

## 2011 Rodeo Court is announced

The 2011 Columbia County Fair and Rodeo court was announced during the Columbia County Fair. Selected to represent Columbia County in 2011 are:

- Queen Emily Simpson, 17, of St. Helens, who won the Speech, Knowledge, Personality, and Appearance awards.
- Princess Kelsey Lanphear, 16, of Rainier, who won the Horsemanship, Sales, Photogenics, and Herdsmanship awards.

• Princess Emily Nodland, 16, of St. Helens, who won the Congeniality and Spirit awards.

The pageant included horsemanship, personal interview, speech, impromptu questions, and a written test of rodeo knowledge.

The court's official reign begins January 1, 2011. They will represent Columbia County at various rodeos, parades, and civic events throughout 2011.

## Eyrrick to represent county at State Fair



Kaitlyn Eyrrick holds spelling certificate at the Columbia County Spelling Bee where she placed second in her division.

Kaitlyn Eyrrick, Vernonia, September 4, at the Oregon State Fair and Expo in Salem. Eyrrick took second place in

the Columbia County Spelling Bee in the Kindergarten-Grade 5 level. As runner-up to the winner, Eyrrick knew she might be called on to compete if anything kept the winner in her division from being at the State Fair.

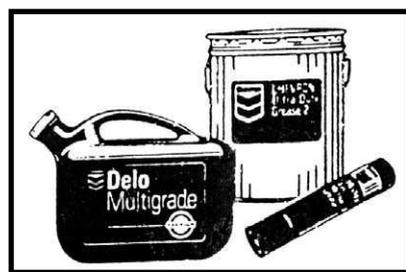
Eyrrick received notification on Tuesday, August 3, asking her to represent Columbia County. She is sad for the county winner who cannot attend, but is very excited to go and spell as the county runner-up.

The winner at the state level will receive a \$200 savings bond, second place takes home a \$100 savings bond, and third place wins a \$50 savings bond. Eyrrick's portion of the competition will start at 10:00 a.m. Go cheer her on if you happen to be at the State Fair that morning.

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## Too many toddlers watch too much TV

Almost 20 percent of Oregon 2-year-olds watch two or more hours of television in a typical day, according to an Oregon report published in the Thursday, July 15 Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report. The federal report contains the first Oregon-specific statistics about young children and TV watching.

Excessive exposure of young children to television and videos is associated with impaired childhood development and childhood obesity. The American Academy of Pediatrics recommended in 2001 that children 2 years of age and older watch no more than one to two hours of quality programming per day; infants should not watch any TV.

"It is important to note that, even after that recommendation was made, many 2-year-olds are watching more than two hours of TV a day," said John Oh, M.D., M.P.H. "We hope to build awareness of this issue, especially because of the emergence of new forms of media use such as internet TV and portable DVD players that can increase a child's screen-time viewing." Oh is a CDC Epidemic Intelligence Service officer assigned to Oregon Public Health. His work in Oregon, as well as the Oregon report on toddler and TV viewing, is funded by the CDC.

The report found that 19.6 percent of children aged 2 spent two or more hours watching television or videos. Approximately 18 percent, almost

one-fifth of children this age, had a TV in their bedroom; these children were twice as likely to watch excessive TV compared with children without a TV in their bedroom. Among children with a TV in their bedroom, 34 percent watched it two or more hours a day, while among children without a TV in their bedroom, 16 percent watched this amount of TV.

"These findings can help parents, caregivers and health professionals to support removing televisions from children's rooms, as well as monitoring TV viewing time," Oh said.

Reading to children and taking them on frequent outings, such as going to parks, libraries or children's activities, were also associated with less viewing time.

The findings in this report  
See Toddlers on page 16

## Sign-up for free school physical

Free school physicals for Vernonia students who are uninsured or have no well child coverage on their health insurance, will be offered on Tuesday, August 17.

Students who qualify for the free physical should sign up at the Vernonia school district office with Barb Carr.

### DALLAS BRASS IN CONCERT

WASHINGTON GRADE SCHOOL GYM  
SEPTEMBER 17<sup>TH</sup>, 7 P.M.

Vernonia band students will perform one song during the concert, after attending a day-long workshop with Dallas Brass.

ADULTS \$10, STUDENTS AND SENIORS \$8

Tickets available at Creatures Pets and Flowers, Vernonia School District Office and during the Jamboree at the Booster Snack Shack!



Sponsors: Western States Art Federation, The National Endowment for the Arts, Creatures Pets and Flowers, Vernonia Boosters, Vernonia Band Boosters and Vernonia School District.



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