

## Low cost child health examinations to be scheduled

Low cost-to-no cost health maintenance (well child) exams for children from newborn to five years will be offered by the Vernonia Health Center later this summer.

The health maintenance (well child) check-ups include complete physical exams and screening for normal growth and development. Early identification of health problems or developmental delays can allow for early inter-

vention and prevention of health related problems in many cases.

The recommended schedule for health maintenance exams for children is as follows:

2 weeks - 2 months - 4 months - 6 months - 9 months - 12 months - 15 months - 18 months - 24 months (2 years) - 3 years - 4 years - 5 years.

Immunizations can be

given during the health maintenance exam, but immunizations alone are not a replacement for the full exam.

If your children are not getting these exams, please watch for an announcement of the start-up date later this summer.

Funding for the exams comes from a county-wide Great Start grant. Jim Pittman, Family Nurse Practitioner at the Vernonia Health Center, was one of the participants in developing the grant.

## Honor Roll for Mist scholars

Rebecca Rafalian, Denise Titus, Ashley Weller and Angela Crawford all earned perfect grades for the final quarter of the 1989-90 school year at Mist School. The first three students are in the fourth grade, Crawford is a third grader.

High Honors, for grade points ranging from 3.50 to 3.9 went to fifth grader Heather Rosendahl and third grader Amy Rosendahl.

Kiely Gal and Kristin Grimsbo, both in the fifth grade, earned academic honors for grade points between 3.25 and 3.49.



Cindy Baker, branch manager of Farmers and Merchants Bank accepts a \$500 check for the Dave Serafin fund from Washington Grade School's 7th and 8th Grade Student Council President Elisha Westby and Vice-president Jolene Shaw. Student council advisor and science teacher John Richter is in the background.

## Olympic donation to Serafin fund

Community contributions to the Dave Serafin Fund at Farmers and Merchants Bank have gone over the \$7000 mark with receipt of a \$5000 check from Olympic Forest Products along with contributions from other organizations and individuals.

Over \$50,000 is expected to go into the fund for the disabled local logger from the proceeds of a logging operation being conducted on weekends with volunteer help and donated equipment.

A partial list of independent logging companies working on the project includes Holce Logging, Gwin & Sons, Big Horn Logging, Mike Pihl Logging, Fisher Logging, Archie Dass Logging and Nick Berg Logging.

Hauling and equipment

have been donated by Heppler, Galloway, Halton, Hessel, Vernonia Auto Parts and Old Timers Saw Shop. Wilcox & Flegel has donated fuel.

The job will be completed in about a month. A barbecue is planned in the fall to recognize the unselfish efforts of all who are helping with activity.

A van with a wheelchair lift has been purchased and a stairway chair lift installed at the family home. Wheelchair ramps and other remodeling projects are in progress.

The fund was started by the local First Christian Church for Serafin and his family, which includes five young children. He has been stricken with amyotrophic lateral sclerosis, also known as Lou Gehrig's disease.

## BOISE CASCADE PAPER MILL

### TOURS

THURSDAYS AT 2 P.M.

Comfortable, enclosed, water-resistant footwear is recommended. Unsuitable attire not permitted.

Limited to persons at least 7 years old.

### GROUP & SPECIAL TOURS

For more than 5 people, please contact Kay Baricevic at 397-9625, in advance of the desired tour date.

## BOISE CASCADE WHITE PAPER GROUP

1300 Kaster Road, St. Helens



## Vernonia Realty & Insurance Center

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