

Senior Discounts

Vernonia Veterinary Clinic

Formerly Midway Veterinary Clinic

Monday, Wednesday & Saturday
9 a.m. - 4 p.m.

Call for appointments
503-429-1612
700 Weed Avenue
Vernonia

Small and Large Animals



Need ideas for rainy day activities?

The winter months are cold, wet or otherwise inhospitable in most parts of the country. Keep your kids occupied indoors during inclement weather with these creative ideas on "make-believe" kits for indoor play.

Young children like to recreate experiences they have had personally when they play. With this in mind, create kits that allow children to pretend they are camping, cleaning, or keeping house.

Camping Kit: It's not hard to simulate the great outdoors inside the house. All you need are a few things to help your child's imagination along. You

might include the following:

- Blanket (to drape over a table for a tent)
- Sleeping bag
- Small pots and pans
- Red & yellow tissue or construction paper (wad up for "fire")
- Flashlight (most popular item)
- Backpacks
- Storybook about camping
- List of songs to sing around the campfire
- Marshmallows to pretend "roast".

Cleaning Kit: Children love this activity. Put together a cleaning bucket, with a dusting

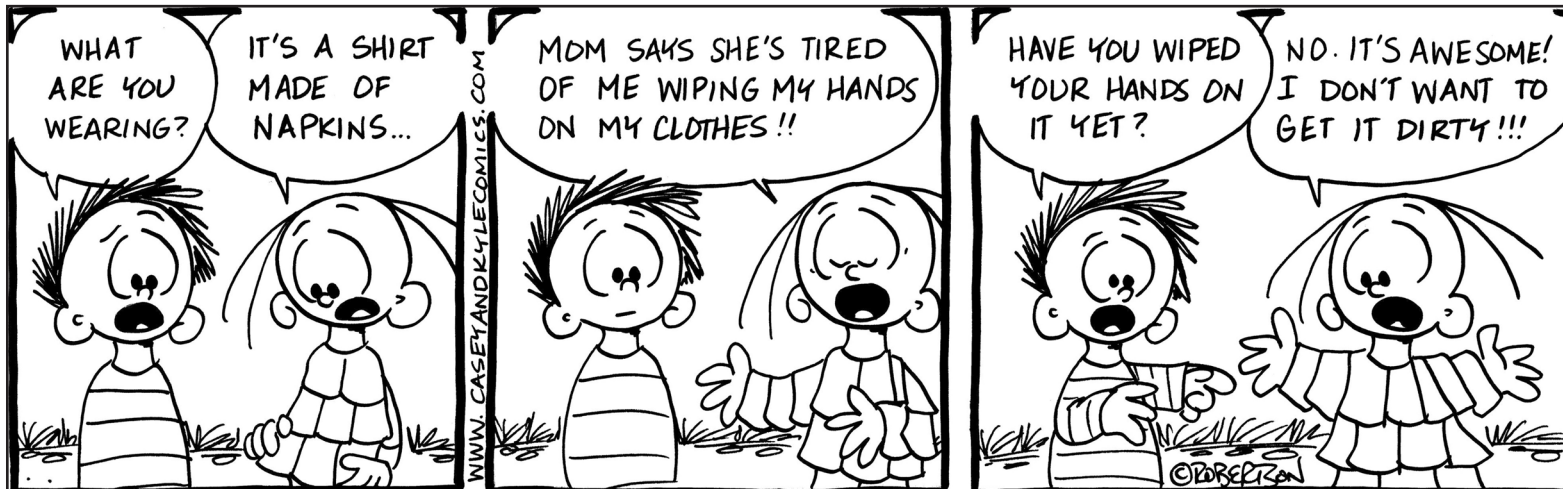
rag (or feather duster), a small sponge, and a scrubber or scrub brush. Put a small amount of water in the bottom of the bucket. Let your child help clean by washing down the cupboard doors or dusting those hard-to-reach areas like table and chair legs.

Remember, children love to act out what they hear in stories. The more books you read with them, the richer their play life will be. Extend their repertoire of dramatic play by reading a wide variety of stories with them.

Source: OSU Extension Service

Just for Fun

Casey and Kyle by Will Robertson



Solve this Sudoku

6			2			8		4
1				9			3	
	8		3	5		1		
			5			9		
		2			4			
		9		7	5		6	
	5			4				9
4		6			9			7

Answer to January 4
Sudoku is on page 19.

Fill in the snowman

The seasons... are authentic; there is no mistake about them, they are what a symphony ought to be: four perfect movements in intimate harmony with one another.

ARTHUR RUBINSTEIN
Russian pianist
(1886-1982)