

New Farmers Market starting up

An Open Air/Farmers Market will be held four Monday evenings in July and August, on July 7 and 21 and August 4 and 18. The location will be the Neighborhood (Log Cabin) Park, at Sunset and Main, Banks.

The Log Cabin will be open for visitors on those evenings. The Banks Historical Society

and the Banks Chamber of Commerce are developing a Visitors Information display in the Cabin. The Friends of the Banks/Vernonia State Trail will have a small information display in the Cabin during these Monday markets dates.

Come see what's growing in Banks at the Open Air/Farmers Market.

Friendships depend on listening

Friendships are an essential part of feeling good about yourself and enjoying positive mental health. But good friendships take time to develop and require both parties to make an effort to build a relationship.

One of the most important elements in a strong friendship is communication. That means not simply being able to talk with each other, but actually being able to "communicate" about important matters. For such communication to take place, and a friendship to grow and develop, being able to listen is a vital skill most of us need to develop better.

You can see the effect of poor listening skills just by observing how various people listen to what you have to say. You'll soon notice that some people closely pay attention to your words and communicate back that they understand what you've been saying.

On the other hand, poor listeners are often distracted, pay little attention to your words, give almost no feedback and may misinterpret what you were trying to communicate.

In most cases, you'll find it's the good listener with whom you have a better relationship. Developing your own good listener skills can help improve friendships, family communications and even work relationships. Fortunately, developing such skills isn't difficult.

One key to good listening is simply to listen more than you talk. Avoid the impulse to interrupt with your own stories and experiences. As a good listener you want to hear what the other person has to say, not to try and top his or her story with a better one of your own.

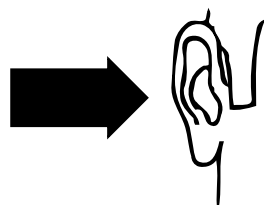
As a good listener you also want to show you've understood what's being said. If something isn't totally clear, ask for clarification. Show

you're been paying attention by feeding back key parts of the conversation, then summarize what you've heard as a way of ending your conversation.

Learning to be a better listener is a key skill for building stronger relationships of every type. Do you really listen when your child has a story to tell about his or her school day? Do you pay attention when your spouse wants to summarize the day's events over dinner? Do you only half hear what a work colleague has to say?

Learning to listen well can make every relationship function better. And it can also help those closest to you learn to respect and listen to your words when you have something to share.

source: *The American Counseling Association*



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Banks HS Honor Roll full of students

The following students were named to the Banks High School academic Honor Roll for the 2007/2008 second semester. An asterik behind the name denotes a 4.00 GPA.

Seniors – Michelle Boyk, Evan Chalupsky*, Anna Clink*, Thomas Duyck, Ashlee Falkner*, Ammaron Gibson, Brett Gooding, Ryan Hayden*, Joshua Heath*, Renee Johnson, Austin Kennedy, Christy Lazott, Janna Lee, Bradley Markham, John Martin*, Madison Miller, Ashley Narum*, Jennifer Neely*, Chase Nielson*, Sadi O'Harrow*, James O'Neil, Alicia Reaser, Jordan Sandwisch, Ariel Schmidlin, Rachel Slaughter, and Sarah Warkentin*.

Juniors – Lexi Albert, Whit-

ney Blok, Dustin Bone, Amy Browning*, Robert Browning, Katherine Burgess*, Julieanna Cantu, Janel Coussens, Emily Duyck, Sam Edison*, Gus Evers, Madison Farley, Alyssa Halls, Ramona Heitmann, Jesse Hostynek*, Amanda King, Gabe Linehan*, Trevor Lundsten, Jeffrey Manivanh*, Katrina Mettee*, Thomas Moore*, Joanna Murdoch, Rebecca Narum, Janine Neely*, Kipp Nielson, Robin Norgren, Erin O'Mahony*, Ben Prince, Jared Rue*, Kodi Sandstrom*, Kendra Shaddon, Cody Shulund, Matt Stone, and Kelsey Taylor.

Sophomores – Jared Acosta*, Erika Atkinson*, Matt Cutton, Brent Ervin, Jenny Helm, Tiara Herr*, Tasha Lyda*, Tay-

lor Matyas, Christy McCarthy, Hank Meeuwse, Kelsee Miller*, DeeJay Pickar, Rebecca Renoult*, Shaylin Roberts, Hayden Sahnaw, Jessica Selfaizon*, Chris Shaw*, and Sierra Silver.

Freshmen – Mark Acosta, Megan Chalupsky*, Max Edison*, Samantha Elwood*, Kicia Gibson*, Sarah Grover, Cassie Halls*, Mack Kellas, Marcus Malouf, Jessica Markham, Chelsea Matthews, Matthew McCourt, Melissa Mettee, Deven Murray*, Megan Nielson*, Linus Norgren, Allyson Philippi, Evan Reisinger, Connor Reynolds*, Arley Sanchez, Terry Sandstrom, Colby Seyferth, Koby Shaddon*, Kaitlin Sommerfeld*, and Felicia Wilson.



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