

Christmas Kitchen — Local church to sponsor Caroling Party Tuesday

(Editor's note: This week's "Christmas Kitchen, A Gift of Recipes" will feature appetizers. Next week, recipes for main and side dishes will be published. All readers are invited to submit their favorite holiday main and side dish recipe to: Editor Christmas Kitchen, Heppner Gazette-Times, P.O. Box 337, Heppner, Oregon 97836, before Tuesday, Dec. 21.)

CHEESE FONDUE

From Maryan McElligott

2 tablespoons butter 2 tablespoons flour
1 lg. clove garlic 1 3/4 cup milk
Sauté crushed garlic in butter and add flour and milk as for white sauce. Bring just to boil and simmer 3 min. Remove from heat. Add 2 cups (1/2 - 3/4 lb.) Swiss American processed cheese. Stir to melt cheese. Add 1/2 cup Rhine wine, warm gently. May thin with more wine. Never boil or will be stringy. Can either dunk French bread cubes or fat cooked shrimp. Reheat in Fondue pot.

CHEESE BALL

From Patti Allstott

1 1/4 cup chopped nuts
1 8 oz. pkg. cream cheese (softened)
1/2 cup mayonnaise
5 pieces bacon, crisp and crumbled
1 tablespoon green onion
1/2 tsp. dill weed
1/2 tsp. pepper
Mix all ingredients except nuts until smooth. Refrigerate until mixture is hard enough to form into ball. Roll ball in nuts and press.

First Interstate Bank employee promoted

First Interstate Bank of Oregon has promoted Jacqueline Allstott from assistant operations officer at the Heppner branch to operations officer at the Heppner branch. She succeeds Mike Chacon who is transferring to the

credit department at the bank's headquarters in Portland.

Mrs. Allstott has been with First Interstate for 13 years. She began her career at the bank as a bookkeeper at the Heppner branch in 1969.

Ione man re-elected as treasurer of O.S.G.A.

Henry Krebs of Ione was re-elected as treasurer of the Oregon Sheep Growers Association at an annual meeting in Portland. An association spokesperson reported that all 1982 officers were re-elected to 1983 positions.

Nearly 200 members of the association attended the annual meeting, held December 3 and 4. Lamb and wool marketing techniques were major topics of discussion and 18 resolutions were adopted, the spokesperson said.

The First Christian Church in Heppner will sponsor a Caroling Party for all church members on Tuesday, Dec. 21, announced the Rev. Don Shelton, pastor. Members will leave the church at 6:30 p.m. and sing carols at various locations in the community. A light meal provided by members of the congregation will follow at the church.

Xmas program slated at Heppner Elementary

A Christmas Program featuring kindergarten through fourth grade students will be held Wednesday, Dec. 22, at 1 p.m. at the Heppner Elementary multi-purpose room.

Dancing and a sing-along will be a part of the program, said Kitty Coon, music instructor. No admission will be charged.

Senate candidate visits Heppner



Eugene D. Timms

Eugene D. Timms, a Burns businessman seeking appointment to Congressman Bob Smith's Senate Seat in district no. 30, was in Heppner last week. Smith will leave his position in the senate to take office in the Second Congressional District. Timms attended Wednesday's session of Morrow County Court at the courthouse in Heppner and visited local officials during his one-day stop over. He plans to visit the area again sometime this week, he said.

Beware of accidental hypothermia

Dorothy H. Mann, regional health administrator for the U.S. Public Health Service in Seattle, Wash. is urging older Americans and their families to take precautions to avoid accidental hypothermia, a condition in which the body's internal temperature drops to 95 degrees F. or lower. Hypothermia can be fatal if not detected and treated promptly.

"Those of us in the Pacific Northwest states can be particularly susceptible to accidental hypothermia because of the extreme low temperatures in many areas of the Northwest. Although we have no accurate date on the number of people who die from hypothermia, we do know that the elderly probably account for more than half of the victims. Infants are also at risk," Mann said.

"Dr. C. Everett Koop, M.D., surgeon general for the U.S. Public Health Service has issued the following warning and precautionary suggestions and I urge our Northwest citizens to pay particular attention to the signs of hypothermia and note the suggested treatment." Mann also said a limited number of copies of the booklet "A Winter Hazard for the Old: Acci-

dental Hypothermia" are available from her office in Seattle by calling (206) 442-0430 or by writing U.S. Public Health Service, 2901 Third Avenue, M-S 501, Seattle, Wash. 98121.

"Again this winter," Dr. Koop said, "cold outdoor temperatures may mean that many elderly Americans will be exposed to indoor temperatures so low that they pose a threat to their health. Even mildly cold temperatures of 60 to 65 degrees can be dangerous."

People respond differently to extremes of heat and cold, depending on their age and health. The elderly are particularly vulnerable to cold, especially those who have diseases that limit activity, mental awareness or circulation, or who are taking certain types of drugs, such as phenothiazines, that are used to treat anxiety, agitation and nausea, he said.

At highest risk are the relatively small number of aged persons who, for unknown reasons, can neither feel cold nor shiver and thus cannot produce body heat when they need it.

Anyone who suspects hypothermia in a person of any age should get emergency medical help at once, Koop said. Signs

of hypothermia to watch for are: an unusual change in appearance or behavior during cold weather; slow, sometimes irregular heartbeat; slurred speech; shallow, very slow breathing; sluggishness; and confusion.

Dr. Koop offers the following suggestions:

While waiting for medical care, wrap the victim in a warm blanket, give him or her small quantities of warm food and non-alcoholic drink if the

victim is alert; use hot water bottles or electric heating pads on the abdomen. However, never set an electric blanket or pad at high temperature. Do not rub the body. Do not place the victim in hot water as rapid reheating of the body is dangerous.

Chances of full recovery from hypothermia depend on the severity and length of exposure to the cold as well as

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