

## Principal Miller to Receive Award

By Scott Laird

The Columbia County Commission on Children and Families (CCCCF) will present Washington Grade School Principal Aaron Miller with a Certificate of Appreciation for his outstanding performance in managing and supervising a local after school program. CCCC Director Jan Spika Kenna said "Aaron Miller has done a wonderful job consistently meeting outcomes and running this program. He has run the program in a way that is best for the kids and has made a real difference for children in Vernonia."

The program serves an average of ninety students a quarter and focuses on homework, healthy activities and positive behavior. It is funded by CCCC and includes summer swimming lessons. Earl Fisher, Chair of the CCCC, and Kenna will be presenting an award to Aaron Miller on October 6th.

CCCCF meets the 3rd Thursday of each month at 5:30PM at OSU Extension Conference Room, 505 N. Columbia River Highway in St. Helens, Oregon. Vernonia's representative on the CCCC is Jill Hult.

## School Blood Drive Scheduled

The Vernonia High School will host a Red Cross Blood Drive on November 6 from 10:00 AM to 4:30 PM, at the district office. You can walk-in or to pre-schedule an appointment, contact Mr. Brookins at 503-429-3521 or by email jbrookins@vernonia.k12.or.us.

## Oregon Walk+Bike To School Promotes Health and Safety

Parents and kids statewide are encouraged to join millions around the world who are improving their health, their community and having a ton of fun by walking or rolling to School on Wednesday, October 8th!

Did you know that walking and biking to school can actually make kids better students? When kids walk and bike to school, they get refreshed, get some social time with friends, and get healthy which leads to better concentration, better moods and a more active brain. And best of all, they get to work out some of their nervous excitement before reaching their classroom.

Walking or biking to and from school is an excellent way to add physical activity into every day. Kids need at least sixty minutes of physical activity every day to keep them healthy, and many kids in Oregon just don't get enough! Walking and biking to school can help improve strength and endurance, decrease anxiety and stress and help maintain weight. Positive experiences like walking and biking to school will pave the way for being physically active throughout life.

Walking and biking to school reduces traffic pollution and congestion. It can also encourage parents to walk and bike to school with their kids.

Well-maintained routes designed for walking and biking calm traffic and reduce collisions. Walking and biking to school helps create driver awareness in school zones which increases safety for all!

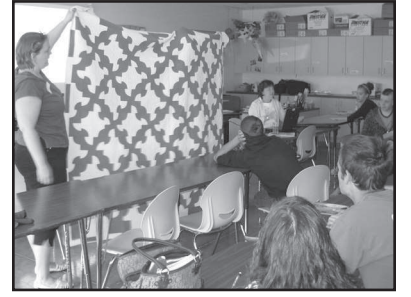
Studies show that more people walking and biking in a neighborhood makes people feel better about their neighborhood. It helps make public streets lively and friendly, encourages community interaction and attracts people to commercial and recreational areas.

## Vernonia High School Students Learn about Quilting

By Scott Laird

Mrs. Willard's World Folk Art Class at the Vernonia High School got a great hands-on opportunity in September when they began work designing and making a student quilt that will be displayed at the school. The project was part of a two week demonstration and lecture series by the Westside Quilters Guild from Hillsboro and Professional Quilt Historians Amelia and Elsa Endorf.

Students were given a history of quilting in Europe and the United States, and they learned about different



Students are shown an example of a hand-made quilt.



Students take a turn at creating their own quilt.

styles of quilts, designs and patterns and their meaning and significance, and about the resurgence and interest in quilting that began in 1976 during the Bicentennial celebration. Students were shown examples of quilts dating as far back as the 1880's and got to see and feel examples of crazy quilts, Amish quilts, African American quilts, Hawaiian quilts, and many others patterns and styles. Students also learned how quilts were used for political expression, especially in the early 1900's.

The students were shown examples of tools, accessories and gadgets that quilters use in their craft, and then they began work on creating their own class quilt. Students designed and sewed their own squares which are to be assembled by the Westside Quilters Guild into a complete quilt.

The Westside Quilters Guild was in Vernonia immediately after the flood in December 2007 and gave over seventy handmade quilts to flood victims.

## Washington Grade School Open House

Washington Grade School will be holding its annual Open House on Wednesday, October 8, and it will once again coincide with the first night of evening conferences for VMS and VHS.

Activities for the evening will be as follows:

- 5:00-6:00 PM Vernonia Community PTA Back to School BBQ (WGS play shed)
- 6:00-7:30 PM WGS Open House (WGS classrooms)
- 6:45-7:30 PM Title I (ExSEL) Parent Meeting (WGS Room 18)
- 5:30-8:00 PM Scholastic Book Fair (WGS Library)

Mist Grade School will also be hosting an Open House: Wednesday, October 1 from 6-7:00 PM.

Come on in and see some of the wonderful things that are happening in our local schools. We hope to see you there.

**SATURDAY  
OCTOBER 11<sup>TH</sup>**




**TEXAS HOLD 'EM  
TOURNAMENT**  
AT THE BUCKHORN RESTAURANT

Registration at **5:30pm**, Tournament play starts at **6pm**  
**50% of fees go to Local Charities.**

**\$40 buy-in with \$20 re-buy. 35 Player Limit - Sign-up Now!**  
To **register** or for more **information** contact:  
George Tice **429-3751** or Aaron Miller **429-6049.**

**PRESENTED BY  
THE VERNONIA LIONS CLUB**

## Vernonia Dental



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# EARL FISHER


**Working *TOGETHER* to Get Things Done**





**EARL FISHER**  
FOR  
County Commissioner  
position #1  
Democrat

## You Are Invited!



**Junior Jazzercise & Team Dance  
Open House**

**Date:** Thursday, October 2<sup>nd</sup>

**Time:** 3 - 5pm

**Location:** Vernonia Grange Hall  
375 North Street

**RSVP:** Penny (503)429-0196

**Junior Jazzercise = Grades 1<sup>st</sup> - 5<sup>th</sup>**  
**Team Dance = Grades 6<sup>th</sup> - 8<sup>th</sup>**

**Open house festivities will include  
information on the Junior Jazzercise &  
Team Dance program and a free workout\*.**  
(\*Parent/guardian consent required)

**Admission is free to everyone, and  
participants should dress to exercise.**