



Enjoy Some Summertime Fun

Going on a big vacation can be a lot of fun, but you can have fun here too. Check out some of these local summertime fun spots.

Go Swimming

Eisenschmidt Pool has special swim times and lessons for kids. Ask your parents to visit sthelenspool.com for days and times.

Pick Berries

Sauvie Island is packed with U-pick farms. Take a drive with your family and pick your favorite type of berry.

Listen to Music

Most Thursday nights in June, July and August your family can enjoy free music at the Columbia View Amphitheater in St. Helens. Your parents can find more at 13nightsontheriver.org.



BUDDY BEAR

Parents' Corner

Recent studies show that the average American kid spends seven hours in front of a screen every day. You can minimize that television time and help your young one to build a healthy lifestyle. All you need to do is exercise with them 15 minutes per day.

Get Healthy

Kids who are active maintain healthier weights, have a better mood and attitude, sleep better, get better grades, enjoy more self-confidence, and have a lower risk of developing ADD or ADHD.

Start Early

Parents who teach their kids to be active are helping them build habits that could last a lifetime. Start with a hike, a slow run, or a bike ride. Then work your way up to longer adventures.

Make it a Competition (with themselves)

Encourage your child to continually improve. Whatever activity you are both enjoying, time yourselves or gauge improvement in some other way. Or enter a 5k fun run and train together for the event.

Summer Cents

Circle the coins you would use to buy these summer treats.



40¢



62¢



Summertime Close Up

Can you identify the summertime items in these close-up images?





Buddy's World Records

Most Days of Sunshine Ever

St. Petersburg, Florida holds the world record for the most days of sunshine in a row: 768. That's just over two years without rain.

Buddy's Books

Stop by your local library this summer where you'll find thousands of wonderful books.

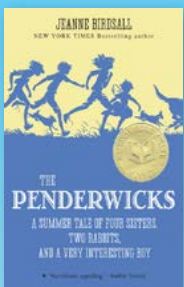


Ages 3-7

How I Spent My Summer Vacation

By Mark Teague

Summer vacation is a wonderful time to go to camp or visit relatives. But for Wallace Bleff, summer is his chance to see the west and take an adventure he'll never forget.



Ages 8-12+

The Penderwicks: A Summer Tale of Four Sisters, Two Rabbits, and a Very Interesting Boy

By Jeanne Birdsall

The Penderwick sisters discover summertime magic and the friendship of a boy named Jeffrey Tifton on an estate in Massachusetts. Fun adventures soon follow.

Cool Jokes for a Hot Summer

Do you have a joke to share? Send it to buddybear@shcu.org.

Q: What do you call a snowman in July?

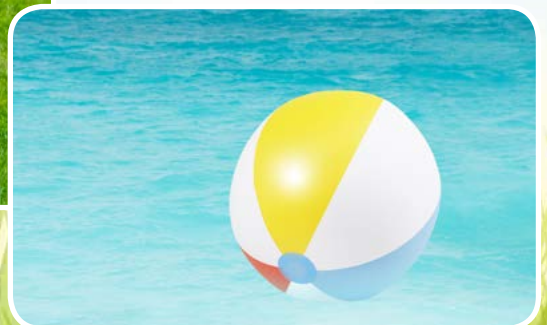
A: Puddles

Q: Which letter is the coolest?

A: Iced "T"

Q: Why do bananas use sunscreen?

A: Because they peel



Happy Sunshine Rock Magnets

Add a ray of sunshine to your fridge with this easy-to-make craft.

Supplies:

- Medium-sized, flat, oval pebbles
- Yellow acrylic paint
- Googly eyes
- Paint brush
- Permanent marker
- Glue
- Small magnets



Instructions:

1. Clean your rock with soap and water.
2. Let your rock dry.
3. Paint the entire rock yellow using the acrylic paint
4. Let the paint dry for several hours.
5. Add a smile to your rock using your permanent marker.
6. Add googly eyes.
7. Glue a small magnet to the back.

Summertime Close Up

Did you guess flip flops, bicycle and beach ball? If so, you're right!