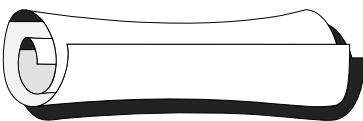


Banks High Honor rolls announced

The following students were named to the Banks High School academic Honor Roll for the 2005-2006 second semester. Grade Point Averages (GPA) are on a scale of 1-4, with 4 equaling a perfect score. 4.00 GPAs are denoted with an asterisk (*).



Nicholas Albert, Cortney Bartha*, Cameron Blok, Whitney Blok*, Marlena Bonin, Emilee Booher*, Anton Borovets*, Natasha Bradvica, Devon Brown, Alan Burgess*, Katherine Burgess*, Manuel Cabrera, Eryn Cang*, Adriana Cantu, Julieanna Cantu, Lisa Carr, Stephanie Case, Evan Chalupsky*, Nancy Chavez-Lara, Anna Clink*, Aimee Clinton, Amber Colson, Janel Coussens, Nathan Crisman, Matthew Dalton, Kelsii Dana*, Nick Daskalakis*, Jenna Deegan, Emily Duyck, Kayla Duyck, Sam Edison*, Marin Ewing, Ashlee Falkner*, Madison Farley, David Fishback, Tiffany Gentzkow, Robena Gibson, Dana Gieszler*, Natalie Grella, Alyssa Halls*, Kristen Halls*, Ryan Hayden, Joshua Heath, Nicole Hitchen, Lawrence Hofer, Katie Hogan,

Jesse Hostynek, Kristin Huber, Renee Johnson*, Amanda Jurasek, Arshpreet Kaur, Kolby Kent, Amanda King*, Kara Klopfenstein, Christine Lazott, Janna Lee*, Jenna Lindstrom, Gabriel Linehan*, Harold Lude-man, Tracie Lundsten*, Trevor Lundsten, Lala Mammadova*, Jeffrey Manivanh, Sara Markham, Jordan Marsh, Anthony Martin*, Johnana McEuin, Jack McMillan, Christopher Mettee, Katrina Mettee*, Madison Miller, Matthew Miller, Rachel Moore*, Thomas Moore*, Laura Murdoch, Ashley Narum, Rebecca Narum*, Dustin Nordholm, Stephanie Nowak*, Caitlin Oakes*, Andrea O'Connor, Sadie O'Harrow*, Erin O'Mahoney*, James O'Neil, Danielle Perry, Benjamin Prince, Kimberly Robinson, Jaren Rue*, Carl Rupp, Kodi Sandstrom, Jordan Sandwisch, Sheridan Schlegel*, Ariel Schmidlin*, Haley Schmidlin, Catherine Schorn*, Cody Shulund, Jasime Silver*, Brittney Spady*, Matt Stone, Michele Stopper, Trevin Swick, Kelsey Taylor, Jasmine Teters, Jordan Tijerina*, Sarah Updike, Bethany Vandehey, Sarah Vanderzanden*, Dayton Vaughn*, Nicholas Vergotis, Sarah Warkentin*, Kendra Willis, and Stefanie Woodcock.

Cold water can be deadly, take precautions

Warm weather and cold water combination can be deadly.

Wear a life jacket

Recently, on the Oregon coast, three lives were lost that could have been saved if the boaters were wearing life jackets. Accidents happen but they don't have to be fatal accidents. One thing is certain...life jackets save lives. Here's another reason why it's important to wear a life jacket; all waterways are cold this time of year in Oregon. In fact most Oregon waterways are cold year-round.

Understand Cold Water Immersion

There are four stages of cold water immersion:

- Stage 1: Initial "cold shock" occurs in the first 3-5 minutes of immersion. Sudden immersion into cold water can cause involuntary gasping, hyperventilation, panic, and vertigo—all which can result in water inhalation and drowning. Immersion in cold water can also cause sudden changes in blood pressure, heart rate, and heart rhythm, which can also result in death.

- Stage 2: Short-term "swim failure" occurs 3-30 minutes into immersion in cold water. Muscles and nerves in the arms and legs cool quickly. Manual dexterity, hand grip strength, and speed of movement can all drop by 60-80 percent. Even normally strong people can lose the strength necessary to pull themselves

out of the water or even to keep their head above water. Death occurs by drowning.

- Stage 3: Long-term immersion hypothermia begins within 30 minutes depending on the water temperature, clothing, body type, and your behavior in the water. Cold water robs the body of heat 25 times faster than cold air. Hypothermia occurs when your body loses heat faster than it produces it, cooling the organs in the core of your body. Hypothermia eventually leads to loss of consciousness and death, with or without drowning.

- Stage 4: Post-immersion collapse occurs during or after a rescue. Once rescued, if you have been immersed in cold water you are still in danger from collapse of arterial blood pressure leading to a heart attack. Also, inhaled water can damage your lungs, and heart problems can develop as cold blood from arms and legs is released into the core of your body.

Your chance of surviving a cold water immersion depends on having sufficient flotation to keep your head above water, controlling your breathing, timely rescue by yourself or others, and heat retention.

Prepare for boating in cold water conditions by wearing a life jacket and layered clothing for insulation. Equip your vessel with a means for re-entry (ladder, sling, etc.) to use if you fall in.

Of course, the best preven-

tion is to take all measures necessary to avoid capsizing or falling into cold water. If you do fall into the water, follow these tips:

- Try to get control of your breathing. Hold onto something or stay as still as possible until your breathing settles down. Focus on floating with your head above water until the cold shock response subsides.

- Try to get out of the water. If your boat capsizes, stay with the boat and pull yourself out of the water as much as you can.

- If for whatever reason you were not wearing a life jacket when entering the water, look to see if one is floating around you and try to put it on. Do not take your clothes off. A layer of water trapped inside your clothing will help insulate you.

- Stay as motionless as possible to conserve heat. Reduce heat loss by bringing your legs up to your chest and crossing your arms by holding onto your life jacket. If others are in the water with you, huddle together to reduce heat loss.

- If you must swim, conserve energy and minimize movement. Swim on your back and flutter-kick with your lower legs.

Boat sober

In 2004 in Oregon, one third of boating fatalities involved alcohol. Alcohol's effects on judgment, vision, balance and coordination are amplified on the water, increasing the likelihood of boating accidents. Just recently, a severe boat fire occurred on the Columbia River and the boat operator was arrested for boating under the influence of intoxicants. Boating under the influence of intoxicants (BUII) is illegal in Oregon.

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