

# School collecting items at grade school in order to earn money

The Vernonia schools collected/recycling for this school year will be in collection bins at Washington Grade School, in the hallway next to the gym.

Items being collected are:

- Box Tops Labels
- Campbell Soup Labels

(upc part)

- Cell Phones & Ink Cartridges
- Tyson Project A+ Labels (frozen food)
- Flav R Pac & Santiam Labels (upc part)
- Capri Sun Drink Pouches

• Elmer's Glue (glue sticks/bottles)

- Frito Lay Chip Bags (i.e. Fritos, Cheetos, Lays, Doritos)
- Writing Instruments (Paper Mate, Sharpie, & Expo) those dry erase pens that you use
- Colgate (toothbrushes,

empty toothpaste tubes, packaging)

- Scotch Tape (dispensers & cores) must be Scotch brand
  - Mission Tortilla & Tostada Bags
  - Kraft Cheese Packaging
- Items that are NOT being

collected this year include Ziploc bags and cork.

All the money collected from fundraising/recycling this school year will be used towards playground equipment at the new school.

# New 4-H Running Project announced: Striders 4-H Running Club

The Columbia County 4-H Youth Development Program has announced the launch of a 4-H Running Project: Striders 4-H Running Club. Last year, the after-school program of the same name was well received and expectations are that this will be also. The program will allow sixth, seventh and eighth grade youth to participate in Middle School Cross Country meets, partially filling the gap created when the St. Helens school district cut the middle school sports program. Participants will also be able to participate in "open" events throughout the year.

Some have asked why 4-H is interested in starting a running club. Running is an activi-

ty that doesn't require a large investment in equipment, and is a form of physical activity that can continue across a lifetime. Youth can lace up their shoes, step out the door and be running.

4-H stands for "Head, Heart, Hands and Health." We believe (and research shows) that youth who invest in and grow up participating in physical exercise at an early age, will continue to participate in a healthier lifestyle as they mature. In a society where childhood obesity is a national epidemic and funding is being cut for programs that keep youth moving, the situation will be getting worse, not better. Our goal is to give youth an opportunity to

keep moving with a fitness program that can last a lifetime.

Recruitment is currently underway in the St. Helens, Rainier, Clatskanie, Scappoose and Vernonia communities for adult volunteer leadership for this project area; at this time, St. Helens is the only community that has identified leadership and a starting date for their club.

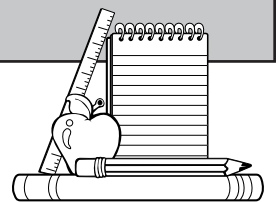
The 4-H Youth Development Program has the history and the ability to help youth set goals, develop life skills and move to a new level, we see this as an opportunity for them to set healthy goals, build life skills and reduce the risk of long term health problems later in life.

If you have questions contact Woody Davis at 503-397-3462 or woody.davis@oregon

state.edu.

## Chalk Talk

Chalk Talk is a column of information about Vernonia schools. This column was provided by Superintendent Dr. Ken Cox.



It's "Back to School" time. School buses will be back on the roads, and students are walking along the side of the road and waiting for buses.

Tips for motorists:

It is a \$500 fine for running a stopped school bus with its red lights on. But if you kill a child, it is a lifelong sentence you will have to live with the rest of your life. Please take the extra time to be safe for you and the children we care about. It's not worth destroying a life for the few minutes you will be stopped.

1. Slow down and obey all traffic laws and speed laws.

2. Be alert and ready to stop. Prepare to stop for school buses when overhead yellow lights are flashing. Drive with caution if you see the yellow hazard warning lights flashing on a moving or stopped bus. Watch for children walking in the street, especially where there are no sidewalks. Watch for children playing and gathering near bus stops. Watch for children arriving late for the bus, who may dart into the street without looking for traffic. When backing out of a driveway or leaving a garage, watch for children walking or biking to school.

3. When red overhead flashing lights are on, possibly accompanied by an extended stop arm, they tell you the school bus is stopped to load or unload children. State law requires you to stop at least 20 feet from the front or rear of a school bus when red lights are flashing, and not proceed until the school bus resumes motion.

# You can now adopt a river to cleanup

SOLV and the Oregon State Marine Board have a unique partnership, through the Adopt-A-River Program, that supports individuals and organizations in cleaning and preserving their favorite stretch of waterway (river, lake or stream) anywhere in Oregon. The Adopt-A-River Program focuses on watershed health and creating stewards of the waterways through organized cleanup efforts. Thanks to this program, many of our waterways are getting the care and love they need by the people who understand the importance of taking care of our natural resources. The key is instilling the importance of picking up and properly disposing of human garbage in the first place.

Over 600 miles of river have been adopted through the Adopt-A-River Program since the program's inception in 1993. Adopted river sections include the Sandy, Willamette, Columbia, Clackamas, Salmon, Umpqua, Powder, Deschutes, Rogue, North and South Santiam, Siletz, Coquille, Molalla and John Day Rivers. Many smaller creeks and streams have also been

adopted. For 2009-2011, 250 clean up events were organized, removing 99,264 pounds of garbage, 212 tires, and using the collective efforts of 3,318 volunteers. But considering the fact that Oregon has more than 111,000 miles of rivers and streams, a lot more help is needed.

The 2011 Legislature authorized the Adopt-A-River Program to remove known invasive species from river banks. When events are coordinated, a representative from SOLV will provide technical assistance to volunteers about invasive species and proper removal techniques to ensure native vegetation can thrive.

When a stretch of river is

adopted, SOLV provides a resource guide, technical assistance, volunteer recruitment, and project supplies (such as bags, gloves, and safety gear). An adoption is also entered in the Oregon River Registry.

Adopting a waterway is simple. It only takes one person to get things started. Community organizations, fishing or boating clubs, school groups, businesses, associations or any environmentally concerned citizen can Adopt-A-River. Every project, no matter how large or small, makes a big difference! To learn more, visit [http://www.solv.org/programs/oregon\\_adopt\\_a\\_river.asp](http://www.solv.org/programs/oregon_adopt_a_river.asp).

**Mariolino's** AIR CONDITIONED COMFORT!

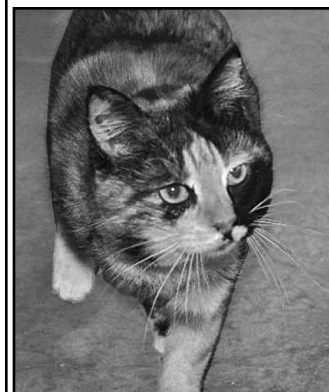
**Breakfast, Lunch Dinner and Ice Cream too**

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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.



Ruxspin is a friendly medium sized adult cat. She's curious, affectionate and loves attention. She's also playful and perfectly happy to entertain herself if you are busy or are at work during the day. She seems to do fine with other well-behaved cats and would also be happy as a single cat in the home.

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

This Pet of the Month is Sponsored by:

**Senator Betsy Johnson**