

Welcome to the World...

Faye Edith Romtvedt



Brady and Shannon Romtvedt joyously announce the birth of their second and final child and look forward to raising her, along with older brother Jack, with the support of this community.

Faye Edith Romtvedt was born September 28th at Keiser Westside Hospital in Hillsboro at 8:06 pm, weighing 7 pounds even.

Grandparents are Steve and Eileen McRoberts, Salem OR and Keith and Paulette Romtvedt, Baker City OR. Greatgrandparents are Evelyn Turnidge and Janet McRoberts of Salem OR. Welcome Faye!

Better Parenting: Designing a Logical Consequence

By Cline/Fay Institute, Inc.
Presented by Sonia Spackman MA, MFT

Check out this criteria you might want to use when you determine whether your consequence is logical, realistic and keeps your child's dignity in tact:

1. Is it tied to the time or place of the problem or behavior?
2. Is the consequence similar to what would happen to an adult who acted in a similar way in the real world?
3. Ask yourself the question—what would happen if I didn't do anything about the behavior or problem?
4. Will my child feel like they are the cause of their own pain? Or will they be able to blame me for imposing the consequence? Will it feel like a punishment?
5. Have you expressed the loss of privileges in a positive way? "I see you have chosen not to go out for the next two weekends?" "You can pick a different place to eat dinner now that you have lost your dining room privileges. It will have to be a place that doesn't make a problem for anyone else in the world."
6. Does your child's self-esteem remain intact?
7. Will your child learn more about their strengths than their weaknesses?
8. Whose problem is the behavior—

really?

9. Does this behavior affect me and therefore must I impose the consequence, or does it affect others or the school and they should impose the consequence?

Keep in mind the following as you design your consequences:

1. How can I be a consultant—helping my child solve their own problems?
2. How can I keep the burden of the solution on my child?
3. How can I imply that my child is fully capable of solving their own problems?
4. How can I tie the time and/or place of their misbehavior to the consequence?
5. How can I let my child hurt as a result of his actions without thinking I made them hurt?

Consequences, while we speak of them as logical and often natural, they are hard to develop. A lot of our struggle is due to how we watched our parents raise us when we were kids. We hook into anger so easily—about as easily as we hook into our kid's power struggles. In fact, one follows the other!

As you develop consequences for your kids inappropriate behavior that either keeps you from teaching or your kids from learning their lessons at home, practice checking off the criteria you are using. Three words: **LOGICAL, REALISTIC, DIGNITY INTACT!**

Natural Path to Health: Reiki - the Positive Choice for Cancer Treatment

By Jeff Dolan, Reiki Master

Cancer is one of the most frightening diagnoses one can hear from a doctor. Many people try chemotherapy or radiation and find it either helps or fails. There are always multiple side effects with either situation. After watching my first wife experience ten rounds of chemotherapy and two treatments of radiation along with eight surgeries, the doctor told us there was nothing more he could do. After she discovered Reiki through her support group, I noticed her increased energy and how much better she felt. After her passing, I began to investigate Reiki and made the decision to become Reiki Master to help people with cancer and other health conditions.

Reiki energy helps to ease the effects of chemotherapy and cancer. I have helped many cancer patients through the use of Reiki and most experienced remission. For example,

a young girl, age seven, was diagnosed with cancerous tumors on both of her kidneys and one lung. With the combination of chemotherapy, Reiki energy, and three weeks of treatment, the little girl was in remission.

In my experience, Reiki works well on cancer because it removes the negative energy that supports the cancer, and replaces it with universal positive energy that promotes healing. I am a member of the Northwest Reiki Association that works in the cancer treatment centers in Providence Hospital in Portland and St. Vincent's in Beaverton. With the patient's consent, Reiki is used as an adjunct therapy to their chemotherapy/radiation treatments. Most reported a deep sense of relaxation, pain relief, and a general sense of wellbeing.

If you would like more information or want to schedule an appointment, please contact me at (971) 275-6228 or jeffcdolan@gmail.com.

VHS Fall Sports Report

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regional 2, 3 and 4A teams attended, with some of the best runners in this part of the state competing.

The Ranier boys team really dominated their race, with all five scoring runners placing in the top ten. Almost the entire Vernonia boys team set personal season records, with James Ombati, the top Vernonia runner, finishing the 5K race in 18:31, and an outstanding fifth overall. "In this sport, we want to run against the best competition because they will bring out the best in us," said Coach Brown. The boys team finished a very impressive second overall.

The Banks girls team dominated their race, but the Lady Loggers also finished an outstanding second. Leire Valladares was the top finisher for Vernonia, running a season personal best of 22:54. Andrea Castano has been the second best runner all season, and the rest of the girls team, Josephine Lassen, Justine Larue, Chloe Huot, Viviana Bustamanti, Cassie McFalls and Megan Rice, have really improved this season.

The Northwest League Championship was held October 13 on the same course, and both the boys and girls team improved their personal season records again. The Lady Loggers pushed an excellent Nestucca team and finished a very impressive second, with Valladares

finishing second and Castano taking fifth. The boys team was again paced by James Ombati who broke his own 5K record in 18:13, finishing third overall. Mark Henke, Clay Sullivan, Francesco Mian, and Arne Schiemann all set personal season records.

Volleyball – The Lady Loggers still have a chance to win the Northwest League regular season title, after wins over Gaston and Knappa, with a huge showdown with Faith Bible looming on October 15.

Non-League losses to Oregon Episcopal and Portland Christian at the Amity Tournament and a disappointing league loss to Life Christian, left the Lady Loggers with a 12-5 season record and tied for first place in league play with Faith Bible with a 9-1 record.

Vernonia easily defeated Gaston 25-23, 25-21 and 25-13 as part of Homecoming Week on October 6, took four games to beat Knappa 25-18, 22-25, 25-11, and 25-18 on Senior Night on October 12, and went all five games in that stinging, back and forth loss at Life Christian, 20-25, 25-8, 25-23, 23-25, and 8-15 on October 8.

The Lady Loggers still have a chance to win the league at Faith Bible. They close out the regular season on October 17 when they travel to winless City Christian.



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