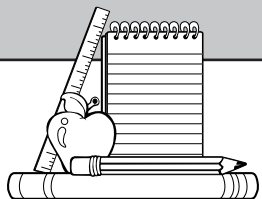


Chalk Talk

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



With Thanksgiving coming next week I thought I would take a moment to share with you some of the things for which I am personally thankful. First and foremost I am grateful for a supportive wife and loving family, they mean the world to me! I think we can all agree that Thanksgiving is a family holiday and I hope that each of you will have the opportunity to spend some quality time with those you love next week.

On a professional level, I am extremely grateful for those with whom I work in the district office. They have all taken on added tasks and, in at least one case, been given less time to do them. I am truly grateful to have such professional, dedicated individuals working for the district. We have a great school board and an effective team of administrators in the district, who continue to do more with less, and have also taken on additional tasks while I have spent so much of my time working on the new building and fundraising. I know that they couldn't accomplish all that they do without support at home, and I would extend my thanks to their spouses as well. Our administrators have an excellent group of teachers and classified staff, upon whom they rely to educate our children. These staff members, too, have stepped up and taken on additional responsibilities to do what is best for our children.

As a community, we are very fortunate to have such dedicated staff, and I want you to know that I am grateful and proud of each of them. I hope that you take the opportunity when you meet them and communicate with them via email or on the phone, to thank them for their dedicated service to our children. Yes, it's their job and they get paid for it, but every one of them deserves so much more than what they get in their paychecks. They deserve our thanks and the thanks of our children, for their goal is to help our children be the best they can be!

My personal thanks to each and every staff member of the Vernonia School District!

NFIB Foundation offers scholarships

An application for scholarship awards is now available online until December 15. Since 2003, the National Federation of Independent Business's (NFIB) Young Entrepreneur Foundation has awarded 2,095 scholarships to graduating high school seniors totaling \$2,382,000.

Last year, more than 4,500 students nationwide applied for a YEF scholarship. NFIB was proud to award 131 scholarships to young entrepreneurs across the country, including one Oregon high school senior, thanks to the financial support from numerous small-business leaders, corporate, and foundation supporters.

Oregon high school seniors wishing to apply for a 2012 scholarship can go online at <http://www.nfib.com/yef> until December 15. The nomination

period by an NFIB member will occur February 1 to March 1, 2012. NFIB members can also go to the same online address to make a tax-deductible contribute to the program.

The NFIB Young Entrepreneur Awards program was established to raise awareness among the nation's youth about the critical role that private enterprise and entrepreneurship play in the building of America.

The NFIB Young Entrepreneur Award recipients will attend the university, college, community college, or vocational/technical institute of their choice with \$1,000-\$10,000 in tuition assistance from the NFIB Young Entrepreneur Foundation. In June of this year, NFIB YEF also honored four students selected as \$5,000 scholarships winners and named the "2011 Young

Entrepreneur of the Year" who were awarded a \$10,000 scholarship.

To qualify for a YEF Award, students must be running their own business. They are required to write an essay describing their entrepreneurial endeavors and future goals. Standardized test scores, GPA, and class rank are also considered in the selection process. NFIB members around the country nominate applicants for the Young Entrepreneur Awards. An independent, outside committee selects a group of qualified semi-finalists.

For more information, please call or send an email to NFIB/Oregon Member Support Manager Stacy Jenkins at 866-307-2846, or stacy.jenkins@nfib.org.

School's plan for building still on target

From page 3

the new schools without compromising sustainability or quality, as well as continuing with our fundraising efforts. I am meeting each week with the contractors to look for ways to make these changes, as well as constantly meeting with prospective funders. We are all committed to having a great school and we will be opening on time next fall.

Throughout this journey, as we budgeted for the project we were aware that we would need bridge financing to get us through construction while we wait for some of the grant funding to come through. We were able to postpone the acquisition of that financing because of FEMA funding that we received this summer, however it is now necessary to pursue bridge financing to complete

construction. We intend to use the fundraising commitments that are already in place to secure this bridge financing in the short term.

This is the first in a series of articles to make sure that we keep you informed of our progress. If you have specific questions or concerns please contact me at the district office (503-429-5891) or via email at ken.cox@vernonia.k12.or.us.

Turkey is not difficult to cook safely

From page 9

in this way. Change the water every half hour to be sure that it says cool. This slows bacterial growth.

The frozen turkey can also be thawed in the microwave. Cook it immediately after thawing.

Bake the turkey at 325° F. Cooking at lower temperatures for longer times could result in bacterial growth. It's also unsafe to put the turkey in an unheated oven that is timed to

turn on early in the morning. Never partially cook a turkey and then finish it the next day.

Be aware that stuffing the bird increases the baking time. Stuff just before baking. Stuffing ahead of time could give bacteria a chance to grow. Stuffing can also be baked in a separate, covered dish for 45-60 minutes.

To bake the turkey, allow about 15-18 minutes per pound for unstuffed birds and 18-24 minutes for stuffed ones. Use a

meat thermometer to determine doneness. The temperature should reach 165°F. in the inner thigh. The stuffing temperature should be at least 165°F. as well. Allow the turkey to sit for about 20 minutes before carving.

Food safety continues to be important after baking. Although many people procrastinate, it's very important to refrigerate leftovers right away. Because bacteria grow rapidly at room temperature, turkey and other perishable foods shouldn't be kept on the table or counter longer than 2 to 3 hours after cooking. Remove the stuffing and cut meat off the carcass. Refrigerate or freeze in-size portions in shallow containers.

Source: Carolyn Raab, Extension Foods and Nutrition Specialist, Oregon State University

Have a Happy Thanksgiving

Vernonia Veterinary Clinic

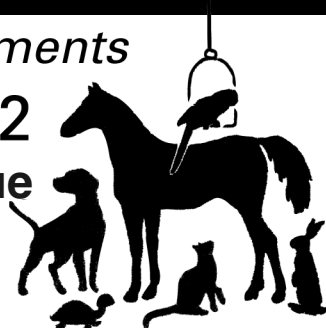
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