



**Illinois Valley Chamber Greeters** presented membership plaques to two of its most recent members. (Top, from left) Barbara Klingel, of Picket Fence Fabrics with Carol Dickson, Zonta Club president; chamber President Don Moore; and chamber secretary Dulcie Moore. (Right, from left) Jennifer Gowers of River Mountain Printing with Moore and Moore. (Photos by *Illinois Valley News*)



## TRSD accepts ideas for saving money

Facing a budget gap of more than \$1 million for the 2008-09 fiscal year, a blue ribbon Three Rivers School District (TRSD) committee offers ideas including not hiring a superintendent to save \$170,000 for the year.

The TRSD Board of Directors accepted the recommendations from the Right-sizing Committee during its meeting Wednesday night Feb. 27 at the district office in Murphy.

Although the suggestions will not necessarily affect the shortfall immediately, they are seen as good in the long term. The board received the following recommendations for "rightsizing," along with their estimated savings or revenue. The district should:

\*Revisit its transfer policy and consider revoking re-existing agreements with other districts to save \$62,690 per year.

\*Implement a full-day staff development model (one to four days) to save \$20,760 per day per year. This would eliminate the late-start schedule Fridays.

\*Enact the state construction excise tax, which could save from \$50,000 to

\$150,000 annually.

\*Eliminate the superintendent position and reassign responsibilities to existing directors for a year, saving \$170,000 in '08-'09.

\*Implement community-based strategies to recruit home and private school students and enhance school programs to attract additional enrollment and retain existing enrollment, as each measure could realize savings of \$6,200 per student per year.

\*Establish one or more charter schools in space available at district schools to possibly save \$350,000 during the next three years.

Other committee sugges-

tions, with unknown savings or revenue:

\*Continue to revise and review transportation routes to reduce the number of buses required under the contract with Laidlaw Transit Inc.

\*Enact an options tax.

\*Merge small schools in fiscal 2009-2010 and implement a school closure policy.

\*Lobby the state for a higher transportation reimbursement rate.

\*Enhance rental revenue on district properties including Selma and Merlin.

The committee and district employees were thanked for their efforts in coming up with the recommendations.

## Transferring patients from small to big hospitals best, according to OHSU study

Oregon Health & Science University (OHSU) researchers in Portland have found that injured patients who first go to smaller, mainly rural emergency departments fare better when transferred to hospitals with a higher level of care.

This is the first study to demonstrate a survival benefit associated with the transfer process, according to OHSU, which issued the report.

Researchers with the Center for Policy and Research in Emergency Medicine at OHSU reviewed cases of 10,176 adults and children presenting to smaller, mostly rural trauma centers throughout Oregon from January 1998 through December 2003. The group included all patients entered into the Oregon State Trauma Registry, representing a wide range of ages and injuries.

Of these patients, 37 percent were transferred to a larger trauma center from the emergency department. The study found that early transfer resulted in lower death rates.

"We assumed this was the case," said Craig Newgard, associate professor of emergency medicine in the OHSU School of Medicine, "but this is the first study to confirm the inherent risks in transferring critically ill pa-

tients are overcome by access to the staff and resources of a large trauma center."

Interhospital transfers are "resource-intensive," especially in rural regions where patients may require transport over hundreds of miles, taking valuable time that can delay emergency treatments. Larger trauma centers, such as OHSU, have surgical specialists, intensive-care units, residency programs, and immediate availability of ancillary services and operating rooms that smaller centers do not have.

"What this study doesn't tell us is which patients benefit most from interhospital transfer," said Newgard. "While transfer protocols exist for specific injuries, much of the time it is up to the individual provider to determine whether a patient will benefit from being transferred to a larger trauma center. The next step will be to develop criteria that could be used to identify patients early in the course of care who will benefit most from transfer to a larger trauma center."

The study was published in a recent volume of *The Journal of Trauma Injury Infection, and Critical Care*.

## Mentorship opportunities available to assist college-bound I.V. High seniors

Illinois Valley High School students need help with financial aid forms, which seem to be required in quantity.

"Maybe you don't know much about that yet, but the ASPIRE (Access to Student assistance Programs In Reach of Everyone) program will teach you," said Jen Marsden, coordinator at IVHS.

Students need mentors to help them through the forms; provide reminders about deadlines; identify goals to meet for their next session with their mentor, "and just the knowledge that you care and will be there to help.

"It's not hard," Marsden continued, "but it's confusing the first time. Since most students go through it only once, they don't have a chance to get comfortable with it.

"This is where mentors come in. They're a whole lot less pressured about it than the students, so it's fun for them to learn how to get a PIN, fill out an FAFSA form to find a kid's EFC, as well as



a whole alphabet soup of acronyms, all of which add up to a great deal of money to help our valley's kids go to college and other post-secondary schools.

"After a few times through the process," Marsden said, "you'll be the one who can assure these young people that it's not as overwhelming as it seems at first.

"If you are a parent of younger students, you will be armed and ready when your kids approach the sea of forms and deadlines they need to face in their senior year. If your child is at college, you can apply that hard-won experience toward

helping another student through the obstacle course."

Marsden noted that, "If you're any literate human being who cares about young people and would like to help them make their dreams come true, you can help by being an ASPIRE mentor."

She can be contacted at 592-2116. She will provide "a brief, painless session," followed by watching her work with a few students who are at different points in the process. Then she'll match mentors with a student "and together they'll learn how all this is done."

"After a while," said Marsden, "you'll be an expert, and you can help next year's batch of seniors approach the swamp of paperwork with humor and ease.

"Our young people really need you," Marsden stated. "One class period a week is enough time to help either two seniors navigate the maze, or two juniors give serious thought to getting things in order for next year."

## Emergency contraception to be available by law to women victims of sexual assault

Oregon public health officials have filed administrative rules to implement a new law that requires hospitals to offer emergency contraception to female victims of sexual assault.

The law, passed as HB 2700 by the 2007 Legislature, makes Oregon one of just nine states nationwide to have such a requirement. It became effective Jan. 1 and requires hospitals to inform female sexual assault victims about emergency contraception, the option of receiving it, and to provide it to the victim if she asks for it.

Besides filing administrative rules, the law required the Oregon Dept. of Human Services (DHS) to develop educational materials about the new requirements and distribute them to all emergency departments in the state. A letter and materials were sent in January.

"We want women to be aware that emergency contraception is available to all sexual assault victims," said Katherine Bradley, administrator of family health programs in DHS. "It is a safe, effective treatment option; and the sooner it is taken, the better it works."

Emergency contraception pills have the same hormone used in birth control pills and reduce the likelihood of pregnancy by 81 to 90 percent when taken within 72 hours of unprotected sex. The pills may work up to five days (120 hours) after unprotected sex.

Studies in the *New Eng-*

*land Journal of Medicine and Obstetrics and Gynecology* indicate that emergency contraception does not cause abortion. It does not work if a woman is already pregnant and will not harm an existing

pregnancy.

Other states that have enacted similar laws are California, Massachusetts, New Jersey, New Mexico, New York, Ohio, South Carolina and Washington.

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#### FRIDAY, MARCH 7

BBQ chicken burger, turkey & cheese sandwich, hamburger, sausage or veggie pizza, PB & nanner wrap, garden or Cobb salad.

#### MONDAY, MARCH 10

Tasty corn dog, super sub sandwich, hamburger, pepperoni or veggie pizza, clever club, garden salad.

#### TUESDAY, MARCH 11

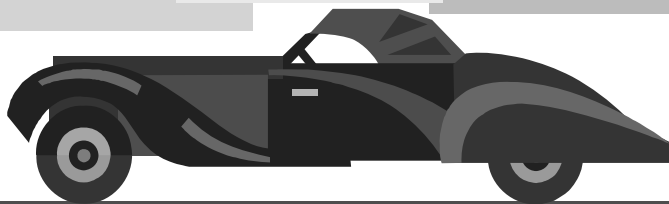
Soft chicken taco, turkey & cheese sandwich, chicken nuggets, grilled cheese sandwich, crispy chicken wrap, garden or chef salad.

#### WEDNESDAY, MARCH 12

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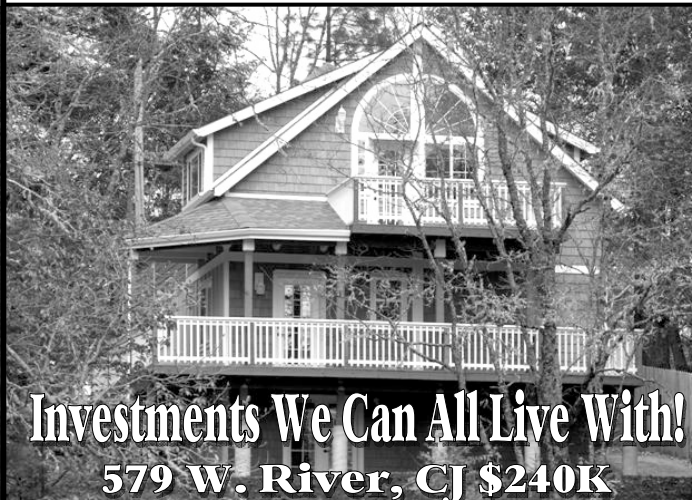
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