 427 7th Avenue
 Keremeos, B.C.

For more information, please contact
 Project Manager Helen Evans at 250 712-3646
 or by e-mail at Helen.Evans@gov.bc.ca



Keremeos News



Gary Comeau and the VooDoo All-Stars return to Similkameen Sizzle this September!

Elder passes in Spokane

Glen Douglas, born Isadore Squakin on Chuchuwaya Reserve, passed away in Spokane after a long illness. He was buried May 25 at the Medical Lake Veterans Cemetery in Washington State.

Douglas fought in three wars. He changed his name from Squakin to Douglas because his father would not allow him to remain in the Canadian Army. He adopted the new name to join the American army to fight in World War II. The military was to be his career.

He went to war again in Korea and was nearly captured in the Christmas offensive launched by

North Korea. Due to his First Nations appearance, he was successful in rescuing his squad by donning a North Korean uniform and pretending he had captured enemy troops, escorted his squad through enemy lines to safety.

He went to Viet Nam as a sergeant, and put in his worst war years in that conflict. He was fed up with what he saw there, and suffered post traumatic distress for many years. On returning to peacetime service, he went to university to become an educated man.

On retirement, Douglas returned to the Similkameen Valley for what he hoped was the remainder of his days. He became interested in the history of the Okanagan Nation and worked at Enowkin Centre in Penticton for a number of years, then served at the Institute for Indigenous Studies in Vancouver for a few years. He was keenly interested in the fate of

indigenous people in our modern world.

Glen Douglas was honoured by both the Upper and Lower Similkameen Indian Bands and presented with a war bonnet to recognize his status as a warrior.

As his health began to fail, he had to move back to the United States in order to receive treatment through veterans' medical services.

At the time of his death, he and his wife, Lesley, were residing in a retirement centre in Spokane. Despite increasing weakness and shortness of breath, he faced his death without fear, maintaining a will to survive as best he could for as long as he could.

He is survived by his wife, children, many grandchildren and great-grandchildren, and a very large extended family both in the Similkameen Valley, the Okanagan Valley and in Washington.

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Motorbikes, snowmobiles, hot rods, dwarf cars (foreground) and street cars put on a show May 22nd in Osoyoos. About 75 spectators enjoyed the season opener of the Wine Country Racing Association. Mother Nature held off with Spring showers until just after the final heat ended. The nearby location of the track makes it a favourite for South Similkameen Valley racing fans. Photo: Arlene Arlow

..... continued from Front Page to increases in snow basin indices across the province. Snow basin indices represent the difference between a "normal" year and the current year for given sampling date, in this case May 15. A note of caution in interpreting snow basin indices at this time of year is that with a delay in the onset of snow melt, differences between observed and normal snow pack levels can become large. This is because in a normal year snow water equivalents are lowering because the snow has melted, whereas this year's snow pack has not melted so the snow water equivalents remain high.

Basin snow water indices for BC at May 15 vary from a low of 98% of normal in the Peace to a high of 276% of normal in the Similkameen. Well above normal snow packs (>120% of normal) are present across the province, except in the Upper Fraser, North Thompson, and Peace, where near normal or slightly above normal snowpack levels are observed.

BC Snow Basin Indices as recorded on May 15th noting percentage of normal for each basin:

- Upper Fraser - 117%, Okanagan-Kettle - 173%, Nechako - 137%, Similkameen - 276%, Middle Fraser - 152%, South Coast - 155%, Lower Fraser - 141%, Vancouver Island - 173%, North Thompson - 110%, Peace - 98%, South Thompson - 125%, Skeena-Nass - 139%, Columbia - 109%, Kootenay - 201%

Water Supply Outlook

In general, the main difference in water supply outlook and flood risk potential since the May 1st bulletin is the ongoing delay in the onset of snow melt. Delays in the snow melt season lead to increases in potential flood risk because more water is available for melt later in the season when warmer temperatures are more likely to occur.

Snow water equivalents have remained fairly similar to May 1st levels, with some variability across snow pack sampling locations. While the % of normal values have increased for most of the province, these increases are due to the delay in snowmelt, not the significant addition of water stored in the snow pack.

Based on elevated snow pack levels (>150% of normal) and delays in the melt season, increased flood risk is present in the Middle Fraser, Kootenay, Okanagan-Kettle, and Similkameen. Whether or not significant flooding occurs in these systems will depend primarily on the weather through the rest of May and June.

Additional areas noted in the May 1st snow bulletin include the Bulkley and Nicola Rivers, however additional analysis has not been completed for the May 15th bulletin for these systems. Continued elevated flood risk potential is expected in these areas.

Large peak flows in the Lower Fraser, South Coast and Vancouver Island regions are typically associated with major storm events in the fall and winter and not with spring snowmelt. Despite high snow packs in these regions, increased flood risk is not expected. An exception to this is in the Birkenhead River where there is an increased potential for flooding.

In regions of the Interior and northern BC with near or slightly above normal snow packs (Upper Fraser, Nechako, North Thompson, South Thompson, Columbia, Peace, Skeena/Nass), normal or slightly above normal flood risk and seasonal runoff is expected. With current snowpack levels and the ongoing delay in melt, flooding is possible in these regions.

In the lower Fraser River Valley, on-going delay in melt is also increasing flood risk. The River Forecast Centre is forecasting a

peak flow for the Fraser River at Hope of 9,000-11,000 m3/s under "normal" weather scenarios. The peak flow magnitude that we get on the Lower will depend on weather conditions over the next 1 to 6 weeks, and higher than anticipated flows could occur under adverse weather conditions (eg. extreme

..... continued on Page 22

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Health / Lifestyle News

The reason we need to supplement with digestive enzymes

(NC)—Digestive enzymes help replace enzymes lost in the cooking and processing of food and make up for decreased enzyme production by the body due to aging.

The human body makes and uses more than 3,000 kinds of enzymes to speed up enzymatic reactions and conserve energy. Without these enzymes, we could not live. Our bodies' reactions would be too slow for survival.

"While digestive enzymes, including the kinds found in Udo's Choice ultimate digestive enzyme blend, are only a few of the thousands of known enzymes, they facilitate a critical step in the digestive process," says Udo Erasmus, best-selling author and formulator of Udo's Choice.

Enzymes' role, from the moment food enters our mouth, is to start breaking them down to the smallest components that can be absorbed by the body. For minerals like calcium and magnesium, this will be at the molecular level. For sugars, this will be to fructose and glucose. Our body then absorbs and reassembles these components to build cells, tissues, organs, glands and entire body systems.

The body has two sources of digestive enzymes. First, it is able to manufacture enzymes, although there are limits to its ability to maintain optimum levels. And, second, it can also obtain them from food, provided the food has not been heated above approximately 40 degrees centigrade, in other words,

from raw food.

In an ideal world, to ensure an adequate supply, the body obtains enzymes from both sources. Unfortunately, for most of us, raw and sprouted foods don't make up a sufficiently large percentage of the diet to adequately supplement the enzymes produced by the body. (It goes without saying that cooked, canned, microwaved and pasteurized foods contribute no enzymes.)

Caffeine, alcohol, illness, pregnancy and stress all take their toll on our enzyme reserves. Furthermore, our bodies also produce fewer enzymes as we age. But even when we consume more raw foods, the cooked foods we eat, lacking enzymes, still create a problem. This is because enzyme deficient foods put a burden on the digestive system—a burden we weren't designed to handle. Incomplete digestion can lead to poor nutrient absorption, fatigue, digestive upset, food allergies and other health conditions. The body

tries to compensate by producing more internal digestive enzymes, but its ability to do so has limits. Partially digested food escapes from the gut and can cause an immune response. Ultimately the body may try to "steal" enzymes from the immune system—compromising it even further.

Udo's Choice digestive enzyme blends contain the full spectrum of important enzymes necessary to help in the digestion and absorption of all major nutrients. Five specialized formulations of active enzymes, designed to be age- and condition-specific, facilitate healthy digestion, improve nutrient absorption and immune function, increase energy levels and decrease inflammation and food allergies.

You can find out more about Udo's Choice online at this website: www.florahealth.com or toll-free at (888) 436-6697. You can also join Flora's sharing health community, a free forum about healthy living.

Living Past 100

Life Skills Mean Longer Life

The weather turns nice in spring, and it seems everybody cheers up and has a more positive attitude toward life. When summer comes, we Canadians enjoy life more. This is significant to living a longer life. In general, most of us get more Vitamin D from the sunshine, and Vitamin D is linked to longer life.

We exercise more in summer, too. People are out in the fresh air, walking, working, doing more physically active tasks. This helps us live longer. Regular exercise of any kind helps extend life and makes us feel better.

We spend more time with friends in the good months. We go out more often on nice days than in the dark days of winter. Spending time with friends is good for us physically and mentally. People with friends, people who have caring people to spend time with, tend to be healthier and live longer lives.

People who are in love with somebody, and loved by that somebody, live longer. Our bodies react with positive life-giving chemicals when we love and are loved.

People who are not skinny and not fat live the longest. This means eating a healthy diet.

People who drink tea instead of alcohol, soda beverages, or sugary drinks live longer. Red wine helps people live longer, but this means one small drink of red wine a couple of times a week.

These are facts everybody knows, but there may be a couple of other things researchers have discovered that not everybody knows. People who live longer are better able to cope with the stresses of daily living. They know how to get things done, be on time for work, anticipate expenses, and find sensible ways to get past problems. In other words, they cope well.

People who live longer and healthier lives are better organized in daily life than people whose energies are scattered or disorganized. These people make a plan for their daily activities. They do not live in an unorganized chaos. They know which day of the week it is, keep track of time and chores to do, make note of appointments, keep up with local news that may affect them.

People who continue to learn live longer. They keep their brains actively learning. For example, when there is civil unrest in Egypt, these people will learn all they can about what the problem is, what Egypt's history is in the recent past, and may read a book about modern Egypt or go to internet to learn about Egypt. Many retired people take courses in subjects that interest them, or learn a new skill, or play brain-teasing games. Some people do puzzles or watch documentaries on television. Some people travel to places they have never visited and learn all they can about the place. There is something about learning that keeps people healthier and helps them live longer.

If you are doing all these things, then you will probably live a long life.

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Similkameen
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News Leader - June 1, 2004

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Big, hot machines!



"Runnin' H Wild" - best known as British Columbia's first and only Monster Truck, crunches it's way through last year's Spring Motor Sports Festival. It returns this weekend!

Tuff Truck, mud bog, demolition derby this weekend

Hot, hot, hot - that's the only way to describe this weekend's Motorsports Festival. Whether the weather is warm or wet, the tough trucks, mud boggers, demolition drivers and the monster truck will be on the move at Princeton fairgrounds. Lane Carter says the calls are coming from all over the southern Interior from people who want to participate. A small group from Pentaton who came last year will be back in strength this year. A group from Komlopps, a member of which has actually flown down to photograph the track and facilities from

Fair looks at \$20,000 entertainment package

Fun? Tophy Hanna believes fun is what landroll a portion of the cost and a chance at a \$500 prize in a and hosted by the pub. Fall Fair The challenge will be to pick and show at the end of the weekend. A and Motorsports Association.

The June 1, 2004 Similkameen News Leader front page.

Entertainment and retirements

It was seven years ago this week when the Similkameen News Leader announced big plans for that year's annual Fall Fair.

Tophy Hanna believed at the time that fun is what a fair should offer for people of all ages. And he planned to entertain residents - big time. Hanna proposed a major entertainment package that would cost around \$20,000 if members approved the entire package, and if enough sponsors came forward to bankroll a portion of the cost.

In the package Hanna presented to the Fall Fair were such things as a return of the mechanical bull with a bigger and better evening bull riding contest, a series of games and events for children, adult games including a baseball and hockey cage, a golf simulator, foosball and bubble hockey. He even planned a prize wheel with a top prize of \$500.

Hanna left Fall Fair members to examine the "ambitious package"

which would require advance sponsorship to make possible. He requested the group respond with their supporting vote in the following month.

In other news from seven years ago, School District 58 Trustees passed first, second, third and final readings of a bylaw which officially closed Riverside Intermediate School June 30, 2004.

In the bylaw, the preamble stated, "the closure of Riverside Intermediate School will help sustain educational program services and utilize the remaining Board owned facilities more effectively."

It went on to point out "the educational experience of the students presently attending Riverside Intermediate School will not be compromised through the closure of the facility and the relocation of the students to neighbouring schools."

A number of retirements were noted in the June 1, 2004

Similkameen News Leader.

They included Margaret Caughlin who had assumed the primary driving duties for Princeton's BC Transit service eighteen years before; Anne Elliott, who originally planned to spend three years in Princeton and went on to serve a total of 33 years in the School District, retiring from the position of Principal of Riverside Intermediate School and Sandra Taylor who retired from 24 years in the School District, most of them as the head of the Home Economics Department at Princeton Secondary School.

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Princeton Performing Arts Society PRESENTS

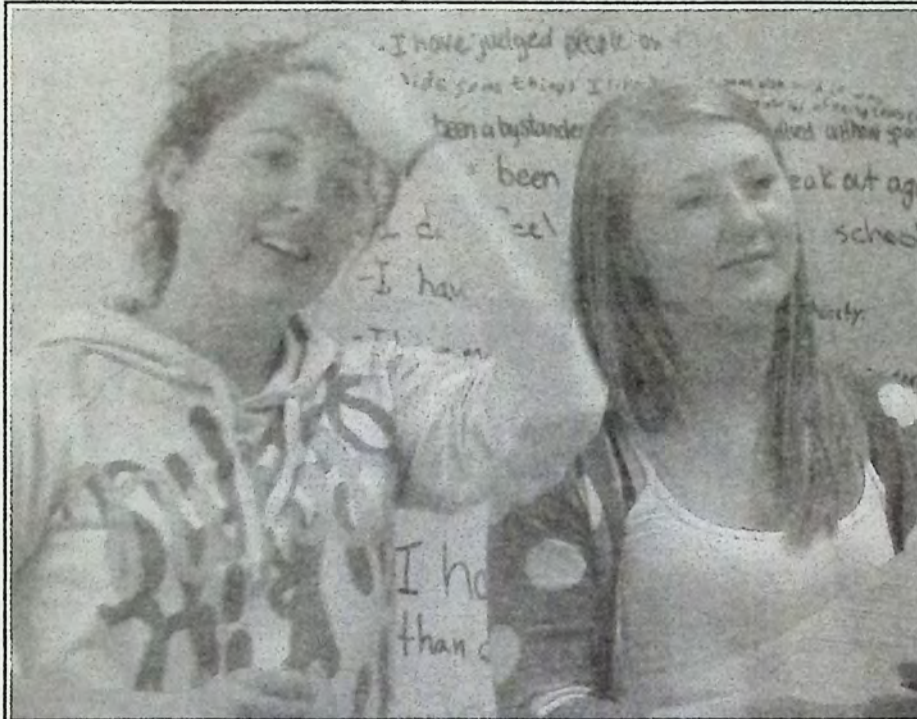
'Bill W. & Dr. Bob'

7:00 PM June 2, 3, 4 & 5 at Riverside Theatre

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Social Justice Action Plan



Roya Massoudi and Courtney Hassell planned a 24-hour famine to collect food items for the local food bank as their action plan in Social Justice class. Photo: Des Cosman



Students participating in the 24-hour famine spent a night at PSS gym and were kept busy with various games and activities. Photo: Des Cosman



The event assisted students in team-building and cooperative skills. Photo: Des Cosman



Katelin Marshall prepares for a game. Photo: Des Cosman



Kolten Smith rides a skateboard. Photo: Des Cosman



Food collected by students. They stayed at school for a 24-hour period and were allowed a single cup of rice meal halfway through to learn an appreciation of food. They were permitted to drink all the water and juice they wanted. Photo: Des Cosman



News Leader Entertainment

Similkameen News Leader TV Guide Listings - May 31 - June 6, 2011



This fellow was snapped May 25th not far from Tellier's Fisherman's Cove at Osprey Lake. Greg says it's his first bear sighting of the season and that this field is usually where they appear. Photo: The Telliers.

RDOS News

Letter of Support - Agricultural Research and Development Corporate (ARDCORP)

The Regional District has a wood waste and organics chipping program at all RDOS Landfills. Currently the RDOS chips between sixty and seventy thousand cubic meters of organic material per annum at the landfill sites and sponsors an on-site chipping program for Agricultural Operations in the Campbell Mountain, Keremeos and Oliver Service Areas.

The District has diverted the landfill organic chips to animal bedding, composting and co-generation projects as well as utilized the material on-site for erosion control and cover material supplement. The on-site Agricultural Chipping Program materials are retained by the owner.

The Solid Waste Management Plan (SWMP) Review Process has identified the composting of organic material as the most desirable process for dealing with Organic Materials and endorses the provision of composting assistance and expertise to the Agricultural Community.

The Board endorsed an application to the Agricultural Research and Development Corporation (ARD-CORP) for grant monies to be direct-

ed to a proposed Compost Research Project.

Contract Renewal for (SOSCP) South Okanagan Similkameen Conservation Program

The current contract with South Okanagan Similkameen Conservation Program expired at the end of March, 2011. Bryn White of the SOSCP has again approached

the Regional District to request assistance with the accounting, year-end and revenue funds management.

The Regional District Board authorized a two year contract with the South Okanagan Similkameen conservation Program to provide the financial administration for the South Okanagan Conservation Program.



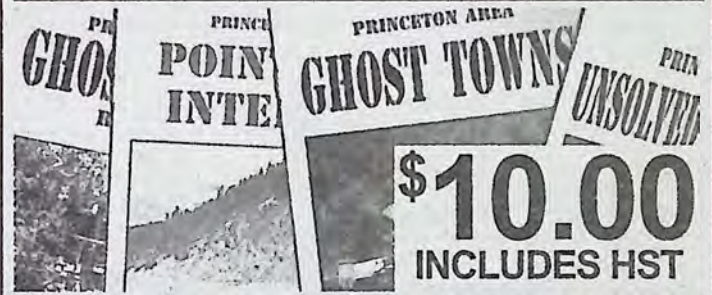
Katelin Marshall struggles to get dressed in wrestling gear for an event during the 24-hour famine at PSS. Photo: Des Cosman

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SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)

Retirement/Long Service Celebration

School District No. 58 (Nicola-Similkameen) will be hosting a Retirement/Long Service tea honouring retiring employees for this year, as well as recognizing employees having 10, 15, 20, 25, 30 and 35 years service with the District.

The socials will be held on:

Princeton: Monday, June 6, 2011
in the Princeton Secondary School Library
5:00 PM - 6:30 PM

and

Merritt: Monday, June 13, 2011
in the Multi-Purpose Room
Merritt Secondary School
5:00 PM - 6:30 PM

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

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

Similkameen News Leader - Horoscopes

June 1 - 7, 2011

Aries - You mentally shift gears this week. You want to talk more about what you value, and if you are not fully aware, you may think not in terms of lifestyle values and more in terms of what you could buy. This would be a mistake.

Taurus - You are going to have to watch your diet for the next year! You are entering a year when you may want to eat far more sweets than is good for you. Keep your health top priority. Other than that, this is the start of a good year.

Gemini - Your worries may seem to grow and overwhelm you this week. You are going to have to have more faith in your ability to deal with things. Make a plan to help work through your worries. Seek counseling if you need it. Relax.

Cancer - You may feel stress caused by groups of people you spend time with. People seem to get on your nerves. Spend time alone when possible. Work on a hobby, or in your garden, or take a long walk alone. Time to regroup. Plan.

Leo - Your career makes heavy demands on you at this time, but you gain benefits from all of the activity. Older people or people in authority may be demanding, but they will also be generous. Work hard and see opportunity.

Virgo - Learn new things now that can benefit you in the future. Develop a positive inner spirit that can withstand adversity. Financial situation will not clear up unless you plan, work smarter, and develop better skills this year.

Libra - Those who have been generous to you as friends may now present some difficulties regarding resources they share with you. Be patient and they will be more willing to help you in the future. Show them how responsible you are.

Scorpio - The opposite sex finds you really attractive now, and may pursue you in an aggressive manner. This can be flattering, but use some caution in the short term. Watch and listen. Things will sort themselves out. Enjoy!

Sagittarius - You will have to work hard to keep up with everything going on at this time. Be cautious - do everything through pre-planning as you will tend to be accident prone for the next three weeks. Do not let chaos take the day.

Capricorn - Having fun is probably your top priority for the next few weeks, and you can mix romance and perhaps a little lust with all that fun. This is a good time to rejuvenate. Help yourself look and feel younger, be more active.

Aquarius - You need to treat family members with more love and respect as things can boil over and turn into a silly fight very easily. Work hard on making your home and property look better and increase its comfort, value.

Pisces - You need to guard what you say, especially if you are making a joke. You could easily offend somebody without meaning to. Check your vehicle for possible problems and drive with great caution for the next few weeks.

Small Business 101

Report Shows BC City Councils Must Curb Overspending

by Laura Jones

Whatever they are smoking over at the Union of B.C. Municipalities offices, I hope it was at least grown in B.C.

The report they released last week, innocuously titled Comment on Fiscal Management in British Columbia's Municipalities would more accurately have been called Taxing and Spending: Trying to Defend the Indefensible.

To summarize, the report claims:

- Contrary to Canadian Federation of Independent Business Research, municipal spending is reasonable;
- Property taxes on small business are reasonable and reducing them could only be done at the expense of residents;
- Local governments are accountable to small business taxpayers.

CFIB's report on municipal spending came about after one too many meetings with mayors claiming ridiculously high small-business property taxes could not possibly be reduced without increasing taxes on residents. Controlling spending in order to keep taxes reasonable was, according to most municipal politicians, impossible. Spending was already as low as it could possibly be.

So we decided to do something that most mayors and councils aren't used to - actually look at the cold, hard numbers. The results

were beyond shocking. Population and inflation together in this province have increased by 28.7 per cent between 2000 and 2008. This is a reasonable benchmark for where, based on numerous conversations with B.C.'s mayors, I expected to find the level of growth in operating spending.

What we found instead was a giant free-for-all with taxpayer dollars. How much higher was spending than the 28.7 per cent that would have been reasonable? Ten per cent higher? Guess again. Thirty per cent? Warmer. Seventy per cent? Keep going up.

One hundred per cent? Bang on. Municipal spending over an eight-year period was double what our benchmark suggested was reasonable.

So here is a news flash for B.C.'s mayors: You don't have a revenue problem, you have a spending problem.

To fuel the spending addiction, councils have, for years, targeted small businesses. On average, small business pay three times more taxes than an equivalently valued residential property while using fewer services.

Two-thirds of B.C. businesses now cite the cost of local government as one of their most serious concerns. This is up from one-third a decade ago. As one small example, my

greengrocer pays \$30,000 a year in property taxes - how many oranges do you think he has to sell to cover that tax bill? Some businesses are now telling us the problem is so bad it is leading to staff layoffs.

Residents have been protected from municipal overspending by local businesses but hiking taxes on residents is not a policy that CFIB has ever supported.

With better control on spending, everyone's taxes could be reasonable. If, for example, municipalities across B.C. had kept to a 29-per cent spending increase over the past eight years, every family of four would have an additional \$900 in their pockets each and every year.

The first step to fixing a problem is acknowledging you have one. The UBCM report shows that many mayors and councils aren't ready to take that important step.

Laura Jones, is Sr. Vice-President Research, Economics & Western Canada with the Canadian Federation of Independent Business.

Tuesday Movies

EVENING

9:00 pm KNOW ch.5 "A President to Remember: In the Company of John F. Kennedy" (2008, Documentary) Narrated by Alec Baldwin. Filmmaker

Robert Drew captures intimate moments of President John F. Kennedy and his family. (CC)

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From Fur Traders to Miners to the Railroad

Wednesday Movies

NO MOVIES

Thursday Movies

EVENING

8:00 pm WTBS ch.3 "The School of Rock" (2003, Comedy) Jack-Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band.

9:00 pm KNOW ch.5 "Soundtrack for a Revolution" (2009, Documentary) The Roots, Joss

Stone, John Legend and other performers tell the story of the American civil rights movement through its music. (CC) 10:30 pm WTBS ch.3 "Varsity Blues" (1999, Comedy-Drama) James Van Der Beek. When the star quarterback is injured, a rigid high-school football coach expects an irreverent player to lead the team to victory.

Friday Movies

AFTERNOON

5:00 pm A&E ch.9 "Titanic" (1997, Drama) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage. (CC)

EVENING

7:00 pm YTV ch.18 "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip. (In Stereo) (CC)

8:00 pm WTBS ch.3 "Mr. Holland's Opus" (1995, Drama) Richard Dreyfuss. Life steers a passionate musician away from composing and toward a teaching career.

FAM ch.26 "Raise Your Voice" (2004, Drama) Hilary Duff. Premiere. A small-town teenager defies her father and heads to Los Angeles to study at a performing arts school. (In Stereo) 9:01 pm A&E ch.9 "Titanic" (1997, Drama) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage. (CC) 10:11 pm FAM ch.26 "Camp Nowhere" (1994, Comedy) Jonathan Jackson. Youths dupe their parents into sending them to an unsupervised summer camp. (In Stereo) (CC) 10:30 pm WTBS ch.3 "The Out-of-Towners" (1999, Comedy) Steve Martin. An Ohio couple reinvigorate their passionless marriage during a bizarre 24 hours in New York City.

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TUESDAY, MAY 31, 2011

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITV ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | TROP ch.45 |
|-----------|---|-------------------------|--|------------------------|--|------------------------|----------------------|--------------------------|-------------------------|-------------------------|------------------|-------------|---|-------------------------|---------------------|--|-----------------------|-----------------------|-----------------------|
| 6 AM :30 | In the Heat of the Night | (5:30) Morning News (N) | Wibbly Pig | Thomas | News (N) | News | The Glades "Booty" | News | (5:30) Morning News (N) | (4:30) Morning News (N) | CBC News Now | Being Ian | (5:00) 2011 French Open | Canada AM | Mayday | Henry | CityLine (N) | CSI: NY "The Deep" | Real Renos |
| 7 AM :30 | Cosby | | Hi-5 | Arthur | Today | The Early Show (N) | Criminal Minds | Good Morning America (N) | | | Artzooka | Yu-Gi-Oh! | Tennis: Men's and Women's Quarterfinals (N) | | How/Made | Phineas | The Nate Berkus Show | CSI: Crime Scene | Buy Me |
| 8 AM :30 | Cash Cab | | Magic Bus | Curious | Play; Jordan Knight (N) | | Dog | | 100 Huntley Street | | Bo On/Go | Super Evil | | Worst Handyman | Hannah | Rachael Ray | CSI: Crime Scene | Torrens | |
| 9 AM :30 | Family Fd | 100 Huntley Street | Clifford | Super Why! | | The 700 Club | The First 48 | Live With Regis & Kelly | 100 Huntley Street | World Vision | Super Why! | To School | SportsCentre | Live With Regis & Kelly | Cash Cab | Mickey | Role | CSI: Crime Scene | Restaurant Makeover |
| 10 AM :30 | The Investigators | World Vision | Mag Fero | Sesame Street (EI) | | The Price Is Right (N) | The First 48 | The View (N) | World Vision | End/Leash | Poko | Little Bear | Fish Flats | The View (N) | Super Ships | Mickey | EP Daily | CSI: NY | The Nanny |
| 11 AM :30 | Forensics Evidence | World Vision | Rolie Polie | Sid | Ellen DeGeneres Show | Young & Restless | The Sopranos | Paid Prog. | World Vision | Noon News Hour (N) | Gofrette | George S. | Wide World of Fights | Marilyn Denis | Breakout | Suite Life | CityLine | CSI: Crime Scene | Gold Girls |
| 12 PM :30 | Jim King | Noon News Hour (N) | Arthur | Charlie Rose | Paid Prog. | News | The Glades "Booty" | All My Children (N) | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) | Puppies | Boxing: Friday Night Fights | etalk | Mighty Ships | Wizards | General Hospital (N) | Ways Die | Pregnant in Heels |
| 1 PM :30 | King Earl | Days of our Lives (N) | Dinosaurs | Painting | Days of our Lives (N) | The Talk | Dog | One Life to Live (N) | Days of our Lives (N) | The Talk | Wheel | Viva Piñata | | Marilyn Denis | Worst Handyman | Cory | Jdg Judy | Ways Die | One Born Every Minute |
| 2 PM :30 | Friends | Young & Restless | The Ocean | Barney | Pearlie (EI) | Let's Make a Deal (N) | Criminal Minds | General Hospital (N) | Young & Restless | The Doctors | Steven and Chris | Monster | Off Record | Dr. Phil | Auction | Replacemn | Access Hollywood Live | Ways Die | Gold Girls |
| 3 PM :30 | Family Guy | The Doctors | Mirabelle | WordGirl | The Doctors | Dr. Phil | The First 48 | Rachael Ray | The Doctors | Young & Restless | Recipes | Sidekick | SportsCentre (N) | (2:59) The Dr. Oz Show | Cash Cab | Life Derek | CityNews at 6 (N) | Ways Die | Restaurant Makeover |
| 4 PM :30 | MLB Baseball: San Diego Padres at Atlanta Braves (N) (Live) | Oprah Winfrey | Rob Robot | Fetch! With G. Shrinks | Jdg Judy | Oprah Winfrey | The First 48 | Seinfeld | Oprah Winfrey | Early News Global Nat. | To Be Announced | SpongeBob | That's Hockey! Playoff | Ellen DeGeneres Show | Daily Planet (N) | Phineas | Body of Proof | Auction | Buy Me |
| 5 PM :30 | Padres at Atlanta Braves (N) (Live) | Early News | Dino Dan | News | News (N) | News | The First 48 | News | Early News Global Nat. | (4:59) News Hour (N) | | Parents | 2011 French Open Tennis | Auction | Debral | America's Got Talent (Season Premiere) (N) | Auction | Pregnant in Heels | |
| 6 PM :30 | | Global Nat. | Dogs | PBS News-Hour (N) | News (N) | News | The First 48 | News | (5:59) News Hour (N) | ET Canada | | ICarly | | River Monsters (N) | Suite/Deck | Wizards | Auction | One Born Every Minute | |
| 7 PM :30 | Seinfeld | Ent | Blue Realm (DVS) | Apollo Wives | Jeopardy! | The Dr. Oz Show (N) | The First 48 | Ent | The Good Wife | The Good Wife | News | Weird | SportsCentre (N) (Live) | etalk | Deadliest Catch (N) | Sonny | Body of Proof | Auction | Glamour |
| 8 PM :30 | Law & Order: SVU | NCIS "One Last Score" | Going to Extremes | Great Performances (N) | America's Got Talent (Season Premiere) (N) | NCIS "One Last Score" | The First 48 | 20/20 (N) | NCIS "One Last Score" | NCIS "One Last Score" | To Be Announced | ICarly | | Two Men | Daily Planet | Suite/Deck | News | Repo | Buy Me |
| 9 PM :30 | The Office | NCIS: Los Angeles | "President to Remember: John F. Kennedy" | Independent Lens | The Voice (N) | The Good Wife | (10:01) The First 48 | Body of Proof | The Good Wife | News Hour Final (N) | National | Family Biz | Billiards | The Voice (N) | Deadliest Catch | Princess | Justice | MANswers | One Born Every Minute |
| 10 PM :30 | Browns | The Good Wife | Chiefs | Charlie Rose | News (N) | News | (11:01) The First 48 | News | News Hour Final (N) | Ent | George S | Frank Ptrl | SportsCentre (N) | CTV News | Auction | Ned's | Paid Prog. | Most Amazing Videos | Glamour |

WEDNESDAY, JUNE 1, 2011

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITV ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | TROP ch.45 |
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| 8 AM :30 | Cash Cab | | Magic Bus | Curious | Play; Jordan Knight (N) | | Dog | | 100 Huntley Street | | Bo On/Go | Super Evil | | Worst Handyman | Hannah | Rachael Ray | CSI: Crime Scene | TV-Torrens | |
| 9 AM :30 | Family Fd | 100 Huntley Street | Clifford | Super Why! | | The 700 Club | The First 48 | Live With Regis & Kelly | 100 Huntley Street | World Vision | Super Why! | Timothy | SportsCentre | Live With Regis & Kelly | Cash Cab | Mickey | Role | CSI: Crime Scene | Restaurant Makeover |
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| 6 PM :30 | | Global Nat. | Dogs | PBS News-Hour (N) | News (N) | News | Storage | News | (5:59) News Hour (N) | ET Canada | | ICarly | | CTV News (N) | Deadliest Catch | Suite/Deck | America's Got Talent | The Ultimate Fighter (N) | Kitchen Nightmares (N) |
| 7 PM :30 | Seinfeld | Ent | Gardens | American Masters (N) | Jeopardy! | The Dr. Oz Show (N) | Storage | Ent | Ent | Friday Night Lights (N) | | Weird | SportsCentre (N) (Live) | etalk | American Loggers (N) | Sonny | Less-Kind | The Ultimate Fighter | Wipeout Canada |
| 8 PM :30 | Law & Order: SVU | Bones | Ganges (N) | Great Performances at the Met | Minute to Win It (N) | To Be Announced | Dog the Bounty Hunter | The Middle | Bones | Bones | News | ICarly | | So You Think You Can Dance (N) | Daily Planet | Suite/Deck | News | Repo | Instant |
| 9 PM :30 | The Office | NCIS "Mother's Day" | Handel's Water Music | President Nixon visits China (N) | America's Got Talent | Criminal Minds | Beyond Scared Straight | Family | NCIS "Mother's Day" | NCIS "Mother's Day" | To Be Announced | Home Imp. | Boxing: Super 6 World Classic (Taped) | American Loggers | Hannah | Frank the Entertainer | Ways Die | Wipeout Canada | |
| 10 PM :30 | Browns | Friday Night Lights (N) | A Long Journey Home | Love in the Wild | C.M.: Suspect | Storage | Cougar | Happy | Friday Night Lights (N) | News Hour Final (N) | National | Family Biz | | Love in the Wild | River Monsters | Princess | Justice | MANswers | Top Chef Canada |
| 11 PM :30 | The Investigators | CHBC News Final (N) | Architects of Change | Charlie Rose | News (N) | News | Storage | News | News Hour Final (N) | Ent | George S | Frank Ptrl | SportsCentre (N) | CTV News | Deadliest Catch | Ned's | Paid Prog. | Most Amazing Videos | Kitchen Nightmares |

PSS Students Go Green



PSS Grade 10's spent last week planting grass and plants. Photo: Morgan Dobbs



The project involved all aspects of laying out a plot to plant. Photo: Morgan Dobbs



The planting site is on the hillside below the 'new' water tower. Photo: Morgan Dobbs



The work was hard but students completed all tasks. Photo: Morgan Dobbs



Teacher Gordon Bibby, far right, poses with his work crew. Photo: Morgan Dobbs



A look at the completed site surrounded by fencing. Photo: Morgan Dobbs

THURSDAY, JUNE 2, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 11 rows (6 AM to 11 PM) showing TV schedules for Thursday, June 2, 2011.

FRIDAY, JUNE 3, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 11 rows (6 AM to 11 PM) showing TV schedules for Friday, June 3, 2011.

Puzzle Page

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 #353 - Rated Medium

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

THIS WEEK'S SOLUTION: Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2011 Carter Boswell, Princeton, BC and published by Similkameen News Leader

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Saturday Movies

MORNING

8:00 am WTBS ch.3 "Mr. Holland's Opus" (1995, Drama) Richard Dreyfuss. Life steers a passionate musician away from composing and toward a teaching career.
10:30 am WTBS ch.3 "Almost Famous" (2000, Comedy-Drama) Billy Crudup. An aspiring teenage rock journalist gets his big break when he follows an up-and-coming band on its tour.

AFTERNOON

12:00 pm FAM ch.26 "Roxy Hunter and the Mystery of the Moody Ghost" (2007, Mystery) Aria Wallace. With help from her

best friend, a 9-year-old tries to solve an enigma related to the supernatural. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Kill Bill: Vol. 1" (2003, Action) Uma Thurman. Awakening from a coma, an assassin seeks vengeance against her former boss and his ruthless gang.

EVENING

6:00 pm CITY ch.29 "Nightwaves" (2003, Drama) Sherilyn Fenn. After the death of her husband, an investigative reporter hears about a murder over a police scanner. (CC) (DVS)
7:00 pm CITV ch.12 "Do You Know Me" (2009, Suspense)

Rachelle Lefevre. Premiere. A shocking secret from the past jeopardizes the life of a young woman. (CC)
7:15 pm WTBS ch.3 "Kill Bill: Vol. 2" (2004, Action) Uma Thurman. Before confronting her former boss, an assassin goes after the man's younger brother and her one-eyed counterpart.
9:00 pm FAM ch.26 "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs and a cooking contest in the same day. (In Stereo) (CC)
10:00 pm WTBS ch.3 "Almost Famous" (2000, Comedy-Drama) Billy Crudup. An aspiring teenage rock journalist gets his big break when he follows an up-and-coming band on its tour.
10:30 pm FAM ch.26 "Grumpy Old Men" (1993, Comedy) Jack Lemmon. Minnesota neighbors rekindle a 10-year feud when they fall for the same widow. (In Stereo) (CC)

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Sunday Movies

MORNING

6:30 am A&E ch.9 "The Untouchables" (1987, Crime Drama) Kevin Costner. Eliot Ness and his men fight Al Capone in Chicago during Prohibition. (CC)
8:00 am WTBS ch.3 "The Prince & Me" (2004, Romance-Comedy) Julia Stiles. A premedical student falls in love with a Danish prince who keeps his identity a secret.
10:00 am WTBS ch.3 "Jersey Girl" (2004, Romance-Comedy) Ben Affleck. A young woman changes the life of a single father who used to be a successful New York music publicist.
SPIKE ch.44 "Eraser" (1996, Action) Arnold Schwarzenegger. A Witness Protection Program agent hides a woman who knows about defense-field traitors planning to sell a superweapon. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "You're So Cupid!" (2010, Romance-

Comedy) Lauren Holly. Once inseparable, the twin daughters of Cupid become bitter rivals when they both fall in love with the same guy. (In Stereo) (CC)
2:00 pm YTV ch.18 "Rugrats Go Wild" (2003, Comedy) Voices of Bruce Willis. Animated. The toddlers meet the Thornberry family after an accident leaves them stranded on a tropical island. (In Stereo) (CC)
4:00 pm YTV ch.18 "Open Season 2" (2008, Comedy) Voices of Mike Epps. Animated. Animals band together to rescue a kidnapped dachshund from a group of domesticated pets. (In Stereo) (CC)
5:00 pm WTBS ch.3 "An Unfinished Life" (2005, Drama) Robert Redford. Old wounds get a chance to heal when a Wyoming rancher shelters his abused daughter-in-law and her child.

EVENING

6:00 pm YTV ch.18 "The Great

Outdoors" (1988, Comedy) Dan Aykroyd. A Chicago man and his family go camping with his obnoxious brother-in-law and his family. (In Stereo) (CC)
7:00 pm WTBS ch.3 "Secondhand Lions" (2003, Comedy-Drama) Michael Caine. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales.
9:00 pm FAM ch.26 "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (CC)
10:00 pm WTBS ch.3 "Secondhand Lions" (2003, Comedy-Drama) Michael Caine. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales.
10:30 pm FAM ch.26 "Johnny Tsunami" (1999, Drama) Brandon Baker. A teenage Hawaiian surfer moves to Vermont, where his grandfather helps him become a first-class snowboarder. (In Stereo) (CC)
11:00 pm KNOW ch.5 "Soundtrack for a Revolution" (2009, Documentary) The Roots, Joss Stone, John Legend and other performers tell the story of the American civil rights movement through its music. (CC)

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SATURDAY, JUNE 4, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM). Each cell contains program names and channel numbers.

SUNDAY, JUNE 5, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM). Each cell contains program names and channel numbers.

MONDAY, JUNE 6, 2011

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITV ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | TROP ch.45 |
|-----------|------------------------------------|---------------------------|-------------------------|---------------------------|-------------------------|--------------------------|------------------------|----------------------------|---------------------------|---------------------------|-------------------------------------|-------------|--------------------------------|-------------------------|-----------------------|------------|--------------------------|---|---------------------|
| 6 AM :30 | In the Heat of the Night (N) Ⓜ | (5:30) Morning News (N) Ⓜ | Wibbly Pig | Builder | News (N) Ⓜ | News | CSI: Miami (N) Ⓜ | News | (5:30) Morning News (N) Ⓜ | (4:30) Morning News (N) Ⓜ | CBC News Now Ⓜ | Being Ian | SportsCentre Ⓜ | Canada AM (N) Ⓜ | Mayday Ⓜ | Henry's | CityLine (N) Ⓜ | Deadliest Warrior (N) Ⓜ | Spilled |
| 7 AM :30 | Cosby | | Hi-5 Ⓜ | Arthur | Today (N) (N) Ⓜ | The Early Show (N) (N) Ⓜ | Criminal Minds (N) Ⓜ | Good Morning America (N) Ⓜ | | | Artzooka | Beyblade | SportsCentre Ⓜ | | How/Made | Phineas | The Nate Berkus Show | Deadliest Warrior (N) Ⓜ | Tooned (N) Ⓜ |
| 8 AM :30 | Cash Cab | | Magic Bus | Curious | | | Dog | | 100 Huntley Street Ⓜ | | Bo On/Go | Super Evil | SportsCentre Ⓜ | | Machines | Hannah | Rachael Ray (N) Ⓜ | Deadliest Warrior (N) Ⓜ | TV-Terrans |
| 9 AM :30 | Family Fd | 100 Huntley Street Ⓜ | Clifford | Super Why! | | The 700 Club Ⓜ | The First 48 Ⓜ | Live With Regis & Kelly | 100 Huntley Street Ⓜ | World Vison | Super Why! | Timothy | SportsCentre Ⓜ | Live With Regis & Kelly | Canada's Worst Driver | Mickey | Role | GameTrailers | Restaurant Makeover |
| 10 AM :30 | The Investigators | World Vison Ⓜ | Mag Fero | Sesame Street (E) | | The Price Is Right (N) | The First 48 Ⓜ | The View (N) (N) Ⓜ | World Vison Ⓜ | End/Leash | Poko (N) | Little Bear | Fishing | The View (N) (N) Ⓜ | Nalca: Beyond | Mickey | EP Daily | Keighley | Just Shoot |
| 11 AM :30 | Forensics Evidence | World Vison | Rolie Polle Berenstain | Sid Sit & Be Fit | Ellen DeGeneres Show | Young & Restless | The Sopranos (N) Ⓜ | Paid Prog. | World Vison | Noon News Hour (N) | Gofrette | Babar | E:60 Ⓜ | Marilyn Denis | Extreme Peril Ⓜ | Suite Life | CityLine Ⓜ | Video game announcements, trailers. (N) | Gold Girls |
| 12 PM :30 | Jim King | Noon News Hour (N) | Arthur | Charlie Rose (N) Ⓜ | Paid Prog. | News | CSI: Miami (N) Ⓜ | All My Children (N) Ⓜ | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) (N) | Slidekick | Boxing: Friday Night Fights. Ⓜ | etalk Ⓜ | Mayday Ⓜ | Wizards | General Hospital (N) (N) | | Wipeout (N) Ⓜ |
| 1 PM :30 | King Earl | Days of our Lives (N) | Dinosaurs | Paint This | Days of our Lives (N) | The Talk (N) Ⓜ | Criminal Minds (N) Ⓜ | One Life to Live (N) (N) | Days of our Lives (N) | The Talk (N) Ⓜ | Wheel | Viva Piñata | | Marilyn Denis | Mighty Ships Ⓜ | Cory | Jdg Judy | | Wipeout (N) Ⓜ |
| 2 PM :30 | Friends (N) | Young & Restless | The Ocean | Borge: 100 Years of Music | Judge B. | Let's Make a Deal (N) | Dog | General Hospital (N) (N) | Young & Restless | The Doctors Ⓜ | Steven and Chris Ⓜ | Monster | Off Record | Dr. Phil (N) Ⓜ | Flying Wild Alaska Ⓜ | Replacemn | Access Hollywood Live | Jail Ⓜ | Gold Girls |
| 3 PM :30 | Family Guy | The Doctors Ⓜ | Mirabelle | WordGirl | The Doctors Ⓜ | Dr. Phil (N) Ⓜ | The First 48 Ⓜ | Rachael Ray (N) Ⓜ | The Doctors Ⓜ | Young & Restless | Recipes | Slidekick | SportsCentre (N) Ⓜ | (2:59) The Dr. Oz Show | Worst Handyman | Life Derek | CityNews at 6 (N) Ⓜ | Jail Ⓜ | Restaurant Makeover |
| 4 PM :30 | The Office | Oprah Winfrey | Rob Robot | Fetch! With George S. | Jdg Judy | Oprah Winfrey | The First 48 Ⓜ | Seinfeld (N) | Oprah Winfrey | Early News | Ghost Whisperer Ⓜ | SpongeBob | Hockey | Ellen DeGeneres Show | Daily Planet (N) | Phineas | How I Met | Jail Ⓜ | Instant |
| 5 PM :30 | Browns | Early News | Dino Dan | News | News (N) | News | Criminal Minds (N) Ⓜ | News | Early News | (4:59) News Hour (N) | 2011 Stanley Cup Final (N) (Live) Ⓜ | OddParent | Sports | CTV News at Five (N) | Myth-Busters (N) | Wizards | The Bachelor (N) (N) | Jail (N) Ⓜ | Wipeout (N) Ⓜ |
| 6 PM :30 | Law & Order: SVU | Global Nat. | Dogs | PBS News-Hour (N) Ⓜ | News (N) | News | Criminal Minds (N) Ⓜ | News | (5:59) News Hour (N) | ET Canada | | ICarly Ⓜ | Year/Quarterback | CTV News (N) (N) Ⓜ | Dirty Jobs (N) Ⓜ | Suite/Deck | | Jail Ⓜ | Wipeout (N) Ⓜ |
| 7 PM :30 | Seinfeld (N) | Ent | Be the Creature Ⓜ | Josh Groban-Performance | Jeopardy! | The Dr. Oz Show Ⓜ | Criminal Minds (N) Ⓜ | Ent | Ent | Hawaii Five-0 (N) Ⓜ | | Splatalot | SportsCentre (N) (Live) Ⓜ | etalk Ⓜ | Worst Handyman | Sonny | Extreme Makeover | Jail Ⓜ | Instant |
| 8 PM :30 | Movie: ** "Nothing to Lose" (1997) | House (N) Ⓜ | The History of Scotland | Suze Orman's Money Class | America's Got Talent | How I Met Mad Love | Criminal Minds (N) Ⓜ | The Bachelor (N) Ⓜ | House (N) Ⓜ | House (N) Ⓜ | News | ICarly Ⓜ | | Hiccups (N) | Daily Planet | Suite/Deck | News | CSI: Crime Scene | Bob-Doug |
| 9 PM :30 | | House (N) Ⓜ | Mariza-Fado | Financial strategies. | Law Order: CI | Two Men Mike | (9:01) Criminal Minds | | House (N) Ⓜ | House (N) Ⓜ | To Be Announced | Home Imp. | E:60 Ⓜ | Two Men Mike | Myth-Busters (N) Ⓜ | Sonny | Goes to Work | Ways Die | Parking |
| 10 PM :30 | Movie: ** "You've Got Mail" (1998) | Hawaii Five-0 (N) Ⓜ | Architects of Change | Walk | Law & Order: LA (N) (N) | Hawaii Five-0 (N) Ⓜ | (10:01) Criminal Minds | Extreme Makeover | Hawaii Five-0 (N) Ⓜ | News Hour Final (N) | National | Splatalot | 30 for 30 Ⓜ | Law & Order: LA (N) (N) | Worst Handyman | Princess | Justice | MANswers | Wipeout (N) Ⓜ |
| 11 PM :30 | | CHBC News Final (N) | The Meaning of Life | Charlie Rose (N) Ⓜ | News (N) | News | (11:01) Criminal Minds | News | News Hour Final (N) | Ent | George S | Prank Ptr | SportsCentre (N) Ⓜ | CTV News | Dirty Jobs (N) Ⓜ | Ned's | Paid Prog. | CSI: Crime Scene | Wipeout (N) Ⓜ |

Monday Movies

8:00 pm WTBS ch.3 "Nothing to Lose" (1997, Comedy-Drama) Martin Lawrence. A dispirited white ad executive teams up with a black car-jacker for a crime spree.

10:00 pm WTBS ch.3 "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other.

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in memoriam

in memoriam

Braden James Mare

August 24, 1988 - May 21, 2010

"When I See You Again" - written by Emerson Drive



I still talk to you, whenever I'm alone
I hear you in my prayers
feel you in the wind that blows
I wonder how you are
what you're doing way up there
Are you laughing or are you crying
cause you miss us all down here

Only God knows when
you'll smile and take my hand
When I see you again
I wish I had the chance
to hold you one last time
It hurts me to know you never got to say goodbye
you're never really gone, your memory remains
I miss you more than words
could ever help me to explain

Only God knows when
this road I'm on will end
When I see you again
I'll see you when the set runs out
when the song is over and the curtain falls down
I'll see you on the other side
you can show me what it's like

Only God knows when
you'll smile and take my hand
I'll see you when you've been
when I see you again
I'll see you again

All my Love forever, Dad and Evelyn

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Billy's Family Restaurant currently has positions available for part-time and full-time cooks.

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wanted

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May 24-Jun 07

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Digital camera with case and charger in the Tunnel area. Call 250.295.0308 and identify to claim.

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1999 Sea Breeze 5th wheel with 1999 Ford F350 diesel Super Cab 4x4 off road. 160,000 KMS, 32.5 ft., 2 slides, fully loaded. Perfect for year round living, in excellent condition. Must see! Asking \$30,000.00 for both or BO separately. Call 250.499.5681. May 24-07

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for rent

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Luxury rooms, own jacuzzi tub, fridge and microwave. \$300 - \$350/week. Large chalet 3-bedroom plus loft, call for more information. Princeton Castle Resort. (250) 295-7988. See 22 th

1-bedroom suite in downtown Princeton. Level access. includes power and heat. Can furnish, if needed. \$575.00/month. No pets. Excellent references and damage deposit required. Available June 1st. Call 604.484.2783 and leave a message and best time to call back. May 17-31

1-bedroom, recently remodeled. Laundry in suite, off street parking. Available now. Asking \$656.00/month plus utilities. Call 250.295.0141. May 24-Jun 07

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Room for rent. Private bedroom and bathroom. Shared kitchen and living area. \$550.00/month. Call 250.295.2707. May 24-Jun 07

for sale

House for sale by owner. 3-bedroom, 1-bathroom on 3rd Bench. Updates throughout. Detached garage, corner lot. \$258,800.00. Call 250.295.3596. May 17-31

www.upnadam.me

wanted

to give away

Free to good homes - 2 kittens. Call 250.295.6833. Apr 05-19

looking to rent

50+ lady looking for a 1-bedroom, unfurnished, upper level suite with utilities and storage for \$567.50/month for non-smoker, non-drinker with no pets. Please leave a message for Glenda Jones at 250.295.6936. th

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card of thanks

card of thanks

Dear People of Princeton: After 8 pleasant years in Princeton, I am moving to retire in Toronto (maybe cheer for the Leafs?) I'm the guy who wore a baseball cap and said 'hello' to people as I walked to the Dairy Queen - my 'home' away from home. Most people responded with 'hello' especially the ladies, which made me feel good because, well, I am no Rock Hudson. I will miss the town and the people. I wish all well, and ask that you remember that we are all good people in essence, who sometimes make mistakes. Blessings on all. - Rev. Gordon Walker

yard sale

yard sale

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sudoku

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SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #353

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716 594 283

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593 719 624
641 258 937

325 471 869
197 865 342
468 932 751

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help wanted

help wanted

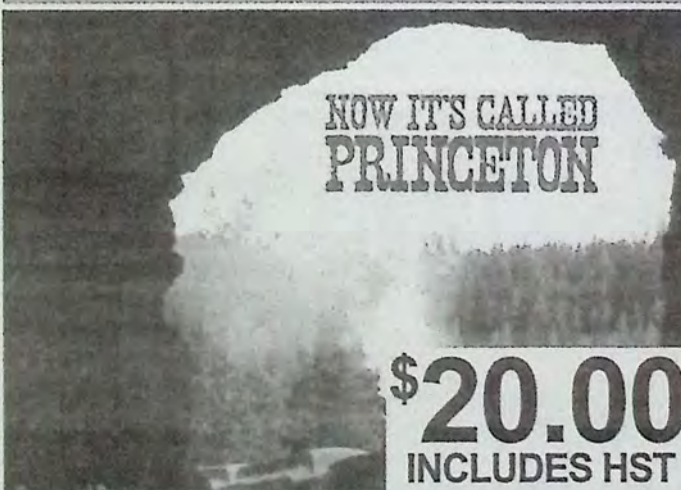
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**Similkameen
News Leader - Recipe Corner**

Recipe #375

Cinnamon French Toast

Serves: 4 - Prep time: 15 minutes - Standing time: 10 minutes - Grilling time: 6 to 8 minutes

- 6 large eggs
- 1 1/2 cups whole milk
- 1 tablespoon pure vanilla extract
- 1 tablespoon ground cinnamon
- 2 tablespoons granulated sugar
- 1/8 teaspoon kosher salt
- 8 slices country-style white bread, each about 3/4 inch thick
- Canola oil spray
- Confectioners' sugar
- Butter
- Maple syrup

1. In a large bowl whisk the eggs, milk, vanilla, cinnamon, sugar, and salt. Arrange the bread in one layer in a large baking dish and pour the egg mixture over the bread. Let the bread stand for 10 minutes at room temperature, turning the bread occasionally so that all the slices get a chance to sit in the liquid on both sides.

2. Prepare the grill for direct cooking over medium-low heat (about 350°F).

3. Brush the cooking grates clean. Tip one slice of bread on its side so that any extra liquid runs off. Spray both sides with the oil and then place on the grill. Repeat with the remaining slices. Grill over direct medium-low heat, with the lid closed as much as possible, until firm on both sides and golden brown, 6 to 8 minutes, turning once. Remove from the grill and dust with confectioners' sugar. Serve immediately with butter and syrup.

You can access the grocery list for this recipe on your mobile device. timetogrill.mobi.

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- www.newscanada.com

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

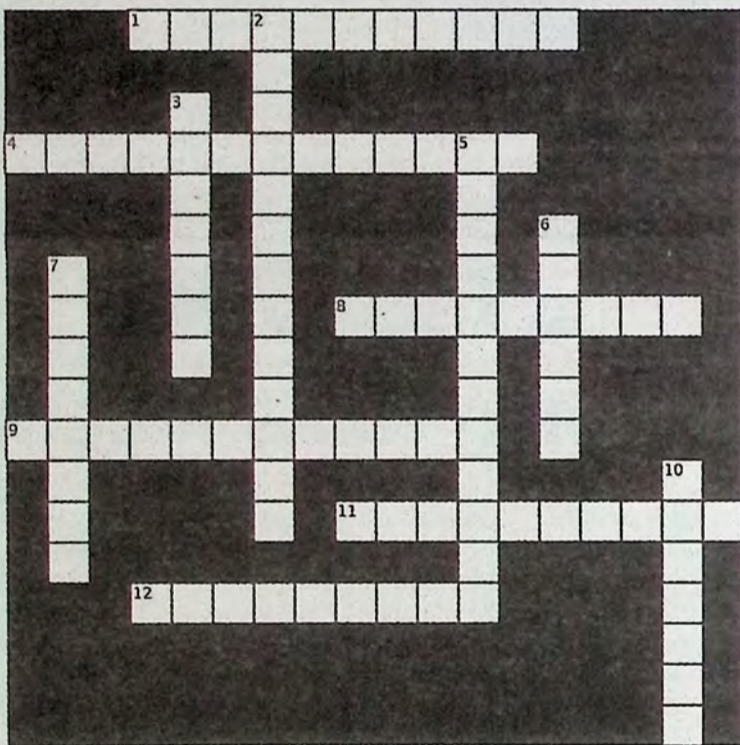
226A Bridge Street, Princeton



The job site was idle on Monday, May 23 - Victoria Day - at Yellow Lake. Work crews were back on the job the following day after a holiday long weekend off. Photo: Brenda Engel

Similkameen
News Leader Puzzler

Use the May 24 News Leader to find Answers Below...



- | | |
|---|---|
| <p>Across</p> <p>1 Name the park in Hedley that hosted the Stamp Mill Day BBQ?</p> <p>4 Who is the Pool Committee Spokesperson?</p> <p>8 These former Hedley residents were welcomed all day at the Hedley Museum.</p> <p>9 What store does Brennan Garrett work at?</p> <p>11 Who was the Rodeo Clown during Keremeos Rodeo?</p> <p>12 Name the ghost town located at Treasure Mountain.</p> | <p>Down</p> <p>2 Who writes the Princeton Garden Club News?</p> <p>3 Where is Kobau Park located?</p> <p>5 How is the magnitude of an earthquake measured?</p> <p>6 What country has around 3 cancer cases per 100,000 people?</p> <p>7 What does the Lawson Simulator demonstrate?</p> <p>10 Name the Racing Days President?</p> |
|---|---|

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PUZZLER #15
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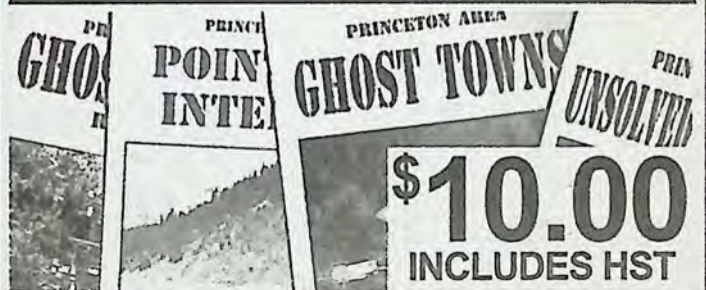
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My Turn...

Calm Before The Storm

This past week has been a welcome change of pace for me. It's been a pretty steady grind in the office since December and things just haven't slowed down, as they usually do in January and February, not that I'm complaining, but I've been looking forward to a slightly slower week.

So this past week was an unplanned break from the rush we usually experience here and it allowed me to just take my time with my daily tasks. It also allowed me to focus on some other activities going on in my life.

For example, I learned a new word: Linting.

Apparently that's what has caused some pages of this newspaper to look a bit lighter in shade and some of the photos to look 'snowy' rather than sharp. I had no idea there was such a term. In case you're wondering, linting is a printing problem that occurs when small fibres from uncoated paper are pulled onto print rollers.

I also discovered that sometimes we get far too scientific in our way of thinking or measuring things. I'm talked about the river watch Brenda has been doing using a large rock (she claims the word boulder is too big) on the other side of the Similkameen River than us to mark the daily water level.

It proves that sometimes simple is easier and still gets the job done.

I also discovered this past week that although I didn't think our last winter was anything spectacular, according to the measurements taken May 15th the Similkameen Basin scores top spot with 276% of normal snow pack.

Do you understand what 276% means? It means we have just about three times as much snow in the hills than normal waiting to melt and fill streams, rivers, basements and fields.

I didn't realize I'd notice so many things on a slower week in the office.

It makes me wonder what else I've missed lately.



Sharon Moriarty is the new Registered Dental Hygienist in town! She recently joined the staff in the office of Dr. Daniel R. Dodds and looks forward to "serve the oral health needs of our valued patients." - photo submitted

...Your Turn

Vernon man talks income tax

To The Editor;

Even though I struggled through all the forms and redundant calculations in my 2010 income tax package weeks ago, I am still shaking my head. Albert Einstein said any intelligent fool can make things bigger and more complex but it takes a touch of genius --- and a lot of courage --- to move in the opposite direction.

The recent election campaign demonstrated once again how

self-serving politicians, in their desperate desire to get elected, will promise inattentive voters a wide variety of elaborate programs. Over the years government bureaucrats, not known for genius, have been forced to invent more and more convoluted regulations and formulas to implement and finance these election promises.

Einstein's insight can be applied to the inefficiencies of government in the following way: In the

absence of courageous genius, when self-serving politicians interact with inattentive voters the predictable result is an increase in the amount of bureaucratic mismanagement and in the number of complex regulations.

If a political leader with a touch of genius --- and a lot of courage --- sincerely promises to simplify the Income Tax Act, he or she will get my vote.

- Lloyd Atkins, Vernon, B.C.

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Current Comment

Scary Stuff Makes Me Wonder



Dawn Johnson
editor@thenewsleader.ca

One of the most frightening books I have read recently was a book by Jesse Ventura called American Conspiracies. Jesse Ventura is the former Governor of Minnesota. He made his start as a wrestler, but he has been a mayor, a radio broadcaster, and now has a television show on TRU-TV. His show is famous for his investigative journalism into what is going wrong in the United States.

Ventura's book begins with the conspiracy to assassinate Abraham Lincoln, and moves on to the conspiracy to assassinate Franklin Roosevelt, then the conspiracy to assassinate President John Kennedy.

If you go to Ventura's website, you can hear the deathbed confession of E. Howard Hunt as he describes the conspiracy by the CIA. Hunt's son attests that his father talked to him about the "Big Event", the assassination of Kennedy.

As if that were not bad enough, Ventura's book goes on to describe evidence he has gathered on the conspiracy to impeach President Richard Nixon, saying the whole Watergate thing was rigged to create an investigation into Nixon because Nixon kept asking for the CIA files on the assassination of Kennedy. According to Ventura's evidence, Nixon kept asking and Jesse Helms, then head of the CIA, kept refusing to let the President of his country see the CIA files on the Kennedy assassination. So, an arrangement was made to get rid of Nixon as President.

Other conspiracies include the assassination of Martin Luther King, Jr. and Robert Kennedy, with a lot more interesting slants than we have seen before.

Ventura's biggest investigation is about the World Trade Towers disaster, and the evidence that it was a conspiracy to start a war in the Middle East is pretty convincing. Ventura debunks a number of key bits of evidence given the public, and he wants a new investigation into the matter. On his video, which is available on the net, he points out that key witnesses, at total of 11 of them, have died mysteriously in the eight years following the 9/11 official investigation. Most of them were never given the opportunity to give their evidence of explosions in the basement of Tower 2 before the airplanes hit. He does interview a janitor who gives exactly that evidence.

Ventura talks about the evidence he has found that shows both the elections that George W. Bush "won" were probably rigged through the use of computer voting machines. God forbid we should ever use them in our country.

The most scary chapter of the book is the final chapter. In this chapter he describes the laws that have been put in place by the Bush administration after 9/11. Ventura says The Patriot Act and the Foreign Intelligence Surveillance Act were passed to allow the federal government of the United States to impose martial law and lock up "dissenters" if the government chooses.

I learned that the American military is "privatizing" troops. Ventura states there were, in 2010, 74,000 mercenaries in Afghanistan than there were regular uniformed troops. They do not call themselves "mercenaries" but describe themselves as "global stabilization professionals". These are products of special operations funded through the CIA.

Under the Foreign Intelligence Surveillance Act amendments of 2008, the American federal government has the right to monitor every communication. It made a deal with AT&T to tap into fiber-optic cables which included most server companies except Qwest, which refused to participate. The National Security Agency has a giant super-computer at Fort Meade scanning millions of domestic and international phone calls, faxes and e-mails per hour.

Ventura describes other laws and agencies that would make it possi-

ble to seize and hold power through militia activity. To top it off, an organization has been formed as a wing of the FBI to keep track of what the members' neighbours are doing and report this to an FBI "handler". Sounds a lot like a Nazi technique, and one constitutional scholar has dubbed it "Führer's Law".

The full body scan at airports is all part of the same kind of surveillance overkill, Ventura believes, along with a plan to implant every citizen with a computer chip "for security".

That final chapter is spine-chilling, but we can perhaps rest easy as this is not happening in Canada. Or is it?

I often wondered why Canada always gets the short end of the stick when making deals with the Americans. After the Free Trade Agreement was signed, I asked our local Member of Parliament why we did not hold out for a better deal. He merely said, "The Americans play hardball."

Just last week, while researching other information, I accidentally came across a statement from the 1992 American government's Defense Planning Guide. Here is what it states: "Our first objective is to prevent the emergence of a new rival. First, the United States must show the leadership necessary to establish and protect a new world order that holds the promise of convincing potential competitors that they need not aspire to a greater role or pursue a more aggressive posture to protect their legitimate interests. We must account sufficiently for the interests of advanced industrial nations to discourage them from challenging our leadership or seeking to overturn the established political and economic order. Finally, we must maintain the mechanism for deterring potential competitors from even aspiring to a larger regional or global role."

How does that grab you? That is quite a statement from a nation whose constitution says there shall be no wars fought except for defense. The new concept of defense is not the old "if you strike us, we'll strike back" of the original constitution. No, this new concept of defense is to protect a new world order, the economic and political new world order, and a "mechanism" is in place to make sure nobody even aspires to upset that apparatus.

Don't you think this is pretty scary stuff from our closest neighbour?

News Leader

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The view from the 'new' water tower near Princeton Airport. Photo: Morgan Dobbs

Huldra Silver announces exploration plans

..... continued from Page 2
 over this area in 2011 with a diamond drill program to follow.

Jensen Portal

The Jensen Portal is 400 metres west of the current underground workings. The area has had limited modern exploration conducted on it and any information is prior to 43-101 regulations. The veins were historically reported being brecciated with Ag, Pb, and Zn and covered by a diorite cap. The location of the small underground workings is coincident with two intersecting faults. A drill program is being designed to follow up on historical results.

Camp Zone

..... continued from Page 5
 temperatures). For comparison the peak flow of the Fraser at Hope was 11,000 m³/s in 2007, and 6,000 m³/s in 2010.

Snow conditions into the snowmelt period comprise only one part of the peak flow and water supply picture. Weather has a large influence on the timing and rate at which the snowpack melts, and will determine

A geochemical testing program conducted in 1996 identified a large soil anomaly below the Jensen Portal, near the base of the mountain, that was followed up with one drill hole that did not penetrate the overburden and a second drill hole that may have missed the target. The Company is planning further geochemical testing in the area to be followed up with a diamond drill program.

A map of the 2011 exploration targets can be viewed on the website www.huldrasilver.com.

Technical information in this news release has been reviewed and approved by Jim Cuttle, P. Geo, a Qualified Person as defined by NI

43-101. Details of the Company's Treasure Mountain property can be found in its NI 43-101 technical report entitled "Technical Report, Resource Estimation, Mining and Reclamation Plan and Economic Evaluation, Treasure Mountain Property" dated June 15, 2009, as revised July 2, 2009, which is available on SEDAR at www.sedar.com.

About Huldra

Huldra is currently working on plans to put its Treasure Mountain Project, located 3 hours east of Vancouver, BC, into development, subject to permitting and financing. The Company is also actively assessing other opportunities for acquisition and development.

Ministry issues snow pack bulletin

whether or not significant flooding occurs. The greatest risk for flooding occurs when there is still significant snow available for melt and weather brings well above normal temperatures and/or heavy rainfall. Current seasonal forecasts from Environment Canada are for normal to below normal temperatures, and normal to above normal precipitation through the May-July period.

od.
 The La Niña cycle observed through the winter is breaking down, and the cooler, unsettled weather may be expected into June. The River Forecast Centre continues monitor the snowpack, weather, and stream flow conditions throughout the province. The next update to the Snow Bulletin will be on June 8, 2011.

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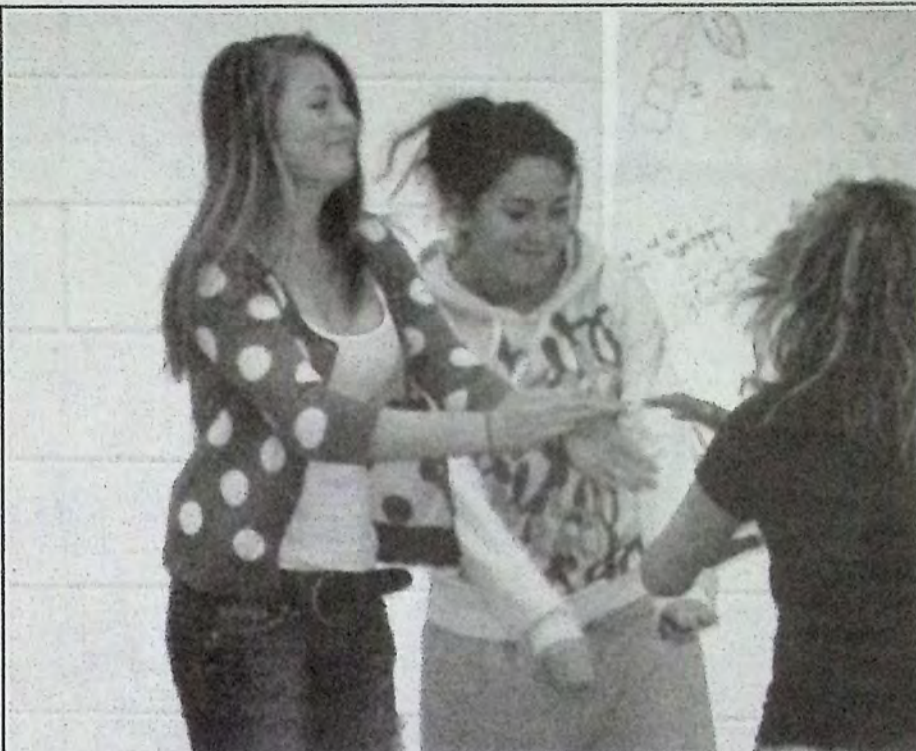
Local seniors attend convention

Evelyn Cook attended the 58th annual Senior's Convention at the Senior's Branch #71 in Nakusp, B.C. from May 19 to 21. It was well attended and was very informative. One of the winners for the Senior's Raffle draw was Sandy Harrop of Princeton. Thanks to all of the volunteers and to the Ladies Auxiliary of the Nakusp Legion Branch for the delicious dinners that they provided to all of the attending members.

Social Justice Action Plan



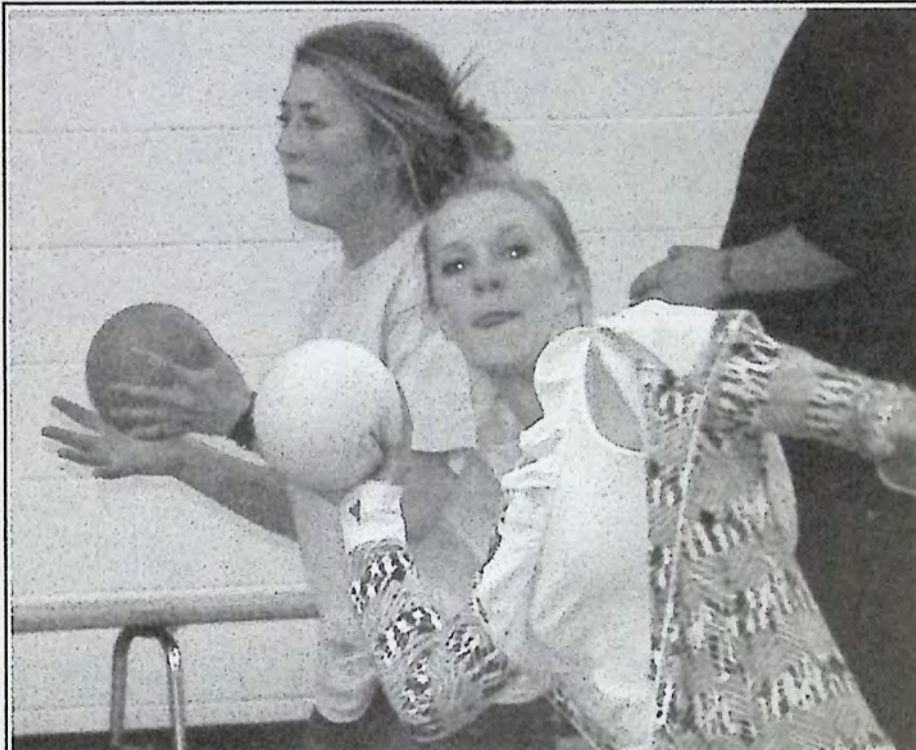
Skylar DaPonte and Morgan Dobbs bob for...balls? Photo: Des Cosman



Courtney Hassell and Roya Massoudi enjoy their action plan. Photo: Des Cosman



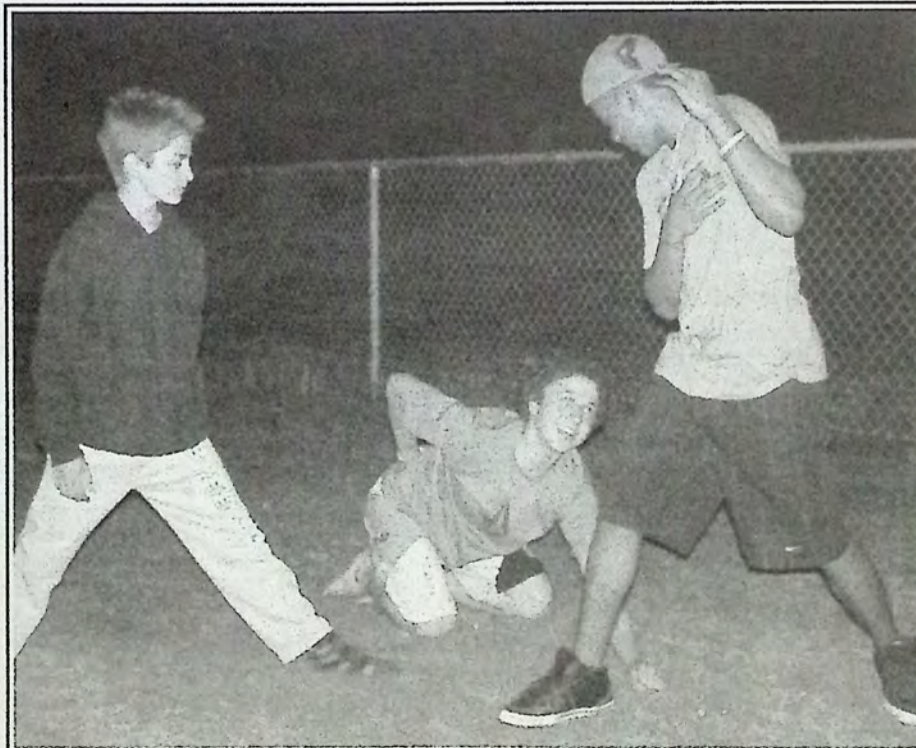
Madison McIvor shows she can handle a football! Photo: Des Cosman



Any idea why it's called Dodge Ball? Photo: Des Cosman



Sharing a laugh in support of a good cause. Photo: Des Cosman



Charlie, Koltan and Adam play Ninja to keep awake. Photo: Des Cosman

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April Earle



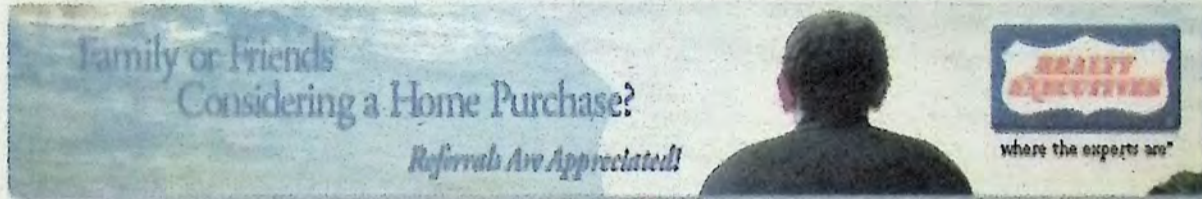
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