

# 24 hours

24hrs.ca

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# Grand finale

Leslie Ring gets a congratulatory hug from her granddaughter, Madison Ring, at the finish line of the ING Edmonton half-marathon yesterday morning. The two-day event began Saturday and included 5K, 10K, 21.1K and 42.2K runs. P. 5

- Sun Media

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■ ENDEAVOUR'S CANADIAN ASTRONAUT TAKES FIRST SPACE WALK THIS WEEKEND

# NASA investigates shuttle's wound

**Astronauts worked yesterday to give NASA a closer look at a troubling gouge on the Endeavour's protective heat shield to help determine whether they need to repair the wound on the space shuttle's belly.**

Astronaut Charles Hobaugh used the international station's robotic arm to pull a 15-metre laser-tipped boom from Endeavour's cargo bay and hand it off to the shuttle's robotic arm.

Then teacher-turned-astronaut Barbara Morgan and crewmate Tracy Caldwell gingerly manoeuvred the shuttle's robotic arm to scan the damage in the difficult-to-reach belly area. The laser will help engineers create a three-dimensional image of the gash, allowing them to determine how deep the gouge is and whether repairs are needed.

The space agency planned to spend several hours on the detailed inspection of the nine-by-five-centimetre gash. It was caused by a piece of foam that came off the shuttle's external fuel tank during liftoff last week, striking tiles that insulate the ship from the intense heat of re-entry to Earth, NASA said.

The space agency won't know how serious the ding is or whether astronauts need to repair the damage during a spacewalk until it's examined.

Canadian astronaut Dave Williams and fellow astronaut Rick Mastracchio completed their first spacewalk Saturday



- Reuters

The Space Shuttle Endeavour's robotic arm with the orbital boom sensor system (OBSS) attached is seen as crew members survey the underside of the orbiter focusing on an area of damaged thermal tiles in this image from NASA TV yesterday.

during which they installed a new beam to the International Space Station. The pair are likely the ones to conduct the necessary patchwork on the shuttle's belly.

But adding a spacewalk to the mission is less likely now that managers know the gash

was not caused by heavier and potentially more damaging ice like they initially suspected.

They learned this after examining video from cameras retrieved from Endeavour's booster rockets, which were towed back from the Atlantic.

Almost every mission in the

26 years of shuttle flight has ended with gouges of at least 2.5 centimetres in the thermal tiles that cover the belly. In one flight, nearly 300 dings that big were recorded, due to the ship's belly being exposed to temperatures as high as 1,260 C while passing through the

Earth's atmosphere.

NASA hopes to keep Endeavour at the space station for at least seven days and quite possibly a record 10 days as a result of the new system for drawing power from the station.

- The Associated Press

## IN BRIEF

### ■ SKYDIVER, 83, MAKES 100TH JUMP

An 83-year-old New York skydiver, who's been jumping out of airplanes for almost 10 years, has reached the 100-jump mark. Leo Dean of Albany now has his sights set on 200 jumps. Dean took up skydiving after he was widowed in 1998. Dean is a veteran of the Second World War and still works as vice-president of a financial services company. He made his 100th skydive Saturday and says he won't give it up until he must.

### ■ DRUNKEN JOYRIDER KILLS 300 CHICKENS

Three hundred chickens died in panic early yesterday in Berlin when a drunken German teenager on a joyride crashed a van into their shed, police said. "Apparently some of the chickens were so desperate to get away that they ran into the wall and died," the spokesman said. "Others suffered heart attacks." The 17-year-old from the western city of Kassel crashed the van through the wall of a shed containing around 1,000 birds and then fled, according to local police. The youth was arrested.

### ■ CASHEWS: WORST ALLERGIC RESPONSE

Peanuts may be more notorious, but cashews seem to trigger more severe allergic reactions in children. In a study of 141 kids with allergies to cashews or peanuts, British researchers found cashew reactions were generally more serious. For the study, 47 children with cashew allergies were matched up one-to-two with 94 kids with peanut allergies. Children with cashew reactions were eight times more likely to suffer wheezing, and nearly 14 times more likely to have potentially severe cardiovascular symptoms, like heartbeat disturbances or a drop in blood pressure.

- 24 hours news services

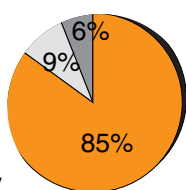
## Today's poll

Should the province ban drivers from talking on cellphones?

### Friday's poll

If they become mandatory, who should be responsible for covering the cost of safety shields in city taxis?

☒ Cab companies
 ☐ The city
 ☐ The drivers



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## Inside today's

24  
hours

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### tomorrow: Wine not?

The Wine Ladies have devoted their lives to delivering the wine know-how. Read them tomorrow in 24 hours.



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### Jury duty the Pitts

Brad Pitt reported for jury duty in Los Angeles but was discharged after the case ended in a plea deal.

TMZ.com reports the 43-year-old actor turned up wearing a t-shirt, dark jeans and a black cap and even wore a juror badge.

His representative later denied reports he had been issued with an ultimatum from the court because he had sought several delay orders.

In a statement, the rep said "there was no ultimatum from the court. He obtained all his extensions by the book. He called in just like everyone else did and had to serve today," the rep said.

The defendant in the case had pleaded no contest to a DUI charge.

- CANOE.ca

### Paltrow to co-host cooking show

Oscar winner Gwyneth Paltrow is to co-host a cooking show with celebrity chef Mario Batali, reports imdb.com.

The actress will return to Spain, where she spent her magical summers growing up, to hail the country's cuisine with pal Batali joining her for the "road trip," which will be filmed in October and November for U.S. network PBS.

Paltrow, who is fluent in Spanish, jumped at the chance to co-present the show when Batali told her of his plans to tour through Spain, cooking and sampling local delicacies. She tells W magazine, "I told him, 'I'll go with you.' Later, he was like, 'Are you joking?' And I was like, 'No, I'm actually not joking!' I eat all that (Spanish) stuff. The crazy fish things, the eels, I love it all."

But she'll be steering clear of meat dishes because she no longer eats pork or beef. "I won't eat that. I'll have to skip the jamon."

- 24 hours news services



### Hospital says 'come on down' to Carey

Drew Carey was injured recently on the set of "The Price is Right," reports TMZ.com.

Sources say the show's new host got his arm caught in the revolving turntable on stage while rehearsing for the Grocery Game.

Carey is apparently back on the set nursing a bruised bone and wearing a soft cast.

- 24 hours news services

## Report: Winehouse had DRUG OVERDOSE

Troubled singer Amy Winehouse is recovering from a suspected drug overdose in a London hotel, NME.com reports.

Her record label had initially claimed she was suffering from "exhaustion," following her admittance to hospital after collapsing earlier in the week.

The article indicates Winehouse was treated with an adrenaline shot before her

stomach was pumped.

Tabloid reports stated that she had entered a rehabilitation centre in London after being released, but the latest information has her recovering from the incident in a hotel room.

Winehouse was forced to cancel festival appearances in Europe this week. She is still scheduled to play Toronto's Virgin Festival on Sept. 8, and Vancouver's Orpheum on Sept. 24.

- CANOE.ca



## Divorce final

Christina Applegate is now unmarried ... with no children.

The actress and her actor husband, Johnathon Schaech, have officially parted ways a year and a half after he filed for divorce.

The pair's split was finalized in Superior Court on Friday, according to court documents obtained by CelebTV.com.

Applegate, known for her role as ditzzy daughter Kelly Bundy on TV's "Married ... With Children," and actor Schaech married in October 2001.

They separated in November 2005, citing irreconcilable differences, according to court papers. Schaech filed for divorce Dec. 5, 2006.

- The Associated Press





## ■ CARIWEST



## FEATHERS IN HER CAP

The Cariwest parade rolled down Jasper Avenue from 121 Street to Churchill Square on Saturday. The Caribbean arts festival wrapped up yesterday.

- Sun Media

## Buses set to shuttle golf fans

Edmonton Transit will run a free shuttle service to the Royal Mayfair Golf Club during the CN Canadian Women's Open golf tournament, with the Women's Only Pro-Am going today.

Shuttles operate from 6:45 a.m. to 7 p.m. daily from three spots on the University of Alberta campus.

They are the Windsor parkade, 116 Street and 92 Avenue, Stadium parkade, 116 Street and 89 Avenue and Jubilee Auditorium parking lot, 114 Street and 87 Avenue.

Emily Murphy Park will be closed to all vehicles Aug. 13 to 19, while Hawrelak Park will be closed to all vehicles Aug. 16-19.

Motorists are being told to expect delays on Groat Road throughout the event.

The world-class LPGA event will see 156 players compete for a US\$2.25 million prize.

Defending champion Cristie Kerr will try to hold onto her title against a list of talented players, including teen golf sensation Michelle Wie.

The event gets its official kickoff today at City Hall, starting at 11:30 a.m.

- Eliza Barlow, 24 hours

## Walkers raise \$4M for charity

Linda Mickelson made it through the gate to Northlands Park amid honking and cheering yesterday — as she completed a two-day 60 km walk for The Weekend to End Breast Cancer.

A total of 1,321 participants joined Edmonton's walk to raise \$4 million for the Alberta Cancer Foundation in its second year.

"It's an incredible experience," said Mickelson, the CEO of the Alberta Cancer Foundation.

She was walking for her sister who's currently fighting breast cancer.

"Two thousand women each year in Alberta are diagnosed with breast cancer," she said.

The money raised will go toward cancer research and diagnostic programs.

Organizers have already planned the third annual Weekend to End Breast Cancer for Aug. 8 to 10, 2008.

Alberta raised a total of \$9.6 million for the foundation, including Calgary's \$5.6 million.

- Darine Moukhaiber, 24 hours

## ■ HERITAGE

## City pioneer gets big birthday bash

The John Walter Museum held a birthday party yesterday to honour John Walter, one of Edmonton's earliest entrepreneurs and the city's first millionaire.

The free family fun celebrations included traditional birthday games, a treasure hunt and cake.

The museum, located at 10661 91A Ave., displays Walter's three original homes.

Attendees can learn about Walter's life and the growth of the river valley area of the city.

Some of Walter's business endeavours included a ferry service, two lumber mills, a coal mine and a general store.

- Darine Moukhaiber, 24 hours



- Sun Media

**Former Oilers enforcer Georges Laraque catches his breath near the finish line after completing the ING Half Marathon yesterday morning.**

# Thousands take to streets

**Sunday was full of smiles and sweat as contestants ran and walked their way to the finish line in the ING Edmonton Marathon.**

The two-day event began Saturday and included 5K, 10K, 21.1K and 42.2K events.

Kids also got a chance to shine with the Kid's Marathon Mile.

Event director Charlene Langridge said the number of runners and walkers left last year's attendance figures in the dust. Around 3,000 people took to the streets this year, up about 800 from 2006.

"This is a record that we have set," said Langridge as the event wrapped up yesterday.

Marathoners ranged from elite athletes to kids under 13.

Christine Fleck, 46, walked the half-marathon in just over three hours yesterday and said she would come back for more.

"It was fun, I would do it again in a minute."

Fleck joined a Running Room walking clinic in April and has since been encouraged and inspired by an all-female group to participate in such events.

The Callingwood Chili Chicks, the group has named themselves, met three times a week to prepare for marathons.

This year's marathon featured an expo geared towards health and fitness for the whole family.

- Darine Moukhaiber, 24 hours

## IN BRIEF

### POLICE SEEK MISSING MAN

Police are asking for the public's help in tracking down a city man who's been missing since last fall. Robin Douglas Goodwin, 45, was last seen at work in Nisku on Sept. 22, 2006. He has not been heard from since. Police are treating the disappearance as suspicious and have not ruled out foul play. Goodwin is described as white, five-foot-eight, 190 pounds, with brown and grey thinning hair, brown eyes and a moustache. Any information about Goodwin's whereabouts can be given to Crime Stoppers at 1-800-222-TIPS (8477).

### FREE TRIP IS TOO GOOD TO BE TRUE

Telephone scam artists are offering bogus free trips, warn the RCMP. Mounties in the Northwest Territories report residents have received calls offering complimentary vacations. To claim the prize residents were asked to enter in credit card information in order to pay for handling. RCMP are warning the public to be cautious when giving financial information unless they're sure the request is legitimate.

### ROBBERY SUSPECT ON THE LOOSE

Grande Prairie RCMP are hunting for a handgun-toting man believed to have robbed a Fas Gas on Friday. The suspect helped himself to the entire cash drawer at the gas station on 100 Street and 97 Avenue before taking off in a stolen green, four-door 1997 Plymouth Neon. He is described as five-foot-10, clean shaven, with a medium build and blonde hair. Anyone with information is asked to call Grande Prairie RCMP at (780) 830-5701.

### DELAYS EXPECTED ON PARSONS ROAD

Construction will shut down a stretch of Parsons Road for about four days this week. Starting 9 a.m. Wednesday until Aug. 18, the road will be totally closed from Ellerslie Road to 95 Street for sewer construction. Motorists can detour using 91 Street. Then from Aug. 20 to 23, Parsons Road will be closed from Ellerslie Road to 13 Avenue for a milling and paving job.

- 24 hours news services



## ■ MILITARY

# Canada gets a Globemaster

**The turbulence surrounding the acquisition of Canada's newest military aircraft gave way on Saturday to clear skies for the official landing of the massive cargo plane on Canadian soil for the first time.**

The first of four Boeing C-17s that will eventually be delivered to the Canadian military soared past a mountain backdrop to land at the Abbotsford, B.C. airport as the star attraction of the annual airshow.

The arrival of Canada One, as it is being called, will allow the military to abandon its need to beg, borrow or lease heavy-lift carriers from other armies or private contractors when responding to domestic or international crises.

"With this aircraft, our Canadian Forces will be able to move critical capabilities to the places they are needed at the time they are needed," said Defence Minister Gordon O'Connor in welcoming the plane to Canada.

O'Connor chafed at the opposition's criticism the planes

aren't necessary and the \$3.4 billion being spent to buy and maintain them should have been used instead to purchase tactical aircraft that are desperately needed on the battlefields in Afghanistan.

"The opposition always opposes," O'Connor told reporters as he was dwarfed by the 16-metre high plane on the tarmac.

"If I gave out gold bars, they'd say it wouldn't be enough. This aircraft is absolutely needed by the air force."

The four-engine planes can lift 77,500 kilograms of equipment, including battle tanks, and have room for about 100 soldiers.

The second plane is anticipated to arrive in November, and the final two should join the air force this spring.

Lt.-Gen. Angus Watt, Chief of the Air Staff, said the plane will help Canada assert its military and political sovereignty.

"This gives us two things. It gives us outsize capacity, the ability to carry really big things and independence of action," he said.

- The Canadian Press



Minister of National Defence Gordon O'Connor, centre, gives the thumbs up while standing with Lt.-Gen. Angus Watt, Chief of the Air Staff, left, and Josee Verner, Minister of International Co-operation in front of the new C-17 Globemaster.

- CP

## NDP hopes to steal Outremont

For the NDP, winning Outremont in the Sept. 17 federal byelection would bring it out of the political wilderness in Quebec, where it hasn't held a seat since consumer advocate Phil Edmonston won a byelection in 1990.

It's also judgment day for the Liberals and Conservatives, says NDP leader Jack Layton.

The NDP is running Thomas Mulcair, a former Quebec environment minister turned star candidate.

Mulcair, 53, says Liberals dissatisfied with Dion's leadership are coming over to his camp.

- The Canadian Press

## Landfills look for cash from trash

Canada's garbage dumps may be getting crowded, but landfill operators are trying to find the cash in all that trash by sucking in the stink and turning it into energy.

Although recycling is on the rise, Statistics Canada says Canadians threw out about 20 per cent more garbage in 2004 compared to 2000, bringing per-capita output to 418 kilograms a year.

Those piles of garbage in landfills create about three per cent of the country's total greenhouse gas emissions, including 23 per cent of all methane emissions, which is 21 times more hazardous to the environment than carbon dioxide.

But thanks to technology that can turn trash into electricity, dozens of landfill operators are taking advantage — a move several provinces are now trying to

make mandatory.

British Columbia and Quebec were the first to make rules about harnessing methane at landfills, and now Ontario is now proposing its own regulations.

Considering all the benefits it provides and the fact the technology is available and the affordable, the idea is a no-brainer, said Ken Ogilvie, executive director of Pollution Probe.

- The Canadian Press

## No more 'mild,' 'light' labels, says Ottawa

Ottawa wants to ban cigarette companies from using the words "light" and "mild" on their products, Health Minister Tony Clement

said in a statement Friday.

"Research has shown that many smokers incorrectly believe that smoking 'light and mild' cigarettes is less harmful to their health," he said.

"These proposed regulations would put in place a mandatory — and permanent — ban on these deceptive terms."

The ban would stop all tobacco manufacturers — including importers — from using the words on the packaging of cigarettes and other tobacco products sold in Canada.

"Smoking any variety of cigarette poses a health risk,"

Clement said, adding the proposed regulations are "an important step to help protect Canadians from misleading information regarding their health and safety."

*"These proposed regulations would put in place a mandatory — and permanent — ban on these deceptive terms."*

Clement said more than half of all current smokers say they smoke products labelled "light," "mild," or "ultralight."

He said those words prevent some smokers from quitting because they don't think the light or mild cigarettes are as harmful as others.

A 75-day comment period is in effect for the proposed regulations.

Similar rules have been imposed in Europe and Australia, though the United States has yet to follow suit.

- The Canadian Press

## ■ ASSINIBOINE ZOO

### OLDEST BEAR

- CP

Debbie, the only polar bear at the Assiniboine Park Zoo in Winnipeg, has been recognized by Guinness World Records as the oldest living polar bear at 40 years old.



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## NEWSDIGEST

5 CANADIANS INJURED  
IN AFGHANISTAN

Five Canadian soldiers were slightly injured yesterday when their convoy hit a roadside bomb and was attacked by rocket-propelled grenades.

Lt.-Cmdr. Hubert Genest said the victims were in an RG31 light-armoured vehicle in a supply convoy when they were ambushed 13 kilometres west of Kandahar at 1:20 a.m. local time.

SIERRA LEONE VOTES  
FOR CHANGE

War-scarred Sierra Leone counted votes yesterday from its first elections since U.N. peacekeepers left two years ago, polls its people hope will speed recovery from an 11-year civil war.

On the streets of Freetown, Sierra Leoneans desperate for change huddled around radio handsets in shops and kiosks as local networks broadcast early returns from Saturday's presidential and parliamentary polls.

- 24 hours news services

# Pakistan, Afghanistan mired in militancy

**Pakistani President Gen. Pervez Musharraf told more than 600 Afghan and Pakistani tribal leaders yesterday that the two countries have been mired in militancy and extremism while the rest of the world races forward with economic development.**

Musharraf said the world is "forging ahead" while Pakistan and Afghanistan are confronted with a "particularly dark form" of terrorism he said is fostered by foreign influences.

He said the Talibanization of the countries' border regions has prevented Afghanistan and Pakistan from benefiting from globalization.

"Along with Afghanistan, Pakistan has also witnessed the rise of militancy and violence attacking our society," Musharraf said. "We cannot remain mired in the past."

Musharraf, who spoke both in his native Urdu and in English, was speaking at the closing



Pakistan's President Gen. Pervez Musharraf.

- AP

ing session of a four-day U.S.-backed cross-border jirga, or tribal council, aimed at finding ways to stem Afghanistan's rising bloodshed.

Musharraf and Afghan President Hamid Karzai walked into

the tent hosting the jirga to an extended standing ovation. The Pakistani president pulled out of speaking at the opening session because of domestic issues, instead sending his prime minister.

- The Associated Press

## ■ HOSTAGES



## COUNTING THE DAYS

- AP

An unidentified Afghan girl is interviewed regarding the South Korean hostages west of Kabul, Afghanistan. She sympathized with the families of the hostages and asked that the Taliban release the South Koreans. A Taliban spokesman said the militants will soon free two sick, female South Korean hostages but said the timing of the release hasn't been decided yet.

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# Credit fears could drive markets

**Stock markets are expected to face another bout of volatile trading this week after U.S. credit worries went global and still haven't settled down.**

North American investors will likely shift away from the usual economic data that tends

to drive markets and instead look towards overseas trading early in the week as well as further comments from central banks to decide if their credit fears are warranted.

Last week, just as it seemed that credit worries were subsiding, they came back with a vengeance following an announcement from

French bank BNP Paribas on Thursday that said it's freezing three funds that struggled amid the shaky U.S. mortgage market.

The news yanked North American markets down by triple-digits that day and ignited talks that credit troubles would rear their head.

This week, investors should brace themselves for more uncertainty.

"Not only have markets become more volatile, but volatility seems to be becoming more volatile — settling down at one moment and then spiking up the next. It really has been quite a roller-coaster ride," said David Wolf, head of Canadian economics and strategy at Merrill Lynch Canada.

"Our view remains that the environment is likely to get worse before it gets better."

- The Canadian Press

*"Not only have markets become more volatile, but volatility seems to be becoming more volatile."*

## RETAIL



-AP

Jade Lynch, 8, left, points to a doll for her mother's approval while looking at a display of ethnic dolls with her sister Imani Simmons, at the Super Kmart in Homewood, Ill. Hoping to cash in on a growing appetite for ethnic toys, retailer Kmart is putting dozens of multicultural dolls on shelves in each of its 1,400 stores.

## Ethnic toys top store shelves

Toy store aisles are getting a multicultural makeover.

Bolstered by the success of Nickelodeon's popular bilingual children's character, Dora the Explorer, and the spending power of the nation's growing minority population, toy retailers across the country are filling their shelves with dolls whose skin colors and facial features reflect the girls and boys who play with them.

Although black and Hispanic dolls have been around for decades, the newer incarnations try harder at authenticity, rather than simply tinting the hair and skin from "white" doll molds.

Now, discount retailer Kmart hopes to cash in on a growing appetite for ethnic toys among minority consumers, and their rising spending power. It's launching its

own initiative this month, putting dozens of multicultural dolls on shelves in each of its 1,400 stores.

Although other retailers are stocking more multicultural dolls — often in predominantly minority neighborhoods — Kmart claims it's the first mass-market retailer to have such a wide selection available in every store.

- The Associated Press

ROCKSTAR ENERGY DRINK PRESENTS

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# Disability won't stop your quest for love



Ask  
MIKI

## PSYCHIC ADVICE

**Q Dear Miki:** I just turned 35 and feel like I've been "stuck" for almost 10 years now — and getting worse!

My previous relationships have been short and unsuccessful.

The last one had an overwhelming impact on me and, two years after it ended, I'm still not over the guy. Strange occur-

rences involving him have continued to happen after we ended things in May 2005.

I believe that he's not right for me and there's no way we would get back together, but I equally believe that we could be soul mates and end up together.

I feel destiny is responsible for leading me back to him again and again, and I'm unable to move on.

I'm stressed, consumed, hurt, ashamed and somewhat angry about the fact that it continues to haunt me.

If he's the one for me, I want to be with him now but, if not, I just want him out of my head and heart.

I'm drained, and tired of living this way.

Signed,  
**T**

**A Dear T:** I don't believe that you understand the meaning of destiny leading people back together again.

If this were the case with you and your ex, it would mean that you would be reconnecting, reuniting and breaking up over and over.

This is not what's happening between the two of you.

I do not see him thinking of getting in touch again and I sense that he's in another relationship.

You were left with some unfinished feelings when your relationship ended, and that has turned into an obsession for you.

So now you know he's not the one for you and you can stop seeking out your ghost of the past — and reclaim your heart and your energy and find

your real soul mate.

**Q Dear Miki:** I'm a 28-year-old man, looking desperately for love and finding it in the wrong places and with the wrong people.

I'm a genuinely sweet, honest and caring guy who plays no games and won't cheat, but I do have an obvious physical disability.

No matter where I go, or who I meet, I get judged by how I look, without people even getting to know the real me.

Society says if you aren't good looking, you're nothing, even though that's a negative attitude towards mankind.

So I guess my question is, when will the right person come my way?

Signed,  
**Lonely Loser**

**A Dear Lonely Loser:** You may find that you are lonely in your life right now, but you are certainly not by any means a loser.

I can't agree more that the society we live in is obsessed with beauty and physical perfection, and that's why we have 95 per cent of the population thinking they are ugly, starving themselves to death and wanting to have plastic surgery.

I truly feel that you will be granted your wish of finding the one who truly loves you as you are and for who you are.

I can't really see you being single forever, so if you play your cards right, and increase your social life right now, you could find yourself meeting someone by February.

Remember that beauty is in the eye of the beholder, and there is always one out there.

## Daily Affirmation

*They say first impressions are important, but they truly say nothing of the heart and character that lies within.*

*Miki is a professional psychic. For more information call (416) 537-5955, or go to askmiki.ca.*

*E-mail your questions and photos (if available) to askmiki24hrs@aol.com. Please include a brief description of your situation, names and birthdates. Identities will be kept confidential. You can also submit your questions directly online at 24hrs.ca in Ask Miki.*

# Ease your baby's teething pain

**Q** My toddler has hit his teething stage very quickly and is in a lot of discomfort. I would like to ease his pain, but in a natural way. Is there anything I can give to him?



Elena  
KRASNOV

## THE HEALTHY WAY

**A** Teething is always uncomfortable, but some babies and toddlers feel more miserable than others.

Babies are usually cranky or tearful, drool profusely and feel a need to press their gums or bite down hard on toys.

Sometimes a teething baby refuses to eat or nurse. The stress and discomfort of teething can lower a child's resis-

tance to infection. Runny noses, rashes on the chin, spitting up swallowed saliva or mild diarrhea can occur without infection — but fever and symptoms of actual illness are not just teething.

Any illness needs attention of its own. Homeopathic remedies are a safe, non-toxic way to help relieve the pain and

make the baby happier. Pulsatilla and chamomilla are probably something used the most for cranky babies.

Use belladonna or aconitum if there is fever.

All homeopathic remedies must be properly prescribed based on a specific set of symptoms. Companies such as Boiron have come up with

over-the-counter alternatives that make it easier to treat teething discomfort with homeopathy without seeking professional help.

Products such as Camilia are sold in most health food stores, naturally oriented drug stores and in the natural isle of your local grocery store.

*Co-written by Miranda Tallon. Dr. Elena Krasnov is a registered Naturopathic Doctor, Clinic Director and Co-Founder of the Toronto Naturopathic Clinic. For more information call (416) 944-3526 or visit naturopathyclinic.com.*

# Study shows obese kids miss more school

Obese elementary school-children miss a couple more school days on average than their normal-weight classmates, according to a study that says being fat is a better predictor for absenteeism than any other factor.

Researchers said their results suggest that childhood obesity, in addition to serious medical issues, can lead to a

plethora of additional problems down the road.

"It's clear in all the literature that the more days of school you miss, it really sets you up for such negative outcomes: drugs and AIDS and (teen) pregnancy," said Andrew Geier, a doctoral candidate at the University of Pennsylvania and lead author of the study.

He said the findings should serve as a clarion call to school officials.

"At this early age to show that already they're missing school, and missing school is such a major setup for big-time problems, that's something school policy people have to know," Geier said. The researchers from Penn and Temple University

looked at 1,069 fourth- to sixth-graders for one academic year in nine schools, where teachers took attendance each morning.

Based on body mass index, a standard measure of height and weight, each child was classified as underweight, normal weight, overweight or obese.

- The Associated Press

## MOVE IT! 24-minute fitness break

**Target:** Energy  
**Move:** Tai Chi  
*Calm in Action*



Known as the graceful, "soft" martial art, Tai Chi is famous for its slow, low-impact and precise movements. They enhance balance, body awareness and unlock reserves of energy as they promote regeneration of the nervous system. The name Tai Chi means "vital spirit," and refers to the interplay between two opposing energy forces popularized by the black & white symbol: Yin (receptive) and yang (active). Tai Chi students first learn yin's gentle, mediative moves before yang's fast, high-impact sparring style with open hand strikes and lower-than-hip kicks. Centring and achieving a calm balance within oneself when encountering various energy forces is the primary goal in all Tai Chi exercises. Students of any age and fitness

level are taught one movement at a time, mastering it before moving on to the next to create a sequence. No special apparel, equipment or previous experience is necessary, so you can explore Tai Chi via a DVD, book or by joining a class held most mornings in city parks. Additionally, many centres now host summer camps. Your coffee break might prove the best time to click YouTube.com, which lists video clips of moves that firm you up as they calm you down.

*Monique Savin is a fitness writer, personal trainer and celebrity fitness reporter. moniquesavin.com*

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● **DETOXIFYING**  
EXPERT ADVICE — FROM HOLISTIC TO MACROBIOTIC

# DIY detox diets



Have you over-indulged on chocolate chip cookies, fries and red meat lately? If so, you might complain your skin appears lacklustre and you feel like toxins and food additives are building up.

When Beyonce, Gwyneth Paltrow and Andre 3000 want to get back to healthy eating patterns, they hire detox pros. Many experts have new books on the shelves with do-it-yourself plans including liquid, holistic and macrobiotic diets.

To be sure, your body has a built-in detoxifying system that naturally rids itself of harmful materials via the liver, kidneys, lungs and skin. These organs filter out wastes that compromise your health. Whether these detox options favoured by Hollywood hotties actually improves your wellness isn't clear.

None of them offer medical evidence. But they all have practical steps and recipes that help you to cork the wine bottle and make informed decisions about how to detox, when and what plan, if any, is right for you. Choose hard, moderate or easy plans according to your preferred level of suffering.

## Hard

The Master Cleanser was invented by Stanley Burroughs, a new-age practitioner. On his plan, solid foods, alcohol and caffeine are avoided. That rules out eating in restau-

rants and partying as few night clubs offer Master Cleanser martinis. Participants drink 6-12 cups of a mixture of purified water, organic lemon juice, cayenne pepper and grade B maple syrup daily.

The 10 to 40-day liquid fast claims to allow intestines to rid themselves of toxins. However, the weight loss that participants claim to experience is a consequence of water loss and muscle wasting.

Instead of cleansing your body, the diet places more stress on organs and inhibits the release of toxins weakening the immune system. In addition to feeling dizzy and exhausted, you end up looking gaunt and flabby — not lean and firm — because of the lack of protein and depletion of essential minerals. Curvaceous Beyonce discredited the no-food detox diet after a 10-day fast to shed 20-pounds for *Dreamgirls*, then promptly filled out when shooting wrapped.

## Moderate

*Dr. Joshi's Holistic Detox: 21 Days to a Healthier, Slimmer You — For Life* is also a time-bound plan. Former health guru to Princess Diana, Joshi's celebrity clients includes Cate Blanchett, Rupert Everett and Ralph Fiennes — who's raving endorsements have thrust the book onto bestseller lists.

The goal of this diet is to balance PH levels of the body from acid to alkaline — that's helpful for people suffering from acid reflux. Avoiding foods such as wheat, potatoes, red meat, alcohol and dairy encourages your body's own ability to flush toxins and restore energy levels.

As a result of those changes,

you lose weight along with bad eating habits. Portions are restricted, but you need not feel deprived or antisocial. Cravings are curbed by introducing new flavourful items in easy-to-make-at-home recipes in effort to trick your taste buds into disliking foods which impede the PH equilibrium.

## Easy

*The Hip Chick's Guide to Macrobiotics* by Jessica Porter, the former chef for Pink Floyd's Roger Waters, is wildly popular in New York City. More a way of life than a time-bound diet, *Harper's Bazaar* reviewed the diet — which gives you an idea of how fashionable it is — saying, "this light-hearted book demystifies the macro craze and provides recipes to please your palate."

Organized in a three phase format, the book offers 80 recipes plus cooking tips. Macrobiotic dishes include a vast list of ingredients from land and sea vegetables, beans and miso. Whole grains are a vital staple as are seasonal foods that are organic and locally grown.

Fish, fruit, nuts and seeds are also approved foods. However eggs, dairy, chicken, meat, caffeine, and white sugar or white-flour products are used sparingly. Meat lovers may opt for organic free-range products. Regular consumption of "clean foods" enhances the immune, digestive and lymph systems' ability to detoxify your body.

Detoxing the macrobiotic way, you eat to lose weight, keep moods buoyant and skin glowing — just as it has done for the likes of Kirsten Dunst, Jake Gyllenhaal and Andre 3000.

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## ■ MERV GRIFFIN DEAD AT 82

## 'I'm not going to ... clip coupons for the rest of my life'

**Merv Griffin, the big band-era crooner turned impresario who parlayed his "Jeopardy" and "Wheel of Fortune" game shows into a multimillion-dollar empire, died yesterday. He was 82.**

Griffin died of prostate cancer, according to a statement from his family that was released by Marcia Newberger, spokeswoman for The Griffin Group/Merv Griffin Entertainment.

From his beginning as a \$100-a-week San Francisco radio

singer, Griffin moved on as vocalist for Freddy Martin's band, sometime actor in films and TV game and talk show host, and made Forbes' list of richest Americans several times.

His "The Merv Griffin Show" lasted more than 20 years, and Griffin's said his capacity to listen contributed to his success.

"If the host is sitting there thinking about his next joke, he isn't listening," Griffin reasoned in a recent interview.

But his biggest break financially came from inventing and

producing "Jeopardy" in the 1960s and "Wheel of Fortune" in the 1970s. After they had become the hottest game shows on television, Griffin sold the rights to Coca Cola's Columbia Pictures Television Unit for \$250 million in 1986, retaining a share of the profits.

"My father was a visionary," Griffin's son, Tony Griffin, said in a statement



many projects and holdings even while hospitalized."

When Griffin entered a hospital a month ago, he was working on the first week of production of a new syndicated game show, "Merv Griffin's Crosswords," his son said.

In recent years, Griffin also rated frequent mentions in the sports pages as a successful racehorse owner. His colt Stevie Wonder-

boy, named for entertainer Stevie Wonder, won the \$1.5 million Breeders' Cup Juvenile in 2005.

Griffin started putting the proceeds from selling "Jeopardy" and "Wheel" in treasury bonds, stocks and other investments, but went into real estate and other ventures because "I was never so bored in my life."

"I said 'I'm not going to sit around and clip coupons for the rest of my life,'" he recalled in 1989.

- The Associated Press

## today's celeb birthdays

- Actor Pat Harrington ("One Day At A Time") is 78.
- Actor Kevin Tighe ("Emergency," "Murder One") is 63.
- Actress Gretchen Corbett ("The Rockford Files") is 60.
- Singer Dan Fogelberg is 56.
- Actor Danny Bonaduce is 48.
- Country drummer Mike Melancon of Emerson Drive is 29.



## 'Rush Hour' traffic hit this weekend

People rushed to theaters to see the buddy cop comedy "Rush Hour 3," making the last of this summer's big budget Hollywood films the top movie at the weekend box office.

The film from New Line Cinema took in US\$50.3 million according to studio esti-

mates, enough to push last week's top film, "The Bourne Ultimatum," into second place with \$33.7 million.

"Rush Hour 3" did not do as well as its predecessor, "Rush Hour 2," which took in \$67.4 million when it was released in 2001.

But it was the sixth "threequel" of the summer to open as a weekend's top film and it ranks as the fourth best August opening on record.

"We really never felt we were going to get where the second one

was," said David Tuckerman, head of distribution for New Line. "The competitive landscape has changed dramatically in the six years since the last film. We figured we'd be in the 50's and that's where we are."

"The Bourne Ultimatum" crossed the \$100 million mark in its second week in theaters.

And with "The Simpsons Movie" coming in third with \$11.1 million, for a three-week total of \$152 million, Hollywood might be looking at its first \$4 billion summer.

- The Associated Press

## weekend box office in US millions

Following are the top 10 movies at the box office for the weekend of August 10.

|                     |        |
|---------------------|--------|
| 1. Rush Hour 3      | \$50.3 |
| 2. Bourne Ultimatum | \$33.7 |
| 3. Simpsons Movie   | \$11.1 |
| 4. Stardust         | \$9.0  |
| 5. Underdog         | \$6.5  |
| 6. Hairspray        | \$6.4  |
| 7. Chuck & Larry    | \$5.9  |
| 8. Harry Potter     | \$5.4  |
| 9. No Reservations  | \$3.9  |
| 10. Daddy Day Camp  | \$3.3  |

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## 'Heroes' on NBC

See Ali Larter in "Heroes," to-night at 10 p.m. on NBC.

The show tells the story of several people who "thought they were like everyone else ... until they realized they have incredible abilities" such as telepathy, time travel and flight. These people soon realize they have a role in preventing a catastrophe and saving mankind. The series emulates the writing style of American comic books with short, multi-episode story arcs that build upon a larger, more encompassing arc.

- 24 hours news services

## Stallone on Spike tonight

Catch Sylvester Stallone in "Rocky III," tonight at 7 p.m. on Spike TV.

Rocky III is the third instalment in the Rocky movie series. It stars Sylvester Stallone as the title character, with Carl Weathers as former boxing rival Apollo Creed, and Talia Shire as Rocky's wife, Adrian.

Rocky's opponent is Clubber Lang, played by former bodyguard Mr. T. Lang is a younger and more aggressive boxer than Rocky. He is brash, outspoken and charismatic. The part made Mr. T an icon, leading to him being one of the first elements outlined for "The A-Team" TV series.

- 24 hours news services

### MONDAY PRIMETIME

| †         | S  | 🔔     | ★    | 7:00   | 7:30              | 8:00   | 8:30  | 9:00                      | 9:30                              | 10:00  | 10:30                        | 11:00                      | 11:30                  |  |
|-----------|----|-------|------|--|-------------------|--|---|---------------------------|-----------------------------------|--|------------------------------|----------------------------|------------------------|--|
| ③ CTV     | 2  | 239   | 318  | Etalk (N)  | Jeopardy          | Think You Can Dance (N)                                  | Canadian Idol (N)                                     | CSI: Miami "Bloodline"    |                                   | News   |                              | CTV News ▶                 |                        |  |
| NBC       | 3  | 287   | 370  | News   | Raymond           | Jeopardy   | Wheel Fort.   | Thank God You're Here     |                                   | Heroes "Collision"                                 |                              | Dateline NBC               |                        |  |
| ⑤ CBC     | 4  | (245) | 307  | Corrie Street  | JFL: Gags         | Doctor Who   | Hustle (N)  | CBC News: The National    |                                   | The Hour   |                              |                            |                        |  |
| CBS       | 6  | 289   | 381  | News   | Access H.         | Friends  | Scrubs  | Met-Mother                | Old Christine                     | 2 1/2 Men  | Rules of Eng                 | CSI: Miami "Bloodline"     |                        |  |
| ⑤1 CITYTV | 7  | 241   | 347  | The Ellen Degeneres Show                                   |                   | The Interrogation of Michael                             |   | Crowe (2002) Ally Sheedy. | Hell's Kitchen (N) (SF)           |  | Your City                    | Star! Daily                |                        |  |
| ⑬ GLOBAL  | 8  | 240   | 339  | E.T. Canada  | Ent. Tonight      | Without a Trace  |   | Name Is Earl              | The Office                        | Heroes "Collision"                                 |                              | News                       |                        |  |
| ⑨ ACCESS  | 9  | 267   | 351  | Law & Order: C.I.  |                   | DiVine Life  | Careers TV  | Smallville "Freak"        |                                   | Supernanny "Uva Family"                            |                              | Help! TV                   |                        |  |
| ⑪ SRC     | 12 | 119   | 705  | Squelettes   | FranCoeur         | Que le meilleur gagne                                    |   | Bons baisers de France    |                                   | Le Téléjournal                                     |                              | Des kiwis et des hommes ▶  |                        |  |
| ABC       | 13 | 288   | 371  | News   | News 4            | Ent. Tonight   | The Insider   | Wife Swap                 |                                   | Fat March (N)                                      |                              | Supernanny "Uva Family"    |                        |  |
| YTV       | 14 | 552   | 543  | Being Ian  | Ruby Gloom        | Nick Cannon  | Malcolm   | Fresh Prince              | Yvon Yukon                        | Myst. Hunter                                       | Ghost Track.                 | Prank Patrol               | Weird Years            |  |
| NW        | 15 | 502   | 390  | CBC News: The National                                     |                   | Fresh Blood for Al-Qaeda                                 |   | CBC News: The National    |                                   | CBC News: The National                             |                              | Fresh Blood for Al-Qaeda   |                        |  |
| FOX       | 16 | 290   | 373  | '70s Show  | '70s Show         | The Simpsons   | Accord.Jim  | Think You Can Dance (N)   |                                   | Hell's Kitchen (N) (SF)                            |                              | FOX 28 News                | Malcolm                |  |
| TREE      | 17 | 553   | 546  | Miss Spider  | Babar             | Timothy  | Daniel Cook   | Franklin                  | Toopy & B                         | Ants in Pants                                      | Crazy Quilt                  | Wee 3                      | The Bittles            |  |
| CMT       | 18 | 575   | 583  | Reba   | Married           | What Was I?  | Totally Joe   | Jim Cuddy: Live           |                                   | Hope & Faith                                       | Roseanne                     | Reba                       | Married                |  |
| TSN       | 20 | 400   | 400  | ⚡ NFL Football Denver Broncos vs. San Francisco 49ers Live |                   |  | Sportscentre  |                           | NASCAR Auto Racing                |  | Triathlon                    |                            |                        |  |
| PBS (W)   | 22 | 291   | 374  | News   |                   | Being Served   | My Hero   | Antiques Roadshow 3/3     |                                   | History Detectives                                 |                              | The Standard of Perfection |                        |  |
| RSW       | 23 | 408   | 418  | ⚡ Baseball Toronto vs Kansas City Live                     |                   |  | Sportsnet Connected                                   |                           | Sportsnet Connected               |  | B.D. Sports Show             |                            |                        |  |
| PBS (E)   | 24 | 284   | 364  | ⚡ T. Bennett   | Last of the Breed |  |   | American Soundtrack       |                                   |  |                              | Tony Bennett Duets ▶       |                        |  |
| A&E       | 25 | 615   | 5205 | Cold Case Files  |                   | CSI: Miami "Money Plane"                                 |   | CSI: Miami "Game Over"    |                                   | Bounty Hunt.                                       | Bounty Hunt.                 | Bounty Hunt.               | Bounty Hunt.           |  |
| MMM       | 26 | 571   | 581  | NoseDive   | Back...Love       | Listed "20 Richest Rockers"                              |   | mmmtop10.com              |                                   | The Story Of... Foo Fighters                       |                              | MMMCOUNTDOWN               |                        |  |
| CNN       | 27 | 500   | 500  | Larry King Live  |                   | Anderson Cooper 360                                      |   |                           |                                   | Larry King Live                                    |                              | Anderson Cooper 360 ▶      |                        |  |
| FOOD      | 29 | 603   | 561  | Ace of Cakes   | Jammers           | Kitchen Nightmares                                       |   | Restaurant Makeover       |                                   | Iron Chef America                                  |                              | Kitchen Nightmares         |                        |  |
| SHOW      | 31 | 617   | 522  | Addams   | Addams            | Andromeda  |   | Doc "The Great Wall"      |                                   | Trailer Park                                       | G-Spot                       | The Grid                   |                        |  |
| DISC      | 32 | 520   | 505  | American Hot Rod (N)                                       |                   | Dirty Jobs (N)   |   | Daily Planet              |                                   | American Hot Rod "Sobe 2"                          |                              | Dirty Jobs                 |                        |  |
| SLICE     | 33 | 601   | 562  | Crash Test Mommy   |                   | Superstar Hair Challenge                                 |   | Wedding SOS               | Last 10 LBS                       | Crash Test Mommy                                   |                              | Superstar Hair Challenge   |                        |  |
| W         | 34 | 602   | 567  | Shopping B.  | Take House        | Will & Grace   | Friends   | Divine Design             |                                   | Colour Conf.                                       | Div. Design                  | Take House                 | Shopping B.            |  |
| TLC       | 35 | 521   | 560  | Flip House   | Flip House        | Diana  |   | Diana                     |                                   | Big Medicine                                       |                              |                            |                        |  |
| BRAVO     | 36 | 620   | 523  | ⚡ Ballet Russes  |                   |  | Bravo! News   | Law & Order "Birthright"  |                                   | Without a Trace                                    |                              | The Hospital (1971) ▶      |                        |  |
| EA2       | 37 | 325   | 633  | ⚡ Papillon (1973) Dustin Hoffman, Steve McQueen.           |                   |  | The Year of Living Dangerously (1983) Mel Gibson.     |                           |                                   | The Witches (1990) ▶                               |                              |                            |                        |  |
| SPIKE     | 38 | 628   | 584  | Rocky III (1982) Talia Shire, Sylvester Stallone.          |                   |  |   | Game Head                 | CSI: Crime "Who Are You?"         |  | Star Trek: Voyager           |                            |                        |  |
| AMC       | 39 | -     | 609  | ⚡ The Boston Strangler (1968) Tony Curtis.                 |                   |  | Meet Joe Black (1998) Sir Anthony Hopkins, Brad Pitt. |                           |                                   |  |                              |                            | ▶                      |  |
| HIST      | 40 | 522   | 506  | Exhibit A  | Things Move       | CSI: NY  |   | Engineering an Empire     |                                   | Re-Inventors                                       | Things Move                  | CSI: NY                    |                        |  |
| COM       | 41 | 626   | 547  | JFL: Gags  | Rick Mercer       | Air Farce  | Hour 22 Mins  | Just-Laughs               | Corner Gas                        | The Simpsons                                       | South Park                   | punk'd (N)                 | Comedy Inc.            |  |
| TOON      | 42 | 555   | 545  | Ripping  | Di-Gata           | Delilah  | Titans  | 6teen                     | 6teen                             | Robot/Robot  | Tripping Rift                | Family Guy                 | Family Guy             |  |
| SPACE     | 43 | 627   | 528  | Star Trek: Next Gen. 1/2                                   |                   | Eureka "Purple Haze"                                     |   | Charlie Jade "Identity"   |                                   | ST: Enterprise 2/2 from Aug 10                     |                              | Hex 1/2 cont'd Aug 14      |                        |  |
| TBS       | 44 | 294   | 529  | Friends  | Friends           | My Boys (N)  | Sex & City  | Sex & City                | Seinfeld                          | Anaconda (1997) Jennifer Lopez, Jon Voight.        |                              |                            |                        |  |
| FAMILY    | 45 | 557   | 541  | Zoey 101 1/2   | Sadie             | That's Raven   | Smart Guy   | The Suite Life            | Life Derek                        | 8 Rules  | Sinbad Show                  | Popular "Wild Wild Mess"   |                        |  |
| OLN       | 46 | 411   | 457  | Mantracker   |                   | Pilot Guides   |   | Forget Passport "Israel"  |                                   | The Amazing Race 4                                 |                              | Mantracker                 |                        |  |
| SPEED     | 47 | 417   | 406  | Payback  | Musclecar         | Musclecar  | Car Crazy   | Unique Whips              |                                   | Inside Nextel Cup                                  |                              | Payback                    | Musclecar              |  |
| TVTROP    | 48 | 619   | 525  | Due South  |                   | Persuasion   | Inside Box  | Seinfeld                  | Seinfeld                          | Seinfeld   | Seinfeld                     | From Ground Up "The Door"  |                        |  |
| TCM       | 49 | -     | 539  | ⚡ The Glenn Miller Story                                   |                   | Strategic Air Command (1955) James Stewart.              |   |                           |                                   | You Can't Run Away From It (1956) June Allyson.    |                              |                            |                        |  |
| STAR      | 50 | 621   | 527  | ⚡ Celebrity Poker  |                   | Tonight Show J. Leno                                     |   | Star! Daily               | E! News                           | Celebrity Poker Showdown                           |                              |                            |                        |  |
| MM        | 51 | 570   | 580  | Screwed  | New Music         | Video onTrial  | Born to Be  | RapCity                   | Spotlight                         | Pussycat Dolls                                     |                              | House-Carter               | Born to Be             |  |
| HGTV      | 52 | 600   | 564  | Parent House   |                   | Design U   | Design Star   | Freestyle                 | ReDesign                          | Home to Stay                                       |                              | My Place                   | How Not Dec. "Romford" |  |
| CH        | 54 | -     | -    | Persuasion   | '70s Show         | Big Day  | Help Me Help  | Met-Mother                | Old Christine                     | 2 1/2 Men  | My Boys                      | News                       | The Insider            |  |
| MC1       | 55 | 320   | 621  | ⚡ Underclassman (2005)                                     |                   | Cheaper by the Dozen 2 (2005) Eugene Levy, Steve Martin. |   |                           | Big Love "The Happiest Girl"      |  | Califor. (P) House of D ▶    |                            |                        |  |
| MC2       | 56 | 321   | 622  | Cry Wolf (2005) Jared Padalecki, Lindy Booth.              |                   |  | The Exorcism of Emily Rose (2005) Jennifer Carpenter. |                           |                                   |  | Final Destination 3 (2006) ▶ |                            |                        |  |
| MC3       | 57 | 322   | 623  | ⚡ Fetching Cody (2005)                                     |                   | The Honeymooners (2005)                                  |   |                           | Must Love Dogs (2005) Diane Lane. |  |                              | Elephant Shoes (2005) ▶    |                        |  |
| MC4       | 58 | 323   | 624  | ⚡ The Librarian: Quest for...                              |                   | ReGenesis  |   | Meadowlands               |                                   | Durham County                                      |                              | Stargate "Submersion"      |                        |  |
| WSBK      | 59 | 296   | 654  | TV 38 News   | Jeopardy          | Frasier  | Frasier   | South Park                | South Park                        | Ent. Tonight                                       | The Insider                  | Girlfriends                | Paid Program           |  |
| KTLA      | 60 | 298   | 653  | Accord.Jim   | Friends           | Raymond  | Raymond   | Hates Chris               | All Of Us                         | Girlfriends  | The Game                     | KTLA Prime News            |                        |  |
| WGN       | 61 | 295   | 651  | Funniest Home Videos                                       |                   | WGN News   |   | Sex & City                | Scrubs                            | Scrubs   | Becker                       | Funniest Home Videos       |                        |  |
| WPIX      | 62 | 297   | 652  | Girlfriends  | The Game          | CW11 News at Ten   |   | Sex & City                | W&Grace 1/2                       | Friends  | Frasier 1/2                  | Frasier                    | South Park             |  |
| EA1       | 63 | 324   | 632  | ⚡ Welcome to Sarajevo                                      |                   | The Grifters (1990) John Cusack, Anjelica Huston.        |   |                           |                                   | The People Under the Stairs (1991)                 |                              | Nightwatch ▶               |                        |  |
| BNN       | 89 | 504   | 508  | Squeeze Play   |                   | Market Call  |   | News                      | Market Call Tonight               |  | Workopolis                   | Squeeze Play               |                        |  |
| MTV       | 90 | 581   | 566  | The Hills  |                   | The Hills (N)  | The Hills (N)   | Aftershow                 | MTV e2                            | The Hills  |                              | The Hills                  | The Hills              |  |
| SCORE     | 91 | 410   | 403  | RAW /WWE Raw   |                   |  |   | Score Tonight             |                                   | WWE Raw  |                              |                            |                        |  |
| APTN      | 92 | 269   | 350  | Ent. Beat  | APTN News         | Notre peuple   |   | D'outre-mer               | Anima                             | The Pathfinder (1995) Kevin Dillon, Graham Greene. |                              |                            |                        |  |
| VISION    | 93 | 65    | 394  | LittleMosque   | Lost Gods         | The Inquisition  |   | Home                      | Eden                              | LittleMosque                                       | Lost Gods                    | Dinnerladies               | Yes Minister           |  |



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## Ontario paddler is on top of the world

Adam van Koeverden of Oakville, Ont., won the gold medal yesterday in the men's kayak singles (K-1) 500-metre race at the world canoe and kayak championships in Duisburg, Germany.

The world championship win was the first of van Koeverden's career.

"It feels awesome," he said. "It's great to say I'm a world champion."

"I was getting asked all the time about the fact I hadn't won a world title so it was

wearing on me a bit. But I just race to be my best. I enjoy the experience of competing against the best, being on an amazing team and working with a coach that knows the sport inside out. It's not all about conquering the world."

Van Koeverden won the race in one minute 36.279 seconds, finishing ahead of Tim Brabants of Britain in 1:36.607. Poland's Marek Twardowski was third in 1:36.661.

- The Canadian Press

## Roger is over and out

Novak Djokovic called his Rogers Cup semifinal victory over Rafael Nadal one of the biggest victories of his career.

It turns out he was only getting warmed up.

Djokovic upset world No. 1 Roger Federer 7-6 (2), 2-6, 7-6 (2) yesterday to win the \$2.45 million Masters Series event in Montreal, solidifying himself as a serious contender to win the U.S. Open beginning later

this month in New York.

"It's a dream come true to win such a strong tournament as this and to win against probably the best player ever in the sport," Djokovic said.

It was third-seeded Djokovic's fourth tournament win this year and his first win in five career matches against Federer, whose 16-match Rogers Cup winning streak ended.

- The Associated Press



Stephen Ames of Canada hits from the second tee during the final round of the 89th PGA Championship golf tournament at Southern Hills Country Club in Tulsa, Okla., yesterday.

- Reuters

## Ames melts down

**A season of first-time major winners ended with a familiar champion — Tiger Woods, who only seems to win them all.**

Challenged only briefly along the back nine of steamy Southern Hills, Woods captured the PGA Championship to win at least one major for

the third straight season and run his career total to 13 as he moves closer to the standard set by Jack Nicklaus.

Woods closed with a 1-under 69 for a two-shot victory over Woody Austin, a gritty journeyman whose consolation prize was earning a spot on the U.S. team for the Presidents

Cup. Ernie Els also made a brief run at Woods, but the ending was all too familiar.

Calgary's Stephen Ames, who finished the third round in second, just three strokes behind Woods, carded a final-round 76 to finish the tournament 2 over par.

- AP-CP

## Canadians slam Slovaks

Steve Stamkos of the OHL's Sarnia Sting had two goals and three assists to lead Canada past Slovakia 7-6 in an under-18 hockey exhibition game yesterday.

Stamkos and linemates Chris Doyle of the QMJHL's P.E.I. Rocket and Jordan Eberle of the WHL's Regina Pats led the way offensively for Canada with 10 points (five goals, five assists). Doyle finished with two goals and an assist.

- The Canadian Press

**SUN**  
SPORTS

*On*  
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**MLB:**

- The Toronto Blue Jays take on the Kansas City Royals tonight at **6 p.m.** on **Sportsnet.**

**NFL:**

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Accom. avail. Call  
1-800-587-3327 before 6pm

**Montana Pizza, West End.**  
requires Servers, Cooks and  
Drivers. Call Mike after 1:30 pm.  
443-1010

**P/T SUPERVISOR, P/T  
WAITRESS/ BARTENDER &  
P/T HOUSEKEEPER**  
Apply in person to:  
Transit Hotel, 12720-Ft. Rd.  
Fax: 472-7193

Classified Ads Work! The Edmonton  
sun "Hit Your Target" market. Call 466-  
5555 to maximize your advertising  
dollar.

0108 Hairstylist and  
Estheticians

Facelagic Day Spa is now hiring  
for **ESTHETICIANS** who are  
passionate about facials, skincare  
& cosmetics. Wages \$12/hr +  
comm. We are **ALSO** looking for  
an **ASSISTANT SPA DIRECTOR**,  
with retail experience to oversee  
the daily spa operations.  
Fax resumes to 456-8213

**HAIRSTYLIST WANTED!** Licensed  
F/T & P/T For Busy Salon & Spa.  
Lots of walk-ins. Commission  
and/or wage with **HIRING BONUS!**  
Please Call: 780-995-9914

Northside salon & spa looking for  
**FT or PT STYLIST**. Call Marica  
@ 475-6535 or 966-6530

0109 Health and  
Medical Help

**INDUSTRIAL AMBULANCE  
COMPANY** seeking registered  
**EMR, EMT and PARAMEDICS.**  
Great pay and benefits.  
780-865-8784

**PCA REQUIRED** for disabled  
male. Excellent wage + benefits.  
Experience required 423-6652

Hey Do-It-Yourselfers! You'll find all the  
tools and equipment you'll need to get  
the job done by looking in Sun  
Classified.

## 0111 Sales Help

**WIRELESS UNLIMITED,  
AN AUTHORIZED DEALER  
FOR ROGERS WIRELESS**

Currently offering **INBOUND &  
OUTBOUND** Sales Rep. Candi-  
dates must have Strong sales  
attitude & be willing & able to  
learn. Commission + salary  
package & complete training pro-  
vided. Forward resume to:

**hred@cellmart.com**  
or fax: 780-466-8171

## 0113 Teaching

**DRIVING INSTRUCTOR**  
REQUIRED. Must have driver's  
license min. of 3 yrs., no criminal  
record and clean abstract.  
Training provided. Company  
training cars are used.  
Fax: 478-9318.



## Merchandise

## 0202 Furnishings

100% Leather Sofa, Love & Chair  
Brand new, still in plastic. Cost  
\$3995, Sacrifice \$1250. Del.  
available. Ph 884-6550

6 piece Sectional \$2000obo. •  
60" Rear Projection TV. \$1400obo.  
or \$3000 for both. 288-8772

7 foot - Black - Micro Fiber Sofa,  
Designer Built. New \$1400.  
Call 488-8850

**All New QUEEN Pillow Top  
Mattress Set. Sell \$220**

**KING SIZE Pillow Top Set Sell**  
**\$450 Can Deliver 405-7501**

**All new solid Cherry Wood**  
**7 Pc. BDRM SUITE. Brand new**  
**at \$2495 Free del. 405-7501**

**\* All New still in Boxes \***  
Brand new Queen Bed Set 205,  
6 pc sleigh Bed Set solid Cherry  
Wood, cost \$8200 sacrifice \$2450

3 Pc King Pillowtop Bed Set \$465  
Leather Sofa, Love & chair set  
\$1450 can del 780-436-1228

Bedroom suite, eloquent light oak  
5pc queen triple dresser.Can del,  
new \$5000 Sell. \$1650 430-6666

**BED'S BED'S BED'S**  
**ALL NEW ALL SIZES**  
Special Sale pillow top Q set \$219  
New Sofa & love seat Just Arrived

Also Lots of Tables & Chairs  
**15308 Stony Pl Rd or 487-7336**

Chesterfield, chair & loveseat,  
beige/ green abstract pattern.  
Approx 4 yrs. \$535. 708-1817.

Golden, cotton,



## 0246 Articles Wanted

CASH PAID  
Old stereo equipment, Amplifiers,  
Speakers, more. 914-2725

VINYL RECORDS WANTED  
LPs / 45s . \$. \$ cash paid. Will pick  
up. Call 619-0502

Sun Classifieds - Open Sundays...  
We're ready when you are.

## 0277 Pets - Cats

13 wk old calico kitten free to  
good home, litter trained,  
call: (local) 757-3074

Beautiful BLUEPOINT SIAMESE  
Kittens 1<sup>st</sup> shots, dewormed  
\$125. Call 474-8161

FREE TO GOOD FARM HOME  
2 cats 1 1/2 years. Spayed.  
Call 474-8384

FREE CATS: Well mannered.  
Various ages. Female/ males.  
Phone: 964-1094.

FREE TO GOOD HOME - 8 yr. old  
female cat. spayed & declawed.  
To elderly: no pets, no kids.  
489-3985.

Needs loving home. Mature, in-  
door-only pretty calico. Healthy,  
spayed, shots, declawed, micro-  
chip. Shy, well-tempered. Good  
company. FREE to right owner.  
780-481-4699

Ragdoll kittens, born June 20 Litter  
trained, eating hard food, 1st  
shots, \$350 Ready Now 922-3704

SIAMESE KITTENS  
1st shots, vet checked.  
Phone 780-693-2862.

## 0278 Pets - Dogs

2 DOGS: to a loving home rural  
home. Friendly, older acreage  
dogs. Spayed, all shots, sheppard  
x and lab x, must stay together.  
ASAP. Call Trinia: 780 983 6062.

2-German Shepherd pups 2 1/2  
mo, very attractive. Good watch  
dogs. \$200. 1-780-656-2371

4 MALTESE CHIHUAHUA X. 8 wks  
old, will weigh from 68 lbs, 2M,  
2F, \$300. Ph 780-698-0004 leave  
msg or Cell 213-4726

Affectionate, smart, love kids,  
Belgian Shep. Pups, CKC, Vacc.  
2 yr health warr. Phone 977-9239

Alaskan Husky Puppies, extreme  
wolfy looking. 780-348-5344  
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American Bulldog / Bull Mastiff  
Puppies, 1st shots, dewormed,  
Ready to go \$800 3females, 1male  
Call Carmen 470-4721 / 887-4579

AMERICAN COCKER SPANIELS  
CKC all shots M / FM parties  
buff, black specialty kennels.  
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BICHON/ SHIHTZU PUPS,  
Nice colors. Friendly. Will be  
small. Phone: 780-727-3775.

Bichon/Shih Tzu X pups. Cute &  
Cuddly. Assorted colors, various  
ages. Phone 403-343-7534

Boxer/Pitbull mastiffs, 2 female,  
(Brindle). 1 male (Brindle). Tails  
& dewclaws done. 1st shots, de-  
wormed. \$600 Ready to go  
Phone: 982-2844

BULL MASTIFF PUPPIES  
brindle color, \$1200 each  
Call 456-5086

CHIHUAHUA OR X MINI POM  
\$550 Each.  
Phone 312-4178

CkC black Labrador pups, health  
guarantee, first shots, www.ste-  
venslabs.com 1-306-249-3168

CUTE PUGGLE PUPS.  
Vet check done, 2<sup>nd</sup> Vacc.  
Dewormed Call 306-344-4924

DESIGNER Hybrid-Cockeranians,  
all the loyalty and wonderful per-  
sonality of a cockerspaniel  
wrapped up in the playful tiny  
uber cute body of a mini pom. 5M,  
1F, ready to go Aug. 15-30. \$300.  
Marcie 217-0275.

ESKIMO TOY Poodle 10lbs full  
groom, house trained, 15 wks.  
\$700obo. incl acces. 757-6612

FREE TO GOOD HOME: Female,  
lab cross, 2 yrs. old. Very friendly,  
good inside or out. Never leaves  
yard. Moving. 780-240-0971

GERMAN SHEPPARD PUPS,  
black & tan. Vet checked, de-  
wormed & 1<sup>st</sup> shots. Phone  
306-825-2503 or 780-871-8683

Goldendoodle Pups, from \$950  
Free Delivery live pup cam  
www.winsomekennels.com

GREAT DANE PUPS ready  
Aug 23-30. 1<sup>st</sup> shots, vet checked,  
assorted markings. 780-753-4572  
or email: iron\_bullinc@yahoo.ca

HAVANESE/ BICHON, M pups.  
Colorful. JAPANESE Chin/Toy  
Poodle, M/F pups 1st shots, de-  
wormed, non-shed. 789-3612

## 0278 Pets - Dogs

HAVANESE/ BICHON, M pups.  
Colorful. JAPANESE Chin/Toy  
Poodle, M/F pups 1st shots, de-  
wormed, non-shed. 789-3612

Jack Russell Terrier Female Pup-  
pies, mom, Dad, Grandma can be  
seen. \$400. PH: 235-5620

JAPANESE MASTIFF (Tosainu)  
vet checked, shots, papers avail.  
Great family dog. 780-922-1620

MALE or FEMALE JACK  
RUSSELLS, 5 months old, \$300,  
all shots. Call 915-3766

Maltese puppies, hypoallergenic,  
first shot, white, female, Pom-chi  
puppies. Call 780-645-5008

~ MIN. SCHNAUZERS ~  
CKC reg pups, non shedding, non  
allergenic, excellent family pets,  
Health Guaranteed. 307-4017

MOVING 1 Sept need homes: 1 F  
blk Minipom, 8 mo, \$250 1M tan  
Minipom, 1 yr good breeder, \$250,  
1F blk and tan American Cocker, 1  
yr, recent pups, (very good family  
pet) \$250, all healthy and house  
trained. Marcie 217-0275.

Old English Mastiffs pups. Micro  
chipped, 1st shots, born Jul 14, reg.  
Brindle parents 306-386-2487

Olde English Bulldog puppies,  
7 wks, reg'd, 1st shots, vet certifi-  
cate, micro-chipped. \$1500.  
Pets only. Phone: 619-0998

PUG PUPPIES Very cute! Home  
raised, vet checked, 1st shots, 1  
yr health guarantee. Puppy pack  
included, \$800. 780-202-0087

PUREBRED PAPILLON PUPPIES  
CKC reg. Microchipped, 1st shots,  
Ph. 306-937-3648 / 306-441-1022

Shih Tzu - blk/white approx.  
12wks old male. Vet. checked,  
2nd vacc. given. Very cute and  
playful :) Asking \$350. 365-2217

WEIMARANER Pups, 1st shots,  
vet checked, parents on site, will  
deliver. Call 306-892-2537

## 0279 Pets - All Other

2 MALE FERRETS neutered  
accessories incl. Need to stay  
together \$500. Call 439-0913

FREE to good home. Cute little  
bunny about 1 year, with every-  
thing she needs. Phone 218-8059.



## 300A Cars For Sale

1996 Dodge Stratus.  
Great Condition. \$2,400/obo.  
780-239-6367 or 780-641-4376

2005 Ford Taurus, SE, 4 dr, auto,  
26,000K only (fac warr applies)  
p/dl, p/w, air, p/s. Must be seen.  
\$11,500 780-489-6889, 991-9785  
2005 PONTIAC SUNFIRE SL. 2 dr,  
5 spd, in beautiful cond., low,  
low kms. Dark blue ext. with cloth int.  
AM/FM/CD. Low ground effects. A  
real must see. Sacrifice, \$8200.  
217-5446

2006 SATURN ION 2 quad coup,  
2.2L, 9700K, 5 spd, ac, kilo centry,  
all power, metal gray, 12,850 Ph  
451-4204 Cell 995-7489

GOOD DOWN HOME SERVICE  
Quality, previously owned vehi-  
cles, many makes & models.  
(Including 7 Escalade Cadillacs).  
Come see Gerry the Newfoundland-  
lander at Western Pontiac or call  
for an app 660-3388 or 486-3333.

WE BUY CARS FOR CASH  
Call 990-0193

## 0302 Cars 2003

2003 Ford Mustang Conv, yellow  
with blk top, 26,000K, ext warr  
58,000 left. Mint. Fully loaded.  
\$24,000 obo. Call 780-582-7317  
after 5 pm

## 0303 Cars 2002

2002 CHRYSLER PT Cruiser, 4-  
cyl. auto, a/c, c/d, p/w/l, 159K's.  
\$7,000 obo. 467-2067, 231-2317.

## 0304 Cars 2001

2001 Chevy Cavalier SE, 4 dr,  
auto, most options, buckets &  
consoles, remote start, spoiler &  
new tires. \$5500 Ph 233-2835

## 0306 Cars 1999

1999 HONDA CIVIC EX, 4-dr. auto,  
168,000K's, P/W, P/D, P/L, C.D.  
\$6,295 obo. Phone 421-8620.

## 0306 Cars 1999

1999 CAVALIER Z24.  
5 spd, black, full load, new  
clutch/brakes, very gd cond.  
\$3800 obo. Phone 934-0678

1999 DODGE NEON 141,000 km,  
a/c, cruise control, remote start,  
tinted windows, pwr steering, mag  
wheels, rear spoiler, v. g. cond.,  
must sell \$4000 neg. Ph 690-1299

1999 HONDA CIVIC DX, black, 2  
dr, 5 spd coupe, 224,000 Km's,  
MP3 Player, \$6000 obo. 467-0663

## 0307 Cars 1998

1998 Volkswagen Jetta K2, \$3,800  
neg. Man/200000k, 4 cyl, 1/2L,  
Winter tires, upgraded trim, rims,  
air bags. (780)-886-7045

1998 Chev Venture LS, exc. cond.  
Fully loaded. 1 owner. Non-smok-  
ing. 178K. \$6900 obo. 478-8680.

98 FORD TAURUS, P/S, P/D, ATC,  
Auto mirrors/ seats. 131ks. Good  
cond \$3,600. 466-2239, 909-3908.

## 0308 Cars 1997

1997 Honda CRV, 4cyl. 4dr. auto,  
pld, pw, tilt, cruise, a/c, loaded  
6pk. cd changer, keyless ent, roof  
rack, alarm/starter, rec. tune-up  
183,000K. \$6800 780-710-8155

97 Buick Lasabre, Ltd, 3.8, V6, 4  
dr, fully loaded, New tires, runs  
exc. \$2500. 914-2682

## 0309 Cars 1996

1996 BUICK REGAL Custom,  
4-dr., auto, V-6, loaded, nice clean  
car. \$2,950. Ph: 934-2040.

1996 Pontiac Bonneville SE, 4-dr,  
6 cyl. auto, fully loaded, nice a/c,  
new brakes, safety inspected.  
\$2950. quick sale! 780-920-1952

96 Chrysler Intrepid, 4 dr, gd  
cond, fully loaded, auto, \$1600  
obo. PH: 903-9393

## 0311 Cars 1994

1994 FORD ESCORT auto, 206k,  
new tires, lady driven, \$1100 +  
1990 PONTIAC TEMPEST good  
running cond, \$900. P: 937-4850

1994 HONDA CIVIC LX SPECIAL,  
all around great shape, \$3,450.  
Call 489-5110

1994 Olds Cutlass Ciera, 4-dr, v-6  
auto. Fully loaded. Runs/ drives exc.  
\$2200. 477-7007

94 SUNBIRD SE  
3.1, V6, 5 speed, loaded, must  
sell \$1400 obo 938-6216

## 0312 Cars 1993

1993 Chev Cavalier, \$1,195  
1993 Old Delta, \$1,195  
1992 Chev Lumina, \$995  
1996 Ford Explorer, \$1,395  
1992 Plymouth Voyager, \$995  
1992 Mercury Topaz, \$885.  
1997 Chevy Venturer, \$1,495  
Call 266-5556.

1993 MAZDA 626 \$2,200  
1992 ACURA Vigour \$4,000  
Call: Dan 868-0578

93 BUICK REGAL LTD  
3.8, V6, full load, must sell  
\$2500 OBO. 938-6216

## 0313 Cars 1992

1992 CAVALIER 4-dr., 4-cyl.,  
auto, am/fm cassette, p/s, p/b. No  
rust. Nice car. \$1,200. 490-8611.

1992 Mercury Sable, v-8, cruise,  
traction control, abs, climate con-  
trol, \$750. 780-462-3032

1992 TOYOTA Corolla - automatic,  
tilt, cruise, 224,000km's brakes  
and tires, \$2250/obo. 490-1660

94 Cavalier auto V6 2dr \$1250obo  
92Tempo 4cyl. auto \$1050 obo  
92 Acclaim 4 cyl \$1050 218-7308

## 0314 Cars 1991

1991 Buick LaSabre 4 dr auto,  
loaded, lady driven, blue, 6 cyl,  
runs perfec, 190k, \$2250 932-8297

1991 Eagle 2000 GTX, 4 cyl, 2L,  
4 dr, auto, fully loaded w/p/roof,  
good cond in/out. Mitsubishi Eng.  
exc 260,000km, runs great, new  
tires, suspension & timing chain.  
Exc mid size car. Must sell. \$1850  
obo. PH:

1991 HYUNDAI EXCEL SE,  
4 dr, 4 cyl, 5 spd, \$650 with insu-  
rance inspection. Call 901-8664.

1991 Plymouth Acclaim SE. v-6,  
4dr, auto, most options. Black  
ext/ w/ grey buckets & console.  
\$1550. 233-2835

## 0314 Cars 1991

91 Honda Accord EX 4 cyl 5 spd,  
4 dr, loaded, 110,000 km, excellent  
cond. \$1600

## 0315 Cars 1990 and Older

1989 Chevy Sprint, automatic,  
2-dr. hatch, 55mpg. low kms.  
Well-maintained, \$550. 641-2607

1989-Honda Accord LX-2 dr, auto,  
air, mechanical, new tires, runs  
great, no rust. \$2,890 975-9821

1994 Nissan Ultima, fully loaded  
A/C \$2200. Excellent condition.  
Phone: 780-477-8854

1995 Dodge Spirit LE 2dr, auto,  
low kms, air cruise tilt, heated  
p/m, beautiful \$1450. 641-2607

88 BUICK REGAL, auto, 146k,  
new tires/brakes, needs minor  
work. \$550 obo 780-965-0533

88 Honda Accord. EXi, 2 doors, 5  
speed, black. Runs great. New  
tire. Clean. \$950 obo. 938-4401

90 Cavalier Z24 loaded auto \$1450  
90 Tempest 4dr V6 auto \$1150  
80 Volvo wagon \$500. 218-7308

90 HONDA ACCORD DXR, V-6,  
fully loaded, looks & drives exc.  
must sell. \$1,500obo.  
Phone 938-6216

90 Toyota Tercel, good cond, 2 dr,  
5 spd. New tires/battery. Must  
sell. \$850 obo. Call 485-6118

## 0317 Motorcycles

2005 Vulcan 800, fully loaded,  
Only 1000 km. Asking \$7900,  
416-7030 after 5pm.

79 Suzuki GS 750 Low Kms, new  
seat, batt, saddlebags. Front tire,  
chain, windshield. \$1800 obo.  
780-237-4787

## 0318 Trucks

06, DODGE DAKOTA 4x4, 4.7,V8,  
auto, A/C/T sprayed box liner, low  
pkg. balance of factory warranty,  
under 20k, no GST, \$24,000 obo  
Phone: 780-910-3956

1991 Chev Truck, long box, V8.  
Good cond. Runs on Propane.  
\$1900 firm.. Call 660-3388.

1993 Chevy 1/2 Ton - short box.  
V6 Vortec, 5 speed, cruise 207K.  
Good tires. \$8000 obo. 993-9765.

1993 Ford Ranger, 4-cyl, 5-spd,  
V6, 110,000 km, very clean \$1,000.

1994 Chevy 2500. Extended cab  
4x4. 360 K's. Decent shape, some  
rust, needs out of province in-  
spection. B.C. Excellent work  
truck. \$2800. Must sell.  
780-982-9889

1995 FORD F250 XCab, 4x4, 7.3L,  
turbo diesel, auto, blue, rust free,  
runs perfect, \$7900 490-8285

1997 Dodge Dakota, SLT. Club  
cab, s.b., 4x4. V-8, auto. A/c/t.  
C.D. \$3900. 477-7007

1997 Ford F-150, XLT. 4x4, fully  
loaded, Immac. condition. Needs  
nothing. \$6000 obo. 780-998-4885

1998 FORD F250, 4x4, auto, very  
clean, 121,000 km, \$6200.  
660-2301

1999 GMC SONOMA ex-cab, 2wd,  
auto, 4.3L, V-6, white, rust free.  
CD. 1-owner. \$5,900 406-6868

2000 GMC 2500 XCab s/bqx,  
4x4, auto, fully loaded, 130,000  
wheels, 250K, must sell  
\$8950.

93 Dodge Cummins Turbo Diesel  
4x4, new steering system, brakes,  
ujoint & front tires. Exc mech  
cond. No rust. 225,000K.  
\$15,000 obo. 472-3390

95 CHEV SILVERADO 1500 6.5 L  
turbo diesel, XCab L/box, auto,  
4x4, loaded, black, \$6900 406-6868

96 Ranger, 4 cyl, stnd. \$1500  
89 Honda Accord, stnd, 4 cyl, 2  
dr. \$550. PH: 487-2346

98 Dodge Ram 1500 XCab short  
box, 4x4, auto, V8, black, a/t/c,  
1owner, \$6900obo 915-0616

For Sale: 2001 Dodge Ram  
1500 4x4 Sport, White,  
under 125,000 km, \$15,000 obo  
devanpaulaventure@hotmail.com

MUST SELL 2001 FORD F150  
sup cab, 4X4, great cond in &  
out, 212k, \$6,500. 554-9765

## 0320 Vans - Mini

1992 AEROSTAR FORD  
1 owner. Nice condition, \$1750.  
Call 780-489-5110

1997 PLYMOUTH GRAND  
VOYAGER LE (Grey) 150,000 kms,  
fully loaded, great condition. V6,  
3.8 L engine, A/C, Cruise Control,  
Power Everything, Starter/Alarm  
System, Tinted Glass, Non Smok-  
er. All service maintained from  
dealership and up to date.  
Asking \$5850 710-1688

## 0320 Vans - Mini

1993 Dodge Caravan SE.  
6 cyl, 3.3 L, auto, every option,  
only 134 k, extremely well main-  
tained, newer Michelin tires,  
looks, runs, & drive like new. Exc  
family vehicle. Has never been off  
the pavement. Must see, you  
won't be sorry. Asking \$3,250 all  
offers considered. Phone  
918-3931 Edmonton.

1996 DODGE Caravan, air, tilt,  
cruise, dual sliding doors, 7 pas-  
senger. \$2,250obo. 297-7225

1996 DODGE GRAND CARAVAN  
190k, pw, pm, cruise, new tires,  
runs exc., super clean. \$2250  
Call 289-5188

1996 Plymouth Voyeur V6, auto,  
air, comm, 110,000 kms,  
Very clean \$1,300.

1999 Chev Venture Van V6 Auto, 7  
psngr, equipped excellent cond.  
\$5200 438-0835

2000 Dodge Caravan 3-L, 7-pass,  
99,880km, good cond, towing  
pkg, 4-winter wheels, \$6,500.  
OBO 973-3859 973-4011 ext 3700

2000 Dodge Grand Caravan SE  
with all power options. 2 8L V6  
engine. Silver exterior and grey  
interior. In great condition. A  
MUST SEE!! Very low KMS only  
\$8200 call: 884-1772 (local)

2001 Chevy Venture LS, ext., auto,  
loaded, all buckets, pwr sliding  
doors, traction controls, new tires,  
\$6500 Ph 668-9759

2001 MAZDA MPV, auto, fully  
loaded, nice condition, remote  
starter. Low km's. Asking \$6,800.  
Phone: 914-6135

2002 Dodge Grand Caravan Sport,  
6 cyl, 82,000k, quad seats, dvd,  
air, cd, cass, winter tires & more.  
\$12,000 obo. 436-6914

2002 HONDA ODYSSEY EX 7  
pass., 3.5L, V6, low kms, remote  
keyless entry & pwr doors, CD,  
silver, \$16,500 Ph 780-417-1434

2002 MONTANA, 178km's p/w,  
p/s, p/m p/d, cruise, \$10,900 obo.  
Phone: 710-4202.

96 Dodge Grand Caravan LE load  
w/dual slid/doors,exc. cond., co-  
mand strt, 211ks. \$3300 934-2040

96 Grande Caravan SE, loaded,  
duel sliding doors 7 passenger.  
\$3250 obo. 642-2008

96 Lumina 3000, 110,000 km, 100  
engine, 5 speed, cruise, 207K, \$1250  
obo call.

FOR ALL YOUR  
ADVERTISING NEEDS  
CALL 444-5454

## 0321 Vans - Full Size

15 PASS School VAN, 1990 Ford  
Econoline wagon, 87,000-kms,  
\$2,000. 462-5777 / 914-8835



## DAILY CROSSWORD

## ACROSS

- 1 Felines  
5 Organ knob  
9 Skeddaddles  
14 Leave out  
15 Circle dance  
16 Removes skin  
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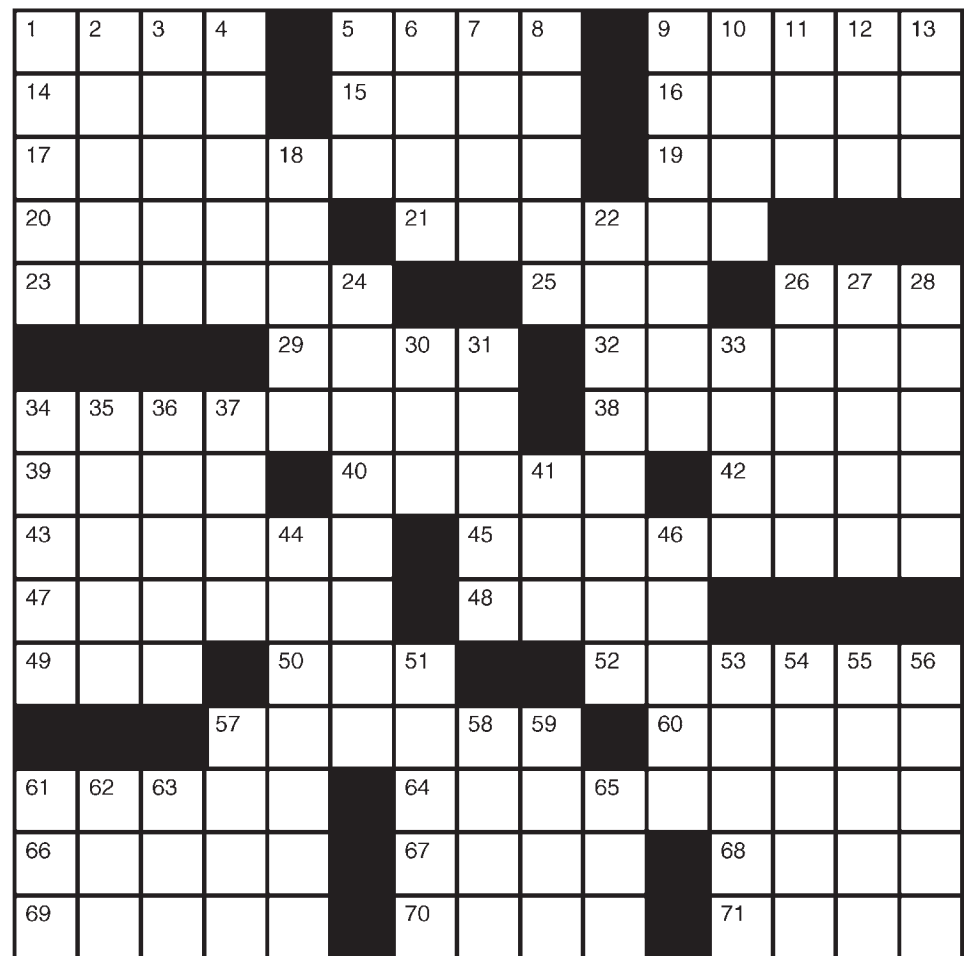
## DOWN

- 1 Kind of bean or butter  
2 Accumulate  
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9 Splash and spot  
10 Train units  
11 Metric measure  
12 Bo's number  
13 Retirement grp.  
18 "Aida" composer  
22 Animated shorts  
24 Reeled  
26 Specks  
27 Ermine in summer  
28 Watches over  
30 "Telephone Line" grp.  
31 Letter flourish  
33 The south of France  
34 V.P. Agnew  
35 Compulsions

- 36 Tight spots  
37 End-of-the-week shout  
41 Lanka lead-in  
44 Most neat and orderly  
46 Highest country  
51 Heavens to \_\_\_!  
53 Former Yankee pitcher Reynolds  
54 List of candidates  
55 Days Inn or Holiday Inn  
56 Flower holders  
57 "Silkwood" star  
58 Actress Moreno  
59 Arcturus, e.g.  
61 Youth grp.  
62 U.S. and Eng. separator  
63 Even score  
65 Arabic Mac

## Friday's Answers

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | S | C | O | R | T | S | R | E | W | R | I | T | E |
| S | H | U | T | O | U | T | E | P | A | U | L | E | T |
| C | A | N | T | I | N | A | G | I | R | D | L | E | S |
| A | M | A | L | A | T | T | I | C | E | D |   |   |   |
| P | A | R | K | S | E | W | S | S | E | L | L | S |   |
| E | N | D | E | D | N | O | T | E | R | A | I | N |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| D | E | S | S | E | R | T | R | H | U | B | A | R | B |
| O | L | E | S | U | R | F | O | D | E |   |   |   |   |
| O | B | E | Y | E | E | L | S | S | N | A | K | E |   |
| M | A | D | A | M | S | E | A | L | T | R | A | M |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| G | R | A | N | D | M | A | P | R | O | M | I | S | E |
| A | D | H | E | R | E | S | H | O | W | E | V | E | R |
| M | A | I | D | E | N | S | O | Y | S | T | E | R | S |



## HOROSCOPE

**IF AUG. 13 IS YOUR BIRTHDAY:** In the coming 12 months your popularity will rise and new friendships can be forged with people able to reveal fascinating alternatives.

**ARIES (March 21-April 19):** The blind can't lead the blind. You could be groping for financial security, but this isn't the time to make an investment.

**TAURUS (April 20-May 20):** Intuitions seem to give the wrong message. Hang tight and don't make decisions.

**GEMINI (May 21-June 20):** A drama queen (or king) could make wants and needs known. Negotiating skills are not at their best and you can't sweet talk your way past obstacles now.

**CANCER (June 21-July 22):** Finances may look gloomy, but, as Little Orphan Annie said, the sun will come out tomorrow.

**LEO (July 23-Aug. 22):** You must use low beams to navigate through fog. In the same way, it is necessary to be cautious when dealing with others.

**VIRGO (Aug. 23-Sept. 22):**

Balance the chequebook and keep a calculator close.

**LIBRA (Sept. 23-Oct. 22):** Don't weep over spilt milk. Avoid melodrama, as it won't help you succeed.

**SCORPIO (Oct. 23-Nov. 21):** Be proactive rather than reactive. Get out in the fresh air and throw the baseball or swim in the pool.

**SAGITTARIUS (Nov. 22-Dec. 21):** Throw your back into it. Physical exercise will prevent you from being drained by fleeting emotional situations.

**CAPRICORN (Dec. 22-Jan. 19):** The economic or emotional indicators might be misleading so wait until tomorrow to sign contracts or complete deals.

**AQUARIUS (Jan. 20-Feb. 18):** Ignorance might be bliss, but it can also lead to confusion.

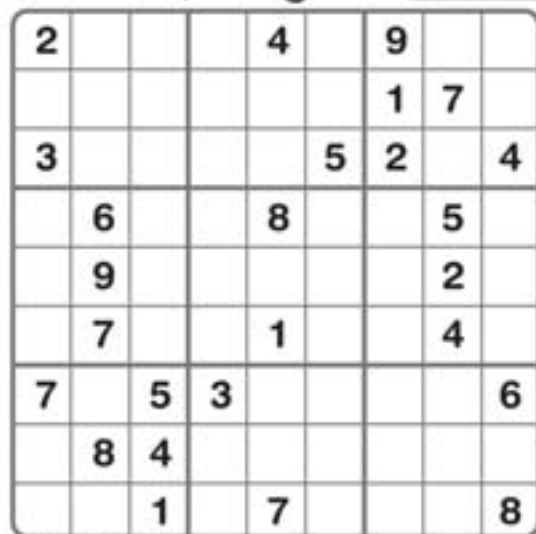
**PISCES (Feb. 19-March 20):** While your head is way up in the clouds looking for further inspiration, you might stumble over something on the ground. Take it easy today.

- Tribune Media Services

## The Sudoku Challenge!

Under 10 Minutes  
10-15  
15-20  
21-25  
Over 25

Are You Kidding Me?  
Tell Your Friends  
Leaderboard is in Sight  
Making Progress  
Practice Makes Perfect



Puzzle # 2400-040401405

## OBJECT OF SUDOKU

No math or calculating is required to play. Using the digits 1 through 9 fill every space on the board with the missing numbers. Every row, column, and 3x3 box must contain all of the digits 1 through 9. There is only one correct solution for each puzzle so every space has only one correct answer.

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

Puzzle # 4100-040401405



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**Weather for Edmonton** [theweathernetwork.com](http://theweathernetwork.com)

**Today** **Sunrise: 6:09 a.m.**

**High 14**  
**Low 5**

Cloudy with showers ending in the morning, cloudy in the afternoon.

**Tomorrow** **Sunset: 9:07 p.m.**

**High 21**  
**Low 8**

Mainly sunny.

**Wednesday**

**High 21**  
**Low 10**

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