

# Find out what the Head Start program can offer to your child?

Head Start provides children with activities that help them grow mentally, socially, emotionally, and physically. The Head Start staff recognizes that, as parents, you are the first and most important teachers of your children. They welcome your involvement in Head Start activities, and will work as partners with you to help your child progress.

Head Start is a family program that involves the whole family.

- Education: Providing class-

room learning experiences in music, art, science, language and math through play group and individualized instruction.

- Nutrition: USDA approved meals are provided free for all children.

- Home visits: Teachers will share lessons and ideas in your home.

- Medical and Dental: Each child receives a check up from a doctor and dentist.

- Social services: Families make their own decisions concerning which community serv-

ices they choose to use. Services may include housing, GED, public assistance, counseling, emergency assistance, food stamps, special education, parenting classes and more.

- Parent involvement is a big part of the program. Parents are encouraged to help in the classroom, go on field trips with children, attend parent meetings, serve on the Policy Council and participate in workshops planned just for them. Parent participation is crucial to the continuation of the program.

Who can be in Head Start? Children ages three and four on or before September 1, will be considered. Eligibility is based on income, family situation and needs of the child, including whether there is a disability or serious illness.

Head Start, a federally funded preschool program, is seeking students for the 2008-2009 school year, applications are being taken now for all three and four year-olds in Columbia County. Recruitment for fall enrollment is now in progress and

will be completed in August. If parents are interested in enrollment information they are urged to phone 503-369-7249 for income guidelines and enrollment information.

USDA and the State of Oregon prohibit discrimination in all USDA programs and activities on the basis of race, color, national origin, sex, religion, age or disability.

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

# You can help your teen overcome negative peer pressure

by the American Counseling Association

Peer pressure is probably



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the most important influence in your teenager's life. While parental opinions certainly are considered, if only because of the consequences of ignoring them, it's more often the opinions and actions of peers that help many teens decide virtually everything from hairstyles to clothing choices to academic efforts.

Peer pressure is often a good influence that can lead to involvement in sports, religious activities and academic excellence. But peer pressure can also be a negative, especially for a teen lacking in self-confidence and self-esteem, yet anxious to be accepted by others. Negative peer pressure can result in trying to be part of a group rebelling against things (such as school) about which the teen feels less confident.

As a parent, you can help

your child overcome negative peer pressure. Step one is to help build your teen's self-confidence and positive self-image. Your goal is to lessen criticism, while looking for positive accomplishments and chances to praise jobs well done.

You also need to be genuinely interested in your teen's life. Go beyond the common "who, what, where" questions to find out what your teenager really is doing and feeling. Learn to respect what your teen is thinking even if you hold an opposing point of view.

And yes, getting most teens to open up can be difficult, but if you're persistent, and show appreciation when things are shared, your teen will eventually become more open with you.

Confronting problems as they arise can also help combat negative peer pressure. Try to understand your teen's need for certain friends, but feel free to express your concerns, and your reasons for them, about such friends.

And sometimes it's simply

necessary to set rules and boundaries. While "forbidding" certain friends seldom works, you can restrict the time spent with the most worrisome of them and insist on it being in supervised settings.

It also helps to strengthen the family relationship. Insist that homework and chores be done. Set curfews and stick to them. Handle small problems quickly, before they become big

ones. And spend time with your teen, establishing regular dinner hours and finding quiet times when you can really talk with one another.

Not all peer pressure is negative, but part of your parental responsibility is helping your teen learn how to evaluate friendships. You need to help your teen identify peers who provide real friendship and positive benefits.

## Columbia County Fair 4-H results

Following are partial results from 4-H competition at the Columbia County Fair. Due to space limitations, only categories with 4-H members in *The Independent's* circulation area are included. More results will be published in the August 21 issue of *The Independent*.

**ART PAINTING**  
Original Art, Draw/Sketch, Line draw, Sr.: Reserve Grand Champion, Champion, Blue Award – Anthony Pelster, Vernonia.

**CAKE DECORATING**  
Cake Decorating - Level 3 - Single Layer Cake: Blue Award – Meghan Sullivan, Vernonia.

**PHOTOGRAPHY**  
Photography, Int., People: Reserve Grand Champion, Champion – Maria Pelster, Vernonia.

Blue Award – Maria Pelster, Vernonia; Marilyn Pikousky, Clatskanie; Kaylea Knox, Rainier; Darren Heller, Scappoose.

Photography, Jr., Nature - Animals: Reserve Champion – Anthony Pelster, Vernonia.

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## Pet of the Month

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 Street. Phone 503-397-4353  
Open Mon - Fri 1 p.m. to 5 p.m. Saturday, 11 am. to 5 pm.



**Honey** is a sweet girl who absolutely loves being petted. She will follow you around to make sure that you won't forget to give her some attention. Honey gets along with other cats and will be a great addition to your loving home. She is house trained, up to date with her shots and has been altered.  
**Special offer for a limited time only. The adoption fee for adult cats is only \$20!!!**

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:

**Senator Betsy Johnson**

## Sign up now for Logger Football Camp

The 2008 Vernonia Logger Football Camp will be held August 13-15.

For grades 3-8, camp will be from 3:30 to 5:30 p.m. and the cost will be \$25.00 (which includes t-shirt).

Camp for grades 9-12, will be from 6:30 to 9:00 p.m., at \$40.00 (which includes t-shirt).

Registration forms are available at the Vernonia School District office and can be returned to Coach Todd Hicks at camp. Checks should be made payable to Vernonia Football Camp. For additional information, contact Coach Hicks at 503-640-5747.

### LOGGER FOOTBALL GOLF CLASSIC

August 16<sup>th</sup> at the Vernonia Golf Course



COME OUT AND HAVE SOME FUN WHILE HELPING

RAISE MONEY FOR CURRENT AND FUTURE LOGGER FOOTBALL PLAYERS!

Forms available at the Vernonia School District Office

(Registration deadline August 13<sup>th</sup>)