TV Listings • Entertainment

Questions and Answers
by Christina Snell
Executive Director at Lovejoy Hospice

In order to help you become better informed about hospice services, Lovejoy Hospice is publishing this question and answer column every month. Look for us on the fourth Wednesday of every month in 'Illinois Valley News.' If you have questions you would like answered in this column, phone or Email us at the numbers below.

Question: I promised my husband that I would always take care of him at home but I am 78 and worry about what I will do if he falls and I can't get him up.

Answer: Last month we answered the part about falls. This month we will respond to the deeper question. Often spouses and children make promises before there is a crisis. They then are torn between what they promised and what they can realistically do. Here are some suggestions for compromise.

Friends, family, church members, or paid caregivers may help. Adult foster homes, assisted living facilities, and nursing home are possibilities outside of the home. The important thing in all cases is to visit with or interview each caregiver or facility. Ask lots of questions and spend time looking around. You will be his best advocate for his care. Get to know the staff. Be a part of his team.

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WAR GAMES - Six teams with five competitors on each team battled each other in a paintball tournament held on Sunday, July 27 at DMZ Paintball Supply Competition Field in Kerby. Representatives from Medford, Coos Bay, Cave Junction, Eugene and Klamath Falls are participating in a series of competitions in Southern Oregon. A man holds a compressed air powered marker (photo left) during the event while other participants (photo above) prepare themselves and their equipment for battle. For more information or questions phone DMZ Paintball Supply at 592-5290.

Minnis displeased with overspending

Stating that she is "disappointed by the Democrats' insistence on spending beyond taxpayers' means," House Speaker Karen Minnis (R-Wood Village) last week announced that she will move forward with running budget bills for the 2003-05 Biennium out of the House Special Committee on Budget.

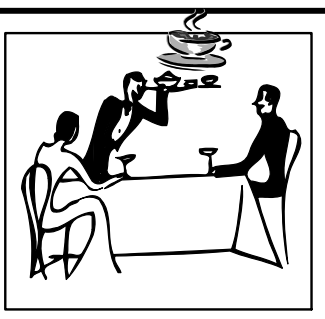
In budget negotiations during the last three weeks Republicans and Democrats had narrowed their differences to between $150 and 300 million.

However, the speaker said that while Republicans are willing to add some revenues to the budget, phasing out the personal tax exemption as the Democrats have suggested, while increasing spending without a clear way to pay for it are unacceptable.

House Republicans also rejected the Democrats' proposal earlier this month to take $200 million in state shared revenues from local governments, a move that could precipitate financial crises in cities and counties across Oregon, said Minnis.

In the negotiations, Minnis has offered to add approximately $600 million in new revenue to the co-chairman's budget, for a total General Fund Budget for 2003-05 of $11.2 billion (including a $100 million cash ending balance).

Included in that is a K-12 budget of $5.05 billion, but schools will receive an effective funding level of $5.3 billion through cost efficiencies and savings from reform of the Public Employee Retirement System. In addition, the K-12 budget proposal includes $250 million in additional funding that would be triggered by growth in the state's economy.



Art's Red Garter Steakhouse & Saloon
124 S. Redwood Hwy.
592-2892
Open 5 to 9 p.m.
Restaurant parking in rear

Necessity of action takes away the fear of the act, and makes bold resolution the favorite of fortune.

ASVAB Test Prep for entering military
Kerby Belt Building 592-2103
Rogue Community College

KBCC - LP
107.9 FM

Illinois Valley Building Supply & Rental Center
Reduce Costly Auto Repairs
Do it Best

434 Caves Highway, 592-3540

Additional Listings
Besides the program listings Provided, the following also are among those available from Charter Communications. For information about costs that might apply, contact the company.
1-800-338-8838

- *12 - QVC
- *14 - Better Life TV
- *16 - Home Shopping
- *23 - Community Bulletins
- *25 - Fox News
- *26 - C-Span/House of Rep.
- *27 - C-Span 2 (Senate)
- *28 - ESPN 2
- *31 - CNN Headline News
- *33 - Fox Sports Northwest
- *36 - Country Music TV
- *37 - Nashville Channel
- *40 - The History Channel
- *41 - The Learning Channel
- *42 - Cartoon Network
- *43 - Home & Garden TV
- *44 - The Weather Channel

MONDAY-FRIDAY MORNING/AFTERNOON

	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 WTBS	Lois & Clark-Superman		Dawson's Creek		Dawson's Creek		Saved by the Bell	Saved by the Bell	Family Matters	Cosby Show	Futurama	Family Guy	Roseanne	Roseanne	Roseanne	Drew Carey	Drew Carey	Home Improve.	Home Improve.	Seinfeld	Seinfeld	Friends	Varied Programs	
3 FOXFAM	Life in the Word	Varied Programs	Medabots	Beyblade	Power Rangers	Power Rangers	Who's the Boss?	Living the Life	700 Club		Movie				Growing Pains	Growing Pains	Step by Step	Step by Step	So Little Time	7th Heaven		Switched!	Hang Time	B. Leonard
4 FOX	Big Valley		Fall Guy		Sexwars	We the Jury	Crossing Over	Crossing Over	Power of Attorney	Power of Attorney	Paid Program	Paid Program	Quincy, M.E.		Trapper John, M.D.		Big Valley		Fall Guy		Knight Rider		Varied Programs	
5 KOBI	News		Today						Martha Stewart Living		Varied Programs		That '70s Show	Family Feud	Days of Our Lives		Passions		Dr. Phil		Home Improve.	Seinfeld	Inside Edition	NBC News
6 ESPN	Sports-Center	Varied Programs	SportsCenter		SportsCenter		Baseball Tonight	Baseball Tonight	Varied Programs								Around the Horn	Interrup-tion	SportsCenter		Varied Programs			
7 KSYS	Varied Programs		Barney & Friends	Between the Lions	Sesame Street		Berens-tain Brs	Teletub-bies	Mister Rogers	Body Electric	Sit and Be Fit	Charlie Rose		Caillou	Zoboom-afoo	Sagwa-the Cat	Dragon Tales	George Shrinks	Clifford-Red	Reading Rainbow	Arthur	Liberty's Kids	Zoom	Cyber-chase
8 TBN	Changing-World	Corner-stone	Rod Parsley	Marilyn Hickey	Believer's Voice	Varied Programs			Behind Scenes	Paula White	Life Today	This Is Your Day	700 Club		Corner-stone	Rod Parsley	Praise the Lord				Varied Programs		Behind Scenes	Varied Programs
9 LIFE	Paid Program	Paid Program	Fit & Lite	Daily Workout	Caroline in the City	Designing Women	Golden Girls	Nanny	Golden Girls	Nanny	Mad About You	Mad About You	Golden Girls	Nanny	Unsolved Mysteries		Movie				Movie			
10 KTVL	News		Early Show				700 Club		Price Is Right		Young and the Restless		News	Bold, Beautiful	As the World Turns		Guiding Light		Life Moments		John Walsh Show		News	CBS News
11 NICK	Blue's Clues	Doug	CatDog	Thomber-rys	Hey Arnold!	Rocket Power	Rugrats	Sponge-Bob	Dora the Explorer	Blue's Clues	Dora the Explorer	Tweenies	Little Bill	Bob the Builder	Oswald	Max & Ruby	Varied Programs						As Told by Ginger	Sponge-Bob
13 KDRV	News Cont'd		Good Morning America				Live With Regis and Kelly		The View		We the Jury	Port Charles	All My Children		One Life to Live		General Hospital		Judge Judy	Judge Joe Brown	Oprah Winfrey		News	ABC Wld News
15 USA	Bloomberg Information Network Cont'd				Varied Programs						Movie			Varied Programs									Walker, Texas Ranger	
17 A&E	Paid Program	Paid Program	Varied Programs		Movie				Murder, She Wrote		Murder, She Wrote		City Confidential		American Justice		Movie				Murder, She Wrote		Murder, She Wrote	
18 HBO	Movie Cont'd	Varied Programs	Movie		Varied Programs	Movie		Varied Programs	Movie	Varied Programs			Movie	Varied Programs										
19 SHOW2	Movie Cont'd		Varied Programs					Movie		Varied Programs														
21 SHOW	Movie Cont'd			Movie	Varied Programs																	Movie	Varied Programs	
22 MAX	Movie Cont'd	Varied Programs									Movie	Varied Programs					Movie	Varied Programs						
29 ESPCL	Varied Programs	The Way it Was	One on One	Sports Trivia	Wide World of Sports		SportsCentury		Varied Programs				MLB Baseball				MLB Baseball				Varied Programs		SportsCentury	
30 TRAV	Epicu-rious	Great Chefs	Varied Programs		Famous Homes	Famous Homes	Great Hotels	Great Hotels	Epicu-rious	Great Chefs	Two for Las Vegas	Exotic Islands	Famous Homes	Hotels	Varied Programs								World's Best	
34 AMC	Movie Cont'd	Movie			Varied Programs	Movie			Varied Programs						Movie				Movie				Movie	
35 TNT	Pensacola: Wings of Gold		Lost World		Pretender		Charmed		ER		ER		Law & Order		NYPD Blue		NYPD Blue		In the Heat of the Night		Pretender		X-Files	
38 DISN	Bear in House	Book of Pooh	Rolie Polie Olie	Stanley	PB&J Otter	Wiggles	Wiggles	Stanley	Rolie Polie Olie	PB&J Otter	Out of the Box	Bear in House	Wiggles	Wiggles	Stanley	Rolie Polie Olie	Winnie-Pooh	House of Mouse	Weeken-ders	Lloyd in Space	Sabrina Series	Proud Family	Boy Meets World	Smart Guy
39 SCIFI	Paid Program	Paid Program	Paid Program	Paid Program	Dark Shadows	Dark Shadows	Babylon 5		Sentinel		Varied Programs										X-Files		Knight Rider	
45 DISC	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Perfect Partner	Perfect Partner	Home Matters		Home Matters		Surprise by Design		Surprise by Design		It's Christopher Lowell!		Christopher Lowell		Storm Warning!		Varied Programs	
46 ANPL	Animal Court	Animal Court	Pet Story	Pet Story	That's My Baby	That's My Baby	Emer-gency	Emer-gency	Wild Rescues	Wild Rescues	Pet Story	Pet Story	That's My Baby	That's My Baby	Emer-gency	Emer-gency	Animal Videos	Animal Videos	Crocodile Hunter		Funniest Animals	Funniest Animals	Varied Programs	
47 COM	Paid Program	Paid Program	Paid Program	Paid Program	Movie				Daily Show	Varied Programs	Com-Presents	Com-Presents	Late Night		Saturday Night Live		Saturday Night Live		Movie				Saturday Night Live	
48 CRIT	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Open Court				Trial Heat				Both Sides				Closing Arguments				Catherine Crier	