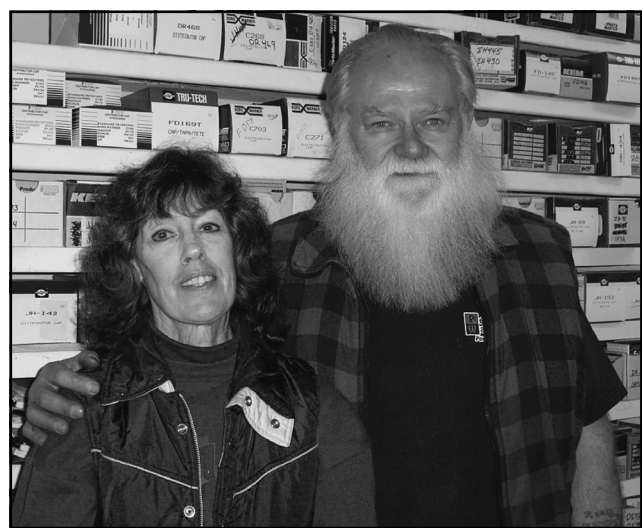


TV Listings • Entertainment

Ten Minutes With ...



Fred & Sara Ball

Co-owners of Bi-Rite Auto Parts in Cave Junction.

How long have you lived in the valley?

Since 1970. Fred: "When we moved here, there were no sidewalks; that's where we parked."

And what brought you here?

Fred: "It was really a fluke. I stopped to check out some property while on a fishing trip." Sara: "It was nice to get away from the big city (LA) and get back to the country."

What do you like about living in Illinois Valley?

Both agree Cave Junction is a small town. Fred: "I like it because it is neighborly... you get to meet and know interesting people."

Why did you choose to go into the auto parts business?

Fred: "I started the business in 1971 working on big trucks providing parts, fuel and tires. When my body couldn't work on trucks any more, I branched out into auto parts."

What do you do in your spare time?

Fred: "I started 10 years ago as a volunteer Santa Claus for the elementary school in Selma and have continued on for five years working on CJ Cares helping local families during the holidays." Sara: "After our son graduated in 1998, we began hosting the Illinois Valley High School graduation parties each year at the Junction Inn."

Do you have any pets?

Two dogs (business mascots): "Ash" and "Boston," and seven cats.

What is your favorite flavor of ice cream?

Fred: "Chocolate shakes."
Sara: "Hagen Daas vanilla ice cream."

Interview by Shane Welsh

Tips to keep the pressure up and frustration down

Have you ever had a warm, roaring shower reduced to a trickle because someone started the washing machine or turned on the dish washer?

This nuisance happens because your private water well system or utility pipeline doesn't have enough water pressure.

You don't have to coordinate your shower with household errands. It is one you want to take seriously because constant water pressure not only makes life more comfortable, it aids water softeners, iron removal devices and other equipment in working more efficiently and helping provide you with safe, potable water.

The National Ground Water Association (NGWA) offers the following facts about water pressure and some remedies for water pressure problems:

* Water flows out of taps because of pressure in the water system. For most well systems, it is a well pump that provides the pressure that makes the water flow.

* Different pumps have different flow capacities, as the overall rate of flow is directly related to the pump capacity. If your household has a 10-gallon-per-minute demand, there will be trickling water if the pump will only supply five gpm.

* A pressure tank in a water system is designed to have extra gallons of water in reserve so small demands don't require the pump to switch on. An example is turning on a faucet for a few seconds to get a glass of water. However, the tank cannot compensate for flow greater than the pump capacity.

* If you receive your water through a utility pipeline, your location and the age of the utility can affect water pressure. If you live near the end of the line or if the utility's infrastructure is old, you may have to install your own booster pump and pressure tank.

To remedy your water

pressure problems, the system first needs to be checked. If there is adequate pressure in the tank, hard water could be causing the decline in pressure. A build-up of scale can cause increased friction in the pipes and hamper water pressure.

If installation of a device is required, there are three primary solutions:

1. A constant pressure valve can be installed between the pump and the pressure tank. It will automatically adjust flow from the well pump to a preset pressure. It is relatively easy to install and a good, economic solution. It will solve many problems. However, it does not increase the flow rate greater than that of the pump.

2. Additional pressure tank capacity can be added to meet high demands for water that is in excess of the pump's capacity.

Ensuring that two tanks and the existing pump will work compatibly will require a professional, but this will aid in the short-term demands. However, it will not permanently solve the problem of the shower, dishwasher, washing machine and other heavy appliances all running at the same time.

3. The pump can be replaced with a variable speed pump. The motors of variable speed pumps can run up to two times faster than those with constant speeds.

The speed of it is regulated by the demand for water. A device measures the demand for pressure, and adjusts the pump's flow rate. Some variable speed pumps have a slow start-up, which eliminates power surges and reduces torque on the pump and well piping.

Safety always comes first, and installation of valves, tanks and pumps is not for amateurs.

The NGWA recommends contacting a water well contractor to examine your system and perform any necessary installations.

**Eat up.
You'll need energy
to tackle dessert.**



Double Cheeseburger \$1.19

Double Burger 99¢



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- ④ "FOOD TO GO"...

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18101 Redwood Hwy.
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597-2111

Closed Tuesday & Wednesday...

Weather Watch

Cave Junction

Wednesday, Jan. 7
Cloudy & rainy,
High-48, Low -38.

Thursday, Jan. 8
Cloudy, windy with rain
High-51, Low-39.

Friday, Jan. 9
Chance of rain, drizzle
High-51, Low-35.

Saturday, Jan. 10
Mostly cloudy
High- 52. Low- 31.

Sunday, Jan. 11
Cloudy, High- 51.
Low- 33.

Monday, Jan. 12
Showers possible.
High- 49. Low- 29.

Tuesday, Jan. 13
Cloudy, chance of rain.
High- 46. Low- 30.

KBCC - LP

107.9 FM

Rainbows apologize for angry skies.
- Sylvia Voirol -

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	(NTBS) 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 Show	Cosby Show	Fresh Prince	Fresh Prince	Steve Harvey	Steve Harvey	Drew Carey	Drew Carey	Drew Carey	Home Improv.						
3	(FOXFAM) Life in the Hood	Varied Programs	Digimon	Bayblade	Power Rangers	Digimon	Growing Pains	700 Club	Varied Programs	Green Acres	Mister Ed	Paid Program	7th Heaven	Varied Programs	Full House	Family Matters	Family Matters	Step by Step	Step by Step	So Little Time	Full House	7th Heaven	Knock First	Switched!	Knock First	
4	(FOX) Bat Masterson	News	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	Today	
5	(KOB) SportsCenter	Varied Programs	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	NFL Live	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	
6	(KOB) CEO Connect	Workplace Skills	Barney & Friends	Between the Lions	Sesame Street	Berenstain Bears	Teletubbies	Mister Rogers	Body Electric	Sit and Be Fit	Charlie Rose	Callou	Zoboomatoo	Sagwa-the Cat	Dragon Tales	George Shrinks	Clifford the Red Dog	Reading Rainbow	Arthur	Liberty's Kids	Zoom	Cyberchase				
7	(TEBN) Changing World	Cornerstone	Rod Parsley	Marilyn Hickey	Believer's Voice	Varied Programs	Behind Scenes	Varied Programs	Life Today	This is Your Day	700 Club	Cornerstone	Rod Parsley	Praise the Lord	Any Day Now	Division	Strong Medicine									
8	(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	Movie	As the World Turns	Guiding Light	Starting Over	Rugrats	Rugrats	Hey Arnold!	Yakky Yak	Oddparents	U-Pick	Sponge-Bob	Amanda	
9	(KTVU) 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													
10	(MCD) Varied Programs	Thornbergs	Rocket Power	Rugrats	Sponge-Bob	Max & Ruby	Rubbadubbers	Blue's Clues	Blue's Clues	Little Bill	Maggie Bees!	Bob the Builder	Dom the Explorer	One Life to Live	General Hospital	Judge Judy	Judge Joo Brown	Oprah Winfrey	News	ABC Wild News						
11	(KOP) News Cont'd	Good Morning America	Live With Regis and Kelly	The View	News-watch Md	Hollywood Squares	All My Children	One Life to Live	General Hospital	Judge Judy	Judge Joo Brown	Oprah Winfrey	News	ABC Wild News												
12	(USA) Living Single	Living Single	JAG	Nash Bridges	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	JAG	Varied Programs	Texas Ranger	Varied Programs	Movie										
13	(ABC) Paid Program	Varied Programs	Movie	Murder, She Wrote	Murder, She Wrote	City Confidential	American Justice	Movie																		
14	(NEO) Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	
15	(SHOW) Movie Cont'd	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	
16	(MAX) Movie Cont'd	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	
17	(ESPL) Varied Programs	One on One	Sports Trivia	Sports Spectacular	SportsCentury	Varied Programs	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	
18	(TRAV) Epicurious	Great Chefs	Great Chefs	Great Chefs	Get Packing!	Get Packing!	Epicurious	Great Chefs	Varied Programs	Great Chefs	Get Packing!	Varied Programs	Great Chefs	Get Packing!	Varied Programs	World's Best	Varied Programs									
19	(AMC) Movie Cont'd	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	Varied Programs	Movie	
20	(TNT) Pensacola: Wings of Gold	Lost World	Pretender	Charmed	ER	ER	Judging Amy	Law & Order	NYPD Blue	NYPD Blue	Judging Amy	Varied Programs	Angel													
21	(DISN) Winnie-Pooh	Bear in the Hat	JoJo's Circus	Stanley	Wiggles	JoJo's Circus	Wiggles	Stanley	Rollie Polie Olie	Rollie Polie Olie	Out of the Box	PBB&J Otter	Wiggles	JoJo's Circus	Stanley	Rollie Polie Olie	Winnie-Pooh	House of Mouse	House of Mouse	Recess	Lilo & Stitch	Recess	Kim Possible	Proud Family		
22	(SCIFI) Paid Program	Paid Program	Paid Program	Paid Program	Earth: Final Conflict	Sentinel	Sliders	Varied Programs																		
23	(DISC) Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	
24	(ANPL) Wild Rescues	Adoption Tales	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	That's My Baby	
25	(COM) Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	
26	(GRT) Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	

- 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