



# COUGAR CHRONICLE

Fifth Edition

February 2009

Keep up the GREAT work!

## RELAY FOR LIFE

IVHS CREWS are supporting the work of senior Stephanie McCluer to raise money for a mini-Relay for Life that she has been working to organize. Each CREW has taken on a special project to raise funds to donate to Relay for Life. Parents and community members are needed to help support some of these projects.

Ms. Bethany's CREW—the ALPHA Team is organizing a dessert bake-off. The students need bakers of all ages from the valley to enter their favorite cookie, bar, pie, or cake. There is a \$3.00 fee for each entry. The Cougar Bake-Off will be held March 10. Please call the school if you would like an entry form mailed to you. Support Cancer Research and win the honor of best dessert baker in the valley. There is a \$1.00 admittance charge for parents and guests to come to the event. Admittance gives you the chance to sample and vote for the People's Choice Award.

McKenzie Yeoman is organizing and presenting a concert for the community as part of her Senior Project. She will be donating the proceeds to Relay for Life. This concert is scheduled for March 13. Adults are \$7.00, students are \$5.00, and children 12 and under at \$2.00.

Mrs. Valenzuela's CREW is hosting a movie night on March 5th with baked goods for sale. Come with your older children and watch *Pay it Forward*, rated PG-13. The movie will start at 6:30 PM.

Support the work of these young people to help make a difference.

## OSAA Sports Statement

Illinois Valley High School is a member of the Oregon School Activities Association.

As a member, it is our responsibility to establish policies for sportsmanship and ethical conduct consistent with the educational mission and goals of our school and to continually educate students, coaches, teachers, parents and all involved.

### Key Elements of Citizenship

**Honor:** Performs within the letter and spirit of the rules of the game.

**Honesty:** Obeys prohibitions against lying, cheating, stealing, and violence.

**Responsibility:** Accepts duty to behave in a consistent, trustworthy manner.

**Self-Control/Discipline:** Ability to hold disruptive emotions.

**Courage:** Fortitude to stand up for what is right.

**Respect:** The Golden Rule of treating others as we would like to be treated.

**Integrity:** The quality of having strong moral principals.

**Knowledge:** An understanding of the realm of citizenship.



# Students in the News

## Mason's Students of the Month



*Senior Antonio Escalante*

### Antonio Escalante

Antonio is the son of Ernesto and Mary Escalante. He has maintained a 3.7 GPA.

Antonio has held the following ASB offices; Sophomore Class Treasurer, Junior Class Treasurer and is currently the Senior Class Vice President. He is a member of the Baseball, Football and Basketball teams. Antonio is also a member of Mathletes and National Honor Society. He has been awarded Skyline Conference Second Team—First Base in Baseball, Skyline Conference Honorable Mention—Wide Receiver in Football and Antonio has received the Scholar Athlete Award.



*Senior Trinity LaRue*

### Trinity LaRue

Trinity is the daughter of Nancy Allen. She has maintained a 3.6 GPA.

Trinity is currently the ASB Vice President. She is a member of College Dreams, National Honor Society, TAG, ECMC, Rise UP Committee and Dream Savers. Trinity played on the girl's Soccer Team where she was the Team Captain this year. She was also a member of the Cheerleading squad. Trinity was awarded Most Valuable, Most Inspirational and Most Improved Cheerleader and Most Valuable in Soccer.

Some of Trinity's awards include; Principal's Student of the Month, Scholar Athlete Award, Perfect Attendance Award and Trinity has completed her CIM.

Trinity plans to graduate early this school year. She will be attending Rogue Community College in March and major in Human Services. She will like to become a social worker.

## Principal's Student of the Month

Congratulations to the Principal's Students of the Month for September and October. These students consistently demonstrate Cougar Pride by showing perseverance, respect, integrity, discipline and excellence. Parents of these students should be very proud of these young people. They are role models to other students and a joy to their teachers and the staff at IVHS. The January Students of the Month are:

Thea Barker-Cortrecht



Casey Robertson



Brianna Parino



Hailey Hanson



## CONGRATULATIONS TO THESE STUDENTS AND THEIR PARENTS

The following students maintained perfect attendance in **JANUARY** -  
**zero** absences and zero tardies

### THIS IS A GREAT DEMONSTRATION OF PERSEVERANCE AND EXCELLENCE

GRADE 9	GRADE 10	GRADE 11	GRADE 12
Barker-Cortrecht, Thea	Anderson, Zachary	Anderson, Jonathan	Allan, Shaneice
Benson, Heather	Baldrige, Eric	Borth, Francine	Anderson, Aleena
Bricker, Georgia	Barker, Buddy	Carter, Erik	Anderson, Jack
Bryant, Tyler	Buck, James	Coots, Jeffrey	Armijo, Scott
Byrne, Erin	Bullock, Chelsea	Coots, Michael	Atkinson, Nicole
Childress, Rachel	Craugh, Crystal	Dominguez, Alexander	Beteta, Darcy
Crutcher, Emily	Crouse, Jordan	Goynes, Eddie	Brown, Morgan
Danko, Jazmyn	Duarte, Augustine	Harland, Callie	Campbell, Jacob
Ellis-mcintire, Bryanna	Gale, Merina	Hart, Amy	Carlton, Christopher
Elmer, Devan	Harris, Taylor	Houston, Jarred	Cowan, Jason
Free, Joshua	Hennings, Aleesia	Kaberline, Beckah	Crouse, Cameron
Garote, Miranda	Highbarger, Robin	Kendall, Ben	Dias, Nattie
Giles, Myiha	Hults, Roger	Krska, Winona	Dobie, Erin
Gogulski, Rebecca	Johnson, Kayla	Nelson-Webbe, Jesakah	Dobie, Kathrine
Hackney, Colt	Lamb, Dalton	Nixon, Maggie	Ewing, Sean
Hart, Austin	Mann, Spencer	Paulson, Alexandra	Foster, Jacob
Heath, Angelina	Mason, Joshua	Robertson, Clinton	Garland, Tiffany
Heise, Christopher	Morton, Cain	Rowley, Brannen	Hart, Gavin
Householder, Meghan	Mosely, Brittany	Siver, David	Heath, Nathaniel
Hults, Fredderick	Nordal, Celilo	Smarr, Latasha	Hults, Amanda
Imerti, CeCe	O'Donnell, Johnathan	Spliethof, Shon	Mendoza, Moises
Johnson, Cheyenne	Parker, Hailee	Stehelin, Cedar	Nolan, Christopher
Joines, Krista	Paulson, Curtis	Teerawat, Kat	O'Donnell, Amanda
Krska, Kenneth	Poore, Meghan	Turner, Logan	Tausaga, Lance
Lavassaur, Danielle	Schlabach, Lorraine	Weiss, Bryant	Underwood, Ty
Mavity, Killian	Skidmore, Dylan	Winterwind, Lee	Whicheloe, Brian
Miller, Greyland	Smith, Brea	Young, Kayla	
Miller, Rachel	Snyder, Statia		
Milner, Benjamin	Thurman, Cassandra		
Myers, Jessica	Van Tassel, Sabrina		
Orndoff, Jesse	Vasquez, Geneva		
Salas, Jacob	Webb, Ashley		
Sawall, Rebekah	Whicheloe, Mali		
Schlotzhauer, Curtis	Windes, Isabella		
Skiles, Kaitlyn	Wright, Christopher		
Sowell, Jamie			
Vidales, Kristen			
Wikel, Christopher			



## Program at Illinois Valley High School To Help Homeless Students and Families

Dear Parents/Guardians,

I am Heather Merrill, the Family Advocate for Illinois Valley High School. The purpose of the Family Advocate is to help students overcome barriers to success. I will help students acquire jackets, clothes, school supplies, hygiene supplies, glasses, dental appointments, haircuts, etc. I will also advocate for students: For example: helping them get testing or counseling, acquiring birth certificates, arranging for extra tutoring and other related services.

In addition, there is a federal law called the **McKinney-Vento**, which gives additional assistance to students that meet the federal definition of “homeless”. Examples of “homeless” under the federal definition include:

- Living in a home with no heat or running water
- Staying with friends or other relatives because they lack housing choices
- Fleeing a domestic violence situation
- Living in a car, van, bus, tent, or other non-permanent structure
- Living in one of the above situations may also entitle a student to: Transportation to their home school should homelessness require a move
- Immediate enrollment, even if there are issues, such as not having in hand:
- A birth certificate(s) for the child(ren)
- Immunization forms

Please help me identify homeless students with specific needs that may be in your care. Do you have a child that may benefit from the services listed above? If so, please list the student’s name and needs.

Student’s Name: \_\_\_\_\_

Needs School supplies/Backpack: \_\_\_\_\_

Needs clothing/shoes: \_\_\_\_\_

Needs a haircut: \_\_\_\_\_

Needs personal hygiene items: \_\_\_\_\_

Needs emotional support: \_\_\_\_\_

Misc.: \_\_\_\_\_

Please return this completed form to the office. You can put more than one name on this form or just send a note to the office. You may contact me at 592-2116, Monday – Friday.



## CONGRATULATIONS

On January 24 and 25 Celilo Nordal and Cedar Cosner attended Honor Band at Southern Oregon University. They represented Illinois Valley High School with pride and did an amazing job.



### Cougar Trek

We are currently working on a prize for the 2nd trimester. The requirements are: No referrals for the 2nd trimester, no more than 3 days gone from school and no more than 5 tardies for the overall trimester. Good luck to all students!

### 21<sup>st</sup> Century After School Learning Center

Monday	Tuesday	Wednesday	Thursday
Yoga 3:30-5:30 pm	Theater/Improv 3:30-5:30 pm	Yoga 3:30-5:30 pm	Scrapbooking 3:30-5:30 pm
	Guitar Lessons 3:30- 4:20 or 4:40-5:30		Drumming 3:30-5:30 pm
Welding 3:30-5:30 pm	Sewing 3:30-5:30 pm	Home-Style Cooking 3:30-5:30 pm	Home-Style Cooking 3:30-5:30 pm
Drama Club 3:30-5:30 pm	Scholarship Essay Class 3:30-5:30 pm	Drama Club 3:30-5:30 pm	Scholarship Essay Class 3:30-5:30 pm
<b>Homework Help</b> <b>Monday - Thursday</b> <b>3:30-5:45 pm</b>	Brain Bowl 3:30-5:30 pm	SMILE Science & Math 3:30-5:30 pm Every other Wednesday	

## HONOR SOCIETY FUNDRAISER



IVHS Honor Society Presents:

### An Evening with Comedian Miles Kehoe

Miles has appeared on Comedy Central and MTV

**Saturday, March 7<sup>th</sup> at Taylor's Country Store**

**Tickets are \$20.00 and includes dinner and show**

Seating begins at 7p.m. and the show will begin at 7:30 p.m.

### Academic Masters

Start thinking about Academic Masters. We are looking for students to represent our school at the Academic Masters competition in April. If you are a science, English, math, social studies, or musical whiz....we want you! You have the chance to earn cash prizes – up to \$1200. Talk to your teachers about this opportunity. Though normally this is a junior or senior event, anyone is welcome to try.

### Attendance

Our student attendance is better so far this year than last, however, we still have a way to go to reach the overall of 92% required by the state. Starting February 2 until the end of the month, every student who has perfect attendance (no absences – excused or unexcused, and no tardies) for the week will have their name entered into a drawing held the next Monday. The winner will be called to the office on Monday to receive \$20 in cash. In addition, the class that had the most students with perfect attendance that week will be released 5 minutes early for lunch for the remainder of the week. Help reach the goal of 94% attendance for February.





# Order Your 2008—2009 Yearbook Today!



*“Bigger Book”: More pages and 3 trimesters of coverage in one book. Full of long lasting memories of 2008- 2009 school year. Reserve yours today!!!*

### Order Form

Payments may be made to IVHS 2009 Trailblazer Yearbook. See Mrs. Hall in IVHS bookkeeping.

**Students Name** \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Order: \_\_\_\_\_

Book(s): can be reserved for \$25.00 down payment \_\_\_\_\_ x \$45.00 \_\_\_\_\_

Total: \_\_\_\_\_

## IMPORTANT DATES

February 23	Spring Sports Practices Start
March 2 @ 3:30	Site Council
March 5 @6:30	Movie Night— <i>Pay It Forward</i> will be shown in the commons
March 7 @ 7:00 PM	Comedy Night at Taylor's
March 9 @ 7:00 PM	School Board Meeting at District Offices
March 10	Last Day of the Trimester
March 10 @ 6:00 PM	Cougar Dessert BakeOff in the commons
March 11	No School for Students—clerical day
March 12	1st Day of Third Trimester
March 12 @ 6:00 PM	Winter Sports Awards
March 13@ 6:00 PM	Benefit Concert presented by McKenize Yeoman
March 18 @ 6:00 PM	Booster Club Meeting in the IV Commons
March 18 @ 6:30 PM	Federal Programs Meeting at the District Offices
March 19	Spring Festival Concert
March 20	All Night Grad Fundraiser—Fashion Show and Dessert Tea

## PBS Pays Off for Students & School Environment

IVHS Positive Behavior Program (PBS) is continuing to show evidence that teaching behavior expectations and recognizing good behavior is having a positive affect on our students' behavior. The most recent recipients of *Cougar PRIDE* cards are:

Katie Becker	Alli Brown	Matt Duran	Quayde Fisher	Jesse Wilson
Brendon Foraker	Brian Foutch	Nate Heath	Justin Jones	
Ben Kendall	Trinidy LaRue	Josh Mason	Audrey Mechling	
Aela Nixon	Celilo Nordal	Felisha Ripley	Dylan Skidmore	
Kaitlyn Skiles	Brittany Smith	Kayla Starbuck	Brian Terry	

We have great kids at IVHS and salute them for their outstanding efforts showing *Cougar PRIDE* and to our local businesses who help move PBS forward.

### Students & Parents Can Recognize Staff

As a new aspect of PBS, students and parents are encouraged to nominate IVHS staff members who display the same PRIDE qualities that students are given *COUGAR PRIDE* cards for—perseverance, respect, integrity, discipline, and excellence.. *Above and Beyond PRIDE* cards to nominate staff are available in the IVHS office. These nominations are for any person who works at IVHS and are not limited to teachers. We welcome nominations from parents as well as students.



## Reminder of Senior Career-Related Graduation Requirements Deadlines

In order to receive a diploma from the Three Rivers School District, high school seniors must complete all of the requirements of the Career-Related Learning Standards (CRLS) and Extended Application Standards outlined by the Oregon State Dept. of Education. The experiences students document in CRLS can take place in a variety of ways and places – in school, the workplace, or the community. Most importantly, these graduation requirements are designed to help students “connect the dots” between their high school education and the world outside the classroom. If you have any questions, please contact Ms. Gutierrez or Ms. Marsden in the Career Center.

1. Student Reflection Paper: This essay is intended to present evidence of the student’s work throughout his/her high school career in the area of establishing a career goal and developing an individual educational plan. Due 2/20/09.
2. Completion of Student Career Planning Portfolio in CIS. Due 3/13/09.
3. Resume and Job Application: Due 4/10/09.
4. Community Service: Student must complete and turn in documentation of 15 hours of community service. Due 4/10/09.
5. Senior Project/Presentation. Student displays and discusses a personal accomplishment that demonstrates his/her mastery of CRLS. Due 5/13/09.

## Federal Programs Review Meeting

**All Three Rivers School District Parents All Three Rivers School District Parents**

Wednesday, March 18, 2009 at 6:30 PM

Three Rivers School District Office in Murphy, Oregon

You are invited to a meeting to learn about our District’s Title I and other federal grant programs. Our goal is that we receive parental input regarding use of funds so that schools are better able to make decisions regarding the best way to meet the academic goals of all our students.

Topics:

Title I	Title IIA	Title V
Programs for Homeless	ELL	Migrant families
McKinney Vento		
School and district initiative for instructional improvement		

# HONOR ROLL—1ST TRIMESTER

## Summa Cum Laude (4.0+)

Sara Austin, Jacob Foster, Antonio Escalante, Harlan Mechling, Sierra Chiverton, Erin Dobie, Amanda Hults, Brittanie Loucks, Betine Parnemann, Kevin Snook, Brian Whicheloe, McKenize Yeoman, Kathrine Dobie, Teresa McCarty, Morgan Brown, Bradley Dean, Hailey Hanson, Trnidy LaRue, Jacob Nichols, Brittany Smith, Alissa Wells, Wylie Ahl, Daniel Nordal, Brieana Andrews, Sonya Hogan, Kat Teerawat, Callie Harland, Heidi Unger, Eddie Goynes, Ben Kendall, Chiara Usher, James Buck, Marissa Litak, Cynthia Moore, Casey Robertson, Sabrina Van Tassel, Kayla Johnson, Audrey Mechling, Celilo Nordal, Kieran Rose, Sun Yun, Thea Barker-Cortrecht, Tyler Bryant, Erin Byrne, Jazmyn Danko, Anastasia Greenberg, Angelina Heath, Cheyenne Johnson, Andrew McLaughlin, Rachel Miller, Benjamin Milner, Jesse Orndoff, Travis Robbins, Jamie Sewall

## Magna Cum Laude (3.50 – 3.99)

Aleena Anderson, Mary Carlile, Todd Heiller, Tammy Huntamer, Ruben Rubins, Sami Wylie, Stacey Miller, Breana Burgess, Scott Armijo, Cedar Cosner, Jarred Cottrell, Moises Mendoza, Rusty Wilson, Erica Garcia, Tonya Tyler, Amanda DeLong, Arik Gerhardt, Clinton Robertson, Brittanie Brummett, Timothy Davis, Matthew Horton, Kiah Miller, Sarah Parker, Victoria Scott, Kelynnne Carlton, Alexandra Paulson, Nigel Gulden, Jeffery Coots, Francine Borth, Jeremiah Gibson, Winona Krska, Sierra Pappas, T.J. Parker, Chloe Shinerock, Maggie Nixon, Elizabeth Pittman, Hailee Parker, Zachary Anderson, Greg Crombie-Fujita, Alexander Hess, Ashleigh Kreiser, Brittany Mosely, Cassandra Thurman, Geneva Vasquez, Allison Cowan, Rachel Gibson, Roger Hults, Alexandria Miller, Christina Ricci, Isabella Windes, Sierra Heikka, Christopher Heise, Meghan Householder, CeCe Imerti, Brian Terry, Stephanie Agee, Emily Crutcher, Briana Grabarz, Frederrick Hults, Killian Mavity, Zachery Silva

## Cum Laude (3.25 – 3.49)

Sean Ewing, David Mier, Shaneice Allan, Cheyenne Heikka, Christopher Carlton, Bethany Coots, Megan Miner, Stephanie McCluer, Ty Underwood, Darcy Beteta, William Bertram, Katelyn Churchwell, Thomas Kolberg, Alexandra Brown, Beckah Kaberline, Mitchell Van Tassel, Kenneth White, Jesakah Nelson-Webbe, Alexander Dominguez, Shane McCarthy, Alfonzo Villanueva, Justin Miles, Jesse Bethke, Mali Whicheloe, Dalton Lamb, Taylor Degiulio, Ashley Barto, Brian Foutch, Greyland Miller, Brandi Wollerton, Heather Benson, Myiha Giles, Felisha Ripley, Megan Franklin

## WHAT IS AHEAD FOR OUR SENIORS?

We are proud of the following students who have applied and been accepted to post-secondary colleges, institutes, or training programs. We will update this list as students are accepted and notify counseling.

**Sara Austin—University of Oregon—Honors College**

**Nick Bobo—Oregon Culinary Institute in Portland**

**Breana Burgess—Southern Oregon University**

**Amanda Hults—University of Oregon**

**Aleena Anderson—Oregon Institute of Technology**

**Sierra Chiverton—Oregon Coast Culinary Institute**

**Jeff Evans—Southwest Community College**

**Erin Dobie—Brigham Young University**

**Alissa Wells—Air Force (March 24th)**



# Illinois Valley High School Family Advocate Fundraiser



## *Family Advocate Fundraiser*

# Buy a ticket for a chance to win a Letterman's Jacket

One letterman's jacket will be raffled off each season at that season's awards banquet. Support the family advocate program at Illinois Valley High School.

### **Ticket prices are:**

**1 for \$2.00 or 3 for \$5.00**

The money raised goes to help students in need. You can purchase your ticket at Illinois Valley High School or call Heather Merrill at 541-592-2116 to purchase tickets.

*Thank you for your support!*

Illinois Valley High School  
625 East River Street  
Cave Junction, OR 97523  
Phone: 541-592-2116

PBS  
BUSINESS SUPPORTERS

**Oregon Caves Chevron**

**IV Video**

**Radio Shack**

**Wild River Pizza**

**Z Coffee**



**IV BOOSTER CLUB**

Next Meeting:

**March 18, 2009**

**6:00 pm**

**IVHS Café.**

**Pizza Provided**

Discussion:

**Please come with your ideas!  
Your help is needed to support athletics and activities at IVHS.**

**Thank you**

The Athletic Department would like to thank :

- Linda Edwards of Bashor's Athletics
  - Let it Fly Golf
- Bobbie and Dean Loyd of Loyd's Construction
  - Lois O'Brien

for their donations and support of the student athletes at Illinois Valley High School.

• **The International Club** is going to Spain and France this June for 12 days. Each student is raising over \$3,000 for their trip. Most have reached their goal, but a few are still struggling. The deadline is March 15<sup>th</sup>. If you would like to donate money, sponsor a student, or request work in exchange for a donation, please contact Kirsten Valenzuela at 592-2116.

# Has your income or household size changed?

We are at a place in time where our community families are having tough financial times in the household. We want to make sure you have information about the Free and Reduced priced meal program within the Three Rivers School District.

If at anytime during the school year your income goes down, your household size goes up, or you start receiving Food Stamps, you can apply or re-apply for Free or Reduced benefits for your kids that are enrolled in the School District. **You may ask, who can get Free or Reduced priced meals?** Your child can get Free or Reduced priced meals if your household income is within the limits on the Federal Income Chart below. You only need to fill out one application for your household; please evaluate if your gross income meets these guidelines. You can pick up an application at your **local school office** or at the Food and Nutrition Services Office at 126 Ringuette Street, Grants Pass, Oregon 97527. Please send the completed application back to your child's school or bring it to the Food and Nutrition Services Office.

## FEDERAL INCOME GUIDLEINES

Household Size	Reduced Price Meals		
	Annual	Month	Week
-1-	19,240	1,604	370
-2-	25,900	2,159	499
-3-	32,560	2,714	627
-4-	39,220	3,269	755
-5-	45,880	3,824	883
-6-	52,540	4,379	1,011
-7-	59,200	4,934	1,139
-8-	65,860	5,489	1,267
For each additional family member add	6,660	555	129

If you have questions at anytime, please call our office and talk with Peggy Barry or Donna Davis.

All applications are confidential and no information is released without proper authorization.

**Michael Morris**, Nutrition Services Director - Food and Nutrition Services Department

126 Ringuette Street, Grants Pass, Oregon 97527 – office 541-476-4183 fax 541-471-2461

### Household Savings

*Based upon household of four and two students eating both breakfast and lunch meals in an elementary school.*

Fully Paid Student Cost

\$1032 annually

Reduced Student Cost

\$285 annually

(savings \$747 annually)

Free Student

\$0.00

(savings \$1032 annually)

**The average lunch cost from home is \$3.10\* or \$1054 annually (2 children). This does not include breakfast.**

\* source = Journal of the American Dietetic Association, October 24, 2008 issue.

## Free Class for Adults

# Word & Excel®

This **FREE** hands-on four-week class for parents and guardians of IVHS, Lorna Byrne, and Evergreen students will teach you how to take advantage of all the powerful tools offered by Microsoft Office Suite's most useful applications.

### You'll learn:

- how to organize your computer files so you can find what you need efficiently
- what a suite is and how Office® allows you to create exceptional documents
- editing and formatting tricks in Word to make every document you create look like it was done by a professional designer
- how to use the power of formulas in Excel® to do the math for you
- Advanced tricks to make entering, analyzing and presenting data EASY.

## Evening Classes at Illinois Valley High School

<b>Session 1</b> March 4	Getting the most from the Office Suite and Word Basics
<b>Session 2</b> March 11	Advanced Word: editing and formatting with style and ease; working with images and tables
<b>Session 3</b> March 18	Excel basics: entering and editing data for results
<b>Session 4</b> April 1	Advanced Excel: charts and graphs

This IVHS 21st Century Program is also open to TRSD employees and IVHS students.

To register contact Deb Murphy or Jen Marsden at 592-2116.





Three Rivers School District

PO Box 160

Murphy, OR 97533

Illinois Valley High School  
625 East River Street  
Cave Junction, OR 97523  
Phone: 541-592-2116



Principle: Ms. Bethany  
Vice Principle: Mrs. Dickens-Turk  
Athletic Director: Mr. Higgins



**We are on the web**

**<http://www.threerivers.k12.or.us/index.asp>**

## **SPORTS PHYSICALS**

To accommodate both the LBMS and IVHS sports schedules, the Health Center will have reduced rate sports physicals available according to the following schedule this school year:

February 9 – February 27, 2009

Plus one week at the end of the school year to encourage kids to plan ahead for next fall, from June 1 – June 9, 2009.

The reduced price is \$15.00 (regular price for sports physicals done at any other time of the year is \$35.00).

Any questions, please call – Carolyn Litak at 592-3749