

Health Notes

By Audeen Wagner



Good news from Oregon Health Plan: Cathy Rozinek, Clinic Manager, has been informed that health care is now available to patients who qualify for Oregon Health Plan. If you have "open card" status, you are eligible to see local caregivers for medical needs. Call 503-429-9191 to schedule an appointment with one of the clinic providers: Mark Livingston, M.D., Judith Hargis, P.A., or Laura Nichols, P.A.

Sports physicals: Perhaps you've seen the readerboard at the high school: Students entering seventh, ninth and eleventh grades, who plan to sign up for any kind of school sport programs must have a physical exam before starting school. Vernonia Family Medicine suggests that students take care of this requirement as soon as possible to avoid any last-minute rush!

Immunizations for school: For children entering Vernonia Public Schools for the first time, parents are advised to make sure that the students' immunization records are up-to-date. The Vernonia Clinic is set up to help with this, to determine what immunizations are needed and at what age. The clinic has a chart which shows the federal requirements from Kindergarten through High School. Please check with them to avoid last minute confusion when school starts.

Mammogram schedule: The Tuality Mammovan will be in Vernonia in the Clinic parking lot on Wednesday, August 20. Appointments are scheduled by the local clinic staff. The mammogram van is in Vernonia every month, usually on the third Wednesday.

In the Service

Brandon P. Anderchuk

Brandon P. Anderchuk has joined the United States Army under the Delayed Entry Program. The program gives young men and women the opportunity to delay entering active duty for up to one year.

The enlistment gives the new soldier the option to learn a new skill, travel and become eligible to receive as much as \$50,000 toward a college education. After completion of basic military training, soldiers receive advanced individual training in their career job specialty prior to being assigned to their first permanent duty station.

Anderchuk, a 2003 graduate of Banks High School, will report to Fort Jackson, Columbia, S.C., for active duty in October.

He is the son of Phillip and Tonya Anderchuk of Banks.

Clinic offers free sports physicals

Legacy Clinic in St. Helens, at 500 N Columbia Hwy, is offering free sports physicals for the 2003-04 school year, on Saturday, August 9, from 9:00 to 10:00 a.m.

Students must be accompanied by a parent or guardian.

For more information, call Heidi at 503-397-4557.

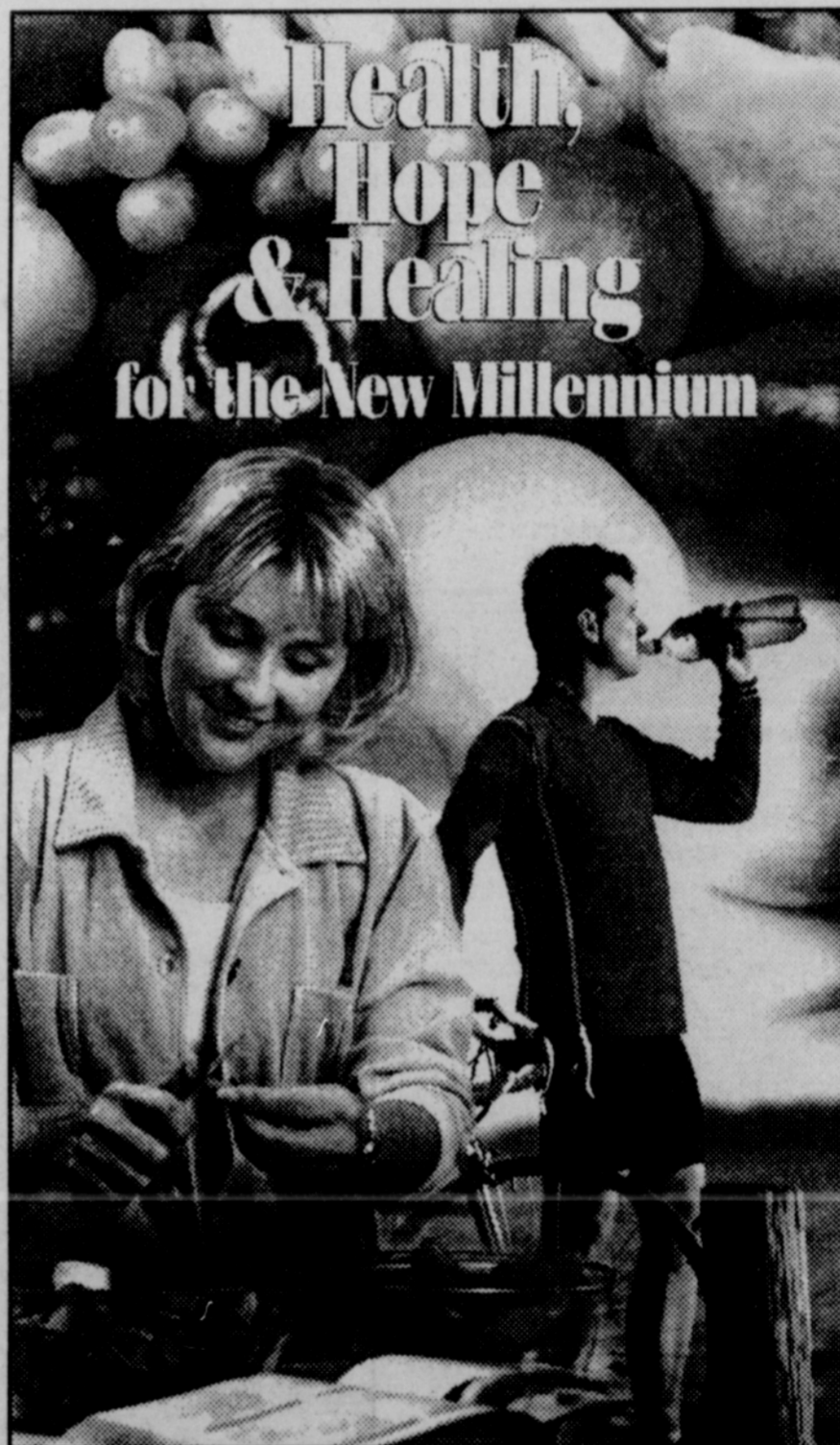
Randy Rand weds Corvallis woman

Grant and Judie Rand have announced the wedding of their son, Randy, to Jamie Sugden, the daughter of Pam and the late Robbie Sugden of Corvallis. They were married at Willamette Vineyards, June 15, and honeymooned in Mexico. The newlyweds are living in Corvallis, but plan on moving to Banks.



The Boomer Band once again entertained and delighted throngs at Jamboree Cruisin' 2003

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Seminar Dates:

August 8 – September 9

**every Tuesday and Friday evening at 7:30 p.m.
Head Start Building • Blue Heron Hollow
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Leland Seibert: 503-429-6161

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