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## GRAPHIC ARTIST NEEDED

• help with **FAN** layout, ads, photos!  
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those interested should be familiar with Macintosh computers and Adobe InDesignCS

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## Women and heart attacks

(By an ER nurse, taken from the Internet)

Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack? You know: the sudden, stabbing pain in the chest, the cold sweat, grabbing the chest and dropping to the floor that we see in movies. Here is the story of one woman's experience with a heart attack.

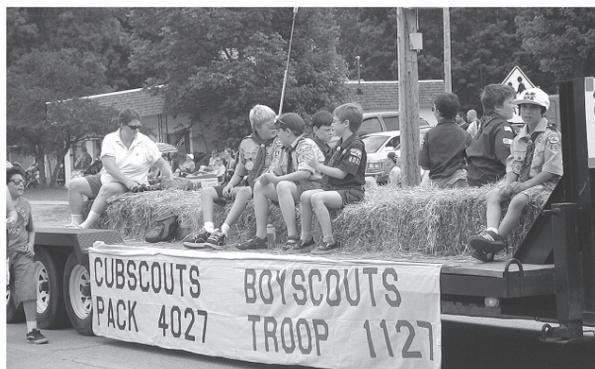
"I had a heart attack at about 10:30 p.m. with no prior exertion, no prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly and warm on a cold evening, with my purring cat on my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.'

"A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion, and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation -- the only trouble was that I hadn't taken a bite of anything since about 5 p.m.

"After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my spine (hindsight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

"This fascinating process continued on into my throat and branched out into both jaws. AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, 'Dear God, I think I'm having a heart attack!'

"I lowered the foot rest, dumping the cat from my lap, started to take a step, and fell on the floor, instead. I thought to myself, 'If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else ... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.'



Scouts of all ages from Troop 1127, Pack 4027 celebrated Memorial Day together. (Photo by Perry Burns.)



Students from Diane's School of Dance performed during the program featuring local talent during OFD.

## Community college recognizes honors students

(Submitted by Muskegon Community College)

Several area students have been placed on the honors list, the Dean's List or President's list for the Winter Semester at Muskegon Community College.

President's List honorees include Brianna Hunter and Ephraim Rosalez.

Those named to the Dean's List are: Mark Davison, Julie Jackson, Breanna Mason, Julie Reed, Justine Turner, Nicolas Brezina, Zachary Draeger, Trent Rosenberg, Miles Glendenning, Michael Bond, Brooke Swanson, Lindsey Nickisch, Ryan Vanderlaan, and Whitney Stratton.

Local students named to the Honor's List include: Matthew Thomas, Samuel Lunt, Tiffany Brufladt, Rachel Rabach, Timothy Croft, Kathie Thompson, Michelle Jonassen, Lynda Ellesson, Dalen Crawford, Charles Wilson, Dimberly Davidson, Pawel Babiarz, Todd Rakowski, Michael Whitwam, Carole Sibley, Jacob Field, Scott Thomas, Lucas Vandermeer, Kelly Musser, Natalie Dunlap, Randall Tibbitts, Ashley Armeni, and Travis Palmer. •

"I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the paramedics. I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the paramedics over immediately, asked if the front door was near to me, and, if so, to unbolt the door and then lie down on the floor where they could see me when they came in.

"I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like "Have you taken any medications?") but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed two side-by-side stints to hold open my right coronary artery.

"I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home and my cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stints.

"Why have I written all of this to you with so much detail? Because I want all of you to know what I learned first hand.

"1. Be aware that something very different is happening in your body, not the usual men's symptoms, but inexplicable things happening. It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up... which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a "false alarm" visitation than to risk your life guessing what it might be!

"2. Note that I said "CALL THE PARAMEDICS." And if you can, take an aspirin. Ladies, TIME IS OF THE ESSENCE!

•DO NOT try to drive yourself to the ER -- you are a hazard to others on the road!

•DO NOT have your panicked husband (who will be speeding and looking anxiously at what's happening with you instead of the road) drive you.

•DO NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, primarily OXYGEN that you need ASAP. Your Dr. will be notified later.

"3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive." •



Jacob Paquin and Meagan Kriger with Jacob's first turkey. The turkey weighed 20 pounds and had an eight-inch beard and a one-inch spur.