

"Our Special" Children

(Sixth in a series of eight)

The Physically Handicapped
Children with crippling and chronic health conditions have been grouped together as those having non-sensory physical impairments since they are not usually separated in terms of school placement.

These children can be classified in three categories on the basis of the type of defect that will determine the adjustments to be made in their school program:

1. Muscular or neuromuscular impairments such as muscular dystrophy, cerebral palsy or after effects of polio;
2. Skeletal deformities as club-foot, or congenital dislocation of the hip;
3. Reduced strength, vitality or alertness found in such conditions as severe asthma, heart condition, or infectious hepatitis.

One of the major factors for placing these children in a special education classroom is time: time lost from school, from an everyday environment, and from contact with their own age group. While there are many educational aids for children who must spend a great deal of time in hospitals or at home in bed, there is little done to provide for the social adjustment of the child.

Even if school work has been kept up to grade level, being thrust into a social environment may lead to emotional disturbances whereby the child loses his hold on the academic world, slipping behind his

own mental age group. Special education is called for when the child has difficulties with learning which make it necessary for a teacher to provide methods and materials not used in regular classes; the needs of the child are such that he requires a disproportionate amount of the teacher's time and attention; the child's physical impairment causes emotional problems so severe that placement in a special class is desirable.

Often placement for this reason can be temporary and the child gradually helped to adjust to a more normal situation. Furthermore, other children should be helped to understand the handicapped child. Children who talk "funny" due to a physical handicap or who suffer seizures from epilepsy are more likely to be shunned, even by teachers, than the child who has trouble walking or who must have a daily injection of insulin for diabetes.

With this in mind, the teacher of exceptional children takes care to show the individual child that, while he may suffer from a defect, he is not all that different from any other child. She implants the seed of his own worth then helps it to grow so that he learns to overlook the slights of those who do not understand that being handicapped does not mean "different" when it comes to having feelings just like anyone else.

Every effort is made to place these children in the regular class-

room where they will have the opportunity to grow up in the world of the nonhandicapped in which they will spend the majority of their lives.

In attempting to reach this goal it is important to remember that it is not the physical facilities or equipment which make a good program—there is a real danger that too much specialization can make things so easy that they never learn to cope with the outside world—but rather the teacher's ability to help him become an integrated member of the society in which he will grow up.

The determining factor of a good educational system for the handicapped child is not where the child is, but how he and others think and feel about him, personally. He can become dependent and insecure, or be rejected and isolated in any type of program.

The school's responsibility to this child is to help him accept himself as he is, to view his assets and limitations realistically, to strive for goals that are attainable, to develop independence in thought and action, and to find a place for himself among his peers.

Nor can the school accomplish its purpose unless it is assisted by those with whom the child associates—his classmates, parents, neighbors, teachers—to accept him as a worthy individual and to see beyond his defect to the person that is there, waiting to be noticed.



FRANK DECHBACH, standing, presents photo album to Mr. and Mrs. Harold Sadilek at gathering of fellow Crown Zellerbach employees. The Sadileks soon will be moving to Seaside, where he will be employed at C-Z's Clatsop Managed Forest.

Fellow C-Z Employees Honor Harold Sadilek

Mr. and Mrs. Harold Sadilek were honored with a no-host dinner at the Vernonia Golf Club Sunday January 28, as fellow employees of Crown Zellerbach entertained them in recognition of Mr. Sadilek's transfer to Clatsop Managed Forest in Seaside from the E.P. Stamm Managed Forest in Vernonia.

Mrs. Sadilek was presented with a corsage and they were both given an album of photographs of their stay in Vernonia.

Installation to Be Held Sunday

Miss Rhonda Persyn, daughter of Mr. and Mrs. Sherman Fisher, will be installed Sunday afternoon, February 4, as Worthy Advisor for Nahalem Assembly No. 18, Order of Rainbow for Girls, in public ceremonies at the Masonic Temple at 2:30 p.m.

Other elective officers to be seated at the same time will be Kathy Osgood, Worthy Associate Advisor, Patti Cone Charity, Evan Persyn, Hope, Jill Beamish, Faith, Sharon Smejkal, Recorder; Debbie McLean, Treasurer.

Miss Sue Garner, who is just completing her term as Worthy Advisor, will act as installing officer and will be assisted by Debbie Banta as Marshall; Carol Nelson, Chaplin; Ronda Smith, Recorder.

The DeMolay Chapter from Eugene will perform the crowning ceremony.

Refreshments will be served after the installation.

All friends are welcome to attend.

Vernonia Eagle

THURSDAY, FEB. 1, 1973



RHONDA PERSYN

Correspondence Course Covers Natural Foods

The boom in natural and organic foods is showing up in Columbia County, says Carol A. Ashley, Columbia County Extension Agent. People with a wide range of lifestyles are spending a great deal of money on these foods, hoping to eat their way to better health.

But how much organic food sold is really organically grown? And how does organic food differ from regular food in nutritive value? Are natural foods as safe as we think they are?

Such subjects as these are discussed in a new food correspondence course now available to Columbia, Clatsop, and Tillamook County residents.

In addition to a lesson on natural and organic foods, the course puts into perspective some of the concerns that consumers have about food today. Information is included on how food additives are tested for safety, nitrates and nitrites in meats, low calorie sweeteners, pesticide residues in food, food-borne illnesses, and tips on safe home canning.

The course on food safety includes four lessons. It is designed for persons who want information but do not find it convenient to attend meetings or formal classes. All work and study is done at home.

A fee of one dollar for the course will cover the cost of special mimeographed materials and secretarial assistance. However registrations will be accepted even though the fee is not paid if the enrollee is unable to pay the fee.

To register, write to Dorris Roy, Extension Agent, Post Office Building, Astoria 97103. The fee or statement of inability to pay should be included. Registrations will be accepted until February 12.

Beat the Big One... Heart Attack

Give Heart Fund

Senior Citizen News - - -

This past week the Vernonia Senior Citizens lost two members—Mrs. Grace Currie and Tom Mag-off.

The Seniors again repeat an expression of their appreciation to all who bring papers to the center; also items for the Flea Market.

Transportation has been good since the highways are free of ice and snow.

Caroline Nash visited the center to bid the Seniors "goodbye." She is moving to Idaho Falls to be near her family, since losing her husband last September. She will be missed, as she took an active part in the local Senior Citizens' group and the Columbia County Council of Seniors.

The next business meeting and potluck will be held at the center Friday, February 2 at 12:30 p.m.

March 24 Date Set for George-Leffler Rites

A March 24 date has been set for the marriage of Lawayne M. Leffler and George L. George Jr., both of Scappoose. She is the daughter of Mr. and Mrs. Irvin Leffler of Scappoose, who formerly resided in Vernonia. The ceremony will be performed at Sunset Park Church in St. Helens.

Miss Leffler, following graduation from Scappoose High School, completed training at University Beauty College and is now employed as a beautician in St. Helens.

A2,345 A2,346

What do you know about "Second Car" Insurance?

Should both cars carry the same insurance? Is the cost the same for both cars? Will teenage drivers make a difference in the rate you pay? These are only a few of the questions that you'll want answered if you're a 2-car family. Call us today. We'll be happy to give you the answers and help plan the right protection for you.

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Will 1973 be one of your biggest years... Or one of your slimmest?

There's never been a better time to join Weight Watchers®—it's our tenth anniversary year. Over the years, we've spent millions of hours helping people lose weight and keep it off. And all this experience is ready to help you now. Ready to help you make 1973 your slimmest year ever.

NEW CLASS OPENING!

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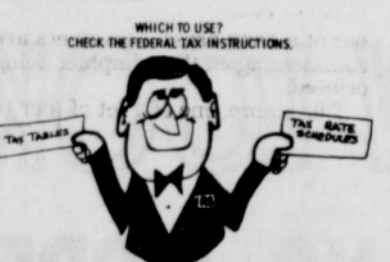
WEIGHT WATCHERS

Sisters Install Slate Feb. 24

Installation ceremonies were held by the Pythian Sisters Wednesday, January 24 with Martha Brady serving as installing officer, assisted by Cora Lange, Grand Manager, and Lesta Garner, Grand Senior.

New officers for the year are: Most Excellent Chief, Leona Haverland; Past Chief, Fay Davis; Musician, Murel Folken; Secretary Cora Lange; Manager, Patricia Goodman; Excellent Jr., Lucille Hickman; Excellent Sr., Isabel Culbertson; Protector, Isabel Barr; Guard, Velma Haverland; Trustees, Dorothy Sandon, Maude Wells and Katherine Lentz; and Reporter, Patricia Goodman.

Following the installation, the charter was draped in memory of Marie Atkins.



Menus from Vernonia Cooks

(This is a new weekly feature and it is hoped to acquire many delectable and nourishing recipes from Vernonia homemakers for publication.)

It seems appropriate to start with the 1972 Citizen of the Year, Mrs. Robert Curl. Betty is a very active homemaker and enthusiastically gave one of her family's favorite meals: Beef and vegetable stew, cole slaw with sour cream dressing, and apple pizza pie.

Betty's Beef & Vegetable Stew

- 1 1/2-2 lbs. cubed beef or venison
- 2 bay leaves
- 1 1/2 tsp. Spice Island Fine Herbs
- 1 tsp. salt
- 1 tsp. parsley
- 1 1/2 lbs. carrots, quartered
- 10 med. onions, cut in wedges
- 10 med. potatoes, cut in 1" slices
- 3-4 celery stalks, 1/2" slices
- 2 tsp. corn starch

Kitchen Bouquet
Brown meat in hot fat, add water to cover, add bay leaves, spice, parsley, cover and simmer 2 hrs.; add carrots and onions; cover, continue cooking 30 min.; then add potatoes, cook another 15 min.; add sliced celery and cook till tender.

Remove vegetables and meat, thicken liquid with corn starch and water for gravy; add Kitchen Bouquet for fast and color; pour over stew and serve.

Serves 10-12.
Cole Slaw with Sour Cream Dress-

- ing
- Shred 1/2 hd. of cabbage-keep in refrigerator in ice water
- 1 cup sour cream
- 1 cup salad dressing
- 1 tsp. lemon or pineapple juice
- 1/4 tsp. ground ginger
- 1 1/4-1 1/2 cup granulated sugar
- Mix the above ingredients, drain cabbage, salt to taste; mix cabbage and dressing, and serve.
- Apple Pizza Pie

- 1 1/4 cup flour
- 1 tsp. salt
- 1/2 cup shortening
- 1 cup shredded cheddar cheese
- 1/4 cup ice water
- 1/2 cup powdered non-dairy cream
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1 3 cup sifted flour
- 1/4 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 cup butter
- 6 cups sliced apples 1/2" thick
- 2 tsp. lemon juice

Mix flour, salt and shortening till crumbly, add cheese, sprinkle water and form into ball. Roll dough into 15" circle with edges turned up. Combine dairy cream, sugars, flour, salt, cinnamon, nutmeg and sprinkle half of mixture on the pizza.

Overlap the apples in a circular design. Sprinkle lemon juice over apples. Cut the butter into remaining mixture and sprinkle on the apples.

Bake at 450 degrees F. for 30 min. or until apples are soft. Serve warm with ice cream.

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