

Help your child get ready to read

A love of learning is one of the greatest gifts a parent can give a child. Long before a child has any idea about the alphabet, parents can prepare children to read. The first step is to build a loving relationship with your infant. Hold your child. Talk to your child.

Try these simple tips to encourage reading.

- Be a good role model by reading more yourself!
- Use labels and signs around the home to promote word recognition.
- Point out familiar words around home and the community for your child to recognize.
- Take at least 10 minutes a day to read aloud as a family. Let each person choose stories.
- Keep a variety of reading materials at home.
- Visit the library once a

week. Check out books to read together. Take advantage of story hours or other programs offered by your library.

- Keep a book in your child's car seat.
- Encourage your preschooler to tell you a story in a familiar book. This develops imagination and memory.
- Teach your child rhymes and songs.
- Write a family story about shared experiences. Don't forget to add family photographs, or draw pictures to go along with the story.
- Let your child choose her own books, telling or dictating stories she enjoys. Avoid pushing young children to learn the alphabet or learn to read by themselves.

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

Jr. Jazzercise designed for 6-8th graders

Energetic physical movement mixed with lots of fun music is the way to describe Junior Jazzercise, created by Jazzercise founder Judi Shepard Missett. The specialized program for 3rd, 4th and 5th grade boys and girls introduces children to the world of dance, music and fitness.

Team Dance is designed to introduce 6th, 7th and 8th grade boys and girls to dance, technique, physiology, nutrition, and the many benefits of exercise. Participants will improve balance, increase flexibility, and enhance cardiovascular endurance through hip-hop, street jam, and funk moves choreographed to today's hottest music.

Trained instructors teach students dance positions, terminology and proper execution as they lead games and rou-

tines designed to improve body control, flexibility, coordination and cardiovascular endurance. Based on sound principles of exercise and dance physiology, Junior Jazzercise and Team Dance classes offer a high-energy workout with an emphasis on physical fitness.

Junior Jazzercisers and Team Dancers develop a strong sense of accomplishment and build a better self image through their participation in the program. A non-competitive atmosphere allows them to relax and work together toward a common goal.

Penelope Costley will be teaching Junior Jazzercise on Tuesdays at 3:30 p.m. and Team Dance on Thursdays at 3:30 p.m. at The First Baptist Church, 359 "A" Street, Vernonia. The eight week session will begin the week of Septem-

ber 25 and run through November 15 with a performance on Thursday, November 15, at the Hands on Art Variety Show benefiting the school band, additionally a portion of the proceeds will be donated to the Benefit.

Costley has been an instructor in the Vernonia area for three years. Vernonia Jazzercise offers convenient class times that fit your schedule. Also coming in October, Jazzercise Personal Touch classes Tuesday and Thursdays at your choice of either 9:00 a.m. or 6:30 p.m. For more information on Jazzercise classes or schedules, contact Costley at 503-429-0196. For worldwide class information, go to jazzercise.com or call 1-800-FIT-IS-IT.

Many took 4-H awards at Columbia County Fair & Rodeo this year

Following are partial results from the 4-H competition at the Columbia County Fair. Due to space limitations, only results within *The Independent's* circu-

lation area are included. More results will be published in the September 20 issue.

HORSE AND PONY

English Equitation (Hunt Seat), Sr: Blue Award – Nicole Baker, Rainier; Lindsay Brown, Scappoose; Alexandria Lindahl, Scappoose; Courtney Savage, St. Helens; Mackenzie Carr, Vernonia.

Western Equitation, Int: Blue Award – Nicole Coleman, Rainier; Christine Mapes, Scappoose; Sarah Hanna, St. Helens; Ashley Savage, St. Helens; McKenzie Tarkalson, Vernonia.

Red Award – Jennifer Rhine, Boring; Crystal Lynch, Rainier; Rachael Bergman, Rainier; Trisha McKay, Rainier; Staci Baker, Scappoose; Jenny Holdner, Scappoose; Stephanie Esterly, St. Helens; Emily Simpson, St. Helens; Brianna Carr, Vernonia; Rose Brady, Warren; Teri McGettigan, Warren; Alysha Sandstrom, Warren.

Western Equitation, Sr: Blue Award – Jessica Teeters, Boring; Nicole Baker, Rainier; Ashley Ekstrom, Rainier; Lindsay Brown, Scappoose; Molly McCarter, Scappoose; Jourdan Keim, St. Helens; Courtney Savage, St. Helens; Mackenzie Carr, Vernonia; Ashley Paleck, Vernonia.

Red Award – Christy Moore, Boring; Alishea Jones, Rainier;

Jessica Keene, Rainier; Maiké Fox, St. Helens; Rebecca Shank, Troutdale; Stephanie Carr, Vernonia; Katherine Van Winkle, Warren.

White Award – Marissa Clement, Vernonia.

Yearlings, Ground Training, Int: Blue Award – McKenzie Tarkalson, Vernonia.

Horse - Trail - Junior: Red Award – Makayla Bennett, Deer Island; Melissa High, Gresham; Katie Christiansen, Scappoose; Savannah Hermes, Scappoose; Elizabeth McKay, Scappoose; Kaitlin Paleck, Vernonia.

Trail Horse, Int: Red Award – Rachael Bergman, Rainier; Staci Baker, Scappoose; Jenny Holdner, Scappoose; McKenzie Tarkalson, Vernonia; Alysha Sandstrom, Warren.

Trail Horse, Sr: Champion – Mackenzie Carr, Vernonia.

Blue Award – Mackenzie Carr, Vernonia; Nicole Baker, Rainier; Ashley Ekstrom, Rainier; Lindsay Brown, Scappoose; Molly McCarter, Scappoose; Courtney Savage, St. Helens.

Red Award – Alishea Jones, Rainier; Jessica Keene, Rainier; Jourdan Keim, St. Helens; Ashley

Paleck, Vernonia; Katherine Van Winkle, Warren.

White Award – Christy Moore, Boring; Jessica Teeters, Boring; Alexandria Lindahl, Scappoose; Lacey Spillman, Scappoose; Rebecca Shank, Troutdale; Marissa Clement, Vernonia.

Horse - Dressage - Trng, Test 1 - Intermediate: Red Award – McKenzie Tarkalson, Vernonia.

Horse - Showmanship - Junior: Blue Award – Hayley Ferguson, Clatskanie; Savannah Dreyer, Deer Island; Kimberly Cook, Rainier; Jett McDaniel, Rainier; Holly Zimmer, Rainier; Katie Christiansen, Scappoose; Savannah Hermes, Scappoose; Emily Holdner, Scappoose; Abby Kessi, Scappoose; Elizabeth McKay, Scappoose; Kaitlin Paleck, Vernonia; Patricia Brady, Warren.

Horse - Showmanship - Intermediate: Blue Award – Sarah Hanna, St. Helens; Ashley Savage, St. Helens; McKenzie Tarkalson, Vernonia.

Red Award – Jennifer Rhine, Boring; Chelsea Williams, Deer Island; Crystal Lynch, Rainier; Rachael Bergman, Rainier; Nicole Coleman, Rainier; Sarina Cook, Rainier; Trisha McKay, Rainier; Leilani Schmidt, Rainier; Staci Baker, Scappoose; Jenny Holdner, Scappoose; Jacy Lessard, Scappoose; Christine Mapes, Scappoose; Halle Chapman-Taylor, St. Helens; Stephanie Esterly, St. Helens; Lindsay Paulson, St. Helens; Brandy Savage, St. Helens; Emily Simpson, St. Helens; Brianna Carr, Vernonia; Rose Brady, Warren; Teri McGettigan, Warren; Alysha Sandstrom, Warren.



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Adopt a Pet

Columbia Humane Society in St. Helens has a variety of wonderful pets available for adoption. Find the pet that's right for you in the shelter at 2084 Oregon St. Monday through Saturday, 11 am. to 5 pm. 503-397-4353



Crash is a Female Akita, Labrador Retriever Mix.

Crash is one of the sweetest dogs you will ever meet. This loving girl is just looking for someone to love her back. In July Crash came to the shelter after a house fire at her first home. After the fire the family was unable to keep her. A perfect family dog with loads of energy, Crash needs a family that will play with her daily. Due to her high energy level, she might be a bit to hyper for little kids. Crash enjoys a good car ride and is a big fan of the water! Crash would make a great swimming buddy!

The Columbia Humane Society is a No-Kill non-profit shelter dedicated to helping friends find each other since 1985.

This Adopt a Pet is Sponsored by:

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