

TV Listings • Entertainment



FALL FLOW -- The Illinois Valley River was serene and clear as glass this week but it may soon increase its flow as late Autumn storms are expected to hit the region this week. (Photo by Britt Fairchild)

Rogue River runners are required to acquire permit

The end of the regulated use season occurred Thursday, Oct. 15 in the wild section of the Rogue River (Grave Creek to Foster Bar).

Between Oct. 16 and May 14, wild section boaters are requested to stop by the Smullin Visitor Center at Rand in Galice or the Grave Creek Boat Ramp to fill out a self-issuing permit.

There are no fees for the permits and no restrictions on the number of floaters per day. Trip regis-

tration will help the managing agencies track use in the off-season and provide a means for identifying who may be on the river, in case of emergency.

Floaters are required to carry a portable toilet year round in the wild section of the Rogue River. The toilet must be used when stopping for any reason at a location without a government-provided toilet. In addition, all open fires within 400 feet of the river must be contained in a firepan.

OSU grant focuses on travel

Oregon State University (OSU) will use a new \$5 million grant from the national Institute for Disability and Rehabilitation to create the nation's first research center focused on making inter-city transportation more accessible.

The funding from this agency of the U.S. Dept. of Education will establish at OCU the National Center for Accessible Transportation (NCAT), with a goal of making travel easier for the 10 percent of the population made up of people with disabilities.

The center will be a partnership between faculty and students in the

OSU College of Engineering and the OSU College Health and Human Sciences and involve researchers at Oregon Health and Sciences University and the Stanford Transportation Group, a provider of business-oriented consulting and research to aircraft manufacturers.

"This is an outstanding example of what happens when researchers collaborate across disciplines," said Katharine Hunter-Zaworski, an engineer in the OSU College of Engineering and director of the new research center.

The Savvy Senior By CAROL MARTIN

Here are more tips on how you can get and remain physically fit.

OBSTACLE: Exercise and activity after surgery
OVERCOME IT: Follow your doctor's orders, but the best general rule is to get moving as soon as possible. The type of surgery you had and the type of exercise you plan to do will influence when you should start exercising after an operation. Physical medicine and rehabilitation (PM&R) physicians say keeping active becomes more important as the body ages and loses its ability to recover.

OBSTACLE: A history of inactivity
OVERCOME IT: Get started on the path to fitness by using everyday activities as exercise. Climbing a flight of stairs several times or repeatedly rising from and returning to a seated position is an effective way to build leg strength. As you become stronger and more fit, increase the challenge by holding some sort of weight on your shoulders, like soup cans. PM&R physicians say that even mundane household chores such as transferring wet laundry from the washer to the dryer, one piece at a time, can be used to increase strength and flexibility in your abdominal, low back and hip muscles.

OBSTACLE: Chronic pain and inflammation
OVERCOME IT: Choose low impact activities to keep moving and minimize pain. Experts say that certain types of exercise can reduce joint stiffness, pain and inflammation associated with arthritis conditions that affect more than 40 million Americans. A PM&R physician can advise you on the exercise best suited for your arthritis. PM&R physicians also advise arthritic patients to take breaks from long periods of sitting so that joints don't become stiff and painful.

For More Information:

If you face chronic pain or other medical conditions, consult a PM&R physician who can help you overcome obstacles and develop a realistic and effective fitness program. To find a PM&R physician near you, visit the AAPM&R Web site at www.aapmr.org. You can also request a copy of a free brochure with more information on physiatry by writing to the American Academy of Physical Medicine & Rehabilitation, One IBM Plaza, Suite 2500, Chicago, IL, 60611.

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Sports Challenge By WALTER BRANCH

1. What did British boxer Tony Willis need three hours, an orangeade and a glass of water to produce after an Olympic bout?
2. What fell out of pitcher Joe Niekro's pocket after an umpire suspended him of scuffing balls in 1987?
3. How many NBA titles did K.C. Jones win during his five years coaching the Boston Celtics?
4. What holiday did Americans celebrate as the 1987 Wimbledon women's tennis finals were played?
5. What basketball star's autobiography was aptly titled "Giant Steps"?
6. What sense was swimmer Trischa Zorn without when she won 12 gold medals at the 1988 Paralympics?
7. How many walks did Roger Clemens give up in his 20 strike-out game in 1986?
8. Who won a third consecutive Emmy for "Outstanding TV Sports Analyst" in 1988?
9. What team scored a touchdown with 34 seconds remaining in the game to win the 1989 Super Bowl?
10. What country's top-rated gymnastics team did the U.S. men's squad upset at the 1984 Olympics?

Sports Challenge Answers

1. A urine sample; 2. An emery board; 3. Two; 4. The Fourth of July; 5. Kareem Abdul-Jabbar's; 6. Sight; 7. None; 8. John Madden; 9. The San Francisco 49ers; 10. China's

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and Chinese Herbs

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NEW WEST IMPORTS
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Pre-Christmas Bazaar & Bake Sale



Saturday, November 1
9 a.m. to 3 p.m.

Soup and Pie Lunch
11 a.m. to 1 p.m.

Immanuel United Methodist Church
200 W. Watkins St., Cave Junction

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	WTFB	Mama's Family	Mama's Family	Saved by the Bell	Saved by the Bell	Movie			Dawson's Creek	Dawson's Creek	Saved by the Bell	Saved by the Bell	Cosby	Cosby	Cosby	Cosby	Fresh Prince	Fresh Prince	Steve Harvey	Steve Harvey	Drew Carey	Drew Carey	Home Improvement				
3	FOX4AM	Life in the World	Varied Programs	Digimon	Bayblade	Power Rangers	Digimon	Hang Time	Living the Life	700 Club	America's Funniest Home Videos	Wonder Years	Wonder Years	Growing Pains	Growing Pains	Step by Step	Step by Step	So Little Time	Sweet Valley	7th Heaven	Switched	Knock First					
4	FOX	Butt	Virginian			Paid Program	Paid Program	Crossing Over	Crossing Over	Green Acres	Mister Ed	Paid Program	Paid Program	Quincy, M.E.	Kojak	Cagney & Lacey	Fame			Blind Date	Blind Date	Varied Programs					
5	ROB	News		Today					Martha Stewart Living	Varied Programs		Living It Up! With All & Jack	Days of Our Lives	Passions			Dr. Phil			Home Improve.	Seinfeld	Inside Edition	NBC News				
6	ESPN	SportsCenter	Varied Programs	SportsCenter		SportsCenter	Varied Programs		NFL Live	Varied Programs							Around the Horn	Interrup-	SportsCenter		Varied Programs						
7	HSN	GED Connect	Workplace Skills	Barney & Friends	Between the Lions	Sesame Street	Berenstain Bears	Teletubbies	Mister Rogers	Body Electric	Sit and Be Fit	Charlie Rose		Caillou	Zoboomatoo	Sagwa the Cat	Dragon Tales	George Shrinks	Clifford Red	Reading Rainbow	Arthur	Liberty's Kids	Zoom	Cyber-class			
8	TEB	Praise-A-Thon	Varied Programs					Praise-A-Thon	Varied Programs													Praise-A-Thon	Varied Programs				
9	LIFE	Paid Program	Fit & Life	Daily Workout	Suddenly Susan	Designing Women	Golden Girls	Nanny	Golden Girls	Nanny	Mad About You	Mad About You	Golden Girls	Nanny	Unsolved Mysteries	Movie					Movie						
10	NVL	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-	Oddpar-	Rugrats	Hey Arnold!	Sponge-Bob	Max & Ruby	Rubba-dubbers	The Dora Explorer	Blue's Clues	Dora the Explorer	Blue's Clues	Little Bill	Maggie-Beast	Bob the Builder	Dora the Explorer	Hey Arnold!	Hey Arnold!	Rugrats	Rugrats	Oddpar-	Rocket Power	Sponge-Bob	U-Pick		
12	KDFW	News Conf'd		Good Morning America				Live With Regis and Kelly	The View		News-watch Mid	Hollywood Squares	All My Children	One Life to Live	General Hospital	Judge Judy	Judge Joe Brown	Oprah Winfrey			News	ABC Wkl News					
13	USA	Bloomberg Information	Network Conf'd		Nash Bridges	Varied Programs	Movie				Movie		Varied Programs	JAG	Varied Programs							Walter, Texas Ranger					
17	ABC	Paid Program	Paid Program		Movie				Murder, She Wrote		Murder, She Wrote		City Confidential		American Justice	Movie					Murder, She Wrote		Murder, She Wrote				
18	RED	Movie Conf'd	Varied Programs						Movie		Varied Programs		Movie	Varied Programs	Movie	Varied Programs							Movie				
19	SHOWWZ	Movie	Varied Programs										Movie	Varied Programs			Movie	Varied Programs	Movie	Varied Programs		Movie	Varied Programs				
21	SHOW	Movie Conf'd	Varied Programs				Movie	Varied Programs					Movie	Varied Programs			Movie	Varied Programs			Movie	Varied Programs	Movie				
22	MAX	Movie Conf'd	Varied Programs								Movie		Movie	Varied Programs			Movie			Varied Programs							
23	ESPNL	Varied Programs	One on One	Sports Trivia	Wide World of Sports	Sport'sCentury	Varied Programs						Great Hotels	Great Hotels	Varied Programs					World's Best		Sport'sCentury	Varied Programs				
30	TFW	Epicu-	Great Chefs	Varied Programs	Famous Homes	Famous Homes	Great Hotels	Great Hotels	Epicu-	Great Chefs		Varied Programs	Great Hotels	Great Hotels	Varied Programs								Movie				
40	AMC	Movie Conf'd	Varied Programs																Movie				Movie				
55	TNT	Genevieve: Wings of Gold	Lost World		Pretender		Chamed		ER		ER		Judging Amy	Law & Order	NYPD Blue		NYPD Blue		Judging Amy			Angel					
58	GSN	Winnie-Pooh	Bear in House	JoJo's Circus	Stanley	Wiggles	JoJo's Circus	Wiggles	Stanley	Rolie Polie Olie	Rolie Polie Olie	Out of the Box	PB&J Otter	Wiggles	JoJo's Circus	Stanley	Rolie Polie Olie	Winnie-Pooh	House of Mouse	House of Mouse	Recess	Lilo & Stitch	Recess	Kim Possible	Proud Family		
59	SOIF	Paid Program	Paid Program	Paid Program	Paid Program	Dark Shadows	Dark Shadows	Baylon 5		Sentinel		Varied Programs									X-Files	Knightrider					
45	DISO	Paid Program	Paid Program	Paid Program	Paid Program	Assignment Discovery			Christopher Lowell		It's Christopher Lowell		Rally Round the House	Surprise by Design	Surprise by Design		Rally Round the House			Double Agents		Second Opinion With Doctor Oz	Varied Programs				
46	ANFL	Wild Rescues	Adoption Tales	That's My Baby	That's My Baby	Pet Story	Pet Story	Emerg-	Emerg-	Wild Rescues	Adoption Tales	That's My Baby	That's My Baby	Pet Story	Pet Story	Emerg-	Emerg-	Animal Videos	Animal Videos	Crocodile Hunter	Funnist Animals	Funnist Animals		Saturday Night Live			
47	COM	Paid Program	Paid Program	Paid Program	Paid Program	Movie			Daily Show	Varied Programs			Late Night		Saturday Night Live		Kids in the Hall	Kids in the Hall	Movie								
48	GRF	Paid Program	Paid Program	Paid Program	Paid Program	Open Court					Trial Heat				Both Sides				Closing Arguments				Catherine Crier				