

47J board splits on flashing lights

The Vernonia School District 47J Board of Directors took another look at the idea of flashing school zone lights at their August 8 meeting. This was back on the agenda at the request of Vernonia Chief of Police Mathew Workman who has been working at the behest of Vernonia's city council to get the speed limit from Rose Ave. to Adams Ave. changed from 25 to 20. Oregon Department of Transportation (ODOT) has not been responsive to that request as that would mean that starting at Rose Ave. and ending at California Ave. the speed limit would go from 20 to 25 to 20 again (during the school day). The vote was split (with Ernie Smith absent) so the motion did not carry and there will be no switch to flashing lights.

The lab results are back from the second set of samples taken from the basement of Washington Grade School. After cleaning the rooms, only one area (which may not have been touched during the cleaning) was identified as still showing fiberglass particles. The board approved limited use of the basement for music and other short term uses. Additional tests will be taken during the school year.

The school year will start on September 4 for children starting sixth and ninth grades. All other students will start school on September 5.

Superintendent Ken Cox told the board that he is sending the district drug policies to

the policy review committee for consideration of possible changes.

An emotional Aaron Miller, principal of Washington Grade School, read a letter to the board regarding his recent citation for possession of marijuana (see Letters to the Editor).

In other business, the board; • heard that the 07/08 budget is expected to have a \$350,000 carry-over from 06/07.

• were told by Cox that a new Library Committee will be set up and a contract signed with an ESD Librarian to help the assistant Librarian the district will have this coming year,

• accepted resignations from Jeanne Drake, High School Language Arts; Jessica Stree-ter, Middle School Language Arts, and Cindy Baker, Fiscal Assistant. Cox told the board that exit interviews have taken place with resigning staff and there has been no indication of any district problems. Cox said most of the resignations have been due to personal relocation reasons,

• approved use of capital reserve funds to pay up to \$7,000 to replace window blinds at Washington Grade School. Cox said that legislation passed this year will also cause the district to replace 55 light bulbs (at about \$140 per bulb) for safety reasons.

The next board meeting will be held September 13 starting at 6:00 p.m. at the District office.

Plan now for smooth back-to-school transitions

Back-to-school time is often a time of change for many families. Making a smooth transition between the summer break and the new school year can help everyone in the family feel more relaxed about the adventure. Whether your child is entering school for the first time as a kindergartner or as a seasoned high school student, the following tips can help make this transition less stressful for everyone.

• Establish a routine. Set a time for going to bed and waking up. Begin the routine at least a week or so before school begins. This will help you and your child adjust to the routine. During the morning, allow enough time for your child to have breakfast, get dressed, and gather supplies for the day without being rushed. For younger children, allow time for a leisurely bedtime routine that includes quiet time together, reading, a bath, and some bedtime snuggling.

• Take a school tour. This is

especially important if your child is new to a school. Knowing where to go on the first day can relieve a lot of stress.

• Meet with your child's teacher. Introduce yourselves. Discuss what will be happening in the classroom and any special needs or situations your child might have. Ask whether there is any way you can help out in the classroom.

• Make sure all school records are up to date. Make sure that the school has any new phone numbers, changes in address, immunization updates, etc. Having these in an emergency can save precious minutes.

• Get all required examinations. Make sure that your child is up to date on immunizations. Try to schedule appointments for sports physicals, immunizations, dental exams, etc. before school starts. This will help avoid absences from school.

• Purchase school supplies. Check with your child's teacher or school for a list of needed

supplies.

• Create a homework center. Stock it with extra crayons, paper, pencils, erasers, and scissors to complete homework. Make sure the homework center is in a space where there are few distractions and no television.

• Stress the importance of good nutrition. Studies have shown that good nutrition helps keep children focused, their energies high, and their moods balanced – all of which are factors that promote learning.

• Plan for physical activity. Talk with your child about sports she/he might be interested in during the school year or other ways to stay physically active, such as riding a bike or going for walks. Set a good example by exercising regularly on your own or with your children.

Source: Denise Rennekamp, Extension associate, Oregon State University.

Area 4-Hers shine at Columbia County Fair

Following are partial results from the 4-H competition at the Columbia County Fair. Due to space limitations, only results within *The Independent's* circulation area are included. More results will be published in the September 6 issue.

PHOTOGRAPHY

Int, Landscape: Blue Award – Stephen Bowe, Scappoose; Ashley Olson, Clatskanie; Eli Lee-Wuollet, Rainier; Hannah Rinck, Rainier; Maria Pelster, Vernonia.

Int, People: Blue Award – Eli Lee-Wuollet, Rainier; Maria Pelster, Vernonia.

Int, Nature - Plants: Red Award – Ashley Olson, Clatskanie; Tiffany Ryan, Clatskanie; Maria Pelster, Vernonia.

Sr, Still Life: Blue Award – Robbie Greisen, Scappoose; James Know IV, Rainier; Juliana Pelster, Vernonia.

Int, Series or Story: Red Award – Maria Pelster, Vernonia.

Sr, Series or Story: Blue Award – Juliana Pelster, Vernonia.

FOODS AND NUTRITION

Ph 1-3, Cookies (bar, drop, or no bake): Blue Award – Darren Crape, Rainier; Kristi Crape, Rainier; Shelly Crape, Rainier; Madison Knox, Rainier; Julia Grab-

horn, Scappoose; Hannah Kackley, Scappoose; Tori Bair, St. Helens; Halle Chapman-Taylor, St. Helens; Nicole Glass, Vernonia; Claire Bernert, Warren; Alysha Sandstrom, Warren; Kiara Single, Warren.

Ph 1-3, Quick bread, muffin method: Blue Award – Kristi Crape, Rainier; Madison Knox, Rainier; Kelsey Oliver, St. Helens; Marie Pelster, Vernonia; Claire Bernert, Warren; Alysha Sandstrom, Warren.

Ph 7-9, Yeast Breads: Reserve Grand Champion and Champion – Juliana Pelster, Vernonia.

Blue Award – Juliana Pelster, Vernonia; Marissa Clement, Vernonia.

Ph 7-9, Yeast Bread product, using special: Reserve Champion – Marissa Clement, Vernonia.

Blue Award – Marissa Clement, Vernonia; Amy Jauron, St. Helens.

Ph 7-9, Baked Pie Crust: Blue Award – Marissa Clement, Vernonia.

Ph 7, Favorite Recipe Collection: Blue Award – Merrick VonPoppenheim, Scappoose; Marissa Clement, Vernonia.

Judging Contest, Sr: Blue Award – Merrick VonPoppenheim, Scappoose; Marissa Clement, Vernonia.

COMMUNICATION

Animal Info Posters - Horse - Junior: Red Award: Kaitlin Paleck, Vernonia.

BEEF

Market Steer: Blue Award – Stacy Larson, Warren; Kelsey Bradley, Warren; Brett Keller, Portland; Michael Keller, Portland; Eric Budge, Vernonia; Jared Bradley, Warren; Ryan Johnston, Warren; Stacy Kuhn, Warren; Zach Melton, Warren.

Market Feeder - All Breeds: Champion and Blue Award – Nicole Glass, Vernonia.

Showmanship - Junior: Reserve Champion – Nicole Glass, Vernonia.

Blue Award – Stanley Stimson, Rainier; Nicole Glass, Vernonia; Brett Keller, Portland; Kaylea Knox, Rainier.

Cattle Showmanship - Senior: Blue Award – Jared Bradley, Warren; Kelsey Bradley, Warren; Andrew Elkins, Rainier; Chelsea Yarb- or, St. Helens; Eric Budge, Vernonia; Ryan Johnston, Warren; Stacey Kuhn, Warren; Stacy Larson, Warren; Zach Melton, Warren.

HORSE AND PONY

English Equitation (Hunt Seat), Int: Red Award – Halle Chapman-Taylor, St. Helens; Ashley Savage, St. Helens; Emily Simpson, St. Helens; McKenzie Tarkalson, Vernonia.



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