PIS ENTERTAINMENT



The Rags and Ribbons band is part of the diverse lineup of local talent coming to this weekend's free CouvFest NW at Esther Short Park in downtown Vancouver.

Diverse Local Talent at CouvFest

CouvFest NW promotes Vancouver's diverse local music scene by showcasing live, local, original acts in a free, all-ages environment.

Now in its fourth year, the three day event is held at Esther Short Park in downtown Vancouver. Supported by the city of Vancouver, it opens Thursday, Aug. 28 at 5 p.m. and runs through 10 p.m. each night. The entertainment on Friday and Saturday begins at noon.

CouvFest NW is also partnering with the Evergreen School District Foundation's "Stuff the Bus!" to provide school supplies to underprivileged students. Attendees are encouraged to donate backpacks, composition notebooks, paper, pencils, pens, glue, scissors, rulers, erasers, calculators or a tax-deductible cash donation to their booth during the event.

For a complete lineup, visit couvfest.com.

Pool Opens for Pooch Plunge

You're invited to bring your four-legged friend to the Marshall Community Center pool in Vancouver for the second annual Pooch Plunge on Monday, Sept. 1.

Two sessions are scheduled, from noon to 1:30 p.m. for small dogs 25 pounds and under, and 1:30 p.m. to 4 p.m. for all dogs large and small. Admission is \$5.

The community center will be closed for maintenance on this date, so participants will need to enter through the rear pool patio doors. The Marshall Community Center is located at 1009 E.

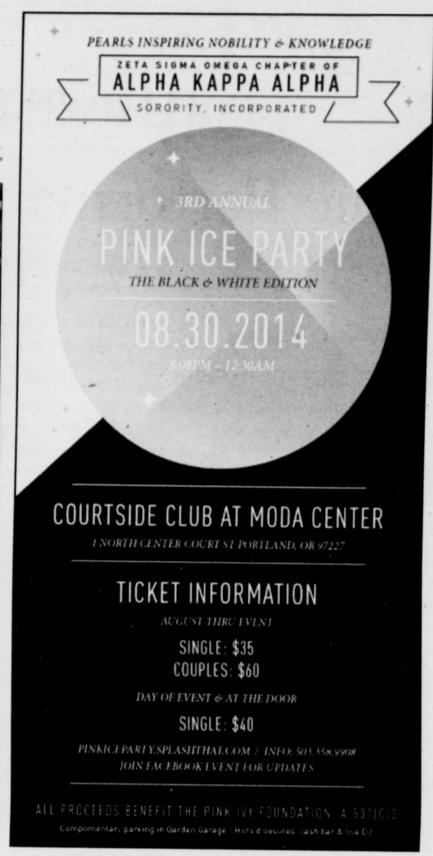


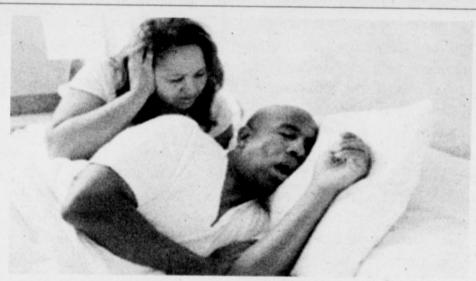
A golden retriever takes a Pooch Plunge at Marshall Pool in Vancouver. The annual event returns on Monday, Sept. 1

Clark College campus.

help keep your best friend safe. All dogs must be current on shots,

McLoughlin Blvd., near the dog and people friendly, and be willing to swim (no tossing your Lifeguards will be provided to dog in). Human companions are not allowed in the pool during this event.





Does your snoring wake you up at night? Do you wake up tired in the morning? Do you wake up in the middle of the night? Do you have problems with attention and focusing? Does your significant other complain about any of the above? Are you choking and waking up abruptly, and did you know that stress from this can cause mini heart attacks? If you can answer yes to any of these questions...

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