

Help available for parental stress

When stress in the family is causing negative effects on relationships, that is the time to reach out for support. Everyone needs help from time to time. Ways to reach out include:

Building a support network of family and friends. Talk with them often. Share your concerns, and ask for help when it is needed. Offer to support them in return.

Look into community resources. Take advantage of services that can help your family. For example, the community may offer emergency and sick-child care, home health visits, after-school programs and more.

Another key to rewarding family relationships is to learn more about parenting. Remember, children are not small adults; they have their own ways of thinking and growing and usually don't misbehave on purpose. Learning to understand children and their behavior

can make parenting less stressful.

Discipline is a major challenge for many parents. Be aware that, without planning, discipline may be ineffective or even harmful. There is a difference between discipline and punishment. Positive discipline helps children learn.

Parenting workshops are a good way to learn more about effective parenting. Programs are often available through schools, hospitals and community centers.

Help can also be found through Columbia Community Mental Health. For more information, call 503-429-1053.

GED/ABE classes continue at VHS

Although college level classes are no longer available in Vernonia, Basic Education (ABE) and GED classes are still being offered in Vernonia by Portland Community College.

Classes are held Tuesdays and Thursdays through June 3 from 6:00 to 8:30 p.m. in Room 4 at Vernonia High School. Participants may work at their own pace, with some group work. No appointment is needed.

Enter Vernonia High School using the parking lot ramp entrance. A class fee waiver is available for low income, OHP, WIC, or Food Stamp clients. Bring copies of proof to class.

For more information, contact Diane Thompson at 503-244-6111, ext. 3162 or (cell) 503-709-7793.

Locals named to SOU Dean's list

Jamie Easlon and Tegan Jones, both of Vernonia, were named to the 2004 winter Dean's List at Southern Oregon University.

Undergraduates taking at least 12 graded credits are eligible for the list if they achieve a grade point average of 3.50 through 3.99.

Easlon is enrolled in general studies, Jones is in the Theatre program.

Lawn care tips make life easier for concerned (or lazy) gardener

Whether you're a wicked weed whacker or a casual composter, it's easy to have a healthy landscape without expensive and time-consuming maintenance.

Reduce your lawn and landscape with Pacific Northwest native vegetation. Native plants are naturally adapted to our environment, don't need chemicals to survive, and require less water. They also filter pollutants that wash off your lawn and garden and go into local streams. Here's how you can find and choose the right natives:

- Go to <www.CleanWaterS

ervices.org/GoNative> and check the boxes next to your specific landscape traits. The Native Plant Finder will give you a selection of Northwest natives suitable for your yard.

• Call to get your free Gardening with Native Plants poster at 503-681-3643. Post this colorful fold-out poster containing 50 northwest natives with their growing conditions. You'll also get a list of native plant nurseries, educational workshops, annual native plant sales and a reference guide.

Remember: What goes into storm drains and ditches goes into the river!

Financial IQ essays sought from teens

In the spirit of Governor Kulongoski's proclamation of April as financial literacy month, the Oregon Department of Consumer & Business Services is holding a financial IQ essay contest for high-school-aged students. The purpose of the contest is to raise awareness among young Oregonians about the risks and rewards of saving and investing for their future and the importance of defining financial goals at an early age.

The essay contest is open to all Oregonians ages 14-18. Students need to answer the question: "It's your future. So how are you going to pay for it?" They may consider the following in their response:

- What are your overall goals and what is the best way to achieve them?
- What kind of financial instruments would you use?
- What are the risks?
- Where would you go to get financial advice and information?
- How would you determine if financial advice is legitimate?

The deadline for the two-page essays is May 17, 2004. A complete list of rules and related details is available on the DCBS Division of Finance & Corporate Securities' Web site, <dfcs.oregon.gov>. Click on "Investor Information Program."

"With \$1,500 in prizes, I hope this contest encourages young students in the state to think about their personal financial objectives and how best to achieve them," said Floyd Lanter, DFCS administrator. "Although it is never too late to begin an investment plan, starting early increases your chances for success," he added. "In addition, a properly educated investor is a scammer's worst enemy."

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Head Start now enrolling three and four year olds for classes

Head Start, a federally funded pre-school program, is seeking students for the 2004-2005 school year. Applications are being taken for all three and four year-olds in Columbia and Clatsop Counties. Recruitment for fall enrollment is now in progress and will be completed in June. If parents are interested in enrollment information they are urged to phone immediately.

Prospective students must be three or four years old by September 1, 2004. Children must be from limited income households or have a disability and/or special needs to qualify.

VRFPD seeks funds for kids safety classes

The Vernonia Rural Fire Protection District (VRFPD) is seeking financial support to provide effective fire safety materials to all children ages five through twelve about the district's fire and burn prevention program.

Each donation of \$96.00 will allow VRFPD to reach 35 children. In appreciation for the donations, the donor's name or business name will be placed on a page in the fire safety activity workbooks.

The firefighters at VRFPD are confident that many fires and fire losses can be prevented by making children aware of fire safety issues.

This is the only program of this type the department is conducting. Tax-deductible checks may be made payable to the National Fire Safety Council, Inc., and mailed to Paul Epler's attention at the Vernonia Fire Department, 555 E. Bridge St., Vernonia, OR 97064. Contributions will be used exclusively for the children.

Head Start incorporates a total family program that includes nutrition, education, medical and dental services for the enrolled child and home visitations. USDA approved meals are served. Training on various subjects and on-the-job-training is offered to all enrolled families.

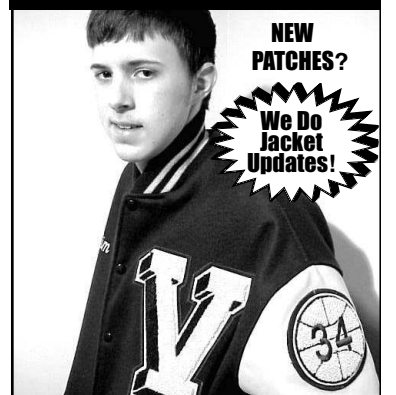
The Vernonia Center is located on California Avenue adjacent to Blue Heron apartments. Families who live in the Mist, Birkenfeld and Vernonia areas may call Gina Dixon at 503-429-9243 for more information.

The program is also available in the Clatskanie area by calling Celeste Pilgrim at 503-728-2940. Families in the Knappa and Svensen areas may call Collette Johnson at 503-861-9681. Rainier area Head Start information is available by calling Ruth Donaldson at 503-556-2807.

Head Start is an agency of Community Action Team, Inc. serving Clatsop, Columbia and Tillamook counties.

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