

Better Parenting: A Parenting Thought--“Begin With the End in Mind”

By Sonia Spackman, MA, MFT

Basically, parenting is a job you want to work your way out of. When your kids go out your door to enter the work-force, go to college, or get married, you want them to be prepared for the grown-up world they are entering.

Beginning while your kids are young, it is your job to teach them how the real world works while they are living at home. And it is the kids' job to learn the lessons you are teaching them as long as they live under your roof.

This dual process is about adults “practicing” to develop good parenting skills and the kids “practicing” to mature into safe, kind, respectful, and responsible adults. In all this “practicing,” try to remember there is no such thing as a perfect child; we are practicing how to live and learn as we go.

I hope you can see the parenting connection, humor and wisdom in the following list from “Melody Ennis’ Top 10 List of Dog Training Tips” for raising your kids:

1. Be consistent.
2. Keep their attention.
3. Repetition.
4. Have GOOD treats.
5. Keep training sessions short.
6. Train at least 15 minutes a day.
7. Be fair.
8. Don’t push your dog too fast.
9. Remember to help your dog when he’s confused.
10. Have fun together.

Next time, we will cover some “getting ready for the real world”

parenting tips you can try at home with your kids that work on kids from two to twenty.

Resources: “Melody Ennis, Melody Ennis’ Top 10 List of Dog Training Tips,” Estacada News, used by permission of the author.

If you have comments or questions you may contact me at PO Box 217, Vernonia, OR 97064 or e-mail soniaspackman@msn.com.

A Conversation with Bill Haack *continued from front page*

now she has stepped back into the role of Mayor with yet another new suite of Council members to nurture and bring forward. What she has demonstrated is an appetite for learning and governance and seeing things all the way through—and I think that is to be applauded. I’m sure that all of you who know her and have worked with her before in other capacities—I’m sure that is what you would expect. She is very organized in the way she works and in the way she presents information to the public and the Council. I think she is doing very well.

VV: What are your top priorities for the next six months to one year?

BH: This city, like all cities right now, are in the process of managing their budget against the emerging and evolving impacts that our economic decline is go-

ing to impose on us. And Vernonia has the double whammy that, due to the success of our flood recovery program, we took forty properties off the tax rolls. So my first absolute priority over the next six months, and quite honestly for likely over the next three to five years, is going to be to put in place a budget that is going to be meaningful in terms of costs against what our revenues are and to make a budget such that all the expectations of the community are met.

Related to the budget, and directly related to the wastewater project that is evolving and the work that has already been started by the Public Works Committee with a water rate study, over the next year the City will take a hard look at the water rates and sewer rates. We need to be honest with everybody that those rates are being looked at, they will be modified and likely there will be

increases. The goal is how to make those increases palatable in the short term and meaningful to the city in the long term. There are no firm numbers yet, but we hope to have more information soon. So by the end of this calendar year we should have a rate structure for both water and sewer that has been modified from what it has been in the past. Hopefully we can find a way to step into those rate adjustments over a couple of years as opposed to making a dynamic change in any one year—that would be a goal although it is not assured.

The Wastewater Facility Improvement is another priority. The City has selected Tetra Tech as the design engineering firm for the project. Within the next sixty days we need to know whether the current proposed option of a hyporic discharge system does, in fact, work. We will be working with

several engineering firms to determine if we are on the right path. It’s likely that if we are able to use the hyporic discharge model it will cost less than the alternatives we have previously considered. How much less, we don’t know yet. But it could be significant. Right now we are trying to demonstrate that it is feasible and a viable alternative that meets DEQ guidelines. We are also doing additional assessments to determine whether the removal of the schools and other properties and structures upstream from our current sewage lagoons has sufficient impact to allow us to not be required to modify the shape of our lagoons. We think that is a possibility. If that is so, that also reduces the cost of the final design for the Wastewater System Upgrade.

Another, not really a project but a policy of the city, is trying to figure out a way to incentivize people to either stay in Vernonia or move to Vernonia. That includes seeing that our housing stock increases—in other words new houses being built or our current housing stock is remodeled in a way that banks will provide loans so that people can buy

continued on page 15

Vernonia Veterinary Clinic
Small and Large Animals



Now Open
Mon, Wed & Saturday
9 a.m. - 4 p.m.
Call for Appointments
(503) 429-1612
Or 24 hr. Emergency Number (503) 397-6470
700 Weed Ave. Vernonia, OR

STORAGE. TOP
Need more room?



See us for the lowest prices
GUARANTEED!
Debit/Credit now accepted
U-Haul now available on site

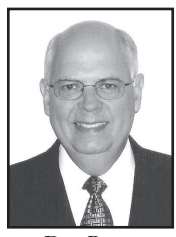
5x10 \$39 10x10 \$69 10x20 \$99
RV Storage \$149

Outside storage available
Totally fenced and gated
Padlocks Available

58605 Nehalem Hwy S.
P.O. Box 292
Vernonia, Oregon 97064
(503) 429-7867
10-5 Tue-Sat, 12-4 Sun

—Serving since 1953—
Fuiten, Rose & Hoyt
Funeral Home & Crematory

Third Generation
Family Owned & Operated



Dan Raney
Jeffrey and Kathryn Hoyt,
Gregory and Rachel Hoyt,
Samantha Humphrey,
Ross Mathews,
Dan Raney,
Peni Flores
Attendant: Ray Pelster

2308 Pacific Ave., Forest Grove 503-357-2161
741 Madison Ave., Vernonia 503-429-6611
E-Mail: fuitenrosehoyt@aol.com
Website: www.fuitenrosehoyt.com

—Serving since 1873—
Forest Grove Memorial Chapel
2308 Pacific Ave., Forest Grove 503-357-3126
Serving all cemeteries for
marker sales and installation

TUALATIN VALLEY FUNERAL ALTERNATIVES
Direct Cremation \$675
Direct Burial \$875
Plus Cemetery Costs

Providing personalized services
Caskets • Markers • Vaults • Urns

www.tualatinvalleyfa.com
(Hillsboro) 237 West Main St.
503-693-7965
(Beaverton) New Location
12270 SW First St. • 503-641-9060

Classified Ad Rates
\$5/month
Rideshare/Carpool Ads FREE

CLASSIFIED ADS

To place an ad call: 503-367-0098
email: scott@vernoniasvoice.com

FOR RENT

3 bdrm, 2 bath \$650/mo. 1st, last, deposit and application fee. No pets. 1105 Riverside Dr.#7 Call 503-793-0921

2 bdrm, 1 bath \$650/mo. 1st, last, deposit and application fee. No pets. 503-793-0921

Room for Rent Vernonia, avail. 2/7. \$425/mo. Unfurnished/furnished, storage avail, large fenced yard, dog/cat ok, smoker ok (outside only). All utilities included, DirecTV and DSL included. W/D, covered deck area and hot tub. 503-780-2098

\$722 - 3 bdrm, 2 bath townhouse now available. Stop in for a cup of hot coffee & a tour. *Equal Housing Opportunity.* Water, sewer, garbage paid. Income restrictions apply. 503-429-6052

House for Rent - 3 bd/1 bath, washer/dryer, appliances, fenced front yard, storage shed. \$925/mo. Available now. Please call 503-429-2110.

FOR RENT

3 Bd/1 Ba Home furnished or unfurnished for rent at Fishhawk Lake. Darling contemporary. Only 1 block from lake, clubhouse & beach. Lrg deck for entertaining. Lots of windows & cozy wood stove. \$800/mo. \$1000 Dep. \$45 tenant screening fee. View details at www.postlets.com/rtpb/6534972. Call to schedule a tour: Joni Jackson, Reliance Real Estate Services (503)956-0445.

3 Studio Apts. Available - 409 Rose Ave. \$400 month, \$400 deposit. Call Tim 503-396-3371

Self Storage - Fine, insulated storage units in Clatskanie. 20 sizes, on site managers - John & Kris Lillich. Visa/MC/AmEx accepted. 503-728-2051

SERVICES

Guitar Lessons all styles, taught by a professional with 30 years experience. \$25/hr.

SERVICES

John 503-235-8996

Photo Restoration and enlargements. Save your family photos before they're gone forever! Have your pics digitally repaired, enlarged or copied. I will pick up & deliver. Call 503-980-3289

Safety Course Classes - Required for the Oregon Concealed Handgun License-fulfills application requirements. Also personalized firearms proficiency training classes available. Small classes ensure individual attention. Local and flexible scheduling. Please call 503-429-7342 for details.

FOR SALE

Firewood for sale - Well seasoned fir, split. Mist 503-438-8344

Treharne Firewood Service-- Fir cut, split and delivered - \$170/ cord local. Jerry Budge 503-429-1811

WANTED

I Buy Guitars, amps and other musical instruments. Call John 503-235-8996

HELP WANTED

Upper Nehalem Watershed Council is looking for (on call, part time, seasonal) tree planters. Must have reliable transportation, valid driver's license and car insurance. Contact Steve Sorbets: stevensorbets@yahoo.com for an application.

VACATION RENTALS

Rockaway Beach House - Two/2 bedroom units. \$95/\$115 or both \$200. Stay 5 nights and the next 2 are free. Pets allowed with fee. Check our website for more info www.pcez.com/~flyby or call 503-556-5850