

Club News

I.V. Garden Club
 "Time To Deck The Halls" will be the program for the Friday, Nov. 15 meeting of Illinois Valley Garden Club.

Speakers will be Gena Goddard and Hilegard von Fuchs from the Siskiyou Judges Council.

Horticulture Table-Show And Tell: Food plants for the birds. Co-hostesses: Donelle Kemmer, Gayle Bohay, Garnette Harris, and Dee Paige.

Meetings are held at Immanuel United Methodist Church, 200 W. Watkins St.

Unless otherwise noted, the club meets on third Fridays. Coffee hour, 12:30 p.m.; meeting is called to order at 1 p.m. Anyone can attend. For information phone 592-4304 or 592-4257.

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 3000R, 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. Suggested retail price for a four week supply is just \$19.99. www.hcdsales.com

Bio-Rex 3000 is available locally at:
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. © 2002 PSC

ASVAB TEST PREP
 for entering military
 Kerby Belt Building 592-2103
 Rogue Community College

A Look Back This Week

On November 10, 1674, the Dutch ceded New Netherlands back to the British ... **November 7, 1811**, Governor William Henry Harrison of Indiana defeated the Indians, led by Prophet, in the Battle of Tippecanoe ... **November 4, 1841**, the first emigrant wagon train reached California, having left from Independence, Missouri in May ... **November 6, 1860**, Republican Abraham Lincoln was elected president in a four-way race ... **November 6, 1903**, President Theodore Roosevelt recognized Panama's independence from Colombia ... **November 5, 1911**, C.P. Rodgers completed the first transcontinental airplane flight, arriving in Pasadena, California from New York; with numerous stops, he made it in 82 hours and four minutes ... **November 9, 1935**, the Committee for Industrial Organization (CIO), later the Congress of Industrial Organizations, was formed to expand industrial unionism ... **November 8, 1942**, the U.S. and Great Britain invaded North Africa ... **November 8, 1960**, Sen. John F. Kennedy (D-Mass.) defeated Republican Vice President Richard Nixon in a very close election for the presidency ... **November 9-10, 1965**, an electrical power failure blacked out most of the northeastern U.S. and parts of two Canadian provinces ... **November 8, 1966**, Edward Brooke (R-Mass.) was elected as first black U.S. senator in 85 years ... **November 7, 1967**, Carl B. Stokes (D-Cleveland) and Richard G. Hatcher (D-Gary, Ind.) were elected the first black mayors of major U.S. cities ... **November 7, 1972**, President Nixon was re-elected in a landslide, carrying 49 states to defeat Democrat Sen. George McGovern (S.D.) ... **November 7, 1973**, Congress overrode President Nixon's veto over the war powers bill, which curbed the president's power to commit armed forces to hostilities abroad without congressional approval ... **November 4, 1980**, in a stunning victory, Republican Ronald Reagan was elected, defeating incumbent President Jimmy Carter ... **November 6, 1984**, President Ronald Reagan was re-elected in a Republican landslide, carrying 49 states ... **November 5, 1990**, President George Bush signed a bill to reduce budget deficits \$500 billion over five years through spending curbs and tax hikes ... **November 8, 1994**, Republicans won control of Congress.

THURSDAY EVENING/LATE NIGHT													NOVEMBER 7, 2002													
6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30			
2 (WBTV) 6:00 Movie: "Striking Distance" (1993) R	3 (FOXFAM) Home Videos 7:00 Heaven (In Stereo) R	4 (FOX) Dangerous Police Chases 7:00 Fox Report With Shepard Smith (N) (In Stereo) R	5 (KOB) News 7:00 Be a Millionaire (N) (In Stereo) R	6 (ESPN) 4:30 College Football (Live) (N) (In Stereo) R	7 (KSYS) Red Green Business Rpt. 7:00 NewsHour With Jim Lehrer (N) (In Stereo) R	8 (TBN) (2:00) Praise-A-Thon	9 (LIFE) Golden Girls (N) (In Stereo) R	10 (KTVL) News (N) (In Stereo) R	11 (NICK) Nicktoons (N) (In Stereo) R	12 (KOB) News 7:00 Be a Millionaire (N) (In Stereo) R	13 (USA) Walker, Texas Ranger (N) (In Stereo) R	14 (A&E) The View David Morse; headche remedia. (N) (In Stereo) R	15 (HBO) Movie: "Saving Silverman" (2001) R	16 (SHOW) Movie: "When We Were Kings" (1996) R	17 (SHOW) Movie: "Sister Mary Explains It All" (2001) R	18 (MAX) Movie: "Glitter" (2001) R	19 (ESPC) Old Dominion vs. Villanova First round of the 1995 NCAA Tournament	20 (TRAV) Alaska's Arctic Wildlife (N) (In Stereo) R	21 (CAM) Movie: "Mississippi" (1991) R	22 (TNT) NBA Basketball: Lakers at Celtics (N) (In Stereo) R	23 (DISN) Sister, Sister (N) (In Stereo) R	24 (SCIFI) Star Trek: Voyager (N) (In Stereo) R	25 (DISC) The Everglades: Life in the Sea of Grass (N) (In Stereo) R	26 (ANPL) Planet's Funniest Animals (N) (In Stereo) R	27 (COM) Saturday Night Live (N) (In Stereo) R	28 (CMT) Profiler: "It Cuts Both Ways" (N) (In Stereo) R

FRIDAY EVENING/LATE NIGHT													NOVEMBER 8, 2002												
6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30		
2 (WBTV) 6:00 Movie: "Atomic Twister" (2002) (PA) R	3 (FOXFAM) Home Videos 7:00 Heaven (In Stereo) R	4 (FOX) John Doe "Mind Games" (N) (In Stereo) R	5 (KOB) News 7:00 Be a Millionaire (N) (In Stereo) R	6 (ESPN) NBA Basketball: Los Angeles Lakers at Washington Wizards (N) (In Stereo) R	7 (KSYS) Right on Business (N) (In Stereo) R	8 (TBN) (2:00) Praise-A-Thon	9 (LIFE) Golden Girls (N) (In Stereo) R	10 (KTVL) News (N) (In Stereo) R	11 (NICK) Nicktoons (N) (In Stereo) R	12 (KOB) News 7:00 Be a Millionaire (N) (In Stereo) R	13 (USA) Walker, Texas Ranger (N) (In Stereo) R	14 (A&E) The View Sally Field: botox procedures. (N) (In Stereo) R	15 (HBO) Real Sports (N) (In Stereo) R	16 (SHOW) Movie: "Loose Cannons" (1996) R	17 (SHOW) Movie: "The Brothers" (2001) R	18 (MAX) Florida State at Georgia Tech Oct. 17, 1992.	19 (TRAV) Wrath of Nature: America's Ten Worst (N) (In Stereo) R	20 (CAM) Movie: "Hunt" (1981) R	21 (TNT) X-Files (N) (In Stereo) R	22 (DISN) Sister, Sister (N) (In Stereo) R	23 (SCIFI) Profiler: "It Cuts Both Ways" (N) (In Stereo) R	24 (DISC) Predators: How They Hunt "Skill to Survive" (N) (In Stereo) R	25 (ANPL) Saturday Night Live (N) (In Stereo) R	26 (CMT) Profiler: "Second Best" (N) (In Stereo) R	

SATURDAY MORNING/AFTERNOON													NOVEMBER 9, 2002												
6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30		
2 (WBTV) 6:00 RPT's Believe It or Not!	3 (FOXFAM) Paid Program 6:30 Medabots (N) (In Stereo) R	4 (FOX) Kyrby: Ultimate Muscle (N) (In Stereo) R	5 (KOB) Today Author Alan Metcalf: winter coats. (In Stereo) R	6 (ESPN) Sportscenter 6:30 Earth Revealed (N) (In Stereo) R	7 (KSYS) Earth Revealed (N) (In Stereo) R	8 (TBN) (2:00) Praise-A-Thon	9 (LIFE) Paid Program 6:30 Saturday Early Show (N) (In Stereo) R	10 (KTVL) News (N) (In Stereo) R	11 (NICK) Animalia (N) (In Stereo) R	12 (KOB) Paid Program 6:30 Ultimate Muscle (N) (In Stereo) R	13 (USA) Small Business (N) (In Stereo) R	14 (A&E) Paid Program 6:30 Ultimate Muscle (N) (In Stereo) R	15 (HBO) Movie: "Treasure Island" (1998) R	16 (SHOW) Movie: "Romantic Comedy" (1993) R	17 (SHOW) Movie: "Annoyance" (1993) R	18 (MAX) Movie: "Three Amigos" (1986) R	19 (ESPC) Cinnaminets at Boston Red Sox Game 6 of the 1975 World Series.	20 (TRAV) Great Chefs (N) (In Stereo) R	21 (CAM) Movie: "Midnight Lace" (1960) R	22 (TNT) Movie: "Forced Vengeance" (1982) R	23 (DISN) Book of Pooh (N) (In Stereo) R	24 (SCIFI) Paid Program 6:30 Ultimate Muscle (N) (In Stereo) R	25 (ANPL) Breed: All About It (N) (In Stereo) R	26 (COM) Paid Program 6:30 Ultimate Muscle (N) (In Stereo) R	27 (CMT) Hollywood at Large (N) (In Stereo) R

SATURDAY EVENING/LATE NIGHT													NOVEMBER 9, 2002												
6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30		
2 (WBTV) College Football: Michigan at Minnesota (Live) (N) (In Stereo) R	3 (FOXFAM) America's Most Wanted-Fights Back (N) (In Stereo) R	4 (FOX) News 7:00 She Spies Abandoned (N) (In Stereo) R	5 (KOB) News 7:00 She Spies Abandoned (N) (In Stereo) R	6 (ESPN) 4:45 College Football: Michigan at Minnesota (Live) (N) (In Stereo) R	7 (KSYS) Lawrence Walk Show "Salute to the Ladies" (N) (In Stereo) R	8 (TBN) (2:00) Praise-A-Thon	9 (LIFE) Movie: "Justice for Annie" (1998) R	10 (KTVL) News (N) (In Stereo) R	11 (NICK) As Told by Ginger (N) (In Stereo) R	12 (KOB) News 7:00 She Spies Abandoned (N) (In Stereo) R	13 (USA) City Confidential (N) (In Stereo) R	14 (A&E) Movie: "Osmosis Jones" (2001) R	15 (HBO) Movie: "An American Vampire" (1997) R	16 (SHOW) Movie: "Another Stakeout" (1993) R	17 (MAX) Movie: "Sweet November" (2001) R	18 (ESPC) Denver Nuggets at Seattle SuperSonics 1994 Western Conference first-round series.	19 (TRAV) World's Most Dangerous Roads 2 (N) (In Stereo) R	20 (CAM) Movie: "Chain Reaction" (1996) R	21 (TNT) Movie: "Kindergarten Cop" (1990) R	22 (DISN) Sister, Sister (N) (In Stereo) R	23 (SCIFI) Movie: "The Beast" (1996) R	24 (DISC) Keel and Ivy: Monsters (N) (In Stereo) R	25 (ANPL) Movie: "Grizzly Falls" (2000) R	26 (COM) World Comedy Tour (N) (In Stereo) R	27 (CMT) Movie: "Final Appeal" (1993) R