



The former Belaire Restaurant building was knocked down early July 7th. *

Legion plans big event

Princeton's Branch 56 of the Royal Canadian Legion is hosting a major event on September 8. The day will be a special Candlelight Tribute to war veterans, as the date is Veterans Appreciation Day. Candles will be lit and placed in the cemetery in the Field of Honour area where veterans are buried, and on individual graves located elsewhere.

There are two other special events.

September 8 marks the 80th anniversary of Branch 56 and the 70th anniversary of the founding of the Branch 56 Ladies Auxiliary.

Bud Sadegur appeared before Town Council on July 3 to ask the mayor to attend, and to ask that the cemetery will be in top groomed condition for the special Candlelight Tribute.

Sadegur told Council many dignitaries will be attending.

Arts are making progress locally

Arts Council President Dawn Johnson reported to Town Council on July 3 about the past year's activities of member groups.

At the end of the report, she thanked Council for their ongoing support. Council thanked Johnson for her work, and she reminded them it is the work of all of the members and member groups. She thanked Councillor Ray Jarvis for his dedicated attendance at Arts Council meetings during the year, and for his advice and support. Her report follows.

"The past year has proven the importance of moving into Riverside Wellness Centre, and has proven the value of the survey we did two years ago which identified the need for performing arts in our community.

When the stage is built at Riverside, I believe we will see a real expansion in concerts and performances of all kinds.

Princeton Community Arts

Council operates under the umbrella of the BC Arts Council. The grants we receive from Town Council are matched, dollar for dollar, by BC Arts Council. Three years ago, there appeared to be some doubt in the minds of those on the BC Arts Council that our local Arts Council was not relevant to the community. We have worked very hard to prove to BC Arts Council that we are very relevant. We no longer receive that sort of critical appraisal from BC Arts Council.

One of the things we have done is tighten up our administrative executive. Each of our member groups now provides a comprehensive activity report. These reports are amalgamated, along with newspaper clippings, and sent to BC Arts Council along with our grant application. This assures BC Arts Council we are making progress and our groups are involved in the community. In addition, our Treasurer, Nick Mills, is an excellent money manager. We have consolidated our financial position and thanks to Nick's bookkeeping, we can show BC Arts Council that we are a responsible functioning body.

We were able to give a \$300 grant to each member group this year, which is quite an achievement considering our member groups now number 10.

The objective of the Community Arts Council is not to be great artists. Our objective is to encourage the development of the arts in Princeton and District, and to promote the arts groups. The past year has seen growth in the number of groups under the Community Arts Council umbrella. Our Arts Council has promoted their activities through advertising and helping to organize and provide facilities or money for needed equipment and development. We have joined the BC Assembly of Arts Councils, which provides us with networking opportunities.

I will outline member group achievements.

Princeton Garden Club: In addition to sharing information about gardening, they have planted flowers at the Seniors Centre and will be working with the Lions Club on development of the park at the west entrance to town. John Sandness took seeds to John Allison Elementary School and taught the

youngsters how to make a garden grow. This group could use a few more active members.

Princeton Writers Group: This group is a victim of its own success. Members are so busy writing and publishing that they have little time to devote to the group. They need to interest more budding authors and put their experience at the disposal of the public. Monty Raine, John Sandness and Nelson Lewis have published books, and I hope Council has purchased copies.

Princeton Community Band: When it comes to success stories, this group ranks high. Thanks to the dedication of Myrna Coates, this group has, in the past year, attended a community gathering out of town with Councillor Ray Jarvis going along. The band has been in the Vancouver Christmas parade, Hedley Stamp Mill Day parade, Music Under the K, and Racing Days parade. They performed on stage at the Sounds of Our Heritage Music Festival. As well, they have hosted two concerts. Myrna wants to take them to Kamloops and Barkerville next year.

Bunchgrass Quilters: The Arts Council rooms at Riverside are the headquarters for this quilting group. They create their own quilts, teach and encourage quilters, and make small quilts to give to children who are victims of accidents or domestic violence. In addition, they participate in the Fall Fair with exhibitions and demonstrations.

Princeton & District Museum and Archives: The museum is not only cultural, it is the repository of local art donated to the museum, and is the repository for native arts and crafts for Upper Similkameen Indian Band. The museum and archives are the repository of books written about our area, our newspapers past and present, and many unpublished writings about our history. The Museum Society is in the throes of making numerous changes but has been happy to participate in community events when possible, such as the Meadowlark Festival and the Sounds of Our Heritage Music Festival. In addition, it is a major tourist attraction.

Princeton Potters Guild: Our continued on Page 3

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Princeton Community Band stands in formation while they practice downtown prior to the Rotary Club Parade on June 30th. You have to hear them play to fully enjoy their talent. *

Council takes 911 service seriously

Town Council will add its voice to a complaint from Charlie Wyse, MLA for Cariboo-South, regarding the need for ensuring 911 service is always available.

MLA Wyse expressed his concern about inadequate maintenance and condition of the 911 dispatch centre in Kamloops that

caused an interruption of 911 service.

Mayor Randy McLean stated his opinion that 911 service must be "topnotch" in this era of hospital regionalization.

He urged Council to make a resolution to be circulated among all regional districts to petition the provincial government to ensure health emergencies could be met immediately.

Mayor McLean emphasized the importance of not only 911 ser-

vice, but ambulance and paramedic responders.

He added that he had heard there is a need at Princeton Hospital for a helipad for emergency response and wondered if Council could do something to assist or whether it is strictly and Interior Health issue.

Other members of Council could not comment on the helipad, but were pleased to support a resolution calling for well-maintained 911 and ambulance services.

Council praises Sounds of Our Heritage

Ed Muckle was the subject of a lot of compliments at the July 3 Town Council meeting. He was praised for the work he did bringing together the Sounds of Our Heritage Music Festival.

Muckle gave credit to Jon Barlett and Rika Ruebsaat for organizing the activities at the stagecoach house by the museum, and to Allan Kovalsenko who managed activities at the Cenotaph Park venue.

Muckle thanked the Town crew for all of their assistance, and the vendors who set up booths and

"made it more festive".

"People got a chance to see how much talent there is around our area," Muckle said.

Mayor Randy McLean added, "It is amazing how many good artists and musicians there are here."

Councillor Jim Manion called the festival "an awesome step forward".

Councillor Maria Sadegur remarked about the many people downtown during the weekend and said, "It looked more like the Racing Days we used to have."

Mayor praises Racing Days

Mayor Randy McLean congratulated Princeton Racing Days Association and all the volunteers for an excellent race meet. Councillor Jim Manion added his praise to the mayor's, saying "it was a great job".

These remarks were made at the July 3 Town Council meeting,

where Mayor McLean added praise for the small Canada Day celebration at Cenotaph Park downtown.

He told Council the small amount of money spent on the birthday cake was "money well spent" and asked Council to remember Canada Day in next year's budget.

MAKE SURE YOU ARE HEARD

The Similkameen Valley Planning Society is doing a survey to measure the impact of people moving to the South Okanagan - Similkameen on the quality of life, economy and environment.

Two thousand homes from Penticton to Osoyoos and in the Similkameen Valley will receive a mailed survey in a Regional District envelope. Please complete it and use the stamped envelope to return it.

If you do not receive a mailed copy, you may complete the survey by going to www.rdos.bc.ca and clicking on ??

This is your chance to tell us how you feel about the pace of development in the South Okanagan and Similkameen Valleys. Thank you for responding.

For more information contact EDO Michael McLaughlin at (250) 295-7260.



Jessie Badger, Megan Reid and Nadine Milligan enjoy a swim in the pool at Young Life's RockRidge Canyon during a picnic hosted recently by Princeton Baptist Church. - Photo submitted

Arts Council report to Town Council

..... continued from Front Page
Community Arts Council was happy to encourage the formation of the potters' guild, and we bought a kiln for the group and had it installed at Riverside Centre. Sue LePoidevin has been very active in bringing in local potters, but more important, she has taught several classes of youngsters the art of making pottery. This is one of the oldest crafts in the world, and our local children are learning the skills and knowledge involved.

Vermilion Forks Field Naturalists: The objective of this group is to take us outdoors and teach us to appreciate our natural environment, and to preserve it as part of our heritage. They have been active all year with guest speakers and outings, as well as with their ongoing work at Swan Lake. They hosted a seminar in May aimed at making the Swan Lake area a permanently protected habitat, and they participated in the Meadowlark Festival. I am sure everyone in town enjoys the banners they created.

Princeton Performing Arts: This fledgling group is at the top of our list of successful groups. They attended workshops, developed skills, and put on five sold-out performances of *The Mousetrap*. They not only had a public success, but theirs was a financial success as well. The Arts Council is very proud of this group. When we have a stage with proper lighting and a

hall with good sound, we will see them advance to new heights. They have certainly proven our community wants performing arts shows. This group's workshops were funded through a grant under the Olympic Legacy Now program to which Town and Regional District contributed. We managed our money very well, and still have some left for further workshops.

Vermilion Artists: This group has 35 members who paint and draw. They have had four successful workshops during the past year, and put on two art shows. The Arts Council has helped finance bringing in instructors, and has purchased display grids for this group.
Princeton Concert Society: An outstanding success story occurred during Arts & Culture Week in April when our concert society brought in Kelowna Ballet. This was done with some trepidation, as ballet has not been one of Princeton's typical forms of entertainment.

The group hoped for 80 seats sold, and was dumbfounded when they sold the limit, 170 seats, and had to turn away people at the door. This was not a money-maker for the group, as there was rent to pay as well as the ballet troupe, but money is not the purpose of this event. As well, the group brought in a well-known pianist for a concert at the Baptist Church. This was not well-attended but was excellent.

In the future, we hope to be able to

develop a weavers' guild and to take the Youth Ambassador program as a new group.

Up to this point, the BC government has awarded us a special per capita grant based only on the population of Princeton. Nick Mills has pointed out to them that we serve Area H as well, so we expect more per capita money in the future.

I believe I can honestly state that Princeton & District Community Arts Council is in good shape and making a lot of progress.

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keremeos and area news



Hit To Pass action featuring the 'Similkameen Screamer' at Penticton Speedway. Photo: Alan Thom

Keremeos racers burn up the track

by Alan Thom, Managing
Editor OkaSimToday.com

When the action gets going at Penticton Speedway the South Similkameen is well represented. Dan's Automotive, located just back of the K Cafe in downtown Keremeos, is the sponsor of six race cars. He's even given it a try or two as a driver in the 'Hit To Pass' event but says it's not for him.

On any given day you'll see a race car parked somewhere around the shop, maybe with an under construction look to it. Dan genuinely likes to help others get ready to go racing, you'll see him in the pits before the action starts, and then he sits in the stands at race time and enjoys the show.

For a number of years drivers from Keremeos, Cawston and

Hedley have been bringing home the trophies. Fred and Jay Bell from Hedley were very competitive last year. This year Jay's playing baseball and Fred's taking a break from the #28 Hit To Pass car, so some of the other crew members are now getting a chance to move up.

A number of teams are doing quite well at the Speedway this summer. Bob Stanley with his #50 police car has been a big part of the show in Hit To Pass all season. Miguel Barattos filled in for Bob for a while last year, but this year Bob is back in the seat while Miguel takes a break.

There's a mini #50 cop car this year, too, driven by rookie Natalie Elgie. They call her "Lady Law." It's all in good fun and at last count she was in 5th Place in the Claimer

Standings. Her brother-in-law Ron Elgie has been at it for a while and keeps improving in the #28.

Ron driving the "Similkameen Screamer" finished fourth in points last year and when the season started he was very determined to move up this year. He's currently in second place.

It's just coming into the 'hot racing' season in the Okanagan Similkameen right now. Action on just about every Saturday night and some Sundays, too.

Penticton Speedway is the place to watch and cheer the Similkameen racers and others from all over BC. You can see the standings, check the schedule and ticket information and lots more on the website: www.penticton-speedway.com.



Dan's Automotive in Keremeos sponsors many cars each race season. Photo: Alan Thom



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125 Fenchurch Avenue , 2 bedrooms/2 baths. Great investment!	MLS 40104	\$85,000
211 Allison Avenue , Solid corner location with many updates.	MLS 36442	\$124,900
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news leader health and lifestyle page

For women with breast cancer, God is there

Researcher studies spiritual coping
(NC) - Dealing with breast cancer is one of the most difficult challenges a woman can face.

But according to researcher Terry Lynn Gall, for many women breast cancer also becomes a 'spiritual wake-up call.'

Making childbirth safer

(NC) - It's a steamy August day, the baby's two days past due and the grandparents are in town to help out, but just for the week-end. Do you ask your doctor to induce labour?

It's an example of a pre-natal scenario faced by more and more Canadian parents.

Research funded by the Canadian Institutes of Health Research (CIHR) is providing insight to help expectant parents and physicians navigate this increasingly complex range of medical and social choices - and find the safest options for them.

A recent CIHR-supported study revealed that the medical induction of labour carries an increased risk of maternal death due to amniotic-fluid embolism.

It's a rare obstetric emergency in which amniotic fluid or fetal cells enter the maternal circulation, causing cardiorespiratory collapse. The risk to any one woman is very low. Only two women die from this cause for every 100,000 induced labours.

"This awareness is unlikely to affect the decision to induce labour if there are compelling medical reasons," says Dr. Michael Kraemer, scientific director of CIHR's Institute of Human Development, Child and Youth Health.

"But given the potentially severe consequences women and physicians should be aware of the risk if the decision is elective."

Dr. Kramer says it's crucial that physicians and expectant mothers better understand the potential health impacts of birthing choices, including whether or not to have a caesarean section.

The CIHR-supported Ontario Mother and Infant Study, led by Dr. Wendy Sword at McMaster University, is presently tracking the health of moms and babies for their first year. The study will then compare their health with whether the birth was vaginal or by C-section.

And now that pre-term babies as young as 23 weeks can survive, the medical maze of choices for parents and physicians doesn't always end with delivery.

A CIHR-funded study, led by Dr. Barbara Schmidt at McMaster University is presently examining the long-term effects of the caffeine used to help very premature babies breathe.

Gall, a clinical psychologist, recently tracked 93 ordinary Ottawa women over two years as they dealt with breast cancer. She focused on their spiritual experiences.

"Polls show most Canadians believe in a supreme being," says Gall, whose study was funded by the Social Sciences and Humanities Research Council.

"But during our everyday lives, for most of us, faith is in the background. I wanted to get a precise idea of how, and to what extent, women use faith to cope with breast cancer."

Gall found that women do indeed turn to their faith, but in ways that change over time and differ depending on their images of God.

Those who saw God as kind and benevolent tended to use faith for comfort and support. More optimistic in general, these women often found calm by, for example, simply putting things they couldn't control into God's hands.

Women who saw God as distant or

wrathful, on the other hand, were more apt to be pessimistic. Their coping strategies tended to the negative, too. Rather than accept what they couldn't control, for instance, they might try to bargain with God.

Breast cancer often generates what Gall calls a 'spiritual struggle,' a process that can be emotionally and spiritually difficult. Women may feel anger and disappointment with God, especially in the early stages of treatment. Later on, they often probe their faith to find meaning in the ordeal.

Gall, a professor at Ottawa's Saint Paul University, intends her study to help health professionals anticipate and deal with the wide range of spiritual responses to breast cancer. Spirituality has only recently been recognized as a critical element of cancer support programs, but, says Gall, "it can be a major resource for people dealing with the disease."

To learn more about SSHRC-supported research, visit www.sshrc.ca.

- News Canada

living past 100

Live Longer, Stay Healthier

There is no guarantee you will live past 100. You could contract a fatal disease or be run over by a train. Barring these extremes, you could certainly give living past 100 a shot.

Medical researchers can delve into the middle of the nucleus of our cells and tell us what stops aging and what makes aging go faster. They look at a little critter called the mitochondria, which is the life force of the cell. Every mammal has mitochondria. It is like a little fire burning to keep you alive. When the mitochondria starts to die, you are on your way out.

When your mitochondria becomes unhealthy, aging sets in, and the diseases and disorders of old age show up. You need to look after your mitochondria, and it will look after you.

A genetic researcher has discovered that alpha-lipoic acid (ALA) combined with acetylcarnitine creates a synergistic effect and helps keep your mitochondria healthy. Research leads to the belief that this combination of natural substances can repair damage to the heart and protect the brain from senility. This is good news for those of us who want to live long lives with all of our wits still with us.

The same genetic researcher recommends taking B vitamins, especially B6, B12 and folic acid to keep your mitochondria in good shape, along with selenium, Vitamin E and Vitamin C.

Ginseng helps prevent problems of aging, and so does ginkgo biloba. Ginseng helps prevent respiratory problems in the elderly, and ginkgo prevents the onset of memory loss.

Phytoplankton (marine algae) regenerates the mitochondria. On its own, phytoplankton does not cure any disease or repair any damage, but because it strengthens the mitochondria, it appears to have some amazing results in ridding people of aging disorders.

Now, you are going to dash out and buy all these anti-aging supplements, aren't you?

They will do you no good if you don't pay attention to the other things learned by people who study aging. First, you must exercise. Second, you must have a positive outlook. Third, you must eat a nutritious diet containing lots of fruits and vegetables, and very little sweets and baked goods. You will have to keep your weight normal for your height and bone structure, which means you cannot be too fat nor too thin.

The last requirement is one that most elderly people do not bother with: you have to keep your mind active, and for best results, you will have to be the old dog who learns new tricks, because learning enhances brain function. Besides, what is the point of living past 100 if you never learn anything new?

Here is an example of what not learning means. An election was being held, and one of the candidates was running on a platform of 10 years experience in office. One voter was heard to comment, "Ten years experience is good most of the time, but in his case, it is one year's experience 10 times."

What will all of your experience be worth if it is outdated because you didn't learn anything new?

- News Canada

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WEST NILE VIRUS PROTECTION

Vermilion Artists would like to express their great appreciation and warmest wishes to everyone who visited and enjoyed our annual Art Show, which the Town of Princeton allowed us to hold in a portion of the former Goldion Restaurant.

There were 307 visitors (191 Saturday, 116 Sunday) who came and took part in voting for the 'People's Choice Award.' It was hard to choose just one.

Several artists had more than one painting or drawing nominated with the first nine pieces chosen. In this case, whichever one of their works received the most votes is the one we hope to display in the window at RE/MAX country at 240 Bridge Street to be enjoyed by anyone who was not able to come to the Art Show – or would like to have a second look.

Please tell your friends about us!
Vermilion Artists Annual Art Show People's Choice Awards Results

1st (tie) 35 votes – "Bluebird" Kathy Schneider, "Path To Yellow Point" Bob Cormack.

2nd 32 votes – "Team Work" Lyn Malenchenko,

3rd 24 votes – "Rural Scene" Bob Cormack,

4th (tie) 22 votes – "Coyote" Penny Sovde, "Coming & Going" Lyn Malenchenko,

5th 19 votes – "Wapiti" Kathy Schneider.

6th 18 votes "Ice Fishing" Penny Sovde,

7th 13 votes – "Sunflowers" Susan Crompton.

-submitted by Mary Bedford



Bob Cormack with his painting titled "Path To Yellow Point." *



Kathy Schneider poses with "Bluebird." *

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Julia Halipchuk started her summer job at Princeton Museum only days ago. The Grade 12 student attends Princeton Secondary School and looks forward to meeting visitors this summer. *

Museum Society hears good news

Members of Princeton & District Museum Society heard a lot of good news at the July 5 special meeting.

Two grants had arrived. The Town of Princeton gave a \$4,000 operating grant and the Department of Canadian Heritage awarded a \$4,900 grant under the Young Canada Works Program for student employment. Along with a previously approved \$2,300 grant from Weyerhaeuser, the museum will be able to pay two students during the summer months.

Members learned the museum may reach a record for number of visitors. To July 2, a total of 1,487 visitors had signed the guest book at the museum. A bus load of Chinese tourists helped to increase the number of visitors, and five more bus tours are booked for the summer.

A visit to the museum is free, but most of the visitors contribute a donation. The more visitors, the more money to cover operating costs.

The next good news was from Vice-President Brenda Gould, who reported that the Department of Canadian Heritage has finally recognized the Similkameen Valley pictographs and the ochre bluffs as

national historic sites. As well, pioneer Susan Allison has been recognized as a person of national historic significance.

There will be plaques presented for the official designation of the sites, and for Susan Allison, but the ceremonies are not likely to take place until next year. Gould hopes to have the Minister for Canadian Heritage in Princeton and Hedley to formally present the plaques.

The Museum Society has been looking for a consultant to plan for the big renovation project slated for early next year. In a great stroke of good fortune, a qualified candidate was found in Hedley. The society will enter into negotiations for a contract with this individual. The renovation will require an overhaul of the building for heating, air conditioning, alarms, electrical and plumbing.

While the work is in progress, the collection of artifacts must be removed from the building and sequestered in a secure location. The consultant will be in charge of this phase.

In past years, the Museum Society has been fortunate in having Katimavik volunteers available to assist in the work at the museum. Princeton has an opportunity to bid

on having Katimavik back in Princeton. Museum manager Nick Mills advised members there is a meeting on August 10 at the Chamber of Commerce meeting room but Princeton must be able to assure adequate accommodation for the Katimavik group or Princeton will not be considered. He asked members to look and listen for a residence for January.

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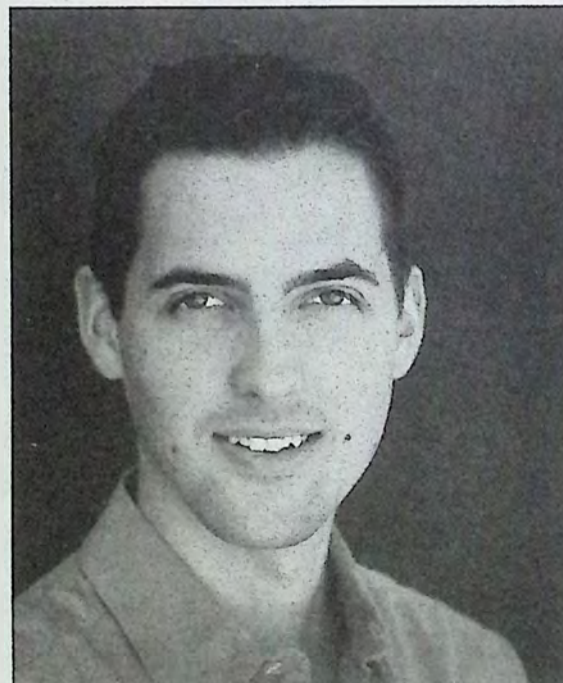
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Lee was born and raised in Princeton so he comes with a strong knowledge of the area and of the community.

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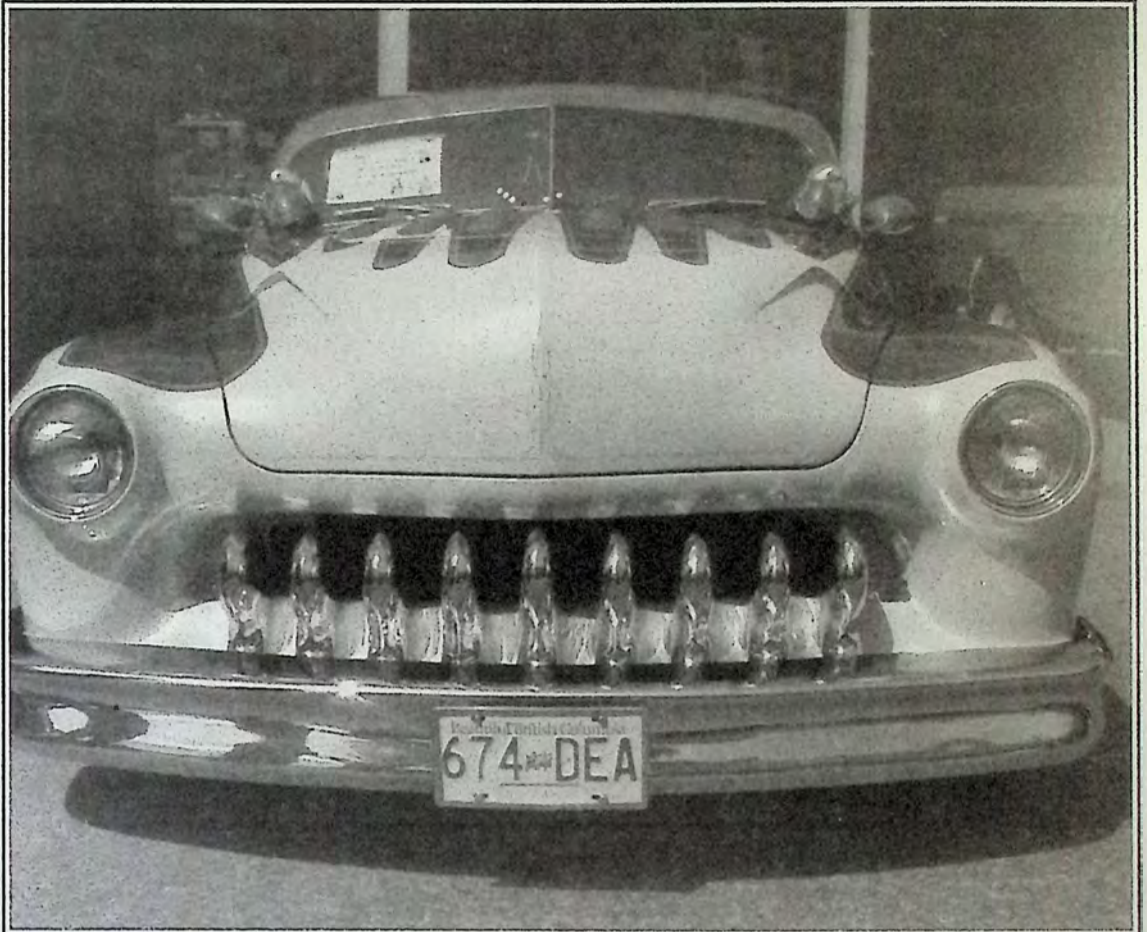
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The 7th annual Overwaitea/A&W Show 'n' Shine held on July 7th (7th on 07/07/07!) saw more entries this year than before which led to the closure of three complete blocks of Bridge Street to allow all the entries to be displayed. The weather was great, as was the variety of vehicles entered in the event. Proceeds collected through the Show 'n' Shine were earmarked to be donated the Princeton General Hospital. The 1949 Merc 4-door above is owned by Herb Gibbons of Summerland. *

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There were plenty of children's games played in Cenotaph Park during the Show 'n' Shine including races, something called 'redneck horseshoes' involving toilet seats and (above) a water balloon toss. *

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Each Month RE/MAX country will ask for your help in aiding Princeton Crisis Assistance Society with a particular need. If you can help, please drop your items off at our office on Bridge Street.



weekly entertainment guide

TUESDAY, JULY 10, 2007 THROUGH MONDAY, JULY 16, 2007



Arrow points to Lukin Awesome just after the final turn in the Currie Cup race at Sunflower Downs June 29th. At this point in the race the horse had already taken third place and was moving into second. *

This horse is lookin' awesome!

If you were to search the internet for the horse Lukin Awesome, you would soon discover this dark brown/brown gelding comes from pretty solid stock and has been setting racetracks on fire in the past couple years.

Owned by Princeton residents Dave and Lynda Gould, who own and operate Vermilion Forks Automotive Service on Copper Mountain Road, and trained by Jim Strachan, Lukin Awesome has amassed some pretty impressive stats in a short race career.

Sired by Regal Intention, the 2005 Champion BC Juvenile Sire and Second Leading Lifetime Sire

in BC with over \$12-million in progeny earnings and sire of no less than 24 stakes winners, Lukin Awesome was bred in BC by Leo and Norma Shaw (April 17, 2003).

The stats show a lifetime of 17 starts (prior to Princeton's race meet) where the horse collected three wins and three places for lifetime earnings of well over \$85,000.

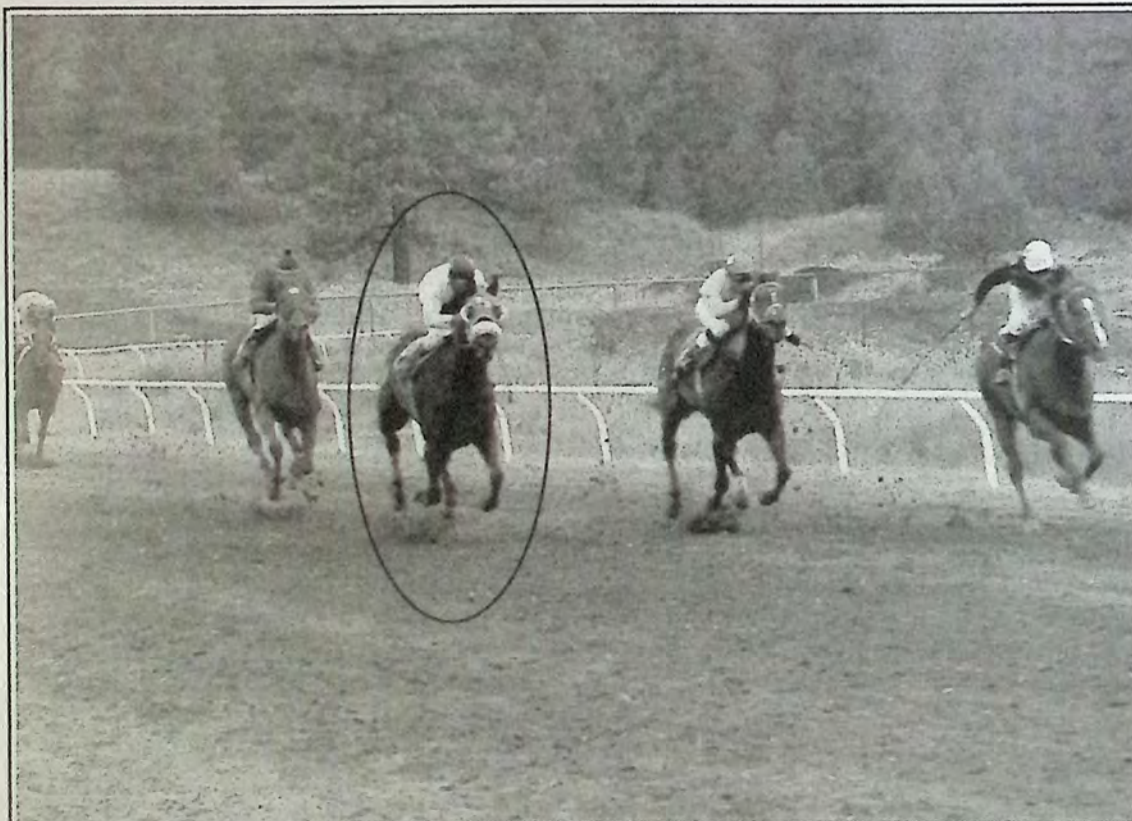
The 5 1/2 furlong Currie Cup on June 29th was a race that fit Lukin Awesome perfectly. The Stakes race was for three year olds and older, non-winners of three or four races lifetime.

With a total of eight horses in the

race, some Lukin Awesome had already raced against, the stage was set. The local horse blazed through the course with a time of 1:06.76 - the second fastest time of the day for that length of race.

It's obvious to horse enthusiasts that this is just the beginning of bigger and better things for Lukin Awesome.

Gould told the News Leader last week that after the win, Racing Days President John Bey asked him to comment and he was at a loss for words. What Gould wanted was to thank everyone responsible for bringing racing back to Sunflower Downs.



Only yards away from the Finish Line and Lukin Awesome moves from third place into second. *

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10:00 AM - 2:00 PM (2:00 - 4:00 PM Swim)

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Accountant &
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LET'S TALK!

AT YOUR SERVICE!

15 Reasons You Need A Business Plan Part 2 of 3

12. Decide whether or not to rent new space.

Rent is a new obligation, usually a fixed cost. Do your growth prospects and plans justify taking on this increased fixed cost? Shouldn't that be in your business plan?

11. Hire new people.

This is another new obligation (a fixed cost) that increases your risk. How will new people help your business grow and prosper? What exactly are they supposed to be doing? The rationale for hiring should be in your business plan.

10. Decide whether you need new assets, how many, and whether to buy or lease them.

Use your business plan to help decide what's going to happen in the long term, which should be an important input to the classic make vs. buy. How long will this important purchase last in your plan?

9. Share and explain business objectives with your management team, employees and new hires.

Make selected portions of your business plan part of your new employee training.

8. Develop new business alliances.

Use your plan to set targets for new alliances, and selected portions of your plan to communicate with those alliances.

7. Deal with professionals.

Share selected highlights of your plans with your attorneys and accountants, and, if this is relevant to you, consultants.

Part 3 of 3 coming next week!

Accountant & Business Advisor

RANDY CLARK

PO Box 1105, Princeton, BC V0X 1W0

Phone: (250) 295-2129 Fax: (866) 902-8674

e-mail: Randy.Clark@telus.net



1957 Grads: back row from left: Bernard Price, Frank Byer, Harold Dinsdale, Richard Dodds, Gordon Anderson, Jim Hungle, Frank Sulentich, Sam Gould, Lyn Ewart/Beddows, Muriel Atchison/Paschara, Irene Thompson/Hughes, Terry Edstrom. Front row: Clarence McIvor, Del Solnes/Desrosiers, Pat Hooper/Glen, Georgetta Boulter/Adams, Deanne McIvor/Stadler, Anna Lind/Price, Karen Madore. - Photo submitted

Grads host reunion

The Graduates of 1957 and 1958 and classmates of Princeton High School held their 50th Reunion on the July 1st weekend.

The celebration started with a gathering at the Sunflower Downs race track to watch the horse races and visit.

From there, the socializing took place at the home of Lyn and Ed Beddows.

Saturday morning, most everyone attended the Lions Pancake Breakfast.

At noon the group participated in the Rotary Parade with Elvis rockin' and rollin' and our special

guests Edith Currie (our high school teacher) and Austen Fraser (our bus driver) sitting on the float.

Paul Planidin, our grade 6 teacher, traveled from Comox to join in the festivities.

Seventy-three sat down to a delicious meal prepared by the Legion Ladies Auxiliary. With exuberance, the group sang the PHS School Song accompanied by a CD made by Marion Sarich/Thiessen and Donna Cullus (our music teacher). Gordon Anderson (who traveled the furthest from Ottawa) cut our

celebration cake.

John Zagar (MC) kept the evening on a 'light-note' but entertaining. Del Desrosiers directed the group outside where everyone released the 'wish balloons' of purple and gold (our school colours). White balloons were released in memory of the deceased.

The evening continued to the dancing of rock and roll music. A wonderful time was had by all!

Thanks to everyone who helped make our 50th Reunion the BEST!!

- submitted by Annarose Powell



1958 Grads: back row from left: Creighton Rines, Liz Erskine/Walker, Tom Wharton, Mark Dearing, Keith Cousins, John Zagar, Wilf Olsen, Bill Gabriel. Middle row: Pat Henderson/Burnett, Marion Sarich/Thiessen, Adele Wilson/Mingay, Esther Milne/MacDonald, Anne Gould/Callander, John Bakalar. Front row: Joan Williams/Noble, Verna Taylor/Olson, George Loset, Annarose Powell, Gordie Cousins. Missing from photo: Len Harker, Myrna McKay/Jones. - Photo submitted.

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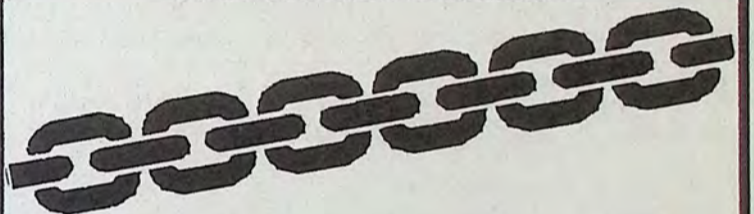
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TUESDAY, JULY 10, 2007

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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)	V.I.P. "Val in Space"	Counterstrike (E)
7 AM	Movie: "The Pallbearer" (1996, Comedy) (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Chrisette Michele; diet drugs; wedding gifts. (N) (E)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)			Arthur (E) Lunar Jim	Dragon Monsters	SportsCentre (E)		Shipwrecked (7:24)	K. Possible (7:24)	CityLine (E)	V.I.P. "Val Squared"	Night Heat (N) (E)
8 AM		2nd Chnce	Hi-5 Berenstain	Curious Clifford			American Justice		100 Huntley Street (E)		Curious Pinky	George S. Beasts	SportsCentre (E)	Dirty Jobs	Weekend Lilo Stitch	Star Trek: Voyager (E)	Disorderly Con.	Due South (E) (DVS)	
9 AM	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Poko The Save-Ums! (E)	Flamingo LazyTown	Off-Record Strength	Regis and Kelly	Daily Planet (E)	Benj Bear	News (N) City	Most Amazing Videos 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) (E)	Fighting for Canada	Design House	Doodlebop	Viva Pinata Ruby	Bowling	The View (N) (E)	Machines	Mickey Bear	Movie: "Dennis the Menace" (1993) (E)	Most Amazing Videos	Mad Abt. Grace
11 AM	Cosby	Thane	CG Kids	Thomas Sit-Be Fit	Dr. Keith Ablow (N) (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob Mischief	Triathlon: Ironman	eTalk (E) MTV e2	Nostradamus: Beyond (11:25) King	Higglytown	Star Trek: Next Gener.	The Nanny Frasier	
12 PM	Still Std	News (N)	Water Undersea	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	CBC News	Pokémon Flamingo	NHRA Drag Racing: Summit	Degrassi Bold & B.	Moon Landings	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM	Yes, Dear	Diva Dime	Macphee	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 Dinner	George S. Beasts	Racing Equipment Nationals.	Twice in a Lifetime (E)	Dirty Jobs	Dragon Emperor	Making It Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	Guiding Light (N) (E)	Gaslight Animal	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Viva Pinata Jacob	Interruptio	General Hospital (N)	How-Made Proud	Lilo Stitch	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld	Room	Jack's Big Music Show	Arthur (E) Fetch! With 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 "Ship"	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South (E) (DVS)	
4 PM	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyber Zoboo	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Mercer	Phantom Catscratch	NASCAR	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	FANatical Inside Box
5 PM	Raymond	News (N)	George S. (5:32) Business	BBC World NBC News	News (N)	News (N)	Dog	News (N)	News (N)	News (N)	Simpsons Arrested	OddParent SpongeBob	Poker Champ	News (N)	How-Made Montana	Suite Life	Stargate Atlantis	CSI: Crime Scn	Seinfeld
6 PM	Sex & City	Body Caitlin	CG Kids Heads Up	News-Lehrer	News (N) Raymond	News (N) Hollywood	Dog	News (N)	News (N)	ET Canada	Canada Now	Being Ian Prank Ptr	Poker Champ	News (N)	Mega Builders (E)	Zoey 101 Sadie	Movie: "Critical Assembly" (2003) (E)	CSI: Crime Scn	Married... Frasier
7 PM	Friends	FANatical	Animals	Nova (N) (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Angel	Entertain The Insider	Entertain ET Canada	The Best Years (N)	Coronatn Rumours	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	Oil, Sweat and Rigs (N)	So Raven Smart Guy	News (N)	Oblivious	ET Canada
8 PM	Sex & City	NCIS "Suspicion" (E)	Masterpiece	Wild Things (E)	America's Got Talent (N) (E)	NCIS "Suspicion" (E)	Angel	Jim	House "Human Error"	House "Human Error"	Mercer	Fresh Pr. Yvon	Off-Record	Criminal Minds "P911"	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: Crime Scn	FANatical
9 PM	(9:10) Movie: "Getting Played" (2005) Carmen	Inside Box Singing	Freedom Classical	Wide Angle (E)	Singing	Big Brother 8 (N) (E)	Dog	Shaq's Big Challenge	Big Brother 8 (N) (E)	Big Brother 8 (N) (E)	Second City	Mystery Ghost	Contender Challenge	Canadian Idol (N) (E)	Mega Builders (E)	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM	Played" (2005) Carmen	The Shield (N) (E)	Notes Landscape	Science at War (E)	Law & Order: SVU (E)	Pirate Master (N) (E)	Dog	Primetime	The Best Years (N)	News (N)	National	Prank Ptr Weird	Billiards	Pirate Master (N) (E)	Oil, Sweat and Rigs	Popular (E)	(10:06) Movie: "Dennis the Menace" (1993) (E)	Star Trek: Voyager (E)	Married... Frasier Grace
11 PM	(10:55) "Mrs. Winterbourn"	News (N) Room	Reach-Top Moving On	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Angel	News (N)	News (N)	Entertain ET Canada	(11:05) The Hour (E)	Bob	SportsCentre (Live) (E)	News (N)	How-Made Life Derek	8 Rules	Star Trek	The Nanny	

WEDNESDAY, JULY 11, 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 ⑳	DISC ㉔	FAM ㉖	CITY ㉙	SPIKE ㉛	TROP ㉝
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)	V.I.P. "Val on Fire" (E)	Counterstrike (E)
7 AM	Movie: "Bair" (2000) (PA)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Daniel Radcliffe; clutter; Ingrid Hoffmann. (N) (E)	The Early Show (N) (E)	Crossing Jordan (E)	Good Morning America (N) (E)			Arthur (E) Lunar Jim	Jane Monsters	SportsCentre (E)		Raw Nature (N) (E)	K. Possible (7:24)	CityLine (E)	V.I.P. "A.I. Highrise"	Night Heat (N) (E)
8 AM	Jamie Foxx. (E)	Homes	Hi-5 Berenstain	Curious Clifford			American Justice		100 Huntley Street (E)		Curious Pinky	George S. Beasts	SportsCentre (E)	American Chopper	Weekend Lilo Stitch	Star Trek: Voyager (E)	Disorderly Con.	Due South (E) (DVS)	
9 AM	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Poko The Save-Ums! (E)	Flamingo LazyTown	Off-Record Spirit Golf	Regis and Kelly	Daily Planet (E)	Benj Bear	News (N) City	Most Amazing Videos 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) (E)	World Vision	Design House	Doodlebop	Viva Pinata Ruby	Bowling	The View (N) (E)	The Battle for Rome	Mickey Handy	Movie: "Dennis the Menace" (1993) (E)	V.I.P. "Val on Fire" (E)	Mad Abt. Grace
11 AM	Cosby	Seinfeld	CG Kids	Bob Build Sit-Be Fit	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob Mischief	Triathlon: Ironman	eTalk (E) MTV e2	The Battle for Rome	Higglytown	Strikes Again! (E)	Star Trek: Next Gener.	The Nanny Frasier
12 PM	Still Std	News (N)	Reach-Top Edge	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	CBC News	Pokémon Flamingo	Fins-Skins	Degrassi Bold & B.	The Battle for Rome	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld
1 PM	Yes, Dear	Diva Dime	Planet	Art Work Sewing	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	Legends of Golf	Twice in a Lifetime (E)	Oil, Sweat and Rigs	Dragon Emperor	Speakers Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	Guiding Light (N) (E)	Gaslight Moving On	Reading Lions	Passions (N) (E)	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Passions (N) (E)	Passions (N) (E)	The Gill Deacon Show	Viva Pinata Jacob	Interruptio	General Hospital (N)	Mega Builders (E)	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld	Room	Jack's Big Music Show	Arthur (E) Fetch! With 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)	How-Made Lloyd	Weekend	News (N)	CSI: Crime Scn	Due South (E) (DVS)	
4 PM	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (N) Global	Just-Gags Soccer: FIFA U-20 World Cup Round of 16 -- Teams TBA.	Phantom	Interruptio	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	That News Inside Box
5 PM	Raymond	News (N)	George S. (5:32) Business	BBC World NBC News	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	News (N)	FIFA U-20 World Cup Round of 16 -- Teams TBA.	OddParent SpongeBob	Boxing: Brewster vs. Klitschko	News (N)	MythBusters "Pirate Special"	Suite Life Montana	Canada-Model	CSI: Crime Scn	Seinfeld
6 PM	Payne	Body Caitlin	Mechanics Creatures	News-Lehrer	News (N) Raymond	News (N) Hollywood	CSI: Miami (E)	News (N)	News (N)	ET Canada	Canada Now	Being Ian Weird	SportsCentre (Live) (E)	News (N)	Maritime myths.	Zoey 101 Sadie	Hidden Palms (E)	CSI: Crime Scn	Married... Frasier
7 PM	Raymond	FANatical	Meerkat	Synchronize	Jeopardy! Fortune	Friends Scrubs	The Sopranos "Everybody Hurts"	Entertain The Insider	Entertain ET Canada	Friday Night Lights (E)	National	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Cana. Idol	Sorcerer's	So Raven Smart Guy	Guarding the Stars (E)	CSI: Crime Scn	Extreme-Home
8 PM	King	King	Oh Baby! "To Think"	American Masters (N) (E)	Moments Singing	King	First 48	Next Best Thing	1 vs. 100 (E)	1 vs. 100 (E)	Soccer: FIFA U-20 World Cup Round of 16 -- Teams TBA.	Fresh Pr. Yvon	Off-Record	So You Think You Can Dance (N)	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	CSI: NY "Hush" (E)	ET Canada
9 PM	Movie: "Species" (1995) (PA)	Last Comic Standing	Science Past	Chevalier Maurice & Me (E)	America's Got Talent	Criminal Minds "P911"	CSI: Miami (E)	American Inventor (N) (E)	American Inventor (N) (E)	American Inventor (N) (E)	Round of 16 -- Teams TBA.	Mystery Ghost	Boxing: Wednesday Night Fights	TBA	MythBusters Mentos.	8 Rules Sinbad	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM	Ben Kingsley. (E)	Dateline NBC (E)	Rage Against	Last Comic Standing	CSI: NY (E)	CSI: Miami (E)	Traveler "The Reunion"	Friday Night Lights (N)	News (N)	News (N)	National	Weird	Prank Ptr	Traveler "The Reunion"	MythBusters "Pirate Special"	Popular (E)	(10:06) Movie: "Dennis the Menace" (1993) (E)	Star Trek: Voyager (E)	Married... Frasier
11 PM	Movie: "Bair" (2000)	News (N) Room	Scattering Dotto Tech	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	The Sopranos (E)	News (N)	News (N)	Entertain ET Canada	(11:35) ET Canada	Bob	SportsCentre (Live) (E)	News (N)	Maritime myths.	8 Rules Life Derek	Deep Space 9	Grace	The Nanny

Horoscopes

July 11 - 18, 2007

Aries - Home life is challenging, but you have plenty of energy. Your joy will come from youngsters, and your pride of possessions and money. Don't get carried away spending.

Taurus - Your ego can be your worst enemy now. Your restless feelings show you a need to be on the move and doing something worthwhile with your energy. Make productive effort.

Gemini - It's time to talk about all the things that worry you. Do not expect the worst. What you need to do is confide in a friend or spouse or counsellor and deal with your concerns.

Cancer - You're making big plans now in regard to your job and health. You definitely want more fun out of life and you want more freedom. You can joke about it, but you mean it.

Leo - Turn your attention to financial situation and possessions. Do an inventory. Career demands can be too much at this time - take a vacation. Watch out for lying friend.

Virgo - You will enjoy a whole new approach this weekend, and this is a good time to do a little makeover to improve your appearance. Your energy level climbs. A trip would be good.

Libra - Take stock of what you share with others: goods, resources, debts, investments. You need to communicate with siblings, partner. Put it down on paper, keep records.

Scorpio - Partner/friend may need to travel this week and your finances will be affected, either good or bad. This weekend you can make some plans for pleasure. Expect the unexpected.

Sagittarius - Your career will be a little less demanding for the coming week, and could be a whole lot of fun this weekend if you combine business with pleasure. Work for fun!

Capricorn - Surprise comes from partner and sibling this week. Mix kids with job and have fun. You could enjoy travel this weekend, or maybe somebody will travel to see you. It's fun.

Aquarius - You're involved in a lot of work these days and you have some health issues. Careful around home; you could cut or burn yourself. Fun comes through sharing.

Pisces - Watch out this weekend if you're single: romance could come your way. For married Pisces, plan a romantic weekend and your partner will respond. Career brings benefits. Enjoy.

Regular Meetings

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

thursday movies

MORNING

- 6:00 am SPIKE (44) "Soldier" (1998, Action) Preity Zinta. An assassin falls in love with the daughter of one of the corrupt tycoons he has been sent to Australia to kill.
- 7:00 am WTBS (3) "Houseguest" (1995, Comedy) (PA) Sinbad. An impostor fools a lawyer and his family as an old friend trained in oral surgery. (E)
- 10:00 am CITY (29) "Major Payne" (1995, Comedy) Damon Wayans. A Marine with little understanding of civilians commands a group of young ROTC cadets and falls for a school doctor. (E)

EVENING

- 7:00 pm WTBS (3) "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. (E)
- 8:00 pm CHBC (4) "A Time

- to Kill" (1996, Drama) Sandra Bullock. A Southern lawyer and his legal assistant defend a black man for killing his young daughter's white attackers.
- 9:10 pm WTBS (3) "Houseguest" (1995, Comedy) (PA) Sinbad. An impostor fools a lawyer and his family as an old friend trained in oral surgery. (E)
- 10:06 pm CITY (29) "The Skulls" (2000, Suspense) Joshua Jackson. A freshman joins an elite society that will guarantee him success, but he questions his decision when his reporter roommate dies mysteriously.
- 11:00 pm SPIKE (44) "Wayne's World 2" (1993, Comedy) Mike Myers. The world's best roadie helps goofy Wayne and Garth organize a rock concert called Waynestock.
- 11:10 pm WTBS (3) "Big Business" (1988, Comedy) Bette Midler. Mismatched at birth, two sets of twins meet as opposites in Manhattan and confuse a corporate deal.

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friday movies

MORNING

- 7:00 am WTBS (3) "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. (E)
- 10:00 am CITY (29) "The Deep End of the Ocean" (1999, Drama) Michelle Pfeiffer. Parents lose their 3-year-old in Chicago and are miraculously reunited with him nine years later. (E)

EVENING

- 6:00 pm CITY (29) "Mars Attacks!" (1996, Comedy) Jack Nicholson. Martians take delight in incinerating humans in director Tim Burton's sendup of 1950s sci-fi classics. (E)
- SPIKE (44) "The Siege" (1998, Action) Denzel Washington. Premiere. An FBI agent, a Middle East specialist and a power-mad general try to thwart terrorists in New York.
- 7:30 pm FAM (26) "The Karate Kid" (1984, Action) Ralph Macchio. Premiere. A New Jersey teen moves to California, meets bullies and learns karate from a handyman, Mr. Miyagi.
- 8:00 pm KNOW (5) "Great Expectations" (1999, Drama) Ioan

- Gruffudd. An abused orphan's life is plagued by his efforts to win the heart of a haughty woman born to a wealthy family. (E)
- VTV (22) "Mind Over Murder" (2005, Suspense) Tori Spelling. A prosecutor places herself in danger when she tries to use her newfound telepathy to investigate a crime. (In Stereo) (E) (DVS)
- 9:00 pm WTBS (3) "Air Force One" (1997, Suspense) (PA) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane. (E)
- 9:36 pm FAM (26) "Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. A popular teen learns she is the reincarnation of a Chinese warrior who must save the world from an evil villain.
- 10:06 pm CITY (29) "Carnal Confessions" (2002, Adult) Wendy Ficca. A serial killer supplies clues to a television journalist.
- 11:00 pm SPIKE (44) "The Tracker" (2000, Action) Casper Van Dien. A man tries to find his kidnapped sister in the midst of a war between Chinese and Russian mobsters.
- 11:06 pm FAM (26) "The Associate" (1996, Comedy) Whoopi Goldberg. A Wall Street whiz invents a male partner to attract clients for her fledgling investment business.

Similkameen News Leader

Recipe Corner (Recipe #175)

Brought To You By: Similkameen News Leader

Island Turkey Salad

Makes 4 servings

Ingredients:

- 50 ml (1/4 cup) Shredded coconut
- 300 g (10 oz) fresh Romaine lettuce, chopped
- 1 225 g can (8 oz) pineapple chunks, drained, reserve juice
- 1 fresh mango, peeled, cut into 1 1/2 cm (1/2 inch) cubes
- 250 ml (1 cup) seedless red grapes
- 375 ml (1 1/2 cups) cooked Butterball Turkey
- 50 ml (1/4 cup) honey mustard
- 50 ml (1/4 cup) honey roasted almonds, sliced

Directions:

1. Preheat oven to 175C (350F).
2. Place coconut in shallow baking pan and toast in oven 6 minutes or until lightly browned, stirring once.
3. Place lettuce on a large serving platter. Decoratively arrange pineapple, mango and grapes. Sprinkle turkey over lettuce mixture.
4. Whisk together honey mustard and reserved pineapple juice. Drizzle over salad. Sprinkle with almonds and toasted coconut. Serve immediately.

When entertaining, try hollowing out halved pineapples and filling with salad.

For more great turkey recipes visit www.butterball.ca.

- News Canada

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

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THURSDAY, JULY 12, 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)	The First 48 (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: "Soldier" (1998) Preity	Counterstrike (E)
7 AM	Movie: "Houseguest" (1995) (PA) Sinbad (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today Victoria Beckham; Emma Watson; Carol Alt. (N) (E)	The Early Show (N) (E)	The First 48 (E)	Good Morning America (N) (E)				Arthur (E) Lunar Jim	Jane Monsters	SportsCentre (E)	Walking With Dinosaurs	K. Possible (7:24)	CityLine (E)	Zinta, Bobby Deol.	Night Heat "The Hit"
8 AM	(PA) Sinbad (E)	Taste	HI-5 Berenstain	Curious Clifford			The First 48 (E)		100 Huntley Street (E)		Curious Clifford	George S. Beasts	SportsCentre (E)	MythBusters (E)	Weekend Lilo Stitch	Star Trek: Voyager (E)	Disorderly Con.	Due South "Letting Go"	
9 AM	NewsRadio Cosby	Body Judge	Magic Bus Rolie Polie	Dragon Big World		Discover Discover	The First 48 (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Poko The Save-Ums! (E)	Flamingo LazyTown	Off-Record Motoring	Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	Most Amazing Videos	HappenTo Inside Box
10 AM	Harvey Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami "Dispo Day"	The View (N) (E)	World Vision	Design House	Doodlebop	Viva Pinata Ruby	Bowling	The View (N) (E)	Raw Nature (N) (E)	Mickey Sprites	Movie: "Major Payne" (1995) Damon Wayans.	Most Amazing Videns	Mad Abt. Grace
11 AM	Cosby Strokes	Seinfeld	CG Kids Scattering	Thomas Sit-Be Fit (E)	Dr. Keith Ablow (N) (E)	Young and the Restless	The First 48 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob Mischiefs	Triathlon: Ironman	eTalk (E) MTV e2	Ghosts-Rain.	Higglytown (11:25) King	Star Trek: Next Gener.	The Nanny Frasier	
12 PM	Still Std Still Std	News (N)	Irving Layton	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N)	The First 48 (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	CBC News CBC News	Pokémon Flamingo	Fishing NHRA Drag	Degrassi Bold & B.	Last Maneater	(11:49) Weekend	CityLine (E)	Star Trek: Next Gener.	Seinfeld Seinfeld
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Classical Notes	Painting Needle Art	Days of our Lives (N)	As the World Turns (N)	The First 48 (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Beasts	Racing: Thunder Valley Nationals	Twice in a Lifetime (E)	MythBusters (E)	Dragon Emperor	In Fashion Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King King	Guiding Light (N) (E)	Gaslight Dotto Tech	Reading Lions	Passions (N)	Guiding Light (N) (E)	The First 48 (E)	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Viva Pinata Jacob	Interruption	General Hospital (N)	Sorcerer's	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld Seinfeld	Room Design	Jack's Big Music Show	Arthur (E) Fetch! With Judge	Judge Judge	Dr. Phil (E)	The First 48 (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)	CSI: Crime Scn	Due South "Letting Go"
4 PM	Raymond Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami "Dispo Day"	Millionaire Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Soccer: FIFA U-20 World Cup Round of 16 - Teams TBA.	Phantom Ruby	CFL Stampede at Toronto Argonauts. (Live) (E)	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	HappenTo Inside Box
5 PM	Friends Friends	News (N)	George S. (5:32) Business	BBC World NBC News	News (N) News	News (N)	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N)	World Cup Round of 16 - Teams TBA.	OddParent SpongeBob	News (N) News (N)	Deadliest Catch (E)	Suite Life Montana	Ugly Betty (E)	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM	Friends Friends	Body Caitlin	Spellz (E) Reach-Top	News-Lehrer Raymond	News (N) Hollywood	News (N)	The First 48 (N) (E)	News (N)	News (N)	ET Canada Entertain	Being Ian Erky Perky	George S. Beasts	Racing: Thunder Valley Nationals	News (N) News (N)	Guinea Pig Machines	Zoey 101 Sadie	Supernatural (E)	TNA Wrestling Impact!	Married... Frasier
7 PM	Movie: "Cheaper by the Dozen" (2003) (E)	FANatical Jeopardy!	Profiles of Nature (E)	Canada's War in Colour	Jeopardy! Fortune	Friends Scrubs	Kansas City SWAT (N)	Entertain The Insider	Entertain ET Canada	Ground Up	Canada Coronatr	Sabrina Malcolm	SportsCentre (Live) (E)	eTalk (E) Hollywood	Mayday "Fire Fight"	Smart Guy	(7:01) Men in Trees (E)	UFC Unleashed	Extreme-Home
8 PM	(2003) (E)	Movie: "A Time to Kill" (1996)	Sombrio (N) (E)	New Tricks (E)	My Name Is Earl (E)	Big Brother 8 (E)	Harry Potter-Secrets	Ugly Betty 8 (E)	Big Brother 8 (E)	Big Brother 8 (E)	To Be Announced	Fresh Pr. Yvon	Off-Record	CSI: Crime Scn	Daily Planet (E)	Suite Life Life Derek	News (N) (8:35) Star!	UFC Unleashed	ET Canada HappenTo
9 PM	(9:10) Movie: "Houseguest" (1995) (PA) Sinbad (E)	Drama Sandra Bullock, Samuel L. Jackson.	Adven.-English	Globe Trekker (E)	The Office 30 Rock	CSI: Crime Scn	CSI: Miami (E)	Grey's Anatomy (N) (E)	Ground Up	Shark (E)		Mystery Ghost	Boxing	You Can Dance	Guinea Pig Machines	8 Rules Sinbad	(9:06) Jimmy Kimmel	Sports Sports	Seinfeld Seinfeld
10 PM	(11:10) Movie: "Big Business"	News (N) Room	No More Tears Sister	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Kansas City SWAT (E)	News (N) (11:35)	News (N)	Entertain ET Canada	Soccer: U-20 15/Love	Bob 15/Love	SportsCentre (Live) (E)	News (N)	Deadliest Catch (E)	8 Rules Life Derek	Movie: "The Skulls" (2000) Joshua Jackson.	"Wayne's World 2"	Grace The Nanny

FRIDAY, JULY 13, 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	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports	Counterstrike (E)
7 AM	Movie: "Cheaper by the Dozen" (2003) (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today KT Tunstall; Rupert Grint; Al's Book Club for Kids; teath. (N) (E)	The Early Show Ricky Skaggs; Bruce Hornsby.	Crossing Jordan (E)	Good Morning America (N) (E)				Arthur (E) Lunar Jim	Jane Monsters	SportsCentre (E)	Champions Champions	K. Possible (7:24)	CityLine (E)	Sports	Night Heat (N) (E)
8 AM	(2003) (E)	Catering	HI-5 Berenstain	Curious Clifford			American Justice		100 Huntley Street (E)		Curious Pinky	George S. Beasts	SportsCentre (E)	MythBusters (E)	Weekend Lilo Stitch	Star Trek: Voyager (E)	Sports	Due South "North"	
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	Off-Record Lumberjks	Regis and Kelly	Daily Planet (E)	Feet Benj Bear	News (N) City	Disorderly Con.	Big Screen Inside Box
10 AM	Harvey 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) (E)	World Vision	Design House	Doodlebop	Viva Pinata Ruby	Bowling	The View (N) (E)	Star Racer (E)	Mickey JoJo	Movie: "The Deep End of the Ocean" (1999)	Disorderly Con.	Mad Abt. Grace
11 AM	Cosby Strokes	Seinfeld	Rivers Scattering	Bob Build Sit-Be Fit (E)	Dr. Keith Ablow (E)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	Jacob Mischiefs	Running: Marathon	eTalk (E) Screen	How Do Machines	Higglytown (11:25) King	Disorderly Con.	The Nanny Frasier	
12 PM	Still Std Still Std	News (N)	Canada-History	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N)	Days of our Lives (N)	CBC News CBC News	Pokémon Flamingo	NASCAR Racing	Degrassi Bold & B.	MythBusters (E)	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld Seinfeld
1 PM	Yes, Dear Yes, Dear	Diva Dime Homes	Router SportFish	Painting Scrapbook	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	NASCAR Racing: Nextel Cup	Twice in a Lifetime (E)	Deadliest Catch (E)	Dragon Emperor	At Movies Star! Daily	Disorderly Con.	Beverly Hills, 90210
2 PM	King King	Guiding Light (N) (E)	Gaslight Sustain	Reading Lions	Passions (N)	Guiding Light (N) (E)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Viva Pinata Jacob	Interruption	General Hospital (N)	Mayday "Fire Fight"	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home
3 PM	Seinfeld Seinfeld	Room Design	HI-5 Fetch! With Judge	Arthur (E) Judge	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)	How-Made How-Made	Weekend Lloyd	News (N)	CSI: Crime Scn	Due South "North"
4 PM	Raymond MLB Pittsburgh Pirates at Atlanta Braves. (Subject to Blackout)	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 Air Farce	(4:05) Robot Xiaolin	CFL Edmonton Eskimos at Winnipeg Blue Bombers. (Live) (E)	Daily Show Colbert	Daily Planet (N) (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Scn	Big Screen Inside Box
5 PM	Baseball: Pittsburgh Pirates at Atlanta Braves. (Subject to Blackout)	News (N)	George S. (5:32) Business	BBC World NBC News	News (N) News	News (N)	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N)	Simpsons Arrested	El Tigre Avatar	News (N) News (N)	Walking With Dinosaurs	Suite Life Montana	The Collector	CSI: Crime Scn	Seinfeld Seinfeld	
6 PM	(Subject to Blackout)	Body Caitlin	Lilly (N) Science	News-Lehrer Raymond	News (N) Hollywood	News (N)	CSI: Miami (E)	News (N)	News (N)	ET Canada Entertain	Canada Now	AmiYumi Team	Bombers. (Live) (E)	News (N) News (N)	Oil, Sweat and Rigs	Zoey 101 Life Derek	Movie: "Mars Attacks!" (1998) Jack Nicholson.	Movie: "The Siege" (1998) Denzel Washington. Premiere.	Married... Frasier Extreme-Home
7 PM	Raymond	FANatical Jeopardy!	Life of Mammals McLaughlin	Seasoned Fortune	Jeopardy! Scrubs	Friends Scrubs	Intervention "Sylvia"	Entertain The Insider	Entertain ET Canada	Drive "The Extra Mile"	Coronatr Coronatr	Mar (E) Zatch Bell	CFL Football: BC Lions at Saskatchewan Roughriders. (Live) (E)	eTalk (E) Hollywood	Hazard Pay (N)	School Movie: "The Karate Kid" (1984) Ralph Macchio.	News (N)	Elimination	Big Screen
8 PM	Raymond	Zoe Busiek: Wild Card	Movie: "Great Expectations" (1999) Drama (E)	Wash Wk NOW (N)	I vs. 100 (E)	Jericho (E)	Intervention (E)	Lopez	Drive "The Extra Mile"	NUMB3RS (E)	Air Farce Comedy	Naruto Naruto	Saskatchewan Roughriders. (Live) (E)	Movie: "Mind Over Murder" (2005) Tori Spelling.	Daily Planet (E)	Party	(9:06) Jimmy Kimmel	Elimination	Seinfeld
9 PM	Movie: "Air Force One" (1997) (PA)	Psych (E)	" (1999) Drama (E)	Bill Moyers Journal (N)	Las Vegas (E)	Jericho "Black Jack" (E)	CSI: Miami (E)	Greek "Pilot" (E)	Drive "Rearview" (N)	Drive "Rearview" (N)	Intelligence (E) (DVS)	Inuyasha Gundam	(Live) (E)	Oil, Sweat and Rigs	Guinea Pig Machines	"Wendy Wu: Homecoming Warrior" (9:36)	(10:06) Movie: "Carnal Confessions" (2002) Wendy Rice.	Game	Married... Frasier
10 PM	Harrison Ford (E)	20/20 (N) (E)	The Last Detective	Stalder Brother	Law Order: CI	NUMB3RS (E)	CSI: Miami (E)	20/20 (N) (E)	NUMB3RS (E)	News (N)	National Bleach	Alchemist	World Combat League	Law Order: CI	Guinea Pig Machines	Hazard Pay (11:06)	Confessions	Movie: "The Tracker"	Grace
11 PM	"AF1"	Room	History	Austin City Limits (E)	News (N) Tonight	News (N) Late Show	Intervention "Sylvia"	News (N) (11:35)	News (N)	(11:03) ECW (N) (E)	(11:05) The Hour (E)	Eureka 7 Gundam	SportsCentre (Live) (E)	News (N)	Hazard Pay (11:06)	Movie: "The Associate"	Confessions	Movie: "The Tracker"	Grace

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 #3 - Rated Easy

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

CHALLENGE #4 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

7:00 am WTBS (3) ★★★ "While You Were Sleeping" (1995, Romance-Comedy) Sandra Bullock. A lonely Chicago subway clerk falls for the brother of a comatose man she adored from afar. [E]
SPIKE (44) ★★ "Youngblood" (1986, Drama) Rob Lowe. An aspiring hockey star leaves the family farm for a minor-league Canadian team.
9:20 am WTBS (3) ★★★ "Erin Brockovich" (2000, Drama) Julia Roberts. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. [E]

AFTERNOON

12:00 pm FAM (26) ★★½ "The Paper Brigade" (1996, Comedy) Robert Englund. A small-town bully interferes with a new boy's efforts to woo a schoolgirl. [E]
CITY (29) ★★½ "Mars Attacks!" (1996, Comedy) Jack Nicholson. Martians take delight in incinerating humans in director Tim Burton's sendup of 1950s sci-fi classics. [E]
12:05 pm WTBS (3) ★★ "A Walk to Remember" (2002, Romance) (PA)

Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter. [E]

12:30 pm SPIKE (44) ★★★ "Top Gun" (1986, Adventure) Tom Cruise. A hot-shot Navy jet pilot tangles with MiGs and flirts with a civilian astrophysicist.

1:30 pm FAM (26) "Phantom of the Megaplex" (2000, Adventure) Taylor Handley. A theater employee wonders if a legendary spirit is up to its old tricks after a series of strange occurrences. [E]

2:30 pm WTBS (3) ★★★ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. [E]

3:00 pm SPIKE (44) ★★½ "Days of Thunder" (1990, Action) Tom Cruise. An upstart stock-car driver goes to the edge for his manager, his brain-surgeon girlfriend and himself.

5:00 pm WTBS (3) ★★½ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy. [E]

CITY (29) "Cybermutt" (2002, Fantasy) Judd Nelson. A scientist uses a computer chip to transform the dog that saved his life into a bionic canine. [E]

EVENING

7:00 pm YTV (18) ★★½ "Batman Forever" (1995, Action) Val Kilmer. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (In Stereo) [E]

7:10 pm WTBS (3) ★★★ "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a housekeeper for a laid-back chef and his neurotic wife. [E]
8:00 pm KXLY (10) ★★★ "Freaky

Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies. (In Stereo) [E]
9:00 pm CHBC (4) "Secrets of an Undercover Wife" (2007, Suspense) Shawnee Smith. A newlywed searches for answers after the arrest of her husband for murder and embezzlement.

FAM (26) ★★★ "Simon Birch" (1998, Comedy-Drama) Ian Michael Smith. An undersized New Hampshire boy helps a friend learn his father's identity.

CITY (29) ★ "Screwed" (2000, Comedy) Norm Macdonald. Premiere. An overworked, underpaid chauffeur kidnaps his boss's dog and holds it for a \$5,000,000 ransom.

9:40 pm WTBS (3) ★★ "A Walk to Remember" (2002, Romance) (PA) Shane West. Forced to tutor students at a school, a young delinquent falls for a minister's daughter. [E]

10:00 pm CBC (13) ★★½ "Minority Report" (2002, Science Fiction) Tom Cruise. A policeman tries to establish his innocence in a future where law enforcement can arrest killers before their crimes. [E]

10:30 pm SPIKE (44) ★★½ "Days of Thunder" (1990, Action) Tom Cruise. An upstart stock-car driver goes to the edge for his manager, his brain-surgeon girlfriend and himself.

11:00 pm CITY (29) ★★ "Holy Man" (1998, Comedy-Drama) Eddie Murphy. Sales skyrocket when a burnt-out TV programmer puts a guru on his home shopping network.

11:10 pm FAM (26) ★★½ "Phenomenon" (1996, Drama) John Travolta. An amiable, small-town Everyman is inexplicably transformed into a genius with telekinetic powers.

11:45 pm WTBS (3) ★★★ "While You Were Sleeping" (1995, Romance-Comedy) Sandra Bullock. A lonely Chicago subway clerk falls for the brother of a comatose man she adored from afar. [E]

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sunday movies

MORNING

7:30 am WTBS (3) ★★★ "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a housekeeper for a laid-back chef and his neurotic wife. [E]

10:00 am A&E (9) ★★★ "Bridget Jones's Diary" (2001, Romance-Comedy) Renée Zellweger. An outrageous British woman decides to take control of her life, but instead falls for two very different men. [E]

SPIKE (44) ★★★ "Clear and Present Danger" (1994, Suspense) Harrison Ford. An acting CIA chief learns the president has triggered a war with Colombian drug cartels.

11:00 am CITY (29) ★★★ "The Muppets Take Manhattan" (1984, Comedy) James Coco. Kermit and company try to take their variety show to Broadway, while Miss Piggy grows jealous of a friendly waitress. [E]

AFTERNOON

12:00 pm FAM (26) "My Brother The Pig" (2000, Comedy) Scarlett Johansson. When a spell turns an 8-year-old boy into swine his sister and best friend race to find the cure. [E]

1:00 pm WTBS (3) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. [E]

1:32 pm FAM (26) "Cow Belles" (2006, Comedy) Alyson Michalka. Forced to work for their wealthy father, two teenagers try to save his business when money goes missing.

2:00 pm CBC (13) ★★½ "Virginia's Run" (2003, Drama) Gabriel Byrne. A girl develops a strong bond with a horse despite her widowed father's objection. [E]

3:00 pm WTBS (3) ★★ "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The secret agent travels back in time to the 1960s to rescue his stolen mojo from Dr. Evil. [E] (DVS)

VTV (2) "Plain Truth" (2004, Drama) Mariska Hargitay. A cynical lawyer defends an Amish teenager who is accused of murdering an infant. (In Stereo) [E] (DVS)

4:00 pm YTV (18) ★★½ "Beethoven's 3rd" (2000, Comedy) Judge Reinhold. The lovable Saint Bernard and his family get caught up in a computer caper during a road trip in their motor home. (In Stereo) [E]

5:00 pm WTBS (3) ★ "Mr. Deeds" (2002, Comedy) Adam Sandler. A television producer tries to get the scoop on a small-town pizzeria owner after he inherits \$40 billion. [E]

EVENING

6:00 pm YTV (18) ★★★ "Stuart Little 2" (2002, Comedy) Geena Davis. Stuart the mouse and Snowball the cat journey through New York City to rescue a friend from a falcon. (In Stereo) [E]

CITY (29) ★★½ "Swimfan" (2002, Suspense) Jesse Bradford. Premiere. A new student at a high school obsesses over a swimming champion who does not return her advances. [E]

7:00 pm WTBS (3) ★ "Mr. Deeds" (2002, Comedy) Adam Sandler. A television producer tries to get the scoop on a small-town pizzeria owner after he inherits \$40 billion. [E]

9:00 pm WTBS (3) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. [E]

FAM (26) ★ "Mr. Magoo" (1997, Comedy) Leslie Nielsen. Government agents and a beautiful thief pursue a myopic millionaire who unknowingly possesses a valuable gem.

10:46 pm FAM (26) ★★½ "Six Days, Seven Nights" (1998, Romance-Comedy) Harrison Ford. An emergency landing strands a New York magazine editor and a South Pacific cargo pilot on an unknown Tahitian island.

11:00 pm WTBS (3) ★½ "The Cookout" (2004, Comedy) Ja Rule. After her son signs a contract with an NBA team, a woman invites friends and family to a wild barbecue at his new mansion. [E]

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SATURDAY, JULY 14, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM	TBS Storyline	News (N)		Desert	(5:00) Today (N) [E]	(5:00) Saturday Early Show	Flip This House [E]	Good Morning America	Adventure Hunter	Fishing Fishin	Lunar Jim	Gadget	SportsCentre [E]	OWLTV Kingdom	How Do Machines	Star Racer	About You	Reality Racing	What Paid Prog.	
7 AM	Movie: "While You Were Sleeping" (1995) Sandra Bullock.	Gold Trails	Sagwa	MotorWeek	News (N)	Madeline	Sell House	Good Morning	News (N) [E]	News (N) [E]	Wilbur [E]	Robot Boy	Fishing	Katie-Orbie	Oil, Sweat and Rigs	Yin Yang (7:20)	Eye on Asia	Movie: "Youngblood" (1986, Drama) Rob Lowe.	Mad Abt. Friends	
8 AM		Powerboat	Dora	Travels		Sabrina	Sell House	Emperor			George S.	Grossology	Motoring	Hobo						
9 AM		Body	George S.	Travel		Trollz [E]	Sell House	Replace			Arthur	SpongeBob	NASCAR Racing: Busch Series Qualifying	Good Morning Canada [E]	Hazard Pay	Suite Life (8:43) Zoey	Polish Studio [E]	Speakers	Hrsepower Ellen [E]	
10 AM		Farm Rpt	The Magic School Bus	Hometime		Horseland	Spender				World Og	OddParent								
11 AM		Eagle Communications	(9:32)	Workshop		Cake [E]	Design	So Raven			Driving TV	Goldfish	Phantom		How-Made	Cory	CityLine [E]	MuscleCar	Grace	
12 PM		Room	Upside	Ask This	Babar [E]	Revolution	Design	So Raven			Energy TV	Shorts	Fantastic 4		How-Made	So Raven				
1 PM	Movie: "Erin Brockovich" (2000, Drama) Julia Roberts. [E]	Antique	Big World	Americas	Paid Prog.	Discover	Sell House	Montana	GetUpGrow	Energy TV	Angela	Tn-Titans	NASCAR Racing	PLAN Canada [E]	Sideshow Stars	Phil		Xtreme 4x4	Seinfeld	
2 PM		Diva Dime	Macphee	Barbecue	Paid Prog.	A Sailor's Story	Harry Potter-Secrets	NASCAR Countdown	CEO TV	Fishing	Soccer: Avatar	Rings	Shuriken	NASCAR Racing: Busch Series -- USG Durock 300. (Live) [E]	Great Adventure People	Mayday "Blow Out"	Movie: "The Paper Brigade" (1996) Jack Nicholson.	Movie: "Mars Attacks!" (1996) Tom Cruise, Kelly McGillis.	Trucks! Married... Friends	
3 PM		GetUpGrow	Moving On	Gourmet	World of Adventure Sports (N) [E]	PGA Golf: John Deere Classic --	The Sopranos [E]	NASCAR: Busch Series -- USG Durock 300. (Live)	News (N) [E]	Paid Prog. Will-Grace	Quarterfinal -- Teams TBA. [E]	Monster	Yu-Gi-Oh!	Pokémon	Amnesty International	American Chopper	Movie: "Phantom of the Megaplex"	MuchOnDemand [E]	Deal or No Deal [E]	
4 PM		Third Round. (Live) [E]	Ronter	Painting	Golf: American Century Championship	Third Round. (Live) [E]	(1:15) The Sopranos "No-Show" [E]		Fishing	Seinfeld	Equestrian: Chrysler Classic. (Taped)	Idaten	Battle	Cybertron	Car	Dirty Jobs [E]	Into Wild			
5 PM		Movie: "Something's Gotta Give" (2003) Jack Nicholson. [E]	Powerboat	Dora	Europe	Fortune	Discover	Match	NBA Acc	Seinfeld	Simpsons	Sat. Report	Mystery	SportsCentre (Live) [E]	MTV Shuffle [E]	How-Made	Smart Guy	News (N)	Movie: "Days of Thunder" (1990) Tom Cruise.	What
6 PM		Heart City	(3:35) Go, Diego, Go! [E]	Tracks	Dragon (E)	Discover	Match	Paid Prog.	Simpsons	Simpsons	Marketple	Ruby			How-Made	Lizzie	FashionTel		What	
7 PM		Foodies	Marriage	Rolie Polie	Wild Things [E]	3 2 1 Pen	Access Hollywood (N)	Sell House	Simpsons	Simpsons	Just-Gags	The Fairly OddParents [E]	CFL Football: Alouettes at Hamilton Tiger-Cats. (Live) [E]	Sue Thomas: F.B.Eye	Survival Stories	Suite Life	Bravo! Fact		Vanity Insanity [E]	
8 PM		Movie: "Bridget Jones: The Edge of Reason"	News (N)	George S.	Summer	Spokane Shock	News (N)	Flip This House [E]	News (N)	Simpsons	News (N)	House	Quarterfinal -- Teams TBA. [E]	Twice in a Lifetime [E]	Dirty Jobs Penguins.	K. Possible	Movie: "Cybermutt" (2002) Judd Nelson. [E]	Disorderly Con.	Friends	
9 PM		Room	Meerkat	Lawrence Welk Show		CBS News	News (N)	Flip This House (N)	News (N)	News (N)	Stamp Fishery	Prank Ptrl	Ghost	News (N)	Guinea Pig	Sadie	Flight 29		Seinfeld	
10 PM		Design	Wild			Without a Trace [E]	Match	Entertainment Tonight	Stamp Fishery	Andromeda [E] (DVS)	To Be Announced	Movie: "Batman Forever" (1995, Action) Val Kilmer. [E]	Boxing: Molitor vs. Ndlovu	W-FIVE [E] (DVS)	Angel	So Raven	Funniest Home Videos	UFC Unleashed	Married...	
11 PM		Can Files	National Geographic	Time Goes My Family		Match	American Justice	Movie: "Freaky Friday" (2003) Jamie Lee Curtis. [E]	ReGenesis [E]	Andromeda [E] (DVS)	ReGenesis [E]	Andromeda [E] (DVS)	Naruto	IndyCar Racing: IndyCar 200	Comedy Now	Angel	News (N)	TNA Wrestling Impact!	Ad Pers	
		On Wings and Dreams	Heartbeat	Paul Anka Rock Swings	Singing	The Unit [E]	American Justice	Movie: "Freaky Friday" (2003) Jamie Lee Curtis. [E]	ReGenesis [E]	Andromeda [E] (DVS)	ReGenesis [E]	Andromeda [E] (DVS)	Naruto	IndyCar Racing: IndyCar 200	Comedy Now	Angel	News (N)	TNA Wrestling Impact!	Ad Pers	
		Movie: "Secrets of an Undercover Wife" (2007)	Inspector Morse	Second City	America's Got Talent [E]	Without a Trace [E]	Flip This House [E]	Funniest Home Videos	Andromeda [E]	News (N)	Driving TV	Minority Report" (2002) Tom Cruise. [E]	Gundam	SportsCentre (Live) [E]	Guinea Pig	Sadie	Flight 29		Seinfeld	
		Mad TV [E]	Wild	(11:01) Doctor Who [E]	News (N)	News (N)	Match	Paid Prog.	Sat. Night	Sat. Night	Sat. Night	Shadow	News (N)	Machines	Movie: "Phenomeno"					

SUNDAY, JULY 15, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Movie: "Bridget Jones: Edge of Reason"	Antique		Berenstein	Today (N) [E]	Discover	Biog.: Simmons	Good Morning America	Pioneers	Foodies (N)	Franklin	Gadget	SportsCentre [E]	Acorn	Mayday "Fire Fight"	Star Racer	Mix TV	Trucks!	JR Digs
7 AM		Taste	Zoboo	Cliff Pup		Discover	Serial Killer	News (N) [E]	Fishful	Canada	Nanalan'	Jane	Kids	Overdrive				Trucks!	Big Screen
8 AM		In Touch-Dr	Jakers	Bob Build	Dragon	CBS News Sunday Morning	The Yosemite Killer	News (N) [E]	Canada	Is Written	Coronatn	Mew Mew	Reporters	Good Morning Canada [E]	Dragons: A Fantasy Made Real [E]	Yin Yang (7:20)	Eye on Asia	Hrsepower	Mad Abt.
9 AM		Van Impe	George S.	Jakers	Meet the Press (N) [E]	Nation	The Yosemite Killer	News (N) [E]	News (N) [E]	TribalTrail	Coronatn	Viva Pinata	Yachting		Suite Life	Eye-Asia	Hrsepower	Ned Stacy	
10 AM		Is Written	The Magic School Bus	Maya	Paid Prog.	Discover	The BTK Killer Speaks	This Week With George	Hour of Power [E]	Coronatn	Flamingo	Yachting	PLAN Canada [E]	Funniest Animals	Cory	Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Ellen [E]	
11 AM		Gold Trails	(9:32)	Forum	Paid Prog.	Discover	Motorcycles	Movie: "Bridget Jones's Diary" (2001) [E]	Driving TV	Catering	CBC News: Sunday (N)	SpongeBob Grown Up	Softball: World Cup - Canada vs. U.S.	Tutankhamun	Phil				
12 PM		Faith				Discover	Motorcycles	Movie: "Bridget Jones's Diary" (2001) [E]	Hour of Power [E]	Driving TV	FIFA U-20 World Cup	Drake	Nature	Dragons: A Fantasy Made Real [E]	School	Movie: "The Muppets Take Manhattan" (1984)	Ford, Willem Dafoe.	Friends	
1 PM		MLB Baseball: Pittsburgh Pirates at Atlanta Braves. (Subject to Blackout)	PGA Golf: John Deere Classic -- Final Round. (Live) [E]	Reach-Top	Wild	Profiles of Nature [E]	All Creatures	Angel	GetUpGrow	Andromeda [E]	Miracles	Mystery	W-FIVE [E] (DVS)	How Do Machines	(1:32) Movie: "Cow Belles"	World Poker Tour [E]	Disorderly Con.	Beverly Hills, 90210	
2 PM		Strange	Dora	Consumer	CSI: Miami "Rampage"	Discover	Angel	British Open Preview	Andromeda [E]	Seinfeld	Simpsons	Game	Movie: "Virginia's Run" (2003)	Twice in a Lifetime [E]	How-Made				
3 PM		Fishing	(3:35) Go, Diego, Go! [E]	Chronicles	CSI: Miami [E]	Without a Trace [E]	Angel	Health	Seinfeld	Global	Soccer: FIFA U-20 World Cup Quarterfinal -- Teams TBA. [E]	Movie: "Beethoven's 3rd" (2000) Judge Reinhold.	Boxing: Friday Night Fights. [E]	MythBusters [E]	101 Things	Suite Life	Funniest Home Videos	CSI: Crime Scn	
4 PM		News	Rolie Polie	Hometime			Angel	Health	Seinfeld	Global	Soccer: FIFA U-20 World Cup Quarterfinal -- Teams TBA. [E]	Movie: "Beethoven's 3rd" (2000) Judge Reinhold.	Boxing: Friday Night Fights. [E]	MythBusters [E]	K. Possible	Montana	Movies	That News	
5 PM		Room	Meerkat	Lawrence Welk Show			Angel	Health	Seinfeld	Global	Soccer: FIFA U-20 World Cup Quarterfinal -- Teams TBA. [E]	Movie: "Beethoven's 3rd" (2000) Judge Reinhold.	Boxing: Friday Night Fights. [E]	MythBusters [E]	Montana	Movies	That News		
6 PM		Design	Wild				Angel	Health	Seinfeld	Global	Soccer: FIFA U-20 World Cup Quarterfinal -- Teams TBA. [E]	Movie: "Beethoven's 3rd" (2000) Judge Reinhold.	Boxing: Friday Night Fights. [E]	MythBusters [E]	Montana	Movies	That News		
7 PM		Driving TV	Rough				Angel	Health	Seinfeld	Global	Soccer: FIFA U-20 World Cup Quarterfinal -- Teams TBA. [E]	Movie: "Beethoven's 3rd" (2000) Judge Reinhold.	Boxing: Friday Night Fights. [E]	MythBusters [E]	Montana	Movies	That News		
8 PM		Doc "Welcome to NY"	National Geographic	Nature [E] (DVS)	Dateline NBC [E]	60 Minutes [E]	Simmons	Funniest Home Videos	Simpsons	Simpsons	To Be Announced	Prank Ptrl	SportsCentre (Live) [E]	Corner Gas	Life Derek	News (N)	CSI: Crime Scn	Big Screen	
9 PM		Extreme-Home	The Royal [E]	Mystery! (N) [E] (DVS)	Law & Order [E]	Cold Case "Blackout"	Dog	Desperate Housewives	Family Guy	Amer Dad		Prank Ptrl	NASCAR Racing	Cold Case "Blackout"	Secrets of Egypt's Lost Queen	Movie: "Mr. Magoo" (1997, Comedy)	World Poker Tour [E]	CSI: Crime Scn	Deal or No Deal [E]
10 PM		Til Death	The Last Detective [E]	Everyday	Law & Order: SVU [E]	Without a Trace [E]	Simmons	(10:01) Brothers and Sisters	News (N)	Can Files	CBC News: Sun.	Falcon Beach [E]	Billiards	Law & Order: SVU	Movie Ent				
11 PM		One Tree Hill [E]	(10:15) Africa! [E]	P.O.V. [E]	Law & Order: SVU [E]	Without a Trace [E]	Simmons	(10:01) Brothers and Sisters	News (N)	Can Files	CBC News: Sun.	Falcon Beach [E]	Billiards	Law & Order: SVU	Movie Ent				
		News (N)	Sustain	World Cafe	News (N)	News (N)	Simmons	News (N)	News (N)	Paid Prog.	Soccer: U-20	Mystery	SportsCentre (Live) [E]	MythBusters [E]	"6 Days, 7 Night"	Access Hollywood (N)	CSI: Crime Scn	The Nanny	

MONDAY, JULY 16, 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. 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: "Poolhall Junkies"	Counterstrike (E)	
7 AM :30	Movie: "Cool Runnings" (1993) Leon (E)	Life Today 100 Huntley Street (E)	BluesClues Dora	Barney Arthur (E)	Today (N)	The Early Show (N)	Crossing Jordan "Pilot" American Justice	Good Morning America (N)				Jane Monsters	SportsCentre (E)		Cruise Ship Rescue	K. Possible (7:24)	CityLine (E)	(2002), Rick Schroder	Night Heat (N)	
8 AM :30	NewsRadio	Body Judge	Magic Bus Rolie Polie	Dragon Big World			Discover Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Poko The Save-Ums! (E)	Flamingo LazyTown	SportsCentre (E)		How-Made	Weekend Lilo Stitch	Star Trek: Voyager (E)	Disorderly Con.	Due South "Vault"	
9 AM :30	Harvey Harvey	The Price Is Right (E)	Paddington Pancakes	Sesame Street (E)	Ellen DeGeneres Show	The Price Is Right (E)	CSI: Miami (E)	The View Harvey Levin.	World Vision	Design House		"Rolie Polie Olie-Fun"	Motoring Rims	The View Harvey Levin.	True Crime Scene (E)	Mickey Tigger	Movie: "The Muppets Take Manhattan" (1984)	Most Amazing Videos	Mad Abt. Grace	
10 AM :30	Cosby	Seinfeld	CG Kids	Bob Build	Dr. Keith Ablow (N)	Young and the Restless	24 (E)	Paid Prog. Paid Prog.	Judge J. House	News (N)	The Gill Deacon Show	(11:15) Erky Mew Mew	Lumberjks	eTalk (E)	Forensic Evidence (E)	Higglytown (11:25) King	Star Trek: Next Gener.	The Nanny	Frasier	
11 AM :30	Still Stnd	News (N)	Canada-History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News	Pokémon	2007 ESPY Awards From Los Angeles.	Twice in a Lifetime (E)	How Do Machines	Dragon Emperor	Hollywood Star! Daily	Star Trek: Voyager (E)	Beverly Hills, 90210	
12 PM :30	Yes, Dear	Diva Dime	Planet Moving On	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	Crossing Jordan "Pilot"	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Fashion Dinner	George S. Beasts								
1 PM :30	King	Guiding Light (N)	Gaslight Journal	Reading Lions	Passions (N)	Guiding Light (N)	American Justice	General Hospital (N)	Passions (N)	Passions (N)	The Gill Deacon Show	Viva Pinata Jacob	Interruption	General Hospital (N)	How-Made	Lilo Stitch Proud	Ellen DeGeneres Show	Star Trek: Voyager (E)	Extreme-Home	
2 PM :30	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 Sports	Dr. Phil (E)	How Do Machines	Lloyd	News (N)	CSI: Crime Sen	Due South "Vault"	
3 PM :30	Raymond	Days of our Lives (N)	Dora (4:37) Little	Cyberchas Zoboo	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Millionaire	Oprah Winfrey (E)	News (N) Global	Frasier Red Green	"Teen Titans: Trouble in Tokyo"	MLB Baseball: Toronto Blue Jays at New York Yankees. (Live) (E)	Veronica Mars (E)	Daily Planet (E)	Barbarian Proud	Friends Hollywood	CSI: Crime Sen	Ad Pers Inside Box	
4 PM :30	Friends	News (N)	George S. (5:32)	BBC World Business	News (N)	News (N)	CSI: Miami (E)	News (N) ABC News	News (N) Global	News (N) Global	Simpsons Arrested	SpongeBob		News (N)	MythBusters (E)	Suite Life Montana	Stargate SG-1	CSI: Crime Sen	Seinfeld	
5 PM :30	Friends	Body	Fetch! With News-Lehrer	News (N)	News (N)	News (N)	The Sopranos (E)	News (N)	News (N)	ET Canada	Canada Now	Being Ian Ruby		News (N)	American Chopper (N)	Zoey 101 Sadie	Hell's Kitchen (N)	Movie: "Fire Down Below" (1997, Action) Steven Seagal.	Married... Frasier	
6 PM :30	Sex & City	That News	Sustain	Served	Jeopardy!	Friends	(7:05) The Sopranos (E)	Entertain The Insider	Entertain ET Canada	Without a Trace (E)	Coronatr Rumours	Nick Malcolm	SportsCentre (Live) (E)	eTalk (E)	Dirty Jobs (E)	So Raven Smart Guy	Godiva's (E)	(1997, Action) Steven Seagal.	Extreme-Home	
7 PM :30	Seinfeld	How I Met Christine	Africa (E)	Antiques Roadshow	Beckham	How I Met Christine	(8:09) The First 48 (E)	Wife Swap (E)	Name Earl The Office	Name Earl The Office	Doctor Who (E)	Fresh Pr. Yvon	Off-Record	Beckham	Daily Planet (E)	Suite Life Life Derek	News (N)	(8:35) Star! (9:06) Jimmy Kimmel	CSI: Crime Sen	Ad Pers
8 PM :30	Movie: "Vegas Vacation" (1997) Chevy Chase.	Two Men Comforts	Lessons in Fear (N)	History Detectives (N)	Age of Love (N)	Two Men How I Met	CSI: Miami (E)	The Sopranos (E)	Supernanny	Without a Trace (E)	News (N)	Prank Ptrl Weird	Bowling	To Be Announced	American Chopper	8 Rules Sinbad	(10:06) Movie: "Universal Soldier: The Return" (1999)	Star Trek: Voyager (E)	Seinfeld	
9 PM :30	"Cool Runnings" (1993)	News (N) Room	Sombrio (E)	Charlie Rose (N)	News (N)	News (N)	(11:05) The Sopranos (E)	News (N)	News (N)	Entertain ET Canada	(11:05) The Hour (E)	Bob IS/Love	SportsCentre (Live) (E)	News (N)	MythBusters (E)	8 Rules Life Derek		7 Days	The Nanny	

monday movies

MORNING

6:00 am SPIKE (44) ★★ "Poolhall Junkies" (2002, Drama) Chazz Palminteri. A billiards player ends his friendship with a con man who taught him how to play the game.

7:00 am WTBS (3) ★★ "Cool Runnings" (1993, Comedy-Drama) Leon. Two Jamaicans make their way to Calgary as long-shot bobsledders in the 1988 Olympics. (E)

10:00 am YTV (18) "Rolie Polle Olie: The Great Defender of Fun" (2002, Adventure) Voice of James Woods. Animated. Rolie and friends rally against a space pirate who wants to steal the element of fun from the whole galaxy. (In Stereo) (E)

CITY (29) ★★ "The Muppets Take Manhattan" (1984, Comedy) James Coco. Kermit and company try to take their variety show to Broadway, while Miss Piggy grows jealous of a friendly waitress. (E)

AFTERNOON

4:00 pm YTV (18) "Teen Titans: Trouble in Tokyo" (2006, Adventure) Voices of Greg Cipes. Animated. Five super-

heroes search for a Japanese criminal after a high-tech ninja attack.

EVENING

6:00 pm SPIKE (44) ★★ "Fire Down Below" (1997, Action) Steven Seagal. A lone environmental agent takes on ruthless industrialists dumping toxic waste in the Kentucky hills.

9:00 pm WTBS (3) ★ "Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. (E)

10:06 pm CITY (29) ★ "Universal Soldier: The Return" (1999, Science Fiction) Jean-Claude Van Damme. Former soldier Luc Deveraux, now a government adviser, must help stop new soldiers being controlled by a supercomputer gone haywire.

11:00 pm WTBS (3) ★★ "Cool Runnings" (1993, Comedy-Drama) Leon. Two Jamaicans make their way to Calgary as long-shot bobsledders in the 1988 Olympics. (E)

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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-tfn

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-tfn

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

Kenmore Upright Freezer. \$350.00. Call (250) 295-4149 or 295-7754. tfn

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

Kenmore Upright Freezer. \$350.00. Call (250) 295-4149 or 295-7754. tfn

Hunter special. 1975 Ford Motorhome, 22-feet, dual wheels, had lots of work, boat rack. \$4,500.00 OBO for quick sale. Call (250) 295-0627. Jul 10-24***

Must sell. Recently acquired fully loaded heavy duty, well maintained, one owner, 1996 GMC 1500 4X4, ext. cab, short box, gas Vortec 350 engine, 305 auto OD, headers, air shocks, mags, \$7,500.00. (250) 295-0627. Jul 10-24***

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for sale

LLAMAS - several BRED FEMALES, weanlings \$500.00 EACH; companion female \$100.00; guardian gelding \$300.00. Various colours/fibre types. CASH sales only. (250) 499-5143 Cawston. Nov 21-tfn

WOOD PELLET SALES & DELIVERY
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(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-tfn

Lexar Media USB Jump Drive 2 between Cawston and Keremeos. Contact (250) 499-7818 or e-mail imoad@yahoo.ca Jul 03-tfn

wanted to buy

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

help wanted

Athina's Desert Day Spa in Oliver, BC is looking for estheticians and Nail technicians to join our team. Great wages, friendly environment and a very loyal clientele. Please phone (250) 498-3363 for more information. Jul 10-24

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Jul 06-tfn

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Princeton - (Local Call)

notices

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

help wanted

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

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

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for rent

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

real estate

Immaculate 4-bedroom, 2-bath home for sale in popular Mine Subdivision. Beautiful view of valley from oversized back deck. Treed-in, private yard featuring gardens, well-maintained shed, fenced area for pets and single vehicle carport. Residence completely renovated with an inviting recreation room on lower level. \$265,000.00. By Appointment Only. (250) 295-6453. Jul 31

help wanted

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.

FALL FAIR VENDORS

Any person or organization wishing a booth for sales at the Fall Fair September 8 & 9 should write to Box 276 Princeton and request space. Volunteer groups and service clubs will be given free space to promote their activities. Others will be charged \$45 or \$60 for the weekend. Major equipment dealers will be expected to make a substantial donation.

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CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #3 - Easy

135	924	687
684	371	952
927	865	413
896	542	371
341	789	265
572	136	849
763	258	194
218	495	536
459	613	728

CHALLENGE #4 - Hard

835	729	164
642	381	597
197	645	382
514	972	638
283	516	749
976	834	215
369	258	471
751	493	826
428	167	953

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Under supervision of the Nurse Manager you will assess, plan and implement client care to the standards, policies and procedures applied at Interior Health and carry out general nursing duties as required.

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 Experience in Nursing in the Community (for Community RN only).
 Experience in ER Acute

Licensed Practical Nurses: Competition # OKS-FAC-07-101

In Collaboration with the RN, you will assist in planning, implementing and providing nursing care to patients and residents as assigned. Your duties will also include, but not be limited to dispensing and administering medications, assisting with the development and modification of individual plan of care, plus other duties as assigned.

Qualifications:

Successful graduation from a recognized program for Practical Nurses;
 Current practicing licensure with CLPNBC;
 Current CPR certification.

If you are interested in these positions we invite you to apply online at www.roomtogrowbc.ca where you can create a profile and apply to the above competition numbers. Please attach a copy of your current resume.

Alternatively for those applicants without computer access you can send your cover letter and resume in confidence to:
 Michele White, External Recruiter: Fax: 250.492.9025 email: michele.white@interiorhealth.ca

For Princeton Applicants:
 c o Princeton General Hospital,
 98 Ridgewood Drive, Princeton, VOX 1W0.

For Keremeos Applicants:
 c o 700 3rd Street,
 Keremeos, VOX 1N0

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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

Yellow is the new green

We aren't colour blind, but we learned a very valuable lesson over the long weekend.

It happened at what we thought was a clearly marked intersection. We're talking about the pedestrian-controlled crossing signal over Highway 3 at the intersection with Vermilion Avenue, or Burton Avenue – depending on which way you are approaching the intersection.

Our story goes like this: we were walking along the frontage road along Highway 3 that runs from Dairy Queen towards the intersection.

Traffic whizzed by us in the regular tourist traffic way – awfully fast.

Before we got to the intersection we watched a young couple stranded on one of the small islands with the pole the pedestrian-controlled button is on. They had activated it and watched vehicles of all shape and size continue to barrel through the intersection as if the crossing light were invisible.

Then it occurred to us, all drivers traveling at 80 kilometres per hour see flashing yellow lights as just a warning signal – not a stop signal.

Think about it. How many times have you come up on flashing yellow lights on the highway in your travels? Usually it's on a highways vehicle or a service vehicle of some kind. Are you obliged to stop as you approach these vehicles? Usually not, unless someone flags you to stop.

This is the problem with the pedestrian-controlled light at Vermiliburton Avenue. Had the Ministry of Highways and Good Intentions actually spent the extra \$5.99 on red lenses, we'd actually see traffic stop when someone tries to use the crossing. At the moment, the flashing yellow lights are nothing more than wannabe greens.

So we figure the best thing to do is suggest Highways Minister Kevin Falcon take the silly structure back. Surely it would be more useful on the Sea To Sky Highway than where it sits on the corner of Highway 3 and Vermiliburton Avenue.

We aren't even going to suggest that nothing will happen until someone gets killed crossing the highway, as we doubt too many locals are dumb enough to chance it. Although, for the sake of science, we did. Our finding is conclusive. In 100 percent of the times you use the intersection, no one slows down or stops until you are standing in their lane. We did not want to try it more than once although the near miss did get our heart pumping a little faster than the walk to get to the intersection so we could also say crossing the highway there is a good cardio workout – but we don't recommend it becoming part of your fitness routine.

We are suggesting you remind your local elected officials to make some noise about the stupid excuse for a controlled crossing. And keep reminding them until something is done about it.

We can't even fault drivers as there isn't even a sign half a kilometre on either side warning that you're approaching a controlled intersection. The Ministry of Highway Signs probably couldn't fit that expense into their budget.

What was our lesson?

Yellow is the new green.

Thanks, Kevin. You just about fooled us.

EDITORIAL GUIDE

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

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

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

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your turn

Foundation continues fundraising

To The Editor,

The South Okanagan Similkameen Medical Foundation, which is headquartered at the Penticton Regional Hospital, embarked on a new fundraising campaign back in March 2007 to support the purchase of a Digital Stereotactic Mammography machine. The fundraising campaign is called the 'Imagine the Best in Breast Cancer Detection.'

The region we serve for mammogram screening covers the area from Princeton to Osoyoos over to Oliver, Penticton and up to Summerland, a population of approximately 90,000 people. The Penticton Regional Hospital (PRH) does 4,500 screening mammography's per year with an additional 2,600 diagnostic mammograms - needless to say, a busy centre.

The leadership team at the Penticton Regional Hospital and Interior Health identified the need for a new Digital Stereotactic Mammography machine to replace the current eight year old film machine.

The question we often get is, why replace a machine that is only eight years old? The data is clear, mammography is essential for breast cancer detection. Mammography finds 90% of breast cancer in women over the age of 60 but only 60% in women under the age of 60. Breast cancer is still the greatest cause of death in women under the age of 55. We must have the best technology available, especially for the younger, high risk patients. With the compliment of our new MRI (purchased by donors) for possible reoccurrence of breast

cancer and extremely high risk patients, the new Digital Stereotactic Mammography equipment will help us to become a centre of excellence in breast screening and diagnostics. Breast cancer research will be conducted using the machine by BC Cancer Agency Physicists from Kelowna.

First, we must fundraise to purchase the machine. Since no government funding is available donors will make this machine a reality. The cost is \$1-million and if all of the funds are raised by December 31, 2007, it is possible that we could be operational by June 1, 2008. To date \$703,000.00 has been raised but we still have a long and difficult road ahead to reach the goal.

If you would like more information about the machine, the fundraising or to make a donation please e-mail janice.perrino@interiorhealth.ca or call our office at (250) 492-9027. If you belong to a service club or organization that is involved with gaming funds, the South Okanagan Similkameen Medical Foundation and this equipment qualifies for gaming grants.

Penticton Regional Hospital is Princeton's regional hospital, we hope you will join us as a partner in one of the most exciting fundraising campaigns the South Okanagan Similkameen Medical Foundation has ever been involved with, a campaign for women's lives. Will you be a part of the success?

- Janice Perrino, CFRE
Executive - Director SOSMF,
Penticton

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Current Comment:

Should our vitamins be drugs?



Dawn Johnson
editor@thenewsleader.ca

For some unknown reason, Health Canada has decided that we Canadians want our vitamin and mineral supplements regulated to ensure safety. I know of no public survey, no public meetings, and no public evidence to support the claim that Canadians want vitamin and mineral supplements regulated to ensure safety. I would like to see this evidence.

Did you know that 71 percent of Canadians take vitamin and mineral supplements? I take them, my friends take them, and just recently, a study showed that taking Vitamin D supplements prevents cancer.

Health Canada has set up a new agency called The Natural Health Product Directorate. This is the agency established to regulate vitamin and mineral supplements.

This agency is redundant. There was always a regulatory agency under "food".

The new agency appears to have been established to turn supplements into a form of medical drugs. The new rules and regulations started on January 1, 2004. Anybody producing vitamin and mineral supplements had to pay for a number to identify the product as a Natural Health Product. To get the number allocated to approved products, the producers had to apply and pay \$3,500 per product! Then, each subsequent year, the industry has to pay \$920 for each and every product! The industry was given until May 25, 2007, to respond.

This whole government scam is going to drive up the price of vitamin and mineral supplements for us, the consumers.

Not only will it drive up prices, but it will tell us what we can and cannot buy at our pharmacies and health food stores.

As I said, I can find no evidence for this move by the government. Our supplements were always regulated before the new agency was formed, so what is Health Canada's excuse for charging manufacturers so much for producing what is basically a food?

I do not like the idea of placing vitamin and mineral supplements among drugs. Does this mean we

will eventually have to have a prescription to be able to purchase our cod liver oil or Vitamin C? If so, what will this do to the cost of Pharmacare? Do taxpayers really want to pay more for this new level of health care?

Behind all this, I smell the lobbying of Big Pharma. There is big money in vitamin and mineral supplements. I know, because I buy about \$1800 worth every year, and that is a whole lot more than I spend on prescription medications. Like most Canadians, I try to keep myself healthy. I read about what my body needs to stay healthy.

My doctor gives me advice on what supplements to take. I am among 22 million Canadians who go into a drugstore or health food store and pick up supplements. This is our way of keeping health care costs down.

What would happen to our health care costs if we were not taking supplements?

I would say our hospitals and doctors' offices would be even more crowded than they are today. When I think of how many women take calcium to avoid

osteoporosis, taking away that one supplement alone could cost millions in poor health and hospital visits.

Our health care professionals want us to stop smoking, stop drinking alcohol, stop eating so much junk food, stop eating so much sugar, in order to be healthy. Why are they not fighting Health Canada about all this regulation and escalating cost factor for vitamin and mineral supplements?

This is not the first time Ottawa has tried to turn supplements into drugs.

It was defeated on the first attempt as a result of natural health professionals objecting strongly. Why has it gone through this time?

I suggest we drive Health Canada crazy by sending a fax to 1-613-952-1154 and telling them this: "Our vitamins and minerals are foods, not drugs. Get rid of The Natural Health Product Directorate."

Write to our MP, Alex Atamanenko, at House of Commons, Ottawa. You don't have to pay postage to write to our MP.

Marketplace Ministry

by Jim Caruso

We Can't Do It Alone

Have you ever noticed the benefit of having someone help you to do things? Someone to help you lift something, or talk about something, or share the cost of something, or just be there so you are not nearly as afraid as you would be doing it alone. That's why God created families and friends. It is also the reason we develop a society, which is a social environment in which we share each others loads.

Sometimes we would rather just do things on our own, struggle through and not be bothered with having someone else involved. This, although might be much easier, it is not necessarily the best way to do things as I will share in this story about a man who decided to, Do it alone. The story is supposed to be an actual claim insurance and some have linked it to the Province of Alberta, I'm not sure who should get the credit for it, but I am sure that you will in a humorous way, get the message.

I am writing in response to your request concerning Block 1 on the insurance form which asked for the cause of injuries, wherein I put Trying to do the job alone. You said you need more information, so I trust the following will be sufficient.

I am a bricklayer by trade, and on the day of injuries, I was working alone, laying brick around the top of a four story building, when I realized that I had about five hundred pounds of brick left over. Rather than carry the bricks down by hand, I decided to put them in a barrel, and lower them down by pulley, which was fastened to the top of the building. I secured the end of the rope at ground level and went up to the top of the building and loaded the bricks into the barrel and flung the barrel out with the bricks in it. Then I went down and untied the rope, holding securely to insure the slow descent of the barrel.

As you will note on Block No. 6 of the insurance form, I weigh 150 pounds. Due to the shock of being jerked off the ground so swiftly, I lost my presence of mind and forgot to let go of the rope. Between the second and third floors, I met the barrel coming down. This accounts for the bruises and lacerations on my upper body. Regaining my presence of mind, again I held tightly to the rope and proceeded rapidly up the side of the building, not stopping until my right hand was jammed in the pulley. This accounts for my broken thumb.

Despite the pain, I retained my presence of mind and held tightly to the rope. At approximately the same time however, the barrel of bricks hit the ground, and the bottom fell out of the barrel. Devoid of the weight of the bricks, the barrel now weighed about fifty pounds, I refer again to Block No. 6 and my weight.

As you would guess, I began a rapid descent. In the vicinity of the second floor, I met the barrel coming up. This explains the injuries to my legs and lower body. Slowed only slightly, I continued my descent, landing on the pile of bricks. Fortunately, my back was only sprained and the internal injuries were minimal. I'm sorry to report, however, that at this point I again lost my presence of mind and let go of the rope. As you can imagine, the empty barrel crashed down on me. I trust this answers your concern. Please know that I am finished with trying to do the job alone.

I can sympathize with the bricklayer, not that I have experienced all the tragedy in the story, but life many times is full of situations that do not work in our favour. I realized some 25 years ago that I could not live this life alone, even though I was married and had children by this time. I needed Someone to be there. Through times of grief, hard times, impossible times, lonely times and the good times. That Someone is Jesus Christ and my accepting His love and forgiveness put me in a place where I was never alone again. That opportunity is open to everyone and my prayer is that you, like me, are finished trying to live this life alone, and will accept Him into your life for all eternity.

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

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PRINCETON ROTARY CLUB THANKS TICKET PURCHASERS FOR THEIR SUPPORT AND WILL USE THE PROFIT FROM THIS EVENT FOR LOCAL AND ROTARY PROJECTS.



This 1931 Ford Model A is owned by Don and Joyce Smith of Okanagan Falls. It was one of the many classic cars that were entered in the 7th annual Show 'n' Shine event July 7th. *

Seniors enjoy long weekend

Princeton has again celebrated Racing Days. Nobody could say there wasn't something to do. The residents here at The Court were treated to a beef barbeque. Some of us enjoyed eating on the patio with fresh air, sunshine and a gentle breeze blowing. Thanks to our cooks Audrey and Edith who went to the extra trouble to serve us. Our tables were festooned with streamers of maple leaf symbols and lovely Canadian flag serviettes.

Many of us walked downtown, each with their brown bag lunch, to watch the parade. It was so much enjoyed!

We have welcomed a new resident, Marty. She seems to fit right in.

Another day we piled into the bus to go to a local restaurant for coffee. There we met others not frequently seen. That was another treat for us.

Today several of us had our nails

trimmed and painted while Bingo was being played.

Nancy joined us for Adult Day Care and seemed very pleased with our activities.

Ruth comes to play the organ while we do our exercises. We try to sing old tunes but we cannot boast about our efforts, but we try.

The tattoos we each had for Racing Days have disappeared. Sorry, Reet!

- submitted by D. Stenvold

Study stalls wood power project

by Dennis Walker, Giant-FM News

A feasibility study into a massive \$200-million proposal to burn wood to create power at a huge plant near Princeton has been delayed until the end of the year.

The CEO of the Princeton Power Project, John Tapics, says it's going to take that long to determine whether there is enough wood to

supply the plant.

"There has to be available access to a secure fuel for the life of a power plant and in that regard, then probably a tenure has to be granted to proponents looking for fuel for a

wood-fired power project."

The project would burn 700,000 cubic metres of wood a year or 60 truckloads a day.

The company was initially examining burning coal.

Stranded couple gets help

Councillor Jim Manion brought the airport issue to the July 3 Town Council meeting, saying efforts to get fuel service to the airport is illustrated by a recent event.

He told about a couple flying from Quebec who could not continue to Vancouver due to foul weather. They landed at Princeton Airport

and were here for two days. They needed aircraft fuel.

Councillor Manion said the couple was assisted by Dave Woodruff, who ensured they had fuel. Councillor Manion thanked Woodruff and said the Airport Committee is heading in the right direction.

Council wants green bags

Mayor Randy McLean wants to put an end to plastic grocery bags in Princeton.

He wants people to buy green fabric bags available at a local grocery store. The mayor expressed his opinion at the July 3 Town Council meeting. He received support from

Councillor Jim Manion, who informed Council that many American cities have bylaws against the use of plastic shopping bags.

After some discussion, the matter was referred to staff for further recommendation.

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The Show 'n' Shine on July 7th attracted many local vehicle owners including Len Buchignani who entered this 1937 Chev Sedan. It sat in front of the News Leader office.*

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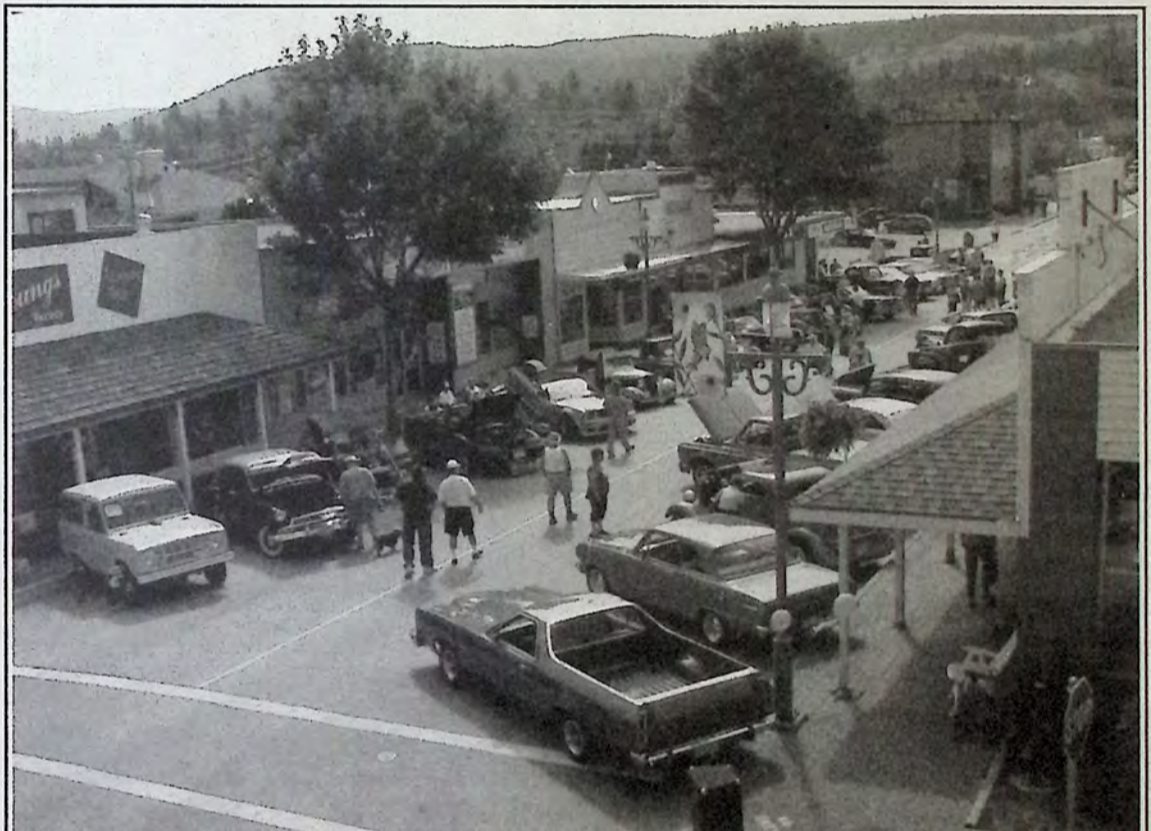
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The view of Bridge Street during the Show 'n' Shine from the Pharmasave roof.*

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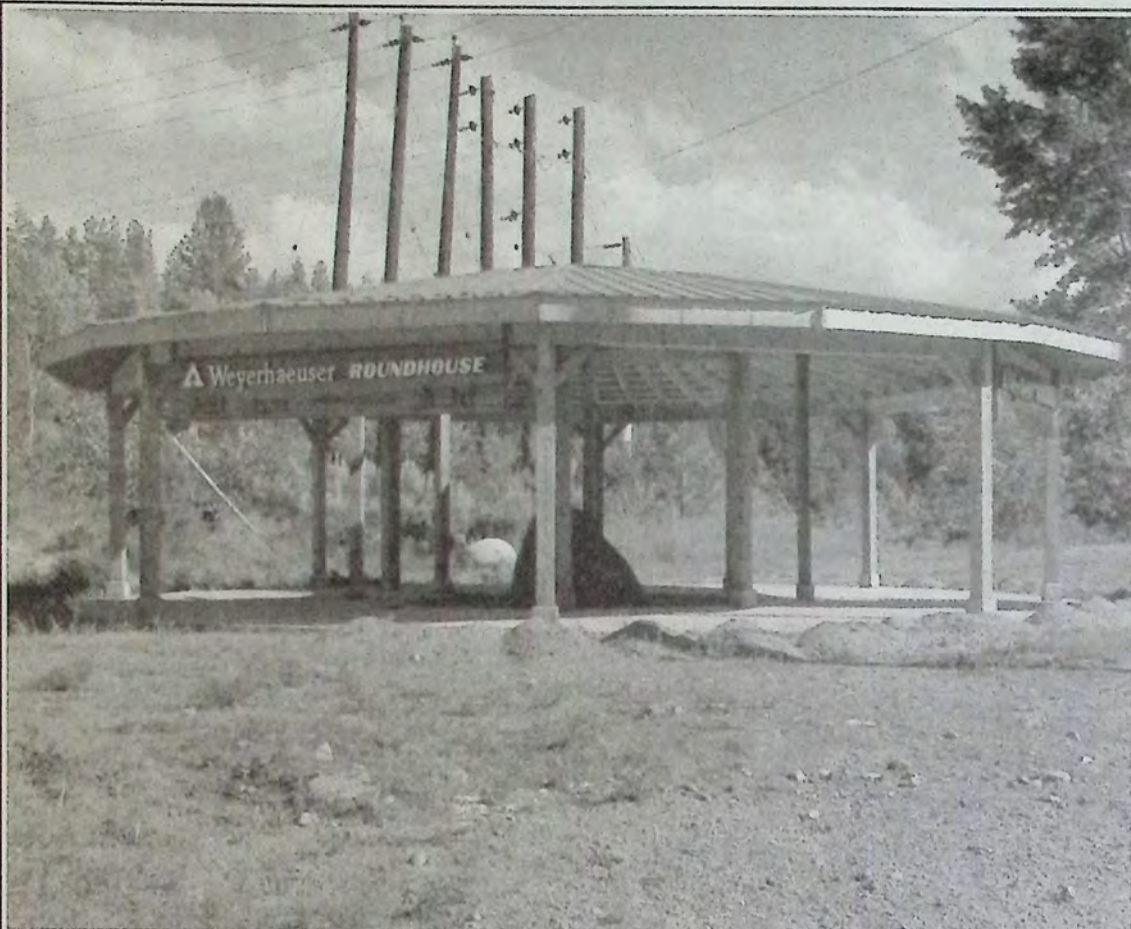
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Barry Bollman of Yarrow, BC entered this 1949 Fargo 1/2 ton in the Show 'n' Shine.*



The Weyerhaeuser Roundhouse on the Trans-Canada Trail continues to take shape. Last week the new signs (from Auto-Tac Graphics) were added and Vermilion Trails Society volunteers have since added more to the information posted on the inside of the structure. *

Our Economy

by: EDO Michael McLaughlin

In my last column I began talking about the services producing sector.

It is a growing source of income and jobs. Almost 80% of BC's economy is now produced by the service sectors. I singled out tourism as a sector that offers opportunities, but should be seen as only one piece of a diverse economy.

The table below shows the number of employees in the goods and services sectors and the average wage earned in those sectors (source: BC Stats).

BC in 2006

Number of employees, thousands	Average hourly wage rate \$
- Total employees	1781.8 / \$19.91
- Goods-producing sector	358.5 / \$20.87
- Agriculture	21.4 / \$12.74
- Forestry, fishing, mining, oil and gas	33.0 / \$25.21
- Utilities	8.6 / \$28.00
- Construction	114.6 / \$20.52
- Manufacturing	180.9 / \$20.92
- Services-producing sector	1423.2 / \$19.67
- Retail trade	306.2 / \$15.75
- Transportation and warehousing	98.2 / \$21.42
- Finance, insurance, real estate and leasing	102.0 / \$20.78
- Professional, scientific and technical services	104.2 / \$25.03

- Business, building and other support services	68.4 / \$15.14
- Educational services	144.7 / \$25.48
- Health care and social assistance	201.5 / \$22.40
- Information, culture and recreation	91.0 / \$19.70
- Accommodation and food services	156.6 / \$11.85
- Other services	59.1 / \$17.45
- Public administration	91.3 / \$26.54

Of the 1,781,800 people employed in BC in 2006, 358,500 (20.1%) produced goods. The average wage in goods production was \$20.87. The average wage in services was \$19.67.

The only goods producing sector that does not pay a livable wage on average is agriculture. One difference may be that most manufacturing jobs are unionized, but farm labour is not.

Six of the eleven services sectors have higher average wages than the manufacturing sector as a whole. Three others offer decent wages (above \$15/hr).

When looking at average wages one should keep in mind that there is a huge range in most sectors. For example, CEOs of large corporations earn 100 to 400 times more than the average employee. In many service sectors, such as health care and professional and financial services, there are people making big bucks and people not

far above minimum wage.

Services is a growing sector, and so attracting service sector employers might be easier than attracting goods sector employers.

And, manufacturing jobs are generally not as mobile as service jobs. You can't move a mine or a gas field. It is costly to move a plant. Whereas, many service sector jobs can be performed from anywhere, provided there is high speed internet access and decent transportation infrastructure.

How does a community attract the mobile self-employed individual or service industry to a place like the Similkameen Valley? Hint: look around you. More on this next time.

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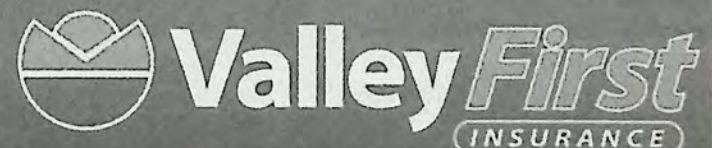


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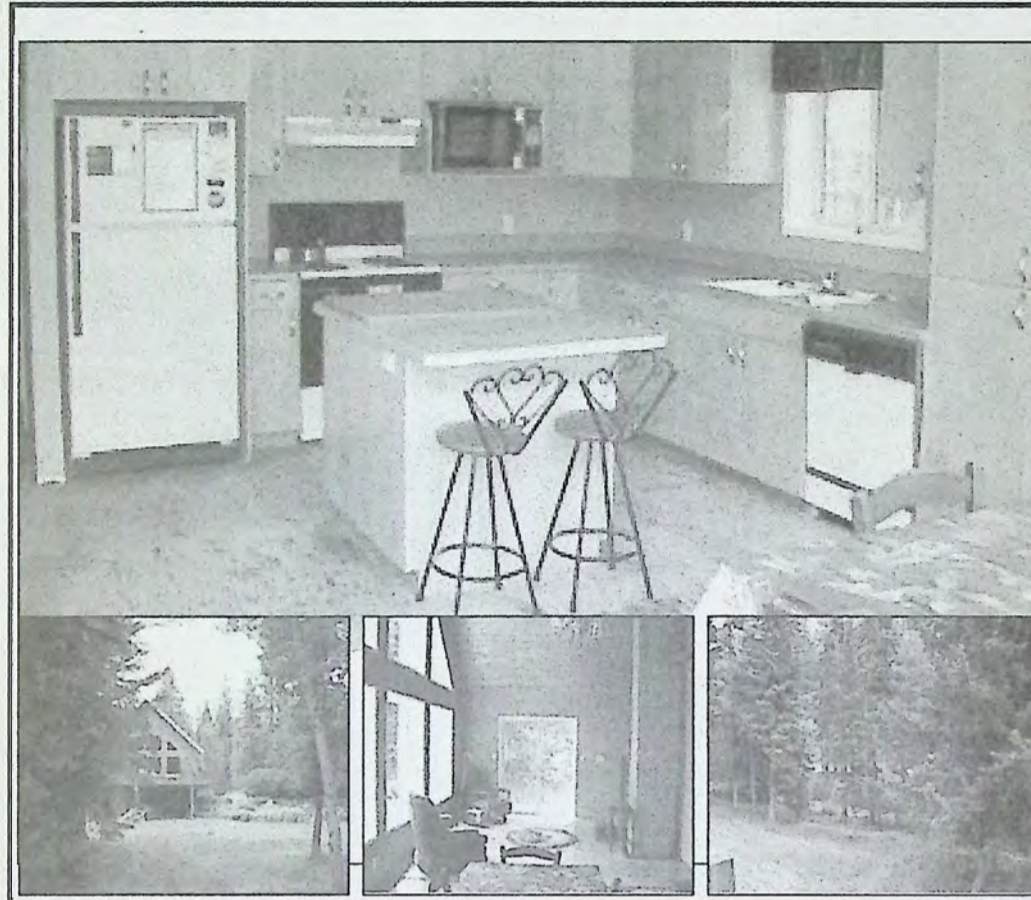


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<p>Have It Your Way!</p>  <p>971 Highway 5A \$269,900 7.22 acres approx. 10-minutes from town! Level benches for horses or to build on. Mobile has large addition and deck. mls.ca#40811</p>	<p>Best Buy In Town</p>  <p>277 Allison Avenue \$179,900 3 bedroom home located in wonderful neighbourhood. Double lot, family room in basement. Single car garage/workshop. mls.ca#40576</p>	<p>Investment Special</p>  <p>40 Aspen Street \$98,500 Tenant in place and wanting to stay. Single garage, fenced back yard for garden, kids or pets. mls.ca#40426</p>	<p>2 1/2 lots in Town!</p>  <p>280 Angela Avenue \$164,900 Great holding or development property. 2 1/2 lots close to store and park on Allison Flats. 28 acres zoned RD. mls.ca#40028</p>	<p>Dynamic Duplex</p>  <p>285 Aspen Street \$274,500 Duplex located on quiet cul-de-sac. Kitchen to delight any chef, everything easily accessible. Open floor plan. mls.ca#39855</p>
<p>Relax, it's already done!</p>  <p>20 Fenchurch Ave \$187,500 Just move into this immaculate, remodeled downtown home. Fenced yard, single car garage, ample storage areas. A special find! mls.ca#38663</p>	<p>Where Else...</p>  <p>1269 Highway 3 \$338,900 Other than Princeton can you find a 3-bedroom home, guest cottage, 2 garages, 2 wells on 11.85 acre creekfront? mls.ca#39677</p>	<p>Don't Put It Off!</p>  <p>1340 Highway 5A \$249,000 15 acres backed by Crown Land and 12-minutes out of Princeton. 2-bedroom mobile and small barn. mls.ca#40496</p>	<p>Why mess with perfection?</p>  <p>215 Lakeview Rd \$339,000 5 secluded acres with panoramic mountain and valley views. Open plan home, packed with character and charm. mls.ca#39910</p>	<p>Heavenly Hideaway</p>  <p>115 Lee Creek Pl. \$699,000 Your own private beach just a hop, skip and a jump from your doorstep. Neatly 1/2 acre, level. Located at Osprey Lake. mls.ca#39805</p>

When choosing a Real Estate firm, choose one that cares about your community!

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