

How To Get Started Earning Money

Step #1: First, find a job that is best for you. You can start by asking yourself some questions:

1. What do I like to do the best?
2. What am I good at?
3. What do people in my neighborhood need?

Tip: *Be creative in your choice. If you are still undecided, ask your parents, other relatives, your teachers, or neighbors for suggestions.*

Step #2: Decide what to charge. It is important to decide your rates before you get to work.

Tip: *Check the competition. Don't charge too little or too much.*



Top 10 Things To Do This Summer

1. YMCA Splash & Jam: From 6-9 p.m. (free for YMCA members, \$5 for non-members). Kids can watch movies, swim, play basketball and other games and crafts.
2. Visit the Kitsap Regional Library: If there isn't a library near you check the Library Bookmobile schedule. Check it out at www.krl.org
3. Go to the Kitsap Fair and Stampede: Come by and see us August 20th – 24th!
4. Spend a day at the Clear Creek Trail in Silverdale. Discovery Play Days are June 25th, July 16th, August 6th, check them out at: www.clearcreektrail.org/index.htm
5. Go to a parade: There will be a lot of fun parade activities; from the Kingston 4th Celebration to The Bainbrige Island Grand Old Fourth!
6. Eat some great food at the Taste of Hood Canal on August 9th.
7. Take the Bremerton/Port Orchard foot ferry and get some ice cream!
8. Visit the Poulsbo Marine Science Center Thursday – Sunday from 11 a.m. – 4 p.m.
9. Go to the Bloedel Reserve on Bainbridge Island, a fun 150-acre nature preserve and garden.
10. Once you are in Bremerton stop by our Corporate Office and say hi and then play in the fountains! From July 11th – August 1st there will be FREE concerts on the Bremerton boardwalk on Friday nights from 6- 8 p.m.!

What Does It Take To Win An Olympic Medal?

Stephanie Nesbitt, Riverside, Calif., has been competing in synchronized swimming since she was nine years old. At the age of 16, she became inspired to train for the Olympics.

In the summer of 2004, at the age of 18, Stephanie and her U.S. teammates won an Olympic bronze medal in Athens, Greece.

What motivates her?

"When I was little, I loved to swim," Stephanie says. "I was in the pool all of the time making up routines with my sister, acting like we were the best in the world. It was great."

Stephanie says her motivation to try to make the Olympic team came from within herself, not from others. "I always had such high expectations for myself; nothing was ever good enough," she adds.

Tough training helps!

How do you get from high expectations to winning a medal?

Training!

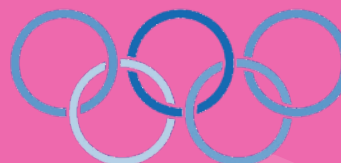
"I train about 10 hours a day," says Stephanie. "That includes eight hours in the water and about two hours of land training."

Stephanie's training includes:

- Cardio exercise-such as running, biking, and kickboxing

Beijing 2008

TM ©



Strength training-lifting weights and mat exercises

- Flexibility work outs
- Land drills-memorizing routines out of the water
- Psychological training-focusing on individual and team goals

It's worth it!

Competing at an Olympic level means lots of travel-and expenses.

"Synchronized swimming's road time is mainly during the summer," Stephanie says. "Most of the problems that we have encountered have been the weather. The language barrier is not bad at all because mostly everyone now speaks a little English."

Stephanie's excitement shows it's worth it.

Watch the 2008 Summer Olympics in Beijing, China August 8 – 24, 2008.



Ancient Greece Olympic Games Word Search

L	K	M	P	B	E	A	Y	F	W	J	F
P	A	N	K	R	A	T	I	O	N	F	B
O	P	E	N	T	A	T	H	L	O	N	O
D	P	U	W	C	J	L	B	E	B	H	X
D	K	C	R	D	A	A	S	E	A	L	I
O	J	Z	E	I	D	S	V	Z	F	Z	N
L	N	I	S	A	I	F	Y	E	Y	P	G
I	O	M	T	U	S	V	C	G	L	L	N
C	M	I	L	L	C	O	E	G	M	I	Z
H	C	X	I	O	U	X	Q	C	O	O	N
O	T	N	N	S	S	C	X	A	O	J	S
S	S	G	G	B	S	P	R	I	N	T	E

- 1. Pentathlon:** An ancient Greek word for 5 competitions: stadion, wrestling, long jump, javelin, & discus.
- 2. Pankration:** A martial art sport, a blend of boxing and wrestling.
- 3. Diaulos:** An ancient running race.
- 4. Discus:** An athletic throwing event in track and field competition.
- 5. Sprint:** A short foot race.
- 6. Wrestling:** An act of physical engagement between two people.
- 7. Javelin:** A throwing event where the athlete who throws the longest wins.
- 8. Dolichos:** An ancient Olympics long race approximately 3 miles.
- 9. Boxing:** Is a combat sport in which two participants of similar weight fight each other.