

TV Listings • Entertainment

Campus Achievers

Chosen as May Kerby Belt Masonic Lodge Student of the Month is Travis Pfohl, a senior at Illinois Valley High School.



TRAVIS PFOHL

Travis is the son of William and Joyce Pfohl. He has maintained a 3.2 grade-point average.

He has held the office of Junior Class treasurer and Associated Student Body business manager. He is a member of Fishwatch, Cougar Pals, Mathletes and the bowling team.

Pfohl is the founder and president of M.A.D. (Music Appreciation Development).

After graduation, he will attend either the University of Oregon at Eugene, or the University of Melbourne, Australia.

JESSAME KENDALL

Former Skyline Conference Player of the Year Jessame Kendall, a 1997 graduate of Illinois Valley High School, has been nominated to be honored as a member of the National Collegiate Athletic Association's 25th Anniversary Division II softball team.

Kendall, who was

named the top player in the conference in 1996 and '97, also led Humboldt State University (HSU) of Arcata, Calif. to the NCAA National Championship in 1999.

She owns virtually every pitching record, career and season, at Humboldt. She is one of three Lady Jacks among the 35 nominees.

Kendall was named All Tournament pitcher at the '99 championships. She was named to the National Foundation of Collegiate Athletics Third Team in '98, Second Team in '99, and First Team in 2000.

After the 2000 season she was chosen to pitch an exhibition against the powerful Team USA as part of its "Central Park to Sydney Tour," facing such icons as Lisa Fernandez, Crystal Bustos, and Dr. Dot Richardson.

During five innings on a balmy evening in Sacramento, Kendall allowed no runs and just two hits while striking out two against the eventual Gold Medal winners.

She graduated from HSU in 2001 with a degree in kinesiology. She is now a Licensed Massage Therapist in Eugene, where she resides with her husband (her middle school sweetheart), JoDon Ireland. Her parents are Doug and Alyce Kendall, of Takilma.

People can vote electronically for the honorary team at ncaasports.com/softball/womens/fanpolls/1019.

Airborne spring allergens offer much to sneeze at

For millions of U.S. residents the arrival of spring is met with mixed emotions.

The greening of the trees and the blooming of the flowers are beautiful, but these signs of Nature are hard to enjoy through clouds of pollen, itchy, watery eyes and fits of sneezing. If you are one of the 35 million Americans who suffer from "seasonal" allergies, it's time to take action.

"Although most people suffering from allergies are able to handle their conditions with advice from their physician, they must take extra precautions during the height of allergy season to avoid severe reactions," said Dr. Bruce Bonanno of the American College of Emergency Physicians (ACEP), a medical society that represents the nation's emergency physicians.

"Some allergic reactions are an emergency," he said. "You need to seek immediate medical care if your reaction includes shortness of breath, difficulty swallowing, severe sweating, faintness, nausea, a rapid pulse or pale, cold, moist skin."

Bonanno and ACEP believe that people increasing their knowledge about allergies can help prevent emergency care for allergy-related attacks. To help allergy sufferers through this difficult time of year, Bo-

nanno and ACEP offer the following tips:

*Know your allergies.

If you and your physician suspect you suffer from allergies, you will be tested to try to determine what is triggering your allergic symptoms.

*If you are allergic to pollen and mold, avoid the outdoors on windy days or when you begin to notice symptoms. The wind often stirs up pollen and mold and carries it through the air. It is also a good idea to avoid mowing your lawn, or being near someone who is cutting the grass, if you are allergic to grass or molds.

*If you are allergic to pollen, minimize activity outdoors at dawn (5 to 10 a.m.) when pollen is usually emitted into the air.

*Keep car windows closed when you drive. It is also a good idea to use an air conditioner at home.

*Avoid hanging laundry outside to dry. Pollen and molds can collect on sheets and clothes.

*Visit your physician regularly if you have allergies. The continuing advice of a doctor is crucial to the long-term treatment of allergic conditions.

Your physician may recommend drug therapies, allergy shots, or to see a medical specialist with training in diagnosing and treating allergy-related diseases.

MASSAGE THERAPY

Rachel Goodman, L.M.T.

Pain - Stress - Injuries - Deep Massage
Gentle CranioSacral Therapy
Mon. - Fri. by appt. - Senior Discounts
I.V. Medical Center
315A Caves Hwy., right on the highway.
592-6947

OR. License #2311



FARMERS

Linda Sallman

128 S. Redwood Hwy.
Cave Junction OR 97523

541-592-4541

Across from Select Market on Redwood Hwy.
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Auto - Home - Life - Commercial

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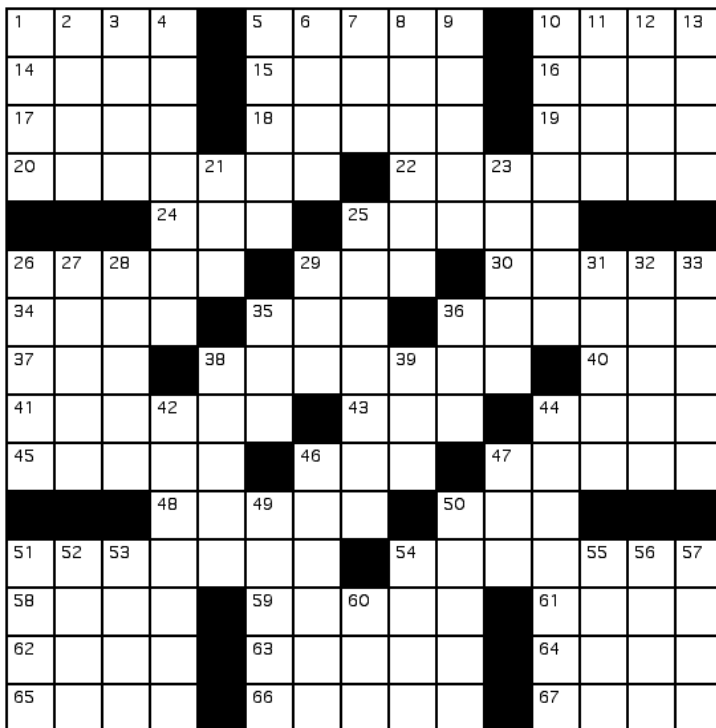
Restaurant separate from lounge

Friday Special - Prime Rib
Sunday & Monday - Filet Mignon

Bring in this ad for a 10% discount

Open 4 to 9 p.m. 7 days 592-2892 or 592-4222

Crossword
courtesy of



CROSSWORD PUZZLE

ACROSS	DOWN	Across	Down
1 Failed to be honest	41 Dennis, for one	67 Finishes	space
5 Daub	43 Barrier	1 Drooping	28 Nonsensical
10 Haughty manners	44 Biblical locale	2 Worshipped one	29 Hockey's Bobby
14 Loafing	45 Common contraction	3 Otherwise	31 Get away from
15 Jargon	46 Paver's substance	4 Particulars	32 Negative reply
16 Color	47 Paying attention	5 Smooth and shiny	33 Staffordshire's river
17 Majority	48 Droplets	6 Intellect	35 Expert
18 Representative	49 Foamy liquid	7 Letter container:	36 Machine wheel
19 Narrow strap of leather	51 Coax	8 Greek marketplaces	38 __ up; misbehaved
20 Happy	54 Small pieces	9 Fit for a king	39 "Cheers" setting
22 Bright	58 Item for Gabriel	10 Shorten	42 Rooftop
24 Type	59 Appeared shocked	11 Intestinal parts	44 Raise
25 Lost color	61 Neighborhood	12 Damage beyond repair	46 Tire features
26 Small mat	62 Man's name	13 Mailed	47 Boxer
29 Intl. alliance	63 Venerate	21 Crafty	49 Seaweeds
30 See 18	64 Mexican relatives	23 Began a card game	50 Tree
Across	65 Terrain feature	25 Places of worship	51 Sound of an impact
34 Operates	66 Organic compound	26 Play	52 Opening
35 Member of 29 Acr.		27 Word with limits or	53 Times
36 Sharp			54 Dry
37 __ loss; puzzled			55 Girl's name
38 Olympic performer			56 Decipher
40 Fifth or Pennsylvania:			57 Impudence
			60 Cook's item

287 HAMILTON AVE. CAVE JUNCTION, OR.
(541)592-3416 (800)550-3416
M-F 8-5:30 SAT 9-4

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Ask the Acupuncturist:

Why are gall bladder attacks more common in spring time?

Spring is "liver" time in Chinese medicine.

The Liver/GB are paired organs and the liver "promotes the flow" of qi and blood. When the liver has been stagnated by our holiday excesses, we become irritable and constipated. Allergies erupt and blood pressure spikes. Asthma acts up, and people catch colds and fevers to force the body to cleanse.

Liver cleansing may be indicated to expel gallstones. This should only be undertaken with a practitioner's care, once the weather starts to warm.

To harmonize liver function we can reduce stress, increase exercise and eliminate sugar and caffeine, heavy use of meat and dairy in our diets. To keep the liver happy, it is also important not to overeat, and to deal with issues of anger in our lives. Self-love and support are important to healing.



Illinois River Acupuncture
592-5041 Mon., Wed., Fri.
Jo Anne Stone, M.S., L.Ac.



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 - Spike TV
- *40 - The History Channel
- *41 - The Learning Channel
- *42 - Cartoon Network
- *43 - Home & Garden TV
- *44 - The Weather Channel

The real voyage of discovery consists of not in seeking new landscapes, but in having new eyes.

- Marcel Proust -

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
2	WTFBS	Mama's Family	Mama's Family	Saved by the Bell	Saved by the Bell	Saved by the Bell	Saved by the Bell	Dawson's Creek	Movie				Becker	Becker	Cosby	Cosby	Steve Harvey	Steve Harvey	Drew Carey
3	FOX4AM	Joyce Meyer	Feed the Children	Kong-Serials	Spider-Man	Power Rangers	Power Rangers	The 700 Club	Living the Life	Gilmore Girls	Step by Step	Full House	Full House	Family Matters	Family Matters	Boy Meets World	Boy Meets World	Full House	Full House
4	FOL	Mary Tyler Moore	Bob Newhart	Fall Guy	Paid Program	Paid Program	Eye for an Eye	Eye for an Eye	Maury	Paid Program	Paid Program	Divorce Court	Divorce Court	Starting Over	Quincy, M.E.	Kojak		St. Elsewhere	Varied Programs
5	KOBT	News	Today					Home Improve.	Varied Programs			Martha		Days of Our Lives	Passions	Dr. Phil		Inside Edition	The Insider
6	ESPN	SportsCenter	Varied Programs	SportsCenter	SportsCenter	Varied Programs									Jim Rome is Burning	Around the Horn	Interruption	SportsCenter	Varied Programs
7	KSTV	Business Rpt.	BBC World	Dragon Tales	Clifford's Days	Sesame Street	Teletubbies	It's a Big Big World	Mister Rogers	Varied Programs	Sit and Be Fit	Charlie Rose	Berens-tain Bears	Barney & Friends	Bob the Builder	Between the Lions	Reading Rainbow	Clifford-Red	Cyber-chase
8	TBN	Changing-World	John Hagee	Rod Parsley	Fit & Lite	Marilyn Hickey	Believer's Voice	Designing Women	Golden Girls	Golden Girls	Frasier	Frasier	Golden Girls	Golden Girls	Will & Grace	Will & Grace	Unsolved Mysteries	Movie	
9	LIFE	Paid Program	Paid Program	The Early Show											As the World Turns	Guiding Light	Family Feud	Family Feud	The Ellen DeGeneres Show
10	KTVL	News															Jimmy Neutron	Jimmy Neutron	Oddpar-ents
11	NICK	As Told by Ginger	Rugrats	Oddpar-ents	Oddpar-ents	Sponge-Bob	Sponge-Bob	Dora the Explorer	Go, Diego, Go!	Blue's Clues	Backyardigans	The Explorer	The Wonder	LazyTown	Miss Spider	Dora the Explorer	Go, Diego, Go!	Sponge-Bob	Sponge-Bob
12	KOBT	News	Good Morning America					Live With Regis and Kelly	The View							One Life to Live	General Hospital	Judge Judy	Judge Joe Brown
13	USA	Walker, Texas Ranger	Walker, Texas Ranger	JAG				The District	Nash Bridges	Varied Programs			Walker, Texas Ranger	Varied Programs					
14	A&E	Paid Program	Varied Programs																
15	HBO	Movie	Varied Programs																
16	SHOW2	The Zack Files	Varied Programs																
17	SHOW	Movie Cont'd	Varied Programs																
18	MAX	Movie Cont'd	Varied Programs																
19	ESPN	PBA Bowling	2003 World Series of Poker	Billiards				PBA Bowling	Stump the Schwab	2-Minute Drill	College Football	Varied Programs							
20	TRAV	Epicu-rious	Travel Cafe	Varied Programs				Great Hotels	Passport to Europe	Great Hotels	Epicu-rious	Travel Cafe	Home Search	Vacation Home	Passport to Europe	Floyd on Italy	Globe Trekker		
21	AMC	Movie Cont'd	The Last World	Angel	Charmed	Charmed	ER												
22	TNT																		
23	DISN	The Wiggles	Bear in House	Bear in House	Higly-town	Little Einsteins	Doodle-bops	JoJo's Circus	Charlie & Lola	The Wiggles	The Koala Brothers	Rolie Polie Olie	Doodle-bops	Charlie & Lola	Rolie Polie Olie	Higly-town	JoJo's Circus	Lilo & Stitch	Mr. Whiskers
24	SCIFI	Paid Program	Paid Program	Paid Program	Paid Program	Twilight Zone	Twilight Zone	Passions											
25	DISC	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	American Chopper											
26	ANPL	Emergency	Emergency	Animal Miracles	Backyard Habitat	Backyard Habitat	Animal Precinct												
27	COM	Paid Program	Paid Program	Paid Program	Paid Program	Movie													
28	GRT	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Bloom & Politan: Open Court	Daily Show	Colbert Report	Varied Programs	Premium Blend	Mad TV	Daily Show	Colbert Report	Nancy Grace: Closing Arguments			