

## Above & Beyond

For all the countless hours of work and advocacy on behalf of the Banks Chamber of Commerce we the members want to thank you for a job well done.

This certificate is awarded to  
**Ray Deeth**  
Chamber Administrator  
in recognition of his valuable contributions to  
Banks Chamber of Commerce



Debi Wyckoff  
President of Banks Chamber of Commerce  
09/19/2009  
Date

This certificate was presented to Ray Deeth recently for all his many volunteer hours and efforts.

## Deeth given award by Chamber

A special award was given out at this year's Banks Chamber of Commerce Dinner, held September 14 at Coleman's 9N Restaurant in Gales Creek.

The award was a certificate of appreciation presented to Ray Deeth. Said Chamber President, Debi Wyckoff, "He truly has put in so much time and effort, not just for the chamber, but many other organizations in our community, including Banks Historical Society, Banks Community Foun-

ation and city Planning Commission. He volunteers at Stub Stewart Park, and in other roles with the city, including having served as Banks' mayor. He is a good man and a dedicated member of our community and it was time he was recognized." Deeth was very obviously surprised and touched by the presentation, though it didn't slow him down for long as he was soon back to entertaining those present with his wit and charm.

# Curves helps breast cancer campaign

The probability of a woman being diagnosed with invasive breast cancer is about one in eight. And the probability of dying from breast cancer is about one in 35, according to the American Cancer Society. Breast cancer death rates are going down, however, probably as a result of earlier detection and improved treatment.

That is why Curves' locations, including the one located at Oak Village Shopping Center in Banks, are encouraging women to get annual mammograms and perform monthly breast self-exams during National Breast Cancer Awareness Month, this October.

For women who bring in proof of a mammogram performed within the last year, or make a \$25 donation to the American Cancer Society, the service fee for joining Curves will be waived during one of the last three weeks of October.

Also, participating Curves locations will make available a unique home breast self-exam kit called the Liv Aid, which makes the breast self-exam process more sensitive to detecting unusual lumps. For every Liv Aid kit sold, Curves will donate one to another woman who can't afford one.

"Breast cancer is by far the most common cancer among women worldwide, and National Breast Cancer Awareness Month is a perfect time for us to emphasize ways of prevention," said Kathy Douglas of the

Banks Curves. "Not only are we rewarding women for having mammograms and encouraging them to perform breast-exams, we are also educating Banks-area residents about the disease and how they can significantly reduce their risk through diet and exercise."

Based on recent information about breast cancer, Douglas has provided the following advice for local women regarding breast self-exams:

Most women who think of screening for breast cancer think of mammograms, but there are three ways to screen for breast cancer: mammography, clinical breast exam by a healthcare professional and

breast self-exams. Combined, they offer the best opportunity to detect the disease at its earliest, most treatable stages.

Early detection means the availability of more treatment options. More than 95 percent of women whose breast cancer is caught in its earliest stages are likely to be healthy and disease-free five years after diagnosis and treatment, Douglas said.

Breast self-exams catch 15 to 20 percent of breast cancers that might have gone undetected until the next doctor visit. And, about 80 percent of breast cancers not discovered by mammography are found by

**See Curves on page 21**

## Banks Crab Feed on October 10

The Banks High School Parents' Association will hold its seventh annual All-You-Can-Eat Crab Feed on Saturday, October 10, in Schlegel Hall at Sunset Park in Banks.

Food will be served from 5:00 to 8:30 p.m., music will be from 7:00 to 10:00 p.m.; and the beer and wine garden will be open from 5:00 to 10:00

p.m. The menu includes Dungeness crab, green and pasta salads, garlic bread, dessert, coffee and one non-alcoholic beverage.

Advance tickets cost less than tickets purchased at the door. Ticket information is available by calling Kathy Edson at 503-324-8215.

## Between the Bookends - See page 10

# Fall

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Wall, a 2007 Banks High School graduate, is the daughter of Carla Wall of Forest Grove. Her grandparents, Carl and Cecelia Bryant reside in Banks.

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