

Schools Update: Summer Activities

By Aaron Miller

With school out for a few weeks now, parents may begin hearing the phrase, "I'm bored." There are several activities happening in the community that can help remedy this issue. Here are a few ideas:

- The Summer Meals Program will again be offering free lunches to kids ages 1-18. There is no income requirement, no paperwork and anyone can participate whether they live in Vernonia or not. Adults are encouraged to eat lunch as well, with a price of \$3.00 for anyone over the age of 18. Lunch is served from 11:30 am-1:00 pm, Monday through Friday at Grace Family Fellowship, located at 957 State Avenue. Volunteers

are needed and welcome. Please call (503) 748-9193 with any questions.

- Attend summer reading programs and activities at the Vernonia City Library.
- Go swimming at the Hawkins Park Pool.
- Put them to work. If they say they are bored, have them clean the house, mow the lawn, pick up their room, or make lunch. Kids usually complain about work, but really do like to be helpful.
- Read a book.

Seven ways to prevent summer reading loss

Your child has worked on strengthening their reading skills all year long. You don't want them to lose it over the summer! Yet research shows that summer reading loss is a real problem.

Thankfully, there are countless ways you can encourage your child to maintain—and even improve—their reading skills during vacation. You can:

1. Read together daily. In addition to reading books, ask for your child's help with following recipes, looking up information online and making lists.
2. Keep reading materials handy. Leave comics, magazines, books, newspapers and other materials around the house where your child is likely to pick them up.
3. Choose irresistible materials. Look for books and articles about your child's interests, such as sports, art, fashion or even a favorite movie.
4. Talk with experts. Ask your child's teacher or a librarian for summer reading

suggestions.

5. Visit the library regularly. Give your child frequent opportunities to find materials that appeal to them.
6. Take books with you. Bring them on trips, into waiting rooms and anywhere else your child might complain, "I'm bored!"
7. Be creative. Listen to audiobooks. Play word games. Visit a museum and read about displays. Start a book club.

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Drivers Ed Opportunities Near You

By Kailia Jackson

The website oregondrivertraininginstitute.com has all the information you could ever need on helping your teen learn how to drive. Everything from classroom lessons to on the road training is available near you.

Another option is through PCC! Portland Community College offers drivers ed classes at various locations throughout the Portland Metro area. Requirements are:

- Be 15-17 years old to qualify

for the teen program and complete the course before you turn 18

- Must have a valid Oregon Instructional Permit
- Attendance at ALL sessions is mandatory
- Missed sessions must be made up at an additional cost.

Complete and submit the form by either email (drive@pcc.edu) or mail (PCC Driver Ed, SE Campus- ADM 304, PO Box 19000, Portland OR 97280-0990).

What I Learned Coaching Youth Sports

By Kailia Jackson

Vernonia High School is known for their athletic accomplishments. It would only make sense that we start to prepare our athletes as soon as we possibly can, meaning Little Guy Football, Vernonia Mat Pac, and various other programs specifically for those not in middle and high school.

I have participated in many different kinds of sports throughout my years of athletics. I'm a wrestling team captain, and have been a volleyball player for over five years. I have been active in, and managed tons of different fundraisers for different sports, from car washes to can drives.

This spring I was an assistant coach for

Vernonia's own 10U softball team. Jenn Rau was the head coach, and she helped me understand how committed coaches are to the game, and the enjoyment of the players. I learned more than I thought I would from my team. I learned that little girls don't like wearing their hair up to practice, and that they never, ever stretch enough. I learned that after a softball game to NEVER let your player take her socks off post game. My sister, Momi Leininger, is who I learned that from. She also showed me that she is terrible at staying on her feet, but that she'll give her all to go after the ball and help out her team.

I have learned that every girl deserves the chance to play the game no matter the circumstances. All kid athletes deserve the opportunity to experiment with all athletics that they may come across. We need more coaches and volunteers in every child sport we offer. The small coaching community that we do have in Vernonia is very dedicated to the betterment of their little teams. We all care a lot, and just want our kids to have fun, and possibly be future state champions or wall of famers.

I hope you will consider creating a team or dedicating your time to a sport of your choice.

Vernonia School Board Meetings are held on the second Thursday of each month. The next School Board Meeting is scheduled for July 13 at 6:00 pm in the Schools Library.


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