



It is impossible to drink too much water on a hike. Hikers' biggest problem is dehydration, which leads to fatigue. This increases the possibility of injuring oneself. Hikers should avoid beverages with caffeine and alcohol, which can dehydrate.

The literary collections in the New York Public Library expand at the rate of approximately 10,000 items per week, in dozens of languages.

The "spring up, fall out" phenomenon says children grow twice as fast in the spring as they do in the fall, while they gain more weight in the fall.

In all of history, the most destructive disease is malaria. More than 1.5 million people die from malaria every year.

The ability to firmly grip with your hand comes from the muscles in the forearm. The muscles pull on tendons in the hand, bending the fingers.

The skeleton of an average 160-pound body weighs about 29 pounds.

IVHS Activities Calendar

Brought to you by the folks at 592-3556 Cave Jct. 469-7545 Brookings/Harbor 471-RVRR Grants Pass

- THURSDAY, MARCH 10 \*Marines visit - lunch
FRIDAY, MARCH 11 \*Equestrian team at Jackson County Expo
SATURDAY, MARCH 12 \*Equestrian team at Jackson County Expo
SUNDAY, MARCH 13 \*Equestrian team at Jackson County Expo
MONDAY, MARCH 14 \*Baseball at Riddle - 4 p.m.
TUESDAY, MARCH 15 \*Baseball at Glendale 4 p.m.
\*Softball at Glendale 4 p.m.
WEDNESDAY, MARCH 16 \*Girls golf at Dutcher Creek - noon
\*Winter sports awards night at IVHS - 6:30 p.m.
\*Cougar Pals at Headstart 3rd & 4th periods
\*Air Force visit - lunch

Say you saw it in the 'Noose.'

IVHS School Menu Sponsored by SISKIYOU COMMUNITY HEALTH CENTER 319 Caves Hwy. 592-4111

- THURSDAY, MARCH 10 \*Chicken sandwich, cheeseburger, hamburger, turkey & cheese or ham & cheese sandwich, chef, Mandarin chicken or garden salad, Hawaiian, cheese, or pepperoni pizza
FRIDAY, MARCH 11 \*Chicken sandwich, cheeseburger, hamburger, turkey & cheese or Italian sandwich, chef, Mandarin chicken or chicken Caesar salad, vegetarian, supreme or sausage, or pepperoni pizza
MONDAY, MARCH 14 \*Chicken sandwich, cheeseburger, hamburger, turkey & cheese or ham & cheese sandwich, chef, Mandarin chicken or fiesta salad, vegetarian, sausage or pepperoni pizza
TUESDAY, MARCH 15 \*Chicken sandwich, cheeseburger, hamburger, turkey & cheese or roast beef sandwich, chef, Mandarin chicken or garden salad, cheese, supreme, or pepperoni pizza
WEDNESDAY, MARCH 16 \*Chicken sandwich, cheeseburger, hamburger, turkey & cheese or veggie sandwich, chef, Mandarin chicken or antipasto salad, supreme, sausage or pepperoni pizza

SUNDAY EVENING/LATE NIGHT MARCH 13, 2005. Table with 24 columns (time slots) and 24 rows (TV channels). Includes programs like 'Dumb & Dumber', 'The Truman Show', 'Ace Ventura', 'Bill & Ted's Bogus Journey', etc.

MONDAY EVENING/LATE NIGHT MARCH 14, 2005. Table with 24 columns (time slots) and 24 rows (TV channels). Includes programs like 'Seinfeld', '7th Heaven', 'The X-Files', 'The Sopranos', etc.

TUESDAY EVENING/LATE NIGHT MARCH 15, 2005. Table with 24 columns (time slots) and 24 rows (TV channels). Includes programs like 'Seinfeld', '7th Heaven', 'The X-Files', 'The Sopranos', etc.

WEDNESDAY EVENING/LATE NIGHT MARCH 16, 2005. Table with 24 columns (time slots) and 24 rows (TV channels). Includes programs like 'Seinfeld', '7th Heaven', 'The X-Files', 'The Sopranos', etc.