



Illinois Valley Cougars Take Seventh at State

ILLINOIS VALLEY HIGH SCHOOL wrestlers (above) **Jesse Swift** and **Adam Miller** contend for first place in the 145-pound championship round at the state tournament in Salem last weekend. **Swift** took first, senior **Miller** took second place. Freshman **Matt Duran** (left) earned a fifth-place award in the 112-pound class. **Dustin Culver** ranked ninth in the 103-pound division, and **Chris Culver** ranked 14th. In the 189-pound division, **Lanor Tausaga** ranked sixth. The Cougars, who captured the Skyline Conference championship this year for the third consecutive time, were hampered by illness at the state meet.

(Photos by Ward Winter for 'IVN')

Cancer Institute provides answers to many frequent queries about disease

From the National Cancer Institute's Cancer Information Service --

Q: A lot of people in my family died from cancer. What should I avoid so that I don't get cancer too?

A: You can't change your family history, but you can protect yourself by staying away from known risk factors whenever you can.

*Tobacco -- Don't use tobacco products and avoid tobacco smoke.

*Sunlight -- Don't spend too much time in the sun, don't use sunlamps, and don't go to tanning booths.

*Alcohol -- Don't have more than one or two drinks per day.

*Cancer-causing substances -- Avoid contact with substances like asbestos and benzene.

*Ionizing radiation -- Avoid exposure to radiation from unneeded X-rays.

If you think you may be at risk for cancer, talk to your doctor. Ask how you can reduce your risk and about tests and exams that can detect cancer early.

For more information about cancer, phone the Cancer Information Service at (800) 4-CANCER. If you want help to quit smoking, phone the NCI's Smoking Quitline at (877) 44U-QUIT.

Q: My boyfriend says that he can feel a lump in one of his testicles. Is that a sign of cancer?

A: Testicular cancer can cause several symptoms. Common symptoms include:

*A lump or swelling in a testicle.

*Pain or discomfort in a

testicle or in the scrotum.

*Any growth of a testicle or change in the way it feels.

*A feeling of heaviness in the scrotum.

*A dull pain in the lower abdomen, back or groin.

These symptoms can be caused by cancer or other health problems. It is important to see a doctor to find the cause of any symptom.

For more information about testicular cancer, phone the Cancer Information Service at (800) 4-CANCER.

Q: What are the symptoms of stomach cancer?

A: Early stomach cancer often does not cause clear symptoms. As the cancer grows, the most common symptoms are:

*Discomfort in the stomach area.

*Feeling full or bloated after a small meal.

*Nausea or vomiting.

*Weight loss.

Most often, these symptoms are not caused by cancer. Other health problems, such as an ulcer or infection, can cause the same symptoms. If you have these symptoms, you should see a doctor so that problems can be found and treated as early as possible.

For more information about stomach cancer symptoms, phone the Cancer Information Service at (800) 4-CANCER.

Q: What is cancer?

A: Cancer is a group of related diseases that begin in cells, the building blocks that form tissues. Tissues make up the organs of the body. Normally, cells grow and divide to form new cells

as the body needs them.

When cells grow old, they die. New cells take their place. Sometimes, this process goes wrong. New cells form when the body does not need them.

Old cells do not die when they should. These extra cells can form a mass of tissue called a growth or tumor. Tumors can be benign or malignant.

Benign tumors are not cancer.

*Benign tumors are rarely life-threatening.

*Most benign tumors can be removed. They usually do not grow back.

*Cells from benign tumors do not invade the tissues around them.

*Cells from benign tumors do not spread to other parts of the body.

Malignant tumors are cancer.

*Malignant tumors are generally more serious than benign tumors. They may be life-threatening.

*Malignant tumors often can be removed. But sometimes they grow back.

*Cells from malignant tumors can invade and damage nearby tissues and organs.

*Cells from malignant tumors can spread to other parts of the body. Cancer cells spread by breaking away from original tumor and entering the bloodstream or lymphatic system. The cells can invade other organs, forming new tumors new tumors that damage these organs. The spread of cancer is called metastasis.

For more information about cancer, phone the Cancer Information Service at (800) 4-CANCER.

Top crops for export valuable to state

Although not the definitive word on where Oregon agricultural commodities are being exported, phytosanitary certificates give a good view of the state's top export markets.

The certificates are written by Oregon Dept. of Agriculture (ODA) inspectors.

Data from 2006 confirms that Asia remains a major destination for Oregon agricultural products. But U.S. neighbors Canada and Mexico remain key export markets.

During 2006, ODA inspectors with the Commodity Inspection Division and Plant Division issued phytosanitary certificates enabling more than 1.8 billion pounds of fresh product to be shipped to other countries. The value exceeded \$151 million last year.

Last year, Oregon's top export commodity requiring a phytosanitary certificate from ODA was grass straw and hay at \$62.2 million. What was once a waste product in the field after the grass was harvested is now providing value to growers.

Three Asian markets -- Japan, Korea, and Taiwan -- use the compacted straw and hay as cattle feed. More than 1.5 billion pounds were shipped from Oregon to those three countries in 2006, a slight increase from the year before.

The second-ranked commodity certified for export by ODA last year was hazelnuts, with an export value of \$49.4 million. Nearly half those hazelnuts went to Hong Kong.

Surprisingly, more than \$10 million worth of hazelnuts were exported to Vietnam, ODA said. Germany, Canada, and France were other top export destinations for Oregon hazelnuts, based on ODA's certification data.

The number three export commodity last year was Christmas trees at approximately \$16.2 million. Mexico was once again the major buyer at about \$14 million, with Canada a distant second at \$2 million.

Without ODA's phytosanitary certificates, the trees would never cross the U.S. border.

Pears and grass seed are next on the list of ODA inspected export commodities for 2006 at some \$11.7 million each. There is a much higher amount of grass seed exported from Oregon than accounted for by ODA, but some countries, such as the United Kingdom, do not require a phytosanitary certificate for grass seed.

Fresh Oregon pears were shipped last year to

Mexico -- more than half went to the U.S.'s southern neighbor -- with Venezuela, Canada, Sweden, and Brazil also receiving a significant supply of pears.

China remains the top export customer for grass seed, at least for those



countries requiring a phytosanitary certificate. Japan, Australia, Argentina, and Korea also purchased high amounts of Oregon grass seed last year.

Filling out the top 10 of Oregon agricultural exports last year, according to

ODA's database, are cherries (\$7.5 million), onions (\$4.8 million), apples (\$4.8 million), potatoes (\$4.0 million), and blueberries (\$889,000).

ODA inspectors examine a variety of field crops before issuing phytosanitary certificates that assure the commodity is clean of pests and diseases. Without the piece of paper with ODA's stamp of approval, there is no guarantee the commodity meets the export country's standards. Therefore, the product can't be shipped without the phytosanitary certificate.

It is important to emphasize, said ODA, that many Oregon-grown crops do not require phytosanitary certificates in order to be exported. Some commodities may need one for certain countries of destination, but not others.

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