



Hairdresser Shanon Lind finishes shaving PSS Principal Bill Lawrence bald as part of a fundraiser to support PSS Student Mark Cimbaro who has been undergoing cancer treatments in Vancouver. *

Are we ready for fun?

Racing Days weekend has been Princeton's biggest annual event since 1965. The big attraction was always the horse races. This year, the races begin at 3:00 PM Friday, June 29. Mayor Randy McLean will be at Sunflower Downs racetrack at 2:30 PM to officially open the weekend of fun. No admission is charged to attend the races. Pari-mutuel betting is restricted to adults, but children are welcome to attend.

The races will finish in the evening with the running of the Similkameen Cup. This is thoroughbred racing at its best. The owners like the prestige of winning the cup as well as the purse. There is up to \$60,000 in purse money

this year, with the biggest purse for the winner of the Similkameen Cup.

Music is a big part of this year's Racing Days weekend, and will be a feature throughout the weekend, both at the racetrack and several venues downtown. Numerous musicians and musical groups will be in town to perform at a variety of locations. The music event is called Sounds of Our Heritage. Old-time music and dancing by traditional English village dancers will be part of the music menu.

For the younger set, the Youth Ambassadors host a dance (under 19 only) at Riverside Centre at 8:00 PM.

..... continued on Page 27

Group pumps new life into dam project

The Similkameen Valley Planning Society has formed the Similkameen Watershed Interim Steering Committee, which is working on an international project to gather information on the hydrology, quality and uses of the Similkameen Valley's major water-

ways.

Similkameen Valley EDO Michael McLaughlin spoke to Keremeos Village Council about the committee at their June 4th regular meeting.

"The objective of the committee is to determine if it makes sense to

examine in detail the potential for a water storage site at one or more locations."

Or in other words, a dam.

The objectives outlined in the Committee's Terms of reference include:

Document available history of

water storage and control proposals for the Similkameen River and Tulameen River watersheds; Identify current water uses; Gather available data on water quality; Identify the needs for water storage and control systems in the Similkameen River and Tulameen

River watersheds; Outline the projects potential benefits related to flood control, irrigation, consumptive water supply, the ecology of the watershed and hydro power generation; Ensure that the interests of First Nations are included in all of the proceedings and activities of ISC; Foster trans-border communication on a good neighbour/neighbour basis; Identify potential best sites for a power generation and flow regulation project; Make recommendations for the scope and desired outcomes of project feasibility studies and make recommendations for the membership and the governance structure of a Select Steering Committee to succeed the Interim Steering Committee.

"The Americans are funding half of the project costs," McLaughlin told Village Council.

"The potential benefits to the Similkameen Valley are hydro power, flood control, water storage for irrigation and payment for downstream benefits from the U.S. If the recommendation is to move to a feasibility study, then all local governments will be included in accepting or rejecting that recommendation and a full public process would begin."

Fairgrounds undergo upgrade

Once again, volunteers are hard at work doing upgrades and repairs at Princeton's fairgrounds.

Reports at the June 12 Princeton Exhibition Association (PXA) meeting indicated volunteers Dan Kastor and Terry Inglis are building new sidewalks in front of the exhibits buildings and new horse-shoe pits, thanks to a donation of lumber from Weyerhaeuser.

Wayne Hooper and Fran Murphy have been putting new paint on the old west facades. Hooper warned that a lot of replacement wood will be needed in the near future.

Barns are in need of roof repairs and there are some repairs needed in the ag building.

Concerns were expressed regarding riders bringing horses to the grounds for training, but without

proof they are insured with the BC Horse Council. A new larger sign will be placed at the horse gate entrance advising that riders must have the insurance required by the PXA.

Reports from user groups indicate

Passports - What you should know

The announcement by the Conservatives on June 8th dealing with the growing passport backlog, are half-measures that will do very little to help ordinary Canadians, said BC Southern Interior MP Atamanenko.

"While the plan announced by Foreign Affairs minister Peter Mackay contains some steps that I have been calling for, they lack the comprehensiveness to reduce the

frustration being felt by many of my rural constituents."

Atamanenko adds, "Last week, the US Government announced a temporary suspension of rules requiring a passport for Americans flying in and out of Canada. Unfortunately the U.S. Government did not offer the same suspension of requirements for Canadians travelling to or via the States."

He needs some specialized equip-

ment to put it in place and is making arrangements for it. Shelly Carlson is doing the sign, which will include sponsor signs from local businesses.

These sponsors are helping to pay the cost of the sign.

Says Atamanenko, "The Conservative changes will do little to alleviate the summer rush for Canadian passports, nor do they address the poor service levels and extra travel and accommodation costs placed on rural Canadians to secure more timely passports. To respond to the several phone calls my office has received I have provided the commencement dates

..... continued on Page 10

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PSS Teacher Kirk McConnell loses his head (of hair) last Friday as Shanon Lind shaves it off. What had originally started as a coin drive by students to show their caring support of student Mark Cimbaro turned into a huge head shaving fundraiser where close to \$5,000.00 was raised. Students and teachers both got involved in showing Mark, and his family, that they care. *

Arts Council looks at busy year

Princeton and District Community Arts Council took time at the June 13 meeting to review some past successes. Del Hall has sent a report to the BC Assembly of Arts Councils regarding Arts & Culture Week, and the report was impressive. It outlines five sold-out performances of *The Mousetrap*, the first play done by Princeton Performing Arts. Princeton Concert

Society hosted the first ballet performance in Princeton, and Vermilion Artists hosted an art show by students Miranda Grigg and Mary Ann Campbell. It was an exciting week.

Everyone at the meeting took time to reflect on the loss of actress Maureen Sanderson, who played her last role in *The Mousetrap*. Maureen's vibrant personality and enthusiasm will be missed.

Town Council has given Vermilion Artists use of a portion of the former Goldion Restaurant to host an art show for Canada Day weekend. This will round out the 2006-07 season for Vermilion Artists, but plans are in the works for a drawing workshop in autumn.

John Sandness, on behalf of Princeton Garden Club, went to John Allison Elementary School this spring to show youngsters how to plant seeds. The club bought 38 packages of seeds to Grade 1 classes. Seeds not planted at school could be taken home and planted. The students will report back to the Garden Club in September.

The Garden Club planted flowers at the Senior Citizen Centre, and is

looking forward to helping with the Lions new park at the west entrance to Princeton.

Vermilion Forks Field Naturalists enjoyed a workshop by Lisa Scott on noxious weeds of our area, such as toad flax, hound's tongue, spurge, and knapweed. She advised anyone with toad flax problems there is now a bug available to combat the plant, and anyone wishing a packet of these bugs should contact her.

Princeton's Community Band hosts a concert at Princeton Secondary School on Monday, June 25, and will be in the Racing Days parade June 30 at noon. Joseph Dubé reported how impressed he was with Music Under the K with its massed bands. The youth band from Princeton participated again this year.

The Arts Council is looking for a weaver who might be interested in teaching weaving and/or forming a weaver's group.

The next Arts Council meeting will be the AGM on July 18. Councillor Ray Jarvis will conduct the election of the 2007-08 Board of Directors.

Town buys new machines

The Town of Princeton is upgrading equipment this year.

Tenders were opened June 4 and three new machines approved for purchase.

The 1985 Town pick-up truck will

be replaced with a Ford F150 from Skaha Ford at a cost of \$21,497.03 including taxes.

A new backhoe/loader will be purchased from Finning for \$71,163.66 including taxes.

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TRAVEL

Reliving the Cariboo's Romantic Past

A tapestry of romantic history is woven through the Cariboo Chilcotin Coast. Visitors can make the right stops and take heed of some of the unique characters whose ancestors lived the early days. A journey through this region tells the tales of gold found, battles lost and hearts that caught aflame.

Travellers can follow the Gold Rush Trail, which meanders along segments of the original Cariboo Waggon Road, through terrain that was once utterly impassable. Completed in 1865, this famed road was dubbed the "eighth wonder of the world." Adventurers can start at the former Hudson's Bay Company trading post at Fort Langley and head for Barkerville where miner Billy Barker struck it rich and set a movement of gold-seekers into action. Everywhere, one can catch snatches of history. In Clinton, the local museum showcases Judge Begbie's desk; he was known as the "hanging judge" and was feared throughout the region. One can also learn about life on the

road. At Cottonwood House, between Quesnel and Barkerville, visitors can investigate what was once a stagecoach stop. Prospectors overnighed here on their long journey, refreshing their horses and swapping stories with other gold-seekers staying at the road house.

Strolling the streets of Barkerville, among its 125 faded but lovely buildings where costumed docents never step out of character, the raucous days of the gold rush come to life. Visitors can hear about the Hurdy Gurdy girls who charged a dollar a dance, the Overlanders who travelled on foot or by horse to Barkerville from across the country, and the Chinese who formed their own town within the town.

Equally intriguing is Xats'ull Heritage Village, located in the benchlands north of Williams Lake where the First Nations have lived for over 5,000 years. Set above the rushing Fraser River, it is hauntingly beautiful. One can experience a sweat lodge,

sleep in a teepee and relive history. To learn more about history in the Cariboo Chilcotin Coast Region and

to get everything you need to plan your vacation – where to go, what to see and do, where to stay, plus print-

able maps to show you how to get there – visit HelloBC.com/ccc/historicsites.



Barkerville

Tourism British Columbia

Land Without Limits Lives Up to its Name

Stretching from the dramatic Central Coast to the picturesque Cariboo Mountains and encompassing the Chilcotin, a burnished golden plateau, the Cariboo Chilcotin Coast region is home to rugged beauty. Destinations are varied, with pristine lakes, hidden-away fishing lodges, sprawling guest ranches and even tiny, history-rich towns.

The region basks in a rich gold rush history while offering the best of the great outdoors. In a land that is seemingly untouched, one can ride the range, meander along high alpine trails, or tour small museums that house nuggets of history within their walls.

Williams Lake, the largest centre in the Cariboo, is perhaps best known for its annual stampede, first held in 1919. Today, this thriving commercial hub borders a wilderness bounty. Hikers, mountain bikers, birders and anglers love to make their base in this lively city.

Adventurers can drive the famed Freedom Road over the Coast Mountains, remarkable because the people of Bella Coola built it themselves in the early 1950s; one must traverse this stretch to appreciate their feat. Set

in a vast river valley, Bella Coola is the doorstep to the ruggedly beautiful coast where islands and inlets are sprinkled with tranquil, remote communities.

The gateway to the north is Quesnel, memorable for its idyllic river setting and the world's largest gold pan as one enters. Visitors can bask in the buzz of the busy town with its excellent museum, stroll along a lovely river and, if planning a summer trip, take in Billy Barker Days in July.

For a flashback to the gold rush era, a trek to Barkerville will unearth some nuggets. Near the town of 100 Mile House, visitors can check out the 108 Heritage Site and, further north, Cottonwood House – both sites that were visited by the original prospectors travelling the road en route to the gold fields. Or should the adventurous spirit prevail, the paddle of a lifetime awaits along the canoe circuit at Bowron Lake Provincial Park.

To learn more about the Cariboo Chilcotin Coast 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/ccc.



Cariboo River

Tourism British Columbia

Cariboo Chilcotin Coast - Festivals & Events

June – September	Theatre Royal (Summer Shows), Barkerville
June 2 – 3	Watch Lake/Green Lake 20th Annual Fishing Derby, Watch Lake/Green Lake
June 15 – 17	Annual South Cariboo Square Dance Jamboree, 100 Mile House & Lac La Hache
June 21	National Aboriginal Day celebrations, Lillooet
June 29 – July 2	81st Annual Williams Lake Stampede, Williams Lake
July 7 – 8	Anahim Lake Stampede, Anahim Lake
July 19 – 22	Billy Barker Days, Quesnel
July 20 – 21	Discovery Coast Music Festival, Bella Coola
August 4 – 5	17th Annual Interlakes BCRA Rodeo, Roe Lake
August 11 – 12	South Cariboo Garlic Festival, 100 Mile House
August 25	Mid-Autumn Festival, Barkerville
September 8 – 9	31st Annual Harvest Fair, Williams Lake

For more information about Festivals & Events in the Cariboo Chilcotin Coast Region, please visit HelloBC.com/ccc/events.

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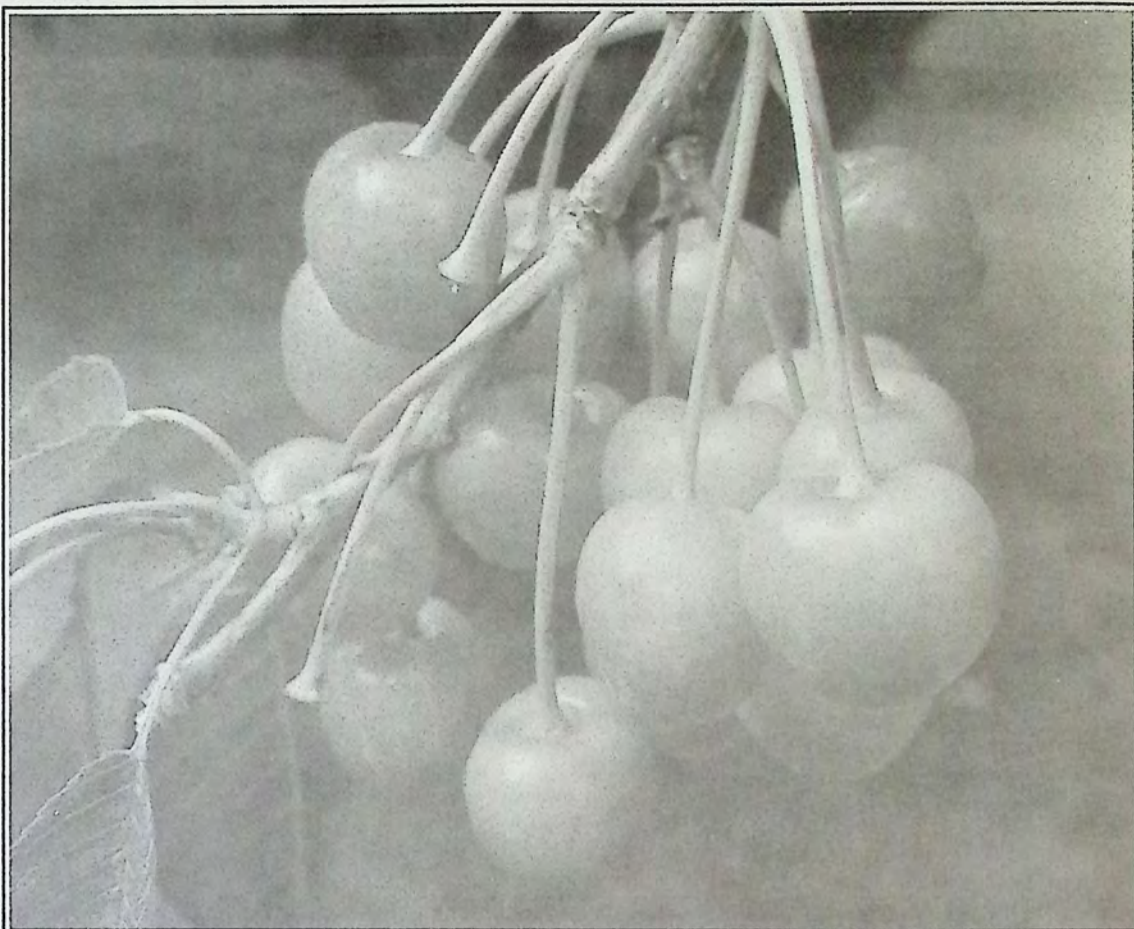


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keremeos and area news



These cherries, in the orchard at Farmer John's Petting Zoo in Keremeos, are almost ready! *

EDO reports on possible development

Similkameen Valley EDO Michael McLaughlin reported to Keremeos Village Council at their June 4th meeting that he has been working on a possible motel development for the community.

"Development of accommodation services was identified as a Village objective for 2006,"

McLaughlin told Village Council.

"I have been seeking an investor in a motel for 18 months. A business case analysis was prepared and I spoke several times to people in the industry about how to attract that kind of investment. We were ready when potential investors inquired."

The unidentified investors pro-

pose to build a 60-unit motel with restaurant, conference centre, indoor pool and fitness centre.

"They are looking at locations inside the Keremeos boundaries."

McLaughlin says the investors are prepared to put their proposal before Council and Keremeos area residents in the near future.

Plans move forward on development

At the June 4th meeting of Keremeos Village Council, Similkameen Valley EDO Michael McLaughlin reported on industrial land development

issues.

"Commercial/Industrial development and growth are two objectives identified by Council in 2007. Along with them, promoting Keremeos to attract investment is listed under the downtown revitalization objective."

McLaughlin told Council, "I have begun work with the RDOS planning staff that could lead to

the identification of land parcels suitable for commercial/industrial development. I request direction from Council on how they would like me to proceed with this matter."

McLaughlin suggested a meeting with Councillors holding the Development and Future Village Growth portfolios to discuss plans further.

Sizzle becomes colourful

The Similkameen Sizzle Committee met June 13th to discuss the upcoming Pepperfest.

This year's event, the sixth annual, will take place on Saturday, September 15th and include a new event aimed at children.

A pepper-themed placemat will be designed by the Sizzle Committee which will become an entry in a colouring contest.

The committee agreed that the colouring contest could start once the entries are ready with winners in a variety of age categories to be announced during the Pepperfest.

"It's a great way to advertise the event in a long term manner and get children excited about the event," says Committee member George Elliott.

Board appoints Terbasket

Okanagan College has a new member of the Board of Governors.

Pauline E. Terbasket, Executive Director of the Okanagan Nation Alliance and member of the Okanagan Nation and Lower Similkameen Indian Band (LSIB), was appointed to serve on the Okanagan College Board of Governors on May 30th by the province of British Columbia.

Terbasket brings more than 25 years of experience working for a variety of First Nations organizations and government.

A strong advocate for social change, Terbasket has committed herself to tackling issues confronting the growth and wellness primarily of Indigenous citizens.

"Pauline's experience, insights and

abilities will be a welcome complement to the skills array our Board draws on as it guides the College," says Board Chair Janet Shaw.

In addition to her professional endeavors, Terbasket volunteers with a number of local and regional organizations and societies including the BC Native Women's Society, UBC Okanagan and the Ki-low-Na Friendship Society, which she was President of for four years.

"I am pleased to join the Okanagan College Board of Governors and am honoured to be in a position to contribute to the positive impact the College has on the communities and people it serves," says Terbasket.

Terbasket will attend her first Board meeting on June 26th.



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181 Luard Avenue, .75 acre riverfront property.	MLS 30842	\$158,300
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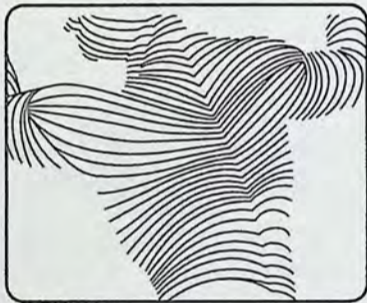
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by your Pharmasave Pharmacist Wen Wong

The first revision of the Canada Food Guide is now available. If you haven't yet picked up a copy, you can request one by sending an e-mail to publications@hc-sc.gc.ca or telephone 1-866-225-0709. It's a great guide to good health.

The new food guide suggests that adults over 51 years of age consume 3 servings of dairy products each day. Examples of a dairy serving are: 1 cup (250ml) of skim milk, 175 grams yogurt or 50 grams of cheese among others.

Do you wear a hat in the sun? Baseball hats don't provide much protection but hats with at least a 3 inch brim all around can give you good protection for your neck, ears, eyes and scalp. Use an ounce of protection now and avoid problems with skin cancer problems in the future.

Some people don't like some of the sun screen lotions on the market because they cause skin irritation. One type of sun protection you may want to consider is a *sun-block*. Most contain titanium oxide or dioxide particles that scatter, reflect or absorb solar radiation. Older blocking lotions were quite visible on the skin after application but the newer ones are invisible when applied.

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news leader health and lifestyle page

Male heart/female heart - it makes a difference

(NC) - There's more that's different about women's and men's hearts than the way they deal with love. It turns out that men and women develop, have symptoms of, are diagnosed with and are treated for heart disease very differently.

The GENESIS project, funded by the Canadian Institutes of Health Research in partnership with the Heart and Stroke Foundation of Canada, is a multidisciplinary project that is bringing together researchers from across Canada to examine how sex and gender play a role in heart disease.

Their research has resulted in some fascinating findings:

♣ Teenaged boys develop higher blood pressure than teenaged girls - something that may be due to puberty, or could be tied to the higher blood pressure seen in adult men. (Women don't catch up until after menopause, when their blood pressure tends to increase.)

Who's at risk for antibiotic-resistant infections?

(NC) - Developing a bacterial infection such as pneumonia is bad enough, but getting an antibiotic resistant strain can be fatal, especially for seniors. So, what's the real risk of getting one of these tough-to-treat infections and how can we prevent them? Research funded by the Canadian Institutes of Health Research (CIHR) is helping find answers.

"When we think about preventing antibiotic-resistant infections there are a lot of assumptions about the importance of hand washing and prescribing appropriate doses of antibiotics," says McMaster University's Dr. Mark Loeb, an infectious diseases specialist. "But in many cases the data isn't there to fully support these conclusions. Our aim is to determine who's most susceptible and how we can minimize the risk of infection."

Antibiotic-resistant bacteria are those that can't be killed with the drugs traditionally used to treat infected patients. The rates of these dangerous infections are climbing. In Canada, up to one-in-five cases of Streptococcus pneumonia, a pneumonia-causing bacterium, is antibiotic-resistant. About one-in-ten hospital cases of Staphylococcus aureus, simply called staph infection, is now multi-drug resistant.

"The concern is that in the future we won't have antibiotics to treat these often deadly infections," says Dr. Loeb.

He's leading a large CIHR-funded study examining rates of antibiotic-resistant infection at 15 acute-care hospitals across Ontario. The researchers are comparing infection rates with a range of risk factors, from how frequently hospital workers wash their hands to staffing levels and patients' age and income.

Previous studies have revealed that only about one-in-three hospital workers wash their hands before touching a patient. While many factors determine someone's risk of infection, hand

washing is considered the main line of defence in preventing the spread of these infections, says Dr. Loeb.

He's also part of a ground-breaking, Ontario-wide study exploring community levels of antibiotic prescription and rates of antibiotic-resistant infections.

"No one has ever done this before at this scale and level of detail," says Dr. Loeb, of the CIHR-funded research.

The study is using a unique provincial database that provides anonymous information about medication prescriptions. This information is presently being compared with the hundreds of cases of pneumonia and other antibiotic-resistant infections that occurred in the province during the study period.

living past 100

we have in common when it comes to heart disease.

"It could be that, in the future, you choose a drug based on the sex of the patient," she says. "And maybe an angiogram isn't such a good test for diagnosing coronary disease in women."

As well, Dr. Pilote underscores the importance of women recognizing signs they could be having a heart attack, even if they are not the 'typical' signs we read about, and get themselves to a hospital as quickly as possible.

Other studies now taking place as part of the GENESIS project are looking at alternative ways of testing for heart disease, tests that would recognize the disease in women equally as well as men. They are also examining whether genetic markers for hypertension and obesity, both of which can lead to heart disease, are different in women and men.

living past 100

Fat kids may need iron

A health study done four years ago showed overweight children had lower levels of iron than children of normal weight. The fatter the kid, the lower the iron. Among teenagers, iron deficiency was common, and worse in overweight teens.

Iron deficiency was unexpected. For decades, iron was added to all sorts of foods, breakfast cereals in particular. Health experts came to the conclusion we were getting too much iron. The pendulum swung the other way. Today, even most multivitamins contain no iron. Now, iron deficiency is showing up among youngsters, and may be linked to abnormal weight gain.

What does iron do for our bodies?

Iron is an essential mineral. Iron allows red blood cells to carry oxygen to our cells and oxygen is essential to provide us with energy to burn carbohydrates and fats. If iron levels drop, blood oxygen levels drop, and we feel tired all the time. When blood oxygen drops too low, and stays too low, a body can die. Before the value of iron was understood, many people died of anemia, a disorder resulting from lack of iron.

Iron deficiency is alarming in anyone of any age, but is more alarming in children. Not only is it linked to obesity, but lack of iron can be the reason behind children seeming habitually lazy or irritable.

Some health professionals worry that iron deficiency in overweight children may be the result of poor eating habits. They fear fat children may be filling up on junk food and thereby missing the nutritional value of a proper diet.

Foods containing iron include red meats, poultry, fish, eggs, nuts and seeds, beans, raisins, molasses, and green leafy vegetables. These foods are needed to maintain iron levels and keep blood healthy, but when a deficiency is present, treatment by a medical professional is necessary.

A doctor will request a simple blood test to determine if there is a deficiency. If iron levels are within normal range, no treatment is required, but when a deficiency is detected, an iron supplement is required. The supplement may have to be taken up to one year. During that time, the doctor must monitor the iron levels every two or three months.

Anyone of any age may have an iron deficiency. Iron deficiency can be linked to Vitamin B12 and/or folic acid deficiency. In the elderly, it may be linked to loss of sufficient stomach acid to properly digest food.

Symptoms of iron deficiency include fatigue, weakness, headaches, dizziness and sometimes, problems with digestion. Teenage girls with an iron deficiency may stop menstruating.



Julie Hunter and Ashley Collinge stopped into the News Leader office last Friday following a 160-kilometre day on their bikes from Hope. They are part of the Unleash Your Potential Team. *

Group unleashes your potential

Students cycle across Canada to promote health and wellness this summer

An apple a day may keep the doctor away, but an alarming 64 per cent of Canadians are not active enough to benefit their health. This summer, to help motivate Canadians to start living a healthier lifestyle, Unleash Your Potential, a group of four chiropractic students, are cycling across Canada.

Through special appearances and health and wellness education events across the country, Unleash Your Potential is committed to motivating Canadians to live by three major tenants of health: proper nutrition, physical activity, and managing stress.

Goldcliff increases financing

George W. Sanders, President, of Goldcliff Resource Corporation (GCN.TSXV) announced last week that the Company has increased the amount of the non-brokered flow through unit offering, announced June 5, 2007, from 4,000,000 to up to 5,000,000 units at a price of \$0.31 per unit.

Each unit comprises one flow-through share and one-half non-flow-through share purchase warrant. One whole share purchase warrant entitles the holder to purchase one common share at a price of \$0.50 cents per share for a period of one year from closing.

Goldcliff will pay a cash finder's fee of 7.5 per cent for any parts of the issue introduced by third parties. Units issued will be subject to regulatory approval and a four-month resale restriction. Gross proceeds of \$1,550,000 will be applied to drilling on the Panorama Ridge gold property, geophysics, geochemistry and prospecting on the Big Sheep Creek uranium and Ainsworth silver and molybdenum properties. Lead subscribers will be MineralFields Group and Cordilleran 2007 Limited

"With the current rise in obesity in Canadian youth, we feel that it is very important to influence them into making positive decisions regarding diet and physical activity," said Julie Hunter, Co-Director, Unleash Your Potential Canada.

The four-person team consists of Brynne Stainsby, Julie Hunter, Jason Porr and Ashley Collinge, all currently attending the Canadian Memorial Chiropractic College in Toronto.

"We wanted to inspire Canadians to achieve goals that they might have otherwise thought impossible," said Brynne Stainsby, Co-Director, Unleash Your Potential Canada. "We decided that challenging ourselves to

cycle across Canada was the perfect way to do this."

The Unleash Your Potential tour began in Vancouver, B.C. on June 13th, passed through Princeton June 15th, and will travel across Canada over 65 days and 7,000 km to conclude in Halifax, Nova Scotia on August 15th. The team will stop in cities and towns in all provinces to spread their message of healthy living. For more information please see www.unleashcanada.com or email info@unleashcanada.com.

Partnership. Goldcliff management is pleased to be entering into a relationship with these two important resource-financing institutions.

MineralFields Group (a division of Pathway Asset Management) is a Toronto-based mining fund with significant assets under administration that offers its tax-advantaged super flow-through limited partnerships to investors throughout Canada during most of the calendar year, as well as hard-dollar resource limited partnerships to investors throughout the world. Pathway Asset Management also specializes in the manufacturing and distribution of structured products and mutual funds.

Information about MineralFields Group is available at its website. First Canadian Securities® is active in leading resource financings (both flow-through and hard-dollar financings) on competitive, effective and service-friendly terms, with investors both within and outside of MineralFields Group.

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

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The Cut Above's Patty Shortt trims Kevin Alvarenga's head as part of the 'head shaving' fundraiser last Friday organized by PSS students for fellow classmate Mark Cimbaro. *

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News Leader Court Reporter Dawn Johnson

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Judge orders no driving

Three drivers lost their licenses following appearances in Provincial Court in Princeton on June 14 on impaired driving charges.

Joel Spedding, age 21, was apprehended on May 5, 2006, after a police constable saw Spedding

drinking at a local pub. Later the same police officer saw Spedding driving erratically in Princeton. Spedding was pulled over, showed signs of impairment, and was taken for a breath test where readings of .200 were obtained.

Spedding entered a guilty plea. Judge Sinclair ordered the minimum \$600 fine and one year prohibition.

Georgina Longstaff was arrested on April 5, 2007, following an incident at a private club in Princeton. An ambulance attendant assisting her husband advised police she appeared intoxicated and had driven away from the club. A police officer saw her later and stopped her, then arrested her after noting signs of impairment. A breath test registered .160 blood alcohol.

Longstaff entered a guilty plea and was sentenced to pay a \$600

fine and is prohibited from driving for one year.

Eric Brown, a 58 year old Princeton resident, entered guilty pleas to two charges of driving with over .08 blood alcohol. He was arrested first on February 16, 2007, when police were advised of what appeared to be a drunk driver on the highway. Readings of .180 were obtained on a breath test.

Brown's second arrest occurred March 30, when Brown was pulled over. He was not supposed to be driving, as he had been suspended. A breath test registered a reading of .140 on that occasion.

Brown was sentenced to pay \$1,200 in fines and is prohibited from driving for two years. In addition, he will serve a probation in which he is to immediately go to a detox centre for treatment followed by a three month rehabilitation.

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The hair piled up at all four head shaving stations set up in PSS gym last Friday as students and teachers had their heads shaved in a fundraiser to support student Mark Cimbaro. *



Students and friends participated in the head shaving experience. *



More than one girl shaved her head in support of the fundraising effort. *

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Town of Princeton 2007 PROPERTY TAXES

Tax Notices for the current year have now been mailed. If you have not received a Tax Notice please contact the Town Office at 169 Bridge Street, Princeton or telephone 295-3135. Owners are responsible for 2007 Taxes and applicable penalties, regardless of whether or not a Tax Notice is received. If there is any doubt, check with the Town Office.

If you are eligible for the **Provincial Home Owner Grant**, please ensure that the application on the bottom of the Tax Notice is completed, signed and returned to the Town Office before the due date. The Home Owner Grant may be claimed even if payment on the outstanding taxes is not made. This will avoid the penalty on the amount of the Home Owner Grant.

Please Note: The Home Owner Grant Application must be completed for each and every year in which you are eligible for the Grant.

Payments and/or Provincial Home Owner Grant applications must be in the hands of the Collector at the Town Office by close of business on Tuesday, July 31, 2007 to avoid the Penalty of 10%.

Postmarks are **NOT** accepted as date of payment. Receipts will be issued only on request.

PLEASE NOTE: PAYMENT MUST BE RECEIVED IN THE TOWN OFFICE BY 4:30 PM ON TUESDAY, JULY 31, 2007.

2007 PROPERTY TAXES AT A GLANCE

You will find that your 2007 Property Tax Notice includes a new tax item "Police Tax." The provincial government has introduced this new tax to help pay for police costs for communities with populations less than 5,000.

Did you know that the Town of Princeton collects only 43% of your tax bill? The other 57% is collected and forwarded to other agencies.

This is how \$1.00 in property taxes is distributed:

- \$0.43 Municipal Tax
- \$0.40 Provincial School Tax
- \$0.06 Regional District Tax
- \$0.04 Hospital District Tax
- \$0.04 Provincial Policing Tax
- \$0.02 Regional Library Tax
- \$0.01 BC Assessment Authority



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PRINCETON PLAZA PARKING LOT



The hair was flying Friday at PSS Gym as the spirit of caring filled the building. Students and teachers banded together to show their support of student Mark Cimbaro. *

Atamanenko discusses Passports

..... continued from Front Page and criteria for the two initiatives below."

For full details visit www.passport.gc.ca.

On August 15th the Passport Renewal Program Proof of Citizenship comes into effect. You will no longer have to provide proof of citizenship when renewing your passport.

The following is a list of criteria you must meet:

- You must be residing in Canada at the time you apply.
- 1 You must have resided in Canada at the time of your previous application.
- 2 You were 16 years old or over at the time of your previous application.
- 3 Your previous passport:
 - Must have been valid for five years,
 - 1 Must have been issued after

- January 31, 2002,
- 2 Was never damaged or reported as lost or stolen, and
- 3 Must have been issued under your current name (on the government-issued ID you provide).

On October 1st the New Guarantor Policy comes into effect. Most Canadian adult passport holders can act as guarantors for first time applicants.

As of October 1st, the following is a list of criteria a guarantor must meet:

- They must hold a five-year Canadian passport that is valid or has been expired for no more than one year,

- They may be a family member,
- They may reside at the same address as the applicant,
- They must have known the applicant for at least two years, and
- They must be a Canadian citizen 18 years of age or older and must have been 16 years of age or older when they applied for their own passport.

"While the United States government just gave their citizens a break to deal with their backlog, the Conservatives appear to have just woken up to the problem we've been calling on them to address for over a year now", added NDP Border Critic, Brian Masse.

Judge issues peace bonds

A peace bond was agreed to when Travis Hogg appeared in Provincial Court on June 14. He had been charged in Kelowna with uttering threats. He will serve a six month peace bond with the condition he has no contact with his former girlfriend nor her new boyfriend. He is restricted from possessing firearms except during

hunting season when he is permitted to hunt while in company of his father.

Michael Neumann of Princeton agreed to a \$500 peace bond for one year after uttering threats to a police officer. His five guns will be kept in police custody until the year is up and Neumann has renewed his gun permit and registration.

Two released on bail

Kevin J. Reinhardt appeared in custody in Provincial Court in Princeton on June 14.

He was released on a recognizance with a \$175 surety pending his appearance on an assault charge. A condition of his bail is that he have no contact with the woman he assaulted and he is not

to go to his place of employment without permission of his bail supervisor.

Glenn Chevalier, of Keremeos, was released on a \$1,000 recognizance on condition that he contact none of the persons connected to charges laid against him and pending in court.

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weekly entertainment guide

TUESDAY, JUNE 19, 2007 THROUGH MONDAY, JUNE 25, 2007



Bullriding action from last month's Bull-A-Rama event at Princeton Fairgrounds. *

Rodeo Club looks to changes

Princeton Rodeo Club will spend the summer examining itself under a microscope. A meeting of the Club June 14th saw discussion revolve around how to change the event to attract more people to Princeton.

President Mike Theal says that although the rodeo was good, the Club lost a bit of money hosting both the Bull-A-Rama and CPRA Pro Rodeo on the same weekend.

"I'm not opposed to the Bull-A-Rama. I'm opposed to holding it with the Rodeo."

In addition to affecting attendance figures, the three-day event costs more to operate and is a lot of time to ask of volunteers.

A preliminary financial report shows the Bull-A-Rama earned the Rodeo Club only \$117.37 with costs totaling \$12,507.63. The two-day rodeo cost \$51,601.74 and brought in only \$36,124.03 in revenue.

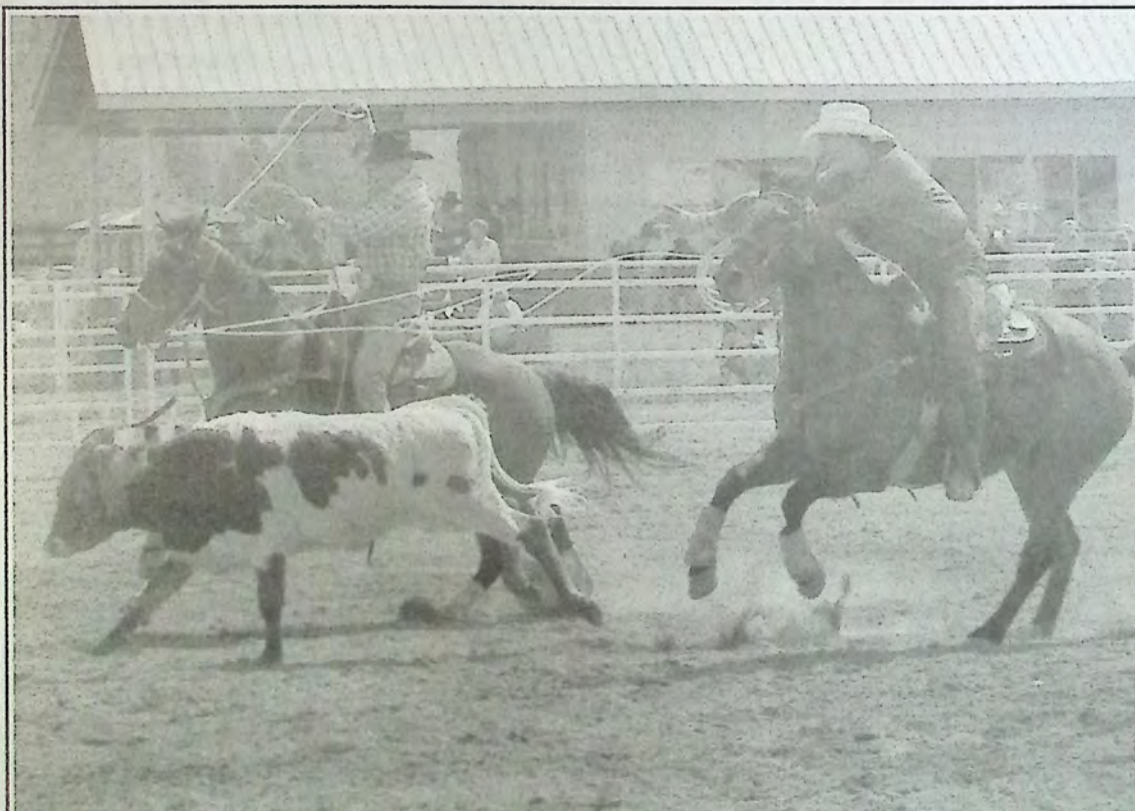
There is still about \$10,000 in bills and revenues to come in, but the picture is clear. Once the final financial report is completed in August, the Club will show a loss.

Add to this the expected changes to rodeos across the province following fall out from the Cloverdale Rodeo, and Princeton's Rodeo Club will be making some serious changes to the local event.

During the weekend following

Princeton's Rodeo a calf was put down in Cloverdale after breaking it's leg in the calf-roping competition. Days later the Cloverdale event became the first in Canada to ban all calf-roping and controversial events at it's rodeo.

The Princeton Club is looking at a number of possibilities in enhancing it's event ranging from changing from a CPRA (Canadian Professional Rodeo Association) 'professional' status back to the BCRA (British Columbia Rodeo Association) 'amateur' status to a change in rodeo dates to splitting the Bull-A-Rama and Rodeo into two separate events, possibility combined with an existing local event.



Team Roping action from last month's Princeton Pro Rodeo at Princeton Fairgrounds. *

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Tuesday, June 12th was Sports Day at John Allison Elementary School. This event is called Stepping Stones and this participant concentrated hard on getting the moves just right! *



What's a Sports Day without a running and relay races? *



Sports Day is a fun-filled day where everyone is a winner! *

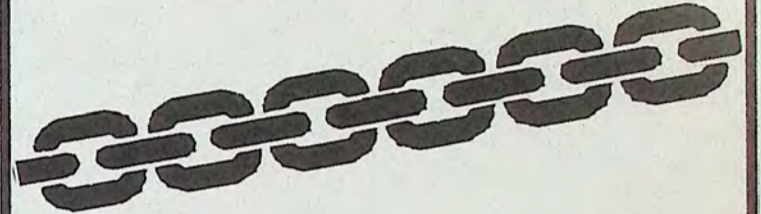
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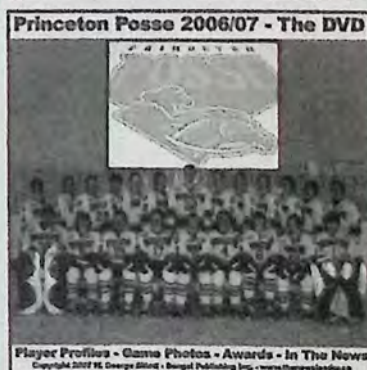
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TUESDAY, JUNE 19, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings for Tuesday, June 19, 2007.

WEDNESDAY, JUNE 20, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings for Wednesday, June 20, 2007.

Horoscopes

June 20 - 27, 2007

Aries - This week, your interests shift to family, your real estate, and matters of personal interest. You may feel your internal energy shift. You may learn a lesson of importance.

Taurus - You are going to have a bigger ego and more physical energy this week, but try not to get on everybody's nerves. You want to talk a lot, go on short trips, get out and meet friends.

Gemini - Money! Possessions! You are focused on what you have and what you could get. Think it over carefully and spend in moderation. You make better decisions in 5 weeks.

Cancer - You are in your own element this week. You can make plans, and this time they will go ahead. Guard against buying too many pretty things. Career takes unusual turn. Change lasts.

Leo - You could shoot yourself in the foot if you are not careful this week. Pay attention to career demands, stick to diet, and sort out problems. You'll see friends, partners clearly.

Virgo - You put a stop to health problems. Contaminants on job can affect health. Family life undergoes permanent change. Partner, spouse, is more reliable. Stop feeling depressed. Laugh!

Libra - Partner, spouse is concerned about joint resources. Spell it out. Plans need reality base, but you will be tempted to be extravagant or flamboyant. Chill! Wait a month.

Scorpio - If you want to travel, you could make plans now, but do not include partner/spouse, who will oppose it for a month. Money, health, job undergo subtle change. Career brings fun.

Sagittarius - Make sure travel plans are for the right reason. Face facts about spiritual life, education, training. Evaluate shared money matters: insurance, mortgage, investments.

Capricorn - Interaction with partner, spouse and friends becomes priority now. Be realistic about money, shared resources. Watch budget, spend cautiously. Kids demand action.

Aquarius - Illusions you had about friends, partner or spouse may be hit this week with a big dose of reality. This is probably just what you needed to see situation clearly.

Pisces - This is a great time for you to bounce into action and have a lot of fun. Job brings benefits, health is good, and you want to go places - short trips for the fun of it. Enjoy yourself!

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

- 7:00 am WTBS (3) ★★ "Captain Ron" (1992, Comedy) Kurt Russell. A salty rogue signs on to steer the yacht of a Chicago businessman and his family in the Caribbean. (E)
- 10:00 am CITY (29) ★ "The Dark Side of the Sun" (1997, Drama) Guy Boyd. A traveling man finds love as he searches for a cure for a rare skin disease. (E)

AFTERNOON

- 5:00 pm CITY (29) ★★ "Undercover Brother" (2002, Comedy) Eddie Griffin. A low-rent private detective poses as a preppy nerd in order to foil a plot by conspirators. (E)

EVENING

- 7:00 pm WTBS (3) ★★ "Ace Ventura: When Nature Calls" (1995, Comedy) Jim Carrey. A sacred white bat's disappearance begets bloodshed between African tribes and puts the goofy pet sleuth on the case. (E)
- A&E (9) ★★ "Street Thief" (2006, Crime Drama) Malik Bader. Premiere. An amateur filmmaker follows a professional thief while he plans heists of a supermarket, a strip club and a cinema. (E)
- 8:00 pm CHBC (4) ★★ "Speechless" (1994, Romance-Comedy) Michael Keaton. Opposing speechwriters fall in love on the campaign trail for senator of New Mexico. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ★★ "The Cable Guy" (1996, Comedy) Jim Carrey. An act of kindness brings a jilted architect the unwanted friendship of an unbalanced cable-TV installer. (E)
- 10:00 am CITY (29) ★ "Drive Me Crazy" (1999, Comedy) Melissa Joan Hart. A preppy and her protest-loving neighbor reluctantly team up to make their ex-partners jealous. (E)

AFTERNOON

- 5:00 pm WTBS (3) ★★ "Men in Black II" (2002, Comedy) (PA) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (E)

EVENING

- 6:00 pm CITY (29) ★★ "Brokedown Palace" (1999, Drama) Claire Danes. American teens in Bangkok are framed for smuggling drugs and sentenced to 33 years in a Thai prison. (E)
- 6:45 pm WTBS (3) ★★ "Men in Black II" (2002, Comedy) (PA) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (E)
- 7:30 pm FAM (26) ★★ "Camp

- Nowhere" (1994, Comedy) Jonathan Jackson. Youths dupe their parents into sending them to an unsupervised summer camp.
- 8:00 pm KNOW (5) ★★ "Restoration" (1995, Drama) Robert Downey Jr. A hedonistic physician weds the king's lover but isn't allowed to consummate the marriage in 17th-century England. (E)
- VTV (22) "Doomstown" (2006, Drama) Chris "K.C." Collins. A man searches for answers after an attempt on his life kills his best friend. (In Stereo) (E)
- 8:30 pm WTBS (3) ★★ "The Fifth Element" (1997, Science Fiction) (PA) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (E)
- 9:00 pm YTV (18) "InuYasha the Movie 4: Fire on the Mystic Island" (2004, Action) Voices of Richard Ian Cox. Animated. A warrior battles four brutal adversaries to help a race of half-demons. (In Stereo) (E)
- 9:05 pm FAM (26) ★★ "Buffalo Dreams" (2005, Drama) Reilly McClendon. A Navajo teen and a mountain-biker from Chicago must bridge a cultural gap to become friends and preserve tribal land.
- 10:06 pm CITY (29) "Passionate Encounters" (2004, Adult) Lustful women have a one-track mind.

Similkameen News Leader Community Calendar

JUNE

- 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

Similkameen News Leader

Recipe Corner (Recipe #172)

Brought To You By: Similkameen News Leader

Roasted Salmon

(WITH WHITE BEAN, ALMOND & RADICCHIO SALAD)

Makes 4 servings.

Ingredients:

- olive oil for brushing
- 4 (6-ounce) salmon fillets
- 1 (14-ounce) can white beans such as Great Northern, drained and rinsed
- 1 cup chopped radicchio or red cabbage
- 1 cup frisee, arugula or other leafy green
- 1/4 cup sliced almonds, roasted
- 1 tablespoon coarsely chopped fresh dill, plus sprigs to garnish salmon
- 3 tablespoons extra-virgin olive oil
- 1 1/2 teaspoons red wine vinegar
- salt and pepper to taste

Preparation:

Preheat oven to 475 F. Brush a baking dish with olive oil. Place fillets in baking dish, skin side down, and roast 8-12 minutes, or just until fish flakes. Meanwhile, combine beans, radicchio, frisee or other greens, almonds and dill in a large bowl. Toss with oil and vinegar; season with salt and pepper to taste. Serve salad alongside roasted salmon.

- News Canada

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

ads@thenewsleader.ca

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

226A Bridge Street, Princeton

THURSDAY, JUNE 21, 2007

Table of TV program listings for Thursday, June 21, 2007. Columns include channel numbers (3-29) and program titles. Rows are time slots from 6 AM to 11 PM. Programs listed include Dawson's Creek, News, Life Today, BluesClues, Barney, Today, The Early Show, City Confidential, Good Morning America, etc.

FRIDAY, JUNE 22, 2007


Table of TV program listings for Friday, June 22, 2007. Columns include channel numbers (3-29) and program titles. Rows are time slots from 6 AM to 11 PM. Programs listed include Dawson's Creek, News, Life Today, BluesClues, Barney, Today, The Early Show, City Confidential, Good Morning America, etc.

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saturday movies

MORNING

7:15 am WTBS (3) ★★★ "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. (E)

9:15 am WTBS (3) ★★★ "Jumanji" (1995, Fantasy) Robin Williams. A magic board-game brings forth African perils and a guy who disappeared in 1969 while playing it. (E) (DVS)

11:30 am WTBS (3) ★★★ "A Knight's Tale" (2001, Adventure) (PA) Heath Ledger. An English commoner dons the armor of a dead jousting knight, with the help of friends, competes against nobles in 14th-century France. (E)

AFTERNOON

12:00 pm FAM (26) "Kim Possible: So the Drama" (2005, Adventure) Voices of Christy Carlson Romano. Animated. Ron realizes he has feelings for Kim, while Drakken hatches a scheme to take over the world. CITY (29) ★★★ "Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park. (E)

1:30 pm FAM (26) "Junior Pilot" (2004, Adventure) Jordan Garrett. A boy obsessed with airplanes jumps into action when terrorists hijack his flight.

2:00 pm WTBS (3) ★★★ "Men in Black" (1997, Comedy) (PA) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. (E)

4:00 pm YTV (18) ★★★ "Dennis the Menace Strikes Again" (1998, Comedy) Don Rickles. A devilish boy introduces his grandfather to crotchety neighbor Mr. Wilson and thwarts two con men. (In Stereo) (E)

4:05 pm WTBS (3) ★★★ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save

his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess.

EVENING

6:00 pm WTBS (3) ★★★ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (E)

CITY (29) ★★★ "Cornered" (2001, Drama) Alex DeCosta. Premiere. A drug-addicted brother and an uncle with mob connections try to block a boxer's attempt at gymnastics. (E) (DVS)

8:00 pm KSPS (6) ★★★ "Black Narcissus" (1947, Drama) Deborah Kerr. Anglican nuns face a variety of pressures as they attempt to maintain a convent school and hospital in the Himalayas. (E)

KREM (8) ★★★ "Jesse Stone: Death in Paradise" (2006, Crime Drama) Tom Selleck. A small-town police chief investigates the life of an unhappy teen after her corpse is found floating in a lake. (In Stereo) (E)

KXLY (10) ★★★ "Finding Nemo" (2003, Comedy) Voices of Albert Brooks. Animated. A fish embarks on a journey to find his son after losing him in the Great Barrier Reef. (In Stereo) (E)

CBC (13) ★★★ "Finding Nemo" (2003, Comedy) Voices of Albert Brooks. Animated. A fish embarks on a journey to find his son after losing him in the Great Barrier Reef. (E)

8:30 pm WTBS (3) ★½ "Down to Earth" (2001, Comedy) Chris Rock. Accidentally sent to Heaven, a comic returns to Earth in the body of a Manhattan mogul whose family is plotting to kill him. (E)

9:00 pm CHBC (4) "Cradle of Lies" (2006, Suspense) Shannon Sturges. While pregnant with a baby girl, a woman learns her husband must have a son to inherit his family's fortune. (E)

KNOW (5) "Happy Families"

(1992, Mystery) John Thaw. Inspector Morse notices a lack of apparent grief among the family members of a murdered businessman. (E)

FAM (24) ★★ "Pixel Perfect" (2004, Comedy) Ricky Ullman. A technical wizard creates a hologram that becomes a singer for his friend's struggling band.

CITY (29) ★★★ "The Untouchables" (1987, Crime Drama) Kevin Costner. Eliot Ness and his men fight Al Capone in Chicago during Prohibition. (E)

10:15 pm WTBS (3) ★½ "Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (E)

10:45 pm FAM (26) "The Penny Promise" (2001, Comedy) Scott Christopher. An honest teacher must save \$10,000 to marry his sweetheart and please her father.

11:00 pm CBC (13) ★★½ "Tequila Sunrise" (1988, Crime Drama) Mel Gibson. A narcotics officer uses a woman to catch his buddy, a big-time cocaine dealer ready to retire. (E)

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sunday movies

MORNING

6:35 am WTBS (3) ★½ "Down to Earth" (2001, Comedy) Chris Rock. Accidentally sent to Heaven, a comic returns to Earth in the body of a Manhattan mogul whose family is plotting to kill him. (E)

7:00 am A&E (9) ★★★ "Bridget Jones's Diary" (2001, Romance-Comedy) Renée Zellweger. An out-

rageous British woman decides to take control of her life, but instead falls for two very different men. (E)

8:05 am WTBS (3) ★★½ "A Knight's Tale" (2001, Adventure) (PA) Heath Ledger. An English commoner dons the armor of a dead jousting knight, with the help of friends, competes against nobles in 14th-century France. (E)

9:00 am A&E (9) ★★★ "Ghost" (1990, Fantasy) Patrick Swayze. A slain Manhattan yuppie reaches out to his lover, with a medium as his middlewoman. (E)

10:35 am WTBS (3) ★★★ "Men in Black" (1997, Comedy) (PA) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. (E)

11:00 am CITY (29) ★★½ "Free Willy 2: The Adventure Home" (1995, Drama) Jason James Richter. Whale pal Jesse copes with the existence of a cocky half-brother and a nearby oil spill. (E)

SPIKE (4) ★★ "Game of Death" (1979, Adventure) Bruce Lee. Footage filmed before Lee's death in 1973 is blended with new material in this tale of a kung-fu master vs. drug lords.

AFTERNOON

12:00 pm FAM (26) "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. Members of a teenage vocal group find adventure while participating in a music festival in Barcelona, Spain. (E)

12:35 pm WTBS (3) ★★★ "Shrek" (2001, Comedy) (PA) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to rescue a beautiful princess. (E)

1:00 pm SPIKE (4) ★★ "Fist of Fury" (1972, Adventure) Bruce Lee. In turn-of-the-century China, a martial-arts student declares war against the rival fighters who murdered his mentor.

1:36 pm FAM (26) ★★½ "Honey, I Blew Up the Kid" (1992, Comedy) Rick Moranis. The wacky inventor who shrunk the kids makes his 2-year-old boy the size of a Las Vegas casino. (E)

2:30 pm WTBS (3) ★★★ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping

a shy accountant woo a beautiful heiress. (E)

3:00 pm VTV (22) "This Matter of Marriage" (1998, Romance) Leslie Hope. After several disastrous dates, an architect seeking marriage realizes she's in love with her neighbor. (In Stereo) (E)

4:00 pm YTV (18) "Funky Monkey" (2004, Comedy) Matthew Modine. A CIA agent must infiltrate a laboratory to free a chimpanzee trained in martial arts. (In Stereo) (E)

5:00 pm WTBS (3) ★★ "Men in Black II" (2002, Comedy) (PA) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (E)

CBC (13) ★★ "Willy Wonka & the Chocolate Factory" (1971, Fantasy) Gene Wilder. A poor boy and his grandfather win a tour through a wily candymaker's marvelous factory. (E)

EVENING

6:00 pm YTV (18) ★★★ "Monkey Trouble" (1994, Comedy) Thora Birch. A 9-year-old learns her new pet monkey worked as a pickpocket for a Gypsy hustler. (In Stereo) (E)

CITY (29) "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrink. Premiere. A lewd teen causes mischief when he must attend a camp for musicians. (E)

SPIKE (4) ★★ "Enter the Dragon" (1973, Adventure) Bruce Lee. Premiere. A secret agent comes to an opium lord's island fortress with other fighters for a martial-arts tournament.

6:45 pm WTBS (3) ★★ "Men in Black II" (2002, Comedy) (PA) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (E)

8:00 pm CBC (13) ★★½ "Wimbledon" (2004, Romance-Comedy) Kirsten Dunst. An English tennis player reinvigorates his game after finding romance with an American counterpart. (E)

8:30 pm WTBS (3) ★★½ "Eight Legged Freaks" (2002, Science Fiction) (PA) David Arquette. Toxic waste produces a horde of giant spiders that terrorizes residents in a small Arizona town. (E)

SATURDAY, JUNE 23, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 12 rows (6 AM to 11 PM) listing TV programs and their details.

SUNDAY, JUNE 24, 2007

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 12 rows (6 AM to 11 PM) listing TV programs and their details.

MONDAY, JUNE 25, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Dawson's Creek (E)	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) (E)	CBC News: Morning (N) Arthur (E) Lunar Jim	Gadget Monster Being Ian Mew Mew	(5:00) Tennis: Wimbledon - Early Rounds. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	News (E) Canada AM (E)	Cable in the Classroom	Henry's King (E)	Rachael Ray (E)	Movie: "Sniper" (1993) Tom Berenger. Billy Zane.	Counterstrike (E) Night Heat (N) (E)
7 AM	Movie: "Turbulence" (1997) (PA) Ray Liotta. (E)	Life Today 100 Huntley Street (E)	BluesClues Dora Hi-5	Barney Arthur (N) Curious Clifford	Today (N) (E)	The Early Show (N) (E)	City Confidential (E) American Justice	Good Morning America (N) (E)											
8 AM	NewsRadio	Body	Magic Bus	Dragon			Discover Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	George S. LazyTown Jane							
9 AM	Cosby	Judge	Rolie Polie	Big World			Discover							Regis and Kelly	Daily Planet (E)	Feet Bear	News (N) City	Most Amazing Videos	Ad Pers Inside Box
10 AM	Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (EI)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Dead Air"	The View (E)	World Vision	Design House	Doodlebop	Pippi							
11 AM	Cosby	Seinfeld	CG Kids	Bob Build	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) Diary (E)	Forensic Evidence (E)	Higglytown (11:25) King	Movie: "Free Willy 2: The Adventure Home" (E)	Star Trek: Next Gener.	The Nanny Frasier
12 PM	Still Std	News (N) (E)	Canada-History	Charlie Rose (E)	Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N) (E)	CBC News	Viva Pinata Flamingo		Degrassi "Flying Blind" Bold & B.	Mayday (11:49) Weekend		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 Dinner	George S. Beasts	Tennis: Wimbledon	Twice in a Lifetime (E)	How Do They Do It?	Dragon Emperor	Hollywood Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	Guiding Light (N) (E)	Gaslight Journal	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	LazyTown Winx Club	Fishing Interruption	General Hospital (N)	How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld	Room	Hi-5	Arthur (N) Fetch! With Judge	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Neutron	Off-Record Sports	Dr. Phil (E)	How Do Machines Barbarian	Lloyd	News (N) (E)	CSI: Crime Scn	Due South (E) (DVS)
4 PM	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchaz Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Dead Air"	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Red Green	Movie: "All Dogs Go to Heaven 2" (1996)	WEC WreckCage	Veronica Mars (E)	Daily Planet (N) (E)	Proud Recess	Friends Hollywood	CSI: Crime Scn	Ad Pers Inside Box
5 PM	Friends	News (N) (E)	Quit From (5:32) Business	BBC World News-NBC News	News (N) NBC News	News (N) News	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N) (E)	Simpsons Arrested		MLB Baseball: Toronto Blue Jays at Minnesota Twins. (Live) (E)	News (N) (E)	MythBusters (E) Suite Life	K. Possible	Stargate SG-1	CSI: Crime Scn	Seinfeld
6 PM	Friends	Body	Fetch! With Caitlin	News-Lehrer	News (N) Raymond	News (N) Hollywood	The Sopranos (E)	News (N) Entertain	News (N) (E)	ET Canada Entertain	Canada Now	Being Ian Ruby	Jays at Minnesota Twins. (Live) (E)	News (N) (E)	American Chopper (E)	So Little Sadie	Hell's Kitchen (N) (E)	Movie: "Rocky IV" (1985)	Frasier
7 PM	Family Guy	FANatical	Water	Served	Jeopardy!	Health Link	(7:19) The Sopranos (E) Dog	Entertain The Insider	Entertain ET Canada	Without a Trace (E)	Coronatn Rumours	Sabrina Malcolm		eTalk (E) Hollywood	Dirty Jobs (E)	So Raven Smart Guy	Godiva's (E) Talia Shire.	Sylvester Stallone, Extreme-Home	
8 PM	Seinfeld	Comforts	Rage Against	Antiques Roadshow	Real-Crashers	Comforts Christine	CSI: Miami (E)	Wife Swap (E)	Real-Crashers	Real-Crashers	Doctor Who (N) (E)	Fresh Pr. Weird	SportsCentre (Live) (E)	Canadian Idol Boys perform. (N)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	Sports	Ad Pers
9 PM	Movie: "Desperado" (1995)	Two Men How I Met	Preventive Warriors	History Detectives (N)	Age of Love (N) (E)	Two Men How I Met	CSI: Miami (E)	Ex-Wives Club (N) (E)	Age of Love (N) (E)	Age of Love (N) (E)	Hustle (E)	Mystery Ghost	Bowling	American Chopper (E)	8 Rules Sinbad	(9:08) Jimmy Kimmel	CSI: Crime Scn	Seinfeld	
10 PM	Antonio Banderas.	Dickinson	God in Government	Power of Art	Science of Love (N)	CSI: Miami (E)	The Sopranos (E)	Supernanny (E)	Without a Trace (E)	News (N) (E)	National	Frank Ptrl Academy	Score Golf Television	CSI: Miami (E)	Dirty Jobs (E)	Popular (E)	Star Trek: Voyager (E)	Movie: "Jawbreaker" (1999) Rose McGowan.	Married... Frasier
11 PM	"Once Upon"	News (N) Room	First Nations	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Sopranos	News (N) (11:35)	News (N) (E)	Entertain ET Canada	(11:05) The Hour (E)	Bob Weird	SportsCentre (Live) (E)	News (N) (E)	MythBusters (E) Life Derek	8 Rules Life Derek	Sports	Grace	

monday movies

MORNING

6:00 am SPIKE (44) ★★"Sniper" (1993, Action) Tom Berenger. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets.

7:00 am WTBS (3) ★½"Turbulence" (1997, Suspense) (PA) Ray Liotta. A scuffle aboard a 747 bound for New York frees a murderer-in-transit, kills the pilot and puts a stewardess at the helm.

10:00 am CITY (29) ★★½"Free Willy 2: The Adventure Home" (1995, Drama) Jason James Richter. Whale pal Jesse copes with the existence of a cocky half-brother and a nearby oil spill.

AFTERNOON

4:00 pm YTV (18) ★★"All Dogs Go to Heaven 2" (1996, Fantasy) Voices of Ernest Borgnine. Animated. A junkyard dog and a newly deceased pal return to Earth to retrieve Gabriel's trumpet.

EVENING

6:00 pm SPIKE (44) ★★"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.

9:00 pm WTBS (3) ★★"Desperado" (1995, Action) (PA) Antonio Banderas. A guitar-playing stranger shoots up a Mexican cantina while seeking the drug dealer who killed his girlfriend.

10:06 pm CITY (29) ★★"Jawbreaker" (1999, Comedy-Drama) Rose McGowan. Popular high-school girls scurry to cover up when a wild prank on a fellow student goes terribly wrong.

11:00 pm WTBS (3) ★★½"Once Upon a Time in Mexico" (2003, Action) (PA) Antonio Banderas. A corrupt CIA agent recruits a tormented gunman to stop conspirators from assassinating the president of Mexico.

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Kasey Gloch

Gloch, Kasey of Tulameen, BC, born March 14, 1915, passed away peacefully June 13, 2007 at the age of 92. Kasey is lovingly remembered by his wife Jean, married for 64 years, three children; Beverly (George) Winter of Cluculz Lake, BC, Paula (Len) McElwee of Langley, BC, Katherine (Gary) Manson of Langley, BC, two grandchildren Kellen and Kyle McElwee as well as four brothers and sisters; Merce, Anne, Margaret (Ron), Sue and many nieces and nephews. Kasey enjoyed his retirement as well as many friends in Tulameen, Princeton and the Princeton Legion. A Celebration of Life Service will be held on June 24, 2007 at 2:00 PM in the Princeton Legion, 170 Bridge Street, Princeton, BC. Memorial tributes may be made to: Princeton General Hospital, Box 610, Princeton, BC V0X 1W0 or Heart & Stroke Foundation, Box 597, Penticton, BC V2A 6K9.

Condolences may be directed to the family via e-mail to: parkview@vip.net.



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Notice to Intending Bidders

Three Salvage Non-Replaceable Forest Licences
 A82520, A82523, A82565

Pursuant to Section 13(4) of the Forest Act, three separate Salvage Non-Replaceable Forest Licences (SNRFL) A82520, A82523, and A82565 are offered for sale within the Merritt Timber Supply Area; Cascades Forest District.

Geographic Location: A82520 Pimainus/Skukhun Creek; A82523 Nicola Lake; and A82565 Tulameen River

Purpose: To harvest lodgepole pine attacked by mountain pine beetle.

Stumpage Rate: In accordance with the Interior Appraisal Manual using the Bonus Bid Method.

Volume: Allowable Annual Cut for each licence is 20,000 cubic metres per year; term 5 years; maximum harvestable volume 100,000 cubic metres per licence.

Restrictions for A82520 and A82523 only:

- Harvesting is restricted to smallwood cut blocks where the average piece size is less than 0.200 cubic metres per tree based on net cruise measurements.

Restrictions for all three SNRFL opportunities:

- Cut blocks must not exceed 25 hectares in size.

Please Note: Other restrictions apply to these licences and are given in the tender package.

Closing Date/Time: Thursday, July 26, 2007 at 2:00 p.m.

All applications must be received in separate sealed envelopes clearly marked as prescribed in the tender package, and delivered to: Regional Manager, Southern Interior Forest Region, 515 Columbia Street, Kamloops, BC, V2C 2T7. Applications received after the above deadline will not be accepted.

Tender packages can be obtained in person from:

District Manager, Cascades Forest District,
 P.O. Box 4400 Station Main, 3840 Airport Road,
 Merritt, B.C., V1K 1B8, Tel: 250 378-8400
 Contact: Hugh Fritz, Resource Technician

or

Regional Manager, Southern Interior Forest Region,
 515 Columbia Street, Kamloops, B.C., V2C 2T7, Tel: 250 828-4131
 Contact: David J. Piggin RPF, Regional Tenures Forester



editor@thenewsleader.ca

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

my turn

Will gas increase/decrease naturally?

We have to admit maybe we jumped too soon.

It happened weeks ago over the backyard fence and into the alley.

A young man stopped by to speak to the person responsible for the gas bill at our address. Once identified, he proceeded to identify himself as being from Company X and explained the evils of the rising gas prices and the benefits of signing up to Company X's plan that would lock in our rate for five years.

It sounded pretty good and we signed up.

Which proves we don't always get all the facts.

At least, not in this case.

We didn't know at the time, but there are a whole lot of these companies now in BC and they all have different rates.

Very different rates.

In comparison, a few are marginally cheaper than the one we signed up for. Some are a little more expensive but the difference either way is pennies.

Eventually someone from Company Y came around, but they left us alone after we explained we had already signed up for a plan.

Then we started getting residents in our office asking if we'd fax their cancellation papers to Company Q or Company V to get out of their specific five-year plan.

Our personal ten-day window breezed by and we're okay with it, but it made us wonder why people were opting out of what seemed like a pretty good offer. Who wouldn't want to have a deal of a set price locked in for five-years?

So we asked some of those canceling and the best answer we could get was that they didn't want to make a five-year commitment.

That's a reasonable reason. But what if it were the gas companies we use to fill our vehicles offering a set price for five years? Would you sign up for such a plan?

Based on how the price at the pumps has continued to climb with the odd step back, maybe a locked in five-year price per litre would be a pretty good idea.

As for natural gas, knowing our luck two years into our five year plan the prices will drop so far below what our set rate is that we'll be kicking ourselves for talking over the fence to the young man from Company X in the first place.

How we hope that doesn't happen.

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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your turn

PWP President says thank you

To The Editor;

On Friday June 1st a grass fire started in the ditch on the side of Hwy 3 just below the Upper Similkameen Indian Band property adjacent to Princeton Wood Preservers Ltd.

The USIB use this property as a base for their logging operation, and at the time there were 3 large pieces of equipment and two storage tanks full of fuel on site.

A supplier for PWP happened to be driving by and reported the fire to Blair Noel. Armed with fire extinguishers Blair investigated, however the blaze was already too large to combat with extinguishers alone.

Calls were made to the USIB logging operations manager Doug Willis and to Ministry of Forests, and in the meantime Blair and several PWP employees began working to control the fire using PWP's own fire truck and loaders.

Doug Willis and two USIB employees arrived and also joined the effort to build a guard around the fire and keep it from the fuel tanks.

With much hard work, perseverance and at great risk to themselves they managed to bring the fire under control and prevented what could have potentially been a devastating fire, particularly if it had spread to the PWP plant site.

Those who fought the blaze were: From Princeton Wood Preservers Ltd., Blair Noel, Gary Zieske, Larry Pryor, Jim Dixon and David Mansfield with Monique Carlson manning the phones and radios. From the

Upper Similkameen Indian Band Doug Willis, Dave Brewer and Butch Ashley, and the coach of the Princeton Posse Dale Hladun who lives across the highway.

I would like to extend my personal thanks to all that were involved. All of your efforts are

Letter To The Editor

Merritt man sticks it to 'em

To The Editor;

The recent Supreme Court ruling in favour of unions, as a fundamental component of democracy, comes as a welcome respite from the delinquent laissez-faire globalism of recent provincial and federal governments. It is remarkable that the Campbell regime's anti-democratic, anti-human rights, anti-Canadian, anti-union legislation lasted as long as it did before being appropriately, officially, and undeniably labeled as trash.

The Globalist political-media machine is consistent in attacking any who invoke political reference to Hitler or the Nazis. It's as if we are being coerced, on general principle, to arbitrarily dismiss any who initiate a comparison to the methodology of the Third Reich.

It may well be that analogies to the Nazi regime are rejected by Globalists, simply because they so accurately apply to Globalists. Hitler was fiercely anti-union. The 'rule of law' referred to whatever Hitler decided the law to be on any given day. The comparison of Nazi technique, and the extreme globalism of the Campbell, Harper, and Bush governments' is certainly legitimate.

greatly appreciated by me, and all the employees at PWP and the USIB who would have been negatively affected if this fire had gotten out of control.

Thank you.

- Elizabeth Everitt, President, Princeton Wood Preservers Ltd.

Unfortunately, we are being programmed to believe that the only acceptable historical reference to the Nazis is within the general context of the holocaust.

I find it shameful that the Globalist political-media machine, by insisting on a singular (holocaust based) Nazi focus, actively restricts our ability to understand, recognize, or refer to the signs of currently ongoing, absolute oriented, political power consolidation. Obviously, they are not interested in spreading knowledge of the fact that so many of the policies being imposed on us by Globalists, today, are simply regurgitated political strategies utilized by Hitler, yesterday.

Gordon Campbell's contempt for the human rights of the people of British Columbia is consistent, in the Globalist sense, with the general institutional movement away from the rule of law currently being implemented by Stockwell Day.

Liberal or Conservative label aside, Campbell and Day are one and the same; they are Globalists.

I have to respect the Premiers of Newfoundland and Nova Scotia,
..... continued on Page 26

Current Comment:

Bird flu warnings have an element of doubt



Dawn Johnson
editor@thenewsleader.ca

There are frequent dire warnings about the spread of bird flu, but a lot of what you hear on TV is just hot air.

We are not likely to experience an epidemic of the fatal virus because there is a lot of evidence that it is primarily confined to major chicken operations.

I don't know if people really understand where their chickens and eggs come from. I was raised on a poultry farm in this valley, and I know a thing or two about bird diseases.

Yes, there are a few bird viruses that can kill, but poultry producers have known about them for a long time and know how to guard against them.

We had problems with serious bird flu called Newcastle disease. We had to kill all of our 1200 chickens to avoid spreading the disease, but how did the disease come to our farm?

We suspected it came from contaminated feed sacks. In those days, we had returnable burlap sacks. The sacks were shipped back to the wheat marketers who simply filled them again and shipped them out.

People back then speculated that it might be spread by migratory birds, but that was highly unlikely. Migratory birds were not dying of the disease.

Today, people are afraid migratory birds will spread the deadly bird flu, but this is unlikely, as most chicken production areas do not allow access to wild birds. Further, if migratory birds were spreading the disease, the outbreaks would be occurring along migratory routes, and that is just not the case.

Birdwatchers and experts on wild birds are quite incensed with so-called authorities who claim migratory birds are potentially hazardous. The people who study wild birds and their migratory routes have noticed the outbreaks of bird flu do not follow the migratory routes.

The absence of bird flu outbreaks in Africa, southeast Asia and Australia (where northern birds go in winter) pretty well proves migratory birds do not spread bird flu.

In fact, bird flu outbreaks follow the routes of highways and railroads. What does this tell us?

First, it tells us that migratory birds are not the source of the spread of bird flu.

Secondly, it tells us that infected chickens, ducks and geese, or products derived from these domestic birds, is likely to travel highways or railroads, not migratory routes.

What products of poultry could be transferring the disease? Chicken manure could be a prime suspect, as it is a favoured form of high quality fertilizer.

The response to the bird flu has been just crazy. No, governments have not declared war on wild birds, but they have declared war on free range chickens. All over the world, poor people have raised a few chickens in their backyards.

Now, in most industrialized nations, it is against the law to raise back yard chickens. This deprives thousands of families in poor countries to raise their primary source of protein, and further deprives them of an opportunity to earn a little extra money.

Furthermore, the deadly form of bird flu did not emerge from back

yard chicken operations. The first outbreak of this flu occurred in industrialized poultry operations, and is still a problem world-wide in these operations. In industrialized operations, chickens (and other poultry) are kept indoors in crowded conditions and permitted little activity.

They are fed just enough to keep them growing. The type of feed is primarily grain.

It is common knowledge in the poultry industry that a virus spreads most rapidly in crowded conditions. Rather than point a finger at Big Chicken industry and their unnatural way of raising birds, so-called experts are blaming wild birds and back yard poultry for the spread of the H5N1 virus.

I do not believe you should have a lot of contact at any time with any bird, wild or domestic, because all birds carry viruses and parasites.

However, I do not like the idea that once again, the biggest producers are dictating who can have chickens and who cannot, and are feeding a lot of bull excrement to the public to justify their dictatorship.

www.thenewsleader.ca

Marketplace Ministry

by Jim Caruso

Listening

We are anatomically well equipped to listen. We have two large receivers, one on each side of our life processor. They are strategically placed on either side of our mouth and nose and to the outside and slightly around the corner from our eyes. With only one mouth and two similar sized ears, we can quickly do the math and conclude that we should listen twice as much as we speak.

Listening is more than collecting sound waves in a given area and then processing these sounds through our organic computer. One person has said to me that we can hear perfectly and still have a listening problem. Listening makes use of all our sensory faculties. Eyes may see the messenger; interpret the body language and connect the presentation of the message with the presenter, but the ears collect the words, discern the tone of voice package that they are delivered in and establish the sincerity of the message. The mouth is prepped and ready to defend, correct or agree to remain silent as the ears continue to collect the said matter.

Listening is an art and a developed skill. Few people are good listeners. One life lesson comes to mind as I ponder this topic. It reminds me of how I developed my listening skills at a very young age. It had to do with what my dad communicated to me without saying one word.

It was a wonderfully warm day. Mom and Dad were out in the yard gardening, while my sister and I were playing on the swing set at the other end of the yard, near the old wooden canopy that used to sit atop the old Ford pick-up. Mom was working in the rock garden and needed a hand to move something. She called out to my Dad, Phil, come and help me over here. He obliged her and immediately went over.

Hearing this and being five years old, I thought that was really neat, I think I'll try it, I said to myself. So, when he was finished helping Mom, I said, Phil, come over here. And he did. Now the setting for this story is in small town British Columbia in the late 50s, a time in history when an offspring at the ripe old age of five were not expected nor allowed to address their parent by their first name.

What took place in the following 30-40 seconds after his arrival at my location helped me learn that all messages need not be spoken to be heard. I never addressed my dad by his first name again; he was and is dad to this day.

We live in a world of sounds, from construction, alarm systems, television, cell phones, ipods, vehicles and numerous voices. Each sound communicates a message and for many hearers, the barrage of sounds can lead to confusion, and an inability to hear. In all these sounds, there is a voice that is speaking constantly; it is the still small voice of the Lord saying, I love you. Would you take time in your daily listening to hear the most important message ever uttered? The message is that, For God so loved the world that He sent His only begotten Son, that whosoever believes in Him would not perish, but have everlasting life. (John 3:16) May I encourage you to hear this sound with your ears and listen in your heart? Take a minute to thank Him for loving you.

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

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Two rabbits enjoy the sunshine last week at Farmer John's Petting Zoo in Keremeos. *

Letter To The Editor

Resident supports petting zoo

To The Editor;
On June 9th I had my 3-year old's birthday party at Farmer John's Petting Zoo in Keremeos. There were fifteen people at the party. Everyone from my 85-year old grandmother to my 8-month old daughter had a wonderful time. Barb, the owner/operator, has such a passion for what she does. It shows in her immaculate place.

The animals are all very well cared for. She even got some kisses from one of the llamas! Barb's knowledge about the animals throughout the tour was helpful so we all knew what to expect and what we could and couldn't do. The staff at Farmer John's is friendly and full of information, as well! Adam, an 11-year old volunteer, was very helpful. He took the kids on a tour through the orchard in the apple cart train and showed them around some more when all the parents were tired! Karla helped ensure the party ran smoothly! She definitely enjoys what she does as well. I highly recommend Farmer John's to people of all ages. It is a

great way to spend an afternoon. In addition to the common goats, rabbits, donkeys and chickens. Farmer John's provides a hands-on, positive experience for kids who may not otherwise ever get the chance to see such animals as llamas, hedgehogs, turtles, chinchillas, etc. And Moms, this is the easiest party I've done yet!
- Nicki Forde, Princeton
Editor's Note: We stopped into Farmer John's last week and Barb - who was not expecting us - gave us the complete tour and what we saw convinced us we will have to stop in again. She has done a tremendous job on her mini-farm by turning it into an educational and interactive experience for all.

Town guarantees float

Town Council has agreed to guarantee a \$20,000 float for the parimutuels during Princeton's horse racing event on Friday, June 29. This is not a new arrangement as it has been done in previous years to support the local race organizing committee. In return, Princeton Racing Days Association insures all aspects of money transactions during the race meet.

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LET'S TALK!

AT YOUR SERVICE!

Summer Vacations Are Important

How To Really Enjoy Your Time Off

The concept of distinguishing between the important and the urgent applies to vacations as well.

The mental tug to work while on vacation - check your e-mail or voice mail - is about the urgent things in life, while the time with your family and away from work is what is important in that period. Too often, the perceived urgency of the work draws us back in.

During a vacation is an especially good time to remain focused on the important, and not merely the urgent things in our lives.

If it is important to work well on vacation then choose when to be plugged in, leaving the BlackBerry and cell phone in the hotel room during the day and setting other boundaries.

If there is a particular thing you have to do, let others know ahead of time and they will probably support you if they understand its importance.

Remember, enjoying your vacation is just as important to the success of your business as it is to you and your family.

Accountant & Business Advisor

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Seniors take bus trip, entertain grade 3's

Summer is nearly here and we older citizens continue to enjoy so much. We had a bus trip to Okanagan Falls where we had a picnic in a lovely park complete

with picnic tables and all conveniences. It was a beautiful sunny day with blue skies and an occasional large fluffy white cloud stately sailing along.

We sang several old well-known songs en route as we noted different wild flowers on the hill sides and the cows with their calves frolicking in the green pastures.

Heritage music slate looks great

Racing Days weekend offers local residents and visitors a lot of musical treats.

Two downtown venues will be in place in Cenotaph Square and in front of the stagecoach house at the museum.

You will hear everything from punk pop to jazz to old English to cowboy poetry. There is Celtic music, blues, country rock, sailor's songs, and oldtime rock from the 1950's.

Bernice and Theresa Niadrok will do a performance of throat singing, Inuit style.

Don Gilbert will entertain with American folk songs.

You will see local performers you will recognize, but you will also see

performers who have come just for the fun of being part of the Sounds of Our Heritage Music Festival organized by Ed Muckle.

None of these performers are being paid. They are generously donating their time and talents so all of us can enjoy our biggest celebration.

There will be bands playing dance music at both venues, so if you cannot keep your feet still, then you can kick up your heels on the asphalt, as the street will be blocked off in some places.

The goal of the weekend is to get out and have fun.

Take the kids and the old folks and your lawn chairs, and have a great time.

At the park we enjoyed the shade of the lovely trees, the people enjoying the water and sand. A sunbather, a young lady doing exercises extremely well, a dog which enjoyed swimming to retrieve sticks thrown in the water.

But our most interest was the ducks which (shy at first) soon became used to us and quarreled over the bits of chips offered them - even eating right from Reet's hand!

Chicken, fries, canteloupe and fresh veggies, juice and water satisfied us. Then we continued on to Tickleberry's Ice Cream to see all their lovely displays (buying some) and then making our choice of flavoured cone we'd like. Well satisfied we returned home, happy but quieter.

Eighteen Grade 3 students and their teachers came to enjoy their lunches with us. Very nice well behaved children. They were happy and excited to play Pictionary with us.

Each drew on our board something designated by the card they drew. Great artists and such eager guesses. They had each made a pretty card with a personal letter wishing us a happy summer and expressing their thanks for having them. Each had a piece of watermelon before their farewell hugs and goodbyes for the summer. We wish them all healthy and happy holidays.

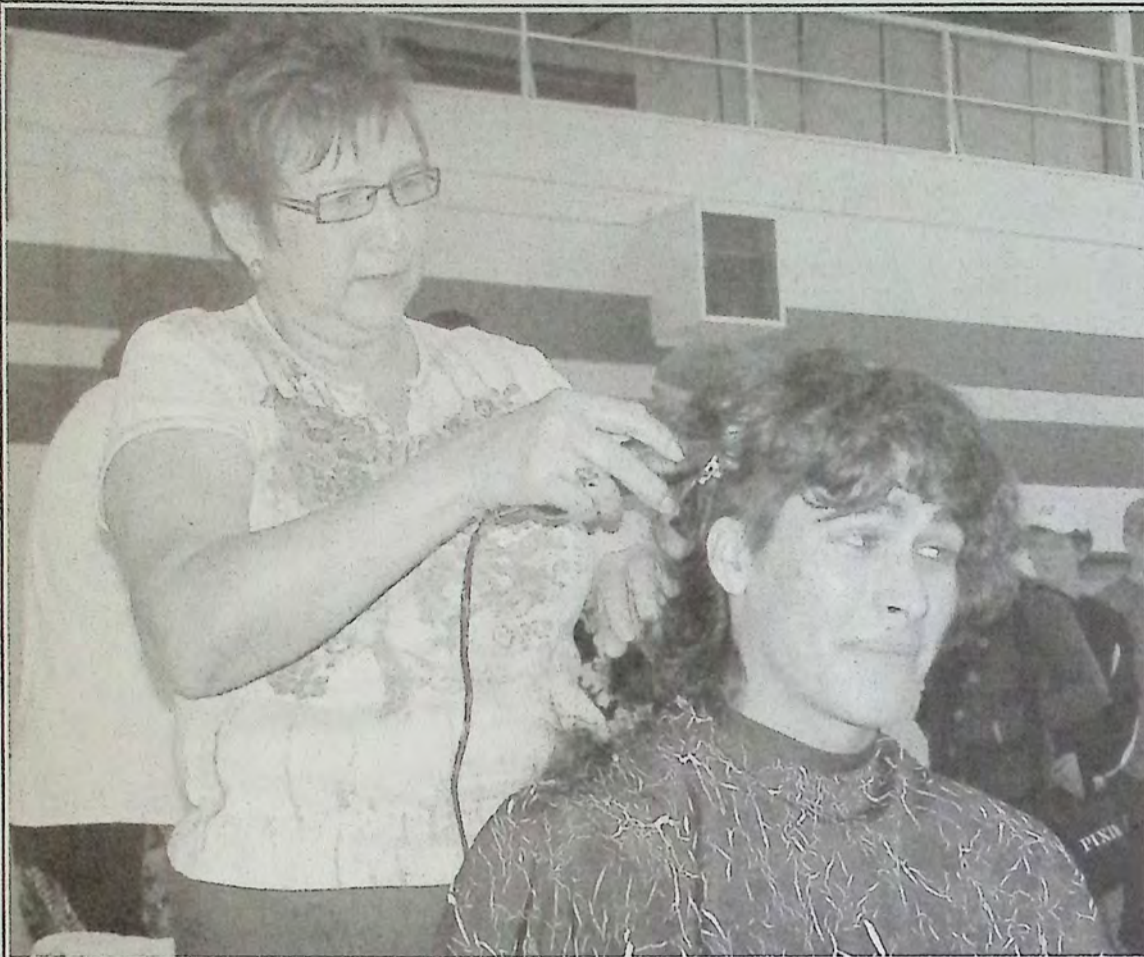
Thanks Aida and volunteers and the use of the bus!
- submitted by D. Stenvold

Letters to The Editor

..... continued from Page 22
not because they are Conservatives or because they are going against Conservatives but, because they are standing up against Globalists. They are representing the people they have sworn to represent. If only Gordon Campbell or Stockwell Day were familiar with the concept!

For her part, Carole James may be delinquent in not committing to legislatively reject Globalist arrangements such as Stockwell Day's 'Deep Integration' or Gordon Campbell's TILMA, neither of which comply with even the most basic requirements of

democracy.
A public notice of intent to prevent the implementation or enforcement of these controversial agreements, prior to their imposition, may come in handy somewhere down the road.
Neither Campbell nor Day have a legitimate mandate to eliminate either the government of British Columbia or the government of Canada, therefore any legislation to that effect must be unlawful.
If these two want to destroy either level of government, let them call an election on the issue, and we'll see if they can garner the mandate.
- Robert MacKay, Merritt



Cecile from The Cut Above shaves Denis Gutierrez-Ogrinc's hair last Friday in PSS gym in what became a huge event where over a dozen students and teachers shaved their heads after collecting donations of money to be used to go towards medical expenses of their classmate Mark Cimbaro. *

Pull back the curtain on what's in our food says NDP

Alex Atamanenko (BC Southern Interior) tabled a private members bill that will pull back the curtains on the secretive and shady world of genetically modified foods. His bill will require the mandatory labeling of Genetically Modified Organisms (GMO) in food.

Atamanenko reintroduced a Private Members Bill last week that would require the mandatory labeling of GM food in Canada.

"Year after year the results of public opinion polls overwhelmingly demonstrate that over 80% of Canadians want products containing genetically modified organisms to be labeled," stated the NDP Agriculture Critic.

"People should have the right to make informed choices about the food they purchase to feed their families. In April 2004 the Canadian government adopted a standard of voluntary labeling claiming they were confident that companies would voluntarily label GM food products in response to consumer demand. I would point

out to the government that after three years of voluntary labeling there is yet to be a single label indicating the presence of genetically modified organisms (GMOs)," observed Atamanenko.

According to Atamanenko, "the government and their partners in the Biotech industry have long claimed it would be far too expensive to implement such a labeling system, pegging the cost to Quebec alone at \$150 - \$200 million. A recent study commissioned by Quebec's Department of Agriculture, estimates that in Quebec the cost would be \$28 million per year for Industry and \$1.7 million for the Quebec government. Considering that the people of Quebec spent \$28 billion in food expenditures, a labeling cost of approximately 0.1 percent of that amount seems very reasonable," stated Atamanenko.

"It is estimated that up to 70% of processed foods sitting on grocery store shelves may contain GMOs.

Over 40 other countries require

mandatory labeling of foods that contain genetically modified organisms (GMOs) including the European Union, Japan, China, Australia and New Zealand. In these countries there was no impact on consumers when labeling requirements were implemented because businesses adopted innovations in management and marketing to absorb the supplemental costs. Why is it that we can offer documentation for non GMO products we export into countries that don't allow these products, but we can't offer the same to Canadian consumers?" demanded the NDP Agriculture Critic.

"This Bill is about consumer choice and the right to make informed decisions about what we feed our families," concluded Atamanenko.

"There no reasonable argument that can be made to deny us such a fundamental right."

The NDP Agriculture Critic was joined by Eric Darier from Greenpeace.

Racing Days Weekend schedule of events

.....continued from Front Page
The morning of Saturday, June 30, at 9:30, the Lions Club hosts a pancake breakfast at Rotary Park. This event includes a duck race, held on Tulameen River if the river is shallow enough at that time. If not, the race takes place in a wading pool.

Princeton's Rotarians organize the Racing Days parade, which takes place at noon on Saturday. The parade theme this year is "The Great Outdoors". Contact Judy Short at 295-0217. Count on some added floats from the three class reunions taking place on the weekend.

Following the parade, the Youth

Ambassador Coronation takes place at Riverside Centre at 1:00 PM.

Vermilion Artists host their annual Art Show June 30 and July 1 in the former Goldion Restaurant on Vermilion Avenue.

If you like to golf, sign up for the mixed tournament for June 30 and July 1.

Saturday evening there will be a dance at the arena featuring Frame 313, well-known in the Princeton area, and the very popular Blackbirds from down the valley. Dance tickets are \$15, advance sales not necessary. There will be food and refreshments at the dance.

A cowboy poetry contest will take place during the weekend. If you wish to participate, see Ed at Image Emporium.

Sunday, July 1, at 1:00 PM, is the time to sing "Happy Birthday" to Canada, and enjoy a birthday cake. Canada is 140 years old this year. There will be small flags available, but if you want to bring your own flag and wave it, feel free to do so. For the kids, Canada Day tattoos will be strategically placed for temporary enjoyment.

For all ages, the swimming pool offers a free swim from 2 - 4:00 PM on Canada Day.

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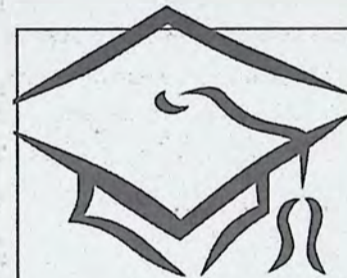


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