TV Listings • Entertainment

SLIPPERY ROADS - Heavy rain on Tuesday may have contributed to a single vehicle crash in front of the old Krauss Kraft building in the 30000 block of Redwood Hwy. A woman driving a Geo Metro ended up in the ditch at approximately 10:30 a.m. The name of the driver was not available at press time. She was transported by American Medical Response to Three Rivers Community Hospital for her injuries.

The Savvy Senior
by CAROL MARTIN

Although stroke is the third leading cause of death and a leading cause of debilitation in the United States, a significant gap exists among Americans between general understanding of stroke and stroke prevention efforts.

According to a survey issued by The National Council on the Aging (NCOA), Americans understand that those who have had a stroke are at greater risk for a future one, yet stroke survivors are not taking all the possible steps to protect their health.

While 88% of those surveyed recognized that a person who has a stroke is at greater risk to have another one, statistics show that one-third of all strokes are recurrent, even though there are lifestyle changes and medications available today that can help reduce risk.

In addition to basic lifestyle changes, risk of recurrent stroke can be reduced by using appropriate medicines. For instance, many patients may benefit from antiplatelet therapy that prevents blood platelets from sticking together and clotting, thus helping to reduce stroke risk.

Research shows that after surviving a stroke, men have a 42% chance of having another one within five years, and women have a 24% chance during the same time period. Suffering an initial stroke also puts people at increased risk for having a heart attack, a leading cause of death that affects over one million Americans each year. Similarly, having a heart attack also increases the risk of having a first or recurrent stroke.

While two-thirds of all strokes occur in people over 65, only one in eight (12%) of those surveyed in this age group indicated they were most concerned about experiencing a stroke, given the choice of other serious conditions such as Alzheimer's disease and diabetes that result in fewer fatalities.

Additionally, 75% of seniors surveyed said they have never talked to their doctor about stroke risk.

"For older Americans, stroke poses a significant health risk, so it is alarming to us that so few seniors have discussed their personal risk for stroke with their doctor," said James P. Firman, president and CEO of NCOA. "Better education is clearly needed to help all Americans understand their risk of stroke to protect their health."

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KBCC - LP

107.9 FM

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

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)	Movie Cont'd		Dawson's Creek		Dawson's Creek		Saved by the Bell	Saved by the Bell	Cosby Show	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	Digimon-Digital	Beyblade	Power Rangers	Power Rangers	Varied Programs	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		Paid Program	Paid Program	Crossing Over	Crossing Over	Green Acres	Mister Ed	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		Living It Up	Varied Programs	Days of Our Lives		Passions		Dr. Phil		Home Improve.	Seinfeld	Inside Edition	NBC News
6 (ESPN)	Sports-Center	Varied Programs	SportsCenter		SportsCenter		Varied Programs											Interrup-tion	SportsCenter		Varied Programs			
7 (KSYS)	Varied Programs		Barney & Friends	Between the Lions	Sesame Street		Berens-tain Bears	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		Starting Over		John Walsh Show		News	CBS News
11 (NICK)	Varied Programs	Thornber-rys	Hey Arnold!	Rocket Power	Rugrats	Sponge-Bob	Rubba-dubbers	Max & Ruby	Dora the Explorer	Blue's Clues	Dora the Explorer	Tweenies	Oswald	Little Bill	Maggie-Beast	Bob the Builder	Tiny Toon Adv.	CatDog	Thornber-rys	Rugrats	Rocket Power	As Told by Ginger	U-Pick	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	JAG	Varied Programs							Texas Ranger	Varied Programs
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	Movie	Varied Programs		Movie	Varied Programs				Movie			Movie	Varied Programs										
19 (SHOW2)	Movie Cont'd	Varied Programs		Movie	Varied Programs			Movie	Varied Programs						Movie	Varied Programs		Movie	Varied Programs					Movie
21 (SHOW)	Movie Cont'd	Varied Programs							Movie			Movie			Movie			Movie	Varied Programs			Movie	Varied Programs	
22 (MAX)	Movie Cont'd	Varied Programs	Movie		Varied Programs																			
29 (ESPCL)	Varied Programs	The Way it Was	One on One	Sports Trivia	Wide World of Sports		Sport-sCentury	Varied Programs	College Football				College Football				College Football				Varied Programs		Sport-sCentury	Varied Programs
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	Great Hotels	Varied Programs									
34 (AMC)	Movie	Varied Programs																	Movie				Movie	
35 (TNT)	Pensacola: Wings of Gold		Lost World		Movie		Charmed		ER		ER		Law & Order		Law & Order	Varied Programs	NYPD Blue		NYPD Blue		Judging Amy		Judging Amy	
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	Sabrina Series	Recess	Recess	Recess	Kim Possible	Proud Family
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	Guthy-Renker	Assignment Discovery		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	Pet Psychic		Pet Story	Pet Story	That's My Baby	That's My Baby	Emer-gency	Emer-gency	Animal Videos	Animal Videos	Crocodile Hunter Diaries		Funniest Animals	Funniest Animals	Varied Programs	
47 (COM)	Paid Program	Paid Program	Paid Program	Paid Program	Movie				Daily Show	Premium Blend	Com-Presents	Premium Blend	Late Night		Saturday Night Live		Saturday Night Live		Movie				Saturday Night Live	Varied Programs
48 (CRT)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Open Court				Trial Heat				Both Sides				Closing Arguments				Catherine Crier	