

Bikes: Visibility is key to being responsible cyclist

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 “We haven’t heard the outcome yet, but I feel the proposal was well-received,” Guthrie said. “If the effort goes well, we hope to expand beyond Monmouth into Western Oregon University and Independence.”
 Eggen is an adamant supporter of safety. His No. 1 tip for adults is visibility. “Put your lights on during the day, wear bright clothing,” Eggen said. “Reflective clothing is even better.”

Those older than 16 are not required by law to wear helmets, but Eggen said everyone should protect their heads.
 “I don’t think people really realize how fragile a skull is,” he said.
 Sometimes cyclists forgetting the laws is a matter of how long it’s been since they last rode a bike, Eggen said, whether they’re adults just getting into the activity or they haven’t been on a bike in 10 years.
 “A lot has happened in 10

years” when it comes to safety equipment and rules of the road, Eggen noted, adding that he finds “fair-weather riders” are often less safe than those who, like Guthrie, ride as a regular routine.
 Tallan said he wouldn’t single out any one age level when it comes to cyclists not following the rules of the road.
 “Anyone that rides a bicycle on the road needs to be very careful and needs to follow the rules,” he said.



JOLENE GUZMAN/Itemizer-Observer
Micaela Bowman, right, helps freshman Deserae Adams with a project Friday in the Dragon Study Center. The center offers help with academic struggles and other issues.

Center: Access granted through parent consent

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 Also, Polk County Mental Health and prevention specialists will staff the facility, DeMoe said.
 “Hopefully we’ll detect things early,” he said. “A lot of times we can detect something in kids, but we’re never going to see these people as adults later.”
 The facility will be accessible with parental consent, though the details have not yet been worked out, DeMoe said. A youth advisory committee will help design exactly how the health center will be used.
 The center will be governed by policies set by the Central School District Board of Directors. One thing the board decided early on was that no contraceptives would be available at the health center, and no family planning would be discussed.
 By law, DeMoe said the center has to offer tests for pregnancy or sexually transmitted infections.



EMILY MENTZER/Itemizer-Observer
Central Student Jaron Timshel rips out sheet rock and insulation at what will be the Central Health and Wellness Center on Thursday. The center will open in June.

Peers: Center helps kids with studies, life lessons

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 The center is also a place students can go if they need a break from class. Geddes said students who struggle with anxiety occasionally need a quiet place to relax, but they don’t need to go home and miss the rest of the school day.
 “It’s bigger than just academic,” Geddes said. “It’s the whole picture. The philosophy is this is a center to provide that intervention for all behavior and academic bumps, and to try to get students back into classrooms as soon as possible.”
 If students don’t feel comfortable talking with an adult, DHS has several peer tutors who work in the study center who can help with everything from homework to navigating what Schneidecker calls the “hidden curriculum” of life at DHS.
 “I feel it’s beneficial for them because sometimes you need another student to help you out,” said peer tutor Tatum Traglia, a senior. “A teacher can help you out in many ways, but students can help you more because I feel like we’ve had more class experience.”
 “It’s easier to talk to someone your own age than this big, scary teacher who grades

all your tests,” added fellow peer tutor, Juli Geddes, with a smile.
 Sophie Kimbrough, a sophomore, visits the center frequently for help with history, math and English. She works with a peer tutor to understand and keep up with assignments.
 “Without this place, I wouldn’t have passed my classes this semester or last semester,” Kimbrough said.
 She said she’s seen more students use the center, especially since computers were added, providing access for those who don’t have them at home.
 “It’s also a safe place to go,” Kimbrough added. “A lot of people come in here to hang out.”
 Next year the peer tutoring program will expand, pairing incoming freshman who may need extra help adjusting to high school with juniors on a two-year mentorship. Schneidecker said she’s seen this year’s informal tutoring program help students and foster connections that wouldn’t happen otherwise.
 “I can only help so much,” Schneidecker said. “But it (peer tutoring) builds relationships that you can see in the hallways.”

OUTDOOR ADVENTURES

Join ODFW for a day of family fishing

SALEM, Ore. – The Oregon Department of Fish and Wildlife invites Oregon families to come fishing at one of 33 free Family Fishing events scheduled throughout the state this spring and summer.
 The events are designed to show families how easy and fun fishing can be, said Shahab Farzanegan, ODFW angler education coordinator. ODFW provides loaner rods and reels, tackle, instruction and freshly stocked fish – everything a family needs for a successful fishing trip.
 “These events are fantastic and I enjoy taking my kids and their friends and teaching them different techniques,” said one recent participant. “The best part about it is that the kids catch fish and want to go again.”
 Times, dates and locations of the Family Fishing Events are listed below and the entire list is posted on the ODFW website. Click on the Outdoor Skills tab at the top of the page and se-



lect Angler Education from the menu. <http://www.dfw.state.or.us>
 Children under the age of 14 can fish for free, kids 14 to 17 and adults will need an Oregon fishing license in order to fish.
 For families that can’t attend one of the scheduled events, ODFW offers several resources to help you go fishing on your own, including:
 • Easy Angling Oregon – 101 great places for families to fish in Oregon
 • Gearing Up – rod, reel and tackle recommendations
 • Trout Fishing in Oregon – how to fish for trout in rivers and lakes
 • Trout 365 – a web page dedicated to catching trout in Oregon throughout the year
 Visit the ODFW website, click on the Fishing tab at the top of the page, select Where and How from the menu.

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If you love all things wild, you can help support Oregon’s wildlife when you fill out your 2014 state tax return.
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2015 ODFW Family Fishing Events

North Willamette

- April 4** Canby, Canby Pond (youth only event), 9:30 a.m. to 2 p.m.
- April 11** Molalla, Shorty’s Pond, 9:30 a.m. to 2 p.m.
- April 18** Gervais, St. Louis Ponds, 9:30 a.m. to 2 p.m.
- April 25** Rainier, Trojan Pond, 9:30 a.m. to 2 p.m.
- May 23** Sheridan, Sheridan Pond, 9:30 a.m. to 2 p.m.
- May 30** Troutdale, Mt. Hood Pond (youth only event), 9:30 a.m. to 2 p.m.
- Oct. 10** Gervais, St. Louis Ponds, 9:30 to 2 p.m.
- Oct. 17** Troutdale, Mt. Hood Pond (youth only event), 9:30 a.m. to 2 p.m.

South Willamette

- April 4** Cottage Grove, Row River Nature Park, 9:30 a.m. to 1:30 p.m.
- May 3** Eugene, Alton Baker Canoe Canal, 9:30 a.m. to 1:30 p.m.
- June 6** Eugene, Alton Baker Canoe Canal, 9:30 a.m. to 1:30 p.m.

North Coast

- April 18** Hebo, Hebo Lake, 9 a.m. to 2 p.m.
- May 2** Vernonia, Vernonia Pond, 9 a.m. to 2 p.m.

Mid-Coast

- March 28** Lincoln City, Regatta Park on Devil’s Lake, 9 a.m. to 2 p.m.
- April 25** Toledo, Olalla Reservoir, 8:30 a.m. to 2 p.m.
- May 16** Waldport, Eckman Lake, 8:30 a.m. to 2 p.m.
- June 6** Florence, Cleawox Lake, 9 a.m. to 2 p.m.
- June 6** Newport, Big Creek Reservoir, 9 a.m. to 2 p.m.
- July 12** Siletz, Lhuuke Illahee Fish Hatchery, 9 a.m. to 2 p.m.

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