

## Community Events

- June 4th—transit (city bus) meeting 10:30 am City Hall
- June 4th—Community Connections 12 noon CMH
- June 6th—CMH Golf Tournament
- June 6th—National Trails Day
- June 6th—Center Stage Dance Academy Dance Recital—BHS 2 pm (free)
- June 9th—Poverty Summit State of MO [www.communityaction.org](http://www.communityaction.org).
- June 13th—Car Seat Check Up 9 am—12 pm Bill Roberts Chevrolet
- June 13th—Good Samaritan Boys Ranch 50th Celebration 11am—5pm
- June 16th—Crisis Intervention Seminar—CMH 11:30 am—1 pm call the Chamber to register 326-4118 (\$10)
- June 19th—Relay for Life BMS
- June 19th—Teen Dance Night (middle school ages) Center Stage 8:30—11 pm (\$3)
- June 21st—Father's Day
- June 25th—End of Life Care Seminar CMH 11:30am—1:00pm (free)
- June 26th—River City Outlaws (high school ages) Center Stage Dance 9:30 pm—12:30 am (\$5)

# PCHC NEWS



JUNE 2009

Polk County Health Center 1317 W Broadway Bolivar MO

417/326-7250

## National Trails Day—June 6th

The first Saturday in June is designated National Trails Day (NTD) in the United States. On that day every year more than a million hikers, bikers, equestrians, and others take part in thousands of events across the nation in celebration of America's trails.

There are several trails available in Polk County to celebrate this wonderful day either on bike, foot, or horseback.

The Frisco Highline Trail is a 35 mile track between Bolivar and Springfield that was traveled by Harry S. Truman during his famous "Whistle Stop" tour. Even though Truman rode in a railway car, the trail is still just as beautiful and can be ridden on a different type of wheel—a bicycle, motorized vehicles are NOT allowed. Join Polk County Bike Club on June

6th for a "Pie" ride. Riders will meet at the gazebo on the Bolivar Square at 8:15 am and ride the trail to Smith's on Highway U for a piece of their famous homemade pie and then return to the square.

CMH Senior Health Trail is great for walking. The quarter mile paved trail is landscaped with native plants and has a gazebo in the center for rest and meditation. It is located behind Polk County Senior Center.

If you will be spending most of your June at Fullerton Sports Complex with your children playing baseball, don't fret. There is a beautiful gravel walking trail nestled in the woods behind the last ball diamond.

CMH has another trail just east of the Community Rooms. This trail even has workout stations if you

want to build in some muscle strengthening exercises into your walk.

Greenwood Cemetery and Dunnegan Memorial Park are available as well.

For the equestrian there is a fantastic trail located 13 miles north of Bolivar at Bolivar Landing. This multipurpose trail is for horseback riding, mountain biking, and hiking. The scenic trail is nearly 20 miles long and varies in terrain making it a challenge for its users.

For more information on National Trails Day or our local trails, call the Health Department at 417/326-7250.



## Car Seat Check Up Event—Sat. June 13th 10 am—1 pm

The single most important thing you can do to protect your children is to buckle them up properly—every time. From 1975 through 2002, an estimated 6,567 child lives were saved by the use of safety seats or adult safety belts.

Child safety seats, when correctly installed and used, reduce the risk of

death and hospitalization. But, finding the right seat can be confusing. It is important to use a seat that is appropriate for your child's age and size and that fits properly in your vehicle.

Polk County Health Center and Safe Kids will be hosting a Car Seat Check Up event to help you with any ques-

tions or concerns you may have. Just drive through the First Christian Church parking lot (across from Bill Roberts Chevrolet) starting at 10 am on Saturday, June 13th. Certified Car Seat Technicians will help check to see if the seat you are using is protecting your child.. For more info. 326-7250.

## Time: Help Make Your Child's Count

Sometimes kids get bored. Other times, they're so busy we rarely see them. The paces of our children's lives seem to vary according to the activities and programs they're in at the moment. This is normal—even healthy. As long as our kids aren't stuck in having too much or not enough to do, they're on track.

Young people are more likely to grow up healthy when they have opportunities to learn new skills and interest. Does your child spend 3

or more hours per week in lessons/practice for music, theater, or other arts? Does your child spend 3 or more hours per week in sports, clubs or organization at school and/or in the community? Does your child spend 3 or more hours per week in activities in a religious institution? Is your child out with friends "with nothing special to do" 2 or fewer nights per week?

If you can answer yes to these questions, then your child is on the right track to a healthier life.

Search Institute developed 40 assets for youth that will help them stay in school, out of drugs, and lead a more positive life.

There are several local safe and drug free alternatives for kids be sure and check the community events section for more details.

Information on the 40 Building Blocks or tips for parents of children of all ages can be found on the Polk County Health Center's website at [www.polkcountyhealth.net](http://www.polkcountyhealth.net) or call Sandra at 326-

## Owner's Manual For Kids?

Many parents want their kids to be well prepared for life, and they know this means kids will make mistakes and must be held accountable for those mistakes. But these parents often fail to hold the kids accountable for poor decisions because they are afraid the kids will see their parents as being mean. The result is they often excuse bad behavior, finding it easier to hold others, including themselves, accountable for their children's irresponsibility.

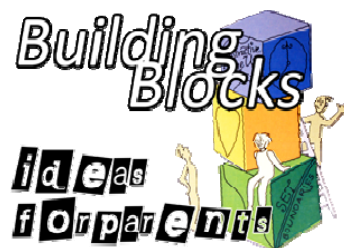
Love and Logic teaches parents how to hold their kids accountable in a

special way. This method causes the child to see their parent as the "good guy" and the child's poor decision as the "bad guy." When done on a regular basis, kids develop an internal voice that says, "I wonder how much pain I'm going to cause for myself with my next decision?" Kids who develop this internal voice become more capable of standing up to peer pressure.

Polk County Health Center is hosting parenting classes for parents with children of all ages. Locally known parent educator, Karen

Gorden, will be conducting the classes. They begin June 4<sup>th</sup> and will run for six weeks. The classes will be held on Thursday evenings from 6-8 pm with a meal being provided.

The classes are FREE, but registration is required. To register please call Sandra at 417/326-7250 or Karen at 417/326-6626. There must be at least 10 participants to conduct the class.



**"We must use time creatively, and forever realize that the time is always ripe to do right."**

**Martin Luther King, Jr.**

## HAPPY FATHERS DAY



**"My Father didn't tell me how to live; he lived and let me watch him do it."**

**Clarence  
Budington  
Kelland**