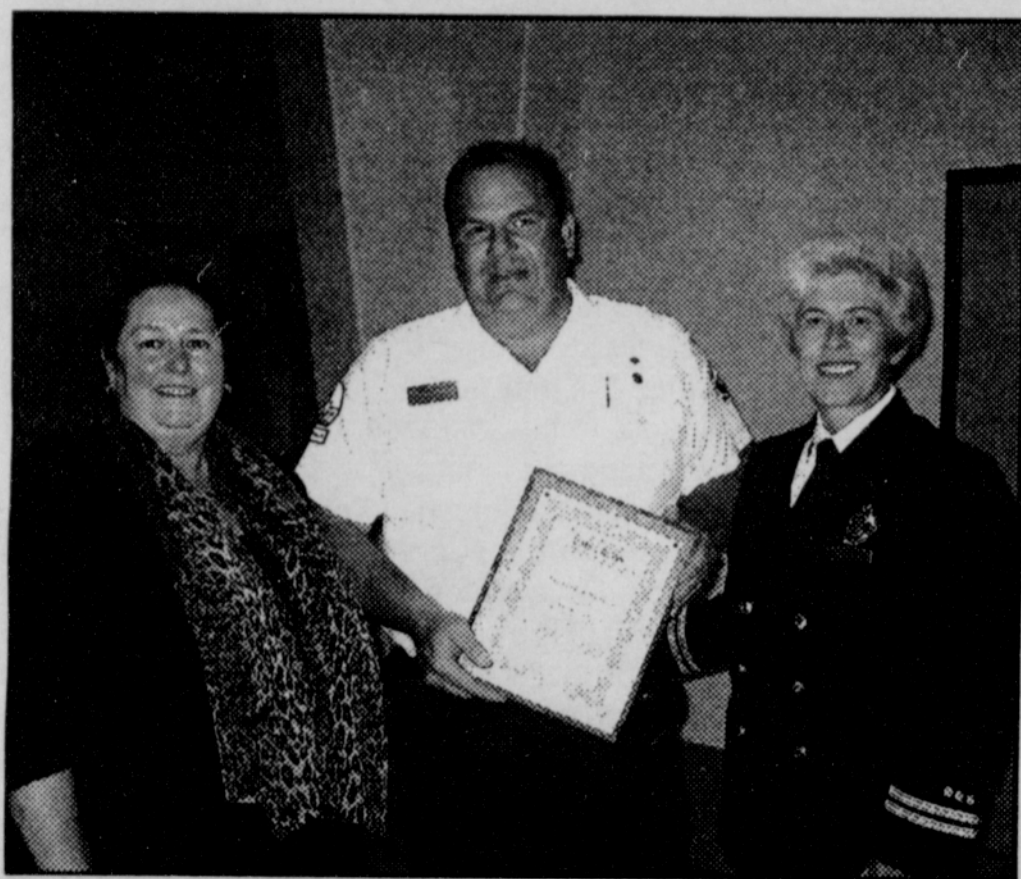


Heimuller honored for outstanding achievement in emergency service



Henry Heimuller of St. Helens, the recipient of the 2003 EMS "Cross Award," is congratulated by State Rep. Betsy Johnson, left, and Ellen Lager, battalion chief of Columbia River Fire and Rescue.

Henry Heimuller, a 22-year veteran of Emergency Medical Services and an operations supervisor for Metro West Ambulance Service, was presented with the EMS Cross for outstanding achievement in emergency medical services over an extended period of time. The award, the highest that can be conferred in the absence of extreme conditions and extraordinary circumstances, was presented at the 2003 Oregon EMS Awards Program on Sept. 12 in Redmond.

Heimuller began his career as a volunteer firefighter in St. Helens in 1980, and became an EMT-paramedic in 1981. He joined Metro West Ambulance Service in 1983, working full time, and moved from EMT-2 to EMT-4. He has served as a senior paramedic, station manager and, currently, as operations supervisor of the wheelchair division.

Heimuller also received the "Star of Life," one of the highest awards presented by the Amer-

ican Ambulance Association, at an awards ceremony in Washington, D.C. earlier this year.

Three pilots and a Transwestern Aviation employee also received special recognition at the awards program.

Kevin Feakin, a 14-year employee of Transwestern Aviation, in Scappoose, and pilots Chuck Hamm, Jack Regan and John Hardy were presented with certificates of recognition for assisting a passenger who was critically injured and trapped by twisted wreckage in an airplane crash at Scappoose Industrial Airpark on Feb. 12, 2002.

In spite of twisted metal, broken glass, ruptured fuel tanks, the flammability of aviation fuel and the danger they were facing, the four men rushed to do everything possible to stabilize the injured passenger by supporting and maintaining an open airway until personnel from the Scappoose Rural Fire Department arrived at the scene.

Lecture on Tibetan approach to healing

Tibetan Monks visiting Pacific University will present a lecture on "The Ancient Art of Healing" on Thursday, September 25, at 7:30 p.m. in Taylor Auditorium. The lecture is free and open to the public.

Ancient Tibetan Buddhist meditators realized that the balance and harmony between the elements within our bodies is the key to health and healing. This harmony is disturbed or enhanced by various factors such as diet, behavior, herbs, and ultimately by our percep-

tions and emotions. This lecture will cover the fundamental connection between our bodies and minds and introduces the ancient approaches to healing through meditation, mantras and visualizations.

On Friday, September 26, at 7:30 p.m., the Tibetan Monks will perform the Mystical Arts of Tibet as part of Pacific University's 2003-04 Performing Arts Series. Featuring the famed multiphonic singers of Drepung Loseling Monastery and endorsed by His Holiness the

Dalai Lama as a means of promoting world peace and healing through sacred performing art, the Tibetan Monks' music has topped the charts, reaching the U.S. New Age Top 10. Their performances feature the multiphonic technique, mastered only by Tibetans, together with traditional temple instruments, including cymbals, bells, drums, long horn trumpets and high horns.

Tickets for the concert are \$20 from Pacific University's box office at 503-352-2918.

Family meal times shown important for healthy kids

Children who eat with their families do better in school than those who do not. Those children also eat a healthier diet, higher in calcium rich foods, fruits and vegetables. Children who eat meals with their families consistently consume more calcium rich foods, fruits and vegetables.

Columbia County Extension Service, in collaboration with the Columbia County Commission for Children and Families has developed and distributed a cookbook and flyers to encourage families to celebrate Family Day, September 22. These cookbooks and flyers have been distributed to Community Action Team, Columbia Community Mental Health, Department of Human Services, Legacy Health Clinic, Public Health Sacagawea Health Center, St. Helens Library and all local school districts.

Research by Columbia University's National Center on Addiction and Substance Abuse has shown that teenagers who eat six or seven dinners with their families are significantly less likely to have sex at young ages, get into fights or be suspended from school, and are at lower risk for thoughts of suicide. Teenagers who eat more than four family meals a week are four times less likely to

smoke cigarettes, three times less likely to smoke marijuana and at least two times less likely to drink alcohol than other teens.

Research shows that other family bonding activities such as helping children and teens with homework and praising and disciplining them when their behavior merits it; all can contribute to positive behaviors

such as improved grades, reduced risk for involvement in violence, drug and alcohol use and sex at early ages.

"One Habit that prevents another. The more often kids eat dinner with their families, the less likely they are to smoke, drink or use illegal drugs."

The National Center on Addictions and Substance Abuse at Columbia University

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