

Peer counselors gain awards

by SCOTT NEWTON

Two Sandy High School students received special awards for their participation in a Cedar Ridge School peer counseling program recently.

The awards were given to SUHS students Heidi Brosseau and Shawn Burns by Winnie Noonan, Cedar Ridge counselor, and Patsy Perkins, practicum student in counseling from Lewis & Clark College.

Brosseau and Burns, part of a peer counseling class at the high school, helped Cedar Ridge

students who "needed help understanding themselves," according to Wilma Tush, a paraprofessional with the high school.

"Mostly what they do is listen," said Tush, who has worked at the high school for eight years and has taught peer counseling for five. Primarily, students are taught communication skills.

We "teach them how to build self esteem in other kids," she said. "In the process they learn a lot about themselves, too."

Brosseau and Burns, described as "just really

responsible kids," worked with Cedar Ridge students individually, and later in the semester with a group of seven or eight.

Noonan said a high school-aged student can sometimes help the junior high students more effectively than an adult.

Noonan, who just completed her first year at Cedar Ridge, said she likes the idea of peer counseling and is looking forward to it being an even better program next year.

Setting goals for high school and beyond, and learning to deal with one's peers, teachers and parents were among the topics covered.

"Mostly we did a lot of talking, about what they'd like to do in the future, what the future would be like for them," said Burns.

"They feel like they've got someone to talk to, at least," Brosseau added.

The two high school students had effective, though different, styles, according to Tush.

Brosseau can be "real direct and honest," and has good teaching skills. Burns is "relaxed and friendly."

Two other SUHS students, Kelly Russell and Linda Hegre, working with Sandy outreach worker LeVora Weber Palmer, met regularly senior citizens to help them write letters, do chores or "just listen," said Tush.

Russell "is just exceptional with people. She's very kind and friendly. She just cares about people, whether young or old," Tush said.

Hegre is "shy, but she's very responsible, and in a one-on-one relationship she kind of opens up and really blooms."

Just two students participated in the program for senior citizens, but since it went well Tush hopes to expand it next year. "Some of the seniors get out to the (Sandy Senior) Center, but some are shut in and this gives them company."

She added, "I think it gives the kids a sense of community. Also, I think it connects up the generations."

Weber Palmer was also pleased with how the program went, and hopes they can expand it to include as many as 10 students and seniors next year.

There is a "real need for this," she said. They basically will work with frail, elderly seniors "who otherwise wouldn't get this one-to-one relationship."

She said the two women Hegre and Russell worked with were sad to have the school year end.

Tush said she's open to suggestions as to other ways peer counselors can be utilized.

One student, Lisa Mazil, worked in a special education program at Cedar Ridge two years ago, and then this past school year worked as a tutor for the math department.

Fourteen students took the peer counseling class last year, but about 30 are enrolled for next school year. Many of them have probably had the class before, and therefore have received the training and now want to work in the field, said Tush.

Tush has an associate's degree from Mt. Hood Community College and is working toward an undergraduate degree in social science from Marylhurst.



Photo by Scott Newton
Jeff Hoard, 8, cuts through the cones on an obstacle course, a part of Pack 248's bike rodeo.

Scouts get bike basics

About 40 members of Cub Scout Packs 248 and 663 participated in a bike rodeo at Sandy Elementary School Saturday.

Bicycles were checked for safety by Sandy Police officials, and the American Automobile Association's traffic safety department tested the

youngsters on their knowledge of rules of the road.

There were 10 stations in all. Debra Hoard, den leader, said the goal of the rodeo was for the Scouts to learn about safety and develop cycling skills.

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Senior Center News:

Training session set for volunteers

Sandy Senior Center volunteers engaged in friendly visitin, transportation services and office work are invited to attend a training session tomorrow morning, June 17, at the Oregon City Senior Center.

The workshop, sponsored by the Retired Senior Volunteer Program and Clackamas Community College, will address several areas of concern including emergency procedures, coping with aging, career counseling for volunteers and performance standards.

Those who wish to attend must register with the center no later than June 16.

An excursion is set Sunday, June 19, to the Settlemier House in Woodburn.

The 14-room home is maintained by the French Historical Society and was originally built by Jessie Settlemier in 1889. The home is furnished in the grand Victorian style and is open to visitors each Sunday afternoon.

Trip departure will be at 1 p.m. from the center. Reservations are required.

Homebound seniors who need assistance obtaining blocks of USDA cheese that will be distributed this Saturday, June 18, at the

Sandy Community Action Center are asked to contact the Sandy Senior Center office at 668-5569 as soon as possible. Persons must qualify under the income guidelines in order to be eligible for the program.

THURSDAY, JUNE 16

9 a.m.: Exercise Class

Noon: Loaves and Fishes

FRIDAY, JUNE 17

8:30 a.m.-1:30 p.m.:

Volunteer Training in

Oregon City

Noon: Loaves and Fishes

7:30 p.m.: Community

Card Night

MONDAY, JUNE 20

9 a.m.: Exercise Class

Noon: Loaves and Fishes

12:45 p.m.: Hiking Club

1 p.m.: Cards

TUESDAY, JUNE 21

7:30 a.m.: Men's Breakfast

9 a.m.: SSC Advisory Com-

mittee Meeting

Noon: Loaves and Fishes

1 p.m.: Memory Loss

CLINIC

WEDNESDAY, JUNE 22

Noon: Loaves and Fishes

1 p.m.: Band Practice

5:30 p.m.: Senior Dine

Out-Yun's Garden

Restaurant

THURSDAY, JUNE 23

9 a.m.: Exercise Class

10 a.m.: Humanities Class

Noon: Golden Age Club

Potluck and Program



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