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Weekend, June 27-29, 2008

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Vancouver

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sleeping apart?

Madge, Guy in separate beds on holiday: Report



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Cyclists set for epic race



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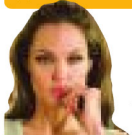


Breslin spreads sunshine

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Historical site proof of Chinese as pioneers

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Action heats up in Wanted

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Wainwright gets bold, confident



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Spain pushes into final

Please recycle

B.C. a drug lab leader

By ANDREA WOO
for Metro Vancouver

One week after busting the biggest drug lab in B.C.'s history, police are calling the province a leader in drug production.

Insp. Brian Cantera of the RCMP's national drug enforcement branch introduced the term "super lab" at a news conference yesterday while standing next to eight bags of colourful ecstasy tablets discovered while executing a search warrant on a Richmond barn last Friday.

organized crime link

>> Cantera said the sophisticated lab had been active for several months and was linked to organized crime. There was also evidence the drugs produced were intended for export out of the country.

"A super lab is a clandestine lab which is capable of producing more than five kilograms of finished synthetic drugs," said Cantera.

He added that inside the barn, located at 21880 River Rd., police discovered more than 100

kilograms of "pure, crystallized ecstasy product" — enough to fill 14 detergent-sized buckets — and an estimated one million pressed tablets.

There were also two fully automated pill presses that were capable of producing 8,000 to 12,000 pills each in an hour, various chemicals used in making drugs, explosive devices and nine fully automatic weapons.

On Monday, police executed a search warrant on a second home in Richmond,

this time at 8440 Odlin Cres., where they discovered explosives and a marijuana grow operation. About 10 homes were evacuated for a few hours as a safety precaution.

They say the two raids are connected.

Five people — Richard and Miranda Suzick, Robert and Sylvette Rahn and John Rahberger — were arrested in connection with the River Road raid and appeared in court yesterday.

Police attended to 48 drug labs and dump sites in 2007.



Sue Godding fills her car at an Esso station in Vancouver yesterday. Drivers will pay an additional 2.4 cents per litre at the pump Tuesday when the province's new carbon tax comes into effect just as economists at CIBC are projecting the cost of oil to rise to \$200 US a barrel by 2010.

Fuel costs could cut 700,000 cars by 2012: CIBC

By JEFF HODSON
Metro Vancouver

On the eve of a 2.4-cents-a-litre carbon tax, B.C.'s sky-high gas prices are set to soar with economists yesterday predicting a 70 per cent increase in world oil prices over the next two years.

"I'm looking for a different job," said courier Sue Godding, as she filled her car at an Esso service station at Burrard and Davie streets yesterday.

Godding uses her own vehicle for work and has seen her take-home pay drop as her fuel costs have risen to \$25 a day, up from \$14 a couple of

years ago. And the future looks even bleaker.

The price of oil, which hit \$140 US a barrel yesterday, will average \$150 US next year and \$200 US a barrel in 2010, according to a report yesterday by CIBC World Markets.

Based on current prices, it would put gas prices in Vancouver somewhere in the neighbourhood of \$2.40 to \$2.55 per litre. By 2012, it would result in 500,000 to 700,000 fewer cars on the road across Canada, said CIBC senior economist Benjamin Tal.

"The main decline will come from middle-class families that will give up their second or

third car," Tal said.

A survey of 750 B.C. residents, released yesterday by the Mustel Group, showed that for the first time, concerns over high fuel costs surpassed concerns about health care, the economy or the environment.

The concerns, the report said, were shared between rural and urban residents and consistent for all income and age groups.

—jeff.hodson@metronews.ca

what do you think?

>> E-mail us at vancouverletters@metronews.ca

style

GOSH Cosmetics, the bold Danish cosmetic line, is now making its Canadian debut. Sold exclusively at Shoppers Drug Mart, the line is now available at more than 200 stores across the country. Left: Trio Eye Shadow in Gold Digger, \$16.



METRO NEWS SERVICE

Fashionable workout gear



\$58

Strap Tank
Designer: lululemon
Shop: lululemon
Address: Various Locations
lululemon.com



\$68

Allegro Top
Designer: Karma Athletics
Shop: Karma Athletics
Address: 2066 W. 4th Ave.
karmaathletics.com



\$60

Ruffles My Favourite
Designer: Nike
Shop: Impulse Sports
Address: 4151 Hazelbridge Way (Richmond)
impulsesports.ca

sport bags

Whether we're hitting the gym on our lunch break or scheduling ourselves in between events for a yoga class, we are constantly on the go. So what we need is something that suits our hectic schedules. A large-sized bag is a must when it comes to the gym, especially if you're used to squeezing in a quick workout. Avoid bags with lots of inner pockets — you want to be able to grab your gear easily. Also, try to find something that is easily collapsible so that you can tote it around anywhere or hide it under your desk.

workout tops

Stay stylish while working out. These tops are great for a variety of sports, including tennis, golf and yoga. When you're out shopping for one check to see if it includes a built-in sports bra — this is essential for working out. If it doesn't include a built-in bra then look for a tank that has chest pockets for padding. The Strap Tank by lululemon has insertable bra pads to lift you up and keep you secure without having to wear an extra sports bra.



\$30

Tote
Designer: American Eagle
Shop: American Eagle
Address: Various Locations
ae.com



\$45

Duffel My Favourite
Designer: Adidas
Shop: Plenty
Address: Various Locations
getplenty.com



\$140

Drawstring
Designer: Peak Performance
Shop: Peak Performance
Address: 919 Robson St.
peakperformance.com

accessory

Bring yourself back to late '80s with this collaborated designed compact carry-all by Puma and YO! MTV RAPS. \$45. Available at Impulse Sports (impulsesports.ca).



VANCOUVER FARMERS MARKETS
visit our website for dates and locations

THIS WEEK AT THE MARKETS
bedding plants, baked goods, beef, bees, bread, candy, cards, carrots, chicken, cheese (cow, sheep & goat), chocolate, coffee, community info, crafts, oregano, cucumbers, dried fruit, duck, eggplant, eggs, garlic, granola, herbs, homous, honey, jam, jewellery, juice, kale, kids' stuff, leeks, lettuce, mushrooms, music, nuts, onions (green), peppers, perennials, potatoes, pottery, preserves, radishes, rhubarb, salad greens, salmon, shrimp, struts, soap, spices, spinach, strawberries, tea, textiles, tomatoes, tuna, turkey

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**Additional conditions apply, please see center for details. Offer is valid June 23 to June 28, 2008. ©2008 LA Weight Loss Centers



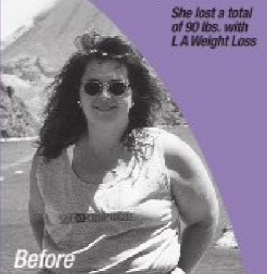
STYLE FILE KIM ELBO

ask kim
What type of fabrics should I wear and avoid for my first class of hot yoga?
Jasmine Lukuku from Karma Athletics suggests that you look for fabrics that contain a supplex blend (nylon and spandex). It has the feeling of cotton but it breathes well and wicks moisture away from the body. Try to avoid natural fabrics; they often deform as your body heats up and will keep the moisture in while you work out.

With a passion for recognizing the purpose and beauty of fashion, Vancouver writer Kim fills you in on the latest styles, events and tips.



Jeanne lost **18 lbs** in her first 6 weeks



She lost a total of 90 lbs. with LA Weight Loss

psst...
Stock up on athletic wear from Karma and hit their mega sale and save big. Best buy is their sport tanks and bras for under \$20. -2066 W. 4th Ave., karmaathletics.com

tip
Never stick a towel in with your workout gear, the abrasive texture of terry cloth can cause your workout garments to pull.

ITALIAN CULTURAL SOCIETY

ITALIAN CULTURAL WEEK 2008
Opening Day Sunday, June 22 - at the Italian Cultural Centre

Come join us for live music and entertainment. Enjoy Italian delights, market vendors, junior soccer at Beaconsfield Park, a "Friends of Ferrari" race for the children, a virtual trip on the Art Express Bus, face painting, music, dancing and much more.

Join us all week long - Sun. June 22 to Sat. June 28
For more information visit www.italianculturalcentre.ca

metr
Do it daily.

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