

## Stroke Symptoms? Act F.A.S.T.

Early in December 2013, the family of Bobby Harris noticed some subtle changes in his behavior; he was confused, forgetful and was experiencing weakness, especially in his legs.

On December 10, his wife Bev took him to Pioneer Memorial Clinic where, with the aid of a CT scan, Dr. Russel Nichols diagnosed him with a stroke that was estimated to have happened approximately three weeks prior. Bobby was in a rehab center for a few weeks, and returned to his home in February.

According to the Journal of the American Heart Association, less than 30 percent of Americans know the three major symptoms of stroke, and only 18 percent of those say they would call 911.

### Stroke? There's treatment if you act FAST:

- Face**  
Face look uneven?  
Ask the person to smile.
- Arm**  
One arm numb or drifting down?  
Ask the person to raise both arms.
- Speech**  
Is speech slurred or jumbled?  
Ask the person to repeat a simple sentence.
- Time**  
Call 911 now. Whether you are able to speak or not, it doesn't matter. Dial 911 and leave the phone line open. They will find you. The same goes for cell phones; cell phones have GPS. Dial 911 and keep the line open; help will arrive.

How do you know if you're having a stroke? And do you know what to do if you or a loved one experiences symptoms of stroke?

Dr. Betsy Anderson, physician for Morrow County Health District, emphasizes that time is of the essence with stroke.

"The more minutes that pass, the more likely the chance of permanent brain injury and disability," she says.

Rapid medical treatment can help preserve brain function and prevent disability.

You may be at higher risk for stroke if:

- You have high blood pressure;
- You have heart disease;
- You smoke cigarettes;
- You have diabetes;
- You are overweight or physically inactive;
- You have atrial fibrillation (irregular heartbeats); or
- You have high blood cholesterol.

If you ever find yourself wondering if you, a loved one, a co-worker or perhaps a stranger has experienced a stroke, do not wait until symptoms become "clear." Immediately call 911, no matter what the hour. This holds true whether you notice only a single symptom or a few mild symptoms. While other health conditions can cause similar symptoms, a CT scan at the emergency department generally clears up any confusion.

Migraine headaches, seizures, inner-ear problems, multiple sclerosis



Stroke survivor Bobby Harris with wife, Bev. -Photo by April Sykes

and even the flu can be confused with stroke. If it is not a stroke, seeking immediate care will still benefit you, allowing you to find out what is causing your symptoms so that doctors can guide you to appropriate care.

Seeking immediate medical care for a suspected stroke is just as important as seeking immediate medical care for a suspected heart attack.

"Think of stroke as a brain attack," advises Anderson. "It can be difficult and scary to feel that you must make a

judgment call about going to the emergency room, so we in the stroke field uniformly prefer that you err on the side of caution. We want you to call 911."

Unfortunately, some people suffer strokes that don't seem to have any symptoms until it is too late.

Bobby and his family continue to struggle with the after-effects of his stroke; they can often be seen in front of his home on Elder Street, family standing by while Bobby uses a walker to slowly make his way down the sidewalk.

## Heppner track takes invitational

Heppner men and women's track teams ran away with first place during the Heppner invitational held Friday, May 9. The men placed first in a field of eight, while the women took first out of seven. Individual stats are as follows:

### Mens Results

- 100 Meters - Varsity  
2. Kaden Clark, 11.64  
3. Jared Lemmon, 11.74  
4. Jeremiah Petzoldt, 12.05

4. Tommy Bredfield, 12.05  
200 Meters - Varsity  
2. Kaden Clark, 24.27  
4. Tommy Bredfield, 25.70  
5. Tobias Muller, 26.08  
6. Joe Schmidt, 26.96  
400 Meters - Varsity  
3. Jacob Moses, 58.84  
4. Tobias Muller, 59.77  
6. Joe Schmidt, 1:00.71  
800 Meters - Varsity  
1. Skyler Palmer, 2:24.91  
5. Ryan Cecil, 2:43.00  
6. Kane Sweeney, 2:52.94

## HHS greenhouse plans clearance sale

Heppner High School greenhouse is having a clearance sale on Saturday, May 17, from 8-10 a.m. Advisor Beth Dickenson says everything must go; she encourages bargain-hunters to be there early for the best selection of the remaining fruits, vegetables, perennials and annuals still in stock. The sale will also include an 8 a.m. doorbuster of buy two, get one free.

## County court honors Mustang wrestlers



Morrow County Commissioners Terry Tallman, Leann Rea and Ken Grieb recently honored two Heppner High School wrestlers who won OSAA State Championships this year. The commissioners cited the boys' commitment, dedication, hard work and long hours of practice to their sport. They also noted that the boys' success brought "great pride and joy" to the citizens of Morrow County. It was because of their contribution to the Morrow County community that the commissioners wanted to recognize the boys' accomplishments. Pictured: Commissioner Ken Grieb presents certificates of recognition to Jarod Lemmon (left) and Ryan Smith (right). -Contributed photo

## Ione library board to meet

The Ione Library District Board of Directors will hold its monthly meeting on Thursday, May 22, at 2:30 p.m. at the Ione Public Library, 385 W. 2<sup>nd</sup> Street, Ione. The public is welcome to attend.

### 1500 Meters - Varsity

2. Skyler Palmer, 5:01.33  
4. Ryan Cecil, 5:27.22  
5. Kane Sweeney, 5:28.18

### 4x100 Relay - Varsity

1. Jacob Moses, Jeremiah Petzoldt, Kaden Clark, Jared Lemmon, 47.89

4. Ryan Cecil, Kane Sweeney, Tom Gould, Tobias Muller, 54.77

### 4x400 Relay - Varsity

1. Jacob Moses, Jeremiah Petzoldt, Skyler Palmer, Kaden Clark, 4:03.21  
2. Tom Gould, 37-03.00  
3. Tommy Bredfield, 35-11.50

### Discus - 1.6kg - Varsity

7. Tom Gould, 74-04

### Javelin - 800g - Varsity

4. Jeremiah Petzoldt, 117-03  
7. Tom Gould, 100-07

### Long Jump - Varsity

1. Skyler Palmer, 17-05.50  
3. Tobias Muller, 16-10.50

### Womens Results

- 100 Meters - Varsity  
4. Antonia Tebbe, 13.84  
5. Kaelyn Lindsay, 14.11

- 200 Meters - Varsity  
2. Kaelyn Lindsay, 30.33  
3. Riane Dompier, 32.74

- 400 Meters - Varsity  
2. Emily Cecil, 1:14.86

- 100m Hurdles - 33" - Varsity  
2. Kyla Dyer, 21.05

- 4x100 Relay - Varsity  
1. Antonia Tebbe, Mekayla Kindle, Kelly Wilson, Kaelyn Lindsay, 55.61.

- Shot Put - 4kg - Varsity  
3. Mekayla Kindle, 28-06.00

- Discus - 1kg - Varsity  
8. Riane Dompier, 52-00

- Long Jump - Varsity  
1. Kelly Wilson, 15-05.00  
4. Antonia Tebbe, 15-00.50

- Riane Dompier, 11-11.25  
Triple Jump - Varsity  
1. Kelly Wilson, 31-04.00  
2. Mekayla Kindle, 29-07.75

## Chamber lunch meeting

The next lunch meeting of the Heppner Chamber of Commerce will be Thursday, May 15, at noon in Heppner City Hall conference room.

Cam Preus, president of BMCC, will be the guest speaker.

Cost of lunch is \$10; Murray's will cater. Chamber lunch attendees are asked to RSVP at 541-676-5536 no later than the Wednesday before to guarantee a lunch.

## Elect Don Russell Morrow County Commissioner



As your County Commissioner, I pledge to work hard to improve the livability of Morrow County through good government.

May Is American Stroke Month



## The many faces OF STROKE

Stroke doesn't discriminate - it affects people of all ages, ethnicities and backgrounds.

- Stroke is the No. 4 killer in the U.S. and a leading cause of disability.
- Know your risk factors. Learn the warning signs. A family history of stroke increases your risk.

Whether the stroke is your own or that of a friend, parent, child or spouse, your life is affected.

### Face stroke before it faces you.

Visit [StrokeAssociation.org](http://StrokeAssociation.org) or call 1-888-4-STROKE for more information.



Avery: stroke before birth



Joyce: stroke while asleep, age 49

Kevin: stroke after 15-mile bike ride with his family



Toumani: stroke while on phone with mother, age 26



Connie: avid runner, stroke at age 51



Duane: stroke while driving daughter home from school



Ellen: near fatal hemorrhagic stroke at age 33