

## Northwest gets the flu

Oregon's state public health laboratory has confirmed the first influenza case of the season, according to the Oregon Department of Human Services (DHS).

The case of influenza A occurred in a Yamhill County teen-ager.

"The flu has officially arrived in the Northwest," said Mel Kohn, state epidemiologist in DHS.

"The good news is that this year there is adequate vaccine, so people who want to avoid the misery of influenza still have time to get immunized," he said.

Immunization is recommended for all persons 65-years or older; residents of nursing homes and other chronic-care facilities; persons of any age with chronic illnesses like heart disease or respiratory diseases, including asthma; those with other chronic diseases such as diabetes, kidney failure, sickle-cell disease, or cancer; persons who have illnesses or take medicines that suppress the immune system; and for children and teen-agers (6 months to 18 years) who are receiving long-term aspirin therapy and may be at risk of Reye syndrome after influenza, according to DHS.

In addition to these groups, it is recommended that all women in the second or third trimester during influenza season be immunized.

New this year is an encouragement, when feasible, to immunize children 6-months to 23-months against influenza, due to their increased risk of hospitalization and death.

All persons who live, work or provide care to persons at risk of complications following influenza should be vaccinated.

Since influenza vaccine cannot be used in children under 6-months, all household members and those caring for infants should be immunized to reduce the baby's risk of catching influenza.

Healthy persons who want to avoid the flu or who simply wish to do their part to reduce transmission should also be immunized.

The vaccine will protect against the three strains of influenza most likely to circulate this season. It also contains a new component against B viruses, which appeared in Oregon in May, 2002.

According to DHS, influenza is an illness characterized by abrupt onset of fever, headache, sore throat, cough, and muscle aches. Unlike other common respiratory illnesses, influenza is associated with a striking sense of unwellness accompanied by loss of appetite and weakness lasting several days.

Rest and fluids are important during the acute illness. Antiviral drugs are available for both type A and B infections to shorten the time to full recovery, but they must be started within the first 24 to 48 hours of illness.

Children should not be given aspirin because of the risk of Reye syndrome following influenza.

For information about flu shot clinics in your area, phone (800) SAFENET or www.ohd.hr.state.or.us/acd/docs/influenza.htm



**HONEY BEE CHOIR** - The Honey Bee Choir and Dome School children led by b. Kay entertained at the Dome School Holiday Bazaar on Saturday, Dec. 7. (Photo courtesy of Deborah Murphy)



**STUDENTS OF THE MONTH** - Lorna Byrne Middle School Students of the Month for November are (from left) Jeff Crocker, 7th grade, Jessica Newton, 8th grade, Michelle LaPierre, 7th grade, Leif Stetz, 8th grade, Trinity LaRue, 6th grade, and Antonio Escalante, 6th grade. (Photo by Sam Newton)

## Lorna Byrne Honor Roll

The first quarter of the 2002-'03 school year has been completed and Lorna Byrne Middle School has released the names of Honor Roll students.

The following have attained a grade-point-average of 3.0 or better, based on their performance in all classes:

### 4.0 and above

\*6th grade — Sierra Chiverton, Katelyn Churchwell, Cedar Cosner, Erin Dobie, Kathrine Dobie, Sean Ewing, Trinity LaRue, Tracie Losey, David Mier, Kevin Snook.

\*7th grade — Trevor Cook, William Cowl, Hannah Gogulski, Melissa Harland, Mideon Hoffman, Forrest Roth.\*8th grade — Ian Barker-Cortrecht, Tahisha Buck, Anthony Derda, Robert Elesky, Emily Harris, Nina Hoelzle, Tiffany Thom.

### 3.5 to 3.99

\*6th grade — Shaneice Allan, Scott Armijo, Sara Austin, Julie Ballard, Tarren Benschoter, Breana Burgess, Jessica Cooper, Sandra Dougherty, Antonio Escalante, Christeen Fierro, Sarah Fromeke, Kimiko Fujita, Tiffany Garland, Cody Gillson, Carl Jenkins, Matthew Johnson, David Lamb, Kendra Linse, Brittani Loucks, Stephen Murphy, Tiffany Newman, Alexis Norriss, Meghin Pitts, Lukas Reynolds, Destiny Stewart, Tonya Tyler.

\*7th grade — Breanna Allan, Kathryn Baker, Kelly Barringer, Kathryn Bell, Alyssa Burdick, Charlotte Cleary, Megan Cotta, Jeff Crocker, JoAnna Dallas, Audrey Davis, Matthew Davis, Terra Golden-Connery, Douglas Hoskins, Michelle LaPierre-Brown, Patrick Lindhe, Wade Lorensen, Jacob Michael, Alex Miller, Jerrad Miller, Candice Morse, John Nolan, Charlie Paulsen, Shane Stiles, Michelle Trinity, Authur Weinkauf, Brittany Wilson.

\*8th grade — Lydia Bee-

man, Jena Blair, Johny Bull, Elizabeth Bullock, Sheena Cole, Samantha Heller, Austin Hocker, AmberMae Hollis, Roxi Holmes, Meagan Kanig, Spencer Kendall, Natasha Kirk, Sasha Kuhn, Ishta Ma'anamatt, Jeremiah Neal, Mandy Newman, Jessica Newman, Lisa Papa, Kiley Reynolds, Megan Riley, July Sheridan, Ariel Sinnwell, Ivan Yates.

### 3.0 to 3.49

\*6th grade — Lydia Anawalt, Nicole Atkinson, Andrew Augustadt, William Bertram, Jared Blair, Mary Carlile, Mirada Cleman, Jason Cowan, Jefferson Evans, Ziona Hamtil, Todd Heiller, Amanda Hults, Sarah Jaentsch, Samantha Joines, Tommy Kolberg, Brett Latva, Britney Loyd, Stephanie McCluer, Harlan Mechling, Kayla Newton, Jacob Nichols, Jonathon Reynolds, Kasandra Roddy, Travis Wilson.

\*8th grade — Nolan Bockstiegel, Adam Brooks, Cassandra Conn, Desirea Cumberworth, Jamie Farr, Nicole Farr, Brendan Fiorini, Kirstie Forsey, Nathan Green, Thomas Kennedy, Chris Martinho, Beverly McLaughlin, Angelina Medina, Kayla Nolan, Cody Parsons, Steven Paul, David Paulsen, Sarah Pavlacky, Drake Pernicka, Larry Ragsdale, Lindsay Randolph, Crystal Stewart, Ashanti Sunstiter, Jesse Swift, Chad Tardie, Ronald Vestal, Brian Walsh, Jade Yandell.

\*8th grade — Christina Adams, Graham Baker, Savannah Bassett, Robert Bell, Jessica Berry, Dustin Culver, Jason Difuria, Hashana Griffin, Jenna Heald, Amanda Hembree, Matthew Hollis, Ariella Hubbard, Christopher Jack, Jenna Lefner, Jaryd Marhenke, Sammy McMahan, Adam Miller, Angelique Miller, Kristopher Nelson, Justin Norvell, Sean Norvell, Shannon O'Grady, Rebekah Peckham, Leah Person, Raina Phillips, Jessica Pittman, Victoria Prince, Leif Stetz.

## You got your good bugs, you got your bad bugs, says OSU

Oregon State University (OSU) Extension Service is offering a workshop "Integrated Pest Management (IPM) and Biological Control," Wednesday, Dec. 11, 10 a.m. to noon at the OSU Extension Auditorium, 215 Ringuette St. Grants Pass.

There is a \$5 fee per individual or couple. The class is a collaborative effort between the Small Farm Program and the Master Gardeners to provide educational programs for the public.

IPM utilizes multiple tactics to control pests. Which includes biological, cultural, and chemical methods.

One goal of IPM is to maximize the activity of natural enemies. Many insects and other arthropods, such as spi-

ders, are beneficial and can play an important role in reducing pest populations.

The workshop will focus on identifying beneficial insects and discussing methods to conserve and enhance biological control agents whenever possible.

Different types of biological control and the wide variety of biological control agents will be illustrated.

IPM and biological control serve as an alternative to pest control based strictly on chemical treatments. Insecticides, even when used properly, can eliminate or reduce natural enemies and should only be used when absolutely necessary.

Phone (541) 476-6613 for information or to register.

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