



Horses near the finish line in the first race (a 5 1/2 furlong Arabian Allowance) June 29th at Sunflower Downs. Jockey Carolyn Stinn (far right) works her horse (Thee Exiter) to take the win. Stinn finished the 9-race meet as leading jockey winning three races. Full story on Page 11. \*

## Horses, art and music fills weekend

With no less than thirteen different activities scheduled, Canada Day Weekend in Princeton was a busy three days at local businesses, on local streets, in hotels and campgrounds and on the highways. The weekend started Friday afternoon with horse racing at Sunflower Downs. A total of nine races were scheduled and unexpected delays stretched the event well into the evening, but racing fans didn't seem to mind. Saturday started with the annual Lions Club Pancake Breakfast and Duck Race. Other events that started that morning included the

Mixed Golf Tournament at Princeton Golf Club, the Men's Fastball Tournament at Memorial Park which saw a total of seven teams entered and the beginning of the second annual Sounds of Our Heritage Music Festival which featured two complete days of musical entertainment at two downtown venues and highlighted talent made entirely of local musicians. There was the annual two day Art Show hosted by Vermilion Artists in a small section of the former Goldion Restaurant, which got cramped at times when foot traffic ..... continued on Page 24

## Band concert displays local talent

Young and older musicians gave their audience a sample of a wide range of musical talent at the year end concert of Princeton Community Band. The concert was held June 25 at Princeton

Secondary School. Band leader and music teacher Myrna Coates can be credited with bringing out the wide range of talent displayed at the concert. This band has been to Music

Under the K, Vancouver's Santa Claus parade, and Hedley Stamp Mill Days. Coates advises she wants to take the band to Kamloops and Barkerville next year, and is looking for fundrais-

ing activities and volunteers. The concert opened with a fine rendition of O Canada, and followed with a varied selection of tunes from simple for the juniors to much more complex for inter-

mediate and seniors. The music menu included jazz, rock, and folk, and ranged from Gershwin to a selection from the Peer Gynt Suite entitled In the Hall of the Mountain King. The music of Hockey Night in Canada brought smiles from every hockey fan.

There were a number of solos and duets.

Keisha Miller sang to the music of The Lion King. Luke Bae played a Korean folk song. Schuyler Daponte rendered A Sailor's Song on his new accordion.

Casey Herspiegle and Logan Littlejohn did a duet of Pomp and Circumstance, and talented drummers Desire Dunbar and Tyler Johnson filled the gym with some terrific rhythm in their drum duet.

In addition to his talent on the trumpet, Cory Oerlemans was honoured when the band played his own composition called Only One.

The year end concert was a lot of fun for everyone, but the final performance took place on Saturday as the band marched in the Racing Days parade.

## RDOS introduces prevention program

The Regional District Okanagan-Similkameen (RDOS) is undertaking a West Nile Prevention Program which started late last month and will continue throughout the summer.

The RDOS has hired D. G. Regan and Associates (DGRA) to undertake the treatment of areas through the south Okanagan and Similkameen valleys.

The treatments will help reduce

the numbers of mosquito which are known to transmit West Nile Virus to humans.

Pellets coated with specialized bacteria will be applied to mosquito breeding areas including rain water catch basins, swamps and other mosquito breeding habitat. The bacteria only affect mosquitoes in their larval stage as they grow in stagnant water. The bacteria is not harmful to fish or

amphibians. The RDOS will be using a helicopter to get to areas away from open roads.

Andrew Reeder, RDOS Engineering Services Manager, urges everyone to reduce their exposure to mosquitoes.

"Protect yourself from being bitten by mosquitoes," states Reeder. "With the potential for the West Nile virus to enter British Columbia sometime this year it is even more important."

Common ways to reduce the chance of being bitten include:

- wear long-sleeved, light coloured clothing
- use mosquito repellent, especially around dusk or dawn
- remove standing water around your yard collecting in tarps, gutters, pool covers, unused flower pots and car tires

## New feature starts this week

So you think you know how to solve Sudoku? Princeton's Carter Boswell has created his own

Sudoku game generator and the 'number puzzles' will appear two at a time in the Similkameen News Leader.

This highly addictive logic game is in our weekly TV Guide section and we'll even give you the answers the same week elsewhere in the paper!



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Vermilion Artists hosted their annual Art Show June 30th and July 1st at the former Goldion Restaurant.\*

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## FINANCIAL FOCUS

### How To Turn Your Needs Into Goals

When it comes to money, everybody's objectives are different. By paying close attention to what you need and want from your finances and investments, you'll have a better chance of getting ahead in your financial life.

It's important to differentiate between needs and goals. This will help you allocate income to the areas of your finances that require immediate attention, as well as plan and invest for the long-term.

To put both needs and goals into focus, try thinking of your financial life as a pyramid. This will allow you to establish a hierarchy of financial needs, and help you develop a logical, systematic approach to formulating and meeting your goals.

At the base of the pyramid are your foundation needs. They form the foundation because they're related to financial security. These are everyday items to which you must devote part of your income - including shelter, food, clothing, health care, taxes and other daily living items.

Other necessities that should be considered part of the foundation include insurance and a cash fund for emergencies. Adequate life, disability, critical illness and long-term care insurance are essential to your and your family's financial health. Proper insurance coverage means you and your family won't experience financial hardship if you can't work because of a serious health problem, or if you die.

Higher in the pyramid are lifestyle needs. Once the foundation is in place, you can focus on these longer-term requirements. Lifestyle needs can include paying down the mortgage, saving for your children's education, retirement savings, money for vacations and travel, buying a second home and even building an estate to leave to your heirs or charity. Whatever your needs, it's important that they be clearly defined.

Once your needs are established, it's time to establish goals. You transform needs into goals by assigning specific dollar amounts and time horizons. Once your goals are in place, you can devise a savings and investment strategy for reaching them.

Take retirement, for example. You know you need a comfortable income when you leave the work-place. But you must also know how much money is involved and how much time you require to meet that need.

You must determine the level of annual income you'll require in retirement, as well as other financial commitments. For example, if you plan to buy a home in the southern United States and retire as a snowbird, you'll need money to buy the house, as well as regular income for living expenses. When you know how much money is necessary, you must determine how much wealth you'll have to accumulate. Then you can calculate what you should save and invest every year from now until retirement age, and the level of investment returns you'll require.

It works the same way for other long-term goals. When are your children going to attend university or college, and how much will it cost? Then you can determine how much to save and invest from now until then.

A financial professional can help you assess your needs and work out your goals. With financial help you can establish a savings and investment plan that will ensure your financial objectives are reached.

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Princeton's new Youth Ambassador is Madison Johnston, who was sponsored by Princeton Co-Gen.\*



Celtic Spirit performs on the main stage June 30th as part of the Sounds of Our Heritage Music Festival.\*



The Regional District Okanagan Similkameen (RDOS) warns Princeton area residents to be on the look out for this plant - the toxic weed 'Leafy Spurge.' Photo submitted

## Toxic weed alert for area residents

Rural Princeton has seen an increase in populations of a toxic weed that has local weed experts concerned.

Leafy Spurge (*Euphorbia esula*) was first detected in the area in the early 1990's. Lisa Scott, Invasive Plant Program Coordinator for the Regional District Okanagan-Similkameen, explains that the removal of leafy spurge is important, as it is harmful economically and ecologically. It is currently in bloom and is readily detectable, so now is the time for action.

This deep-rooted perennial typically grows to a height of 1 metre (3 feet). It reproduces by vegetative re-growth from spreading roots and by the production of large quantities of seeds that are often dispersed by birds, wildlife, humans, and in rivers and streams.

Plants are able to maintain high root reserves through an extensive root system, ranging from a massive network of small lateral roots near the soil surface to deep, penetrating taproots that may extend to depths of 3 to 7 meters (9 to 21 feet). This ability to maintain high root reserves permits the plant to recover quickly from physical and most chemical damage. The stems are thickly clustered and have narrow, 2.5 to 10 cm (1 to 4 inches) long leaves that are alternately arranged along the stems. The small flowers are yellowish-green, arranged in clusters, and enclosed in yellow-green bracts.

It is most easily confused with cypress spurge, also a Eurasian plant. Leafy spurge is much taller with wider leaves. While leafy spurge is a considerably more aggressive and prolific plant, Scott urges landowners to control both species.

Leafy spurge infests more than

five million acres of land in the U.S. and western Canada. It reduces rangeland productivity and plant diversity, degrades wildlife habitat, displaces sensitive species and drastically reduces land values. If not aggressively managed, this Eurasian import can dominate landscapes ranging from grasslands to riparian areas and open coniferous forests.

When damaged, the leaves and stems of leafy spurge produce a milky latex that is poisonous to some animals and can cause blistering and irritation on skin. The digestive tract is similarly affected when this plant is eaten by some animals. In cattle it causes scours and weakness, but can result in death if copious amounts are consumed. Cattle usually refuse to eat leafy spurge unless it is a contaminant of hay or when better forage is not available. Sheep, however, can graze infested areas without injury and may be useful in controlling spurge population.

If you discover leafy spurge on your property, Scott urges caution when handling the plant. "The milky latex can cause irritation, blotching, blisters, and swelling in sensitive individuals. Gloves should be worn at all times and eyes should never be rubbed until after hands are thoroughly washed." Small patches should be carefully dug-out prior to seed production, with removal of as much of the root system as possible.

The area should be seeded to perennial grasses to prevent re-establishment of the spurge. Annual monitoring and re-treatment is imperative to ensure complete removal of the weed. Where infestations are large, Scott indicates that biological control - the introduction of the plant's natural

insect enemies - is the only long-term management strategy. A flea beetle that consumes the shoots and leaf tips of spurge has shown the greatest promise, reducing the weed's vegetative cover by as much as 95%.

To report infestations of leafy spurge, contact Scott at (250) 492-0237 or email info@rdos.bc.ca. For more information on leafy spurge and other invasive plants, go to the website: www.weedsbc.ca. - submitted

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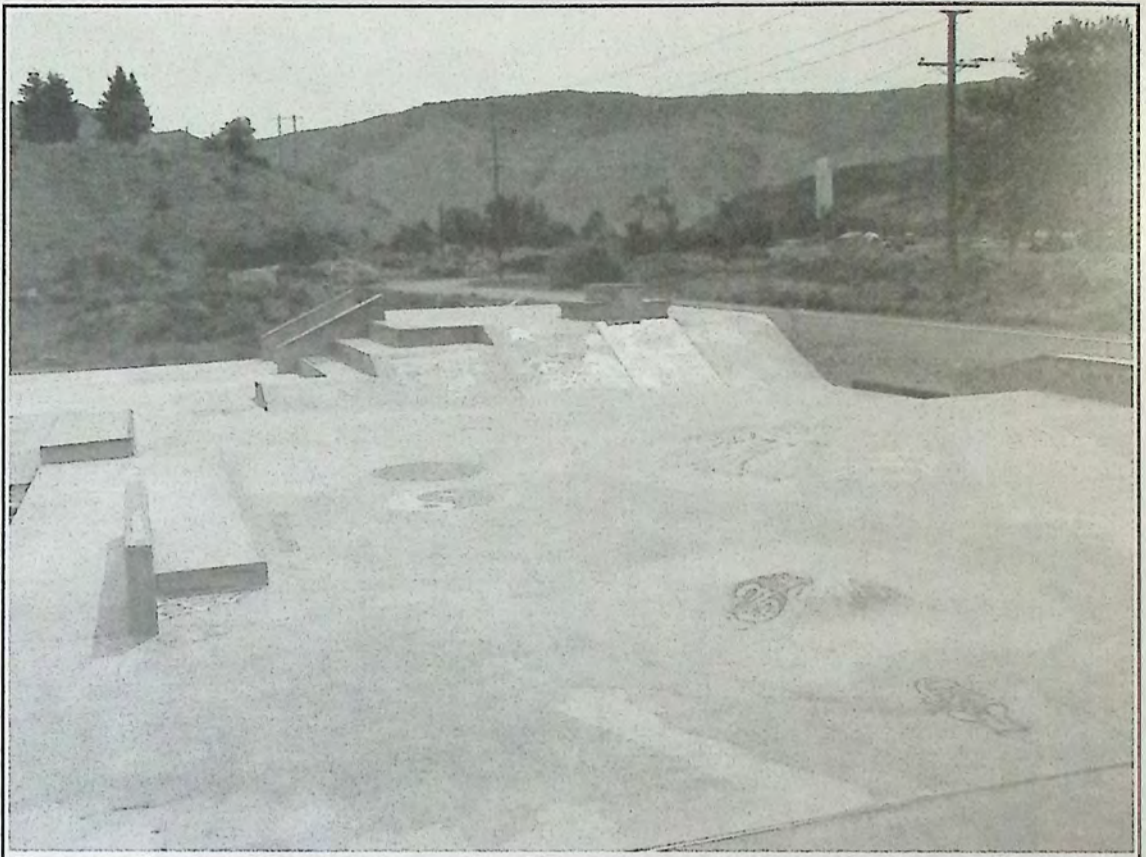
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## keremeos and area news



Keremeos Skateboard Park is only a portion of the newly developed Lower Similkameen Youth Park, which contains a BMX track. The facility will officially open on July 7th. \*

## Keremeos creates facility for youth

Young people in the Keremeos-Cawston-Olalla area now have a place to call their own. July 7th is the Grand Opening of the Lower Similkameen Youth Park. The Park features an 8,000 square foot skateboard and BMX facility designed by New Line Skateparks.

Keremeos Councillor Terry Zeller praised the work of the volunteer committee.

"They began fund raising by collecting bottles and selling hot dogs. Then with the help of the Village, Similkameen Valley Planning Society and community organizations they successfully applied for grants. This could not have happened if the community did not get behind it."

The South Okanagan was a major source of funding of the Youth Park. The Sun FM Miracle Fund, Penticton Auto Dealers

Association and the Community Foundation of the South Okanagan were major contributors. Other major funders were the Olympic/Paralympic Live Sites program, BC Gaming Commission and the Vancouver Foundation.

Grant-giving organizations will receive a plaque in recognition of their generosity. Similkameen Valley EDO Michael McLaughlin will receive a plaque in recognition of his fundraising assistance.

The cost of construction was \$110,326.04. Land was donated by the Village of Keremeos. In-kind donations by local businesses and hundreds of hours of volunteer effort made important contributions. The facility includes washrooms. Landscaping and a half basketball court will be added soon.

The Youth Park was begun in

response to youth vandalism. Youth claimed they had nothing to do and that the community did not care about their needs. Completion of the project signals that the community does care about the needs of its young people.

Keremeos Mayor Walter Despot suggests the community can do more for its young people.

"This youth facility is an excellent example of Valley co-operation amongst local governments. As Mayor of Keremeos, I urge the youth of the area to take pride in their skateboard facility. The Village Council is receptive to our youth coming forward with further needs of the younger community. I congratulate all participants in bringing this park to fruition."

The facility will be managed by the Similkameen Recreation Committee. -submitted



This wheelchair ramp provides access to the Keremeos Promenade, a loop walking path that follows a portion of the Similkameen River dyke and KVR right-of-way, created by the Village of Keremeos and the Similkameen Trails Society. The Promenade was officially opened in a ceremony on July 1st. \*



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## news leader health and lifestyle page

### Kid-sized portion tips for lunches and snacks

(NC) - Children's portions are smaller than adult portions. The lunch experts at Wonder offer these tips to help you plan kid-sized lunches and snacks.

- ◆ Pack ready-made snacks. Pack healthy, bite-size snacks into a baggie, such as baby carrots, grapes, cherry tomatoes or crackers.
- ◆ Make mini sandwiches. Use a

cookie-cutter to create fun but smaller-sized sandwiches, or use a kid-friendly 85 g (3 oz) Wonder+ Square Bagel instead of a regular 112 g (4 oz) bagel.

- ◆ Buy single-serve products. Pack one individual juice box or applesauce, and select unsweetened or low-sugar products. Some stores sell smaller, child-size products - a

great choice for little ones.

◆ Follow the nutrition table on the package. Recommended serving sizes are a good way to decide how much to pack or serve. If the table states three crackers, serve your child three crackers.

More information is available online at [www.wonderbread.ca](http://www.wonderbread.ca).  
- News Canada

### Childhood vaccination - are our children protected?

(NC) - With most recommended childhood vaccinations covered by provincial and territorial programs, one would think that children in Canada would be up-to-date with their immunizations, providing protection against potentially serious diseases.

So, why do the statistics show the contrary? Despite parents' natural instinct to protect their children, a recent study showed that upwards of one-third of Canadian children are behind in their immunizations by age two.

"One of the biggest successes in public health has been immunization, however, because of the busy pace of life, a parent may fall behind in keeping their child's immunizations up-to-date at a period when they are at most risk of getting ill," says Ann Douglas, author of *The Mother of All series*.

"Kids easily spread illness at daycare or school by sharing toys and through hand-to-mouth contact."

Since its introduction in Canada, immunization has eliminated diseases such as polio and has made major advances in reducing outbreaks of meningitis.

More recently, the vaccine Prevnar has been making progress in reducing pneumococcal disease caused by bacterial infections. As of January 2006, it is free to newborns in each province and territory across Canada.

A 2006 study in the *Journal of the American Medical Association* has shown that keeping to recommended vaccination schedules of Prevnar has reduced the number of serious bacterial disease in US children by the thousands. Experts agree that they expect to see the same reduction in the number of pneumococcal diseases in Canada over the next few years. Prevnar reduces a child's risk of developing these diseases by over 90 per cent.

Keeping on track with immunizations is very important, not only for the prevention aspect but also for enrolment in daycare, summer camp or school for which parents are often required to provide immunization records. Not having up-to-date information may create issues

with enrolment.

To make it easier to keep track of vaccination schedules, particularly in the busy first year of a child's life, parents now have a new online tool. The Mother of All Immunization Trackers is the first-of-its kind online resource, with recommended vaccination schedules for each province and territory. Free, secure and entirely confidential, this tool provides

parents with one-stop vaccination information and the ability to store their child's immunization records. E-mail alert options help keep track of upcoming vaccination dates.

To register your child and learn more about childhood vaccinations and to sign your child up for the tracker tool, visit [www.canadaimmunization.com](http://www.canadaimmunization.com).  
- News Canada

## living past 100

### Different perspectives on osteoporosis

Osteoporosis means "porous bones". Those with osteoporosis have lower than normal bone density. This condition was believed to be a concern primarily for post-menopausal women, but it is now clear that at least 20 per cent of men may have it.

The answer to loss of bone density used to be "take more calcium" but due to the increasing incidence of osteoporosis, medical researchers are taking new approaches to the problem.

The first thing we need to know about osteoporosis is that merely taking calcium is not good enough to stop or correct the loss of bone. Calcium must be accompanied by magnesium, a mineral which gives bones strength. North American adults show a low level of magnesium, primarily because they do not eat enough fruits and vegetables on a daily basis. A study in the United States showed that women who took 250 to 750 mg. of magnesium per day had an increase in bone density even though they did not radically increase their calcium intake. Research has shown that the hip and spine are more dependent on magnesium than other bones, and these are the two areas of the body where osteoporosis tends to show up first.

Magnesium is a mineral that prevents calcium from lodging in soft tissues, which may cause kidney stones and arterial plaque as well as calcification of the joints. Magnesium is an agent that puts the calcium where it is needed. Magnesium is required by one of the enzymes involved in bone formation.

Another important mineral to go along with calcium is strontium. Research has shown that daily supplementation with strontium increases bone density, but there is a problem with strontium. It must be taken two hours after a meal and two hours before a meal, which means mid-morning or mid-afternoon for most of us. This may not be convenient for everyone.

Calcium fructoborate is found in wild blueberries, and is a bone formation enhancer. Calcium fructoborate brings another essential element in bone formation: boron. In calcium fructoborate, the boron is in a form readily used by our biological make-up. Calcium fructoborate helps make bones denser.

Researchers have found that a powdered preparation consisting of calcium gluconate lactate and calcium fructoborate is the best form of calcium supplement because it is soluble in the digestive system.

Medical practitioners will prescribe a pill to be taken weekly that will encourage bone density. This medication should be taken in conjunction with calcium and other supplements for best results.

Acidity in the body can lead to loss of bone density. Calcium is the body's defense against too much acidity, and it will draw calcium from the bones if needed. It is important to maintain the body in an alkalized condition, which is best achieved through a diet high in fruits and vegetables. Calcium feeds the nervous system. When a person is highly stressed, the body's mechanisms will go into high gear to relieve the nervous system, and will steal calcium from the bones to create balance. Reducing stress levels naturally by avoiding stressful situations can do a lot for your bones.

Last, but not least, nothing happens no matter how many pills and supplements you take if you do not walk. Walking is the best exercise for bone strength and maintaining bone density. Going for a daily walk will build your bones and keep your heart healthy. Do it!



Shirley's Arts & Crafts hosted an Art Show and Sale featuring the work of Nathan Pinsent on June 30th. Pinsent, posing above with a piece of his artwork inspired by his current home in northern Saskatchewan, has many friends and acquaintances in the Similkameen. \*

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## PSS announces Honour Roll

Here is the final term Honour Roll for Princeton Secondary School.

Principal's List - Grade 8 - Rachel Halipchuk, Skylar Daponte and Meagan Haayer.

Grade 9 - Daniel Howarth, Helen Bibby, Makenzie Johnston, Alyssa Larsen, Danielle Hassell, Cayden Johnson, Karis Bergsma and Kelsey Banks.

Grade 10 - Rachel Vinthers, Rachel Jung, Allana Garton and Brittani Clifton.

Grade 11 - Claire Bibby, Julia Halipchuk, Kaila Musgrove, Candace Klassen and Tiffany Mervyn.

Grade 12 - MaryAnn Campbell.

Gold List - Grade 8 - Jessica Dennis, Jessy Coers, Taylor Kostiuk, Kourtney McInroy,

Jordyn Senger, Taniel Bishop, Ian McKenzie, Melissa Morosse, Kira Miller, Katelin Marshall, Daysen Allen, Mark Cimbaro, Keaton Ashley and Brandon Artis.

Grade 9 - Alexa Musgrove, Brittany Folk, Willem Maritz, Julia Crimmon, Caitlin Merenick, Mitchel Lamoureux, Colton Williams, Nicholas Yee, Cori White, Levi Dube, Rachel Hoiland, Joseph Powell, Jared Fenrick, Cody MacDonald and Mariah Liddicoat.

Grade 10 - Elizabeth Szekely, Katelyn McInroy, Carley Brewer, Jenny Laska, Samantha Goodman, Thomas Smyth and Clint Cook.

Grade 11 - Matia Tolmie, Blaine Lueke, Brian Shewchuk, Courtney Webb, Madison Johnston, Chantelle White, Ty Senger,

Kayley Thomas and Justin Hilton.

Grade 12 - Bradley Haigh, Keith Vinthers, Ian Stout, Amy Burke and Denis Gutierrez-Ogrinc.

## Work continues on Fair

Fall Fair members continue to work hard on preparations for the fair. Terry Inglis and Dan Kastor have replaced an area of sidewalks in front of the buildings, and will continue the job, as well as renewing the horseshoe pits.

Other members are working on a new version of the prize list booklet. President Linda Allison brought a booklet from Fort St. John showing their format, which is similar to the new format planned for Princeton's fair. The booklet will be available at the beginning of August.

April Earle is making a lot of contacts to bring entertainment to the fair for youth. She is checking on whether the fair could book the Brian Couture logging show.

There will be chuckwagon races

again, but there are negotiations taking place to have lawnmower racing as well.

The fair will offer a pancake breakfast this year along with entertainment in the refreshment area.

The decision was made that every person entering the gate must pay admission except for those people putting in a full day as a volunteer or those who have paid a vendor's fee.

Vendor forms will be sent out soon. No vendors competing with the Fall Fair concession stand will be accepted this year.

Volunteer groups and service organizations who wish to promote their activities will be given a free space somewhere on the grounds.

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John Allison Elementary School's Kindergarten class spent part of a day last week at Princeton's Splash Park. Here are two of those students cooling off with two water cannons. \*

## School presents annual awards

Vermilion Forks Elementary School held an awards ceremony last Thursday to present annual certificates of recognition.

Here is the complete list of Awards Day recipients:

**Service Awards** – Brooke Kassa, Cassidy McCutcheon, Megan Liddicoat, Destiny Earle, Lydina Hunt, Morgan Whelpton, Colby Williams, Taylor Robillard, Kaylin Burstall, Amy Brewer, Kelsey Crawford, Morgan Reichert, Brandt Fenrick, Jordan Palumbo, Brooke Botcher, Cameron Vinthers, Danielle MacLellan, Logan Littlejohn, Chance Clarke, Nathan Howarth, Jesse Murray, Craig Leochko, Jessie Badger, Felicia Northway, Alida Kleyn, Michael Dunn, Brandy Johnson, Taylor Snihur, Kennady Holland-Krenn, Justeen McIntosh, Kendra Krenn, Ryley Smeaton, Dillon Mervyn, Graham Bibby, Clayton Jung, Zabrina Goodman, Katie Lamoureux, Courtney Hassell, Allana Michaud, Dylan Lueke and Justin Powell.

**Student Council** – Amy Brewer (Prime Minister), Brooke Botcher, Morgan Grigg, Jacinda Esselink, Brianna Musgrove, Angie Marshall, Emily Allison, Kennady Holland-Krenn, Brooke Christianson, Daniel Kostiuk, Paige Wiren, Desiree Dunbar, Taylor Robillard, Courtney Hassell, Felicia Northway, Katie Lamoureux, Kelsey Crawford, Emily MacMurdo and Tyler Johnson.

**Artistic Awards** – Carmen Brodie, Stacey Hunt, Kennady Holland-Krenn, Brooke Kassa, Morgan Whelpton, Taylor Artis, Angie Marshall, Dallas Earle, Amanda Jackson, Kara Ziemann, Tyler Johnson, Alida Kleyn, Mia Crawford, Kyla Coyne, Meghan

Hunt, Breanne Lindley, Chance Clarke, Randee Kassa, Drayden Larsen, Tina Elmgren, Colby Williams, Jesse Murray, Morgan Reichert, Brandy Johnson, Hannah Crawford, Shaylyn Douglas, Brynn Johnson, Kaley Belanger, Mags Fritz, Desiree Dunbar, Emily MacMurdo, Graham Bibby, Ellen Williams, Michelle Freeman, Felicia Northway and Kelsey Crawford.

**Athletic** – Meghan Hunt, Reuben Howarth, Jacinda Esselink, Angie Marshall, Clayton Obee, Zabrina Goodman, Craig Thompson, Quinn Murray, Eric Hardin, Nathan Garton, Hannah Crawford, Dylan Lueke, Taylor Carmichael, Daniel Kostiuk, Shania Bertucci, Colby Williams, Kirsten Haayer and Mia Crawford.

**Band** – Tyler Johnson, Desiree Dunbar, Logan Littlejohn, Nathan Garton, Keisha Miller, Daniel Kostiuk, Amanda Koebel and Casey Herspiegel.

**Achievement** – Kaley Belanger, Dallas Earle, Tyler Smeaton, Dillon Mervyn and Colton Calihoo.

**Honour Roll** – Meghan Hunt, Stacey Hunt, Morton Johnson, Craig Thompson, Alex Burke, Ryan Grgich, Brooke Christianson, Jeannine McIntosh, Carmen Brodie, Jacinda Esselink, Kendra Krenn, Brooke Botcher, Kyla Coyne, Brooke Kassa, Cassidy McCutcheon, Taylor Carmichael, Reuben Howarth, Krystoffer Krenn, Darren Morton, Carver Carrat, Casey Herspiegel, Shaylyn Douglas, Brynn Johnson, Breanne Lindley, Bradley Palumbo, Leigha Driver, Kolten Smith, Cathy MacMurdo, Cassidy Wilson, Chance Clarke, Daniel Kostiuk, Charlie Allison, Makalea Parker-

Moldowan, Derek Northway, Wyatt Crimmon, Drayden Larsen, Austin Thibert, Kirsten Haayer, Colby Williams, Ayrton Hunt, Kara Zeimann, Kaylin Burstall, Hannah Crawford, Dylan Lueke, Katrina Morton, Shania Bertucci, Taylor Artis, Michael White, Desiree Dunbar, Emily MacMurdo, Ryder Stone, Nathan Howarth, Taylor Robillard, Amanda Jackson, Graham Bibby, Kelsey Crawford, Courtney Hassell, Jordan Palumbo, Felicia Northway, Ally Myers, Keisha Miller, Brayden McKenzie, Amanda Koebel, Angela Marshall, Morgan Reichert, Clayton Jung, Zabrina Goodman, Tyler Johnson, Amy Brewer, Mia Crawford, Brady Johnson, Alida Kleyn and Zac Thompson.

**Academic Excellence** – Drayden Larsen, Brynn Johnson, Bradley Palumbo, Cassidy Wilson, Angie Marshall, Kirsten Haayer, Alida Kleyn, Meghan Hunt, Daniel Kostiuk, Brianna Musgrove, Desiree Dunbar, Amanda Jackson, Jordan Palumbo, Reuben Howarth, Chance Clarke, Paige Wiren, Nathan Garton and Kelsey Crawford.

**Citizenship** – Brooke Botcher, Destiny Earle, Jacinda Esselink, Charlie Allison, Taylor Robillard, Colby Williams, Taylor Snihur, Taylor Carmichael, Kendra Krenn, Ryley Smeaton, Michael White, Nathan Garton, Kelsey Crawford, Courtney Hassell, Chance Clarke, Logan Littlejohn, Clayton Obee, Colton Calihoo, Felicia Northway and Alida Kleyn.

**T-Bird Spirit** – Megan Liddicoat, Tyler Johnson, Emily Allison and Felicia Northway.

**Top All-Around Student** – Dylan Lueke, Nathan Garton and Amy Brewer.



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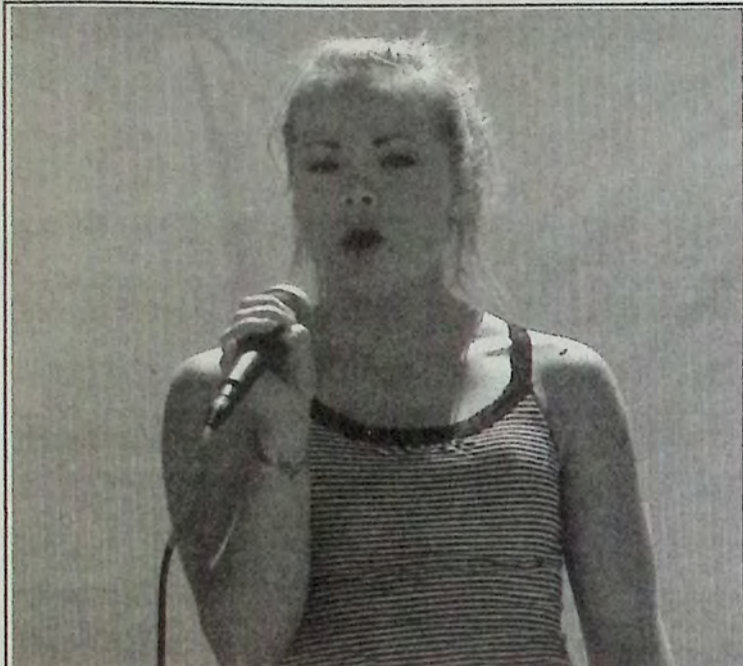
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# School awards student achievement



Kristie McIvor performs on the main stage downtown during the Sounds of Our Heritage Music Festival on June 30th. \*

Princeton Secondary School honoured students last week with their awards ceremony. The winner's list is as follows:

Most Improved – Frankie Reichert, Ian McKenzie, Kiel Liberatore, Luke Bae, Samantha Goodman, Jamie Thompson, Kaylie Whincup, Cody Edwards, Kandice Simpson and Brain Burnstad.

Most Improved (French 8) – Justin Milligan.

Citizenship and Service Award – Miranda Grigg, Meagan Burke, Levi Dube, Dustin Haigh, Samantha Goodman, Cori White, Jamie Thompson, Nick Coers, Terrance Stadler, Jen Walton, Mike Date, Des Cosman, Cody MacDonald, Brad Haigh, Keith Vinthers, Joe Powell, Brent Shalla, Jamie Thompson, Luke Bae, Jane Bae, Julia Halipchuk, Carley Brewer, Kayley Thomas, Kaila Musgrove, Cody Edwards, Kandice Klassen, Danielle Hassell, Helen Bibby, Kail Glowacki-Sutter, Rachel Hoiland, Madison Johnston and Robert Cathro.

Junior Computers – Brittani Clifton, Katelyn Simpson, Karis Bergsma, Rachel Hoiland, Makenzie Johnston, Vion Maritz, Cori White and Danielle Hassell.

Senior Computer Application – Alana Garton, Nick Obey and Samantha Goodman.

Secondary School Apprenticeship – Cliff Lindley.

Junior Foods – Nick Yee, Levi Dube and Julia Crimmon.

Senior Foods – Mike Date.

English Literature 12 Highest Academic Achievement – MaryAnn Campbell. Honourable Mention – Claire Bibby.

English 11 Highest Academic Achievement – Tia Tolmie. Honourable Mention – Candace Klassen.

English 10 Highest Academic Achievement – Rachel Vinthers.

English 9 Highest Academic Achievement – Alyssa Larsen. Honourable Mention – Helen Bibby, Karis Bergsma and Makenzie Johnston.

English 9A – Brent Shalla.

English 10A – Sheldon Bothe.

Planning 10 – Brittani Clifton and Rachel Vinthers.

Junior Industrial Education (Kristofer Lind Memorial) – Dan Howarth.

Senior Industrial Education (Haker Memorial) – Keith Vinthers and Brad Haigh.

Outstanding Achievement (Drama) – Tia Tolmie.

Junior Metalwork – Jamie Thompson.

Senior Metalwork – Keith Vinthers.

Power Mechanics – Joe Powell.

Auto Mechanics – Brad Haigh.

Junior Woodwork – Brittani Clifton.

Senior Woodwork – Marcel Lamoureux.

Junior Textiles – Helen Bibby and Danielle Hassell.

Senior Drama/Acting – Tia Tolmie.

Art Foundations 11/12 – Claire Bibby.

Visual Arts 8 – Jordan LaPierre, Brandon Artis, Jessica Dennis and Melissa Morosse,

Visual Arts 9 – Alyssa Larsen, Cayden Johnson, Helen Bibby and Rachel Hoiland.

Visual Arts 10 – Chloe Littlejohn.

Visual Arts 11 – Hannah Donohoe and Kelsey MacDonald.

Visual Arts 12 – MaryAnn Campbell.

Ceramics and Sculpture (Junior) – Kael Glowacki-Sutter.

Ceramics and Sculpture (Senior) – Chantelle White.

Top Ceramics Award – Kelsey MacDonald.

Junior Drafting – Nick Obey.

Senior Drafting – Julia Halipchuk.

French Awards – Skylar Daponte, Rachel Halipchuk, Daniel Howarth, Helen Bibby, Rachel Vinthers and Courtney Webb.

Social Studies 9 (Top Student) – Mackenzie Johnston and Helen Bibby. Most Improved – Keaton Phillips.

History 12 (Top Student) – Kyle

Markin.

Social Studies 11 (Top Student) – Claire Bibby. Most Improved – Tia Tolmie.

Social Studies 8 (Top Student) – Rachel Halipchuk.

English 8 (Top Student) – Rachel Halipchuk.

Science 8 (Top Student) – Rachel Halipchuk.

Science 9 (Top Student) – Dan Howarth.

Science 10 (Top Student) – Elizabeth Szekely and Rachel Vinthers. (Most Improved) – Cory Berkers.

Earth Science 11 (Top Student) – Ty Senger.

Biology 11 (Top Student) – Kaila Musgrove.

Biology 12 (Top Student) – Claire Bibby.

Math 8 (Top Student) – Skylar Daponte and Jessica Dennis.

Math 9 (Top Student) – Helen Bibby and Rachel Halipchuk.

Math 10 (Principles – Top Student) – Brittani Clifton. (Applications – Top Student) – Nick Obey.

Math 11 (Principles – Top Student) – Julia Halipchuk. (Applications – Top Student) – Tia Tolmie.

Math 12 (Principles – Top Student) – Brad Haigh and Ian Stout.

Chemistry 11 (Top Student) – Claire Bibby.

Chemistry 12 (Top Student) – Steve Kovacs and Danny Hillman.

Physics 11 (Top Student) – Kaila Musgrove.

Physics 12 (Top Student) – Kaila Musgrove, Claire Bibby and Julia Halipchuk.

PE 8 (Top Student) – Rachel Halipchuk.

PE 9 – Marlee Rice, Kael Glowacki-Sutter and Helen Bibby.

Senior PE – Cory Berkers and Brittani Clifton.

Social Studies 10 (Excellence) – Samantha Goodman.

Social Studies 11 (Excellence) – Julia Halipchuk.

Band (Conscientious Clarinetist) – Luke Bae. (Enthusiastic Musician) – Jane Bae. (Master Musician) – Skylar Daponte.

(Supportive Musician) – Kira Miller. (Dedicated Musician) – Mariah Liddicoat. (Iron Man) – David Ashley.

Special Award – BC Innovation Council Science Achievement Award – Ian Stout.

Top Academic Students – Grade 8 – Rachel Halipchuk.

Grade 9 – Daniel Howarth, Helen Bibby, Makenzie Johnston and Alyssa Larsen.

Grade 10 – Rachel Vinthers.

Grade 11 – Claire Bibby, Kaila Musgrove and Julia Halipchuk.

Grade 12 – MaryAnn Campbell.

Top All Around Students – Grade 8 – Rachel Halipchuk.

Grade 9 – Helen Bibby.

Grade 10 – Rachel Vinthers.

Grade 11 – Julia Halipchuk.

Grade 12 – MaryAnn Campbell.

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**LET'S TALK!**

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**15 Reasons You Need A Business Plan Part 1 of 3**

Whether you're just starting out, growing your business or seeking outside help, a well thought out business plan is the vehicle you need to get you there.

Why do you want a business plan? You already know the obvious reasons, but there are so many other good reasons to create a business plan that many business owners don't know about. So, just for a change, let's take a look at the less obvious reasons first and finish with the ones you probably already know about. Think of this as a late-show top 10, with us building up to the most important reasons you need a business plan.

**15. Set specific objectives for managers.**

Good management requires setting specific objectives and then tracking and following up. I'm surprised how many existing businesses manage without a plan. How do they establish what's supposed to happen? In truth, you're really just taking a short cut and planning in your head - and good for you if you can do it - but as your business grows you want to organize and plan better, and communicate the priorities better. Be strategic. Develop a plan; don't just wing it.

**14. Share your strategy, priorities and specific action points with your spouse, partner or significant other.**

Your business life goes by so quickly; a rush of answering phone calls, putting out fires, etc. Don't the other people in your business life need to know what's supposed to be happening? Don't you want them to know?

**13. Deal with displacement.**

Displacement is probably by far the most important practical business concept you've never heard of. It goes like this: "Whatever you do is something else you don't do." Displacement lives at the heart of all small-business strategy. At least most people have never heard of it.

Part 2 of 3 coming next week!

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Princeton Merchants hosted a Mens Fastball Tournament in Memorial Park over Canada Day Weekend. A total of seven teams were entered in the event. Action above shows a local player avoiding a close pitch. \*



Princeton Mayor Randy McLean's fashion statement makes it obvious he's a proud Canadian. He spoke at the Canada Day Ceremonies July 1st in Cenotaph Park. \*



2007 Youth Ambassador Madison Johnston, right, helps hand out birthday cake during the Canada Day Celebration July 1st in Cenotaph Park. The rest of the new royalty also helped with the cake. \*

# weekly entertainment guide

TUESDAY, JULY 3, 2007 THROUGH MONDAY, JULY 9, 2007



Horses charge out of the starting gate during last Friday night's horse races at Sunflower Downs. \*

## Racing kicks off weekend

Canada Day weekend started with the 39th running of Princeton Racing Days at Sunflower Downs.

There were a total of nine races on the card.

The first race, an Arabian Allowance, saw Thee Exiter finish in first with RCF Aura-Leigh second and Rising Son RC third.

The winning horse paid out \$4.00 to win, \$3.10 to place and \$2.10 to show. The second place finisher paid \$8.80 to place and \$4.40 to show and the third place horse had a \$3.20 show bet pay out.

The time of the 5 1/2 furlong race was 1:16.64.

The second race, the 5 1/2 furlong Volunteers Race was won by Dutch Apple (\$6.20 win, \$4.00 place, \$3.10 show), with Shoo Fly Willie second (\$4.60 place, \$3.00 show) and Major Knight was third paying out \$4.10 for show.

The race time was 1:07.29.

The third race, a 5 1/2 furlong race, saw Pace Arrow take first place with a time of 1:07.76 and paid \$9.10 to win, \$3.30 to place and \$2.90 to show. Second place finisher was Vice'N Quiet (\$3.10 place, \$3.00 show) and third place went to Smilodon (\$3.90 show).

The fourth race (5 1/2 furlongs) was won by Bullinsky (\$11.10 to win, \$3.40 to place, \$3.10 show). Second was Dreamoneir (\$5.90 place, \$3.40 show) with Actceed third (\$3.10). Ticket holders with the 1-6-2 Triactor won the best payout of the event: \$770.80. The time of the race was 1:06.79.

The 35th Luke Gibson Memorial, a 5 1/2 furlong race, was won by Marquetry Rose

(\$22.20 win, \$19.70 place, \$5.30 show). Second place went to Sindi's Success (\$2.90 place, \$2.70 show) and Feu Kan Promise took third place (\$4.80 show).

The 6-5-9 Triactor paid \$616.00. The time of the race was 1:05.88.

The Sport of Kings Sprint, a 5 1/2 furlong race, saw Jackson Country cross the finish line first with payouts of \$5.70 (win), \$3.10 (place) and \$2.70 (show).

Evanino was second (\$7.80 place, \$2.50 show) and J T Marshall third (\$2.50 show).

The time of the race was 1:08.47 with the 3-6-5 Triactor paying \$222.20 and the 3-6 Exactor paid \$345.10. The race has one mishap when the horses rounded the final turn and the #1 horse (John Gray) ran off the track without jockey April Friesen. The horse was later located near the Town Landfill site and Friesen rode back to the jockey shack in a car after being a little shook up.

The 3rd running of the 5 1/2 furlong Currie Cup saw Lukin Awesome finish first (\$7.60, \$3.70 and \$2.80). Dance Composer was second (\$3.80, \$3.30) and Dancewithbigred third (\$2.90).

The time of the race was 1:06.76.

The 14th running of the Bob

Beale Memorial Tulameen Cup saw two mishaps delaying the race for quite some time. The first one was when jockey Paula Enns was tossed by her horse (Long On Pride) in front of the Winners Circle during the Parade to the Post. She was able to leave the track with assistance. A gate near the barns hit volunteer Bob Lind when the loose horse tried to jump it as it left the track. An ambulance was called to take Lind away to treat his minor injuries.

The race saw Funky Friends take first with a time of 1:25.36. The win paid \$5.10, \$2.90 and \$2.60 for win, place and show.

Second place went to Billy Stark (\$10.20 place, \$5.40 show) and Alferrari third (\$2.20).

The 1 1/16 mile 36th Similkameen Cup finished with Crescent Remark winning the race in 1:46.07 and paying \$10.50 (win), \$2.80 (place) and \$2.50 (show).

Second place finisher Lethal Grande paid \$2.40 and \$2.30 (place and show).

Regal Promise was third with a show bet payout of \$3.60.

Leading Jockey for the event was Carolyn Stinn with three wins and Leading Trainer was Jim Brown.

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Princeton Golf Club hosted another successful Mixed Golf Tournament over Canada Day Weekend. \*

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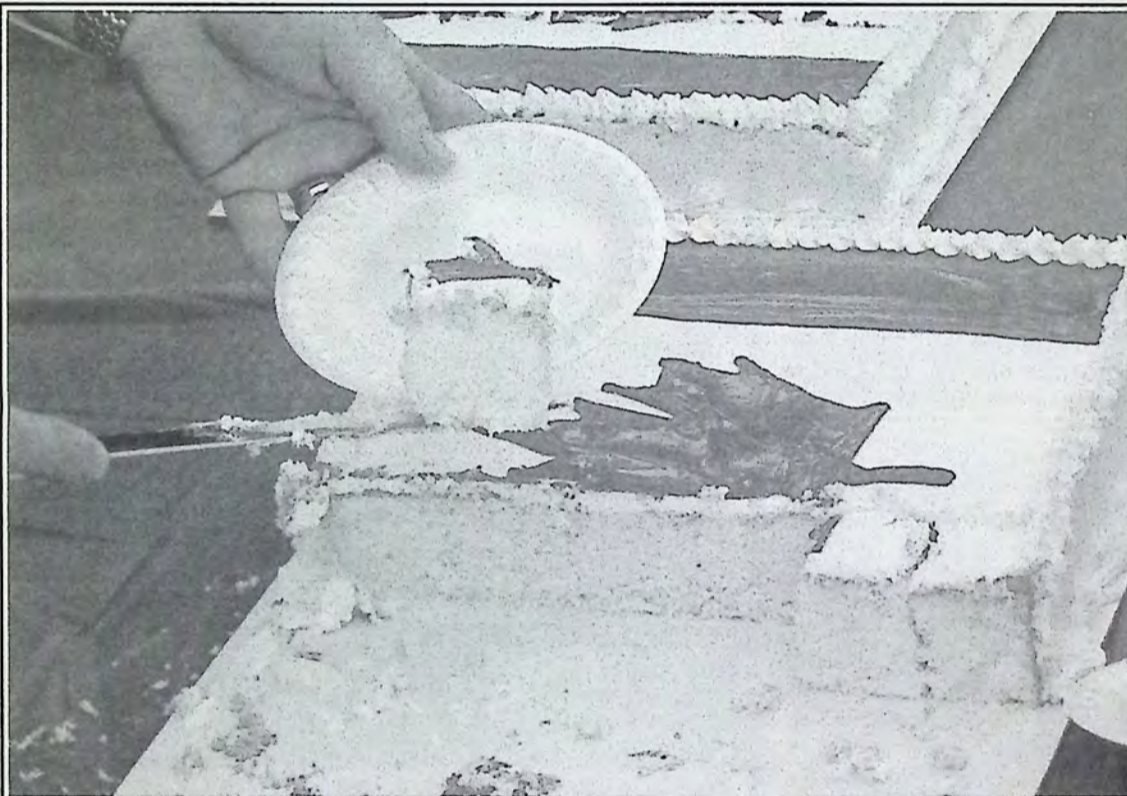
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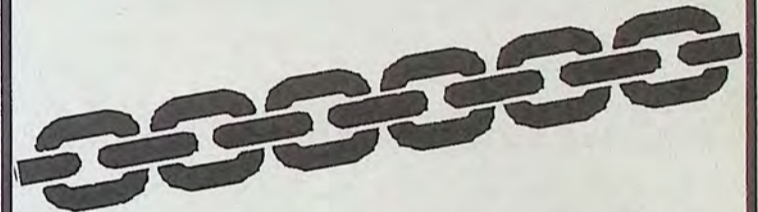
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Canada Day birthday cake was served by Princeton Mayor Randy McLean during a casual Canada Day Ceremony July 1st in Cenotaph Park. The Town of Princeton sponsored the event. \*

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Princeton Community Band performed during the Sounds of Our Heritage Music Festival on July 1st following the Canada Day Celebration in Cenotaph Park. \*

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TUESDAY, JULY 3, 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	Elliot Jakers	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	(5:00) Tennis: Wimbledon - Women's Quarterfinals - From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Movie: "Wake of Death" (2004), Simon Yam	Counterstrike (E)	
7 AM	Movie: "See Spot Run" (2001)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Paolo Nutini; Kurt Andersen; Japanese grilling. (N)	The Early Show The Fray. (N)	Crossing Jordan (E)	Good Morning America (N)												Night Heat (N)
8 AM	David Arquette.	2nd Chnce	HI-5 Berenstain	Curious Clifford			American Justice		100 Huntley Street (E)		Curious Pinky	George S. Beasts								Movie: "Out of Reach" (2004) Steven Seagal.
9 AM	NewsRadio Cosby	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	Flamingo LazyTown		Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City			FANatical Inside Box
10 AM	Harvey Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Tennis: Wimbledon - Women's Quarterfinals - (Same-day Tape) (E)	The Price Is Right (E)	CSI: Miami (E)	The View (E)	World Vision	Design House	Doodlebop	Ruby		The View (E)	Blueprint for Disaster (E)	Mickey Bear	Movie: "Pure Luck" (1991)	V.I.P. (E)	Mad Abt. Grace	
11 AM	Cosby Strokes	Thane Seinfeld	CG Kids Scattering	Thomas Sit-Be Fit		Young and the Restless News (N)	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob Mischief		eTalk (E) MTV e2	First Canadians (E)	Higglytown (11:25) King	Martin Short. (E)	V.I.P. "V.I.P. - R.I.P."	The Nanny Frasier	
12 PM	Still Stud Still Stud	News (N) (E)	Water Undersea	Charlie Rose (E)		News (N) Bold & B.	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News CBC News	Pokémon Flamingo		Degrassi Bold & B.	Weekend				Movie: "Today You Die" (2005)	
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Macphee Quilting	Your Brush America	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living What's-	George S. Beasts	Tennis: Wimbledon	Twice in a Lifetime (E)	Dirty Jobs (E)	Dragon Emperor	Making It Star! Daily	Steven Seagal.	Beverly Hills, 90210	
2 PM	King King	Guiding Light (N)	Gaslight Whale	Reading Lions	Passions (N)	Guiding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Viva Pinata Jacob	Lumberjks Interruptio	General Hospital (N)	How-Made How-Made	Lilo Stich Proud	Ellen DeGeneres Show	V.I.P. "Run, Val, Run"	Extreme-Home	
3 PM	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) 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 Team	Off-Record Sports	Dr. Phil (E)	Super Tools "Tunnel"	Weekend Lloyd	News (N)	V.I.P. "ExValibur" (E)	Due South (DVS)	
4 PM	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Mercer	Phantom Robot Boy	Tennis: Wimbledon - Women's Quarterfinals	Daily Show Colbert	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	FANatical Inside Box	
5 PM	Raymond Raymond	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N) News	Dog Dog	News (N) ABC News	News (N) Global	News (N)	Simpsons Arrested	OddParent SpongeBob		News (N)	How-Made How-Made	Suite Life Montana	Stargate Atlantis	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM	Sex & City Sex & City	Body Caitlin	CG Kids Heads Up	News-Lehrer Raymond	News (N) Hollywood	News (N) Hollywood	Dog the Bounty Hunter	News (N) News (N)	News (N) ET Canada	ET Canada Entertain	Canada Now	Being Ian Frank Ptrl		News (N)	Mega Builders (E)	Zoey 101 Sadie	Movie: "Cradle 2 the Grave" (2003) Jet Li.	Movie: "House of Flying Daggers" (2004) Takeshi Kaneshiro.	Married... Frasier	
7 PM	MLB Atlanta	FANatical Jeopardy!	Animals Eden	Nova (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Criss Angel Mindfreak	Entertain The Insider	Entertain ET Canada	The Best Years (N)	Coronatr Rumours	Sabrina Malcolm	SportsCentr e (Live) (E)	eTalk (E) Hollywood	Oil, Sweat and Rigs (N)	So Raven Smart Guy	News (N)	V.I.P. "Run, Val, Run"	Extreme-Home	
8 PM	Braves at Los Angeles Dodgers.	NCIS "Driven" (E)	Masterpiece Eden	Wild Things (E)	America's Got Talent "New York Audition" (N)	NCIS "Driven" (E)	Angel Angel	Jim Jim	Very Bad Men (E)	Very Bad Men (E)	Mercer Mosque	Fresh Pr. Yvon	Off-Record	On the Lot (Live) (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	V.I.P. (E)	FANatical	
9 PM	(Live) (E)	The Unit (E)	Freedom Classical	Wide Angle (N) (E)	Law & Order: SVU	48 Hours Mystery (E)	Dog the Bounty Hunter	Primetype (N) (E)	The Best Years (N)	News (N)	National	Prank Ptrl Weird	World Combat League	Canadian Idol (N) (E)	Mega Builders (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	V.I.P. "V.I.P. - R.I.P."	Seinfeld Seinfeld	
10 PM	Movie: "Blue Streak" (1999)	The Shield "Haunts" (N)	Notes Landscape	Science at War (E)	Law & Order: SVU	48 Hours Mystery (E)	Dog the Bounty Hunter	Primetype (N) (E)	The Best Years (N)	News (N)	National	Prank Ptrl Weird	NASCAR Racing	Law & Order: SVU	Oil, Sweat and Rigs	Popular (E)	(10:06) Movie: "Very Bad Things" (1998) Christian	Movie: "House of Flying Daggers"	Married... Grace	
11 PM	Martin Lawrence.	News (N) Room	Reach-Top Moving On	Charlie Rose (N) (E)	News (N) Wimbledon	News (N) Late Show	Criss Angel Mindfreak	News (N) (11:35)	News (N) ET Canada	Entertain ET Canada	Soccer: U-20	Bob 15/Love	SportsCentr e (Live) (E)	News (N)	How-Made How-Made	8 Rules Life Derek	News (N) Christian	Movie: "House of Flying Daggers"	Grace The Nanny	

WEDNESDAY, JULY 4, 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	Elliot Jakers	Body Elec. Caillou (E)	News (N)	News (N)	First 48 (6:23) The First 48 (E)	(5:00) News (E)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	(5:00) Tennis: Wimbledon - Men's Quarterfinals - From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (N) (E)	Movie: "Rocky" (1976), Sylvester Stallone.	Counterstrike (E)	
7 AM	Movie: "Metro" (1997)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Grilling. (N)	The Early Show (N)		Good Morning America (N)												Night Heat (N)
8 AM	Action (PA) Eddie Murphy.	Homes	HI-5 Berenstain	Curious Clifford					100 Huntley Street (E)		Curious Pinky	George S. Beasts								Movie: "Rocky II" (1979) Sylvester Stallone.
9 AM	Movie: "I Spy" (2002) (PA) Eddie Murphy. (E)	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover		Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	Flamingo LazyTown		Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City			That News Inside Box
10 AM		The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Tennis: Wimbledon - Men's Quarterfinals - (Same-day Tape) (E)	The Price Is Right (E)		The View (E)	World Vision	Design House	Doodlebop	Ruby		The View (E)	Sands of the Dead (E)	Mickey Handy	Movie: "Jetsons: The Movie" (1990)			Mad Abt. Grace
11 AM	Movie: "Blue Streak" (1999)	Seinfeld	CG Kids Scattering	Bob Build Sit-Be Fit		Young and the Restless News (N)	11:23) The First 48 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob Mischief		eTalk (E) MTV e2	Seven Wonders Of... (E)	Higglytown (11:25) King				Movie: "Rocky III" (1982) Sylvester Stallone.
12 PM	Martin Lawrence.	News (N) (E)	Reach-Top Edge	Charlie Rose (E)		News (N) Bold & B.	(12:23) The First 48 (E)	All My Children (N)	News (N)	Gilmore Girls (E)	CBC News CBC News	Pokémon Flamingo		Degrassi Bold & B.	Weekend				Seinfeld Seinfeld	
1 PM	King King	Diva Dime Homes	Planet Thimbles	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	(1:23) The First 48 (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)	Oil, Sweat and Rigs	Dragon Emperor	Speakers Star! Daily	Movie: "Rocky IV" (1985) Sylvester Stallone.	Beverly Hills, 90210	
2 PM	Payne Payne	Guiding Light (N)	Gaslight Moving On	Reading Lions	Passions (N)	Guiding Light (N)	(2:23) The Sopranos (E)	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Viva Pinata Jacob	Lumberjks Interruptio	General Hospital (N)	Mega Builders (E)	Lilo Stich Proud	Ellen DeGeneres Show		Extreme-Home	
3 PM	Payne Payne	Room Design	Jack's Big Music Show	Arthur (E) Fetch! With Judge	Judge	Dr. Phil (E)	(3:41) The Sopranos "No-Show" (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South (DVS)	
4 PM	Payne Payne	Be Careful, Be Safe	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	News (N)	Frasier Just-Gags	Phantom Robot Boy	Tennis: Wimbledon - Men's Quarterfinals	Daily Show Colbert	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	That News Inside Box	
5 PM	Payne Payne	News (N) (E)	George S. (5:32)	BBC World Business	News (N) NBC News	News (N) News	The Sopranos (E)	News (N) ABC News	News (N) Global	News (N)	Simpsons Arrested	OddParent SpongeBob		News (N)	MythBusters (E)	Suite Life Montana	Canada-Model	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM	Payne Payne	Body Caitlin	Mechanics Creatures	News-Lehrer Raymond	News (N) Hollywood	News (N) Hollywood	(6:14) The Sopranos "The Weight" (E)	News (N) News (N)	News (N) ET Canada	ET Canada Entertain	Canada Now	Being Ian Weird		News (N)	MythBusters (E)	Zoey 101 Sadie	Hidden Palms (N) (E)	CSI: Crime Scn	Married... Frasier	
7 PM	Raymond Raymond	FANatical Jeopardy!	Meerkat Wild	A Capitol Fourth (Live) (E)	Jeopardy! Fortune	Friends Scrubs	(7:34) The Sopranos "Pie-O-My" (E)	Entertain The Insider	Entertain ET Canada	Friday Night Lights (E)	Coronatr Rumours	Sabrina Malcolm	SportsCentr e (Live) (E)	eTalk (E) Can. Idol	MythBusters (E)	So Raven Smart Guy	Supernatur al (E)	CSI: Crime Scn	Extreme-Home	
8 PM	Sex & City Sex & City	Movie: "The Matrix" (1999)	Oh Baby! "To Walk"	The Marines (E)	Moments	CSI: NY "Sweet 16" (E)		Next Best Thing	1 vs. 100 (E)	1 vs. 100 (E)	Dragon's Den (E)	Fresh Pr. Yvon	Off-Record	CSI: NY "Sweet 16" (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: NY (E)	ET Canada That News	
9 PM	(9:10) (9:40)	Keanu Reeves, Laurence	Science Past	4th of July Fireworks	Criminal Minds (E)	The Sopranos (E)		American Inventor (E)	American Inventor (E)	American Inventor (E)	fifth estate	Mystery Ghost	Boxing: Shannon Briggs vs. Sultan Ibragimov.	Criminal Minds (E)	MythBusters (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld Seinfeld	
10 PM	(10:10) Movie: "Metro" (1997)	Fishburne.	Rage Against the Darkness	Rememb-When	Dateline NBC (E)	Boston Pops Fireworks	(10:14) The Sopranos "The Weight" (E)	Traveler "The Retreat" (E)	Friday Night Lights (N)	News (N)	National	Prank Ptrl Weird		Traveler "The Retreat" (E)	MythBusters (E)	Popular (E)	(10:06) Movie: "Plunkett & Macleane" (1999) (E)	Sports Sports	Married... Frasier	
11 PM	(Action) (PA) Eddie	News (N) Room	Dotto Tech	Charlie Rose (N) (E)	News (N) Wimbledon	News (N) Late Show	Sopranos	(11:35)	News (N) ET Canada	Entertain ET Canada	Soccer: U-20	Bob 15/Love	SportsCentr e (Live) (E)	News (N)	MythBusters (E)	8 Rules Life Derek	News (N) Christian	Movie: "Samourais"	Grace The Nanny	

# Horoscopes

July 4 - 11, 2007

**Aries** - You would really like to get out of town, but it is impossible. Your best location is at home with family right now. A special young person changes your perspective.

**Taurus** - You need to show your love by communicating. Short trips will be fun. Your energy climbs and you may be restless. Find things to keep you busy. Home life changes for better.

**Gemini** - Focus your worries on improving your financial position. You are romantic this week: tell your partner! You can make positive change occur in the love department.

**Cancer** - Money situation undergoes positive change this week after weekend. You could get a raise on the job. Health is good now. Put your energy into planning. Tell others your plans.

**Leo** - Career turns hectic this week and problems spring up to drive up your anger. Change your attitude toward young folk: honey works better than vinegar. Rethink worries.

**Virgo** - You can experience a major shift in your thinking this week, and the change will last. Travel home is good for you, eases your mind. Partner may want change at home. Patience!

**Libra** - Week begins with changes in career, employment. Plans change permanently in more positive direction. Decide now to go ahead. Share ideas, goals, with others.

**Scorpio** - Career gives positive change in finances. Unexpected visit with young people could happen. You could win at games. Family undergoes change. Home life continues to change.

**Sagittarius** - You could enjoy travel this week, if only on short trip. Share resources at home re finances. You still need to work very hard on job. Relax at home from tension.

**Capricorn** - Interaction with friends & partner/spouse are the keynotes of life now. Good news could come from bank, insurance company. Sibling may surprise you. Problem at home needs generous thought. Kids could be focus of action now.

**Aquarius** - You spend energy on home, plans, groups you belong to. Attitude toward friends and partner becomes more loving. Reality seems harsh but grounds you. Hold on.

**Pisces** - Week begins with fun on the job. You feel energized. Be careful how you speak now, you could sound egotistical. Be cautious while driving. Career changes are for longterm better.

## 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, Rockin Avenue.
- Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church
- Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM PSS Gym

## thursday movies

### MORNING

- 6:00 am SPIKE (44) ★½ "Bloodfist VI: Ground Zero" (1994, Drama) Don "The Dragon" Wilson. A kickboxer must prevent the launch of a nuclear missile by terrorists targeting New York.
- 7:00 am WTBS (3) ★★ "Laws of Attraction" (2004, Romance-Comedy) Pierce Brosnan. Two successful attorneys fall in love despite battling each other in high-profile divorce cases. (E)
- 10:00 am CITY (29) "I Saw Mommy Kissing Santa Claus" (2001, Comedy) Connie Sellecca. A youngster wrongly thinks his parents are splitting up after he thinks he sees Santa smooching with his mother. (E)
- SPIKE (44) ★★½ "Twin Warriors" (1993, Action) Jet Li. A government rebel brings his tai chi skills to bear against the boyhood friend who betrayed him.

### AFTERNOON

- 12:00 pm SPIKE (44) ★★½ "The Legend" (1993, Action) Jet Li. A woman defends the family honor after her son deliberately loses a

fight with his beloved's mother. (E)

2:00 pm SPIKE (44) ★★½ "Meldtown" (1995, Action) Jacky Cheung. A stuntman and the action star he secretly doubles for get a chance to prove their mettle against real criminals.

5:00 pm WTBS (3) ★★½ "Harold & Kumar Go to White Castle" (2004, Comedy) John Cho. After smoking marijuana, two roommates scour New Jersey to satisfy their hunger for hamburgers. (E)

### EVENING

- 8:00 pm CHBC (4) "Nora Roberts' Blue Smoke" (2007, Drama) Alicia Witt. A pyromaniac stalker threatens the relationship between an arson investigator and her charming neighbor. (E)
- 10:00 pm WTBS (3) ★★½ "The Juror" (1996, Suspense) (PA) Demi Moore. A mob hit man will kill a single mother's son if she cannot sway her fellow jurors in a murder trial. (E)
- 10:06 pm CITY (29) ★½ "Idle Hands" (1999, Horror) Devon Sawa. A teenage slacker wakes up Halloween Day, finds his parents gruesomely murdered and his right hand possessed by the devil. (E)

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## Similkameen News Leader

Recipe Corner (Recipe #174)

Brought To You By: Similkameen News Leader

## Tarragon-Honey-Garlic Vinaigrette

(NC) - A summer salad dressing standby. Vary it by changing the type of honey, vinegar or mustard or throw in a good handful of fresh basil instead of the tarragon.

- 2 cloves, garlic, coarsely chopped
- 15 mL (1 tbsp) honey
- 60 mL (1/4 cup) cider vinegar
- 10 mL (2 tsps) grainy mustard
- 2 mL (1/2 tsp) salt
- 2-5 ml (1/2-1 tsp) cracked black pepper
- 30 mL (2 tbsp) fresh tarragon, chopped
- 250 mL (1 cup) canola oil

In a food processor or blender, process garlic, honey, cider vinegar, mustard, salt, pepper and tarragon until thoroughly blended. Pour in canola oil and continue to process. Refrigerate till needed for up to one week. Makes 375 mL (1 1/2 cups).

- News Canada

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

**226A Bridge Street, Princeton**

## friday movies

### MORNING

- 6:00 am SPIKE (44) ★½ "China Strike Force" (2000, Action) Aaron Kwok. A rogue cop draws a bead on a ruthless Asian gangster and his American partner in a drug-smuggling ring.
- 7:00 am WTBS (3) ★★½ "The Mexican" (2001, Comedy-Drama) (PA) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (E)
- 8:00 am SPIKE (44) ★★½ "The Defender" (1994, Action) Jet Li. A woman who witnessed a gangland murder falls for the bodyguard hired to protect her.
- 10:00 am CITY (29) ★★ "The Secret Life of Algernon" (1997, Comedy) John Cullum. A mysterious professor arrives at the estate of an Egyptologist's eccentric descendant to search for hidden treasure. (E) (DVS)
- SPIKE (44) ★½ "Dragons Forever" (1998, Action) Jackie Chan. A lawyer and his friends uncover illegal dealings at a Hong Kong chemical plant.

### AFTERNOON

- 12:00 pm SPIKE (44) ★½ "Legend of the Swordsman" (1991, Action) Jet Li. A traveling martial artist and his companion face an evil sorcerer who possesses magic scrolls.
- 2:00 pm SPIKE (44) ★★ "So Close" (2002, Action) Shu Qi. A policeman works with two female assassins to battle the brother of a dead magnate.
- 5:00 pm CITY (29) ★★ "Boys on the Side" (1995, Comedy-Drama) Whoopi Goldberg. A strong bond forms among three diverse women as they share adventures on a cross-country drive to California. (E)

### EVENING

- 7:00 pm SPIKE (44) ★★ "Shaolin

"Soccer" (2001, Comedy) Stephen Chow. A soccer coach persuades a kung-fu master and his former classmates to form a team and play for \$1 million.

7:30 pm FAM (26) ★★ "Stuart Little" (1999, Comedy) Geena Davis. Premiere. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son.

8:00 pm KNOW (5) ★★ "Why Shoot the Teacher?" (1977, Drama) Bud Cort. In 1930s Canada, a teacher and a neglected housewife develop a close relationship out of mutual loneliness.

VTV (22) "A Friend of the Family" (2005, Suspense) Kim Coates. A woman suspects her husband's business partner is responsible for a string of murders in their small town. (In Stereo) (E) (DVS)

9:00 pm FAM (26) "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (E)

10:00 pm WTBS (3) ★★½ "The Mexican" (2001, Comedy-Drama) (PA) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (E)

10:06 pm CITY (29) "Devotion" (1997, Adult) Jane Daniels. A woman takes an erotic journey through her past lives in search of the soul mate who keeps eluding her.

10:30 pm FAM (26) ★★ "Man of the House" (1995, Comedy) Chevy Chase. A district attorney tries to win over the bratty son of his future wife. (E)

11:00 pm SPIKE (44) ★ "Bloodfist VIII: Hard Way Out" (1996, Drama) Don "The Dragon" Wilson. An unassuming high-school teacher swings into action when his former cohorts in the CIA target him for elimination.

THURSDAY, JULY 5, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	Dawson's Creek (E)	News (N) Room	Elliot Jakers	Body Elec. Caillon (E)	News (N) (E)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N) Arthur (E)	Gadget Monster	(5:00) Tennis: Wimbledon - Women's Semifinals. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (N) (E)	Movie: "Bloodfist VI: Ground Zero" (1994)	Counterstrike (E)
7 AM :30	Movie: "Laws of Attraction" (2004) (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Ellie Krieger; French grilling. (N) (E)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)				Jane Monsters			Walking With Dinosaurs (7:24)	K. Possible (7:24)	CityLine (E)		Night Heat "Friends"
8 AM :30		Taste Berenstein	Curious Clifford				Amer. Justice			100 Huntley Street (E)	Curious Clifford	George S. Beasts			Oil, Sweat and Rigs Lilo Stitch	Weekend Lilo Stitch	Star Trek: Voyager (E)	V.I.P. "Get Vallery"	Due South "The Deal"
9 AM :30	Cosby Strokes	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Poko The Save-Ums! (E)	Flamingo LazyTown		Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	V.I.P. "Bodyguards"	What Inside Box
10 AM :30	Still Std Still Std	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Kill Zone"	The View (E)	Hospital	Design House	Doodlebop	Ruby		The View (E)	Raw Nature (E)	Mickey Sprites	Movie: "I Saw Mommy Kissing Santa Claus" (1995) Jet Li.	Movie: "Twin Warriors" (1993, Action) Jet Li.	Mad Abt. Grace The Nanny
11 AM :30	Raymond Raymond	Seinfeld Seinfeld	CG Kids Scattering	Thomas Sit-Be Fit (E)	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Jacob Mischief		eTalk (E) MTV e2 (E)	Wild Discovery Li.	Higglytown King (11:25)			Frasier
12 PM :30	Still Std Still Std	News (N) (E)	Cedar and Silicon (E)	Charlie Rose (E)	Tennis: Wimbledon - Women's Semifinals. (N) (E)	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Gilmore Girls (E)	CBC News CBC News	Pokémon Flamingo		Degrassi Bold & B.	Nat'l Wonders Weekend	(11:49)	CityLine (E)	Movie: "The Legend" (1993) Jet Li, Li Jia Xing.	Seinfeld Seinfeld
1 PM :30	King King	Diva Dime Homes	Classical Notes	Painting Needle Art	As the World Turns (N) From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (E)	As the World Turns (N)	Crossing Jordan (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)	MythBusters (E)	Dragon Emperor	In Fashion Star! Daily		Beverly Hills, 90210
2 PM :30	Seinfeld Seinfeld	Guiding Light (N) (E)	Gaslight Dotto Tech	Reading Lions	Lawn Tennis and Croquet Club in Wimbledon, England. (E)	Guiding Light (N) (E)	Amer. Justice	General Hospital (N)	Crossing Jordan (E)	Gilmore Girls (E)	The Gill Deacon Show	Viva Pinata Jacob	Lumberjks Interruption	General Hospital (N)	MythBusters (E)	Lilo Stitch Proud	Ellen DeGeneres Show	Movie: "Meltdown" (1995) Jacky Cheung, Jet Li.	Extreme-Home
3 PM :30	Seinfeld Seinfeld	Room Design	Jack's Big Music Show Fetch! With	Arthur (E)	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	22 Minutes Frasier	Mystery Team	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Weekend Lloyd	News (N) (E)			Due South "The Deal"
4 PM :30	Raymond Raymond	Twecens-Fast (4:37) Little	Dora Zoboo	Cyberchas	Oprah Winfrey (E)	CSI: Miami "Kill Zone"	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	News (N) (E)	Arrested Soccer: FIFA U-20 World Cup - Austria vs. Canada. (E)	Phantom Robot Boy	Interruption CFL Pre	Daily Show Colbert	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	What Inside Box
5 PM :30	Movie: "Harold & Kumar Go to White Castle"	News (N) (E)	George S. (5:32) Business	BBC World NBC News	News (N) News	News (N) News	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N) (E)	ET Canada Entertain	Being Ian Erky Perky	CFL Football: Montreal Alouettes at Winnipeg Blue Bombers. (Live) (E)	News (N) (E)	Deadliest Catch (E)	Suite Life Montana	Ugly Betty (E)	CSI: Crime Scn	Seinfeld Seinfeld
6 PM :30	White Castle	Body Caitlin	Spellz (E) Reach-Top	News-Lehrer Raymond	News (N) Raymond	News (N) Hollywood	The First 48 (E)	News (N) News (N)	News (N) (E)	ET Canada Entertain	Canada Coronatr	Sabrina Malcolm	SportsCentr e (Live) (E)	News (N) (E)	Guinea Pig Machines	Zoey 101 Sadie	Fashion Cares Supernatur al (E)	TNA Wrestling Impact!	Married... Frasier
7 PM :30	MLB Baseball: Atlanta Braves at Los Angeles Dodgers. (Live) (E)	FANatical Jeopardy!	Profiles of Nature (E)	Canada's War in Colour	Jeopardy! Fortune	Friends Scrubs	Kansas City SWAT (E)	Entertain The Insider	Entertain ET Canada	Ground Up	Canada Coronatr	Sabrina Malcolm	SportsCentr e (Live) (E)	eTalk (E) Hollywood	Real Vampires (E)	So Raven Smart Guy	Supernatur al (E)	UFC Unleashed	Extreme-Home
8 PM :30	Braves at Los Angeles Dodgers. (Live) (E)	Movie: "Nora Roberts' Blue Smoke" (2007) (E)	Irving Layton Adven-English	New Tricks (E)	Name Earl 30 Rock	Big Brother 8 (N) (E)	Dallas SWAT (E)	Ugly Betty (E)	Big Brother 8 (N) (E)	Big Brother 8 (N) (E)	Antiques Roadshow	Fresh Pr. Yvon	SportsCentr e (Live) (E)	CSI: Crime Scn	Suite Life Life Derek	News (N) (8:35) Star!	News (N) (9:06) Jimmy Kimmel	UFC 73 Count	ET Canada What
9 PM :30	Movie: "The Juror" (1996) (PA)	Painkiller Jane (N) (E)	Wild Past	Soundstage (N) (E)	(10:01) ER (E)	CSI: Crime Scn	The First 48 (E)	(10:01) Men in Trees (E)	Shark (E)	News (N) (E)	National	Mystery Ghost	Golf: U.S. Senior Open - First Round.	Pirate Master (N) (E)	Guinea Pig Machines	8 Rules Sinbad	(9:06) Jimmy Kimmel	Sports Sports	Seinfeld Seinfeld
10 PM :30	Demi Moore. (E)	News (N) Room	Moscow Freestyle (E)	Charlie Rose (N) (E)	News (N) Wimbledon	News (N) Late Show	Kansas City SWAT (E)	News (N) (11:35)	News (N) (E)	Entertain ET Canada	Soccer: U-20 15/Love	SportsCentr e (Live) (E)	News (N) (E)	News (N) (E)	8 Rules Life Derek	Devon Sawa. (E)	UFC 73 Count	Grace The Nanny	

FRIDAY, JULY 6, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM :30	Dawson's Creek (E)	News (N) Room	Elliot Jakers	Body Elec. Caillon (E)	News (N) (E)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N) Arthur (E)	Gadget Monster	(5:00) Tennis: Wimbledon - Men's Semifinals. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Movie: "China Strike Force" (2000) Aaron	Counterstrike (E)	
7 AM :30	Movie: "The Mexican" (2001) (PA)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Fall Out Boy; beaches; Katharine McPhee. (N) (E)	The Early Show Katharine McPhee. (N) (E)	Crossing Jordan (E)	Good Morning America Norah Jones. (N) (E)				Jane Monsters			Champions Champions	K. Possible (7:24)	CityLine (E)		Night Heat "Trapped"	
8 AM :30	Brad Pitt. (E)	Catering Berenstein	Curious Clifford				Amer. Justice			News (N) Huntley	Curious Pinky	George S. Beasts			MythBusters (E)	Weekend Lilo Stitch	Star Trek: Voyager (E)	Movie: "The Defender" (1994)	Due South (E) (DVS)	
9 AM :30	Harvey Harvey	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	Hospital	Poko The Save-Ums! (E)	Flamingo LazyTown	Club in Wimbledon, England. (Live)	Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	Action! Jet Li.	Big Screen Inside Box	
10 AM :30	Cosby Strokes	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (E)	World Vision	Design House	Doodlebop	Ruby		The View (E)	Star Racer (E)	Mickey JoJo	Movie: "The Secret Life of Algeomon" (1997)	Movie: "Dragons Forever" (1988) Jackie Chan.	Mad Abt. Grace The Nanny	
11 AM :30	Yes, Dear Yes, Dear	Seinfeld Seinfeld	Rivers Scattering	Bob Build Sit-Be Fit (E)	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N) (E)	The Gill Deacon Show	Jacob Mischief		eTalk (E) Screen	How Do Machines	Higglytown King (11:25)			Frasier	
12 PM :30	Still Std Still Std	News (N) (E)	Canada-History	Charlie Rose (E)	Tennis: Wimbledon - Men's Semifinals. (N) (E)	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News CBC News	Pokémon Flamingo		Degrassi Bold & B.	MythBusters (E)	(11:49) Weekend	CityLine (E)	Movie: "Legend of the Swordsman" (1991)	Seinfeld Seinfeld	
1 PM :30	Yes, Dear Yes, Dear	Diva Dime Homes	Router SportFish	Painting Scrapbook	As the World Turns (N) From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (E)	As the World Turns (N)	Crossing Jordan (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)	Deadliest Catch (E)	Dragon Emperor	At Movies Star! Daily		Beverly Hills, 90210	
2 PM :30	King King	Guiding Light (N) (E)	Gaslight Sustain	Reading Lions	Lawn Tennis and Croquet Club in Wimbledon, England. (E)	Guiding Light (N) (E)	American Justice	General Hospital (N)	Crossing Jordan (E)	Gilmore Girls (E)	The Gill Deacon Show	Viva Pinata Jacob	Lumberjks Interruption	General Hospital (N)	Mayday (E)	Lilo Stitch Proud	Ellen DeGeneres Show	Movie: "So Close" (2002) Shu Qi, Karen Mok.	Extreme-Home	
3 PM :30	Seinfeld Seinfeld	Room Design	Hi-5 Fetch! With	Arthur (E)	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Weekend Lloyd	News (N) (E)			Due South (E) (DVS)	
4 PM :30	Raymond Raymond	Days of our Lives (N) (4:37) Little	Dora Zoboo	Cyberchas	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	News (N) (E)	Frasier Air Farce	(4:05) Robot Xiaolin	Interruption NASCAR Racing: Busch Series - Winn-Dixie 250. (Live) (E)	Daily Show Colbert	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Big Screen Inside Box	
5 PM :30	Friends Friends	News (N) (E)	George S. (5:32) Business	BBC World NBC News	News (N) News	News (N) News	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N) (E)	Simpsons Arrested	El Tigre Avatar	News (N) (E)	News (N) (E)	Sphinx Unmasked (E)	Suite Life Montana	Movie: "Boys on the Side" (1995)	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM :30	Friends Friends	Body Caitlin	Lilly (N) Science	News-Lehrer Raymond	News (N) Raymond	News (N) Hollywood	CSI: NY (E)	News (N) News (N)	News (N) (E)	ET Canada Entertain	Canada Now	AmiYumi Team	News (N) (E)	News (N) (E)	Oil, Sweat and Rigs Life Derek	Zoey 101 Life Derek	(9:06) Jimmy Kimmel	CSI: Crime Scn	Married... Frasier	
7 PM :30	MLB Baseball: Atlanta Braves at San Diego Padres. (Subject to Blackout)	FANatical Jeopardy!	Life of Mammals (E)	Seasoned McLaughlin	Jeopardy! Fortune	Friends Scrubs	Intervention (E)	Entertain The Insider	Entertain ET Canada	Bones (PA) (E)	Coronatr Rumours	Mar (E) Zatch Bell	CFL Football: Edmonton Eskimos at BC Lions. (Subject to Blackout) (Live)	eTalk (E) Hollywood	Hazard Pay	School Movie: "Stuart Little" (1999)	The Collector News (N) Party	Movie: "Shaolin Soccer" (2001) Stephen Chow.	Extreme-Home ET Canada Big Screen	
8 PM :30	Braves at San Diego Padres. (Subject to Blackout)	Zoe Busiek: Wild Card Psych (E)	Movie: "Why Shoot the Teacher?" (1977, Drama)	Wash Wk NOW (N) Bill Moyers Journal (N)	1 vs. 100 (E) Las Vegas (E)	Ghost Whisperer (E) Jericho "Pilot" (E)	Intervention (E)	Kyle XY (E)	Bones (PA) (E)	NUMB3RS "Take Out" (E)	Air Farce Comedy	Naruto Naruto	Football: Edmonton Eskimos at BC Lions. (Subject to Blackout) (Live)	Movie: "A Friend of the Family" (2005)	Daily Planet (E)	Oil, Sweat and Rigs Life Derek	Movie: "Jump In!" (2007) (E)	(9:06) Jimmy Kimmel	Elimination Seinfeld	
9 PM :30	Movie: "The Mexican" (2001) (PA)	20/20 (E)	The Last Detective (E)	Music of Andrew	Law Order: CI	NUMB3RS "Take Out" (E)	CSI: NY (E)	20/20 (E)	NUMB3RS "Take Out" (E)	News (N) (E)	National Bleach	Alchemist Bowling	Law Order: CI	Guinea Pig Machines	Hazard Pay	Movie: "Man of the House" (1995)	(10:06) Jimmy Kimmel	Movie: "Devotion" (1997, Adult) Jane Daniels.	Game Wild World	Married... Frasier
10 PM :30	Brad Pitt. (E)	News (N) Room	History History	Austin City Limits (E)	News (N) Wimbledon	News (N) Late Show	Intervention (E)	News (N) (11:35)	News (N) (E)	(11:03) ECW (N) (E)	Soccer: U-20 Gundam	Eureka 7 Gundam	SportsCentr e (Live) (E)	News (N) (E)	Hazard Pay	Movie: "Man of the House" (1995)		"Bloodfist VIII"	Grace The Nanny	

# CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

## HOW TO PLAY:

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

### CHALLENGE #1 - Rated Easy

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

### CHALLENGE #2 - Rated Easy

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

THIS WEEK'S SOLUTIONS:  
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## saturday movies

### MORNING

- 7:00 am SPIKE (4) ★★ "The Medallion" (2003, Action) Jackie Chan. Killed by a villain's henchmen, a Hong Kong detective comes back to life with supernatural abilities.
- 7:10 am WTBS (3) ★★ "Dickie Roberts: Former Child Star" (2003, Comedy) David Spade. Hoping to make a comeback, a man stays with a suburban family to prepare for the lead role in a Rob Reiner film.
- 9:15 am WTBS (3) ★★ "Best in Show" (2000, Comedy) Michael Hitchcock. Pampered pooches and their quirky owners converge on Philadelphia to compete in a prestigious dog show.
- 10:00 am A&E (9) ★★ "Cliffhanger" (1993, Action) Sylvester Stallone. Villains force two Colorado climbers to find three suitcases containing \$100 million lost in the Rockies.
- 11:30 am WTBS (3) ★★ "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.

### AFTERNOON

- 12:00 pm FAM (26) "The Brainiacs.com" (2000, Comedy) Michael Angarano. A boy schemes to spend more time with his workaholic father by secretly buying a controlling share of his company.
- CITY (29) ★★ "Boys on the Side" (1995, Comedy-Drama) Whoopi Goldberg. A strong bond forms among three diverse women as they share adventures on a cross-country drive to California.
- 1:00 pm WTBS (3) ★★ "Father of the Bride" (1991, Comedy) Steve Martin. A harried patriarch faces separation anxiety, exorbitant costs and more as he prepares for his daughter's wedding.
- KXLY (10) ★★ "The Stickup" (2001, Crime Drama) James Spader.

A burned-out police officer winds up on the wrong side of the law after becoming involved with a local lawyer's ex-wife.

- SPIKE (4) "Today You Die" (2005, Action) Steven Seagal. A world-class thief escapes from prison to exact revenge on the partners who double-crossed him.
- 1:42 pm FAM (26) "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer.
- 3:00 pm WTBS (3) ★★ "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter.
- 4:00 pm YTV (18) "Batman: Mystery of the Batwoman" (2003, Action) Voices of Kevin Conroy. Animated. Batman and a new crime-fighter battle the Penguin and his arms-smuggling operation. (In Stereo)
- SPIKE (4) ★★ "Enter the Dragon" (1973, Adventure) Bruce Lee. A secret agent comes to an opium lord's island fortress with other fighters for a martial-arts tournament.
- 5:00 pm CITY (29) "Heaven's Fury" (2003, Action) Joanna Pacula. A meteorologist and her family work feverishly to find a way to extinguish a storm that threatens to destroy mankind.

### EVENING

- 6:30 pm SPIKE (4) ★★ "House of Flying Daggers" (2004, Action) Takeshi Kaneshiro. During the Tang dynasty, two lawmen go undercover at a house of pleasure to shake loose the leader of a powerful rebel faction.
- 7:00 pm YTV (18) ★★ "Batman Returns" (1992, Action) Michael Keaton. The Caped Crusader clashes with Catwoman and saves gloomy Gotham City from the foul Penguin's plot. (In Stereo)

- 8:00 pm WTBS (3) ★★ "Best in Show" (2000, Comedy) Michael Hitchcock. Pampered pooches and their quirky owners converge on Philadelphia to compete in a prestigious dog show.
- KXLY (10) ★★ "Monsters, Inc." (2001, Comedy) Voices of John Goodman. Animated. A blue behemoth and his one-eyed assistant work in a giant factory that exists to scare children. (In Stereo)
- 9:00 pm CHBC (4) "The Obsession" (2006, Suspense) Daphne Zuniga. A ballet teacher dates a woman to get closer to her daughter.
- KNOW (5) "Inspector Morse: Absolute Conviction" (1992, Mystery) John Thaw. Inspector Morse looks for clues in the mysterious death of a corrupt businessman who was serving time in prison.
- FAM (26) ★★ "Armageddon" (1998, Science Fiction) Bruce Willis. A NASA rep recruits an oil driller and his team of mavericks to save Earth from an oncoming asteroid.
- CITY (29) ★★ "GoodFellas" (1990, Crime Drama) Robert De Niro. In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected.
- 9:30 pm CBC (13) ★★ "Jaws" (1975, Horror) Roy Scheider. A New England police chief, a shark hunter and a scientist have a showdown with a huge white shark.
- 10:00 pm WTBS (3) ★★ "Divine Secrets of the Ya-Ya Sisterhood" (2002, Comedy-Drama) (PA) Sandra Bullock. Forced to visit her estranged mother in Louisiana, a New York playwright learns about her past through a scrapbook.
- 11:46 pm FAM (26) ★★ "RocketMan" (1997, Comedy) Harland Williams. A clumsy, impulsive scientist is chosen to go aboard NASA's first manned flight to Mars.

## sunday movies

### MORNING

- 6:30 am WTBS (3) ★★ "Father of the Bride" (1991, Comedy) Steve Martin. A harried patriarch faces separation anxiety, exorbitant costs and more as he prepares for his daughter's wedding.
- 7:00 am A&E (9) ★★ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine.
- 8:30 am WTBS (3) ★★ "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter.
- 10:00 am SPIKE (4) ★★ "Samurai's" (2002, Action) Cyril Murali. A Tokyo police commissioner must travel to Paris to kill his daughter and her demonic fetus.
- 10:30 am WTBS (3) ★★ "Serendipity" (2001, Romance-Comedy) John Cusack. A man and a woman try to find each other after spending one night together 10 years earlier.
- 11:00 am CITY (29) ★★ "Doc Hollywood" (1991, Romance-Comedy) Michael J. Fox. An upstart plastic surgeon gets stuck in a one-

doctor Southern town and falls in love with a local.

### AFTERNOON

- 12:00 pm FAM (26) ★★ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her.
- 12:30 pm WTBS (3) ★★ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity.
- 1:40 pm FAM (26) ★★ "Snow Dogs" (2002, Comedy) Cuba Gooding Jr. A Miami dentist travels to Alaska to claim his inheritance, a mischievous team of sled dogs.
- 2:00 pm SPIKE (4) ★★ "Shaolin Soccer" (2001, Comedy) Stephen Chow. A soccer coach persuades a kung-fu master and his former classmates to form a team and play for \$1 million.
- 2:45 pm WTBS (3) ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress.
- 3:00 pm VTV (22) "After the Harvest" (2001, Drama) Sam Shepard. A horrible secret keeps a woman and her children in virtual slavery at the hands of her own husband. (In Stereo)
- 4:00 pm YTV (18) ★★ "Beethoven's 2nd" (1993, Comedy) Charles Grodin. A St. Bernard's evil owner tries to abduct her litter from a family who saved them from death. (In Stereo)

### EVENING

- 6:00 pm YTV (18) ★★ "Lost in Space" (1998, Science Fiction) William Hurt. Premiere. Villains complicate a family's 2058 spaceship journey to a distant habitable planet. (In Stereo)
- CITY (29) ★★ "Connie and Carla" (2004, Comedy) Nia Vardalos. Premiere. After witnessing a mob hit, two Chicago waitresses go to Los Angeles and disguise themselves as drag queens.
- SPIKE (4) ★★ "Kung Fu Hustle" (2004, Action) Stephen Chow. Premiere. An aspiring hoodlum gets a chance to prove his abilities when gang members hire him to spring a powerful master from an asylum.
- 8:00 pm WTBS (3) ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress.
- CBC (13) ★★ "Sliding Doors" (1998, Romance-Comedy) Gwyneth Paltrow. After a series of misfortunes, a woman with an unfaithful boyfriend experiences an alternate reality.
- SPIKE (4) ★★ "Kung Fu Hustle" (2004, Action) Stephen Chow. An aspiring hoodlum gets a chance to prove his abilities when gang members hire him to spring a powerful master from an asylum.
- 9:00 pm FAM (26) ★★ "My Favorite Martian" (1999, Comedy) Christopher Lloyd. A befuddled martian crash-lands on Earth, assumes human form and befriends a TV-news producer.
- 10:00 pm WTBS (3) ★★ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity.
- SPIKE (4) ★★ "Shaolin Soccer" (2001, Comedy) Stephen Chow. A soccer coach persuades a kung-fu master and his former classmates to form a team and play for \$1 million.
- 10:49 pm FAM (26) ★★ "Houseguest" (1995, Comedy) Sinbad. An impostor fools a lawyer and his family as an old friend trained in oral surgery.

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SATURDAY, JULY 7, 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	TBS Storyline	News (N)		Desert	Tennis: Wimbledon - Women's	(5:00) Saturday Early Show	Flip This House	Good Morning America	Tennis: Wimbledon - Women's	Tennis: Wimbledon - Women's	Lunar Jim	Gadget	SportsCentre	OWL/TV Kingdom	How Do Machines	Star Racer	About You	Reality Racing (N)	What Paid Prog.
7 AM	(7:10) Movie: "Dickie"	Gold Trails	Sagwa	MotorWeek	Final. From the All-England	Madeline	Sell House	Good Morning Northwest	Final. (E)	Final. (Live)	Wilbur	Robot Boy	Fishing	Katie-Orbie	Oil, Sweat and Rigs	Yin Yang	Eye on Asia	Movie: "The Medallion" (2003)	Mad Abt. Friends
8 AM	Roberts: Former Child Star	Body	George S.	Travel	Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	Trollz	Sell House	Saturday	News (N)	News (N)	Arthur	SpongeBob	Bowling	Good Morning Canada	Hazard Pay	Suite Life	Polish Studio	Jackie Chan.	Ned Stacy The Nanny
9 AM	(9:15) Movie: "Best in Show" (2000) Michael Hitchcock.	Eagle Communications	The Magic School Bus	Workshop	Wimbledon, England. (Live)	Cake	Design	So Raven	Driving TV	Goldfish	Phantom	Bowling		How-Made	Cory	Speakers	Hrseper	Ellen	
10 AM	(10:00) Movie: "Down to Earth" (2001)	Antique	Upside	Ask This		To Be Announced	Movie: "Cliffhanger" (1993)	Montana	GetUpGrow	Energy TV	Noise	Tn-Titans	Boxing: Friday Night Fights. From Tampa, Fla.	Amnesty International	Breaking Vegas	Phil		Xtreme 4x4	Seinfeld
11 AM	Movie: "Father of the Bride Part II" (1995)	Divas Dime	Macphee	Barbecue	Paid Prog.	PGA Tour Special	Sylvester Stallone.	Emperor	CEO TV	Fishing	Track and Field: IAAF Golden League	Avatar	Shuriken	Daily Planet	Dino Lab	School	Chum Chart	Disorderly Con.	Married... Married...
12 PM	Movie: "Father of the Bride Part II" (1995)	PGA Golf: AT&T National -- Third Round. (Live)	Italian	Ming	Golf: U.S. Senior Open -- Third Round. (Live)	PGA Golf: AT&T National -- Third Round. (Live)	Dallas SWAT	Paid Prog.	News (N)	Media	League	Monster	Golf: U.S. Senior Open -- Third Round. (Live)	Fantasy Lands	Cut Corners	Movie: "The Brainiacs.com" (2000)	Movie: "Boys on the Side" (1995)	Disorderly Con.	Friends Friends
1 PM	Movie: "Father of the Bride" (1991) Steve Martin.	Router	Painting	Dommas		Dallas SWAT	Movie: "The Stickup" (2001)	Fishing	Seinfeld	Equestrian: ATCO Power	Pokémon	Idaten	PLAN Canada	American Chopper	(1:42)	"Johnny Kapahala: Back on	MuchOnDemand	Steven Seagal.	Deal or No Deal
2 PM	Movie: "Father of the Bride Part II" (1995)	Dotto Tech	Antiques Roadshow	Eden		Detroit SWAT	James Spader.	All Xtreme	Seinfeld	Queen Elizabeth II Cup.	Battle	Cybertron	Keating	Hazard Pay					
3 PM	Movie: "Father of the Bride Part II" (1995)	Powerboat	Dora	Europe	Babar	Discover	Sell House	NBA Acc	Seinfeld	Simpsons	Sat. Report	Mystery	SportsCentre (Live)	MTV Shuffle	How-Made	(3:12)	News (N)	UFC 73 Count	What
4 PM	Movie: "Father of the Bride Part II" (1995)	Heart-City	(3:35) Go, Diego, Go!	Wild Things	3 2 1 Pen	Access Hollywood (N)	Sell House	Health	Simpsons	Simpsons	CFL Pre	Ruby	NASCAR Racing: Nextel Cup - Pepsi 400. (Live)	Sue Thomas: F.B.Eye	Sideshow Stars	Suite Life	Bravo! Fact	Movie: "Enter the Dragon" (1973) Bruce Lee, John Saxon.	Vanity Insanity
5 PM	King	News (N)	George S.	Summer	News (N)	News (N)	Flip This House	News (N)	Simpsons	News (N)	Argonauts at Hamilton Tiger-Cats. (Live)	Mystery	NASCAR Racing: Nextel Cup - Pepsi 400. (Live)	Twice in a Lifetime	Hazard Pay	K. Possible	Movie: "Heaven's Fury" (2003)	Friends	Friends
6 PM	King	Room	Meerkat	Lawrence Welk Show	News (N)	News (N)	Flip This House	News (N)	News (N)	Dads Who Fought Back	Soccer: FIFA U-20 World Cup - Costa Rica vs. Scotland. (Live)	Prank Ptr	News (N)	Dirty Jobs	Sadie	Joanna Pacula.	Movie: "House of Flying Daggers" (2004) Takeshi Kaneshiro.	Seinfeld	
7 PM	King	Design	Wild		Raymond	Scrubs	The Insider							News (N)	Angel	So Raven	Funnest Home Videos	Ad Pers	Ad Pers
8 PM	King	Can Files	National Geographic (N)	Time Goes My Family	CSI: Miami	Without a Trace	Match	Entertainment Tonight	Dads Who Fought Back	Andromeda (DVS)	Soccer: FIFA U-20 World Cup - Costa Rica vs. Scotland. (Live)	Movie: "Batman Returns" (1992). Michael Keaton. (E)	SportsCentre (Live)	Cold Squad	MythBusters	Life Derek	News (N)	TNA Wrestling Impact!	Deal or No Deal
9 PM	Movie: "Best in Show" (2000) Michael Hitchcock.	Alexandra's Echo	Heartbeat	Galway-Broad	Live Earth: The Concerts for a Climate in Crisis (Same-day Tape)	48 Hours Mystery	Flip This House	Movie: "Monsters, Inc." (2001). Billy Crystal	ReGenesis	Andromeda (DVS)	Soccer: FIFA U-20 World Cup - Costa Rica vs. Scotland. (Live)	Movie: "Jaws" (1975) Roy Scheider, Robert Shaw. (E)	Boxing: Brewster vs. Klitschko	To Be Announced	Hazard Pay	Movie: "Armageddon" (1998)	Movie: "GoodFellas" (1990)	TNA Wrestling Impact!	Deal or No Deal
10 PM	Movie: "Divine Secrets of the Ya-Ya Sisterhood"	Daphne Zuniga.	Absolute Conviction	Red Green	(11:01) Doctor Who	48 Hours Mystery	Flip This House	Funnest Home Videos	Andromeda	News (N)	News (N)	Driving TV	Boxing: Brewster vs. Klitschko	Comedy	Dirty Jobs	Bruce Willis, Liv Tyler.	Crime Drama: Robert De Niro, Ray Liotta. (E)	Disorderly Con.	Married...
11 PM	Movie: "Divine Secrets of the Ya-Ya Sisterhood"	Mad TV	Wild	(11:01) Doctor Who	News (N)	News (N)	Match	News (N)	News (N)	News (N)	(11:03) J.R.	Shadow	Boxing: Brewster vs. Klitschko	Comedy	Angel	Movie Ent		Disorderly Con.	Friends

SUNDAY, JULY 8, 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	"Divine"	Antique		Berenstain	Tennis: Wimbledon - Men's	Discover	Biography	Good Morning America	Tennis: Wimbledon - Men's	Tennis: Wimbledon - Men's	Franklin	Gadget	Formula One Racing	Acorn Kids	Mayday	Star Racer	Mix TV	MuscleCar	J.R. Digs
7 AM	Movie: "Father of the Bride" (1991) Steve Martin.	Taste	Zoboo	Cliff Pup	Final. From the All-England	Discover	News (N)	Good Morning America	Final. (Left in Progress) (Live)	Final. (Live)	Nanalan'	Jane	Reporters	Good Morning Canada	Egypt's Tomb	Yin Yang	Eye on Asia	MuscleCar	Mad Abt. Friends
8 AM	Movie: "Father of the Bride Part II" (1995)	In Touch-Drama	Jakers	Bob Build	Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	CBS News Sunday Morning (N)	Movie: "The Hunt for Red October" (1990) Sean Connery.	News (N)	Final. (Left in Progress) (Live)	Final. (Live)	Arthur	Winx Club	Reporters	Good Morning Canada	King Tut's Mystery	Suite Life	Eye-Asia	Hrseper	Ned Stacy
9 AM	Movie: "Father of the Bride Part II" (1995)	Van Impe	George S.	Jakers	Lawn Tennis and Croquet Club in Wimbledon, England. (Live)	Nation		News (N)	Hour of Power	Hour of Power	Coronatn	Flamingo	Bowling	PLAN Canada	Funnest Animals	Cory	Festival Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen
10 AM	Movie: "Serenity" (2001) John Cusack.	Gold Trails	The Magic School Bus	Fetch! With Maya	To Be Announced	Auto Racing: American Le Mans Series	The First 48	Mathews	Champ Car World Series	Champ Car World Series	CBC News: Sunday (N)	SpongeBob	Making the Connection: Legends of Golf	Amnesty	Sands of the Dead	Phil		Movie: "Samourais" (2002).	Seinfeld
11 AM	Movie: "Serenity" (2001) John Cusack.	Biker TV	Fetch! With Mechanics	Great Performances at the Met "The Barber of Seville"		The First 48	Paid Prog.	IndyCar Racing: Watkins Glen Indy Grand Prix. (Live)	News (N)	PGA Golf: AT&T National -- Final Round. (Live)	Soccer Day in Canada (Live)	Unfabulous	Golf: U.S. Senior Open -- Final Round. (Live)	Question Period	King Tut's Mystery	Movie: "Cadet Kelly" (2002)	World	Disorderly Con.	Beverly Hills, 90210
12 PM	Movie: "Something to Talk About" (1995)	PGA Golf: AT&T National -- Final Round. (Live)	Heads Up	Met "The Barber of Seville"	Golf: U.S. Senior Open -- Final Round. (Live)	PGA Golf: AT&T National -- Final Round. (Live)	The First 48	IndyCar Racing: Watkins Glen Indy Grand Prix. (Live)	Paid Prog.	Final Round. (Live)	Soccer Day in Canada (Live)	Prank Ptr	Golf: U.S. Senior Open -- Final Round. (Live)	W-FIVE (DVS)	How Do Machines	Movie: "Snow Dogs" (2002) Cuba Gooding Jr., Lizzie	News (N)	Disorderly Con.	Friends
1 PM	Movie: "Something to Talk About" (1995)	Fetch! With Mechanics	Reach-Top	Wild		The First 48	Paid Prog.	NASCAR	Andromeda	Seinfeld	Simpsons	Mystery	Soccer: FIFA U-20 World Cup - Gambia vs. Portugal. (Live)	Twice in a Lifetime	How-Made	Movie: "After the Harvest" (2001) Sam Shepard.	Dragons: A Fantasy Made Real	Disorderly Con.	Ground Up
2 PM	Movie: "My Best Friend's Wedding" (1997) Julia Roberts.	Profiles of Nature	Dora	Consumer	Dragon	The First 48	Paid Prog.	NASCAR	Andromeda	Seinfeld	Simpsons	Ghost	Soccer: FIFA U-20 World Cup - Gambia vs. Portugal. (Live)	How-Made	How-Made	Movie: "Shaolin Soccer" (2001) Stephen Chow.	News (N)	You Smarter?	
3 PM	Movie: "My Best Friend's Wedding" (1997) Julia Roberts.	Fishing	(3:35) Go, Diego, Go!	Vic. at Sea	Jacob	Discover	The First 48	Paid Prog.	Seinfeld	Simpsons	Simpsons	Fries That?	SportsCentre (Live)	Movie: "After the Harvest" (2001) Sam Shepard.	Dragons: A Fantasy Made Real	Suite Life	Funnest Home Videos	Disorderly Con.	Ground Up
4 PM	Movie: "My Best Friend's Wedding" (1997) Julia Roberts.	News	Chronicles	CSI: Miami "Shock"	Without a Trace	The First 48	Paid Prog.	Ebert	Seinfeld	Global	Simpsons	Movie: "Beethoven's 2nd" (1993) Charles Grodin.	Soccer: FIFA U-20 World Cup - Canada vs. Congo. (Live)	Instant	Montana	Movies	Disorderly Con.	That News	
5 PM	Movie: "My Best Friend's Wedding" (1997) Julia Roberts.	Raymond	News (N)	George S.	Workshop	News (N)	News (N)	Dog	News (N)	Simpsons	News (N)	Movie: "Lost in Space" (1998) William Hurt, Mimi Rogers, Premiere. (E)	Soccer: FIFA U-20 World Cup - Canada vs. Congo. (Live)	Alice	News (N)	Sorcerer's	Movie: "Kung Fu Hustle" (2004) Nia Vardalos.	Vanity Insanity	
6 PM	Movie: "My Best Friend's Wedding" (1997) Julia Roberts.	Design	Desert	Heartbeat	News (N)	News (N)	Simmons	News (N)	News (N)	Brothers & Sisters	Brothers & Sisters	Planet Earth	SportsCentre (Live)	Degrassi	MythBusters	So Raven	News (N)	Movie: "Kung Fu Hustle" (2004) Nia Vardalos.	
7 PM	Movie: "My Best Friend's Wedding" (1997) Julia Roberts.	Doc "Lost and Found"	National Geographic	Nature (DVS)	Dateline NBC	60 Minutes (N)	Harry Potter-Secrets	Funnest Home Videos	King of Hill	King of Hill	Planet Earth	Movie: "Sliding Doors" (1998) Gwyneth Paltrow.	SportsCentre (Live)	Instant	MythBusters	Life Derek	News (N)	Movie: "Kung Fu Hustle" (2004) Nia Vardalos.	
8 PM	Movie: "My Best Friend's Wedding" (1997) Julia Roberts.	Extreme-Home	The Royal Dispute.	Mystery! (N) (DVS)	Big Brother 8 (N)	Big Brother 8 (N)	Gene Simmons	Extreme-Home	Big Brother 8 (N)	Big Brother 8 (N)	Movie: "Sliding Doors" (1998) Gwyneth Paltrow.	Prank Ptr	Contender Challenge	Corner Gas	MythBusters	Life Bonnie	Party	Movie: "Kung Fu Hustle" (2004) Nia Vardalos.	
9 PM	Movie: "My Best Friend's Wedding" (1997) Julia Roberts.	"Til Death	The Last Detective	Everyday	Law & Order	Cold Case	Dog	Desperate Housewives	Family Guy	Family Guy	Prank Ptr	Ghost	Challenge	Robson	MythBusters	Life Bonnie	Party	Movie: "Kung Fu Hustle" (2004) Nia Vardalos.	
10 PM	Movie: "Something to Talk About" (1995)	One Tree Hill (N)	(10:15) Who's Apling	P.O.V.	Law & Order: SVU	Without a Trace	Simmons	(10:01) Brothers & Sisters	News (N)	News (N)	Can Files	Falcon Beach	Billiards	Law & Order: SVU	Movie Ent	Movie: "My Favorite Martian" (1999)	World	Disorderly Con.	Friends
11 PM	Movie: "Something to Talk About" (1995)	News (N)	Water		News (N)	News (N)	Harry Potter-Secrets	News (N)	News (N)	News (N)	Northern	Soccer: U-20	SportsCentre (Live)	News (N)	Sorcerer's	(10:49) Movie: "Houseguest"	Access Hollywood (N)	Stephen Chow.	Mad Abt.

MONDAY, JULY 9, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Dawson's Creek (E)	News (N) Room	Elliot Jakers	Body Elec. Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Monster	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Movie: "A Soldier's Story" (1984) Howard E. Rollins Jr.	Counterstrike (E)
7 AM	Movie: "Serendipity" (2001) John Cusack (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today (N)	The Early Show Kelly Clarkson (N)	Crossing Jordan (E)	Good Morning America (N)				Jane Monsters	SportsCentre (E)		Anatomy of a Warship	K. Possible (7:24)	CityLine (E)		Night Heat (N)
8 AM	John Cusack (E)	Collectors	Hi-5 Berenstain	Curious Clifford			American Justice		100 Huntley Street (E)		Curious Clifford	George S. Beasts	SportsCentre (E)		How-Made	Weekend Lilo Stitch	Star Trek: Voyager (E)	Real TV	Due South (E) (DVS)
9 AM	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover		100 Huntley Street (E)	World Vision	Poko	Flamingo	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N) City	Most Amazing Videos	Ad Pers Inside Box
10 AM	Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View (N)	World Vision	Design House	The Gill Deacon Show	"Care Bears: Big"	Bowling	The View (N)	True Crime Scene (E)	Mickey Tigger	Movie: "Connie and Carla" (2004) Nia Vardalos.	Most Amazing Videos	Mad Abt. Grace
11 AM	Cosby	Seinfeld	CG Kids	Bob Build	Dr. Keith Ablow (N)	Young and the Restless	24 "Day 2:00 - 3:00PM"	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	(11:15) Erky Ruby	Triathlon: Ironman	eTalk (E) Diary (E)	Forensic Evidence (E)	Higglytown (11:25) King	Star Trek: Next Gener.	The Nanny	Frasier
12 PM	Still Stnd	News (N)	Canada-History	Charlie Rose (E)	Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News	Pokémon Flamingo	Yachting	Degrassi Bold & B.	Mayday "Blow Out" Weekend	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM	Yes, Dear	Diva Dime	Planet	Fine Art	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts	Score Golf Television	Twice in a Lifetime (E)	How Do Machines	Dragon Emperor	Hollywood Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	Guiding Light (N)	Gaslight	Reading	Passions (N)	Guiding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Viva Pinata Jacob	NASCAR 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 (E)	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Mystery Team	Off-Record	Dr. Phil (E)	How Do Machines	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South (E) (DVS)
4 PM	Raymond	Days of our Lives (N)	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Red Green	The Fairly OddParents (E)	Fight Sports Knockouts!	Veronica Mars (E)	Daily Planet (N)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Ad Pers Inside Box
5 PM	Friends	News (N)	George S.	BBC World	News (N)	News (N)	CSI: Miami "Bunk" (E)	News (N) ABC News	News (N) Global	News (N)	Simpsons Arrested	SpongeBob	Boxing: Friday Night Fights. From Tampa, Fla.	News (N)	MythBusters Mentos.	Suite Life Montana	Stargate SG-1 ill planet.	CSI: Crime Scn	Seinfeld
6 PM	Friends	Body	Fetch! With	News-Lehrer	News (N)	News (N)	The Sopranos (E)	News (N)	News (N)	ET Canada	Canada Now	Being Ian Ruby		News (N)	American Chopper (E)	Zoey 101 Sadie	Hell's Kitchen (N)	CSI: Crime Scn	Married...
7 PM	Family Guy	FANatical	Sustain	Served	Jeopardy!	Friends	(7:15) The Sopranos "Pie-O-My"	Entertain The Insider	Entertain ET Canada	Without a Trace (N)	Coronatr Rumours	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	Dirty Jobs (E)	So Raven Smart Guy	Godiva's (E) (DVS)	CSI: Crime Scn	Extreme-Home
8 PM	Seinfeld	Christine	Africa (E)	Antiques Roadshow	Real-Crashers	Christine	Christine TBA	Wife Swap (E)	Real-Crashers	Real-Crashers	Doctor Who "Gridlock"	Fresh Pr. Yvon	Off-Record	On the Lot (PA) (E)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: Crime Scn	ET Canada Ad Pers
9 PM	Movie: "Best in Show" (2000)	Two Men How I Met	No More Tears Sister	History Detectives (N)	Age of Love (N)	Two Men How I Met	CSI: Miami "Bunk" (E)	(9:01) Extreme Makeover	Age of Love (N)	Age of Love (N)	Hustle (E)	Mystery Ghost	Bowling	Canadian Idol (N)	American Chopper (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	Oblivious	Seinfeld
10 PM	Michael Hitchcock.	Dickinson	No Place Called Home	Power of Art	Dateline NBC (E)	CSI: Miami (PA) (E)	The Sopranos (E)	Supernanny (E)	Without a Trace (E)	News (N)	National	Prank Ptrl Weird	Yachting	CSI: Miami (PA) (E)	Dirty Jobs (E)	Popular (E)	(10:06) Movie: "Rudy: The Rudy Giuliani Story"	Star Trek: Voyager (E)	Frasier
11 PM	"The Pallbearer" (1996)	News (N) Room	Irving Layton	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	(11:15) The Sopranos (E)	News (N)	News (N)	Entertain ET Canada	(11:05) The Hour (E)	Bob 15/Love	SportsCentre (Live) (E)	News (N)	MythBusters Mentos.	Life Derek	Rudy Giuliani Story"	Star Trek	The Nanny

monday movies

MORNING

6:00 am SPIKE (44) ★★½ "A Soldier's Story" (1984, Mystery) Howard E. Rollins Jr. An Army lawyer probes the slaying of a sergeant from an all-black unit in 1944 Louisiana.

7:00 am WTBS (3) ★★½ "Serendipity" (2001, Romance-Comedy) John Cusack. A man and a woman try to find each other after spending one night together 10 years earlier. (E)

10:00 am YTV (18) "The Care Bears: Big Wish Movie" (2005, Adventure) Voice of Stephanie Beard. Animated. Wish Bear's plans go awry when she wishes for some new friends.

CITY (29) ★★½ "Connie and Carla" (2004, Comedy) Nia Vardalos. After witnessing a mob hit, two Chicago waitresses go to Los Angeles and disguise themselves as drag queens. (E)

EVENING

9:00 pm WTBS (3) ★★½ "Best in Show" (2000, Comedy) Michael Hitchcock. Pampered pooches and their quirky owners converge on Philadelphia to compete in a presti-

gious dog show. (E)

10:06 pm CITY (29) ★★ "Rudy: The Rudy Giuliani Story" (2003, Docudrama) James Woods. The mayor of New York endures political battles and personal struggles with his wife, Donna Hanover. (E)

11:00 pm WTBS (3) ★★½ "The Pallbearer" (1996, Comedy) David Schwimmer. A directionless young man faces romantic complications after he is asked to attend a forgotten classmate's funeral. (E)

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



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obituary

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Parkview Funeral Home, 1258 Main Street, Penticton

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help wanted

### Employment Opportunity Town of Princeton

The Town of Princeton has an opportunity for a casual on-call labourer in our Public Works Department. This position may lead to part or full-time employment.

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

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

A valid BC driver's license, class 5, with a safe driving record is required. A valid First Aid certificate is an asset.

This position is within the jurisdiction of the Town of Princeton and CUPE Local 608 Collective Agreement. The rate of pay is \$21.12 (January 1, 2007). Successful candidates will be selected based on their education, experience and skills related to the job.

Please forward your resume by July 16, 2007 to:

Town of Princeton  
PO Box 670  
169 Bridge Street  
Princeton, BC V0X 1W0

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

100% natural beef for sale. No implants. \$1.50 per pound + cutting and wrapping. Call Ernie Willis (250) 295-7345 or Terry Wright (250) 295-8121. Nov 28-06n

APPALOOSA MARES; Registered broodmare, needs secure yard, \$1,200.00. 4-year old, no training, \$1,500.00. Loud colour. DWARF GOATS, kids, buck, 2 bred does, \$200.00 - \$400.00; ewe lambs, \$200.00. (250) 499-5143. Jun 21-06n

L-shaped 3-piece oak bar with 8 bar stools. One section 8-feet long. One section 5.5-feet long. Both 49 1/2 inches high, 22 inches wide. All sections have casters. Can be viewed at Princeton Golf Course. (250) 295-6130. Jun 19-Jul 03

1995 Dodge Dakota, 1 owner, 5-speed, club cab, V8, 4WD, 186,000+ km in excellent running condition. Shocks, new tires and brakes less than a year old. Best offer to \$8,000.00. Call Doug at (250) 295-7894. Jul 03-17

1992 F250 Ford pickup XLT, Ext. cab, 4x4, V8, auto., 137,182 km in excellent condition. Okanagan slide-in Camper. \$8,500.00 OBO. Call Chuck (250) 292-8101. Jul 03-17

for rent

260 Penryn Avenue - 3-bedroom, four appliances, \$750.00 plus utilities. Call Claire (250) 295-6623 or Heather (250) 295-8591. Jun 26-06n

4-bedroom home at 79 Harold Avenue. \$1,200.00 a month + utilities. Call Heather (250) 295-6977. Jul 03-06n

card of thanks

The Knights of Columbus of St. Peter's Catholic Church would like to thank all of the sponsors and workers who made our Salmon Barbeque another successful event.

Westland Insurance, A&W, Princeton Husky, Mac's Auto Parts, Princeton Outdoor Supply, Lordco, Milkado's Japanese Restaurant, Billy's Family Restaurant, Home Hardware, Valley First Credit Union, Princeton Paint & Deck, Overwaita, Kevin Acres, Basillian Faithes, Gordon Walker, Pharmasave, Liquor Store, Santo's, An Ounce of Prevention, Ray Jarvis, Ed Goudreau, Barb Henderson, Benny Mazzarella, Joseph Dube, Ron Roach, Steve Jaster, Jeff Goudreau, Mike Wienike, Dave Elwell, Fred Klein and Ladies who volunteered in the kitchen Sue Elwell, Lois Haffey, Lena Mazzarella, Fern Goudreau, Mariane Roach, Francis Klein and all others who assisted.

Thank you!

notice

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**WOOD PELLET SALES & DELIVERY**  
Call  
Princeton Rentals  
(250) 295-6545

1997 Ford F150 Extended Cab, short box, 4WD. \$6,750.00. (250) 295-7345. Jun 26-Jul 03

Authentic roll top desk - antique. \$500.00 FIRM. (250) 295-7692. Jun 26-Jul 10

Chocolate lab/Chesapeake puppies for sale. Ready to go mid-July. Friendly, intelligent, family-raised. Photos and lineage available. \$600.00. Call (250) 485-2449 Oliver. Jun 19-Jul 03

12 foot Glen-L sailing dinghy with trailer. \$1,500.00 FIRM. (250) 295-6714. Jun 26-Jul 10

lost

Little black book, somewhere around town on June 15th. Please call (250) 295-0031. Jun 26-06n

Lexar Media USB Jum Drive 2 between Cawston and Keremeos. Contact (250) 499-7818 or e-mail imoada@yahoo.ca Jul 03-06n

wanted to buy

Ware Medals and Military related items. Anthony's Book Store, Main Street, Keremeos. (250) 499-8088. Jul 03-17

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**1-888-647-3377**

Jul 06-06n

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Residential & Commercial  
**(250) 438-0033**  
Princeton - (Local Call)

notices

Looking for 2-3 bedroom rentals for qualified tenants. Call RE/MAX country at (250) 295-3222. Feb 13-06n

help wanted

Part-time help wanted. Willing to train, apply in person to Princeton Pizza Party, #5-136 Tapton Avenue (Princeton Plaza) after 4:00 PM. to Jul 03

Bingo Caller for Monday Night Bingo at Senior Citizens Branch #30 Hall. Experience preferred but we will be happy to train. Stipend paid for calling. If you are interested call Betty at (250) 295-7044 or Gayle at 295-3889.

notices

The Bunkhouse Professional Dog Grooming. 2098 Highway 40, Princeton. All breeds, all sizes. Pick-up and delivery available. Call Judy at (250) 295-4341. Jul 03-17

Visit our website for more Classified Ads. www.thenewsleader.ca and click on the Classifieds tab to be directed to more local, regional and national ads. You'll be amazed with all the Classified Ads you'll find!

card of thanks

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MONDAY NIGHT BINGO  
 IN PRINCETON  
 SENIOR CITIZENS BR. #30

162 Angela Avenue  
 4:30 PM Sales Start  
 5:30 PM 1st 47 Bonanza #'s  
 SPECIALS, REGULAR GAMES, ODD &  
 EVEN, PROGRESSIVE SNOWBALL &  
 LOONIE POT, "LUCKY 7" WON EVERY  
 MONDAY (MIN. \$50.00 GUARANTEED)  
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Wage: \$10.00 per hour for those  
 who qualify. Bonuses annually for  
 those who qualify. Front End Staff,  
 Back House Staff and Management.  
 Apply in person at Dairy Queen.

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## LIMITED PRINT BLAKEBURN MAP "DELUXE EDITION"

is now available at  
 Princeton Pharmasave and Chamber of Commerce

From the Author of:  
 "Blakeburn - B. C.'s Forgotten Ghost Town"

### Drinking a problem?

Alcoholics Anonymous

Meets 7:30 PM Thursdays  
 At The Anchorage,  
 136 Vermilion Ave.

Fred 295-7272/Marena 295-7663

A musical memory gift for that special  
 someone. This unique gift is just  
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 gain9@yahoo.ca for details. Jul 25-26

Musical Entertainer available for  
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 Patty (250) 295-0520 or e-mail  
 pattyann@uniserve.com. Jul 25-26

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 CALL 295-4149  
 FOR DETAILS

## 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/Skahun 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. Piggitt RPF, Regional Tenures Forester



## WAREHOUSEMAN'S LIEN ACT

Attention: Tina Shuman  
 Box 2197  
 Princeton, BC  
 VOX 1W0

The contents of Unit #14 at Dewdney Trail Self Storage Ltd. have accu-  
 mulated storage costs amounting to Five Hundred Fifteen Dollars and  
 Seventy-five Cents (\$515.75). If you have not paid this outstanding  
 account by July 6<sup>th</sup>, 2007 the contents will be sold by auction on Friday,  
 July 13<sup>th</sup>, 2007 to cover storage costs.

Attention: Shanelle Holdings Ltd.  
 Box 1973  
 Princeton, BC  
 VOX 1W0

The contents of Unit #110 at Dewdney Trail Self Storage Ltd. have accu-  
 mulated storage costs amounting to Two Hundred Ninety-one Dollars  
 and Sixty-six Cents (\$291.66). If you have not paid this outstanding  
 account by July 6<sup>th</sup>, 2007 the contents will be sold by auction on Friday,  
 July 13<sup>th</sup>, 2007 to cover storage costs.

Attention: Grace McCumber  
 Box 698  
 Princeton, BC  
 VOX 1W0

The contents of Unit #118 at Dewdney Trail Self Storage Ltd. have accu-  
 mulated storage costs amounting to Three Hundred Thirty-three  
 Dollars and Eighty-two Cents (\$333.82). If you have not paid this out-  
 standing account by July 6<sup>th</sup>, 2007 the contents will be sold by auction  
 on Friday, July 13<sup>th</sup>, 2007 to cover storage costs.

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 www.homelifepinceton.com  
 Remember: Heinz Sells!

Looking for 2-3 bedroom rentals for  
 qualified tenants. Call RE/MAX coun-  
 try at (250) 295-3222. Feb 13-14

## CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #1 - Easy

237	146	598
865	279	143
419	835	627
941	567	382
378	412	965
652	983	471
596	721	834
783	654	219
124	398	756

CHALLENGE #2 - Easy

852	914	673
617	283	954
943	567	812
486	791	325
521	836	497
379	425	186
798	342	561
135	679	248
264	158	739

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**KEREMEOS: Tuesdays ONLY call (250) 499-3018**  
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AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!



Here's what our peers say about us:

"It's not second-hand accounts. When the News Leader covers Posse hockey, the Publisher is in the stands. You get the results and full story first-hand."

- Dennis Walker, Giant-FM News, Penticton, BC

## Similkameen News Leader

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souvenirs

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souvenirs

# Similkameen Souvenirs

TAKE HOME A UNIQUE SOUVENIR FROM YOUR VISIT!

**Bryan Smith's "Similkameen" DVD**

**\$15.00**

Featuring 200 Photos of the Similkameen Valley



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help wanted

help wanted

## KEREMEOS ELK'S & ROYAL PURPLE

Every Friday  
 Doors Open 5:30 PM  
 Elks Hall Keremeos

**SMOKE FREE BINGO**

## Town of Princeton NOTICE

For impounded pets, or to adopt pets please see the Community Bulletin Board at the corner of Bridge Street and Kenley Avenue.

## Princeton Child Care Society

**Coordinator for the StrongStart Program**  
 For Parents/Caregivers and Children (Ages 0-5)  
 20 hours per week

A StrongStart Program is being established through a partnership with School District #58 and Princeton Child Care Services. The StrongStart Centre will be located at John Allison Elementary School in a classroom designated for this program.

Together with parents and caregivers, the StrongStart coordinator will be responsible for setting up, establishing and operating the program. The program is designed so that parents and caregivers will participate alongside their children in a purposeful, play based environment. The program will concentrate on key aspects of family literacy, numeracy, parent support and education, stages of early childhood development, nutrition and community resource sharing.

Under the direction of the partner groups, the coordinator will:

- Set up and operate the StrongStart Centre
- Establish and post a daily schedule for the program with participant involvement
- Ensure that the activities available for the children reflect the stages of child development and encourage creativity and language development
- Plan and prepare active, participant oriented, circle times once or twice daily that involve stories, songs, puppets and props.
- Make connections with service providers in the community and facilitate referrals for families where necessary
- Make connections with the school personnel to facilitate a smooth transition for families into the formal school system
- Provide outreach to parents of children birth — 5 to build relations and support access to early learning opportunities.
- Attend training sessions and provide program reports as required by Princeton Child Care Services and School District #58
- Attend the Steering Committee meetings to share information.

### Qualifications:

The successful applicant will have:

- A certificate, preferably a diploma, in Early Childhood Education
- A valid Child Safe First Aid Certificate
- A minimum of five years of education and/or experience in a related field, e.g. early childhood education, teaching, recreation, social work, community development.
- Training and/or experience working with children in the 0-5 age range.
- Ability to work effectively with a variety of parents, children, volunteers, professionals and community members
- Personal qualities include excellent verbal and written communication and interpersonal skills
- Good planning and organizational skills
- The ability to be culturally sensitive, creative, collaborative and resourceful.
- Knowledgeable of community services in Princeton
- Able to pass a criminal record check

Closing Date of posting: July 20, 2007

Start date: Centre opens September 10, some prior preparation required

Please mail, fax or email resumes to:

**Penny Schreckenberg,**  
 Program Coordinator, Princeton Child Care Society  
 PO Box 1331, Princeton B.C., VOX 1W0 Fax: 1-250-295-3101

\*A detailed role description is available at Princeton Child Care Society at 56 Kenley Avenue.

# editor@thenewsleader.ca

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

## my turn

### Because that's how we do it here

In our neighbourhood we do things up right.

Rarely does a celebration take place where we don't make a bunch of noise and see the police at least once between well-done and done steaks on the barbeque.

Canada Day is really no exception, except, as your garden variety normal Canadians we're sort of subdued. Polite, even.

On Canada Day we do like most other Canadians and go to somewhere where we can mooch some snack food and a piece of cake.

After all, for an average Canadian on Canada Day the best party has got to be someone else's.

So it really shouldn't have surprised us when little Billy covered in smeared Canada Flag tattoos and cake icing asked us that question he always asks at this time of year.

"Why do we do all this stuff on the same weekend?"

He was referring to the Canada Day Weekend which this year contained no less than 12 different activities.

Probably an all-time Princeton record.

Well, we crouched down and looked little Billy straight in the eye, wiped some cake icing off of his cheek, put a hand on his shoulder and said, "Because that's how we do it here."

He had a puzzled look on his face and shrugged his shoulders.

"But why jam everything into one weekend when you could space some of the events on weekends throughout the summer to make it interesting all through the tourist season?"

We tried to explain that tourists only visit Princeton Canada Day Weekend because of the gambling opportunities and that most of them (them 'Mericans) are usually gone back home by July 1st, as they don't understand why we have French words in the song they hear at the odd hockey game.

"Wouldn't it be smarter to spread the events out?" He asked.

We again argued that the idea would fail simply because residents need to be able to point out all summer long that 'nothing happens here' in the dead zone between Canada Day and Fall Fair, with the possible exception of Tulameen Days.

"From a marketing standpoint it would make the area more attractive if there was some sort of celebration each and every weekend," little Billy tried to reason with us.

Nope, we weren't going to let this smart mouthed ten-year-old get the best of us.

We stated that the reason why everything happens on one weekend here is because there's not enough volunteers to go around and that if all the events were to split off each organizing committee would probably make a lot more money and "that would surely screw up their annual budgets to a point where they'd have to change their focus."

Billy made a funny face.

So we went on at great length about how important it is to hold so many events in overlapping time slots as to provide people with 'choices' and that without 'choices' there'd be nothing going on around town.

"But all the choices have to be on the same weekend?"

Obviously we had come full circle on this one and tried again to explain why Canada Day weekend was such a big deal in town and used the word 'tradition' at least three times until we realized the next event we were going to attend had already ended.

Then it occurred to us that this ten-year-old might have been onto something after all.

#### 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

# MP fires one at Cannon

Hon. Lawrence Cannon, PC, MP  
Minister of Transportation  
House of Commons  
Ottawa, Ontario K1A 0A6  
Dear Minister Cannon,

I am deeply concerned about an event that took place over the Columbia River near Trail BC on Monday, June 18 at approximately 11:10 PM. I have heard many accounts from my constituents that a low-flying jet flew over the Columbia River shaking houses and waking citizens up.

My staff has been trying to find out the source of this plane to no avail. I have contacted Major Mike Lagace from the 1st Canadian Air Division in Winnipeg and Lt. Cmdr. McIntyre from Navy Public Affairs Maritime Forces Pacific Headquarters. Both of these gentlemen were extremely cooperative. Upon a thorough investigation, they were able to confirm that all Canadian military aircraft, as well as known American military aircraft in Canada, were accounted for.

My staff has been working closely with media outlets in the area who have also been investigating the source of this aircraft and no one has been able to determine its source. My staff has also contacted military bases in the U. S. that are near the border and none has claimed responsibility for this aircraft.

We have also spoken with the Department of National Defence, DND, in Ottawa and have filed a formal request under the Access to Information Act.

It should be obvious that the pre-

sense of a low-flying jet in a heavily populated area should be a concern to all of us.

It is my understanding that NAV Canada has the responsibility of tracking all aircraft in Canada. At this time, I request that a thorough investigation of this incident be conducted by NAV Canada in conjunction with DND, and the Department of Foreign Affairs.

In the interest of the safety of our citizens and perhaps our national security, it is imperative that we resolve this issue so that such an incident will never happen again.

I await your response at your ear-

#### Letter To The Editor

## Auxiliary says thanks

To The Editor;

RE: Princeton Hospital Auxiliary

We have been getting exceptional donations, I would like to thank everyone for your support to our Thrift Store.

In June we gave ten thousand dollars to the Penticton Hospital Foundation. The Foundation is striving to reach one million dollars for a new Digital Stereotactic

liest possible convenience. Thank you for your time and attention to this matter.

Sincerely,

Alex Atamanenko, MP

BC Southern Interior

CC: Hon. Peter MacKay, PC, MP,

Minister of Foreign Affairs

Hon. Gordon O'Connor, PC, MP,

Minister of National Defence

Mr. John W. Crichton, President

and CEO of NAV Canada

Peter Julian, MP, NDP,

Transportation Critic

Major Mike Lagace

Lt. Cmdr. McIntyre

All media

Mammography Machine. This machine will provide diagnostic information much more quickly than their present equipment.

In June we also gave a two thousand dollar bursary to a high school graduate going into the field of medicine.

Have a safe and fun summer!

- June Manning, President

Princeton Hospital Auxiliary

VISIT US ONLINE AT:

www.thenewsleader.ca

FOR FULL COLOUR PHOTOS FROM  
CANADA DAY WEEKEND

**Current Comment:**

**The little guys take on the secrecy team**



Dawn Johnson  
editor@thenewsleader.ca

Our Member of Parliament, Alex Atamanenko, sends out newsletters on a regular basis. The most recent one talks about the danger to our natural resources by the secret deals being made by our federal Conservatives under the three-way pact called the North American Security and Prosperity Partnership (SPP).

SPP is also called "deep integration" and a lot of Canadians do not like the sound of it. We have just celebrated Canada's birthday and I wonder how long we will be able to call ourselves real Canadians. Are we really standing on guard?

I give credit to the New Democratic Party for finally demanding an end to the secrecy of the SPP negotiations, but I wonder just how much the party can do as they are such a small number in the House of Commons. After all, it was Jean Chretien and the Liberals who first agreed to the SPP railroad, and the Conservatives like where the track leads, too. That leaves the NDP and Bloc Quebecois as the only viable opposition. I don't have much faith in the Bloc taking up the SPP deal because it seems they would just as soon not be Canadians anyway.

The secret meetings between Canada, the United States and Mexico have been far more secret in Canada than in the U.S. In fact, the first real organized opposition in Canada came from the Council of Canadians, and they got their information from Washington DC sources.

Atamanenko says the SPP is a threat to our sovereignty. I agree. The question is: what do we do to protect our health system, our environment, our national security and our natural resources, which includes water.

One of the things I have done is send money to the Council of Canadians, but I do not have a lot to send. If everyone sent some money, it would help, but we have to do more than that. We have to somehow convince our federal government we do not want to come out losers.

There are 300 policy areas slated for "deep integration". As you can well imagine, the people setting the

standards are not insisting on Canada's standards of health care or environmental protection. Why do we not insist there will be no integration?

Our politicians will be nothing more than a puppet government if SPP takes over. Canada will be nothing but a money pit for the U.S. to exploit. So, besides the NDP and the Council of Canadians, who is standing on guard for Canada?

Good for the NDP and the Council of Canadians for taking on the two big federal parties and demanding they be accountable to all Canadians. I wish them every success.

We need to support their efforts with letters, petitions and any other means. I don't think we can afford to be apathetic about this. What can we do NOW? Who will pick up the flag and carry it forward? Any ideas?

**Marketplace Ministry**

by Jim Caruso

**China Creek winter campout**

I was about 11 years old. Eleven was the age when I looked for super heroes in everyday life. Kind of like Spiderman, he was the comic book hero that I put as number one in my imagination and even though I hated spiders, I thought Spidy was cool. Super heroes were not that common in those days especially in everyday life, but one story does come to mind, it about my brother Doug. It was January I think, the winter had been tough and the snow was deeper than usual. I was a part of the local cub-scout pack. I was in the tawny pack and had my own uniform with the scarf and the toggle. I still remember those words that would call us together as we began the evening. PACK, PACK, PACK, Mr. Marcel would call out and we would answer, Akala, we will do our best to honour God and the Queen, well DIBB, DIBB, DIBB and we will DOB, DOB, DOB. So we dibbed and dobbed and earned badges and we played games and ran into walls and posts in the basement of the local elementary school, it was always fun until someone got hurt. Anyway the big winter campout was happening this weekend and my brother Doug was the leader that was going to take 10 or 12 of our cub pack up China Creek, to camp in the snow.

Doug was older than me, by some six years or so, he was the firstborn in the family, followed by Tony and me and then my sister. My sister Debbie was a tough as they came; she had to be strong to survive three older brothers. Anyways back to Doug. He was older but that was all that really qualified him as the leader for this excursion. We met at the school on Saturday. We had spent the last few days packing up our sleeping bags, our personal items which weren't much, we were only eleven and none of us were shaving yet, didn't produce much body odor and only washed and brushed our teeth every second week. And of course we were cub-scouts, so we would live off the land and survive in the wilderness like the early explorers or some of the draft dodgers that lived nearby until the latest war was over.

We had food, plastic to make lean-tos; canned goods and an aluminum campfire cook set that burned everything equally to the point of non eat ability. We also had a hatchet and a knife to cut down trees and brush to make our beds and latrines. Latrines were the first order of any camp set up procedure and they had to build to a certain standard of construction. Many a forest was clear-cut to provide just the right type of tree and bough for the latrine. It seemed like our cub-scout group was really into latrines, we built one each every time we had a campout.

With all the backpack and gear loaded in the trucks, we headed off into the local hills surrounding our small town and parked just past the airport overlooking the China Creek ravine. Here we unloaded our back packs and helped each other slide into our packs and off we went.

When you are 11 and Italian and Irish, the snow seems a lot deeper than if you are 17 and Italian and Irish. My legs were Italian, the length being similar to that of a new born of any race. It seemed funny to look at my legs at age eleven and see a knee joint two inches up from my ankle and three inches down from my belt. This of course didn't change and when you grow into a full sized Italian and Irish adult, you have to roll up gym shorts and peddle pushers or you will trip over the excess. As an adult when I order a suit, I have them make a vest out of the part they cut off my pant legs. My waistline and inseam measurements are the same as a rectangular structure you may be familiar with, 38 wide and 28 long. All that to say that the snow was deep for many of us that day, but we left the parking lot excited and so warmly wrapped in our snowsuits, scarves, toques, and snow boots that all we could think about is when we do get the latrines built, it will take us a day and a half to get out of these clothes to be able to use it.

We must have trudged through the snow for what seemed like two hours, but really was only about thirty minutes. We stopped on a bit of a hillside and it was all ready just about dark when we started to set up camp. The first thing we did was make sure that everyone was present that had left the parking lot. Our cub-scout group was getting smaller and it seemed like it declined one or two kids after every camp out. The insurance company suggested that the leaders keep a better accounting of everyone who goes on these campouts, even though the excitement of search and rescue helicopters flying over our other campout sites with their bright search lights all night long was fun, packing the lost kids gear was pretty stressful for us who have the short Irish and Italian legs.

Because it was dark and cold, my brother the hero, that day, decided to build a fire. Looking around with my Jungle Jim flashlight, saw an old snag tree that had at one time been hit by lightning and looked like a fireplace. It stood about 35 feet tall and was only about 10 feet from our newly constructed lean-tos and latrines. Staring a fire in the fireplace like tree seemed at the time a great idea. The fire would burn and the tree would reflect the heat back into the campsite and I sat there excitedly thinking about my lifeless, numb, blue Irish Italian legs becoming warm enough to feel again. The fire started quite easily. Being a scout leader, my brother knew that you could start a fire easily rubbing two sticks together, as long as one of them is a match. Three gallons of white gas helps to establish the fire as well as the last four weeks daily newspaper that was crumpled up under the pile of self igniting presto logs from the local hardware store. Well, the old snag that was to act like a natural fireplace in the forest was actually in real life, a pitch stick. Let me explain. This 35 foot tree was composed of hundreds of pounds of highly flammable tree sap that had soaked into every cell of that old tree as it sat under the summer sun for who knows how many years. The ignition point of such volatile fuel is similar to that of a gas soaked sponge being touched by a lightning strike. Whoof! That snag was fully involved in seconds and the light and heat from it melted the plastic that we had made our lean-to out of and began to melt the snow in our camp site. The light alone kept us awake all night and I'm sure that it would have been seen from the space station had it been assembled at that time.

We left the campsite the next morning. The snow had melted and the mud dried up and the remaining area looked like a barren desert in the midst of the Arctic. We left all of still alive, suffering from mild sunburn and a couple of the kids who were in their lean-tos at the time of the inferno had to cut free from the shrink wrap that had imprisoned them when the heat reached its peak. My brother was right out in front, his backpack lighter now because of the proximity of his sleeping bag to the old snag. The doctor said that new eye brows and eye-lashes only take about 5 months to regrow. I was so proud of him.

Jim Caruso,  
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Princeton Merchants pitcher Ryan Corsi cracks one into left field during the Mens Fastball Tournament held over Canada Day Weekend in Memorial Park. \*

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## Quinlan joins Board of Directors

The South Okanagan Similkameen Medical Foundation would like to announce that Bill Quinlan was elected to become one of the Board of Directors at the Annual General Meeting held on June 21st.

Quinlan was the former President of the Princeton General Hospital & Ridgewood Lodge Foundation until it amalgamated with the South Okanagan Similkameen Medical Foundation this spring

and is the current owner and President of Q-Tech Industries Ltd.

Raised in Princeton, Bill also serves on the Princeton Airport Select Committee and has previously held positions as a Director and Vice President on the former Princeton and Area Business Enhancement Association.

On behalf of the Board of Directors, we would like to welcome Bill Quinlan to the Board and wish him much success during his tenure with the South Okanagan Similkameen Medical Foundation.

- submitted

## Weekend wrap-up

..... continued from Front Page was high.

Shirley's Arts & Crafts hosted an Art Show and Sale featuring Nathan Pinsent, well-known to many local residents. Pinsent now lives in northern Saskatchewan.

Princeton Rotary Club hosted their annual Parade with this year's theme "The Great Outdoors." Over 50 entries were registered and with a few delays the parade ran just about an hour - one of the longest parades in recent memory.

In the Commercial Category Mac's Auto Parts won First Place with Booster Juice Second and Valley First Credit Union Third. In the Organizations Category Vermilion Trails Society won First Place with Princeton & District Community Services Second and Princeton Fish & Game Club Third. In the Horse & Rider Category 24K Ranch was First with Princeton Rodeo Club Queen Second and Princeton Rodeo Club Third.

In the Car and Truck Category Basil Bottenfield's 1939 Ford (Rotary Club Youth Ambassador Candidate) won First Place with the Overwaitea Foods Convertible Second and Yellow Truck transporting the Lytton Ambassadors Third.

Overall Parade Winners were: First Place - Town of Vernon float, Second Place - Scarlett Belles (Red Hat Society) and Third Place - Princeton Fish & Game Club.

The Parade was followed by the Youth Ambassador Coronation Ceremonies at Riverside Centre where Miss Princeton Co-Gen Corporation Madison Johnston was named the 2007 Youth Ambassador. Joining her are Vice Ambassador Samantha Wasylenchuk (Miss Valley First Credit Union) and Friendship Ambassador Michelle Derkson (Miss Princeton Rotary Club).

Saturday ended with two dances - an 'under 19' Youth Ambassador Dance at Riverside Centre and the Racing Days 'adult dance' at Princeton Arena featuring Frame 313 and The Blackbirds.

Canada Day Sunday saw a continuation of the Vermilion Artists Art Show, the Sounds of Our Heritage Music Festival, Mixed Golf Tournament and Mens Fastball Tournament.

Canada Day Celebrations took place at Cenotaph Park with face painting, refreshments, speeches and cake.

Centennial Pool provided free swimming in the afternoon as part of the Canada Day Celebrations.

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Mac's Auto Parts took First Place in the Commercial Category at the June 30th Rotary Parade. Standing with their Youth Ambassador Candidate Jennifer Dunn are Brigit and Barry Kavanaugh. \*

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Princeton Fish & Game Club earned Third Place in the Organizations Category and Third Place Overall with this exploration into "The Great Outdoors" in the June 30th Rotary Club Parade. \*


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Michelle Derkson, sponsored by Princeton Rotary Club, was selected Friendship Ambassador at the June 30th Coronation Ceremonies. \*



BC Southern Interior MP Alex Atamanenko went 'green' in the June 30th Rotary Club Parade. \*

**MP Alex Atamanenko**

**BC Southern Interior monthly report**

**Stuck In The Wheels Of Democracy**

A poll conducted for Greenpeace earlier this year, found that 79 percent of B.C. residents support legislation requiring genetically modified (GM) food to be labeled as such. This high percentage has been typical in polls throughout Canada for years and speaks volumes about the biotech industry's influence over our policy makers to resist bringing forth the labeling laws consumers are demanding. The system of voluntary labeling that the government adopted in 2004 has yet to result in a single label to indicate the presence of GM organisms (GMOs), even though 70% of processed foods contain them.

The Powell River Regional Board is the first Regional District in B.C., and one of the first areas in Canada, to declare itself a GM Free Crop Zone. They hope that other provinces will follow their lead. In 1999 the Union of BC Municipalities passed a resolution that is still being referred to and supported by farmers and citizens today. The Islands Trust has also passed a resolution on GM for the Gulf Islands as well. In 2004 the Canadian Wheat Board, after a long fight, prevented GM wheat from being introduced in Canada. The National Farmers Union has also fought long and hard for mandatory labeling of GM food products.

Elsewhere in the world over 4,500 municipalities in 174 regions in Europe have declared themselves GMO free. Ireland's new coalition government has just adopted a GM free policy. The Russian Dumas Security Committee has drafted a bill, supported by Moscow authorities, to ban the production and sale of genetically modified food, especially to children under 16. Cyprus has passed legislation requiring supermarkets to put GM products on separate shelves from other food. The list of GE free zones in the world is growing steadily and there are legal requirements for labeling in over 40 countries.

As more and more communities organize to declare their regions GM Free the biotech industry continues their lobbying efforts on the world's governments to prevent restrictive laws from being enacted. For example, in July the U.S. will be considering language to include in their new Farm Bill that reads: No State or locality shall make any law prohibiting the use in commerce of an article that the Secretary of Agriculture has (1) inspected and passed or (2) determined to be of non-regulated status. Needless to say, if this passage is enacted it will override all of the significant and hard won GM regulations already in place in a dozen U.S. states.

Outside the June 27/29 meetings between the federal, provincial and territorial agriculture ministers, in Whistler B.C., protesters rallied with their signs to hold these officials to the promise they made last year to hold talks on GM labeling. The passage into law of Bill C-456, requiring mandatory labeling of GM food, which I recently tabled, would give Canadians the ability to make informed choices on their food purchases. Only by labeling will consumers have the ability to affect the marketplace and determine whether a future for GM food can be built on consumer confidence, as opposed to consumer coercion, or not.

A peer-reviewed study published March 13, 2007, in the American journal Archives of Environmental Contamination and Toxicology, revealed that Monsanto corn MON863 caused serious damage to the livers and kidneys of rats in feeding trials. Prof. Gilles-Eric Seralini, who conducted the study on data initially suppressed by Monsanto, said this maize cannot now be considered safe to eat. We are now calling urgently for a moratorium on other approved GMs while the efficacy of current health-testing methods is reassessed. Another independent study by the French

research institute CRIIGEN has found abnormalities in the size of livers, kidneys and birth weights of rats that were fed Monsanto's NK 603 corn (approved in Canada since 2002).

When it comes to GM food the wheels of democracy seem to be stuck. As more and more seeds from GMO crops contaminate natural crops, farmers are steadily losing their right and their ability to grow GM free food. Are we really ready to allow our governments to get away with depriving future generations of the right to choose all-natural foods by refusing to pass laws to protect that right?

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