

May 2010



1-866-631-1997

Our toll free information line is there to help find information on classes, workshops and other family centered activities in and around Skamania & Klickitat County. Remember to use our website, too!

## Dad's Calendar

June 12

### National Free

**Fishing Day** will take place at the Bonneville Dam State Hatchery from 8:00 am to 1:00 pm. Take a kid fishing! Call 509-493-2934 for more information.

June 19-20

### Ketchum Kalf

**Rodeo** in Glenwood, Washington. Rodeo is on Saturday beginning at 1:00 pm. On Sunday, enjoy a cowboy pancake breakfast from 6:30-10:30 am, followed by a parade at 11:00 am. 509-364-3355

June 26

### Mt. Adams Country Bicycle

**Ride**, Trout Lake, Washington. Choose from a scenic 11-mile family ride to more challenging 50 and 100 mile loops. 509-395-2719

**Happy Father's Day  
June 20, 2010**

# The Parent Network

Skamania Klickitat Community Network

PO Box 2306

White Salmon, WA 98672

<http://community.gorge.net/skcnparentsupport>



## How to Make the Most of Summer

Keep those brains learning in June, July and August!

Locate a summer program. There are camps and programs in almost every price range. Check school offerings, parks and recreation centers, community education programs, childcare centers and libraries.

Go on educational trips. These can be low cost visits to parks, museums, zoos, nature centers, hiking trails or other areas of interest. OMSI, the Oregon Museum of Science and Industry in Portland, offers \$2.00 admissions on the first Sunday of every month.

Visit local dams and watch the fish swim upriver. Find a free concert or music event and go with your family. Shop at a local farmer's market. Check out the giant steam locomotive in Wishram.

Practice math daily. Measure items around the house and yard. Share some cooking time-get help measuring and weighing. Track the weather and record the daily temperature or rainfall. How many days until the next full moon?

Use your local library. Check out books that interest your child. Make time to read every day. Rather than a set time, have your child read a certain number of pages or chapters.

Go fly a kite! Or, feed the ducks and geese at a local park. Swim at the local pool. Dig a garden and plant some vegetables. Learn some dance moves. Take a bike ride around the neighborhood. Limit the TV and computer time. Build a fort in the backyard. Play a board game or cards. Put up a tent and go camping in your yard, or in a nearby campground. Exercise and healthy activities are needed to keep children fit, happy, and prepared for the next school year!

### Mt. Adams Transportation Summer Bus Schedule for White Salmon/Husum/BZ Corner

*See next page for schedule.*

- Available for youth and adults.
- **Children who need a car seat must be accompanied by an adult.**
- The bus will stop only at the designated locations.
- No Summer Bus Schedule on Fridays or July 5<sup>th</sup>.
- Henkle Middle School stops run June 14-July 15
- Passes can be purchased from Mt. Adams Transportation (Klickitat County Senior Services) for \$25.00-good for the entire summer route!

- One-way trips are \$0.50 for 17 and under and \$1.00 for 18 and older and can be paid at the time of the trip.
- **Free youth bus passes** are available for families who cannot afford the transportation services. These passes are available at Bingen City Hall, WS Community Youth Center, WS Community Library, the Food Bank in Bingen and Henkle Middle School.

**Riders coming from the White Salmon pool must wear dry clothes after swimming or have a dry towel to sit on.**

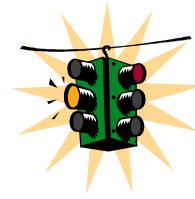
## 5-A-Day Spunky Vegetable Pizza *Dole Food Company*

Makes 6 servings

Ingredients:

- ¾ cup pizza or spaghetti sauce
- One 12" baked pizza shell
- 1 cup chopped fresh broccoli
- 1 cup shredded carrots
- ½ cup sliced red bell pepper
- 6 ounces shredded mozzarella cheese

A cutting board, knife, spoon, measuring cups and baking sheet will be needed.



## Teens & Driving

In Washington State, teens can get their permit when they turn 15 only if they are enrolled in a Driver's Education Course. If they don't take Driver's Ed, they must wait until they are 15 ½ and pass the written test prior to getting their permit.

To get their Intermediate Driver's License, teens must complete at least 50 hours of supervised driving time with a parent or driver with at least 5 years of driving experience. At least 10 hours must take

place at night. They must pass a Driver's Education Course, and pass the written and driving tests.

Once they get their license, for the first year there are restrictions on when they can drive and who can be in the car.

**For the first year, no driving**

**between 1 am or 5 am unless accompanied by parent, guardian or licensed driver at least 25 years old.**

**For the first six months, no passengers under the age of 20 are allowed, except for family members.**

**For the second six months, no more than 3 passengers under the age of 20.**

**These restrictions end after one year if a teen driver has not had a collision or any citations or violations.**

**Alcohol, drug and firearm violations affect both a teen's permit and Intermediate Driver's License.**

**For a first offense, your license is revoked until age 17, or at least one year. For a second offense, the license is revoked until age 18, or at least two years.**

**THESE RULES SAVE LIVES!**

Location – Bus Stop	Summer	Bus	Schedule	White Salmon	Area
Humboldt & Oak	12:00	1:30	2:35	3:40	4:55
Rhine Village	12:05	1:35	2:40	3:45	5:00
Skyline Hospital	12:10	1:40	2:45	3:50	5:05
WS Library	12:15	1:45	2:50	3:55	5:10
WS Pool	12:25	1:50	2:55	4:00	5:15
Henkle	12:30			4:05	
WS Pool	12:40			4:10	
Youth Center	12:50	1:55	3:00	4:15	5:20
Husum Fire	1:05	2:10	3:15	4:30	5:35
BZ Store	1:10	2:15	3:20	4:35	5:40

### Strengthening Families Program In Spanish Headed This Way.

This summer a very popular parenting program will be offered in Spanish in White Salmon. This seven week program is for families with children ages 10-14. Parents and children attend together and learn healthy ways to communicate and respect each other. Programs for Peaceful Living will be sponsoring this program. It will be scheduled for July of 2010. Stay tuned for more information, or call 509-773-6100 or 509-493-1533.

The Northwest Justice Project has free self help information for legal issues involving civil matters only. Services for criminal cases are not available. Call the CLEAR line at 1-888-201-1014 to learn more.

### INSTRUCTIONS

Preheat oven to 450 degrees F. Place pizza shell on baking sheet; spoon sauce onto shell and spread to cover.

Arrange vegetables over sauce. Sprinkle cheese on top. Bake 10 minutes or until cheese melts. Let cool before slicing into wedges.

Try other vegetables, also. Let your children choose something to try-you may be amazed to hear them say, "This is good-can I have more?"

