

Hollywood has Jane Fonda-Irrigon has Debbie Burns

By Joyce Hensley

Hollywood has its glamorous Jane Fonda and energetic Richard Simmons. Irrigon has its own bundle of aerobic motion.

Debbie Burns, 32, a first grade teacher, leads approximately 15 women non-stop in aerobic exercises to the beat of such artists as DeBarge, Eddie Rabbit and Amy Grant, twice a week in the A.C. Houghton Elementary gym.

Debbie, who has a physical education minor from Oregon State University, starts her fitness conscious women out slowly with warm-ups; then swings into faster paced movements to stimulate cardiovascular activity for a minimum of twelve minutes, and smoothly takes the class into a cooling off gait thereby allowing the heart rate to come down slowly.

Without skipping a beat, she puts the women through floor workouts for body toning, to windup the one hour class.

She has taught aerobics eight years and first graders for eleven years in Irrigon. She took a one year sabbatical from her first grade classroom in 1981 to travel and attend some classes at the University of Hawaii.



Debbie Burns, looking as if she enjoys life, takes her aerobics class through their paces to the beat of "I Only Have Eyes For You", playing from her tape deck, in her twice weekly session at A.C. Houghton Elementary in Irrigon.

While in Hawaii, Debbie taught a weekly aerobics class in an exercise studio there.

The winter of 1984 was a challenge for her. "David and I were just married and living in Pendleton. I taught an evening aerobics class at St. Anthony Hospital one night a week and commuted to Irrigon two

evenings a week to teach aerobic classes," said Debbie. "besides teaching my first graders during the day."

Debbie and her husband, David, have two daughters, Alysun, 3 and Jessica, seven months.

The class is \$1.50 per night for five classes. The sixth one is free.

School Lunch Menus

November 9 - 13
Ione Schools

Monday-hot dogs, French fries, seasoned green beans, fruit and milk.

Tuesday-lasagna, tossed salad, hot rolls, fruit, milk, or salad bar and milk.

Wednesday-no school.

Thursday-sloppy Joes on a bun, buttered green beans, carrot sticks, fruit, milk, or salad bar and milk.

Friday-vegetable soup, turkey or peanut butter and honey sandwiches, crackers, pickles, pineapple upside down cake and milk.

RHS

Monday-pizza, green beans, pineapple, graham cracker, sandwich bar and milk.

Tuesday-chicken fried steak, potatoes and gravy, carrots, rolls, butter, jello pudding pops, milk and sandwich bar.

Wednesday-no school.

Thursday-chicken nuggets, tartar sauce, macaroni and cheese, cookies, fruit, sandwich bar and milk.

Friday-hamburgers, pork and beans, jello, fruit, cake and milk.

A.C. Houghton

Monday-burritos, cheese sticks, sandwich bar

Monday-beef stew, hot rolls, jello, fruit and milk.

Tuesday-Tacos/meat, cheese, lettuce, French fries, fruit crisp and milk.

Wednesday-no school.

Thursday-meat slices, macaroni and cheese, green beans, crazy cake, fruit and milk.

Friday-chili, corn bread and honey butter, vegetable sticks, pears and milk.

green beans, fruit, cookies and milk.

Tuesday ham, gravy, potatoes, hot rolls, spinach, fruit and milk.

Wednesday-no school.

Thursday-pizza, tossed salad, cake, fruit and milk.

Friday-fishwiches, tater tots, waldorf salad, fruit and milk.

HHS

Monday-cheeseburgers, fries, vegetables, jello and milk.

Tuesday potato bar and milk.

Wednesday-no school.

Thursday-cook's choice.

Friday-soup and sandwiches and milk.

Boardman child center closes doors

Due to lack of child care needs caused by unemployment in the Boardman area, they will be unable to continue operations of the Boardman Child Care Development Center the remainder of the year.

If possible, they will re-open the center when Lamb-Weston again starts operation of the Boardman plant in January. This will depend on the number of children in need of the centers day care, pre-school and latchkey services.

Boardman • Irrigon

News

Call 676-9228 with news items

Youths treat rather than trick the community



Mrs. Linda Frederickson's home room class of 7th and 8th graders give Irrigon's Rural Fire District's fire truck a good shine as part of the community clean-up day.

By Joyce Hensley

Swarming all over Irrigon the day before Halloween, Irrigon and Boardman youths from Columbia Junior High were busy as bees treating the community to a face lift, while their youthful counterparts were preparing to go out into the world and threaten to trick if not treated.

The schedule of beautifying events on Columbia Junior High's Community Service Project Day included, sprucing up the cemetery; decorating Stokes Landing Senior Center for Halloween; picking up litter and painting picnic tables in the parks; painting fire hydrants; and giving the fire trucks and other city vehicles a good scrubbing.

Besides giving the city of Irrigon a shine, the students gave a Halloween party for the children at the Irrigon Early Learning Center and

served brunch at the junior high to the senior citizens.

A 'donation for Stokes Landing Senior Center' bucket was set out at science teacher, Gary Hunt's home room classes free car wash. The senior center reaped \$62.16.

The senior center also received a \$40 check from a previous bake sale put on by librarian Anne Edinger's home room class. The check was presented to chairman of the Stokes Landing Senior Center Board, Ruth Bentley, by eighth graders, Patricia Wetzel and Hector Pacheco.

According to principal Val Marechek, the goals of the project were four fold. "To teach the positive values of volunteering and that positive involvement within one's community increases the livability of that community, to help someone else, and to have the students interact with each other to

learn the basic steps of planning."

"It was actually planned for the end of the nine-week period," he added. "The fact that it was Halloween was a good side-effect."

Did the pre-Halloween spit and polish activities by the students in the city of Irrigon lessen the egg throwing and other pranks which usually make the scene on Halloween nights?

"There were no problems whatsoever Halloween," said Police Commissioner Bill Cooley.

"The kids behaved themselves," said Officer Rob Elkins.

Marechek said, "I hope what the students learned carries over after Halloween."

Co-Ed volleyball league starts up

Starting on Tuesday, November 10, the winter adult, co-ed volleyball league will begin. All interested men and women 18 years and older will start team competition at the Irrigon Junior High gymnasium. They will meet Tuesdays and Thursdays from 7-8:30 p.m.

A minimum of four and maximum of six players will be allowed on each team. Each team must have at least two women on the court at one time.

The cost is \$10 per team. Anyone interested may contact David Burns at 922-2808.

New book in Ione Library

There is a new book at the Ione Public Library. The name of the book is McMahon. This book was reviewed by Jeri McElligott for the Ione Topic Club.

McMahon is an autobiography about one of the NFL's most outspoken players. Many will remember seeing the book on the stands last fall after the Chicago Bears won Superbowl '85. The paperback edition includes two additional chapters covering Jim McMahon's injury last year.

Football fans are sure to enjoy

McMahon's autobiography. The book does not dwell on his childhood, but tells of his experiences in the National Football League. Included are his relationships with fellow Bear teammates, Coach Ditka, and the Bear management. Anyone not liking Jim McMahon would do well to read this book. McMahon is obviously brash and surprisingly likable.

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