

Free sports physicals available

Sports physicals will be offered at no charge to those Vernonia students who qualify for free/reduced meal benefits

on Monday, July 25. Contact the District Office, 475 Bridge Street, Vernonia, or by phone at 503-429-5891 to sign up.

Here are some summer fun ideas

During the summer months, children have lots of unstructured time, and parents or grandparents may have more time with children. Adults can enhance children's development while building a store of great memories by planning fun and stimulating summer activities. Here are a few ideas that don't cost much money. The key ingredient is an adult who is willing to spend TIME with children.

- Turn off the TV, video games, and computers! The average child spends more than 21 hours each week watching TV. Children need interactions with others to develop social skills. Summer is a great time to "hang out" in local public parks where children can climb, slide, swim, and swing. All of these physical activities promote coordination and enhanced self-esteem. All the adult has to do is watch and talk about what the child is doing.

- Churn up a freezer of ice cream. This is an opportunity for a science lesson. How do salt and ice make it freeze? The end result is a cool treat for a hot day. Any food preparation is a science lesson. Most children enjoy helping prepare snacks and meals.

- Go further than food preparation. Go to production! Get the children into the garden to help see where food really comes from. It is surprising how tasty vegetables become when you grow your own.

- Visit the library often. Reading is a lifelong pleasure. Libraries generally have special summer programs. This is a great way to improve skills vital to school (and life) success.

- Use summer events as a way to teach children responsibility. Have the children plan and lead the games at a family picnic. To teach money skills give them a budget for entertainment.

- Have your older children plan dinner one night. Give them a budget and the responsibility of planning, shopping for, preparing and cleaning up after the meal.

- Have your children teach you something. This is a great way for grandparents to learn about computers. It is a great self-esteem builder when children are allowed to be the experts!

- You can teach children something you want to pass on – recipes or a craft such as knitting or woodworking.

- Remember what you liked to do when you were a child, and do some of those same activities with your own child. This is a great way to build family traditions that are passed across generations.

- Take a swimming break. Go to a local pool, river or creek. Don't forget the sunscreen!

- Try "water painting". A bucket of water, a paint brush and a sidewalk or porch is all you need for a masterpiece. You can even pass the time watching your creations evaporate. Drawing with sidewalk chalk on a wet pavement is also fun.

- Take a tour around your house/neighborhood. Look for things you haven't noticed before.

- Go for a nature walk. Besides being good exercise, you can investigate rocks, plants, bugs, etc. Just remember to be careful around critters – some of them view humans as a threat and will try to protect themselves!

- Make some homemade bubbles: 1/4 cup liquid dish detergent, 1 tsp. corn syrup, and 1/2 cup of water. Make bubble wands out of bent wire wrapped with yarn, or use a slotted spoon.

- Camp out in the back yard!
- Is it raining? Have a cookie baking day. (Put some in the freezer to enjoy later or take some and share with the neighbors.)

- Check out the local OSU Extension Office for summer day camps and other activities.

Source: *Jinny Hopp, Human Environmental Sciences Specialist, University in Jasper County and Angela M. Fletcher, Human Development Specialist, University of Missouri*

Young hunters must now wear orange

New rules that require youth to wear hunter orange when hunting take effect August 1, 2011.

As of that date, hunters age 17 and under are required to wear a hunter (fluorescent) orange exterior garment or hat when hunting game mammals or upland game birds (except turkey) with any firearm.

Details of the regulation:

- Exterior garment means a shirt, jacket, coat, vest or sweater.

- Hat means any head covering (hat, bandana).

- The upper garment or hat must be visible in all directions

(e.g. 360° of hunter orange).

- Hunter orange camouflage patterns are acceptable.

- Game mammals are deer, elk, bear, cougar, pronghorn antelope, Rocky Mountain goat, bighorn sheep and western gray squirrel.

- Upland birds are forest grouse (blue and ruffed), chukar/Hungarian (gray) partridge, pheasants, quail (California and mountain) and sage grouse.

- "Hunt" means to take or attempt to take any wildlife by means involving the use of a weapon.

Archery, turkey and migrato-

ry bird hunters are exempt from the hunter orange requirement. (Turkey and waterfowl have excellent eyesight and wearing hunter orange could reduce hunter success.)

The Fish and Wildlife Commission adopted the new rule last year to protect youth hunters from vision-related firearm incidents. Adult hunters are also strongly encouraged to wear hunter orange when in the field.

Some controlled (limited entry) youth elk hunting seasons open August 1 and general season bear and cougar will also be open that day. But most hunting seasons don't open until September or October.

Col. County SBHC's get awards

On July 14, Oregon Senators Jeff Merkley and Ron Wyden announced that the U.S. Department of Health and Human Services has awarded over \$4 million to twelve school-based health centers across Oregon to expand access to quality health care to children while at school. Funding for these awards comes from the Patient Protection and Affordable Care Act.


Columbia Health District - Public Health Authority in St. Helens received \$500,000 in the awards. "In Columbia County, we are improving two clinics," says Sherrie Ford, MPH, School Based Health Clinic (SBHC) Coordinator, "making one more accessible for teens, and making both more accessible for mental health services. Rainier is a rural community and the SBHC is on a K-12 campus of 1050 students. Columbia County does not have a hospital, and Rainier has no primary care providers except the SBHC. Without the SBHC, Rainier families have to travel 60 miles for mental health services."

"Investments in preventive health care, like health screenings, health promotion, and disease prevention activities are a key to making our families healthy," said Merkley. "If you want to help get kids healthy, you go where the kids are: at school. Providing resources to school-based health centers will ensure Oregon children get the care they need so they can succeed in the classroom."

"Early, accessible and targeted investments in the well-

being of Oregon's children set the cornerstone for a path of lifelong health," said Wyden. "Expanding preventive health care in schools means healthier kids and less hassle for working parents and big savings for Oregon families."

The Patient Protection and Affordable Care Act appropriated a total of \$200 million for 2010 through 2013 for the School-Based Health Center Capital Program to address capital needs in school-based health centers. These funds announced are the first in the series of awards that will be made available to school-based health centers under the Affordable Care Act. The Health Resources and Services Administration (HRSA) oversees the program.



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Vernonia, OR
503-429-0214

Vernonia Veterinary Clinic

Formerly Midway Veterinary Clinic

Monday, Wednesday & Saturday

9 a.m. - 4 p.m.

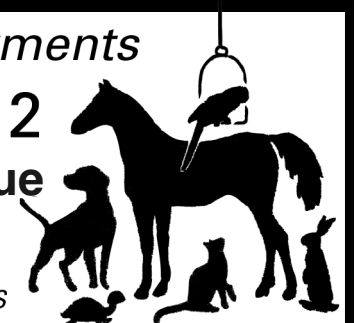
Call for appointments

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700 Weed Avenue

Vernonia

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