



(From left) Marshall Hamilton, a registered nurse; Carolyn Litak, a physician's assistant; and Zephyr Martin, receptionist, all at the Lorna Byrne Middle School Student Health Center. (Photo by Christina Hill)

Student Health Centers at LBMS, IVHS providing attention to varied ailments

By CHRISTINA HILL
Correspondent

From headaches to immunizations to sports physicals, valley students can find all the answers they need just down the hall in their student health centers.

Center employees serve students with a tender touch, for virtually no cost.

However, the employees bandaging wounds and curing ailments are not employed by Three Rivers School District.

Rather, they are registered nurses, physician's assistants and nurse practitioners from the Josephine County Public Health Dept. and the Siskiyou Community Health Center (SCHC). They are part of an effort to make health care available to every student.

At Lorna Byrne Middle School, the student health center started in 1999 and is funded by SCHC. Students at Evergreen also receive care through the site.

"At Evergreen there's not an actual student health center run by Siskiyou," said Carol Meyers, SCHC clinic operations officer.

"But," she said, "they do have a health office, which Marshall Hamilton, the registered nurse at Lorna Byrne, visits about 20 hours a week."

At Illinois Valley High School, however, the student health center is funded by the county health department, and the services students receive are almost identical to those provided elementary and middle school students.

According to Meyers, they offer students a broad range of services.

"We treat headaches and stomach aches," she said. "We give immunizations and do regular and sports physicals; and if the student has a sore throat, we'll do a strep test," Meyers said.

Carolyn Litak, a physician's assistant at LBMS, said that either her or Hamilton, will evaluate the student and decide what needs to happen.

"We try to keep them in school, but if it's more serious, we'll call the parents, or if it's a real emergency we'll call 911," said Litak.

Of course, these are only a few of the many services available to students. And, parents have to give their consent for their child to be treated first.

"At the beginning of the school year we send a very comprehensive packet of information and it includes a permission slip that parents must sign for students to be seen," said Meyers.

Said Litak, "It's very

convenient for those parents who can't take time off work to take their child to the doctor, so they send them to school and we can do almost everything here.

"Right now we have a lot of students getting physicals for sports and most insurances don't pay for sports

SnAK project underway

physicals, but we offer physicals for \$10, which is a real service to the community, because most doctors charge \$150 or more."

Litak added that many students from the high school visit the health center at LBMS for physicals.

"The health center at the high school is not open as many hours as it needs to be, so some students end up walking down here to be seen," according to Litak.

Litak has worked for SCHC for six years. More than five have been spent working in the student health center at LBMS.

"When the health center opened, I was working in a small closet in a hallway and it was just me, an exam table and a desk," she said.

"Then we hired Marshall and another nurse," she recalled, "and on top of that, we had a coordinator in there, so it was very squishy. We worked in the basement, which flooded a lot.

"So this is heaven for us now, working in this new building that doesn't flood," Litak said with a laugh.

The health center exists because of grants received by SCHC.

"The health center is a clinic that is attached to Siskiyou Community Health Center," Meyers said.

"We're federally qualified, which means that we get federal grants and so the health center is funded through grants. The school provides us with the facility and the charter to work there. We work closely with the school in everything we do," Meyers said.

Besides stitching lacerations and bracing broken bones, Litak and staff have taken part in a year-long study that involves pedometers and sixth-grade students. They hope to address the nation's growing problem of overweight children.

"We started a program called SnAK, an acronym for Strong and Active Kids," Litak said.

"The SnAK program only works with the four sixth-grade classes," she said. "At the beginning of the year, we take baseline measurements such as their height, weight, body mass index and blood pressure.

"We got a grant from

the Cow Creek Foundation that allowed us to buy pedometers. Two of the four classes will wear the pedometers for the rest of the year, and every morning their teacher will ask them to write in their log what they ate the day before, how many servings of fruits and vegetables they had, how many steps they took, how many hours of television they watched and so on.

"So, it makes them really aware of their body's health," she said.

The goal for students is to take at least 10,000 steps a day. And, to help students stay active, they are invited to participate in a variety of after-school activities twice a week.

"Twice a week, all year long, for an hour and a half after school, we offer fun activities for sixth grade students to participate in," Litak said. "They include dodge ball, badminton, walking, hiking, biking, swimming, dancing, cooking and so much more."

For more information on SnAK or to volunteer to help lead after-school activities, phone Litak or Hamilton at 592-6978.

Fall sports awards listed at IVHS

Awards for fall sports athletes recently were bestowed at Illinois Valley High School.

Recognized as "Scholar Athletes" for maintaining minimum grade-point averages of 3.5 while participating in sports activities were:

Cheerleading

Kiley Reynolds, Roxi Holmes, Jenny Bebb and July Sheridan.

Football

Jake Tardie and Austin Hocker.

Volleyball

Serena Barry, Echo Reagan and Emily Dudley.

Cross Country

Patrick Decelles, Emily Dudley, Steve Smith and Nikko Fujita.

Soccer

Nick Greener, Garrett Crowl, Kevin LaPierre, Courtney Christianson, Andy Brooks and Jesse Mucha.

Soccer Award Plaques

*Most Valuable: Ben Latva.

*Most Improved: Max Hoffman.

*Most Inspirational: Courtney Christianson, Logan Jackson and Daniel Clausnitzer.

Skyline Conference Soccer Awards

*Honorable Mention: Ben Latva, Jesse Mucha, Jordan Parker, Garret Crowl and Courtney Christianson.

*Coach: Gary Enoch.

*Manager/Stats:

Heather Meintz and Jamie Wylie.

*JV Most Valuable: Samantha Heller.

*JV Most Improved: Kasondra Eldred.

Soccer Varsity Team

*William Crowl, Nick Greener, David Skidmore, Garrett Crowl, Tony Cavallo, Ben Latva, Daniel Clausnitzer, Nathan Unger, Logan Jackson, Kaleb Culver, Steve Knoetsch, Sam Green, Max Hoffman, Kevin LaPierre, Kyle Reardon, Courtney Christianson, Rene Eichmann, Andy Brooks, Lex Johnson, Jordan Parker, Brandon Lynch, Jesse Mucha, Ben Green and Na-

than Green.

*Varsity Most Valuable: Serena Barry.

*Varsity Most Improved: Jessa Fairbanks.

*Varsity Most Inspirational: Ricci Coultas.

Skyline Conference Volleyball Awards

*Third Team: Serena Barry and Erika Riley.

*Honorable Mention: Ricci Coultas.

*Varsity Players: Leilana Tausaga, Jessa Fairbanks, Serena Barry, Erika Riley, Echo Reagan, Ricci Coultas, Emily Dudley, Jessica Ragsdale, Brigitte Rocha, Nicole Bowman.

*Coach: Lefi Tausaga.

*JV Most Valuable: Samantha Heller.

*JV Most Improved: Kasondra Eldred.

*JV Players: Kasondra Eldred, Nashae Castillo, Michelle Trinity, Toni Co-

per, Samantha Heller, Melissa Harland, Tiffanee Griffin, Nichole Bowman, Echo Reagan, Brigitte Bowman.

*Coach: Lefi Tausaga.

*Managers: Kiara Richardson and John Nolan.

Award Plaques, Football

*JV Most Valuable: Aaron Adams.

*JV Most Improved: Garrett Fisher.

*Varsity Most Valuable: Tyler Wylie.

*Varsity Most Improved: Bill Haskins.

*Varsity Most Inspirational: Josh Coronado.

Award Plaques, Cheerleading

*Varsity Most Valuable: Cassie Kolberg and Roxi Holmes.

*Varsity Most Im-

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