

## Verizon Makes Donation to Vernonia Schools

Verizon has shown a deep commitment to the city of Vernonia. It first contributed \$10,000 to the flood recovery shortly after the December 2007 flood. After hearing of the community's plans to rebuild the schools, Verizon donated \$20,000 to Phase 1 of the Oregon Solutions Vernonia Schools Project. Led by co-convenors Tony Hyde and Tom Kelly, the Phase 1 team convened school district, city, county, state and federal representatives to choose a site above the flood zone for the new K-12 School, to annex the site into the Urban Growth Boundary, and to assemble the school design team in consultation with project management firm Aadland Evans.

Following the passage of the \$13 million school bond measure in November, Oregon Solution's Phase 2 team, which consists of many of the Phase 1 members as well as new public and private partners, is focused on raising the additional \$24 million needed to acquire the land and build the new school. Verizon's recent donation of \$5,000 to this effort raises its total contribution to Vernonia to \$35,000 over the last two years. Renee Willer says, "Verizon really cares about Vernonia and wants to ensure a stable education for the future of that community. We know that a top notch education will retain and attract people to Vernonia and is so important to the long term economic development of the area."



Renee Willer, Verizon Communications External Affairs Manager, presented a check to Oregon Solutions for \$5,000 on December 15 for Phase 2 of its Vernonia Schools Project. Accepting the check on behalf of Oregon Solutions were VSD Board Chair Jim Krahn, Sen. Betsy Johnson, and VSD Superintendent Dr. Ken Cox.

## VHS Athletes Receive All-League Honors

Several Vernonia High School athletes were named to All-League Teams at the completion of the fall sports season.

In volleyball, Kaitlyn Carr was named 2nd Team All-League and was joined by her Lady Logger teammates, seniors Bonnie Birkmeier and Karly DeWitt, who both received Honorable Mention honors.

In football, Seniors Alex Lende at running back, Brandon Gilbertson at offensive line and Levi Timmerman at linebacker, along with underclassman Jacob Alf at defensive line, were all named First Team All-League.

Congratulations to all these scholar athletes.

## Vernonia branch manager, Pam Weller of Wauna Federal Credit Union, presented the



Vernonia School Board with a check for \$2,455 to go to the Vernonia Education Foundation. The money was raised from the sale of tee shirts that Wauna employees designed and sold. The tee shirts featured the movie "Twilight" which was filmed in part in Vernonia and at the Vernonia branch of Wauna.

## Jump Rope for WGS P.E. Department

Healthy Kids Learn Better, Healthy Teachers Teach Better, One Step At A Time

Washington Grade School and The Clever Cricket Toy Store are participating in a very special fundraising project to help raise funds for the WGS P.E. Department (WGSPE). They are joining in the fight against our nation's No. 1 and No. 3 killers-- cardiovascular disease and stroke. Jump Rope for WGSPE helps students learn about the benefits of regular physical activity and heart health while raising funds to help the P.E. program. The money raised, combined with funds donated by the PTA, will fund a new climbing wall and help buy more P.E. equipment.

Most people don't realize that the roots for cardiovascular disease in adults often begin in childhood from age 10 and even younger. That's why it's important to make changes now. Helping children by teaching them to eat healthy foods, stay physically active and live tobacco-free will ensure a happy and heart-healthy future.

Jump Rope for WGS P.E. is a fun and effective way to teach heart-healthy living. It emphasizes the importance of physical activity as our children do something they enjoy-- jump roping. Rope jumping is an excellent workout for both the lower and upper body. Rope jumping improves fine

and gross motor coordination, agility, and fluidity of movement, flexibility and lateral movement. It also helps improve rhythm, speed, power, timing and balance. Rope jumping is one of the best and safest ways to improve physical fitness and athletic ability. It provides a basic foundation for just about any sport.

Jump Rope for WGS P.E. Department will take place in P.E. classes on January 11th-January 28th. Collection envelopes will be due on January 27th and 28th. Family and friends are welcome to support student's participation by making contributions. However, the school is asking that students not go door to door or ask strangers for donations. Checks should be made payable to Washington Grade School. Participants receive thank you gifts from the Clever Cricket Toy Store based on the donation level. The top three fundraisers will receive two free games of bowling and free shoe rental at Rainbow Lanes in Forest Grove. The top fundraising class gets to pick their P.E. activity for one week. The goal is \$1500.

For more information, contact Mr. Spaulding, K-5 P.E. Teacher, Washington Grade School at 503-429-7941.

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**Strengthening Families Project**

Contact: Sonia Spackman  
503-429-6540

David Spackman  
@ Grade School  
503-429-7941

Pre-Registration Begins Dec. 28th

Care Provider(s) Attending:

Contact Number:

Name of Child attending (10-14yrs):

Daycare needs yes no # of children

1ST CLASS DATE: 1/11/2010

TIME: 5:30

FREE

Join Us in Vernonia

Strengthening Families Project

Begin: Monday January 11th

(7 Sessions including Registration)

Where: Vernonia Community Church

Who: Parents/Care Providers & youth  
10-14yrs

(Other ages can attend if space is available)

Why: Support efforts in communication  
between kids and their parents.

Learn how to appreciate each  
other's strengths as individuals.

Nights to play, laugh, and learn!

FREE CHILDCARE FOR YOUNGER SIBLINGS!

Dinner is provided for the whole family!!

Prizes and incentives

Certificates provided to everyone!!

Classes will satisfy skill training requirements for  
various Self-Sufficiency Programs