

# Lockman named National Scholar

By Walker Sacon  
Columbia Gorge News

Columbia High School senior Jacob Lockman has been named a 2021 National Scholar by the Horatio Alger Association of Distinguished Americans. Lockman will receive a \$25,000 scholarship.

Lockman was one of four scholars from Washington and Oregon to receive the scholarship, and one of 106 recipients nationally.

Association spokesperson Claire Salazar said in an email that tens of thousands of students applied. Those chosen were recognized for their commitment to continuing their education and giving back to their communities through the pandemic, she said.

Lockman said he plans to pursue a computer science degree and hopes to play soccer at the next level in the process.

"I really love soccer and I want to play soccer if I can, but I also have a brain," he said.

Lockman said he hopes to work in the "assistive technology" field — "like rehabilitation robotics." He said he enjoys being part of a team and complex work like robotics demands a team of like-minded people working toward a common cause.

Though Lockman hasn't yet decided where he will attend college, he said he has been accepted to Rose-Hulman Institute of Technology in Indiana, where the soccer coach told him there will be a roster spot waiting.

Rose-Hulman has been named the top engineering college in the nation by U.S. News and World Report for 22 consecutive years, according to the school's website. Lockman said it feels good to know he has at least one



Columbia High School senior Jacob Lockman, at left, has been named a 2021 National Scholar by the Horatio Alger Association of Distinguished Americans. File photo

viable option.

A senior soccer season at CHS hasn't been a sure-thing since the pandemic interrupted his junior campaign last year. To stay in shape and showcase his talent to college scouts and coaches, he has been playing soccer with the Westside Timbers Soccer Club in Beaverton.

"If I don't play, I won't get recognized," he said.

Lockman said the club provided a higher level of competition than he was used to at first, but he has settled in and earned a starting spot.

"I was really scared when I first went in," Lockman said.

"I realized I work just as hard, if not harder than these kids and I can hold my own out there."

Horatio Alger Association President Jim Dicke said in an email that the scholarship is aimed at helping "deserving young people who have demonstrated integrity, determination in overcoming adversity, academic potential and the personal aspiration to make unique contributions to society."

Lockman said receiving the scholarship was a "huge boost" to his confidence as he knows many other recipients come from larger schools with more resources.

He said he tries to live by the values of hard work, honesty and determination and hopes that people notice his actions.

"Right now it's hard for people to see that passion through a screen," he said.

Awarded scholars will travel to Washington, D.C., to meet other scholars and members of the association when it is safe to do so, Salazar said in an email. Scholars will also participate in college preparation sessions and other educational events.

# Mask-quatch



The Bigfoot wood carving in front of Brenna's Market in Mosier wears a stylish face-covering. Kirby Neumann-Rea photo

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## Yoga Animals

In many parts of the country, team sports have been cancelled because of the pandemic. In some places it is hard to play outside because of COVID and/or the weather. But there is one sport you can do in your own home. **It's yoga!**

**Downward Facing Dog**

Can you pose like a dog? How about a cat? Maybe a cobra or a butterfly?

These poses can be fun and silly. They are also yoga poses that are good for you!

Have you ever watched a dog when it gets up from resting? It might do this stretch which ancient yogis (people who do yoga) discovered was a good stretch for people, too.

**Cat Pose**

Move onto your hands and knees. Take a deep breath in through your nose. Round your back and lower your chin to your chest.

Exhale and lower your back and raise your head.

Rest and repeat.

**Cobra**

No reason to be afraid of this cobra! It is a great yoga pose and stretch.

Lie down with your belly on the ground.

Place your hands under your shoulders and your forehead on the ground.

Breathe in through your nose and press your hands to the ground while raising your head and shoulders.

Exhale through your mouth and teeth and hiss like a snake.

Lower your body back to the ground. Relax and repeat.

## What is Yoga?

Yoga is an ancient form of fitness with poses that help you stretch, relax and get stronger.

### The Benefits of Yoga

Research shows yoga has many benefits. Use the code to find out what these are.

■ = A	■ = F	★ = 0	■ = T
■ = C	■ = L	■ = R	■ = U
■ = E	■ = M	■ = S	■ = Y

Yoga can improve

Yoga can improve

Yoga can reduce

**Pigeon**

Bring one leg in front of you so your shin is parallel to the top edge of a wall, draw the other leg behind so your knee is on the ground.

Your back foot can be flat on the ground, or your toes can be tucked under.

**Yoga began in India long ago.** Ancient statues show figures in various yoga poses.

**No one knows exactly when yoga began.** It's been around for thousands of years. How yoga is practiced has changed over time as different people in different places started doing it. But one thing that people who practice different kinds of yoga agree on is that yoga can improve health and well-being for people of all ages.

**Butterfly**

Sit on the floor and bring the soles of your feet together. Let your knees fall outward so your legs look like butterfly wings.

## Kid Scoop Puzzler

### Concentrate!

Yoga takes concentration. Look at the pictures below. Which ones come from somewhere on this page?

## Double Double Word Search

Find the words in the puzzle. How many of them can you find on this page?

BUTTERFLY	I	M	S	E	L	A	H	X	E	C
SHOULDERS	E	P	R	T	O	V	A	G	O	Y
STRETCH	V	E	Y	O	R	U	R	B	H	E
IMPROVE	O	B	U	T	T	E	R	F	L	Y
BREATH	R	R	N	X	E	A	T	A	C	K
EXHALE	P	E	I	A	A	K	T	C	L	N
COBRA	M	A	H	G	H	L	A	O	H	E
RELAX	I	T	C	P	O	S	E	N	E	E
SLAKE	S	H	O	U	L	D	E	R	S	S
KNEES										
YOGA										
POSE										
CHIN										
TOES										
DOG										

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

## Kid Scoop Together: Breathing Exercises for Calm

Sometimes we feel some really big emotions. Anger, sadness or even happiness make it hard to calm down. Here are some fun breathing games that help calm those big emotions.

**Smelling Flowers**

Imagine you are smelling a flower, breathing in deeply through your nose and out through your mouth.

**Bunny Breath**

Just like a little bunny in the garden, take three quick sniffs in through your nose, and one long exhale out through the mouth.

**Snake Breath**

Pretend to be a snake and hiss. Inhale deeply through your nose and blow out through your mouth with a soft and low hissing sound.

**Bumblebee Breath**

Sit comfortably and inhale through your nose, keeping your mouth closed. Next, with your mouth still closed, make a humming or buzzing noise (like a bumblebee) as you exhale.

**Dragon Fire Breath**

Place your fingers under your chin, and as you inhale, raise your elbows as high as you can around your neck and face. On the exhale, lower your elbows back down.

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## FROM THE Kid Scoop LESSON LIBRARY

### Health News

Look through the newspaper for an article about health. Read the article and then make a list of things that the article says keep people healthy.

Standards Link: Research: Use the newspaper to locate information.

**Write On!**

## Sports Report

What is your favorite sport or exercise? Write a paragraph describing why you like it.