



Brittani Clifton gets tagged out at home plate during the Bantam C Girls Fastball Tournament hosted by Cook's Raiders over the weekend at Memorial Park. More photos on Pages 10 and 12. *

Council sets pub limits

At the June 2 Town Council meeting, Mayor Randy McLean raised the issue of sending a letter to the BC Liquor Control Board regarding moving the pub licence from the former Princeton Hotel site to a new location in a former feed store on Bridge Street at the corner of Thomas Avenue.

Mayor McLean stated that the Liquor Control Board would require a letter of support for a temporary location.

Councillors discussed the conditions they would support, and all agreed it must be clear the new location would be temporary. Councillor Jim Manion said he would give support if there was a clearly stated time frame for rebuilding on the former site. The letter will state that when litigation regarding the property is completed, the owner of the liquor licence will have 18 months to build a new pub on the former site.

Wheelchair challenge opens Council's eyes

"Going around town in a wheelchair was quite an eye-opener," Councillor Pam Jones reported.

Councillors who took the challenge to operate wheelchairs in downtown Princeton learned a lot. Councillor Jones admitted she fell out of her chair trying to negotiate one transition from asphalt to sidewalk.

Despite her difficulties, Councillor Jones said, "It was an excellent experience."

Councillor Ray Jarvis found, "It's hard to get around town." He had problems with uneven paving bricks and curbs.

"Curbs were hard to manoeuvre," he told Council.

Councillor Jarvis sees a need for

more pushbutton doors.

He commented on the beautiful weather on the day he set out in a wheelchair, and added, "I can't imagine what it would be like in winter."

Councillor Jim Manion learned, "The majority of places were not that accessible."

Councillor Manion said Council

should work toward achieving a goal of greater accessibility following the recommendations of Ken Carlson and Laurie Quick, the challengers.

Mayor Randy McLean experienced some difficulties but took a different perspective.

"I was pleased with the steps many businesses have taken to

make their places accessible," he said.

In accordance with Councillor Jarvis' remarks, Mayor McLean said he would like to try going around town in a wheelchair in winter.

Council discussed the possibility of encouraging more businesses to make their premises more accessible by providing some financial assistance.

"If everyone got together, maybe we could save some money on a bulk order of pushbutton doors," Mayor McLean said.

Lyle Thomas advised there are grants of up to \$25,000 available for accessibility projects.

Council thought the grant money could be used as a dollar for dollar matching grant to businesses that upgraded their accessibility. There will be further action on the accessibility issue, which affects not only those in wheelchairs, but those depending on walkers or those using canes.

As Council pointed out, those concerned with accessibility may include young mothers with strollers and their hands full with other children.

Council sets up emergency committee

On June 4, Town Council adopted terms of reference for the official Princeton Emergency Program. The Executive Committee will consist of the mayor and two councillors.

The Executive Committee may negotiate with other municipalities and governments for mutual aid agreements, make grants as approved by Town Council for the organization and operation of an emergency plan, and organize the planning committee.

The Executive Committee is responsible for ensuring a local emergency program is reviewed and operable.

Council adopted the terms of reference for Princeton Emergency

Program Management Committee. The responsibility of this committee is to prepare an emergency response and recovery plan. This committee is comprised of representatives of various agencies and may be under the direction of an Emergency Program Coordinator.

Representatives included in the Emergency Management Committee are the Fire Chief, Town Council, Town Administrator, RCMP, public works foreman, Director of Parks, Recreation and Cultural Services, Emergency Social Services

Director, BC Ambulance, Interior Health Authority, Highway Rescue, Ground Search and Rescue, USIB, RDOS, Forest Service, and school district.

The terms of reference are part of an ongoing updating of the Princeton Emergency Program.

Shall we toss toilet seats?

Would local teams be willing to compete in a round of toilet seat horseshoes? Town Council hopes somebody will respond to the challenge.

Plans are underway for an old-fashioned sports day to coincide with the annual Overwaitea Show

'n' Shine to be held July 7. The Show 'n' Shine will be from 10:00 AM to 3:00 PM. Cars will line up on Bridge Street and the sports events will take place at Cenotaph Park.

Money raised from this event will go to Princeton Hospital for needed

equipment.

Nadine McEwen is organizing the sports portion of the event and asked members of Town Council if they would volunteer to help with it. She is looking for volunteers, and anyone wishing to help out should contact her at 295-6067.

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Princeton Rotary Club hosted their annual Charity Golf Tournament June 10th at Princeton Golf Club. Event Organizer Larry Stevens, Jr. (foreground) says his committee organized an event that attracted more teams than last year. The event also included thousands of dollars in prizes. Proceeds will go towards Rotary Community Projects and BC Cancer Society (in memory of Rick Wattie).*

Atamanenko tables private member's bill

The NDP last week announced its plan to see 100% of the Goods and Services Tax (GST) refunded to Canadian school authorities, up from the 68% they now receive. A private member's bill was tabled in the House of Commons by Alex Atamanenko (BC Southern Interior) who says ordinary Canadians want to see schools funded properly and his bill will help ease financial pressures in

schools across Canada.

"The Canadian School Boards Association (CSBA) has been asking to be relieved of this costly burden for years," said Atamanenko. "The Finance Committee pre-budget report recommended that the government institute a full rebate for school boards but unfortunately the recent Conservative budget failed to deliver again."

Atamanenko says the GST imposes a complicated and expensive administrative burden. The system of rebates, claims, and payments is onerous and complex and forces school boards to engage experts to help them obtain the largest rebates possible while complying with the regulations.

"When the federal government has to offer courses to the school boards to help them deal with its GST rules, there should be some recognition that this complex and burdensome tax is an inefficient system that has to go," said Atamanenko.

Council resists single business licence

BC municipalities have been asked by Premier Gordon Campbell to approve a OneStop Business Registry. This would

"It would be a very simple matter to change the Excise Tax Act to exempt Canadian public schools from paying GST on school board purchases."

School Boards across the country are continuously striving to innovate and streamline their operations because there is very little wiggle room in their cash-strapped, fixed budgets. Today's soaring fuel prices are just the latest cost pressures that have forced more juggling and cuts that take away resources from the classroom.

"Changing the GST rebate to 100% would save school boards \$185 million a year and it would go a long way to help ease the burden on every school in Canada," explained Atamanenko.

"Our public schools are already under-funded and while school authorities are struggling to make every dollar count, money continues to be clawed back from their budgets by what is nothing more than a tax on a tax."

allow any company anywhere in BC to apply for a business licence to operate in any community in BC.

This would effectively remove any control over business licensing from municipalities and turn it over to the provincial government.

Councillor Maria Sadegur told Council that in a meeting of representatives from Okanagan area municipalities, a guest speaker spoke against the provincial government proposal.

Town Council decided to take no action to comply with the request at this time.

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TRAVEL

History comes to Life in the Kootenay Rockies

Famed as the heart of BC's wilderness, the Kootenay Rockies also boast a rich heritage. Here, amid the towering mountain peaks and verdant valleys one can find remnants of the past from intriguing fossils to First Nations artifacts, from turn-of-the-century townsites to traces of its early-day industries.

Just how far back can travellers go? At the Burgess Shale fossils, a UNESCO World Heritage Site in Yoho National Park, some species of fossils date back more than 500 million years.

Visitors can hear the story of the Ktunaxa Nation that inhabited southeastern BC and beyond for thousands of years. They can also see artifacts, including a sturgeon-nosed canoe, view scale models of teepees, and admire traditional and contemporary works of art at the Ktunaxa Kinbasket Interpretive Centre.

Those who enjoy hands-on attractions will yearn to visit the Interpretive Centre at the Teck Cominco smelter in Trail to learn about the lead/zinc industry that has thrived here for more

than a century. At Silverton, many check out the vintage mining equipment and at the Creston & District Museum, sheltered in a stone house, is a trapper's cabin. Visitors also shouldn't miss Sandon. At the end of the 19th century, this community thrived, thanks to the discovery of silver. Years later, when the silver mines depleted, it was bust. Today, the Sandon Museum relives this history, while relics from its early days can be viewed throughout the town.

At Fort Steele, a restored pioneer town, travellers can experience its boom days in the late 1800s. Some chat with tradespeople and pan for gold, while others take a wagon or train ride, or experience live theatre — this living museum is a favourite with families.

Engineering buffs will enjoy learning about the region's intriguing transportation history. At Craigellachie, the "Last Spike" of the transcontinental railway was driven in 1885. Visitors can board the S.S. Moyie in Kaslo. Now a National Historic Site, this ves-

sel was the last operating passenger sternwheeler in Canada. For those who remember streetcars, Nelson showcases the re-furbished Streetcar 23 — a true

blast from the past.

To learn more about historic sites in the Kootenay Rockies Region and to get everything you need to plan your

vacation — where to go, what to see and do, where to stay, plus printable maps to show you how to get there — visit HelloBC.com/kr/historicsites.



Idaho Peak

Tourism BC/David Gluns

BC's Kootenay Rockies Provide a Vacation Haven

The southeastern region of BC has some of the country's highest peaks, most remote valleys, and is punctuated with vast slices of wilderness — it boasts four national and 75 provincial parks. In addition, thanks to a mining boom in the late 1800s and early 1900s, it's sprinkled with quaint, historic towns and villages reached by scenic driving routes. With all this, travellers are set to explore.

The charm of the towns cannot be overstated. Visitors can discover the history of destinations such as Trail with its Italianate brick and stone facades; Castlegar's Doukhobor Village Museum; Cranbrook's Canadian Museum of Rail Travel and arguably one of Canada's prettiest villages, Kaslo, with its Victorian buildings nestled between mountains and on a lake. Also fun to experience are the Bavarian streets of Kimberley or Rossland's summer revue, 'Gold Fever Follies.'

From centres like Nelson, a small city with an enviable, laid-back lifestyle, to tiny places like Nakusp, once a transportation hub but today a peaceful village visited for

its tucked-away hot springs, great pleasures await. Revelstoke, nestled between the Monashee and Selkirk mountain ranges, welcomes visitors to view over 60 buildings that date back to the late 1800s and early 1900s.

Visitors can stay in a lodge near Golden and cruise the Columbia River to bird-watch, or take a flightseeing excursion over the endless mountain peaks. Invermere, on Windermere Lake, buzzes with beach-lovers as water sports thrive here. Activities include browsing the charming cluster of artisan shops at Crawford Bay, houseboating on Lake Kooocanusa, or cycling the scenic Salmo-Troup Rail Trail.

At day's end, locals recommend heading to a hot spring or spa. This is life in the Kootenay Rockies.

To learn more about the Kootenay Rockies Region and to get everything you need to plan your vacation — where to go, what to see and do, where to stay, plus printable maps to show you how to get there — visit HelloBC.com/kr.



Nelson

Tourism British Columbia

Kootenay Rockies - Festivals & Events

- June 14-17 Sam Steele Days, Cranbrook
- June 22-24 Mountain Beats Festival, Revelstoke
- July 1 Dominion Day, Fort Steele Heritage Town
- July 9-14 International Old Time Accordion Championships, Kimberley
- July 14-15 Creston Valley Garden Festival, Creston
- July 13-15 Nakusp Music Festival, Nakusp
- July 21-22 Starbelly Jam Music Festival, Crawford Bay
- August 3-5 Kaslo Jazz Etc. Summer Music Festival, Kaslo
- August 4 Sounds Over the Rockies, Radium Hot Springs
- August 10-12 Cranbrook Pro Rodeo, Cranbrook
- August 17-26 Railway Days, Revelstoke
- September 9 Hills Garlic Festival, New Denver

For more information about Festivals & Events in the Kootenay Rockies Region, please visit HelloBC.com/kr/events.

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keremeos and area news

The agricultural job postings are starting to pour into WorkZone's Keremeos office. *

Financial plan spells progress

Keremeos Village Council recently passed their 2007-2011 (Five Year) Financial Plan. It reveals some interesting facts about what is happening in the Lower Similkameen Valley.

The proposed revenues in the plan include a 4.6% increase in tax revenues.

"The majority is funded by new construction and subdivisions within Keremeos," Mayor Walter Despot pointed out in a report to Council.

"B. C. Assessment has advised us that the average market based increase in residential assessment within Keremeos is 18 percent. Council has reduced the 2007 residential tax rate so that residents whose property value has increased this 18 percent will see an increase in their municipal taxes of just under two percent. An analysis of our tax roll shows that approximately 63 percent of our residential property owners have had an assessment increase of 20 percent or less."

Village Council also decreased the business tax levy to achieve a 5 percent decrease in the municipal tax bill for the average business property.

"Council has proposed this decrease in order to promote our budget theme of Downtown Revitalization and to ensure that the tax rate ratio between our business and residential taxpayers does not increase from the 2006 level of 2.36."

In the Financial Plan, Village Council has committed 50 percent of the increase in the Small Community Grant to capital projects each year.

"This is intended to ensure our infrastructure is appropriately maintained and the necessary improvements in our Water, Sewage Treatment and Public Works and Parks areas are funded as required."

For example, in 2007 Council provided funding for a number of Capital Projects including the rebuilding of Village sidewalks, including the sidewalk along 7th Avenue in front of Memorial Park; installation of a new Welcome to Keremeos sign in the current rockery garden area at the top of Town Hill; construction of a fence around the Sewage Treatment Plant in order to separate the Skateboard Park area from the gravel storage, sludge storage and

composting area; the Village's portion of the offsite sewer, water and roadway necessary for the next phase of the Maylindon Subdivision.

Council is also working with Communities For Kids and Rails To Trails Society to provide new playground equipment in Pine Park and improve the Dyke Walking Trail.

"Our multi-year plan provides significant funding for road improvements within the Village...in our Water and Sewer Departments funding is being provided for a number of projects including two water testing stations and replacement of two infiltration basin sand filters which will speed up the processing of the effluent."

Council has also proposed funding to start addressing beetle infestation in area Parks including funding for an arborist and tree replacements this year.

"In our Operating Budget funding has been provided to address the increasing work loads of staff, with the accounting clerk/receptionist position moving to full time and additional funds being allocated to Public Works to increase the months of work for the additional outside seasonal employee."

Contract funding has also been provided for a variety of support staff.

In actual numbers, the budget is tight for the five year span with 2007's budget totaling \$2,666,120, 2008 set at \$2,506,846, 2009 totaling \$2,484,601, 2010 set at \$2,499,164 and the budget for 2011 at \$2,563,334.

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142 Halliford Avenue , Character and peace in a perfect location.	MLS 40259	\$190,000
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468 Tulameen River Road , Great investment holding property.	MLS 37874	\$988,300
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750 Cedar Creek Road , 90 acres of world class views.	MLS 38926	\$1,800,000

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88 Fenchurch Avenue , .11 acre, excellent investment property.	MLS 40079	\$158,300
Lot 3 Highway 3 West , 2.71 acres, view lot beside Pub.	MLS 38737	\$159,900
Coalmont Road , 9.58 acres of panoramic views.	MLS 39412	\$230,000
Lot B Coalmont Road , 4.25 acres, perfect spot for small hobby farm.	MLS 40077	\$230,300
Lot 1 Highway 3 West , 1.88 acres, all cleared and ready to go.	MLS 37984	\$238,800
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Highway 3 West , 11.90 acres with subdivision potential.	MLS 38067	\$313,800
3661 Princeton/Summerland Road , 38.91 acres, next to Chain Lake.	MLS 38541	\$313,800
Lot A Lawless Creek Road , 13.93 acres, overlooking Tulameen River.	MLS 36602	\$338,300

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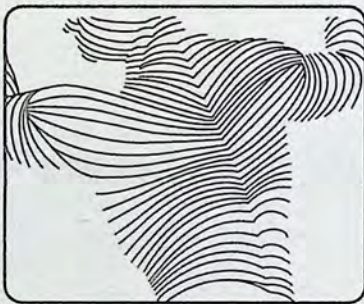
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by your Pharmasave Pharmacist Wen Wong

When applying sunscreen lotions, people tend not to apply enough. To cover the average body thoroughly, use enough to fill a shot glass and don't forget to reapply after swimming and excess sweating.

Mosquitoes and West Nile virus can be a problem in some parts of Canada. Using products containing DEET are your best protection against mosquitoes. The activity of DEET is proportional to its strength. A good benchmark is that a 30% DEET lotion will protect for up to 5 hours, while a 7% solution will last 2 hours.

Seasonal allergies are quite common at this time of year. Non-sedating antihistamines are helpful in reducing the symptoms of itchy and watering of eyes and nose and sneezing. If these don't bring you relief, doctors are able to prescribe an anti-inflammatory nose spray which, when used routinely can result in dramatic reduction in symptoms.

As pharmacists, we are often asked if we have anything to help someone sleep. In Canada, most non-prescription sleeping medications contain the drug, diphenhydramine (common brand name is Benadryl). It's one of the oldest antihistamines and has pronounced sedative side effects. It does sometimes help induce sleep.

Rather than leave it to chance, why not get some advice from our pharmacists before choosing a non-prescription product. We are here to help.

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news leader health and lifestyle page

Snacking doesn't have to be a bad word

Keep energy levels up with healthy whole grain rye snacks

(NC) - By now most of us have heard about the health benefits of whole grains, be it on the news, in ads or from our doctors. A diet rich in whole grain products has been linked to both helping reduce the risk of heart disease and to helping maintain a healthy body weight.

Canada's Food Guide to Healthy Eating recommends that we choose whole grains more often. In addition, according to the Canadian Heart and Stroke Foundation, a healthy diet should also include foods that are high in fibre. Unfortunately, most Canadians are getting less than half of the recommended amount of their required fibre.

A healthy adult needs 25 to 35 grams a day, but surveys show that our average daily intake is only about 14 grams.

You should know there are many ways to make whole grains a more significant part of your diet. One of them is including delicious whole grain rye snacks. To some people, snacks are synonymous with junk

food, but they don't have to be. It's all a matter of making the right choices.

Whole grain rye crackers have become a popular way for health-conscious Canadians to incorporate whole grains into their diets. Healthy choices such as new Ryvita Whole Seed Crispbreads are available in two delicious varieties such as Pumpkin Seeds and Oats and Sunflower Seeds and Oats. These great tasting crispbreads are made from whole grain rye, contain 16 per cent of our recommended daily fibre intake and zero trans-fats per serving.

What makes Ryvita Whole Seed Crispbreads so good for you is the combination of the goodness of whole grain rye with seeds and oats to create a delicious crunchy snack that can be enjoyed anytime. Such a combination of only natural ingredients offers not only great taste but also additional health benefits. The Pumpkin Seeds and Oats Crispbread is a source of magnesium, which helps in normal growth and development. While the Sunflower Seeds and Oats

Crispbread provides a source of vitamin E, which helps protect tissues from oxidation. In addition, both varieties are source of phosphorus, which helps in the formation of healthy bones and teeth.

Ryvita Crispbreads are as versatile as your imagination as they can be topped with anything from light cream cheese with smoked salmon to low fat feta with finely chopped tomatoes, cucumber and black olives.

These snacks provide the goodness of whole grain rye without sacrificing flavour.

So instead of reaching for cheesies and chocolate chip cookies why not introduce your friends and family to how delicious whole grain rye can be by serving these great snack ideas from www.ryvita.com:

- 🍌 Avocado topped with slices of smoked salmon.
- 🍌 A spread of ricotta, a lettuce leaf, slices of oven roasted tomatoes and some fresh basil leaves.
- 🍌 Slices of chicken breast meat or turkey, or ham and mango salsa.
- 🍌 Prawn cocktail or a simple piece of smoked salmon. - News Canada

Make jam and serve the goodness of fruit

(NC) - Give your family or guests a selection of homemade jams - for their toast, biscuits, pancakes, as an ice cream topping, or with savoury meats, cheese and pate - and most people find it very hard to pick just one.

No wonder. The temptation lies in the fresh flavour of fruit and it's hard to pick a favourite when jams made with raspberries, or strawberries, or peaches, apples, apricots, pears, plums, or cherries, are all right there to taste. Fruit is loaded with beneficial compounds, including important vitamins, natural sugars and fibre, so the universal decree to eat more fruit cannot be overstated. But how does anyone get the time these days to make jam?

10-minute recipe

Yesterday's jam-making method is arduous compared to how easy it can be in the modern kitchen. With a simple microwave oven for example, homemade jam, which used to take eons to boil, stir, blend, skim and set - can now be made in 10 minutes.

"All you do with the new, pre-measured Jam Express is follow the package directions," says Greg Petrie at Dr. Oetker. "It's fun too. In fact making jam can be a great activity for you and your kids."

Here's how: In a microwavable bowl, mix the product with whole cut fruit, or fresh frozen fruit. Microwave for 5 minutes, fill the jars, and cool. No sugar is added, the jars do not have to be sterilized, and the setting time is about half-a-day. Each package makes two, 250 mL jars of fresh homemade jam.

"Now you never have to be concerned about the age of a store-bought jam, or how long it may have been sitting on a grocer's shelf," Petrie said. "Even in winter, fresh frozen fruit is readily available so we can always serve jam that is personally fresh-made."

- News Canada

living past 100

To soy or not to soy?

The push to have people consume soybean products has reached new extremes these days. One "health" magazine talked about the environmental benefits to our water and air if we stopped eating animal protein and started consuming more products like veggie burgers (mostly soybean flour).

Yes, animals (including humans) do produce waste products such as urine and manure that could contaminate our water supply if we are not careful. Peat bogs can do the same thing, but there is no push to eliminate peat bogs to prevent the release of methane gas and to get rid of some of the nasty microbes that can occur in a peat bog.

No, the big push seems to be to sell more soy products. This is great if you assume everyone can tolerate soybean products, but a high percentage of North America's population cannot tolerate soy products. Anyone with blood type O may find soy products hard to digest, and may even have an allergic reaction, such as vomiting or severe indigestion.

You will find more and more products at your grocery store are laced with soy products. For example, most chip dips and veggie dips contain soybean oil, and so do most salad dressings and mayonnaise. Those few made with no soybean oil will cost a bit more, but if you cannot tolerate soybeans, the little extra is worth it. If you are one of those people who frequently has indigestion, you might be smart to read ingredients in food products and avoid those with soybean products included.

There are a lot of good things in soybeans, and those who can tolerate soybean products can reap the benefits. There are a lot of good nutrients in any beans, and there are a whole lot of other beans you could eat if it was beans you wanted.

BUT - be cautious about soybean products introduced into foods where you might not suspect soybeans to be part of the recipe. Remember this: nearly everything you might buy with soybean products in it is something you could probably make at home using other products. All you need is a good cookbook.

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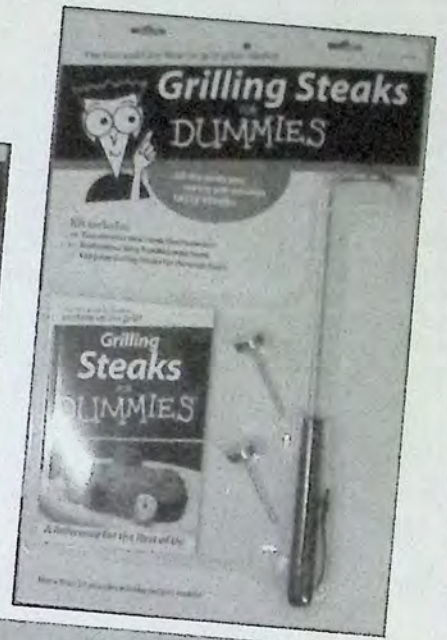
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Ken Heuser, left, is presented with a Life Membership in the BC School Trustees Association by Nicola-Similkameen School District 58 Board Chair Gordon Comeau. *

District recognizes dedication

A total of eleven Princeton school staff members were honoured June 5th at a short ceremony in Princeton Secondary School Library.

Five people were presented with their ten-year service pins including Sandee Blair, Raelene Campana, Bill Lawrence, Laurie Thomas and Monika Vegara.

Fifteen-year pins went to John

Kitts and Marie-Anne Roche.

Paul Carter and Steve Lepoidevin were honoured for twenty years of service with Fran McHaffie receiving a pin for twenty-five years.

There was only one staff member retiring this year. Cheryle Smith reached the end of her 22-years with School District 58 on October 31st of last year. Smith joined the district in 1987 in the janitorial department and worked at almost

each school in Princeton ending her career at John Allison Elementary.

Ken Heuser was presented with a Certificate of Honour for his 21 years on School District 58's Board of School Trustees. The honour, which marks Heuser's anniversary on November 30, 2007, includes a Life Membership to the British Columbia School Trustees Association.

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Council praises Rodeo Clubs

Councillor Jim Manion expressed his appreciation of the volunteers who made Princeton Pro Rodeo a success.

He said he enjoyed the rodeo, and made special mention of the Rube Band, saying he would like to see them march through downtown Princeton.

Deputy Mayor Ray Jarvis talked

about the Keremeos Rodeo parade, in which he drove the antique fire truck accompanied by "six beautiful women".

He noted there were four marching bands in the parade and asked, "Why can a small town like Keremeos attract so many bands?"

That question went unanswered.



Here's a close up view of the pin presented to Fran McHaffie in recognition of her 25 years of service to Princeton schools. Each long service pin looks like this with the number of years noted below. *



School District 58 long service pins were handed out to school staff on June 5th. From left, John Kitts (15 years), Steve Lepoidevin (20 years), Sandee Blair (10 years), Bill Lawrence (10 years), Raelene Campana (10 years), Marie-Anne Roche (15 years) and Paul Carter (20 years). Missing from photo: Laurie Thomas, Monika Vegara, Fran McHaffie and Cheryle Smith. *

Drilling returns high-grade gold

Leonard W. Saleken, Chairman of Goldcliff Resource Corporation (GCN.TSXV) is pleased to report that the 2006 drilling program has produced high-grade gold results at the Nordic gold zone at Panorama Ridge.

The ten 2006 drill holes intersected significant gold mineralization at surface and to core depths of 94 metres highlighted by 1.56 grams gold per tonne over a 40.84 metre core intersection in hole 26059. Included in the intersection is 3.05 grams gold per tonne over 19.23 metres, with a higher-grade interval assaying 5.24 grams gold per tonne over 8.56 metres.

The high-grade sample over 0.25 metres was 31.20 grams gold per tonne.

This 2006 Nordic drilling confirms that the Gold Mineralization Zone (GMZ) at the Nordic gold zone is extensive and continuous. The mineralized geological setting is complicated by folding and faulting, and multiple horizons of gold mineralization. The gold mineralization appears to trend to the northeast under overburden.

Consequently, several untested geophysical anomalies (induced polarization) in the area now become very significant and warrant follow up drill testing.

At the Nordic, gold mineralization occurs at the bedrock surface. The drilling ground conditions determine when core can be recovered,

thus accounting for a possible loss-of-sample from 0.00 to 3.66 metres. All of the holes were drilled to projected depths.

The Nordic zone is one of several gold zones discovered on the Panorama Ridge property within the discovery area that covers approximately two square kilometres along Panorama Ridge. The Panorama Ridge property is located four kilometres east of the historic Nickel Plate-Mascot Mines that produced 2.5 million ounces of gold.

The Panorama Ridge property was discovered by Goldcliff in 2000 by prospecting new logging road outcrops. The property is readily accessed by roads and has mine-related infrastructure. Goldcliff has identified five gold zones that have economic potential.

Eco Tech Laboratory Ltd. of Kamloops, an accredited laboratory, is conducting the sample preparation and analysis.

All sample analysis is 30 gram fine assay-A. A. finish for gold and 28 multi-element ICP. The sample stream is subject to check analysis on repeat and re-split samples, and standards to maintain quality control.

Leonard W. Saleken, PGeo, is the qualified person as defined by National Instrument 43-101 who supervised the preparation and verification of the technical informa-

tion in this release.

For further information, contact George Sanders, President at (250) 764-8879 or toll free at 1-866-769-4802.

- submitted.

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FINANCIAL FOCUS

Why Buy - And - Hold Makes Sense

There are two kinds of investors: those who move in and out of investments searching for quick profits, and those who patiently invest for the long term. Which should you be?

For most of us, the best approach is a 'buy-and-hold' strategy within a portfolio that is well diversified among stocks, bonds and mutual funds. Making sure that your portfolio includes long-term investments in shares of high-quality companies is one of the important ingredients of success. Legendary investors such as Warren Buffet and his Berkshire Hathaway Inc. have amassed fortunes by purchasing quality investments and rarely selling them.

Why does a buy-and-hold strategy work so well? Because, over time, the direction of financial markets is generally up. When you hold investments for the long term, temporary fluctuations in markets or securities prices are inconsequential. With a longer investment horizon, it won't matter much whether an investment gyrates along the way.

Stock market investments are particularly good candidates for a buy-and-hold approach. In addition to capital gains, equity investors may benefit from dividends paid by blue-chip investments. If those dividends are reinvested, potential returns are enhanced. Returns from dividends paid by Canadian corporations are taxed at a lower rate than other income, as are capital gains.

Even when the benefits of buy-and-hold might not be obvious, they're still at work. For example, market declines may seem like the right time to get ride of investments. But it's generally a good idea to resist the temptation and stick to your long-term strategy if the fundamentals of the investment are still sound. If you sell when prices are temporarily depressed, you'll miss out on the potential price rise that follows a decline.

Investors who chase profits by frequently trading stocks or other investments have a tendency to buy and sell at the wrong times. Attempting to 'time the market' by moving in and out of investments at their valleys and peaks is notoriously difficult, even for professionals.

In fact, many investors end up doing just the opposite - buying on emotion, when prices are too high, or selling when they've hit bottom. Then they remain on the sidelines as prices rebound. Plus, frequent trading can result in increased commission costs and capital gains taxes.

Investors who try to jump in and out of major asset groups - such as stocks and bonds - make similar mistakes. For example, when stocks are falling they may wait too long before making an exit, missing out on recovering prices later. When they move back into stocks, they most likely buy in at higher prices.

Ask your financial advisor how you can put together an investment portfolio designed for long-term results. You'll see that buy-and-hold really does work.

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Cook's Raiders hosted a Bantam C Girls Fastball Tournament over the weekend at Memorial Park. The event attracted four out-of-town teams. The News Leader congratulates the team on their successful event.*

Another busy week at Vermilion Court

Last week we were complaining about the extreme heat - this week - yes, you know! When will the sun return?

We've had another interesting week - Marlyse continued her wizardry with the sewing machine while others sewed on buttons to compliment her creations.

Aida, our creative leader, taught us the art of making elephants. So now, many of the residents have elephants to care for in their apartments.

The sunflower seeds planted last week have all germinated and are looking for the sun.

This week the planters received their long awaited flowers, there are marigolds, portulaca and lobelia so we're hoping the deer will leave them alone.

A few left over plants were potted for the residents to take to their

patios. Just like a ray of sunshine!

We continue exercises, playing Bingo and reading our horoscopes, as well as reading headline news.

Of course, the recent fire at the Belaire Restaurant shocked us all.

Our sympathy to the owners.

Two lovely fresh pineapples were thoroughly enjoyed. The tops were placed on saucers of water. What will happen?

- submitted by D. Stenvold

Council praises Ambassadors

The Youth Ambassadors who went to Tonasket Founder's Day received high praise from Councillor Jim Manion. He, Mayor Randy McLean, and the Youth Ambassadors travelled to Tonasket for the parade and rodeo on June 2.

"Our Ambassadors created quite a stir," Councillor Manion said. He said they looked good and behaved very well.

He thanked Lori Thomas and the Youth Ambassadors for "doing Princeton proud" in Tonasket.

Council approves report

Under the Community Charter regulations, each municipality must prepare and present an annual report for public review. At the June 4 Town Council meeting, the 2006 report was accepted.

The annual report consists of two different approaches to what Town Council has done. The first is an evaluation of how Council met their goals for the year. This is a progress report.

Reviewing Council's objectives for 2006 showed a number of goals were met completely, and ongoing goals were initiated and are continuing, such as airport development,

a new Town Square, Two Rivers Park and the Lions memorial park. Goals for 2007 are described in the report.

The second portion of the annual report consists of the financial statement.

Revenues and expenditures were slightly higher in 2006 than the previous year, with a net surplus of \$41,130.

The water supply system fund and the sewer system fund are taxed separately from overall municipal taxes. These funds are healthy with monies in reserve, which is according to plan.

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weekly entertainment guide

TUESDAY, JUNE 12, 2007 THROUGH MONDAY, JUNE 18, 2007



Hitting is an essential part of the game.* Photo: Brenda Engel.

Ball Clinic hits a home run

If you play baseball, and you were not at Memorial Park June 2nd and 3rd for the Chris Strain Pitch-Rite Baseball Academy Clinic, you missed a golden opportunity.

Coaches Chris Strain, Matt Walker, Dan Woelders and Pat Phelan put 28 players and six coaches through their paces with intense instruction and lots of laughs.

Throwing, catching, hitting, running...it was all happening, and it was a thrill to watch the players improve so dramatically in such a small window of time.

If there was one mantra that was repeated throughout the weekend, it was 'hard work pays off.' The players were encouraged to spend more of their free time practicing their skills, and that included perhaps starting their own baseball book, where they can accumulate all the best information they receive from their coaches, and from their own

research.

"Know the game. Know your positions. Know the technique. Practice shouldn't be limited to the time spent with the coaches," says Dan Woelders.

If you missed the clinic, there is good news for you. They want to come back! And this time they're planning a camp in August 2007 and Spring Break 2008, and with community support these camps could be five days each!

Pat Phelan, aka Coach Grumpy, is in the process of getting his Coaching Certificate in softball, (he is already qualified in baseball), and has said that he will come back to Princeton to certify our coaches for 2008. This is a fantastic offer, that we accepted eagerly, as it will be mandatory to have all coaches certified next year.

I think that I would be remiss if I did not point out, that this clinic was a fantastic opportunity for ball players

and coaches of all ages, and that Chris Strain was extremely generous in regard to the registration fees. For \$25.00 the players experienced four hours of group instruction, and the coaching clinic was free. Private instruction was also offered for a fee.

Not only did the players learn about softball technique; ("The basics of throwing and hitting are essential tools to be built upon, never stop learning," says Pat Phelan); they were taught lifeskills;

("The only thing you can control is how well you prepare for the game," pointed out Matt Walker); and they got a chance to see excellence, close up, from guys who were just like them once and that is priceless.

Princeton, let's show our support, and take advantage of opportunities that come to our town. We need to get behind our kids, because they are our kids, and their success is our success.

-submitted by Christa Thompson



Practice makes perfect! * Photo: Brenda Engel.

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Princeton's Cook's Raider Brittani Clifton fires one in from the mound during the Bantam C Girls Fastball Tournament over the weekend in Memorial Park. *



Third base action from the Bantam C Girls Fastball Tournament. *



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LET'S TALK!

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Students and Income Tax

Personal tax planning is often a new experience for students and people entering the workforce out of high school. There are several helpful resources and tools on the CRA website. Here is some basic information that will help you manage your records.

What do you include with your return and what records do you keep?

You should keep all of your supporting documents and slips in case CRA select your return for review. You should keep your supporting documents for six years. You should also keep a copy of your return, the related Notice of Assessment, and any Notice of Reassessment. These can help you complete your return for the following year. For example, your Notice of Assessment will tell you your tuition, education, and textbook amounts carry-forward balance.

What if you are missing information?

If you have to file a return, make sure you file it on time even if some slips or receipts are missing. If you know that you will not be able to get a slip by the due date, attach to your return a note stating the payer's name and address, the type of income involved, and what you are doing to get the slip. To calculate the income to report, and any related deductions and credits you can claim, use any stubs you may have, and attach them to your return.

Do you have to file a return?

As a student, you have to file a return if you have to pay tax for the year, or you have not repaid all of the amounts you withdrew from your registered retirement savings plan (RRSP) under the Lifelong Learning Plan.

Even if these requirements apply to you, you may want to file a return if any of the following applies:

- you want to claim a refund;
- you want to apply for the GST/HST credit;
- you or your spouse or common-law partner want to begin or continue receiving Canada Child Tax Benefit payments.
- you want to carry forward the unused portion of your tuition, education, and textbook amounts.
- you want to report income for which you could contribute to an RRSP, in order to keep your RRSP deduction limit for future years up to date.

For more information go to www.cra.gc.ca

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Horoscopes

June 13 - 20, 2007

Aries - Family and property matters put on hold a month ago can now move forward. Be careful to avoid drugs and alcohol as these will dull your entire system now. Be healthy!

Taurus - You may have to eat your words this week, or some little trip you planned will have to be put on hold. Stop fretting and do what must be done. Money is tight for two weeks.

Gemini - You are so busy planning everything! Plans seem stuck this week. You may feel frustrated. You can move ahead next month. Be patient, do what you can do now.

Cancer - You may have to change your mind about something and go back and rework something you did before. Don't worry about it - wait til early next month. Money picture brightens.

Leo - Travel plans come to a standstill. Something that worried you at the beginning of June comes back to disturb peace of mind. Stay alert, watch situation. Hold onto cash.

Virgo - Career is demanding, so is family. Matters of financial planning are on hold for awhile. Family matters turn out well by end of week. Health improves now. Change occurs for better.

Libra - Career matters are on hold now, and you may feel like you have to cover the same territory again. Be patient about it. Ideas are nebulous this week. Be realistic, alert.

Scorpio - Travel plans hit brick wall. You need to re-think plans. Career runs smoothly, watch health. Safety is a major problem now. Property may bring big gains by end of week.

Sagittarius - The urge to travel may hit you strongly now, and could bring benefits. You can learn money-wise lesson this week. Young person creates change in you. Move ahead.

Capricorn - Partner, friends may change mind about something now. Be patient. It will change back. Property demands hard work. Shared resources bring benefits. Family change occurs.

Aquarius - Be very open and honest in all of your dealings with children, siblings. You need to tell the truth and face harsh reality. Health causes concern. Friends treat you well.

Pisces - Some plans have to be changed this week, but career brings benefits. You may feel lazy and inclined to eat too much. Avoid too much sugar, alcohol. Money picture changes now.

Regular Meetings

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

thursday movies

MORNING

- 6:00 am SPIKE (4) ★★"Extreme Ops" (2002, Action) Devon Sawa. Members of a film crew and three athletes try to elude a Serbian war criminal and his gang of terrorists in the Austrian Alps.
- 7:00 am WTBS (3) ★★"Paycheck" (2003, Science Fiction) (PA) Ben Affleck. After learning his memory has been erased, a technical wizard goes on the run to piece together clues from his past. (E)
- 10:00 am CITY (29) ★★½"Dragonheart" (1996, Fantasy) Dennis Quaid. A medieval dragon-slayer teams up with his intelligent prey to rid the land of a tyrant who betrayed them. (E)

AFTERNOON

5:00 pm CITY (29) ★½"10 Things I Hate About You" (1999, Comedy) Heath Ledger. A pretty, popular student can't date until her rebellious older sister gets a suitor of her own. (E)

EVENING

8:00 pm CHBC (4) ★★½"Stripes" (1981, Comedy) Bill Murray. A lazy New York caddy quits his job and convinces his bored buddy they should join the Army. (E)

10:00 pm WTBS (3) ★★½"A Time to Kill" (1996, Drama) (PA) Sandra Bullock. A Southern lawyer and his legal assistant defend a black man for killing his young daughter's white attackers. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ★★"Feeling Minnesota" (1996, Comedy-Drama) (PA) Keanu Reeves. Two lowlife lovers and a dog flee with loot to Las Vegas with angry people on their trail. (E)
- 10:00 am CITY (29) ★½"10 Things I Hate About You" (1999, Comedy) Heath Ledger. A pretty, popular student can't date until her rebellious older sister gets a suitor of her own. (E)

AFTERNOON

5:00 pm WTBS (3) ★★"Hitch" (2005, Romance-Comedy) Will Smith. Premiere. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (E)

EVENING

6:00 pm CITY (29) ★½"10 Things I Hate About You" (1999, Comedy) Heath Ledger. A pretty, popular student can't date until her rebellious older sister gets a suitor of her own. (E)

7:30 pm FAM (26) "My Brother The Pig" (2000, Comedy) Scarlett Johansson. Premiere. When a spell turns an 8-year-old boy into swine his sister and best friend race to find the

cure.

8:00 pm WTBS (3) ★★"A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her. (E)

KNOW (5) ★★"The Englishman Who Went Up a Hill but Came Down a Mountain" (1995, Drama) Hugh Grant. A cartographer maps the terrain of a small village and crosses paths with a local beauty in 1917 Wales. (E)

VTV (22) "Playing House" (2006, Romance-Comedy) Colin Ferguson. A charming man tempts a woman plunged into domesticity after a surprise pregnancy. (In Stereo) (E)

9:00 pm FAM (26) ★★½"Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation.

10:10 pm WTBS (3) ★½"The Cookout" (2004, Comedy) Ja Rule. After her son signs a contract with an NBA team, a woman invites friends and family to a wild barbecue at his new mansion. (E)

10:30 pm FAM (26) "Lil' Treasure Hunters" (2004, Adventure) Molly Hall. A girl leads her friends down her beloved river in search of a legendary treasure that could save her family's home.

Similkameen News Leader Community Calendar

JUNE

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

JULY

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

AUGUST

- 5 - Kars Under the K - Keremeos

SEPTEMBER

- 1, 2, 3 - Slo-Pitch Tournament, Hedley
- 8, 9 - Princeton Fall Fair, Princeton Fairgrounds
- 15 - Similkameen Sizzle, Keremeos
- 16 - Terry Fox Run, Keremeos, Princeton
- 18 - George & Brenda's Anniversary!

OCTOBER

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

NOVEMBER

- 11 - Remembrance Day Ceremonies, Various Locations

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

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Similkameen News Leader

Recipe Corner (Recipe #171)

Brought To You By: Similkameen News Leader

Green Salad with Almond Butter Vinaigrette

Makes 6 servings.

Ingredients:

- 6 cups arugula or mixed greens
- 1/4 cup extra-virgin olive oil
- 1/4 cup smooth almond butter, room temperature
- 1 tablespoon plus 1 teaspoon raspberry vinegar
- salt and pepper to taste
- 3/4 cup sliced almonds, roasted
- 3/4 cup fresh pomegranate seeds

Preparation:

Place greens in a large salad bowl. Whisk together olive oil, almond butter and vinegar in a small bowl until smooth; season with salt and pepper. Divide greens among four salad plates and drizzle with dressing; top with almonds and pomegranate seeds.

Note:

Almond butter may be found next to the jams and jellies in natural food stores and some supermarkets. Otherwise, you can make it by grinding together 1 cup roasted almonds and 1/8 teaspoon salt in a food processor or blender, then adding 3 tablespoons almond or vegetable oil in a slow, steady stream, and blending until the mixture comes together. This recipe makes 3/4 cup.

- News Canada

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

226A Bridge Street, Princeton

THURSDAY, JUNE 14, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	Dawson's Creek (E)	News (N) Room	(Off Air)	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Monster	Sports US Open	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Movie: "Extreme Ops" (2002)	Counterstrike (E)
7 AM :30	Movie: "Paycheck" (2003) (PA) Ben Affleck (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today (N) (E)	The Early Show (N) (E)	City Confidential (E)	Good Morning America (N) (E)			Arthur (E) Lunar Jim	Being Ian Mew Mew	Golf: U.S. Open Championships p -- First Round. From		Craftiest Animals (E)	K. Possible (7:24)	CityLine (E)	Devon Sawa.	Night Heat (E)
8 AM :30		Taste Berenstain	Hi-5 Curious	Curious Clifford			Amer. Justice		100 Huntley Street (E)		Curious Clifford	Pokémon Flamingo		Oil, Sweat and Rigs	Weekend Lilo Stitch	Deep Space 9	V.I.P. "48 1/2 Hours"	Due South (E) (DVS)	
9 AM :30	NewsRadio	Judge	Rolie Polie	Dragon Big World		Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko	George S. LazyTown	Oakmont Country Club in Pa. (Live)	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (N) City	Most Amazing Videos	What Inside Box
10 AM :30	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	Cold Case Files (E)	The View (N) (E)	World Vision	Design House	The Save-Ums! (E)	Jane Pippi		The View (N) (E)	Raw Nature (E)	JoJo Sprites	Movie: "Dragonheart" (1996)	V.I.P. "Kiss the Val"	Mad Abt. Grace
11 AM :30	Cosby	Seinfeld	Ravens	Thomas Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Mischief Jacob		eTalk (E) MTV e2	Great White	Higglytown (11:25) King	Dennis Quaid (E)	Star Trek: Next Gener.	The Nanny Frasier
12 PM :30	Strokes	News (N)	Beyond Memory (E)	Charlie Rose (E)	Golf: U.S. Open Championships p -- First Round.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News	Viva Pinata		Degrassi Bold & B.	Inside Noah's Ark (E)	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld
1 PM :30	Yes, Dear	Diva Dime	Caller	Painting Needle Art	As the World Turns (N)	City Confidential (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts			Twice in a Lifetime (E)	Sharkbite! Surviving	Dragon Emperor	In Fashion Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM :30	King	Guiding Light (N) (E)	Gaslight	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Amer. Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Wix Club		General Hospital (N)	Killer Squid (E)	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM :30	Seinfeld	Room	Jack's Big Music Show	Arthur (E)	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Golf: U.S. Open	Dr. Phil (E)	How-Made	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E) (DVS)
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	ABC News News (E)	Oprah Winfrey (E)	News (N) Global	Frasier 22 Minutes	Phantom Robot Boy	Sports In Corner	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	What Inside Box
5 PM :30	MLB Baseball: Atlanta	News (N)	George S. (5:32) Business	BBC World News	News (N) NBC News	News (N)	CSI: Miami (E)	News (N) NBA Count	News (N) Global	News (N) Global	Simpsons Arrested	OddParent SpongeBob	NBA NBA Count	News (N)	Deadliest Catch (E)	K. Possible Suite Life	Movie: "10 Things I Hate About You" (1999)	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	Braves at Minnesota Twins. (Subject to Blackout)	Body Caitlin	Spellz (E) Reach-Top	News-Lehrer	News (N) Raymond	News (N) Hollywood	The First 48 (E)	NBA Basketball: Finals Game 4 -- Spurs at Cavaliers	News (N) (E)	ET Canada Entertain	Canada Now	Being Ian Erky Perky	NBA Basketball: Finals Game 4 -- Spurs at Cavaliers	News (N) (E)	Guinea Pig Machines	So Little Sadie	News (N) (E)	TNA Wrestling Impact!	Married... Frasier
7 PM :30		What Jeopardy!	Profiles of Nature (E)	Health Matters	Jeopardy! Fortune	Friends Scrubs	The First 48 (E)		Entertain ET Canada	Ground Up	Coronatn Just-Gags	Sabrina Malcolm		eTalk (E) Hollywood	Mayday (E)	So Raven Smart Guy	Scary Movies	The Ultimate Fighter (N)	Extreme-Home
8 PM :30	Friends	Movie: "Stripes" (1981) Bill Murray (E)	Hearts	New Tricks (E)	Name Earl 30 Rock	Pirate Master (N) (E)	Kansas City SWAT (E)	Fast Cars	You Smarter?	You Smarter?	NHL Awards (Same-day Tape) (E)	Fresh Pr. Fatherhood		Pirate Master (N) (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	The Ultimate Fighter (N)	ET Canada What
9 PM :30	Friends	Adven.-English	Globe Trekker (E)	The Office Scrubs	CSI: Crime Scn	CSI: Miami (E)	Millionaire	Ground Up	Shark "Backfire" (E)	News (N) (E)	National	Prank Ptrl Academy	Sports	You Can Dance	Guinea Pig Machines	8 Rules Sinbad	(9:06) Jimmy Kimmel	Wild World	Seinfeld
10 PM :30	Movie: "A Time to Kill" (1996)	Painkiller Jane (N) (E)	Wild Industri	Soundstage (N) (E)	Studio 60-Sunset Strip	Shark "Backfire" (E)	The First 48 (E)	Entertain The Insider	Shark "Backfire" (E)	News (N) (E)	National	Prank Ptrl Academy	Billiards	CSI: Crime Scn	Mayday (E)	Popular (E)	(10:06) Movie: "Dragonheart" (1996)	Elimination Real TV	Married... Frasier
11 PM :30	Sandra Bullock.	News (N) Room	Talk Mohgadishu (E)	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	The First 48 (E)	News (N) (11:35)	News (N) (E)	Entertain ET Canada	(11:05) The Hour John Kerry.	Bob Weird	SportsCentre (Live) (E)	News (N)	Deadliest Catch (E)	8 Rules Life Derek	Dennis Quaid (E)	Guys Choice	Grace The Nanny

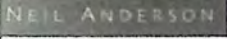
FRIDAY, JUNE 15, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM :30	Dawson's Creek (E)	News (N) Room	(Off Air)	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Monster	Sports US Open	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Disorderly Con.	Counterstrike (E)	
7 AM :30	Movie: "Feeling Minnesota" (1996) (PA) (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Enrique Iglesias; grilling; children's book club. (N) (E)	The Early Show (N) (E)	City Confidential (E)	Good Morning America (N) (E)			Arthur (E) Lunar Jim	Being Ian Mew Mew	Golf: U.S. Open Championships p -- Second Round. From		Champions	K. Possible (7:24)	CityLine (E)	Disorderly Con.	Night Heat (E)	
8 AM :30		Catering Berenstain	Hi-5 Curious	Curious Clifford			Amer. Justice	Brad Paisley. (N) (E)		100 Huntley Street (E)	Curious Clifford	Pokémon Flamingo		MythBusters (E)	Weekend Lilo Stitch	Deep Space 9	Disorderly Con.	Due South "Manhunt"		
9 AM :30	NewsRadio	Body	Magic Bus	Dragon Big World		Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko	George S. LazyTown	Oakmont Country Club in Pa. (Live)	Regis and Kelly	Daily Planet (E)	Pooh Bear	News (N) City	Disorderly Con.	Big Screen Inside Box	
10 AM :30	Harvey Harvey	The Price Is Right (N)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (N)	Cold Case Files (E)	The View (N) (E)	World Vision	Design House	The Save-Ums! (E)	Jane Pippi		The View (N) (E)	Star Racer (E)	JoJo Mickey	Movie: "10 Things I Hate About You" (1999)	Disorderly Con.	Mad Abt. Grace	
11 AM :30	Cosby	Seinfeld	Rivers	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Mischief Jacob		eTalk (E) Screen	Monster House (E)	Higglytown (11:25) King	Dennis Quaid (E)	Disorderly Con.	The Nanny Frasier	
12 PM :30	Strokes	News (N)	Canada-History	Charlie Rose (E)	Golf: U.S. Open Championships p -- Second Round.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News	Land Bfr		Degrassi Bold & B.	MythBusters (E)	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld Seinfeld	
1 PM :30	Yes, Dear	Diva Dime	Router SportFish	Painting Scrapbook	As the World Turns (N)	City Confidential (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts			Twice in a Lifetime (E)	Deadliest Catch (E)	Dragon Emperor	At Movies Star! Daily	Disorderly Con.	Beverly Hills, 90210	
2 PM :30	King	Guiding Light (N) (E)	Gaslight	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	Amer. Justice	General Hospital (N)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Wix Club		General Hospital (N)	Mayday (E)	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home	
3 PM :30	Seinfeld	Room	Hi-5 Different animals.	Arthur (E)	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Golf: U.S. Senior Open	Dr. Phil (E)	How-Made	Weekend Lloyd	News (N) (E)	CSI: Crime Scn	Due South "Manhunt"	
4 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Air Farce	(4:05) Robot Xiaolin	MLB Baseball: Washington Nationals at Toronto Blue Jays. (Live)	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Big Screen Inside Box	
5 PM :30	Movie: "Hitch" (2005) Will Smith, Eva Mendes. Premiere. (E)	News (N)	George S. (5:32) Business	BBC World News	News (N) NBC News	News (N)	CSI: Miami "Shattered"	News (N) ABC News	News (N) Global	News (N) Global	Simpsons Arrested	El Tigre Avatar	Nationals at Toronto Blue Jays. (Live)	News (N)	Worst Handyman	K. Possible Montana	Supernatural (E)	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM :30		Body Caitlin	Lilly (N) Science	News-Lehrer	News (N) Raymond	News (N) Hollywood	CSI: Miami "Payback"	News (N)	ET Canada Entertain	Canada Now	Canada Now	AmiYumi Team		News (N)	Oil, Sweat and Rigs	Zoey 101 Life Derek	Movie: "10 Things I Hate About You" (1999)	UFC's Ultimate Fight Night	Married... Frasier	
7 PM :30		Whatever Jeopardy!	Life of Mammals (E)	Seasoned McLaughlin	Jeopardy! Fortune	Friends Scrubs	Intervention (N) (E)	Entertain The Insider	Entertain ET Canada	Bones (PA) (E)	Coronatn Just-Gags	Mar (E) Fantast 4	SportsCentre (Live) (E)	eTalk (E) Hollywood	Hazard Pay (N) (E)	School	Movie: "My Brother The Pig" (2000)	Disorderly Con.	Extreme-Home	
8 PM :30	Movie: "A Thin Line Between Love and Hate"	Vanity Insanity (E)	"Englishman Who Went Up a Hill"	Wash Wk NOW (N)	1 vs. 100 (E)	The Price Is Right (E)	Intervention (E)	Kyle XY "The Prophet"	Bones (PA) (E)	NUMB3RS "Scorched"	Air Farce Comedy	Naruto Zatch Bell	Record	Movie: "Playing House" (2006) Colin Ferguson.	Daily Planet (E)	Oil, Sweat and Rigs	Movie: "Tiger Cruise" (2004, (N))	(9:06) Jimmy Kimmel	Sports Elimination	Seinfeld
9 PM :30		The 34th Annual Daytime Emmy Awards (E)	Mysterious Murder	Rhythm-Soul	Law & Order (PA) (E)	Emmy Awards (E)	CSI: Miami "Payback"	National Bingo Night (N) (E)	Standoff "Backfire" (N) (E)	Standoff "Backfire" (N) (E)	Intelligence (E)	Inuyasha Gundan	World Extreme Cagefighting	Law & Order (PA) (E)	Guinea Pig Machines	Movie: "Lil' Treasure Hunters"	(10:06) Sexual Confessions (N)	Wild World	Married... Frasier	
10 PM :30	(10:10) Movie: "The Cookout" (2004) Ja Rule. (E)	News (N) Room	History	Austin City Limits (E)	News (N) Tonight	News (N) Late Show	Intervention (E)	News (N) (11:35)	News (N) (E)	(11:03) ECW (N) (E)	(11:05) The Hour Best-of show.	Eureka 7 Gundan	SportsCentre (Live) (E)	News (N)	Hazard Pay	8 Rules Life Derek	"Bloodfist V"	Grace The Nanny		

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saturday movies

MORNING

7:00 am SPIKE (44) ★★½ "Days of Thunder" (1990, Action) Tom Cruise. An upstart stock-car driver goes to the edge for his manager, his brain-surgeon girlfriend and himself.

7:10 am WTBS (3) ★★½ "Mr. Holland's Opus" (1995, Drama) Richard Dreyfuss. Life steers a passionate musician away from composing and toward a teaching career.

10:00 am A&E (9) ★★½ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine.

10:25 am WTBS (3) ★½ "The Cookout" (2004, Comedy) Ja Rule. After her son signs a contract with an NBA team, a woman invites friends and family to a wild barbecue at his new mansion.

AFTERNOON

12:00 pm FAM (26) ★★½ "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.

CITY (29) ★½ "Village of the Damned" (1995, Science Fiction) Christopher Reeve. A doctor battles children who exert deadly mind control over adults in a small Northern California town.

12:15 pm WTBS (3) ★★½ "Drumline" (2002, Comedy-Drama) Nick Cannon. A young man from Harlem joins a Southern university's marching band but antagonizes the musical director and its leader.

1:00 pm KREM (8) ★★ "The Other Sister" (1999, Romance-Comedy) Juliette Lewis. A mentally impaired woman gets her first apartment, dates a young man and attends a trade school.

1:30 pm FAM (26) ★★½ "First Kid" (1996, Comedy) Sinbad. A loud Secret Service agent understands the president's teenage son, though most consider him difficult.

SPIKE (44) ★★½ "Rocky" (1976, Drama) Sylvester Stallone. Heavyweight champ Apollo Creed gives Philadelphia club fighter Rocky Balboa a title shot.

2:45 pm WTBS (3) ★ "Wild Wild West" (1999, Action) Will Smith. Secret agent James T. West and his partner fight evil inventor Dr. Loveless who plans to assassinate President Grant.

4:00 pm YTV (18) ★½ "Yu-Gi-Oh!" (2004, Fantasy) Voices of Dan Green. Animated. Young Yugi must use his game skills to defeat his bitter rival and an Egyptian mummy. (In Stereo)

SPIKE (44) ★★½ "Rocky III" (1982, Drama) Sylvester Stallone. Old foe Apollo Creed trains ex-boxing champ Rocky Balboa for a rematch with brutish Clubber Lang.

5:00 pm WTBS (3) ★★½ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.

EVENING

6:00 pm CITY (29) ★★½ "Winter Stories" (1999, Drama) Joël Delpé-Drapeau. Premiere. In 1960s Canada, a youngster who lives and breathes hockey is obsessed with the Montreal Canadiens. (DVS)

SPIKE (44) ★★½ "Rocky IV" (1985, Drama) Sylvester Stallone. Champ Rocky Balboa trains in Siberia for a bout against a lab-tested Soviet with a 2000-psi punch.

7:00 pm YTV (18) ★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. (In Stereo)

7:30 pm WTBS (3) ★★½ "Men In Black" (1997, Comedy) (PA) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth.

8:00 pm KSPS (6) ★★½ "The Alamo" (1960, Historical Drama) John Wayne. Davy Crockett, Jim Bowie and William Travis die defending the Texas fort against Mexican soldiers in 1836.

KHQ (7) ★★½ "Cold Mountain" (2003, Drama) Jude Law. During the Civil War, a wounded Confederate soldier abandons his duties to make his way home to his sweetheart. (In Stereo)

KXLY (10) ★★½ "Pirates of the Caribbean: The Curse of the Black Pearl" (2003, Adventure) Johnny Depp. A swashbuckler must rescue a governor's daughter from a pirate and his mates, who turn into skeletons by moonlight. (In Stereo)

CBC (13) ★★½ "Pirates of the Caribbean: The Curse of the Black Pearl" (2003, Adventure) Johnny Depp. A swashbuckler must rescue a governor's daughter from a pirate and his mates, who turn into skeletons by moonlight.

9:00 pm CHBC (4) ★★½ "The Impossible Elephant" (2001, Drama) Mia Sara. A lonely boy wishes on a star for the coolest pet imaginable and finds a precocious pachyderm in his yard.

KNOW (5) "Dead on Time" (1992, Mystery) John Thaw. Inspector Morse investigates the mysterious death of his former lover's husband.

FAM (26) ★★ "Spy Hard" (1996, Comedy) Leslie Nielsen. A bumbling secret agent and his lovely partner try to foil a madman's world-takeover scheme.

CITY (29) ★★½ "Eyes Wide Shut" (1999, Drama) Tom Cruise. A doctor explores his relationship with his wife by delving into a sensual underworld.

9:30 pm WTBS (3) ★★½ "Bad Boys" (1995, Action) (PA) Martin Lawrence. Undercover Miami detectives switch lives while investigating murders linked to stolen heroin.

sunday movies

MORNING

6:00 am SPIKE (44) ★★½ "Blue Thunder" (1983, Action) Roy Scheider. A Los Angeles police pilot commandeers a helicopter equipped with snooping gadgets and trick weapons.

7:00 am A&E (9) ★★½ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine.

7:30 am WTBS (3) ★★½ "Drumline" (2002, Comedy-Drama) Nick Cannon. A young man from Harlem joins a Southern university's marching band but antagonizes the musical director and its leader.

9:30 am A&E (9) ★★½ "The Riverman" (2004, Mystery) Cary Elwes. Convicted serial killer Ted Bundy agrees to help the detective who captured him solve a series of grisly murders in Washington state.

11:00 am KREM (8) ★★ "Why Do Fools Fall in Love" (1998, Biography) Halle Berry. Three women, all alleged widows of '50s singer Frankie Lymon, claim legal rights to his estate.

CITY (29) ★ "Ed" (1996, Comedy) Matt LeBlanc. The team mascot, a chimp, reverses the fortunes of a struggling minor-league pitcher and his losing squad.

11:30 am SPIKE (44) ★★½ "Firefox" (1982, Action) Clint Eastwood. An American pilot sneaks into Russia to steal a superfast jet that runs by telemetry and is armed with nuclear weapons.

AFTERNOON

12:00 pm FAM (26) ★★ "Miracle in Lane 2" (2000, Docudrama) Frankie Muniz. Determined to keep up with his athletic brother, a boy in a wheelchair tries to win a Soap Box Derby trophy.

1:00 pm WTBS (3) ★★½ "Bad Boys" (1995, Action) (PA) Martin Lawrence. Undercover Miami detectives switch lives while investigating murders linked to stolen heroin.

1:30 pm FAM (26) "Lenny the Wonder Dog" (2004, Adventure) Sammy Kahn. An experimental microchip gives a canine the ability to converse with humans.

2:30 pm SPIKE (44) ★★½ "Tightrope" (1984, Suspense) Clint Eastwood. A New Orleans police detective finds he has some of the same traits as a serial killer of prostitutes.

3:00 pm WTBS (3) ★★½ "Men in Black" (1997, Comedy) (PA) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth.

VTV (22) "Prom Queen" (2004, Docudrama) Aaron Ashmore. Media and legal storms descend when a gay teenager fights for the right to bring his boyfriend to the prom. (In Stereo) (DVS)

4:00 pm YTV (18) ★★½ "Muppets From Space" (1999, Comedy) Jeffrey Tambor. After learning about his origins, Gonzo must decide whether to seek his own kind or stay with friends. (In Stereo)

5:00 pm WTBS (3) ★★½ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.

CBC (13) ★★½ "Spirit: Stallion of the Cimarron" (2002, Adventure) Voices of Matt Damon. Animated. A mustang journeys through the American frontier, befriends a Lakota brave and finds love with a mare.

SPIKE (44) ★★½ "Heartbreak Ridge" (1986, War) Clint Eastwood. A veteran Marine sergeant keeps in touch with his ex-wife while beating a platoon into shape for Grenada.

EVENING

6:00 pm YTV (18) ★★½ "Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children. (In Stereo)

7:30 pm WTBS (3) ★★½ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.

8:00 pm CBC (13) ★★ "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house.

9:00 pm FAM (26) ★★½ "Ernest Goes to Jail" (1990, Comedy) Jim Varney. A case of mistaken identity lands a bumbling bank janitor in the slammer and his criminal look-alike on the streets.

10:00 pm WTBS (3) ★★½ "The Legend of Bagger Vance" (2000, Drama) (PA) Will Smith. A golf caddy shows a disillusioned young war veteran how to master challenges and find meaning in life.

SATURDAY, JUNE 16, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	TBS Storyline	News (N)	(Off Air)	Desert Farmers	(5:00) Today (N)	(5:00) Saturday Early Show	Bio.: Russell	Good Morning America	Adventure Hunter	Fishing Fishin	Lunar Jim Doodlebop	Gadget Adrenalin	SportsCentre	OWL/TV Kingdom	How Do They Do It?	Star Rcr Overdrive	About You Dharti	Reality Racing (N)	What Paid Prog.
7 AM :30	(7:10) Movie: "Mr. Holland's Opus" (1995, Drama)	Gold Trails	Sagwa	MotorWeek	News (N)	Madeline	Sell House	Good Morning Northwest	News (N)	News (N)	Wilbur	Robot Boy	Fishing	Katie-Orbie	Worst Handyman	Yin Yang (7:20)	Eye on Asia	Movie: "Days of Thunder" (1990) Tom Cruise.	Mad Abt. Friends Ned Stacy The Nanny
8 AM :30	Richard Dreyfuss, Glenn Headly. (10:25) Movie: "The Cookout" (2004)	Body	George S.	Vic. at Sea	Travels	Sabrina	Sell House	Morning Saturday	News (N)	News (N)	George S.	Grossology	Motoring	Hobo	Hazard Pay	Suite Life (8:43) Zoey	Polish Studio	Speakers	Irseperwer Ellen (E)
9 AM :30	Headly. (10:25) Movie: "The Cookout" (2004)	Room	Upside	Ask This	Golf: U.S. Open Championships	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
10 AM :30	Headly. (10:25) Movie: "The Cookout" (2004)	Antique	Big World	Americas	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
11 AM :30	Headly. (10:25) Movie: "The Cookout" (2004)	Antique	Big World	Americas	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
12 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
1 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
2 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
3 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
4 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
5 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
6 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
7 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
8 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
9 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
10 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld
11 PM :30	(12:15) Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	Golf: U.S. Open Championships	Italian	Ming	Discover	Discover	Movie: "The Hunt for Red October" (1990) Sean Connery.	Montana	DELL	Energy TV	Noise	Tn-Titans	Golf: U.S. Open Championships	Amnesty International	Ultimate Cruise Ship	Phil	Boy World	NewMusic	Trucks! Seinfeld

SUNDAY, JUNE 17, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
7 AM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
8 AM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
9 AM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
10 AM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
11 AM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
12 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
1 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
2 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
3 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
4 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
5 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
6 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
7 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
8 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
9 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
10 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...
11 PM :30	(5:30) Movie: "Wild Wild West" (1999) Will Smith, Kevin Kline.	Antique	(Off Air)	Berenstain Bears	Today (N)	Discover	(5:00) Breakfast With the Stars	Good Morning America	Pioneers	Foodies	Franklin	Gadget	SportsCentre	Acorn	Mayday (E)	Star Rcr Overdrive	Mix TV	Movie: "Blue Thunder" (1983) Roy Scheider.	Be Real J.R. Digs Married... Married...

MONDAY, JUNE 18, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Dawson's Creek "Pilot"	News (N) Room	(Off Air)	Body Elec. Caillou (EI)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentre (E)	News (E) Canada AM (E)	Cable in the Classroom	Henry's King (E)	Rachael Ray (E)	Movie: "Bill & Ted's Bogus Journey" (1991)	Counterstrike (E)
7 AM	Movie: "Beverly Hills Ninja" (1997) Chris Farley.	Life Today	BluesClues	Barney	Today (N)	The Early Show (N)	City Confidential (E)	Good Morning America (N)			Arthur (E) Lunar Jim	Being Ian	SportsCentre (E)		Frontiers of	K. Possible (7-24)	CityLine (E)	Journey" (1991)	Night Heat (E)
8 AM		100 Huntley Street (E)	Dora	Arthur (EI)			American Justice			100 Huntley Street (E)	Curious	Pokémon	SportsCentre (E)		How-Made	Weekend	Deep Space 9	V.I.P. (E)	Due South (E) (DVS)
9 AM	NewsRadio	Body	Magic Bus	Dragon															
10 AM	Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "The Score"	The View (N) (E)	World Vision	Design House	The Gill Deacon Show	Mischief	Triathlon	eTalk (E)	Forensic Evidence (E)	Mickey Tigger	Movie: "Ed" (1996, Comedy)	Journey" (1991)	Mad Abt. Grace
11 AM	Cosby	Seinfeld	CG Kids	Bob Build	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob		Diary (E)	Forensic Evidence (E)	Higglytown (11:25) King	Matt LeBlanc (E)	Star Trek: Next Gener.	The Nanny
12 PM	Strokes	News (N)	Canada-History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	CBC News	Viva Pinata	World Extreme Cagefighting	Degrassi	Mayday (E)	(11:49) King	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM	Yes, Dear	Diva Dime	Planet	Fine Art	Days of our Lives (N)	As the World Turns (N)	City Confidential (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living	George S.		Twice in a Lifetime (E)	How Do They Do It?	Dragon	Hollywood	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	Guiding Light (N) (E)	Gaslight	Reading	Passions (N)	Guiding Light (N) (E)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	LazyTown	NASCAR	General Hospital (N)	How-Made	Lilo Stitch	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld	Room	Hi-5	Arthur (EI)	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Mystery	Off-Record	Dr. Phil (E)	How Do They Do It?	Weekend	News (N)	CSI: Crime Scn	Due South (E) (DVS)
4 PM	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami "The Score"	Millionaire	Oprah Winfrey (E)	News (N)	Fraser	Movie: "Rugrats in Paris: The Movie" (2000) (E)	Interruption	Veronica Mars (E)	Daily Planet (N) (E)	Barbarian	Friends	CSI: Crime Scn	Ad Pers
5 PM	Friends	News (N)	George S.	BBC World	News (N)	News (N)	CSI: Miami "Silencer"	News (N)	News (N)	News (N)	Simpsons	Golf: 2007 Telus Skins Game. (Taped)	PGA Tour	News (N)	MythBusters Whirlpools.	K. Possible Suite Life	Stargate SG-1	CSI: Crime Scn	Seinfeld
6 PM	Friends	Body	Fetch! With	News-Lehrer	News (N)	News (N)	The Sopranos (E)	News (N)	News (N)	ET Canada	Canada Now	Being Ian		News (N)	American Chopper (E)	So Little	Hell's Kitchen (N) (1982)	Movie: "Rocky III" (1982)	Married... Frasier
7 PM	Family Guy	What	Water	Served	Jeopardy!	Friends	To Be Announced	Entertain	Entertain	Without a Trace (N)	Coronatn	Sabrina	SportsCentre (Live) (E)	eTalk (E)	Dirty Jobs (E)	So Raven	Godiva's "Inked"	Drama) Sylvester Stallone, Mr. T.	Extreme-Home
8 PM	Seinfeld	Comforts	Rage Against	Antiques Roadshow	Deal or No Deal (N)	Comforts		Wife Swap (E)	Name Earl	Name Earl	Doctor Who (N) (E)	Fresh Pr.		Canadian Idol Top 100.	Daily Planet (E)	Suite Life	News (N)	Bad Blood	Ad Pers
9 PM	Movie: "What's the Worst That Could Happen?"	Two Men	"Fix: The Story of an Addicted City"	Power of Art	Age of Love (N) (E)	Two Men	CSI: Miami "Silencer"	Ex-Wives Club (N) (E)	Age of Love (N) (E)	Age of Love (N) (E)	Hustle (E)	Mystery	Boxing	Criminal Minds (E)	American Chopper (E)	8 Rules	(9:08) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM		How I Met		Power of Art	Dateline NBC (N) (E)	CSI: Miami (E)	The Sopranos (E)	Supernanny (E)	Without a Trace (E)	News (N)	National	Prank Ptrl Academy		CSI: Miami (E)	Dirty Jobs (E)	Popular (E)	(10:06) Fluffy C...alot,	Star Trek: Voyager (E)	Married... Frasier
11 PM	"Beverly Hills Ninja"	News (N) Room	Hearts	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	To Be Announced	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Bob	SportsCentre (Live) (E)	News (N)	MythBusters Whirlpools.	Life Derek	"Holy	Guys Choice	Grace

monday movies

MORNING

6:00 am SPIKE (44) ★★ "Bill & Ted's Bogus Journey" (1991, Comedy) Keanu Reeves. The dopey dudes beat the Grim Reaper in a board-game contest, so he must help them stop their evil robot twins.

7:00 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.

9:00 am SPIKE (44) ★★ "Bill & Ted's Bogus Journey" (1991, Comedy) Keanu Reeves. The dopey dudes beat the Grim Reaper in a board-game contest, so he must help them stop their evil robot twins.

10:00 am CITY (29) ★ "Ed" (1996, Comedy) Matt LeBlanc. The team mascot, a chimp, reverses the fortunes of a struggling minor-league pitcher and his losing squad.

AFTERNOON

4:00 pm YTV (18) ★★ "Rugrats in Paris: The Movie" (2000, Adventure) Voices of E.G. Daily. Animated. When

Stu Pickles must travel to Paris to work on a new amusement park, the gang accompanies him. (In Stereo) (E)

EVENING

6:00 pm SPIKE (44) ★★ "Rocky III" (1982, Drama) Sylvester Stallone. Old foe Apollo Creed trains ex-boxing champ Rocky Balboa for a rematch with brutish Clubber Lang.

9:00 pm WTBS (3) ★ "What's the Worst That Could Happen?" (2001, Comedy) Martin Lawrence. When a professional thief robs a beachfront mansion, he catches the owner in a compromising situation.

KNOW (5) "Fix: The Story of an Addicted City" Residents of the downtown East side of Vancouver, site of the world's largest open market of heroin and cocaine, debate proposed solutions like safe injection sites for drug users.

11:00 pm 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.

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- Merritt Secondary School - Brian Cargnelli (250) 378-5131
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- Secretary-Treasurer at the School Board Office (250) 378-5161

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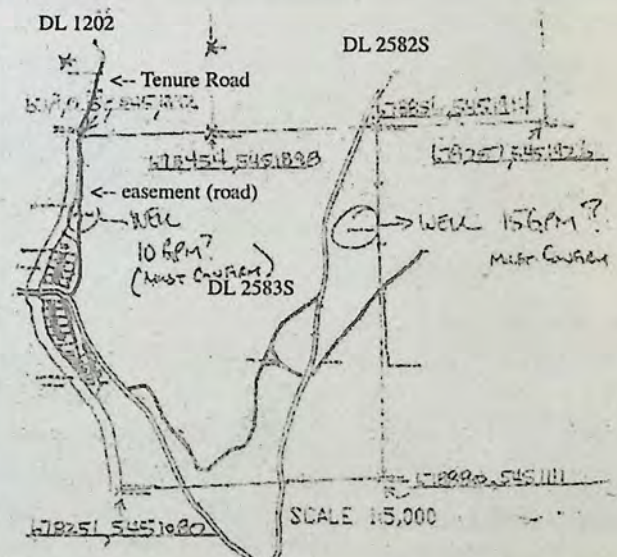
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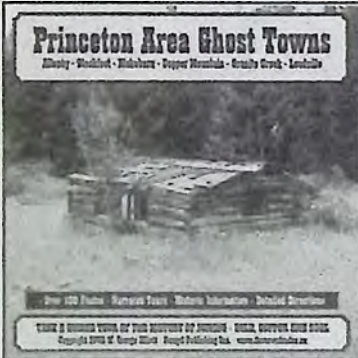
Take notice that **Graham and Linda Smith of Chilliwack, BC**, intend to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a permit for road maintenance purposes covering the **Crown portion of DL 1202, Yale Division, Yale District** situated on Provincial Crown land located in the vicinity of **Eastgate, BC**.

The Lands File Number that has been established for this application is 3411554. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until July 04, 2007. ILMB may not be able to consider comments received after this date. Please visit our website at <http://www2.lwbc.bc.ca/ApplicationPosting/index.jsp> --> Search --> Search by File Number: insert Lands File Number for more information.

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



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my turn

We want more than just cake!

Did you know that British Columbia turns 150 in 2008?

We were too busy thinking about the 2010 Games to notice until a big fat ad appeared in this paper last week. It was cleverly disguised as a Tourism Promotion, but there it was, hiding in the ad like a subliminal message meant only for proofreaders: a notation that stated BC would celebrate its 150th in 2008.

It got us thinking about what we would want the Province to give back to us as a way of saying thanks for riding out the ups and downs of the sometimes volatile, often times ridiculous provincial economic roller coaster.

You weren't really thinking of giving the Province a gift, were you? Or sending a Birthday Card? They get enough from us daily it's time for them to give to us.

We honestly think the Province owes each and every one of us something more than a piece of cake and a button in 2008.

So here is our 150th Birthday Wish:

Give us all a break at the gas pumps. As much as we'd like the idea of paying what early pioneers paid at the full serve gas stations back in 1858, we doubt it would be possible.

We can see it now. Governor James Douglas pulling up to the pumps somewhere along the Dewdney Trail in his government-issued 1858 Ford Explorer. And it wouldn't be one of the cheaper demo models either. Nope, 'the Gov' would be traveling in style with two gears and reverse.

Which would have been the only way to map out, check out and generally hang out in the old West.

Imagine him pulling into Vermilion Forks (what this here little town was called back in them days) on a hot sunny day in July and waiting for cattle to get out of his way and losing his patience and slipping into reverse to slowly back out of town and down the valley to Hope or Yale or wherever.

Where were we? Oh, right. A deal on gas. Maybe a Gift Certificate in the mail for a free tank of gas might make us proud to be in B. C. - for a few kilometres anyway.

Maybe it's also time to redesign the map of B. C. to the point where the Similkameen Valley is actually noted. We're tired of being called the Okanagan for one very good reason: we aren't in the Okanagan. We in the valley next to the Okanagan, which happens to be called the Similkameen.

Didn't Governor Douglas make a note of that as he passed through in his 1858 Ford Explorer? Surely he had time to tap that into his Blueberry or Raspberry or scribbled it on his Palm (Pilot). After all, we're pretty sure he was the first tourist to pass through this way, getting lost as they normally do, on their way to somewhere else but got confused by the signs or an outdated map.

There's no doubt one of Douglas' traveling partners was the first to cry out "Are we there yet?" a good 40-some years before Bill Miner's partner did near Aspen Grove.

Seeing the Similkameen on a new B. C. map would be nice. Tossing in some free gas would make us want to visit parts of that map we've never seen before. Like that spot that gets hidden in the fold all the time.

Making the map free would seal the deal.

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.

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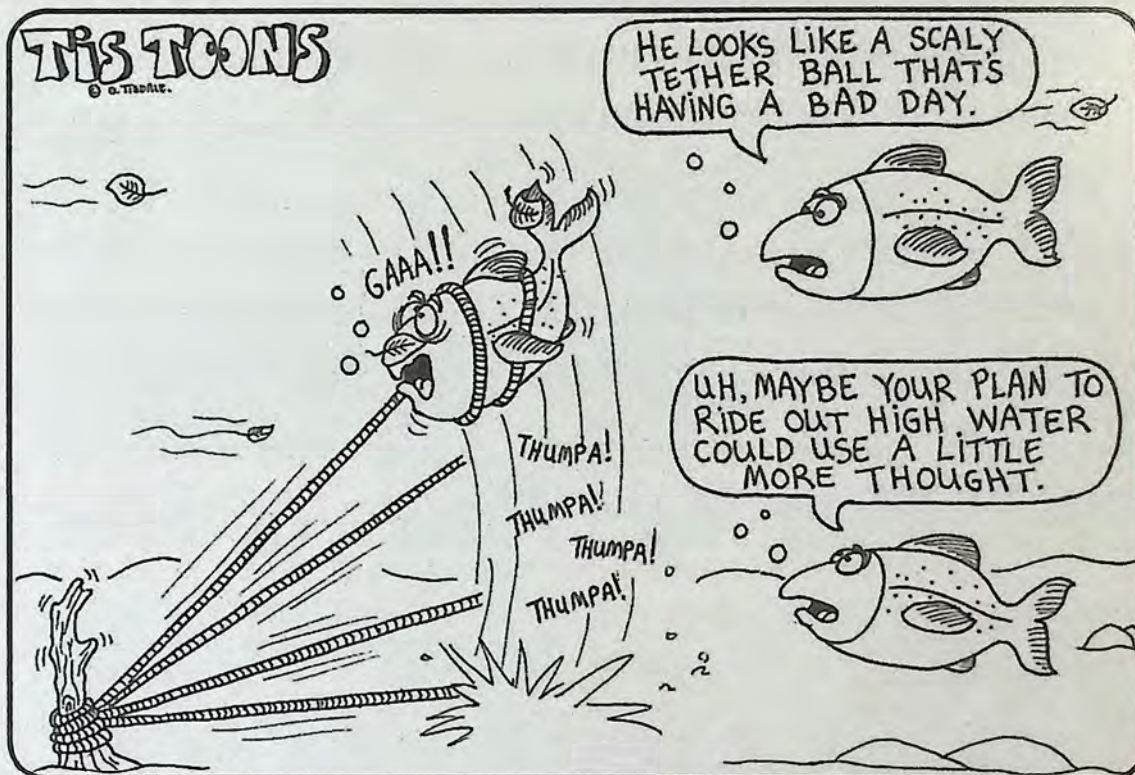
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your turn

Smoker wants to protect rights

To The Editor;

This letter is to ask the Governments (both Provincially and Federally) to reconsider the penalties they have bestowed on smokers.

Cigarettes are sold in most grocery stores, drug stores and service stations. This is a legal substance in which the governments gather millions, if not billions, of dollars and yet they are making it so difficult to have a relaxing smoke, and the price of cigarettes is phenomenal.

If the price of cigarettes keeps going up, the smokers will have to look to the illegal smokes for their enjoyment. The illegal cigarettes may cost less than the legal ones, so what is the alternative? Where are they going to get the taxes then?

If smoking is so terrible, why are the tobacco companies still in business? Car exhausts give out more pollution than a few puffs on a smoke, and yet the car manufacturers are spewing out millions of cars each year. What gives?

Smokers' rights are being compromised. Is the Charter of Rights only for the immigrants and non-Canadians? I have paid taxes for over 50 years and it seems like my rights are being ignored.

It certainly is criminal to deny the life-time smokers the privilege of enjoying the remainder of their lives. It just boggles the mind at what hypocrites we have running the governments.

Buy smokes, but don't smoke. Is that the motto these days?

Thanks for taking the time to read this letter. I am sure someone can

come up with a reasonable solution - like legislating the tobacco companies to manufacture safe and tasteful cigarettes. There is no need for all the chemicals to be added - which are addictive.

Also, there could be restaurants, bars, nightclubs, etc. that would

Letter To The Editor

Church says 'thank you'

To The Editor;

AN OPEN LETTER TO THE PEOPLE OF PRINCETON

The people of Princeton Pentecostal Church are wanting to thank:

- the individual who spotted, and promptly reported, the fire which very unfortunately gutted the kitchen of the Belaire Restaurant on the morning of Saturday, June 2nd,

- the members of the Princeton Fire Brigade for preventing our church building from being destroyed by fire. These volunteers are to be highly commended for their knowledge and skill, their bravery and courage as they place their own lives at risk in serving our community,

- the members of our local detachment of the Royal Canadian Mounted Police, and the members of Citizens on Patrol, who responded so very quickly to this emergency,

- the employees of Persona and Telus who worked hard to ensure that services were restored in a timely manner,

- the people of Living Water Foursquare Church, together with our Christian brothers and

have a sign on their front door that says 'smokers only.' Then both worlds would be happy.

Smokers have a right to smoke just as non-smokers have the right to not smoke. Is this a democratic country, or what?

- Beverly Steer, Osoyoos

sisters of the wider Christian community, who were faithfully praying for God's mercy and protection at the time of the fire, together with,

- any other individuals whom we may have unintentionally failed to acknowledge.

Our hearts go out to the Willis family, and to all of their employees who have lost their employment.

We shall be praying that our Lord shall guide and direct you as you come to make agonizing and important decisions regarding your futures, and that He shall provide for you, in the days which lie ahead.

Above all, we thank and glorify our Heavenly Father for His mercy and compassion, His protection and blessing upon us all. We praise Him that to the best of our knowledge, no one was hurt or injured physically as a result of this fire.

With heartfelt thanksgiving and gratitude to God, and to you all, - The Church Board, on behalf of the people of the Congregation.

"Give thanks to the Lord; for His mercy endures forever." (Psalm 136:01)

Current Comment:

Go back to the Summer of Love



Dawn Johnson
editor@thenewsleader.ca

One of the great things about PBS is the oddball things you can see there that you will never see on other channels. Recently, while surfing the channels, I found *The Summer of Love*. It took me back to another era and another way of thinking.

The Summer of Love was in San Francisco in 1967. A "happening" in Golden Gate Park drew an incredible 20,000 young people to express their desire for a departure from materialism, militarism and conservatism. A university professor, Timothy Leary, told them to "turn on, tune in and drop out". What he meant was to open their minds with his drug of choice (LSD), tune in to how youth thought, and drop out of the materialistic society in which they had been raised. Only youth raised in a rich society could afford to do what these young people were doing, but they never noticed the freedom they had was based on the material wealth of their parents. Poor young people were too busy holding a job or fighting a war to have turned out to enjoy the Summer of Love. Those who could afford not to work were called "hippies".

The Summer of Love was about caring for one another, loving one another, caring about what the American society was all about and changing it somehow. A lot of the message became misrepresented or misunderstood. The ideals were good. Put into practice, they might have been really good, but they became lost in a haze of drugs, free love and irresponsible living in the years to follow. In many ways, these young Americans could hardly be blamed. The war in Viet Nam was taking more and more young American lives, and most young people did not believe it was a war the Americans should be fighting. Many of the young people were active in the civil rights movement, and had confronted violent racism. Many were deeply affected by the assassination of President John Kennedy.

Those young people who were not caught up in the drug scene were protesting the war in Viet Nam. Many supported Martin Luther King.

Matters were to get worse. King was assassinated, Bobby Kennedy

was assassinated, and riots broke out in various cities. Finally, at Kent State University, Army reservists began shooting students who were holding a war protest in front of the university buildings. The battle between right wing conservatives and the left wing "hippies" resulted in the military killing American kids at a school of higher learning. Those killings may have been the last straw for many young people.

The American Indian Movement (AIM) took over Alcatraz and raised domination issues at Wounded Knee. In Canada, we had problems in Quebec. Revolution was in the air. After watching *Summer of Love*, so many memories of that time came back. I did not believe these young people were wrong. Society needed to change.

I wondered, "Where are these people now? What happened to their ideals?"

I look at the kind of governments we have in the United States and Canada, and see the trend toward increasing conservatism, and I wonder what happened to that generation that opposed the right wing conservatism that generated materialism, racism and catered to corporate interests. After all, this revolutionary generation constitutes a big voting bloc. Why are they voting for conservatism? Have they forgotten the Summer of Love?

Has this revolutionary generation

just slid comfortably into middle age? Have they become disillusioned with the goals they set, or do they think they won the battles for civil rights and stopped the war in Viet Nam, and that's all they needed to do? I know many of that generation do not vote because they think their votes will make no difference. How can such a huge voting bloc believe that?

We, the ordinary people of North America, are slowly being ground down by the corporations, who are so bold now as to take us into another war zone that is primarily about oil. Who voted for that?

We, the ordinary people, have been losing economic ground since the 1970s, and these trade agreements have made the rich richer and the poor poorer, and the middle class is being eroded. The trade agreements have given corporations the advantage of shifting operations to places where labour is cheap, and will stay cheap. We are, in terms of social structure, moving backward in time, and hardly anybody is opposing the trend.

One of the slogans of the revolutionary generation was "Power to the People". Well, the people are steadily losing power these days. Oh, where is that revolutionary generation?

Maybe they need to take a day off their golfing and rolfging and remember the Summer of Love.

Marketplace Ministry

by Jim Caruso

What does it take to shake you up?

It was about nine o'clock in the evening, and we were visiting with friends in Victoria, that we had not seen for a couple of years, suddenly the table began to shake and the floor began to move. My buddy Bill shouted out, Earthquake, and so we found ourselves heading to the doorways for safety. It only lasted about 20 seconds, but was a real experience. Feeling safe, we returned to the table and continued our visit. The conversation quickly went to the subject of earthquakes and the preparation that should take place for people who live on the island, and the coast of British Columbia. I was quick to share about the earthquake suitcase that my wife had packed, years ago, when we lived on Saltspring Island. This was always a source of great fun for us as a family. My wife has always been very good in the area of being prepared for unexpected problems and earthquakes were not an exception. I had been trained as an ambulance attendant and my idea of an earthquake of such a great magnitude happening on our tiny island would not be helped in the slightest bit, by a small black suitcase filled with band-aids, chocolate bars, toilet paper and a change of underwear for each member of the family. I figured that after the quake hit there would not be enough land left exposed to put the little suitcase on to open it. The suitcase is still a conversation piece in our home, and although we tend to make fun of it, we didn't have one when we moved to Prince George. I felt that if a quake hits there, everyone would become residents of beach front property and would probably invest in some salt water fishing gear so we could fish for tuna from our back porch.

As much as I have enjoyed the humor attached to the earthquake suitcase, at the same time, I realize the reality of an earthquake actually happening to our BC Coastline. I know that some people are quite fearful of such a possibility. And it is quite possible that as earthquake, tidal wave, or a volcano causing major disaster could happen on Vancouver Island where we presently reside.

The Bible talks much about natural disasters happening in the end times; we are indeed living in those days as we see earthquakes and other such happenings happening in every part of our world today. Matthew writes in his gospel account, And you shall be hearing of wars and rumors of wars; see that you are not frightened, for those things must take place, this is not yet the end. For nation and kingdom and in various places there will be famines and earthquakes. (Matt. 24:6 & 7). We watch the news everyday and we see the things spoken in Scripture happening at an increased rate all over the world. Hollywood has made millions of dollars from the production of disaster movies. The latest thriller movies are written about twisters, volcanoes, tsunamis, instant ice ages and global warming, to name a few of the disasters happening throughout the world. So, how well are you prepared for the coming of the Big One? I'm not talking about the earthquakes, twisters, or famine, but I am talking about the day when the end does come. Have you prepared for the possibility of that day? Scientists are predicting many disastrous scenarios. These may or may not happen in our life time, but one thing is true according to the Bible, the end will come. Are you prepared? Do you have your spiritual suitcase ready?

Do you have within you all that you will need to survive when this physical life is no more? Your spiritual suitcase needs to include the forgiveness of Christ, the faith to endure and the grace to be encouraged all wrapped tightly in the love of God.

This last earthquake experienced on West Coast was in February 2000. It was a wake up call for one person I know. She realized that she was not ready to deal with eternity so she made a decision to accept Jesus Christ as her personal Saviour and His gift of forgiveness. She is prepared for anything, and now has packed neatly within her, all the contents of God's spiritual emergency suitcase. She is now ready for anything that happens in this old world. Are You?

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

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Ken Carlson helps Councillor Jim Manion up a steep sidewalk ramp in downtown Princeton on Accessibility Awareness Day. *

Letter To The Editor

Organizers say 'thank you'

Dear Editor,
 Thank you to Mayor Randy McLean and Councillors Ray Jarvis, Pam Jones, and Jim Manion, and Town Administrator Patrick Robins for rising to the challenge and participating in Accessibility Awareness Day.

Thank you also to Gordon Comeau, George Elliott, Joann Gabriel, Brian Liberatore, Lynn Pelly, Debbie Schwarz, and Tory Small for accompanying the participants.

The purpose of the day was to raise awareness of accessibility issues.

To help raise their awareness, we asked our elected leaders to move

around downtown Princeton while using a wheelchair.

It was a pleasantly warm morning to learn about accessibility in Princeton. For the most part, people greeted us with positive words of encouragement, and when necessary, assistance. Participants traveled with their support person, but independently of each other, to many different locations.

Each participant completed a feedback sheet about each specific location and a general feedback sheet regarding the condition of the streets, curbing, and other 'access' issues. As expected, some locations were easily and fully accessible, while other locations were not accessible.

A final compilation of this data and a summary report will be presented to Town Council at a later date.

However, at this time it can be reported that two members of Town Council earned blisters on

their hands, while a third member of Town Council had the unfortunate and dangerous experience of flipping the wheelchair.

Princeton is not yet an accessible community, but it does have several businesses and public buildings that are accessible. The challenge is to identify the attributes that make a location accessible and apply them to the inaccessible locations. Full accessibility will not be achieved in one year, or even in many years; it is a long term goal.

Is Princeton up to this challenge? We believe, without a doubt, that we are headed in the correct direction.

We thank Town Council for their participation and look forward to working with them to meet Princeton's accessibility challenges.

On behalf of the Accessible Community Committee,
 - Laurie Quick, Princeton
 - Ken Carlson, Princeton

We join Olympic website

Lyle Thomas reported to Council on the Olympic hosting conference he attended recently.

He went to the conference to learn about opportunities for Princeton to host visiting athletes for their training.

Princeton will be featured on the

Olympic hosting website (hostingbc.ca).


Princeton arena, cross country ski trail and curling rink will be offered as venues for Olympic training practices.

In addition, there is an opportunity for a film of Princeton to be shown at the summer Olympics in Beijing next year.

An interactive screen in Canada's pavilion will allow visitors to see actual communities just by touching the screen to bring up the film. Thomas will make arrangements for the filming so it can be included in the Olympic pavilion.

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We watched a hard working crew unload a semi full of seedlings last Friday at Princeton Curling Club. Each of these cartons hold 360 seedlings (3,600 are sitting on the conveyor belt in this photo) delivered from Pacific Regeneration Technologies. They are the seedling nursery Weyerhaeuser grows trees with. This shipment came from their nursery located in Armstrong. The News Leader thanks Weyerhaeuser's Trena MacLeod for helping us understand what's going on at the curling rink. *

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One month old and already weighs a tonne!

Since the birth of the OkanaganReuses.com on-line trading post only a month ago, almost one tonne of goods has been traded, given away or sold for next to nothing, and hasn't ended up in our landfills.

Beth Cavers, Solid Waste Management Coordinator for the Regional District says, "It's remarkable that in less than a month, almost a tonne of materials

has been exchanged on this site! Granted, that's partly due to some large exchanges: a 15-foot boat for example, and some heavy renovation materials - a marble countertop, a toilet and a hot water tank! But there have also been many smaller exchanges, with everything from sewing machines, to magazines, craft supplies and picnic tables."

The rules for swapping stuff on the OkanaganReuses.com website are simple. If residents have items to give away or sell for less than \$100.00, these items may be posted on the website for free. Also, if residents are searching for a specific item, they can post their request on the site, and they'll be matched up with anyone wanting to get rid of the same item. Members can even sign up for automatic e-mails to arrive when an item of interest comes up for sale or giveaway.

There are 36 categories for items listed, including computers and electronics, baby and kids' stuff, exercise equipment, and carpet and flooring.

The 'miscellaneous' category takes care of items that don't easily fit into the existing categories, but administrators are always willing to start a new category if the demand is there. There are also

sections that promote local charities and not-for-profits that sell used items, and there's even information on how to host a successful garage sale.

Posting a new listing is easy. Users must first become 'members,' but membership is free, and simply ensures the listing service isn't misused. After signing in, members can post their new listing with a single mouse click that leads them directly to the correct form. A preview pane allows the user to see what the listing will look like before it is officially submitted. If happy with the listing, simply click on 'submit' and wait for a call or e-mail!

Cavers adds that in the first month of operation, there have already been over 3,500 visits to the Okanagan reuses website.

"It's great to see this new exchange program catching on! It just goes to show that every little item traded definitely makes a big difference - and really helps the overall life of our landfills!"

The OkanaganReuses.com on-line trading post is co-sponsored by the Regional Districts of Okanagan-Similkameen and Central Okanagan, and administered by the Recycling Council of British Columbia. -submitted

2007 GRADS THANK YOU!

The Grad Class would like to acknowledge the generosity of our community. We sincerely appreciate all contributions that made Graduation possible. The following individuals, businesses and corporate sponsors are to be commended:

Family Fair - (all proceeds go to bursaries, there were 13 given out). Raffle donations were listed individually in a thank you just after the Family Fair, however, thanks again to 'Taste of Princeton,' 'Art of Princeton' and 'Raffle Boxes' donors. Leanne Shalla and Debbie Grigg - Organizers

Family Fair Tea - Verena Luchsinger, Shelley Hogg, Theresa Antonick, Isabel Gibson, Gloria Gibson, Sarah Liberatore, Amy Liberatore, Mr. O'Malley's Foods Classes, Ellie Wood, The Ambassador Candidates, Grad parents and Grads on baking night.

Donations: Overwaitea, Roy's Ice, Loonie Bin/Bakery, Heart to Heart Flowers, Mac's Auto Parts, Bridge Street Family Pawn, The Image Emporium, 18 Acres Ltd., Pharnasave, Young's Variety, Cindy White, Lillian Dunn, Harry Day, Kathy Clement, Molly Caruso. Thanks again to Grad parents, friends, etc. for set-up, sales and clean up.

Grad Dinner: Mr. O'Malley, Legion Branch #56, Decorating Committee - Heather Stout, Debbie Grigg, Pam Lindley, Kelly Bothe, Bridgit and Barry Kavanaugh. MC's: Amy Burke, Denis Guitierrez-Ogrinc.

Graduation Day: Decorating - Debbie Grigg, Guadalupe Guitierrez, Heather Stout, Ben Stout, Anita Vinthers, Colleen, Ken, Megan, Tina Burke, (most of the decorations were homemade, many by Colleen Burke and Family), Bob Howe, Leanne Shalla, Kale Sutter, Christine and Mike Simpson, Jody Woodford...all the Grads that put in many hours. The ever patient and helpful maintenance crew - John Dunsmore, Sharon Bamford, Kitty Lynch and Jim Garfield (District Supervisor). Decorating Donations: Heart to Heart Flowers, Weyerhaeuser, Home Hardware, Lordco, Mac's Auto Parts, PetroCan.

Ceremony: Mr. O'Malley, Ms. Blair, Mr. Lawrence, all individuals, families, organizations and corporate sponsors of \$30,000.00 in bursaries received by twelve students.

Tea: Verena Luchsinger (again and again!), Pam McKenzie (same!), Mr. O'Malley's Foods Classes.

Prom: Mr. A. Norquist, COPS, Mr. O'Malley, Ms. Blair.

The integral partnership between Princeton and PSS makes Graduation a memorable, community occasion. The students are very fortunate to have the continued support of so many people from year to year. A very sincere thank you to each person who helped in any way; from the grandparent who knitted slippers and pot holders to sell at the Family Fair to the largest corporate sponsor, each contribution of time, money or in-kind donations, however large or small makes the graduation of these students an investment in the future. Princeton is very good to its students!

There are two people who worked very hard in the background to bring everything together into a seamless whole; Mr. Shane O'Malley and Mrs. Debbie Grigg. Thank you for your tireless effort on behalf of all of us.

Yours sincerely, 2007 Grads

NOTE: A star-shaped brooch was found after the tea...it can be claimed at the PSS school office.

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When is Princeton Curling Club like a forest? When it holds approximately 350,000 seedlings (above) during 'tree planting season.' When the final seedling is put into the ground, by the end of this month, Weyerhaeuser Princeton will have planted just over two million of them. A&G Reforestation is the main planting contractor for Weyerhaeuser with the USIB also holding a smaller contract. The curling rink has been used as a giant cooler for years and in doing so has made a major contribution to the local reforestation program. *

ATV and dirt bike riders beware!

With the onset of Summer and the increase of popularity in recreational vehicles, the Princeton RCMP remind you of the following rules of the road, enforced by the Motor Vehicle Act and Regulations.

"The use of all-terrain vehicles - ATVs - and off-road motorcycles - dirt bikes - on a highway is contrary to a number of statutes," states Princeton RCMP Cpl. Joe Houben.

"An uninsured motor vehicle, Section 24 (3) (b) of the Motor Vehicle Act is a \$598.00 fine."

Other fines include not having a Drivers License (Section 24 (1) of the Motor Vehicle Act) - \$138.00 fine and Riding Without A Helmet (Section 221 (1) of the Motor Vehicle Act) - \$138.00 fine.

Add to that having the vehicle removed or towed from a highway will also be a cost incurred by the owner.

"Areas such as Missetzula Lake, Tulameen and Coalmont are not exempt and a recent increase in off-road use within Princeton has been observed as well," says Houben.

The definition of a Highway includes every road, lane or right-of-way used by the public, which also includes the area commonly referred to as the ditch.

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- Copper Mountain Bar & Grill for the ice
- Town of Princeton Forest Corporation for \$500.00 to bring the Pat Phelan Coaching Clinic to Princeton
- Chris Strain for organizing the clinic and coaches
- Chris Strain, Dan Woelders, Matt Walker and Pat Phelan (aka Coach Grumpy) for your enthusiasm and expertise!
- All the coaches and players who took advantage of a great opportunity!
- And Suzy Johnson, a lady who just never quits when it comes to the kids.

Christa Thompson

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