

# IVHS Prom 2018!



(Photo courtesy of Tracy Savage for Illinois Valley News)

A group of friends ride in style with a limo to the 2018 IVHS prom Saturday, May 19. Taylor Taylor, junior (left); Alyvia Miller, freshman; Gabby Rapley, senior; Alexis Navarro, sophomore; and Bailee Moore, sophomore. The King and Queen of Prom went to Alex Robles and Abby Jolley.

# Summer fun means rafting safety

**Christy Solo**  
IVN Contributing Writer

Summer is almost here and with record-high temperatures some folks are already rafting the local rivers. If you've ever hung out by the river on a warm day, you've seen lots of rafts, kayaks and tahitis; what you may have seen few of are life jackets.

Pause for the law: Children 12 and under must wear life jackets. All watercraft must be equipped with enough life jackets on board for every adult (children will already be wearing theirs).

Let's face it: Most people do not want to wear a life jacket. Many think they're hot and generally uncomfortable and, come on, none of the "cool kids" are wearing them! People have a laundry list of reasons not to wear one: "I know how to swim"; "I grew up on this river"; "These aren't exactly Class IV rapids"; and "There's no way this raft will dump over."

Somehow wearing a life jacket has turned into a sign that a rafter is a "newbie," "nerd" or "wimp." That said, not wearing one can quickly turn you into an epitaph and a fading memory.

There is an average of 13 recreational boating deaths per year in Oregon. Just over half of those result from capsizing and 80 percent of those people weren't wearing life jackets.

According to the Safe Boating Campaign, accidents on the water can happen much too fast to reach and put on a stowed life jacket. Drowning is the reported cause of death in 80 percent of all boating fatalities and 83 percent of drowning victims in recreational boating accidents were not wearing a life jacket in 2016. Two-thirds of those victims were categorized as good swimmers.

How do good swimmers drown? One major factor for both death and injuries is cold shock response.

No matter how hot the weather gets, the Rogue River will still be cold. This can't be emphasized enough. Our river is chock full of trout and salmon that need cold water and the amazing technology of William Jess Dam assures the outflow can be 48 degrees fahrenheit even in June!

SEE SAFE ON A-10

# It's tick season, know the do's and don'ts of removal

**Christy Solo**  
IVN Contributing Writer

Tick, tick, tick. As the clock ticks through spring, we spend more time enjoying the abundance of activities available to us here in Southern Oregon. Let's take a few minutes to remind you of a wee pest to be aware of as you hit the trails, rivers and streams: the tick. Armed with "tick savvy," you'll be ready to fearlessly tackle the outdoors!

The biggest concern with ticks is their propensity for spreading disease. Of the five species of ticks on the West Coast, only the black legged tick carries Lyme Disease. However, any tick might host other types of disease/bacteria or at least cause mild to severe allergic reactions.

About Lyme disease: yes, it is in our area, and though we fall into the "low to moderate" risk area per the CDC, it can occur here and has.

So, what do you do? For people, your best defense really is a good offense! First, know how to spot a tick. Though they are small, you can see ticks in the wild. Their modus operandi is to climb to the top of long

grasses or branch tips and hang out with claws extended waiting for a hapless mammal to wander by, attach, and then walk their way to an edible area. Often, any given section of trail will have a patch where there are many ticks and then lots of tick-free space. Upshot: look first, then walk; if you can avoid brushing up against the brush, then you'll be tick free. Always, always check yourself for ticks when you get home from an outing; you may not feel their bite!

The Department of Defense has insect repulsion down to a science with a two-part "cocktail": 1. Permethrin and 2. DEET (diethyltoluamide). Perm-what? Permethrin is a Food and Drug Administration-approved, colorless and odorless pesticide, which causes no harm to humans. It is available in spray form at most outdoor recreation stores under various brand names (look for .05 percent permethrin). You spray it on your clothing of choice and it will last from three to six washes and kill any ticks who wander on to your clothing (as quickly as crossing 10 inches of fabric). Permethrin alone will give you 97.5 percent protection from ticks (this assumes long pants, socks, shoes and long-sleeved shirt, of course) Add in DEET and you're at 99

percent.

There are many non-DEET/chemical repellents available. Of these, only soy-based products and those made from oil of the lemon eucalyptus have proved effective (and still less so than DEET - despite smelling better). Additionally, repellents are less effective than permethrin against ticks than other pests such as mosquitoes.

To be clear - the permethrin solution is a "do as I say, not as I do" solution. (Because arthropods are my bread and butter, I don't want to kill them, so I only use DEET in lotion form because it's very long lasting and I haven't had a tick bite since 2011.)

If you do get a tick, you should remove it within 24 hours of its attachment so there is little chance of getting a disease. However, you can still get an allergic reaction and/or an infection at the site, so follow these first aid tips.

Avoid these myths when removing a tick: using a lighted match, Vaseline, nail polish, WD-40 or any other number of things which just don't sound right. What you DO want to do is gently remove the tick with tweezers or a tick removal tool (again, found in sporting stores or with camping/hiking equipment).

If you don't manage to remove all of the tick, don't panic and do not dig the head out. Statistics show you will likely do more damage to yourself that way. Again, if you've removed at least most of the tick within 24 hours, you're safe from disease anyway. Clean the area where the tick was with soap and water and give it a spray of Bactine or something similar.

Always see your doctor if you get a reaction that worries you, no matter when or how you removed the tick!

In regards to our four-legged friends, there are a variety of Frontline-type flea and tick repelling topical products out there on the market and now there is Bravecto- the king of easy to use and long-lasting flea and tick killers.

You'll get the most effective brands via prescription from your veterinarian. However, there are many cheaper brands available in pet stores and the pet sections of chain stores. Holistic options are also available for pets - see above for details on effectiveness. Odds are no matter what you choose to protect Fido, it will be less expensive than vet bills for the treatment of serious disease, bacteria or infection.

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