Is it time for a pet?

What is *sometimes* furry, *usually* lots of fun, and *definitely* a big responsibility?

Welcoming a pet into your family!

Here are three questions to help you decide if the time is right to bring home a new animal companion:

📸 **How much does the pet cost?**

A pet usually costs extra money at the beginning. Then, a pet will have some ongoing costs.

Here are some estimates of annual expenses for some common pets.

- **Fish**: $50
- **Bird**: $115
- **Cat**: $1,105
- **Dog**: $1,455

*Source for all cost estimates: ASPCA

📽️ **How much work does the pet require?**

Animals need daily care, whether that means feeding a cat, brushing a dog, or cleaning the water in a fish bowl.

Helpful tool: Download a free Animal Care Chore Chart like the one pictured at bit.ly/pet-chore-chart.

❤️ **How much love does the pet need?**

This is the fun part, and it is so important! Pets require regular attention. This could include playtime, walks, cuddles, or just your loving nearby presence!

Keep these questions in mind, and it will help your family decide if it’s the right time for a new pet!
• Enjoy the digital copy of Kids Newspaper anytime, any where!
• Nominate your favorite teacher for STCU Teacher of the Month.
• Nominate your secretary, a kind kid, and community heroes.
• Have an amazing story? We want to hear it!
• You can send nominations from here or Facebook.
• Like us on Facebook.
• Enjoy fun fall recipes, crafts, and tips!

CLICK HERE TO NOMINATE

SECRETARY OF THE MONTH

ERIN GREEN, JENNY DZEDZY & AMANDA GODSIL / BETZ ELEMENTARY SCHOOL
Principal Camille Nielsen was born and raised in our area. She attended Woodridge Elementary, Salk Middle School, Shadle Park High School, Western Washington University, and Eastern Washington University.

“My parents were educators. My brother and I were raised in a school community. Growing up, I remember visiting schools where my parents worked. I loved listening to them talk with their friends about students and curriculum. I knew that I would be involved in education from a very young age. My brother Ryland is also in education. He is assistant principal at the school where we graduated — Shadle Park.”

Nielsen has always been interested in Science and Biology. “I would have been very interested in STEM if that had been an opportunity when I was a student. Years ago, I remember how excited I was to listen to our superintendent Ben Small talk about plans to create a small STEM high school. In 2013 we decided to give the new idea of STEM an opportunity to grow in the skill center. In 2019 we congratulated our first graduating class.”

Our mission and our continuing goal is to prepare students to pursue their passions. We offer an innovative approach to education that prepares students to pursue their goals and dreams by focusing on developing effective communication and exceptional collaboration skills.

Our students are continuously challenged to problem solve and to think outside the box. We push our students to GOPRO, promoting the positive character traits of being Gracious, Open-minded, Perseverant, Responsible, and Owning it!

Our staff sets high expectations and provides equally high levels of support to ensure student success. We work diligently to create a positive learning environment where all students have the resources to grow, learn and achieve. Our teachers prepare students with an integrated curriculum. Physics and Math create objectives and pathways to create connections. English and Biology also collaborate to develop projects.

The academy utilizes project-based learning to develop skills needed in tomorrow’s workforce. Nielsen said that when speaking with potential employers, they work together to establish internships. “Problem-solving and the creativity in which problems are solved transfers outside of the school environment. Our curriculum offers students unique abilities to interact within a business setting. Beyond being successful interns, our classes provide students with the academic, technical, and leadership skills needed to compete in the future labor market successfully.”

Nielsen and her husband Josh have three children – Caleb, Elise, and Cade. “Our family loves to spend time together. We enjoy snow skiing and inland surfing. Our favorite place is Priest Lake.

Nielsen shared that she will move on to another dream project. She will teach an integrated-based curriculum at Central Valley School District’s new high school, Ridgeline. Nielsen said, “I will miss the staff and students at Spokane Valley Tech. I will miss the challenges and the huge successes. I will take with me all that I have learned. I look forward to beginning an exciting new chapter in my life.”
Our feature this month is Alyssa Kudrna. Kudrna, a recent high school graduate from Spokane Valley Tech, was very important to her school and the Gesa Credit Union student-run Campus Branch. Brandon Alison, Financial Education Manager, told us, “Alyssa is the type of student that makes the High School Credit Union program so meaningful. Her engagement, dedication, and willingness to learn the financial industry simply added to the success we’ve seen at the Spokane Valley Tech High School Campus Branch. The combination of her academic accomplishments and involvement in our High School Campus Branch made Alyssa more than deserving of a Gesa Educational Scholarship.”

Principal Camille Nielsen said, “Alyssa has many talents. She is dedicated to every school project in which she is involved. She works diligently to accomplish goals. Alyssa is a person of great character. She is always willing to step out of her comfort zone to try something new. It makes perfect sense that Alyssa would like to help people in her future career.” Nielsen remembered a favorite story. “Alyssa is always ready to have fun. We had a daily ‘good morning’ competition. We would compete to see who spied the other first to shout out a good morning each day.”

Nielsen added, “I hope Alyssa knows that she does that every day. Alyssa is truly an unsung hero for our school.”

The leader described the challenge before us; he said we needed to learn to become comfortable “living in the questions.” When he first presented that concept, I was not entirely sure I understood. Living in the questions? At the time, the 21st century was just getting underway, yet, reflecting back, the leader seemed to already understand that the new century might mean less certainty. Indeed, that there may be increasing shades of gray to navigate.

Years later, experience has taught me anyway, that few things are truly binary. In a rapidly changing, technological society in which communication occurs quickly, and from multiple sources and perspectives, shades of gray have overcome any past reliance on black or white. It has caused me to think of an old Peanuts cartoon in which Charlie Brown astutely observed, “In the book of life, the answers aren’t in the back.” In fact, we may only find the answers if – as the leader had suggested – we get comfortable with questions, with asking the right ones, and with an ability to adapt to less than firm answers.

The previous twenty months in our shared journey have assuredly been challenging, in part, I would assert because there have been so many questions, many of them difficult, and so often without easy or straightforward answers.

We have been challenged to deeply ponder yet another reflection from Charlie Brown: “Sometimes I lay awake at night and I ask, is life a multiple-choice test or is it a true or false test?” Then a voice comes to me out of the dark and says, ‘We hate to tell you this, but life is a thousand-word essay.’”

No answers in the back of any book? No forced-choice or T/F questions, but a thoughtful and coherent essay to be written instead?

Metaphorically, writing such an essay can be hard. Have we asked the right or best questions before we seek the best answer(s)? Do we open our minds and our hearts to the reality that multiple perspectives or “right” answers might exist? Are we willing to summon the grace and patience needed to engage with and learn from others in any quest to identify clear answers where they may not fully exist?

As a new school year gets underway, there is seemingly no end of wondering, opinions, or information about the best and safest way forward in a now transformed reality. There may not be an answer on which we might all agree. Yet, if we can bring ourselves to “live in the questions,” and to listen to each other with more grace than judgement, we just may be able to accept that few things are either/or – that they can be both/and – and we can pen essays that reflect the best of us, the best of all that we might still have to learn.

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ANXIETY
in Kids & Adolescents

WHAT IS ANXIETY?
Stress, worries, and fears are a normal part of our lives. But when these anxieties and fears take control, become excessive, and began to negatively affect our day-to-day life, they then meet criteria to be diagnosed as an anxiety disorder. Studies show that 25–30% of children and adolescents will develop an anxiety disorder. This makes anxiety disorder one of the most commonly diagnosed conditions in young people.

Anxiety can present in many ways. Some sufferers may have physical symptoms such as headaches, racing heart, and stomach aches. Others may become more socially withdrawn, begin performing poorly in school, or developed panic attacks. Another presentation of anxiety may be inattention and increased irritability.

WHAT CAUSES ANXIETY?
When someone dwells on “what if,” this causes an anticipation of negative events and avoidance of fear-triggering situations. A feeling of uncontrollability in a situation can lead to anxiety. Children learn to be anxious and fearful of their environments in many ways. A few examples include being told something is dangerous, experiencing a negative event, or perceiving an experience negatively. Adults who are anxious, overprotective, or overly critical can contribute to increased anxiety in children. Studies have also shown there are genetic factors which play a role in anxiety.

WHEN SHOULD I TALK TO SOMEONE ABOUT ANXIETY?
Anxiety is a normal part of life which can be triggered by life stressors as well as environment. However, when this anxiety starts to impact our lives in negative ways, we need to talk with someone. If anxiety is negatively impacting school or work performance, affecting relationships, or leading to social avoidance, we should seek help.

WHAT CAN BE DONE TO HELP ANXIETY?
No one has to suffer with anxiety. Help is available. Counseling is beneficial in learning coping skills, understanding the relationship between thoughts, feelings, and behaviors, and helping change avoidant behavior to “brave behavior.” For times when anxiety has become more severe, there is also the option of medication. Medication helps increase the normal hormone (serotonin) in our brain associated with feelings of well-being. Studies have shown that doing something active such as going on a walk, playing a sport, or doing yoga can help increase this feel-good hormone and lead to reduced anxiety. Having a healthy diet also allows for increased production of serotonin.

If you or your child suffer from anxiety, please talk with a counselor, doctor, or other trusted adult.
Your Community Healthcare Partner
Inclusive • Local • Patient Led
Call 509.444.8200 for an appointment.
chas.org

CHAS health
Medical • Dental • Pharmacy • Behavioral Health
STURM HERO

Heroes are those who risk their lives every day to protect our world and make it a better place.

Skewes talks of his gratitude. “Our area supports fire fighters. Every district supports the other. If we need help, we call another station. They make us a priority. When there is a huge emergency, every station has an agreement with the city that if they call, we will respond immediately.” Kevin adds, “Whenever our station is called to a forest fire, we arrive back to find our station loaded with bags of groceries, casseroles and treats. Our neighborhood cares. They show their care by feeding us. It is wonderful to have such huge love when we go out to dangerous situations.”

Recently, there has been tragedy. Kevin cannot hold back tears as he talks about his ‘brother’ who died in the line of duty. “We all know that there is possibility every day that we may not come home. The reality of that is just too hard to comprehend. I will think of my friend every day and hold him and his family in my heart.”

Kevin talks of his ‘brothers.’ “I will spend 1/3 of my life at the fire station with my brother firefighters. We are friends. We are family. “If there is ever a situation where one of my brothers is trapped in a fire, I will carry him to safety. I know my brothers will be there to carry me. My commitment is always to my family, my community, and to the safety of my brothers.”

Kevin grins a big firefighter smile. “My job is so uplifting. I love to watch kids when they come to visit the fire station. We give them a special tour. Their eyes are bright. Their curiosity is contagious. It reminds me of how I felt as a child when I saw a firetruck or visited a station.” Kevin visits schools to teach fire safety. He teaches CPR and gives first aid instruction.

Skewes talked about the challenges the pandemic brings to the world. “Our world is suffering. We are trying our best to create a normal out of a world that seems upside down. Through the pandemic, the fire season and all that each day brings, I have the best job in the world. My childhood dream was to be a firefighter. My dream has come true. I am honored to serve our community every day.”

Firefighters are superheroes. They place their lives in jeopardy to save our homes, our forest and our lives on a daily basis. During fire season, we appreciate firefighters on a huge community scale. We breathe in smoke, and watch the fires play out on the news. We worry about those who risk their lives for us. We are grateful for our firefighters.

Kevin Skewes is a firefighter. He has fought fires for 18 years. Skewes is also a paramedic. “Being a paramedic gives me the full scope of practice. I make life saving decisions at the scene about medicine and intervention.” He added, “In our department there is a paramedic on every truck, every shift.” To add to his list of accomplishments, most recently Skewes was promoted to FEO – fire equipment operator. As an equipment operator, he drives the truck.

When speaking about inspirations, Skewes said that his life’s inspiration was his grandfather, Jay B. Skewes. He was both a firefighter and a police officer in Sunnyvale, California. Skewes said, “My grandfather began his career as a firefighter. He found that he loved law enforcement and so he spent the majority of his career as a police officer. He retired as Chief of Police in Kent, Washington. I have always wanted to be a firefighter because of my grandfather.”

Skewes said that his daily inspiration is his family. “I train. I practice. I must be in the best shape I can be so that I accomplish every challenge. I do everything to be my very best so that I can come home safely to my family.” Kevin and his wife Julie have two children, seven-year-old Hudson and four-year-old Ellie.
MEET SANTIAGO & ISLA

These kind kids enjoy spending time at the local food bank, Our Place Community Outreach. Santiago helps with heavy lifting and setting up the food giveaway tables, while Isla helps distribute the food to families in need.

Each week they look forward to going to the food bank. Their help is needed and appreciated. Santiago loves feeling a part of the crew and helping out. Isla loves to see the smiles on people’s faces as she hands them yummies.

Great job Santiago and Isla! You two are giving back to the community and making the world a better place!

NEED IDEAS TO TEACH YOUR KIDS ABOUT KINDNESS?

• Donate canned food to you neighborhood food bank.
• Send letters or drawing to seniors in assisted living facilities.
• Help a friend.
• Donate clothes that you’ve outgrown to Mission Community Outreach.
• Donate children’s books to Transitions.
• Donate hygiene products to organizations serving people experiencing homelessness like Volunteers of America and Catholic Charities.
• IT DOESN'T COST A THING TO BE KIND!

DO YOU KNOW A KIND KID?

CLICK HERE TO NOMINATE

PRIZES FOR WINNERS INCLUDE $100 DONATION TO THEIR SCHOOL AND A $25 GIFT CARD FOR ICE CREAM! ANYONE CAN NOMINATE A KIND KID!
MEET STCU TEACHER OF THE MONTH

Mrs. Pritchard

I share my life with my husband, Meadow, and our two boys, Dexter and Marcus.

I love spending time with family and friends, traveling, and playing Fortnite with my husband and my sons for fun!

I get asked if I always wanted to be a teacher a lot. I never wanted to be anything else. I would play "school" for fun with my brother and friends. I loved being around kids. I babysat a lot and was a nanny. I never doubted that I would be a teacher and I really do feel like I have my dream job.

I always tell my students I think I learn as much from them as they do from me. They have taught me to look at the world and see the good. Kids see so much good in the world and they tend not to focus on the negative. Sometimes I like to stop and try to see the world from their perspective. They have taught me patience. They have taught me that everyone is the best at something. They have taught me new ways to solve math problems. They have shown me creative ways to organize their writing to make stories more interesting. Ultimately, they have taught me how to be a better teacher. It is through all of the beautiful little moments each day with my students that I have learned what it means to "be a teacher."
The winning teacher and nominating student will receive gifts from STCU and Kids Newspaper!

To Nominate Your Teacher, Click Here!

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LESSONS LEARNED
By Vince Meyer, WA529

When I was young, back to school time meant Mom created checklists. Keeping track of things like supplies, clothes, lunches, after school care, field trips, sports schedules and equipment was nearly a full-time job with three boys. Creating a plan and doing our best were themes my family used in everything we did, especially planning for college.

My parents always let us know they saved “what they could, when they could.” We learned the greatest advantage you have is starting early and contributing often. Compound interest, automatic transfers, extended family member contributions and setting goals are your greatest assets. Many decisions must be made, such as: will you save for one year or more? Will your student attend University versus Community College? Room and board must also be considered as well as supplies like computers and books. Each answer you settle on can drastically change college expenses and plans. As with any journey, after creating your plan you can map out the best route to get there. If things change you will be better prepared to adjust.

The truth is many high school students and families greatly underestimate the cost of college. According to a Fidelity report, one in four parents of high school students believe one year of college will cost $5,000 or less, while in fact the average annual cost of a public in-state education is actually about double that amount. Nearly two thirds of students and their families report ‘sticker shock’ over loan balances which makes saving even more important.

One of the best ways to prepare and plan ahead is with Washington College Savings Plans (WA529). GET and DreamAhead are tax-advantaged accounts that can be used to pay for qualified education costs at universities, colleges, trade schools, apprenticeship programs and even qualified K-12 schools. Read more about WA529 programs at https://wastate529.wa.gov/.

Make their dreams reality.

Washington College Savings Plans can help you prepare for your student’s dreams.
GET newborn enrollment open
DreamAhead open year-round

GET
GUARANTEED EDUCATION TUITION
Programs of
WA529
WASHINGTON COLLEGE SAVINGS PLANS
WHERE ARE THEY NOW?
Meet Reach for the Future students
Follow each month to learn where the "Reach for the Future" students are now!

In September 2008, 49 Lidgerwood 2nd graders began the school year. Their families received news that would change their lives. The 2nd graders’ college tuition would be paid for through an innovative program called Reach for the Future. This would be the first program that promised education tuition in the Inland Northwest.

Patsy Etter and Neice Schafer launched Reach for the Future. Etter, a teacher/therapist, worked with at-risk students. Schafer was a coach. The two dreamers joined hands with friend Angie Zakheim and their husbands to gain community support and to begin fund raising efforts. They hosted auctions, asked for pledges from local businesses and mailed newsletters reminding our community that, through this new program, we could make a difference.

The monies received were used to buy units in Washington state’s Guaranteed Education Tuition (GET) program. The units purchased for the Lidgerwood students would be redeemable in the future to pay for tuition and state-mandated fees at any public or private university, community college or trade school—so no matter what path each student chose, they would have a head start on getting there.

Lidgerwood students were chosen because, at that time, 84 percent of their students qualified for subsidized lunches. Most of the parents earned less than $36,000 a year. Stats reported that only nine percent of children whose parents earn under $36,000 ever made it to college.

Reach for the Future needed a leader. With a degree in school counseling, Lauren Umbdenstock Garske was hired in 2008 as project coordinator. Through all of these years, she has been every child’s mentor, friend and confidante. “I attended school each day with this class of second graders so that I would understand curriculum being taught and the needs they might have in the after school tutoring program. Because of my relationship with parents, I was asked to pull reluctant kids out of bed and to drive them to school. In years that followed, I met kids at court dates. I visited a child in jail. I filled in gaps and cracks in each child’s life.”

Garske has been every student’s constant person, the one who reminds them every day that they can reach for their highest star.” Garske smiled,

“One of my life’s greatest moments was attending high school graduations. One weekend I attended 12 graduation ceremonies.”

Garske talks with great love about the 100+ volunteers who made years-long personal commitments to each child. Lunch buddies arrived at school. Many of these lunch buddies stayed with the students from 2nd grade through high school. Four days each week students were bussed to the Boys and Girls club to receive after-school tutoring. Many of the volunteers arrived to make sure kids received one-on-one tutoring. Even more than the promise of education, the commitment of always being there, to be a light in the dark, has changed these students forever. Lauren and her volunteers support students who have decided to enter the work force after high school graduation. We sit and design resumes with students and teach them about interviewing techniques.

Of the original group, 46 students remained involved in the program. Lauren said, “42 of the 46 students completed high school. We kept our promise to every child. We followed them as their families moved. In some cases, I had to do detective work. Families moved. Students eventually lived in a geographic area that included seven states. I am proud to report that 36 students have received post-secondary education. One of our students enlisted in the Navy.

Lauren talks about what she has learned. “I know that to succeed, every child needs a person who cares about them and who believes in their success. The person may be a parent, a friend or, like our volunteers – someone who believes that they can make a difference in the life of a child. We can all make a difference. We can change the world by believing in a child.”
School is back in session!

Make sure your child is ready for the new year. Schedule their sports physicals and immunizations today at (509) 326-4343.

Mission Avenue  120 W Mission Ave
Northeast Community Center  4001 N Cook St
West Central Community Center  1603 N Belt St

For more information visit: YVFWC.com or call (509) 326-4343

Unify Community Health
Unify Community Health asked kids their thoughts on health care, lifestyle, and well-being. Thank you to all the students who took our poll! Unify Community Health loved all the answers we received.

Understanding health is a lifelong lesson. What sort of questions will you ask your child this month?

What do you look forward to in the coming year?

**Caden**
Maybe we will not have to use social distancing dots all year long.

**Leia**
It is so fun to meet and to make new friends.

**Quinn**
I always look forward to learning new stuff.

**Greyson**
I cannot wait until we do not have to wear masks.

**Charlie**
I would love it if we could work hard to make peace in the world.

**Evalyn**
I love meeting new teachers.

**Rohiya**
We had to stay home for so long. I hope we have a healthy year.

**Colton**
It will be fun if we can play with more friends than just in our class.
Delicious Banana Bread

Ingredients
- 2-3 medium very ripe bananas
- 1/3 cup butter, unsalted or salted, melted
- 1/2 teaspoon baking soda
- 1 pinch salt
- 3/4 cup sugar
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups all purpose flour
- 1 bag chocolate chips (optional)

Directions
1. Preheat the oven to 350°F, and butter a 4x8-inch loaf pan.
2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F, or until a toothpick inserted into the center comes out clean. A few dry crumbs are okay; streaks of wet batter are not. If the outside of the loaf is browned but the center is still wet, loosely tent the loaf with foil and continue baking until the loaf is fully baked.
5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve.

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Help Fezzy find his way through the maze!
Do you have the best back-to-school accessory?

September is Library Card Sign-up Month! The best back-to-school accessory that never goes out of style is a library card.

Get live, online tutoring with HelpNow every day, and access to loads of resources to help students study in our Digital Library. You can download and read eBooks, magazines, and comics. Stream music, movies, and interactive picture books. Oh, and our digital resources are always free.

Our libraries have books, DVDs, CDs, and magazines you can check out when researching school projects and for your own interests. Search our catalog online to place a hold with your library card. Then when your holds are ready, you can pick them up at the library.

Visit your neighborhood library to unlock the possibilities today!
Or sign up for your library card online at www.scld.org/get-library-card.

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And that’s just the start! With HelpNow, multiplying fractions, writing an opinion paper, and discovering the world’s continents just got easier!

Visit www.scld.org/helpnow
Spokane County Recycles

2021 Poster Contest

Contest is open to Spokane County kids in grades K-8. Grade level finalists will be chosen for special recognition.

Finalists' work will be in the 2022 Spokane Recycles Calendar

Questions? Call 625-6580. To learn more about recycling in Spokane, visit TalkTrashSpokane.com

Sponsored by Spokane County Regional Solid Waste System with partial funding from a WA Dept. of Ecology grant

For info on America Recycles Day: AmericaRecyclesDay.org
Posters must be letter-size (8 1/2 x 11) and drawn horizontally. You may use marker, crayon, colored pencil; no 3-D collages please. The student’s name must not appear on front of poster.

Primary considerations for judging are, in priority:
- Use of theme “Recycle for the Future!”
- Originality
- Artistic ability – attractive and grade appropriate
  (Tip: make any text large enough to be legible at a distance.)

Up to 30 finalists will be selected for public display the month of November. Finalists will also receive special recognition by County officials and solid waste professionals in November as part of the America Recycles Day celebration.

Fifteen (15) posters will be selected from the finalists to illustrate the 2022 Spokane Recycles Calendar. Students may enter individually or as part of a class.

Posters must be received by 5 p.m. on Friday, Oct. 8, at Spokane’s Waste to Energy facility, 2900 S. Geiger Blvd., Spokane WA 99224. (If hand delivering, go to the administration building and leave with the receptionist.)

Entrants must be in grades K-8 and either reside or attend school in Spokane County.

Complete a signed release form and attach it to the back of the completed poster with small pieces of tape - no glue, staples or paper clips. Do not fold poster. Detach form below.

---

“Spokane Recycles” Poster Contest – Release Form

PLEASE TYPE OR PRINT

Student’s Name ____________________________ Grade __________

Home Address ____________________________________________

City ____________________________ Zip Code __________

Phone ____________________________ Email ____________________________

School ______________________________________________________

School Address ____________________________________________

City ____________________________ Phone ____________________________

Teacher ____________________________________________

I hereby certify that this poster was completely drawn by the student above and agree that it may be offered for publication in the event it is selected as a winner in the “Spokane Recycles” Poster Contest. It is also understood that this poster becomes the property of Spokane County and the City of Spokane and may not be returned. I also give permission to publish any photos taken of above named child at Spokane Recycles events for Spokane Recycles promotional purposes.

__________________________________________  __________
Signature of Parent(s) or Guardian Date
Healthy Athletes

By Willow Johnson (SYSA)

Many children who participate in sports receive a snack after practice and games. It might seem obvious that parents should choose a healthy food option for their children, but what should kids really be eating and drinking after exercise?

Athletes must consume the right amount of food to keep up with their high levels of activity. Proteins, carbohydrates, vitamins and minerals are all essential nutrients for child athletes. Calcium and iron help to strengthen bones and carry oxygen throughout the body. Protein builds and repairs muscles, while carbohydrates provide energy. Whole-grain foods and fruits and vegetables are all great sources of these essential nutrients.

Vegetables and fruit, whether they be fresh, frozen, or dried, are great options for after sports snacks. Dairy foods such as yogurt and string cheese are rich in protein. For dairy-free protein options, try unsalted peanuts or trail mix. Pretzels, popcorn and goldfish are all examples of whole grain foods. Try a combination of these options in order to provide your child with the healthiest snack.

Young athletes need plenty of fluids in order to avoid dehydration. Water is the best choice for maintaining hydration. If your child insists on having another drink alongside it, pick one that is not too sugary and has no artificial colors; such as Vitamin Water and certain flavors of Gatorade.

The food and drink a child consumes before, during, and after play can impact health and overall performance, so be sure to provide a variety of these foods at your next game.

SYSA is excited to kick off the fall season of youth sports including cross country, flag football, and soccer. Over 2000 participants are ready to get outside and play sports with their friends! SYSA staff are currently preparing for the next sports season. Winter sports include; Pre-K through 1st grade basketball skills development, 2nd & 3rd grade basketball and High School Basketball league. Register online at www.SYSA.org. #Play4SYSA
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The Paralympic Games are the second largest multi sport event in the world. Athletes with disabilities from 160 nations have descended on Tokyo to compete.

Two current ParaSport Spokane Athletes are competing at the games.

Hannah Dederick T54 Wheelchair racer -18 years old, Central Valley Graduate competing in the 100m & 400m

Jaleen Roberts T37 athlete with cerebral palsy -Sprinter and Long Jumper -22 years old -EWU Health and Physical Education Student competing in the 100m, 200m and 400m

Also, other greater Spokane regional athletes competing.

Isaiah Rigo T52 Wheelchair Racer -100m, 400m, 1500m

Chelsea McClammer T53 Wheelchair racer -400m, 800m

Susannah Scaroni T54 Wheelchair racer
800m -Bronze!
1500m
5,000m GOLD
Marathon
1. VACCINATE

2. CELEBRATE

There is so much to celebrate these days, and getting vaccinated has helped make it possible.

One of the many things to celebrate is getting kids back to school!

Back to caring teachers, friends, and the activities they love. Make sure they’re ready by getting all the vaccinations required for school. Children 12 and older can get the COVID-19 vaccine too!

All Washington children can receive vaccines at no cost. Providers may charge a fee to give the vaccine, but this fee can be waived if you cannot afford it.
NOMINATE KIND KIDS, SECRETARIES, AND HEROES!

CLICK HERE TO NOMINATE

CLICK HERE TO NOMINATE YOUR TEACHER

NOMINATE YOUR TEACHER FOR STCU TEACHER OF THE MONTH

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