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.

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 "Right now it's hard for

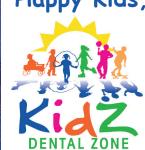
people to see that passion through a screen," he said. Awarded scholars will travel to Washington, D.C. to meet other scholars and members of the association when it is safe to do so, Salazar said in an email. Scholars will also participate in college preparation sessions and other educational events.

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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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!



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

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

Downward Facing Dog Have you ever watched a dog when it gets up from resting? It might do this stretch which ancient vogis (people who do yoga) discovered was a good stretch

Cat Pose

Move onto your hands and

your chest.

and raise your head.

knees. Take a deep breath in

through your nose. Round your

back and lower your chin to

Exhale and lower your back

 Go to your hands and knees and breathe in deeply through your

2. Exhale and stretch vour leas and arms so that your bottom is up in

3. Push the ground firmly with your hands. Stretch vour leas, bending and straightening your knees very carefully Stop if you feel any pain! 4. Return to your hands and knees. Relax and

Pigeon Yoga began in Bring one leg in front of you India long ago. so your shin is parallel to Ancient statues the top edge of a wall, draw show figures in the other leg behind so your various yoga knee is on the ground. poses. can be flat on the ground, or your toes can be tucked under.

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What is Yoga?

you stretch, relax and get stronger.

The Benefits of Yoga

Yoga can improve

Yoga can improve

Yoga can reduce

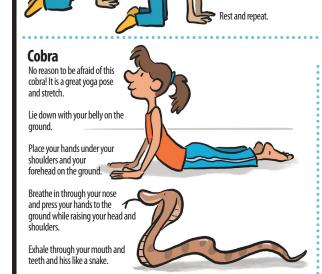
Yoga is an ancient form of fitness with poses that help

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

=E =M =S =Y

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.



Lower your body back to the ground

Relax and repeat.

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

Hold That Pose! Look through the newspaper for a photograph or drawing of an animal or person. Copy the pose and see how long you can hold it. The sports pages have great challenging poses. Standards Link: Research Use the newspaper to



Double Word Search

BUTTERFLY SHOULDERS STRETCH **IMPROVE BREATH EXHALE COBRA** RELAX **SNAKE KNEES** YOGA POSE

CHIN

TOES

DOG

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

I M S E L A H X E C E P R T O V A G O Y VEYORURBHE OBUTTERFLY RRNXEATACK P E I A A K T C L N MAHGHLAOHE ITCPOSENEE SHOULDERSS

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

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.



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

Kid Scoop Together: **Breathing Exercises for**

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.



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.



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

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