

These summer activities are fun, not complicated or expensive

With summer underway, it's time to think about some activities to keep children who are out of school occupied so that time passes quickly and productively.

At first many school-aged children express joy and excitement about summer vacations, but sometimes boredom sets in. Parents may find it difficult to remedy children's cries of "There's nothing to do".

Many parents don't have the time or resources to plan extravagant activities for their children, so, it's important to think about the many opportunities for both fun and learning

right at home.

Here are some suggestions that require little time or money.

- Nature Hunt: Go on nature walks to search for leaves, grasses, flowers, rocks, or insects. Compare colors, shapes, sizes, textures. Use library books to help identify items in the collection.
- Authors: Encourage each child to write a book or collection of stories over the summer. These stories can be shared with the family on a special "author's night". Young children may need help putting ideas down on paper. Children may also enjoy illustrating their stories.

- Collections: Find out what interests children and then support their efforts to find photographs, buttons, dolls, bottle caps, maps, coins, baseball cards, postcards, or whatever they enjoy collecting.
- Gardens: Help children plant a garden of their own. A small spot of ground outside is ideal, but mini-gardens in large clay or wooden pots will work. Children will take pride in watering, weeding, and harvesting their products. Try experiments such as planting several seeds in different types of soil, or fertilizing plants with different types of plant food. Compare the results and chart how various plants grow.
- Outings: Take in the sites of your local community such as the museum, library, or parks. Sometimes you can

arrange for a short tour of places like the post office or pizza parlor.

- Family time: Spend one hour a week doing a family activity together. You might have a neighborhood scavenger hunt or a "pirate's hunt" with maps and clues to locate a "treasure". Play a game, read a book, go fishing, or take a walk together.
- Practicing a skill: Magic tricks, juggling, yo-yos, playing an instrument, sewing and cooking are all skills that children love to learn.
- Art projects: You can make puppets using paper bags, old socks or mittens, yarn, colored markers, and old buttons. Then have a puppet show featuring your newly created friends. Save household containers to decorate with colored paper, magazine pictures, dried mac-

aroni, yarn, or any number of other materials to create decorated vases or containers for storage of small items, like pencils, crayons, etc.

You can design board games, make puzzles, or build a model from household items, that can be enjoyed as a family activity later.

Ways to prevent tomato blight

Last year was not kind to tomatoes. The late spring and early fall rains gave us plenty of opportunity to watch late blight up close and personal.

The disease spreads rapidly in warm wet weather. There have been some reports of disease in the tomatoes that were optimistically planted during the warm weather of early May. Plants put out in June look all right.

The best defense is to expect rain and begin spraying the plants with a copper fungicide before any sign of a problem. A 10-day interval is adequate until the weather turns for the worse.

Never over-head irrigate at night. The foliage doesn't have a chance to dry off, which increases the potential for problems.

Pruning the plants and/or training them on poles can help to improve air circulation.

Consider building a shelter over at least a few of your plants to keep the rain off them. The shelter should allow for very good air flow and should not heat excessively.

-OSU Extension Service

Vernonia Christian Academy
is now accepting new students for the fall semester.

If you are seeking an academic environment conducive to learning, VCA is the place for you.

Now beginning our fifth year of academic instruction, VCA offers satisfying, affordable, private education for a wide range of students. Our curriculum includes six core subjects *plus* Physical Education and Bible.

*Challenging & Fun.
A wonderful environment for your child!*

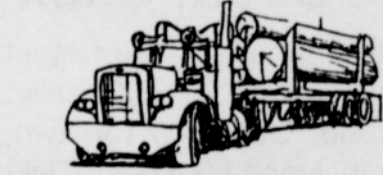
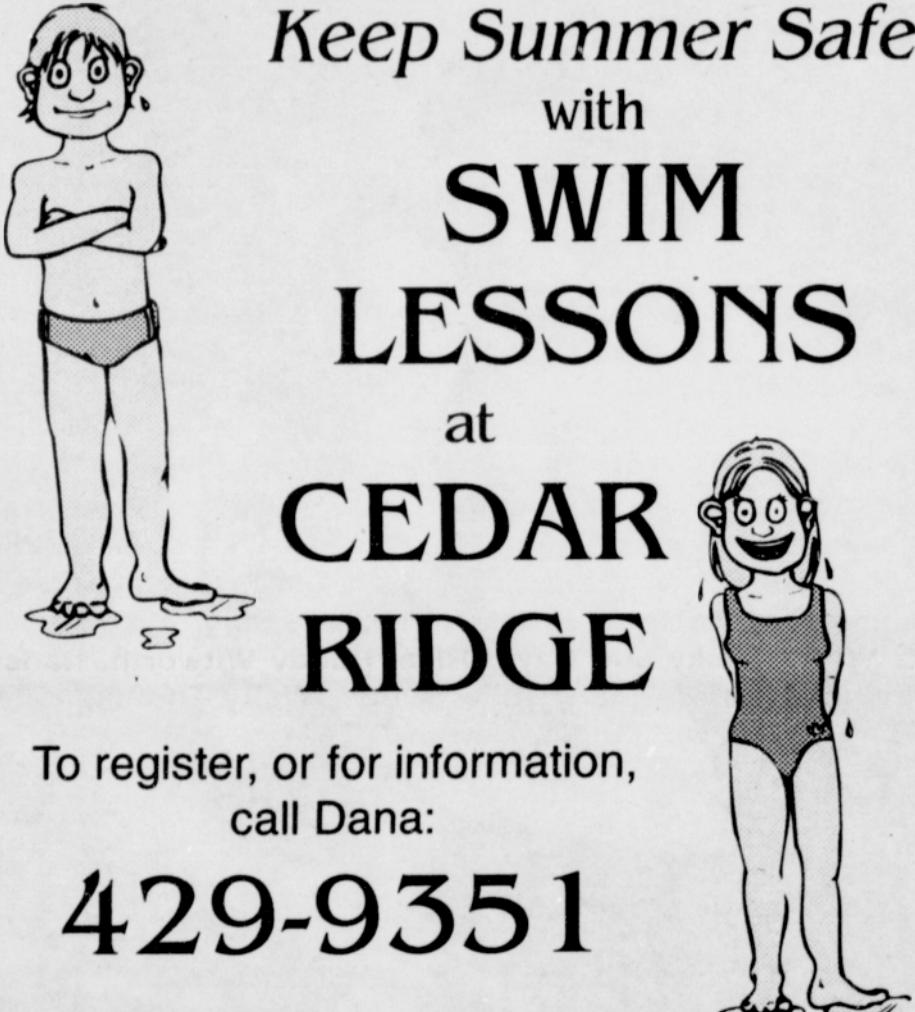
Call for information:
429-5190

Vernonia Christian Academy
952 Washington Ave.
Vernonia, OR 97064



Keep Summer Safe
with
SWIM LESSONS
at
CEDAR RIDGE

To register, or for information, call Dana:
429-9351



Community Calendar

VERNONIA

Boosters	2nd Wednesday	7:30 p.m., VHS Library
Boy Scout Troop 201	Thursdays	7 p.m. Anderson Park Cookhouse
Boy Scout Troop 860	Wednesdays	7:00 p.m., LDS Church
Cemetery Beautification Comm.	2nd Thursday	7:00 p.m., City Library
Chamber of Commerce	2nd Wed.	7:30 a.m., City Library
Cub Scout Parents	Last Tuesday	7:00 p.m. WGS Cafeteria
Doll Club	3rd Wednesday	1:00 p.m., Senior Center
Elem. Schools Site Council	1st Tuesday	3:15 p.m., WGS Library
Girl Scouts	Thursdays	6:30-8 p.m., Christian Church
Izaak Walton League	3rd Thursday	429-7193, Call for location
Jamboree Committee	4th Thursday	7:00 p.m. WGS Library
Lions Club	1st & 3rd Tuesdays	6:30 p.m., Lew's Place
Nehalem Valley Car Club		For Info Call 429-4074
Parent-Teacher Assoc. (PTA)	3rd Tuesday (bi-monthly)	7:00 p.m., WGS Library
Preschool Story Hour	Wednesdays	10:30 a.m., City Library
Senior Center Directors	1st Friday	1:00 p.m., Senior Center
Society of Arts & Crafts	2nd Thursday	1:30 p.m., New China Rest.
VHS Site Council	1st Monday	3:15 p.m., VHS Library
Vernonia Airport Committee	3rd Wednesday	7:00 p.m., City Library
Vernonia Cares Directors	Quarterly	627 Adams, 429-1414 for info.
Vernonia City Council	1st Monday	6:30 p.m., City Library
Vernonia Grange	2nd Friday	7:00 p.m., Grange Hall
Vernonia Health Center	2nd Wednesday	6:00 p.m., 854 Grant Ave.
Vernonia Preschool Directors	1st Tuesday	7:00 p.m., 627 Adams
Vernonia Planning Comm.	1st Thursday	7:00 p.m., City Library
Vernonia Pride		For Info Call, 429-1204
Vernonia Ridge Riders	Last Thursday	7:00 p.m., WGS Library
Vernonia RFPD Board	2nd Tuesday	7:00 p.m., Fire Station
Vernonia School Board	2nd Thursday	8:00 p.m., District Office
Vernonia Volunteer Firefighters	2nd Monday	7:00 p.m., Fire Station
WOEC Directors	3rd Tuesday	7:00 p.m., WOEC

MIST-BIRKENFELD

M-BRFPD Board	2nd Tuesday	7:30 p.m., Main Fire Station
M-B Ambulance Assoc.	1st, 2nd & 3rd Thurs.	7:00 p.m., Main Fire Station
M-B Firefighters Assoc.	1st, 2nd & 3rd Wed.	7:00 p.m., Main Fire Station
M-B Helping Circle	2nd Wednesday	10:00 am, 755-2346 for info.
Natal Grange	2nd Wednesday	7:30 p.m., Grange Hall

BANKS

Alcoholics Anonymous	Fridays	8:00 p.m., Methodist Church
Banks City Council	2nd Tuesday	7:30 p.m., City Hall
Banks Planning Commission	Last Tuesday	7:00 p.m., City Hall
Banks School Board	2nd Monday	7:30 p.m., Jr. High Library
Banks Youth Group	Sundays, Wednesdays	7:00 p.m., UMC Youth Bldg.
Chamber of Commerce	1st Thursday	12:30 p.m., Brown Derby
Citizen Participation Org.	3rd Monday, odd months	7:15 p.m., City Hall
Friends of the Library	1st Saturday	10:00 a.m., City Library
Lions Club	1st & 3rd Wednesdays	7:00 p.m., Methodist Church
Sunset Park Assoc.	3rd Wednesday	8:00 p.m., Gun Club
TOPS	Wednesdays	7:00 p.m., Jr. High Library
Tri-City RFPD Board	2nd Wednesday	7:00 p.m., Station 13

COLUMBIA COUNTY (All meet in St. Helens unless otherwise noted.)

Board of Commissioners	Wednesdays	10 a.m., Courthouse
Citizens for Senior Justice	2nd Tuesday	7:00 p.m., Sunset Park Church
COLCO Transportation	2nd Friday	10:30 a.m., Courthouse
County Council of Seniors	2nd Friday	1:00 p.m., Courthouse
County Fair Board	2nd & 4th Mondays	7:00 p.m., Fairgrounds
County Parks Commission	3rd Thursday	6:00 p.m., 1054 Oregon St.
Emergency Comm. Dist. (9-1-1)	3rd Tuesday	7:00 p.m., Courthouse
Historical Society	4th Wednesday	Noon, location call 429-3713
Traffic Safety Commission	1st Wednesday	7:00 a.m., Village Inn

Organizations and meeting dates not listed may be included by calling 429-9410, or by mail to The INDEPENDENT, 725 Bridge Street, Vernonia, OR 97064.

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