

I.V. equine team rides to victory

Illinois Valley qualifiers for Southern Oregon Horse Society Equestrian Team (SOHSET) 2004 state competition follows:

*Gaming classes - Danielle Simpson took silver in keyhole.

Kaylay Arnett took gold in barrel and individual flag races. She also took bronze in the figure 8 and pole bending.

*Roping - Brandon Mann took silver.

*Steer daubing - Brandon Mann took bronze.

*Team events - Two-man birangle school - I.V. competitors took silver.

On April 23 - 25, at a SOHSET district competition, I.V. equestrian team members qualified in the following events:

*Performance classes - over fences, Alice Weber placed second.

*Gaming classes - Kaylay Arnett placed first in the barrel and individual flag, and second in figure 8; Danielle Simpson placed first in keyhole.

*Team events - Two-man birangle school and Canadian flag, I.V. equestrian team placed second. It also took third for in-hand obstacle relay.

Four Way gives help to Lovejoy

Lovejoy Hospice has been awarded a \$2,850 grant from Four Way Community Foundation to complete a Field Staff Technology project that will provide nurses and social workers the use of three portable computers while working with patients.

"The Field Staff Technology project will enhance the availability for needed hospice services in our community," said Christina Snell, hospice executive director.

Lovejoy Hospice programs provide holistic end-of-life care for people and their families. Hospice also provides support services to families as they care for loved ones, bereavement services for children and adults, and presents community education programs for health-care professionals and the public.

Rape falsity

A reported rape of a 43-year-old woman at Riverside Park has been determined by Grants Pass Police to be "unfounded".

Following an "extensive investigation," officers said that citizen assistance was the key.



Com-Bow Archery's Leo Rasch and his wife, Jean (Photo by Shane Welsh)

Com-Bow Archery aims at pleasing enthusiasts

By SHANE WELSH
Staff Writer

A new shop in Downtown Cave Junction is aiming to please archery enthusiasts and hunters.

Com-Bow Archery, owned by Kathy Olah and managed by Leo Rasch, opened its doors next to Oregon Mountain Real Estate in May, to offer a wide selection of archery needs for even the most experienced bowman.

The store has a large selection of traditional and commercial equipment such as blowguns, hand-made bowstrings and wooden arrows (complete with hand-made fletching and obsidian tips).

It also has hunting knives, modern compound bows, crossbows and other accessories to outfit most bow-hunting expeditions.

Com-Bow Archery stocks name-brand equipment such as Matthews, Alpine, Browning, Champion, Oenida, PSE, Renegade, and more.

There are even smaller, 10-20 pound compound bows that are adjustable to allow the bow to "grow" with children.

Rasch, an avid outdoorsman, who has been hunting for more than 40 years, said he has extensive experience making custom shafts, tips, strings, and fletching.

He performs in-house bow-string and cable manufacturing using tradi-

tional methods and can accommodate nearly any custom archery need.

"To be able to shoot a bow effectively, it has to be custom adjusted for the individual," he said. "I adjust any bow I sell to fit the person."

At Com-Bow Archery, not only can patrons obtain a quality bow that can last for many years, but they can get the instruction, adjustment, and professional advice they need to make a confident purchase.

"When you come in and buy a bow here, everything is included in the price," said Rasch.

"When you walk out the door, you will have a bow that is tuned to fit you and will work the way you need it to," he said.

Instruction and self-help magazines are available for purchase for those wishing to improve their target skills, or learn how to make their own arrows, tips, and strings.

The magazines cover a range of subjects including target archery, traditional and non-traditional bow hunting; even tips on how to become a better archer.

Phone 592-6708 for pricing and selection, or stop by Com-Bow Archery from 10 a.m. to 5 p.m., Tuesdays to Saturdays at 419 S. Redwood Hwy. in Cave Junction.

"I love archery," said Rasch. "We want your archery experience to be enjoyable too."

'HIV Stops With Me' theme for state health campaign

"I take responsibility for my life and my illness," said John, a 41-year-old-HIV-positive man featured in a new statewide HIV prevention campaign.

It is to be launched Sunday, June 13 by the Oregon Dept. of Human Services (DHS).

The campaign is titled, "HIV Stops With Me."

"It takes enormous courage to stand up publicly and say, 'I have HIV and I'm not going to infect anyone new,'" said Mitch Zahn, DHS HIV prevention manager. "The power

of this campaign is that it features Oregonians who are infected speaking out to others about how they can stop this disease."

The campaign features four volunteers from Oregon communities most affected by HIV. They are Jeffery, a bisexual Caucasian; Jerry, an African-American; Chris, a young gay man living in Douglas County; and John, a former felon and crystal meth addict. As the campaign evolves, Latinos and women also will be included, Zahn said.

Funded by the federal Centers for Disease Control and Prevention, the "HIV Stops With Me" campaign began in San Francisco and is now in eight locations across the country. Besides Oregon, the campaign will expand to Seattle on June 20.

Formal evaluations show the campaign has been successful in increasing personal responsibility among HIV-positive persons not infecting others by modeling safe sexual behaviors and attitudes. San Francisco health officials say that HIV infections have leveled off and may actually be declining, and credit the campaign.

Pap test value noted by cancer unit

(Editor's Note: The following is from the National Cancer Institute.)

Q: Do older women still need to have Pap tests?

A: Women age 65 or older should talk with their doctor about whether and how often to have a Pap test. They are used to find cell changes in the cervix that may lead to cervical cancer. It also can find cancer early, when it is easiest to cure.

Doctors sometimes recommend that older women stop having the test if they have had at least three normal Pap tests, and no abnormal Pap tests, in

the last 10 years. Also, women who have had a total hysterectomy (surgery to remove the uterus and cervix) often stop having Pap tests.

Some older women are advised to continue having Pap tests. For example, the test may be recommended for women who have had a total hysterectomy as treatment for cancer or a precancerous condition.

Pap tests also may be necessary after a partial hysterectomy (surgery to remove the uterus, but not the cervix). A woman's doctor can help her decide what is right for her.

Almost all cervical

cancer is caused by the human papillomavirus (HPV), a group of sexually transmitted viruses. Still, older women who are no longer sexually active may need to have Pap tests because HPV can live in the body for many years. A Pap test can find tissue changes caused by HPV.

Medicare helps pay for a screening Pap test every two years, and more often if medically necessary.

Contact the National Cancer Institute's Cancer Information Service at (800)-4-CANCER (800-422-6237) and ask for a free copy of "Pap Tests for Older Women."

Nonburning alternatives booklet out

By OREGON
DEPT. OF FORESTRY

Forest managers and land owners seeking ways to reduce the risk of damaging wildfires without using controlled burns now have a how-to guide.

"Non-Burning Alternatives to Prescribed Fire on Wildlands in the Western United States" is a reference manual for reducing the fuel buildup that has put western forests, including many in Oregon, "at risk of catastrophic fire."

Controlled burning, or "prescribed fire," has been the most-common method of cleaning up forest fuels that can intensify a wildfire. But population expansion into forested areas of the West has resulted in mounting resistance to prescribed fire due to its short-term effect on air quality and the risk of escape from control.

In some eastern Oregon forests, aggressive fire suppression during the past century has elevated fuel loads far beyond historical levels, making prescribed fire hazardous.

Produced for the Western Regional Air Partnership (WRAP), the manual is intended to reduce the need for burning. It describes alternatives that can measurably reduce fuel loads while bypassing the social and economic barriers to burning.

"This manual is a one-of-a-kind reference guide that provides a fairly comprehensive description of alternatives to burning," said Brian Finneran of the Oregon Dept. of Environmental Quality.

"We hope to see this guide used by forest land owners when they consider the need to burn in Oregon and other states in the West."

The manual is more than a menu of options. It encourages forest managers to take into account social, economic and environmental factors in determining the most appropriate method of fuel management for a particular forest. Proximity to population centers is but one of several considerations.

Recent technological advances for reducing forest fuels have added to the forester's toolbox. Mobile "slashbuster" machines chip and grind brush, limbs and even small trees on site. The waste can be spread on the forest floor as mulch.

Where markets exist, it can be transported for use as co-generation fuel or raw material for manufactured products.

The intense wildland fire seasons of recent years have sent a clear message to the West: Failure to

manage forest fuels inevitably leads to severe fires that destroy wildlife habitat, timber resources and homes, as well as degrading air and water quality.

Mike Dykzeul of the Oregon Forest Industries Council predicts a mix of fuel-management methods will become the standard.

"Forest managers will continue to use prescribed fire in specific applications," he said, "but where fire is impractical or risky, alternative methods of fuel reduction can be applied to keep forests healthy and resilient."

Oregon Dept. of Forestry's (ODF) Smoke Management Review Committee reviewed the "Non-burning Alternatives" manual during its March meeting. The panel is developing recommendations for improvements to Oregon's Smoke Management Plan for forestland.

Mike Ziolk, the department's meteorology and fire intelligence manager, noted that many of the issues being discussed in Oregon, such as alterna-

tives to burning, are applicable at the regional and national levels.

Committee Chairman Stephen Fitzgerald framed the issue in terms of environmental capacity.

"Because you can only put so much smoke into an airshed and with a projected increase in the amount of prescribed burning on forest and rangelands in Oregon," he said, "land owners and forest managers will need to consider and pursue more aggressively alternatives to burning."

ODF has been working closely with WRAP's Fire Emissions Joint Forum on numerous issues pertaining to fire and air quality that affect the western United States.

"ODF's Smoke Management Program is considered a leader in the nation in managing burning," Ziolk said.

A link to the Non-burning Alternatives manual is available at, www.odf.state.or.us/divisions/protection/fire_protection/smp/smokemgt_onthe_web.asp.

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