

OMSI teacher visits Ione students



Ione students with Jean Maas

Jean Maas from the Oregon Museum of Science and Industry brought an inflatable planetarium called Star Lab to the Ione Elementary School on April 14.

Students in kindergarten through eighth grade were given classes in the planetarium about our Milky Way galaxy. The

students were transported by an imaginary space ship to each of the sun's planets. They also viewed the stars, as we see them from our Earth in the April night sky. The background sounds of frogs and crickets chirping added reality to the experience. Students learned the names, and how to locate many of the better known constellations.

Students in kindergarten through fifth grade are in the process of an all-school study about the universe and the OMSI exhibit added an exciting note to their studies. The Ione Cardinal Club and individuals in the community, assisted the school with funding for this project.

First graders hear about Australia

Donna Bergstrom visited with Ione first graders in Betty Rietmann's class on April 7. She told the class about her trip to Australia. She and her husband Roland and daughter, Kay Goodmonson, recently returned from three weeks in Australia. She explained that Australia is the size of the United States and told the class about the ancient culture of the native Aborigines. She described the unusual animals which live on the continent and told of her visit to the Kakadu Preserve. She also told about the

sea life she saw while snorkeling on the Great Barrier Reef. Rietmann's class has been studying a unit on Australia and Mrs. Bergstrom's presentation high lighted many of the things they have been studying. To help students remember the plants, animals and people they study, the class is learning a song about each one. Some of the songs they are learning are about the Kookaburra, the billabong (waterhole) wombat, dingo, koala, didgeridoo (horn) Echidna, eucalyptus trees, the Emu and the boomerang.

Be smart about heart attack signs

In 1990, the most recent year for which data is available, 22 Morrow County residents lost their lives to heart and blood vessel diseases.

Oregon's top heart specialists have good news: Heart disease is less likely that ever to take your life, if you do your part.

Being smart about the symptoms of a heart attack is crucial, insists cardiologist Peter Block, M.D., associate director of The Heart Institute at St. Vincent Hospital and Medical Center in Portland. "Many people dismiss a heart attack as indigestion, and suffer irreversible heart muscle damage in the process."

If you think you or someone else could be having a heart attack, get medical help: Call 911 or have someone get the person to the nearest hospital emergency department.

Of the 1.5 million Americans each year who suffer a heart attack, about one-third die. "For patients with heart attack who do reach a hospital, mortality is less than 10 percent," notes Block.

"Why, then, do so many victims of heart attack still die? They die because they don't recognize their symptoms or because they hesitate to seek the immediate medical help that could save them."

Says Block, "Community hospitals throughout the Northwest now have a powerful array of weapons to disarm heart disease, including drugs for halting a heart attack. If necessary, hospitals can transport patients to regional cardiac centers for surgery or other specialized care."

Aircare, a critical-care flight service operated jointly by St. Vincent, Providence Medical Center, University Hospital and Doernbecher Children's Hospital in Portland, safely and quickly transports the most critically ill heart patients.

St. Vincent and Providence also provide expertise, training and technical support to a net-

work of more than 30 community hospitals in Oregon and Washington, including Pioneer Memorial Hospital in Heppner.

"The crucial need is for the public to recognize heart attack signals and get help," Block says. "Knowing and doing CPR can keep someone alive if the heart stops within the first few minutes. But many times the heart attack kills progressively, over a period of up to four hours, while the patient tries to 'wait it out.'"

"Delay is deadly. The earlier that treatment begins, the more likely we can save heart muscle and the person's life."

For patients needing specialized treatment, Block says, The Heart Institute at St. Vincent Hospital and Providence Heart Center provide atherectomy and balloon angioplasty to open blocked arteries; a laser system that vaporizes clots and another that dissolves plaque; new treatments for arrhythmias; and heart surgery performed by world-renowned surgeons.

Says Block, "The number of deaths from heart disease will drop if we get people into screening and prevention and treatment programs faster."

People with higher-than-normal risk of heart disease need to monitor and reduce their risks, especially if they are over 40 and have a family history of heart disease. Controllable risk factors include smoking, high blood pressure, high cholesterol, overweight and diabetes.

People who know what changes they need to make but can't get over the hurdle of making them are invited to write for a free booklet, "It's Time for a Change of Heart," produced jointly by St. Vincent Hospital and Providence Medical Center in Portland. The 18-page booklet offers tips for making permanent, positive lifestyle changes. Write to St. Vincent Health Resource Center, 9155 SW Barnes Road, Portland, OR 97225, or call (503) 291-2655.

Zumwalt joins army

Jeremy Dale Zumwalt has enlisted in the United States Army Reserve's Delayed Training Program (DTP) which allows an individual to join the army, secure his/her guarantee, and delay their actual department date for up to 360 days.

Sergeant First Class Donald

MacIvor, of the U.S. Army Recruiting Station in Kennewick, WA, says that Zumwalt's test score and enlistment as a chemical operations specialist qualify him for a \$2,000 cash bonus and he has enrolled in the loan repayment program which means that for each year of service, the Army Reserve will reduce his indebtedness on a guaranteed student loan by 15 percent or \$500, whichever is greater, up to \$10,000. He is participating in the alternate Training Program which allows basic training and advanced individual training to be taken over two summers and will not interfere with school. Zumwalt will leave for basic training at Fort McClellan, Alabama on June 15. After basic and skill training, he will be a member of the 349th Chemical Company in Kennewick, WA.

Zumwalt says he joined the army reserve for skill training and for travel and adventure.

He is a junior at Pasco High School and the son of Larry Zumwalt, Lexington and Laverda Zumwalt, Pasco, Washington.

Colleges list honor roll students

The following students have been named to college honor rolls and president's lists. To earn such an honor each student must have 12 or more graded hours and a 4.0 to be on the President's list or a grade point average of 3.5 or better to be listed on the honor roll.

Western Oregon State College- Sean Warren, Ione, honor roll;

Eastern Oregon State College- Robert Krein and Lana Orr, Heppner; Hank Johnson and Robert Rea, Boardman; Kristen Harrison and Trina Hellberg, 4, Irrigon;

Blue Mountain Community College-Heppner-Shannon Burns, Barbara Crocker, Gail Hughes, John Kenney, Kay Patterson and Chloe Pearson, all 4.;

Boardman: Joanna Allison, Sandra Arms, Sue Corson, Charlene Finley, all 4.

Dean's list 3.4 to 3.84, Heppner-Carol Mitchell; Lexington-Sally Williams; Ione-Anita Orem; Boardman-Tracie Duitsman and Trevor Edson and Irrigon-Christi Irwin.

Honor roll, Heppner-Nikki Brisbois, Daniel Michael and Molly Rill; Boardman-Harold Glenn, Lori Hanson and Marilee Phillips; and Irrigon-Tony Fernandez.

BOWLING

Koffee Kup Keglers April 2, 1992	
W	L
No Pin Hitters	37 19
Hi Ho's	35 21
The Pyts	34 22
Gutter Dusters	33 23
MCGG	32 24
The Dregs	22 34
Hopeful Has Beens	18 38
Alley Cats	13 43

Dime A Dozen April 5, 1992	
W	L
# 5	
# 4	35 21
# 8	34 22
# 1	27 21
# 3	24 1/2 31 1/2
# 7	24 32
# 2	24 32
# 6	17 1/2 37 1/2

High game: Alvin Padberg 191, Elmer Heath 222.

High series: Alvin Padberg 513, Elmer Heath 557.
High team game: # 4, 750.
High team series: # 1, 2,137.
Splits converted: Paul Plaskunak 3-7-10; Judy Rickert 5-10; Billie Van Arsdale 3-10; Dianna Hoelt 5-10; Larry Scroggins 5-6-10; Glenn Rollis 5-10; John Breidenbach 3-10.

Koffee Kup Keglers April 9, 1992	
W	L
No Pin Hitters	40 20
Hi Ho's	39 21
The Pyts	38 22
Gutter Dusters	36 24
MCGG	33 27
The Dregs	22 38
Hopeful Has Beens	18 42
Alley Cats	14 46

High game: Alvin Padberg 188.
High series: Alvin Padberg 518.
Splits converted: Iris Campbell 4-5-7, 3-10; Anita Boyer 3-10, 2-7; Rene Ledbetter 3-10; Janie Beamer 9-10, 5-7; Annie Lusher 3-10; Chris Whalen 3-10; Darlene Scroggins 4-5.

Thursday Night Ladies April 9, 1992	
W	L
Jordan Elevator	34 1/2 21 1/2
Penland House	31 25
J & J Ceramics	27 29
B & C Repair	26 30
Bedrock Bowlers	26 30
MCGG	25 31
Tazmo's	18 1/2 37 1/2

High game: Joan Smith 206.
High series: Dianna Hoelt 512.
Splits converted: Michele Hams 8-9.

Thursday Night Ladies April 16, 1992	
W	L
Jordan Elevator	35 1/2 24 1/2
Penland House	34 26
J & J Ceramics	30 30
B & C Repair	28 32
MCGG's	27 33
Bedrock Bowlers	27 33
Tazmo's	21 1/2 38 1/2

High game: Marie Rudisill 193.
High series: Marie Rudisill 522.
Splits converted: Theo Greenup 2-7 & 4-5; Cindi Doherty 3-10; George Nairns 3-7; Marie Rudisill 4-5-7.

Koffee Kup Keglers	
W	L
No Pin Hitters	41 23
The Pyts	41 23
Gutter Dusters	40 24
Hi Ho's	40 24
MCGG	34 30
The Dregs	22 42
Hopeful Has Beens	21 43
Alley Cats	17 47

High game: Linda Schultz 195.
High series: Linda Schultz 568, Josie Kind-splater 527, Iris Campbell 501.
Splits converted: Lucille Massey 4-5, 3-10; Verna Brinda 3-10; Katie McRoberts 4-5; Annie Lusher 5-7.

Thursday Night Ladies	
W	L
Jordan Elevator	31 1/2 20 1/2
Penland House	29 23
Bedrock Bowlers	26 26
MCGG	25 27
B & C Repair	25 27
J & J Ceramics	23 29
Tazmo's	16 1/2 35 1/2

High game: Marie Rudisill 194.
High series: Marie Rudisill 522.
Splits converted: Darlene Scroggins 5-10; Marilyn Childers 2-6, 3-10.

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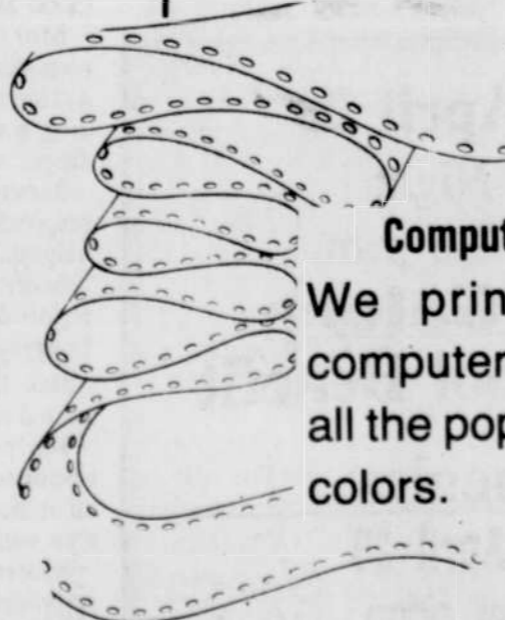
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