

TOP MOVIES

- 1. Cold Creek Manor starring Sharon Stone Rated: R
2. Once Upon a Time in Mexico Johnny Depp R
3. Dickie Roberts: Former Child Star David Spade PG-13
4. Dirty Pretty Things Audrey Tautou R
5. Matchstick Men Nicolas Cage PG-13
6. The Order Heath Ledger R
7. Le Divorce Kate Hudson PG-13
8. S.W.A.T. Colin Farrell PG-13
9. Camp Joanna Chilcoat PG-13
10. Freddy vs. Jason Robert Englund R
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THURSDAY EVENING/LATE NIGHT TV schedule grid for October 2, 2003. Columns include time slots (6:00-5:30) and various program titles like 'The Craft', 'The X-Files', 'Law & Order', etc.

Weight Loss Puzzles Doctors

ATLANTA, GA -- Doctors were surprised when two separate studies found that a natural dietary supplement could help cause significant weight loss. Although not conclusive, both studies found that patients receiving the formula called Bio-Rex 3000®, lost more than twice as much weight as those in a control group on the same fat reduced diet. Neither group was instructed to decrease the amount of food they ate or to increase their exercise levels. An article published in the American Journal of Clinical Nutrition says that you don't have to decrease the amount of food you eat to lose weight, provided that you limit the fat. According to a spokesperson for Phillips Gulf Corporation, the exclusive North American distributor of Bio-Rex 3000, the company is considering additional studies in order to get federal approval to make pharmaceutical claims. Currently, weight loss claims for the Bio-Rex 3000 supplement are limited. However, with the requisite approval, the company could say that Bio-Rex 3000 decreases sugar cravings, increases metabolism and interferes with the body's ability to produce excess fat. Bio-Rex 3000 is currently available as a dietary supplement and plan in pharmacies and nutrition stores or by calling 1-800-729-8446. www.hcdsales.com.. Bio-Rex 3000 is available at: ©2003 HCD

CABIN CHEMISTRY 337 S. Redwood Hwy. • 592.3350 Author's Note: This statement has not been evaluated by the FDA. Bio-Rex 3000 is not intended to diagnose, treat, cure, or prevent any disease.

FRIDAY EVENING/LATE NIGHT TV schedule grid for October 3, 2003. Columns include time slots (6:00-5:30) and various program titles like 'The X-Files', 'Law & Order', 'The Sopranos', etc.

SATURDAY MORNING/AFTERNOON TV schedule grid for October 4, 2003. Columns include time slots (6:00-5:30) and various program titles like 'The Simpsons', 'The Simpsons Movie', 'The Simpsons Movie', etc.

SATURDAY EVENING/LATE NIGHT TV schedule grid for October 4, 2003. Columns include time slots (6:00-5:30) and various program titles like 'The Simpsons', 'The Simpsons Movie', 'The Simpsons Movie', etc.

PUBLIC NOTICE

TO WHOM IT MAY CONCERN NOTICE IS HEREBY GIVEN that the Josephine County Commissioners will conduct informal meetings with public officials, county department heads and employees, and other citizens, every legal day, Monday through Friday, with the exception of Wednesday, between the hours of 9:00 A.M. and 12:00 P.M. and 1:00 P.M. to 5:00 P.M., in Room 154 of the Josephine County Courthouse. On Wednesdays, the office hours are from 8:00 A.M. to 12:00 P.M. and 1:00 P.M. to 5:00 P.M. A daily schedule of all prearranged meetings will be posted each morning beginning at 8:00 A.M. from the Executive Secretary of the Board of Commissioners. The purpose of these meetings will be to gather information, discuss issues, and deliberate toward decisions concerning matters of public policy and concern. All interested persons may attend said meetings except those designated as "Executive Sessions." In addition, notice of advisory board and commission meetings are also posted in the Commissioners Office.

DONE AND DATED this 22nd day of Jan. 1977. JOSEPHINE COUNTY BOARD OF COMMISSIONERS Harold Haugen/Chair Jim Riddle/Vice Chair Jim Brock, Commissioner Approved: Steven Rich Josephine County Legal Counsel PUBLISH ONCE A MONTH