

September 2011



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 Corner More Science Fun!

Here's how you can bet your child you can put your head through a hole in a 3x5 inch (7.6x12.7 centimeter) file card—and win!

YOU WILL NEED

- One 3x5 inch (7.6x12.7 centimeter) file card
- Scissors

HERE'S HOW

1. Fold file card in half lengthwise and make 13 partial cuts widthwise. First cut through the folded side, then turn the card around and cut toward the fold. Keep repeating the process. (Cut to within a quarter inch (half centimeter) of the edges of the card.)
2. Very carefully open the card and cut lengthwise along the fold. Do not cut the two end sections.
3. Gently stretch the card as far as it will go and put it over your head.

DID YOU KNOW?

The secret to this trick comes from a branch of mathematics called **topology**. It teaches that figures can be stretched without changing their area.

National Geographic Kids



For a happy, healthy child-
Love, Talk, Play

The Parent Network

Skamania Klickitat Community Network

Building Strong, Healthy Communities

PO Box 2306

White Salmon, WA 98672

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

Being absent from school doesn't add up

If your child misses ten minutes of school every day by being late or leaving early, that is thirty hours of learning time over the course of the year, equal to a full week.

Insist your child attend school, and talk with them about the importance of education. Show them practical uses of math, reading and writing. For instance, let them carefully help you repair the car or something in the house. Have them help you cook a meal. Show what happens if you don't measure correctly!

If your child always has a reason to miss school or go in late, it is possible something else is going on. Is your child bored? Do they have friends or are they bullied and ignored? Are they being threatened? Is there a pattern to their absences? Do they always want to miss Friday because of the spelling test or PE class? Chronic absenteeism may be a way of avoiding problems.

Younger children new to school sometimes find school rules confusing and scary. Talk gently with your child and find out if they are frightened or worried over something they may not understand.

Finally, make sure your child does their homework, eats well and regularly, and gets enough rest. Talk with their teacher regularly about how your child is doing in school-many schools these days offer web based programs that allow parents to check online daily homework assignments, upcoming events and other information.

Saving Money on Food

Here are some easy steps you can take to save money on your family food bill.

~**Shop local**-instead of paying over \$1.50 a pound for apples at a chain grocery, during the fall check out the fruit stands at local farms. Sometimes apples, pears, plums, grapes or other items are just 25¢ to 50¢ per pound! Use farmer's markets during the summer to find fresh fruit and vegetables for your family at reasonable prices.

~Start budgeting by making a **change to store brand from name brand**. Sure name brand items taste good, but they are often twice the price. Store brands are just as good as the regular brands. They cost less because the stores don't spend millions on advertising. You may not be able to make substitutions on some things, but work on buying at least 40% of your groceries as store brand, and you'll be off to a good start.

~Don't be afraid to **shop at your local dollar store**, either. Many of them now carry groceries. Most dollar stores get their items from manufacturers when a deal is over.

This is a perfect opportunity and example of saving money on groceries. You might find an item that had a promotion printed on it that has ended. Nothing is different about the item, the grocery stores just don't want to stock materials with past promotions on them. The food is not bad or expired, just the printing on the label is!

~**Try growing your own!** Plant a small garden in your yard, or see if your community offers garden plots for residents. Nothing tastes better than fresh vegetables you grew yourself.





Are you a grandparent or other family member caring for a relative's child?

Find information, support and resources for relatives raising grandchildren, nephews, nieces, cousins, brothers or sisters.

The Kinship Caregiver Program is free and serves families in Skamania and Klickitat County.

Call Tammy Bedlion at Children's Home Society 360-695-1325 ext. 4214 or email: tammyb@chs-wa.org

September is...

- National Chicken Month
- Good Manners for Children Month
- National Rice Month
- National Piano Month
- Library Card Sign-up Month
- www.fvrl.org (Ft. Vancouver Regional Library District website)

Toxin Free Cleaning

Always label all cleaners and store safely out of children's reach.

Tub and Sink Greener Cleaner Recipe

- Baking soda
- Liquid soap-not detergent! (Castile or Murphy's Oil soap are suggestions)

Sprinkle baking soda in tub, porcelain fixtures, or on tile and counter tops. Rub with a wet rag that has had some soap added to it. Rinse well to avoid leaving a hazy film.

For other great ideas on making your own family friendly cleaners with natural products, check out Washington's Dept. of Ecology website www.ecy.wa.gov/toxicfreetips

Local Health Fairs

Stevenson-September 24

White Salmon September 30 & October 1

*Skamania County Community Health will host a Health Fair on September 24 at the Exhibit Hall at the county fairgrounds. The theme is Healthy Choices, Healthy Communities. The health fair will be open from 9 am to 2 pm. **Call 509-427-3881 for information.**

*White Salmon will be the site for Skyline Hospital's Community Health Fair on Friday, September 30 and Saturday, October 1 from 7 to 11 am each day. **Call 509-493-1101 for information.**

Offered at each site will be free or reduced cost screenings for a number of items, including blood pressure and cholesterol levels. If you are planning to have any blood work done, a 12-hour fast is required.

Looking for legal help? Locate legal aid resources in your area. Browse hundreds of free helpful legal publications and do-it-yourself packets covering many common civil legal problems such as debt, divorce, foreclosures, immigration, landlord-tenant relations, education, employment, government benefits and more. www.washingtonlawhelp.org

Are you a veteran? Do you need transportation in Southwest Washington?



Contact the Human Services Council at 360-694-9997 for information on obtaining transportation to and from VA hospitals in the Portland area.

NEW: Limits on non-emergency use of hospital emergency rooms for Medicaid clients:

As of October 1, 2011, Medicaid will only pay for only three non-emergency visits to the Emergency Room per client per year.

The year will run through June 30, 2012 and restart July 1, 2012. Non-emergent visits occurring before October 1 will not be subject to this change in policy. When you have your third non-emergency visit to an emergency room, Medicaid will notify you by letter that you reached your limit. After the third non-emergency visit, you may be responsible for payment for future non-emergency visits to the emergency room.

It's Music To Our Ears!

Fort Vancouver Regional Library District (FVRL) has joined the Library Ideas network of public library websites that offers online access to songs from Sony Music's catalog of artists. **Three free downloads a week will be possible!**

Funding for this new, no-fee service was made possible by district voters' approval one year ago of a levy lid-lift measure.

FVRL patrons will need to log in with their 14-digit library card number to access Freegal. The library's Freegal link is currently posted at <http://www.fvrl.org/findabook/index.cfm>. Once logged on, users will find a counter at the top of the screen that shows how many downloads (of the three allowed) they've had that week. The counter resets at 9:00 p.m. Pacific Time each Sunday.

LEARN & PLAY PROGRAMS

Imagination is intelligence having fun!

Sponsored by the Gorge Early Learning Coalition, these free programs are open to all families with children 8 and younger. Stories, songs, crafts and learning take place in a fun and relaxed setting. All children receive a free book of their choice each night they attend. Parents learn simple and successful ideas to use at home to help their little ones gain the skills needed for life-long learning.

They are held nearly every month during the school year in Stevenson at Stevenson Elementary (509-427-5672); Goldendale Primary School (509-773-4665) and at Mt. Adams Orchard/BZ Corner or Rhine Village Apartments for White Salmon students (509-493-1560). Call the school nearest you for dates and times.