



Banks Girls Softball team took first place at state last weekend. Photo from OSAA website.

BHS Softball team takes first at State

Banks High School Softball Team took first place in the 4A division at the state tournament last weekend. The Braves won their final game, against Cascade, by a score of 2-0.

Jenny Compton coached the tournament winning team

of Marla Gooding, Taylor Herb, Natalie Larsen, Aubrey Rue, Molly Hammond, Chelsea Bunn, Riley Gerlinger, Kaylin VanDomelen, Hannah VanDomelen, Madison Soper, Courtney Engeseth, Tiffany Snyder, Alexis Applebee, Lexi

Chung, Melissa Masters, Jojo Wren, Alyssa Chung, Kortni Ragsdale, Johanna Mrosek, Madison Seed, Kindel Bailey, Emily Vandehey, and Katie Lyda.

Obesity caused by inactivity and bad diet

From page 10

More background on the report:

The prevalence of obese adults increased 121 percent from 1990 to 2009. The prevalence of overweight adults (25 to 29 BMI) increased 11 percent, from 32 percent in 1990 to 36 percent in 2009. The sharp rise in obesity versus overweight is significant because it means more people are gaining more weight.

Among Oregon adults with diagnosed diabetes, 82 percent were overweight or obese; 73 percent of adults with a history of heart attacks were overweight or obese. Only 32 percent of those with arthritis met minimum physical activity recommendations. Among youth, obesity increased more than 50 percent between 2001 and 2009. Nearly 27 percent of eighth-graders and 24 percent of 11th-graders were overweight or obese in 2009. Fueling these increases are high rates of physical inactivity and poor nutrition among adults and adolescents.

- Only 57 percent of adults met minimum physical activity recommendations.

- Fifty-two percent of eighth-graders reported watching TV or using video games, computer games or the Internet for non-school work for three or more hours in an average school day.

- Only 12 percent of 11th-graders said they participated in daily physical education.

- Just 26 percent of adults and 18 percent of 11th-graders ate five or more servings of fruits and vegetables a day.

- Twenty-one percent of eighth-graders drank seven or

more soft drinks in the past week. This averages out to a half-gallon per week and more than 2.5 gallons per month.

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Election results show 34-197 school bond measure passed

Official results from the May 15 election show 34-197 Banks School District #13 bond measure passing with 763 votes (50.43 percent). There were 750 no votes (49.57 percent). There would be an automatic recount if the difference in the number of votes was six or less.

The bond measure is for \$10.5 million, and will cause an anticipated increase in property taxes of \$.28 per \$1,000 of assessed value.

Funds from the sale of the bond are expected to be used to tear out old sections of the junior high and the library and remove the portable classrooms. A new two story wing will be built that will include

classrooms, plus a library, technology, special education and science rooms in the area where administration is now.

Paving of the parking lot and an new gravel emergency road from Oak Way to the elementary school will be included.

At the high school, a new heating system, roof repairs, an alarm and sprinkler system will be added. In addition, site lighting will be installed in the parking lots. The bleachers in the gymnasium will be replaced and some classrooms will be remodeled to address the current lack of science facilities.

Finally, an outdoor restroom, centrally located to the fields, is planned.

In The Service

Army Pfc. Steven J. Harr II has graduated from the Basic Field Artillery Cannon Crew-member Advanced Individual Training course at Fort Sill, Lawton, Oklahoma.

The course is designed to train servicemembers to maintain, prepare and load ammunition for firing; operate and perform operator maintenance on prime movers, self-propelled Howitzers, and ammunition vehicles; store, maintain, and dis-

tribute ammunition to using units as a member of battery or battalion ammunition section; perform crew maintenance and participate in maintenance of weapons and equipment; and establish and maintain radio and wire communications.

Harr is the son of Steve J. and Pamela A. Harr of Banks. He is a 1997 graduate of Banks High School and earned an associate degree in 2009 from Portland Community College.



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