

Child may qualify for reduced lunch **District teachers listed**

INCOME ELIGIBILITY GUIDELINES (Effective from July 1, 1985, to June 30, 1986)

Household Size	FREE MEALS			REDUCED PRICE MEALS		
	Year	Month	Week	Year	Month	Week
1.	\$6,825	\$569	\$132	\$9,713	\$810	\$187
2.	\$9,165	\$764	\$177	\$13,043	\$1,087	\$251
3.	\$11,505	\$959	\$222	\$16,373	\$1,365	\$315
4.	\$13,845	\$1,154	\$267	\$19,703	\$1,642	\$379
5.	\$16,185	\$1,349	\$312	\$23,033	\$1,920	\$443
6.	\$18,525	\$1,544	\$357	\$26,363	\$2,197	\$507
7.	\$20,865	\$1,739	\$402	\$29,693	\$2,475	\$572
8.	\$23,205	\$1,934	\$447	\$33,023	\$2,752	\$636
For Each Additional Household Member Add	\$2,340	\$195	\$45	\$3,330	\$278	\$65

Jefferson County School District 509-J recently announced its policy for free and reduced price meals for children unable to pay the full price of meals under the National School Lunch Programs.

Each school and the District office of the Jefferson County School District 509-J has a copy of the policy, which may be reviewed by any interested party.

The following household size and income criteria will be used for determining eligibility:

Children from households whose income is at or below the levels shown are eligible for free or reduced price meals.

Application forms are being sent to the homes with a letter to parents or guardians. To apply for free or reduced price meals, households should fill out the application and return it to the school.

The information provided on the application will be used for the purpose of determining eligibility and may be verified at any time during the school year by school or other program officials.

For school offices to determine eligibility, the household must provide the following information listed on the application: Names of all household members, Social Security numbers of all adult household members or a statement that the household member does not possess one, food stamp case number or total household income and source for each household member and the signature of an adult household member certifying that the information provided is correct.

Households are required to report increases in household income over \$50 per month or \$600 per year and decreased in household size.

Applications may be submitted at anytime during the year. Under the provisions of the free and reduced price policy, the food service supervisor will review applications and determine eligibility.

If a parent or guardian is dissatisfied with the ruling of the official, he may wish to discuss the decision with a determining official on an informal basis. If the parent wishes to make a formal appeal, he may make a request either orally or in writing to: Phillip S. Riley, Assistant Superintendent; 1355 Buss

Street, Madras, Oregon 97741, phone 475-6192, for a hearing to appeal the decision.

The policy contains an outline of the hearing procedures as referred to in the agreement package on file with the district.

If a household member becomes unemployed or if the household size changes, the household should contact the school. Such changes may make the children of the household eligible for reduced price meals, or for different benefits such as free meals if the household income falls below levels shown above.

In certain cases, foster children are also eligible for these benefits. If a household has foster children living with them, the household should contact the school for more information.

The information provided by the household is confidential and will be used only for purposes of determining eligibility and verifying data.

In the operation child feeding programs administered by the U.S. Department of Agriculture, no child will be discriminated against because of race, color, sex, national origin, age, or handicap.

If any member of a household believes that they have been discriminated against, they should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

Teachers are back in their classrooms this week preparing for another school year. Many faces are familiar but there are a few new teachers.

The teaching staff at Warm Springs Elementary for the 1985-86 school year includes: Kindergarten-Mrs. Arlene Graham (morning and afternoon), Mrs. Laura Fuentes (morning), Mrs. Linda Henry (afternoon); First grade-Mrs. Dawn Smith, Miss Donna Rodgers, Mrs. Russell Kaiser; Second grade-Miss Mary Soliz, Miss Cheryl Kinter, Mr. David Wickham; third grade-Mr. Jeff Henry, Mrs. Laura Sensibaugh, Mr. Bill Puderbaugh; Fourth grade-Mr. Bill Huff, Miss Vicki Moore; fifth grade-Mr. Harry Phillips, Miss Earlene Anderson, Mr. Earl Lawson; Chapter 1 Reading-Mrs. Carol Bailey; Chapter 1 Math-Mr. Denver Sensibaugh; Special Education (ERC)-Mrs. Mary Sue Wallace; Counseling-Mr. Ed Roley; Music-Mr. George Klos; Physical Education-Mr. Dave Jordan; Library-Mrs. Darlene Linch. Principal is Mrs. Jane Westergaard-Nimocks.

At Madras Elementary teachers are: Kindergarten-Mrs. Connie Schlenker (morning), Mrs. Tracy Childress (afternoon), Mrs. Carol Kari (morning and afternoon); First grade-Mrs. Liz Nelson, Mrs. Margaret Shields, Mrs. Ellen Smallwood, Mrs. Judy Tingle, Mrs. Pat Taylor; Second Grade-Mrs. Vickie Ashwell, Miss Staci

Brummett, Mrs. Bev Campbell, Mrs. Carrie Caramella, Mr. Everett Griffin; Third grade-Miss Lori Batsel, Mrs. Betty Jean Cordill, Mrs. Karen Gray, Mrs. Norma Rice, Mrs. Margaret Ragland; Fourth grade-Mr. Doug Harris, Mrs. Aloha Kendall, Mr. Louie Oatman, Mrs. Karen Sites. Glenn "Tony" Miller is principal.

Buff Elementary teachers for the 1985-86 school year are as follows: Fifth grade-Mrs. Janet Wallace, Mrs. Beverly Horrtor, Mr. William Hoff, Mr. Gary Sundberg; Sixth grade-Mrs. Susan Harrison, Mrs. Phyllis Moore, Mr. William Cordill, Mrs. Juanita Carnagey, Mr. Terry Gray, Mr. Melvin Mitchell, Mr. Craig Morgan and Miss Michelle Houle; Educational Resource Center-Mrs. Susan Osborne; Special Class-Mrs. Barbara McGinnis; Talented and Gifted-Miss Margee Woods; Music-Miss Julie Allen; Library Media Center-Mrs. Joyce Edgmon; Chapter 1 Reading and Math-Mrs. Phyllis Mitchell; Physical Education-Mr. Ronald Quant; Band-Mr. Dean Jolstead, Mr. Ronald Shields; Speech-Mrs. Carol Buxton. Principal is Mrs. Suzanne Harrison.

Madras Jr. High teachers for the 1985-86 school year are as follows: Ms. Mary Almquist, Mrs. Sharon Brown, Mr. Paul Brown, Mr. James Burge, Mr. Vic Delamarter, Miss Mary Flande, Miss Roberta Fortson, Miss Denise Freeman, Mr. Roy

Gould, Mr. Eugene Harrison, Mr. Kyle Jones, Mrs. Sandy Loomis, Mrs. Carol McClelland, Mrs. Sally Miller, Mr. Harold Moore, Mr. Joe Morgan, Ms. Jill Rain, Mr. Steve Sammler, Mr. John Scheideman, Mr. Ron Shields, Miss Susan Sparks, Mrs. Carrie J. Vincent, Mr. Dennis Wallace, Mr. Doyle Whipple, Mrs. Kay Wiles, Mrs. Barbara Williams, Mr. Stan Williams, Miss Karen Winkler. Principal at MJH is Mr. Richard L. Junge and vice-principal is Amelia Diaz-Barr.

The Madras Senior High staff includes; Charles Alexander, Fred Blackman, Julia Blincoe, Joe Blincoe, Paul Brown, Sharon Brown, Jim Burge, Jack Burk, Gary Butler, Pete Carlson, Rod Chester, Phil Comingore, Irene Conroy, Don Cosgrove, Mary Ann Crocker, Jack Gallagher, Robin Gerke, Lowell Gilliland, Lee Grantier, Neal Halousek, Rob Hastings, Steve Heydon, Steve Hillis, Don Hopps, Ruth Ann Hopps, Deane Jolstead, Nick Kezele, Larry Larson, Barbara McGinnis, Bob McKenzie, Joe Morgan, Barry Morrison, Bob Nelson, Jim Nibler, Jane Oliver, Ron Phillips, Walter Ponsford, Reba Powell, Vince Powell, Janet Railsback, Dave Randle, Steve Rankin, Sherry Rice, Chuck Roberts, Gus Roberts, Chuck Skeans, Bonnie Souers, Margaret Sturza, Dave Wiles, Tom Wright and Bill Wysham. Principal at Madras High School is Stan Dymetryk.

Supplies needed at Madras Elementary

School supplies for Madras Elementary includes the following items:

Kindergarten— 5 ea. Large primary pencils with erasers; 1 box of 8 crayons; 4 ea. Elmer's (4 oz. Bottle) 1 ea. Large box of Kleenex and 1 Scissors.

First grade— 6 ea. pencils (No. 2), 1 ea. Pee Chee folder, 1 ea. box of 8 crayons, 1 ea. large box of Kleenex, 1 ea. Elmer's glue (4 oz. Bottle), and 1 ea. pink pearl eraser.

Second grade— 12 ea. pencils (No. 2), 1 ea. pink pearl eraser,

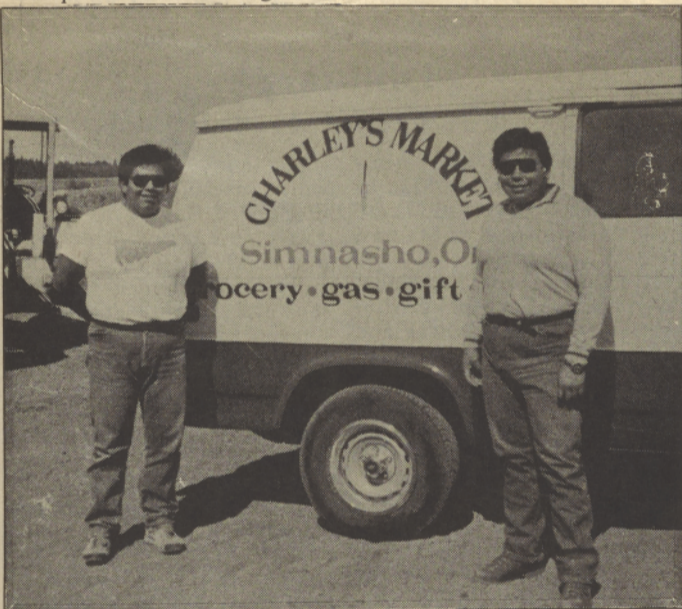
1 ea. box of 16 crayons, 1 ea. Elmer's glue (4 oz. bottle), and 1 ea. large box of Kleenex.

Third grade— 2 ea. pencils (No. 2), 1 ea. pink pearl eraser, 1 ea. sharp point scissors, 1 ea. 12 inch ruler (inch and centimeter), 1 ea. red ink pen, 1 ea. fine-lined felt pen for correcting, 1 ea. box of 16 or 24 crayons, 3 ea. Pee Chee folders (for reading, music and class), 1 ea. 8 1/2 x 11" Spiral Notebook-wide ruled, line-100 page, 1 ea. package loose-leaf (wide lined) lined paper, 1 ea. small box of Kleenex.

and 1 ea. school box (no larger than a cigar box).

Fourth grade— 6 ea. pencils (No. 2), 1 ea. Elmer's glue (4 oz. bottle), 2 ea. Pee Chee folders, 1 ea. Pink Pearl eraser, 2 ea. red correcting pens, 1 ea. box 16 or 24 crayons, 1 ea. wooden ruler (inch and centimeter), 1 ea. package loose leaf (wide line) lined paper, 1 ea. scissors and 1 ea. large box of Kleenex.

Each individual teacher may have additional supply requests which do not appear here. No 3-ring binders. Optional: School box for storage.



Russell and Frank Charley have already begun work on "Charleys Market" in Simnasho. They have also purchased a van and had printing put on the side to advertise the new store. The Charleys are hoping to open this winter.

High blood pressure should be concern

By R. Corky Covington

What does high blood pressure mean to you? Is it something you are apprehensive of and would rather not think about? Perhaps the terms need to be broken down further so that they can be better understood. Let's do this by considering the meaning of blood pressure. If we think of the cardiovascular system as a pump and a set of pipes we can begin to understand that the pressure in the system at any given time depends upon the pumps power and the diameter of the pipes.

The heart acts like a pump in on-off stages as it contracts and relaxes on an average of seventy two times a minute. The force it creates by thrusting the blood against the walls of the pipes or arteries creates your blood pressure. The peak pressure at the moment of heart contraction is called systolic pressure. When the heart relaxes between beats the pressure drops to its lowest level which is diastolic pressure.

A young adult normally has a blood pressure of about 120/80. These numbers merely mean that the pressure reaches 120 millimeters of mercury when the heart contracts during systole. The pressure drops to 80 millimeters when the heart relaxes during diastole. The metric measurement can be confusing but needn't be if you think of it being not much different from tire pressure which is measured in pounds per square inch.

The heart does not normally vary a whole lot in the force it exerts, so what actually regulates the pressure is the diameter of the blood vessels. The arteries for example change diameter drastically depending upon a persons activity. As you sleep their diameter increases and the blood pressure drops. During excitement such as exercise, the diameter narrows and the blood pressure increases dramatically. Some folks maintain a level almost always greater than it

should be, that is hypertension. Hypertension forces the heart to work harder in order to circulate the blood adequately around system. You can determine the condition of your cardiovascular system by having your blood pressure checked regularly, you may even consider learning to do this yourself. It is really not that complicated. Elevated pressure is not something to ignore.

We usually associate heart problems with older age but this idea is changing. In some elementary schools you will see children wearing bright tee shirts proclaiming "Early Birds." The wearers are members of a special group which reports to school at 8 a.m. to participate in

a program intended to keep their hearts healthy when they grow up. These ten-year-old fifth graders learn early to lower their blood pressure and control their weight through exercise and diet and in these ways reduce the risk of developing heart disease later on.

The interest in this type of program results from the children's knowledge that heart problems are not limited to adults. Signs of artery blockage (atherosclerosis) leading to heart attack and heart failure have been found in ten-year-olds. A study of Michigan school children revealed that almost half were affected by one or more of the probable causes of heart ailments.

Surprising? No, not really. Not when we consider that children ride to school, watch television for hours and hours, consume vast quantities of fatty, salty food. This life style makes them high risk candidates for heart trouble. Given the opportunity, however, to reduce these risks, children are very enthusiastic about exercise and about losing weight. Parental support can be very important as can availability of role models. Knowledge of blood pressure and having it checked for effects of diet and exercise are elements to success of programs like "Early Birds." It isn't too early nor too late to learn and understand the meaning and effects of high blood pressure.

Was bombing justified?—

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shreds the very fabric of nature; it would be the ultimately arrogant act of a single one of earth's millions of species."

And so the reality of these new nuclear forces demand that we, who understand life to be sacred and care about the future of our children and the countless unborn generations, educate ourselves to this reality and pursue the path towards global cooperation through understanding and love rather than through subjugation or a false sense of security in military. "...the nuclear arms race has no military purpose. Wars cannot be fought with nuclear weapons. Their extension only adds to our perils because of the illusions they have generated."—Lord Louis Mountbatten, Supreme Allied Commander in South East Asia in 1943.

The making of nuclear weapons is costing us in lives and dangerous pollution. Navajo Indians who went down into uranium mines in Arizona have died and are right now dying of

lung cancer, previously rare among Navajos. Their water and land have been contaminated. Uranium is converted by a processing facility or a nuclear power plant into plutonium, strontium-90 and many other dangerous radioactive poisons. Plutonium is used in making high-yield nuclear bombs. It is poisonous for at least a half-million years.

Today the Columbia River is supremely jeopardized by the Hanford Nuclear Reservation. Our ignorance or silence put us on the side of this evil that threatens our earth. We really must be challenged to learn as much about the nuclear waste issue and then to stand up and be heard. If we, living here on the shores of the Columbia River don't take time to learn what is being done to it, how can we expect people in their office in New York and D.C. to care? We have a responsibility as human beings to care.

Nancy Pitt and Louie Pitt Jr.



The grand entry is where all the dignitaries such as the queen and her court, fair board officials, cowboys, cowgirls and Indians parade in front of the grandstand to open the daily rodeo performances. Above shows Lorena Suppah, Naomi Winishut and some children display their Indian regalia during the Wasco County Fair which was held August 21-26, 1985, to open a full day of rodeo, horse races and other activities for the day.