

Kite tubes have been banned in Oklahoma and are a danger here

The Oregon State Marine Board, in cooperation with the Consumer Products Safety Commission, is advising water enthusiasts to use extreme care when using a new towable device called a "kite tube."

"There have been a number of accidents this summer in a handful of states," said Marty Law, Education and Information Manager for the Marine Board. "Riders can get injured after falling or being thrown off the kite tube and can plunge 15

feet or more at extremely high speed."

Kite tubes are large, wide, and sometimes saucer-shaped inflatable tubes that are towed behind boats at speeds between 25 to 35 miles-per-hour. The speed of the boat causes the tube to lift into the air with the rider(s) sometimes falling 30 feet or more. This device behaves just like a regular kite by spontaneously plunging without warning.

At least three kite tube fatal-

ities have occurred this summer in the U.S., as well as several dozen injury accidents. Injuries noted include heart and lung trauma, broken neck, back injuries, jaw and other facial fractures, cracked ribs, concussions, perforated eardrums and broken limbs.

The U.S. Army Corps of Engineers banned kite tubing on its lakes in Oklahoma and in neighboring states as well.

In a Consumer Product Safety Commission (CPSC)

warning on kite tubes, released June 30, they noted that possible reasons for incidents and injuries include a rider's difficulty controlling the tube, a boat operator's inexperience, and how the tube reacts in certain weather conditions. Conditions of highest concern to the CPSC are wind gusts that can cause the tube to spin out of control, or sudden stopping or slowing by the boat operator. According to the CPSC, slowing can

cause the tube to nose dive and hit the water, or allow the tube rider to continue past the top of the boat and hit the towing boat, another watercraft or other objects such as a bridge.

"We want boaters in Oregon to know how potentially dangerous this apparatus is, and to seriously consider the amount of risk involved," Law added.

For more information, go to www.cpsc.gov/talk.html.

CEPA fair at County Fair for second year

The sirens sound and paramedics jump out of the ambulance to assist the injured. It happens every day in Columbia County as emergency services personnel respond to various types of emergencies. The response time and first-class

care often mean the difference between life and death.

The CEPA Expo fair provides an opportunity for the public to learn who our emergency response agencies are and what you can expect from them in times of crisis. The Expo will be held Friday and Saturday, July 21-22, at the Columbia County Fairgrounds during the Columbia County Fair and Rodeo.

According to Sally Jones, administrator for Columbia 9-1-1 Communications, "The CEPA Expo is one of the most informative ways for people of all ages to learn about emergency response in their communities."

Demonstrations will begin at 10:00 a.m. daily with the first being a Life Flight helicopter

taking part in an extrication exercise. On Saturday the U.S. Coast Guard will bring in their helicopter.

Other demonstrations will include a look at law enforcement tactical entry teams, boating safety tips, fire suppression demonstrations and specialized rescue teams.

"This event gives us a chance to see the varied capabilities of emergency responders and agencies in our county while helping us to better understand ways to keep our communities safe," said CEPA facilitator Jim Huff.

Admittance is included in your ticket to the Columbia County Fair. Seniors (60 and over) get reduced rates. Children can participate in the CEPA passport contest and be eligible for gift certificates and a grand prize drawing for a bicycle.

Yoga workshop held on breathing

Cedar Mist Studios hosted a workshop on breathing, conducted by Britt Benson Steele, Larry Steele, and Heather Lewis on July 10.

The workshop was filled with enthusiastic students participating in learning about their breath – the basic nourishment for life. Without learning how to sustain rich deep breathing throughout life, many of us may experience low energy, anxiety, illness and disease. Workshop attendees learned about three-part breathing techniques used in Yoga. They also did simple yoga postures, using the breathing techniques.

From a yogic perspective, breath is composed not only of oxygen, the nutrient required for every cell in your body, but the breath can also be thought of as the rich, life force that keeps each of us energized and full of a zest for life. The workshop experience with Lar-

ry, Britt and Heather, was considered an energizing experience and accepted wholeheartedly by all.

Most participants had no idea how much the breath sustains and improves their digestion, glandular functions, and over-all state of well-being. Heather and Britt went into detail on the physiological effects of using the breath properly, and participants left with a much more comprehensive understanding of the importance of breathing deeply and fully.

A follow-up session on "Lifestyle Effects of Effective Breathing" will be conducted on Monday, August 14, from 6:30 to 8:30 p.m. Also look for "Mindful Eating" and a number of other health and fitness related workshops in the future. Workshops are posted on the Cedar Mist Studios website, www.Cedarmiststudios.com, or call Deborah Steffen, RYT, at 503-429-2103. Cedar Mist Studios has regularly scheduled Hatha Yoga classes.

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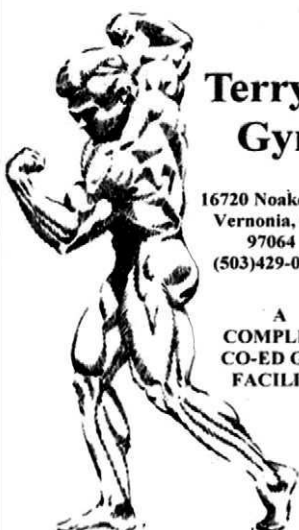
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