

HHS prom court selected



HHS Prom Court from left to right: Jeff Orr, Judy Ward, Linda Englert, Bruce Way and Tom Huston. Not pictured: Joanna Bown. The king and queen will be crowned in a ceremony at the dance at the Heppner Elks Lodge on April 30.

OSU college of Ag Sciences alumni invited to BBQ

Invitations are in the mail this week to alumni and friends of the Oregon State University College of Agricultural Sciences inviting them to a 1 p.m. pork barbecue at Hansell Bros. Hog Ranch near Hermiston, announced Leonard J. Calvert of OSU.

The Saturday, April 30, event is the kick-off activity for the Blue Mountain District of the newly-formed OSU Agricultural Alumni and Friends Association. The district includes Umatilla and Morrow counties, he said.

Hosting the barbecue will be John Hansell of Hermiston, Blue Mountain district director of the association, and Gail McCarty of Pendleton, co-chairman.

OSU Dean of Agriculture Ernest J. Briskey, other OSU faculty members and members of the association's board of directors are expected to participate in the event, Calvert said.

The menu includes barbecued pork, potatoes, dilly bread and beverages. Those attending are asked to bring either a salad or dessert.

Hansell and McCarty hope that most of the 270 agricultural alumni living in the two counties will be able to attend so that the new organization can begin to build a closer linkage with the programs, progress and needs of the OSU College of Agriculture.

Other interested persons are welcome to attend also, they stress. Advance registrations may be made by calling Hansell at 567-3680.

On Friday, April 29, Hansell will host the first meeting of the board of directors of the association formed in March during Agricultural Conference Days at OSU. The board will continue the organizational process and discuss programs and projects for 1983-84, reports Karla von Borstel, executive director.

The association hopes to encourage continued contact among alumni and friends, promote pride and ethics in agriculture, enlarge and improve educational opportunities for young people, support the mission of the college and promote increased contact between faculty and alumni. Both Hansell and McCarty attended the organizational meeting of the association which attracted more than 60 people.

Other directors representing Central and Eastern Oregon elected were Matt Weimar, Arlington and Salem, Columbia Plateau; Bob Griffin, Culver, Central; Gary Schneider, Ontario, southeast, and Mark Ward, Baker, Northeast.

Hansell, a 1972 graduate in agricultural chemistry, is general manager and vice president of Hansell Bros., Inc. A director of the Oregon Pork Producers Council, he is active in extension and other educational programs in Umatilla County.

He believes the new association will provide opportuni-

ties for fellowship with OSU agriculture supporters as well as a way for alumni to plan and implement programs that enhance the mission of the College of Agricultural Sciences, said Calvert.

McCarty, field service manager with Pendleton Grain Growers, graduated in 1962 in mechanical technology. He is active in 4-H and serves on the OSU cereal certification advisory committee, among other activities.

"The association can benefit both alums and the College of

'Econo-Eating'

By MONINE STROEDE-STEBBINS
OSU Extension Service

"I hate to waste food, but I sure don't want to make everybody sick, either!" This is a plea that is heard often at the extension office. Most people who call want to be reassured that it's OK to go ahead and eat it. Food is expensive and it does make you feel bad if you have to throw it away because you didn't take proper care of it.

We have a very safe and sanitary food supply when you compare it to other places around the world, but we do have some bad habits that many of us don't even realize.

There is really a very simple formula that can create food that is unsafe. You combine food that is a good host to bacteria, the wrong temperature and time, and it can add up to somebody getting sick. In fact, I have a friend who said, "I leave food out all the time, is that bad?" I asked her if she ever got the flu. "Yes, all the time." It was the perfect answer.

What are the foods that are a good host to bacteria? Meat, poultry, fish, combination dishes like soups or casseroles, cooked vegetables, cracked or cooked eggs and egg dishes. There is a particularly good chance for bacteria to be present if the foods are handled after cooking, such as poultry that you cook and then remove from the bone, or hard cooked eggs that are deviled.

You can expect that bacteria exist everywhere. They are in the dust, on every surface, on the food itself, on your pets and on you. When small numbers multiply, they are greater problems. Bacteria need three things to survive and reproduce: food, warmth and moisture. When they have these three things they grow at a surprising clip—a new generation every 10 to 18 minutes. That means they double their numbers that often. So, if you start with two then in three hours there can be 258,432—a large number for sure!

The temperature that is great for this fast increase is room temperature. They don't do well in cold and they don't like hot. So to keep them in

Agricultural Sciences," he said. "I feel we, as alumni, can help advise and evaluate college programs at OSU."

Memberships in the association are now available. von Borstel said. During the first year, special charter memberships are available for \$50, which includes \$10 yearly dues. Persons may choose either the charter membership or the yearly dues.

Additional information about the association will be available at the barbecue.

safe numbers you can refrigerate things or keep them hot, at least 140 degrees. "Keep hot foods hot and cold foods cold" is a great motto for food safety.

The time it takes to multiply to unsafe numbers can be a rather short three hours, and this means all the hours at room temperature combined. That includes time it sat at room temperature after it was thawed, time it sat on the table before you cleared and put it away and the time you left it out when you ate it as left overs, so the sooner you put food away, the less chance there is for the food to spoil.

So, what are our bad habits? One bad habit I've really become aware of lately is leaving the food out. We leave food out too long at potlucks, at parties, while we're thawing it and when cooling things down to refrigerate them. There's a myth that things need to cool down to room temperature or it will be bad for the refrigerator. This habit is one that started with ice boxes when you didn't want to melt the ice. The modern refrigerator is very capable of cooling things down rapidly.

If you have a large pot of something such as soup, you can hurry the cooling down process by putting the pan of hot food into a sink of cold water. Stir the food and as the water warms up, change to cold again. Refrigerate before an hour is up. A large quantity of food should be put into shallow containers so it doesn't take long for the cold in the refrigerator to penetrate.

When you know it's going to be a while before you eat the food, make arrangements to keep it on ice or keep it hot or plan to have something that doesn't support the growth of germs. Maybe you could take something like bread, canned goods, cheese, peanut butter or fruits.

Another habit that is important is to keep things clean. That means ourselves and the surfaces we use to prepare things. Wash your hands with soap and water and don't touch sores or your hair or pets or their dishes while you're handling food. After you prepare raw meats or poultry, be sure to wash your hands well.

HHS pre-registration set for 8th graders

All eighth grade students and their parents are asked to meet at the Heppner High School cafeteria on Monday, April 25, for pre-registration. Michele Portmann will discuss curriculum, school policies and answer any questions students and/or parents may have about beginning high school. Other high school teachers will also be available to discuss programs and aid in the pre-registration process.

"It is important that parents and in-coming freshmen attend this meeting because in all probability the class of 1987

will be expected to meet the proposed entrance requirements for state supported colleges as set by the State Board of Higher Education," Portmann said.

These requirements include: four years of language arts; three years of social studies including global studies, U.S. history and government; algebra I; geometry; algebra II; biology; and chemistry or physics. Two years of foreign language is highly recommended although not required. Students must also take two other college prep courses which may be

foreign language, computer science, additional mathematics, science, humanities or social science or fine arts. Students planning to attend a four-year college or university in the state of Oregon must be aware of these changes and plan their high school curriculum wisely in order to insure admission, she explained. These changes will be discussed at the pre-registration meeting she added.

Any parents who cannot attend this meeting are asked to contact Portmann at school or home prior to April 25.

'Think Big' motto of Little People's convention

"Think Big" is the motto for a Little People of America District 11 Convention to be held this Friday, Saturday and Sunday at the Red Lion Motor Inn in Pendleton, announces Tom Hayward, Pendleton. The convention is being hosted by Hayward, a former Heppner area resident, and Sue Platt, Pendleton. From 70 to 100 people are expected to

attend, he said.

District 11 includes the northwestern states of Oregon, Idaho, Washington, Montana and Wyoming.

Those who belong to the group must have been medically diagnosed as having a type of dwarfism and must be 4'10" or shorter. Family members of "little people" may also belong, Hayward said. "Little People of Ameri-

ca" is a non-profit organization and was incorporated in Indiana in 1961. The founder of the club is Billy Barty. The organization, according to its founders, Hayward says, "is concerned with the need for people of small stature to become useful members of society through education, employment and social adjustment, and to focus public

SCHOOL LUNCH MENU!

Heppner High School
Monday, April 25 - fried chicken, baked beans, salad, graham cracker cookie and milk.
Tuesday, April 26 - hot dogs, tortilla chip and dip, fruit and milk.
Wednesday, April 27 - chili, rolls with honey butter, cole slaw, 1/2 apple and milk or salad bar.
Thursday, April 28 - hot turkey sandwich, carrot-raisin salad, dessert, milk or salad bar.
Friday, April 29 - soup and sandwiches.

One Schools

Thursday, April 21 - fish wedge, JoJo potatoes, tossed salad, fruit and milk.
Friday, April 22 - clam chowder, turkey sandwiches, peanut butter sandwiches, pickles, crackers, dessert and milk.
Monday, April 25 - burritos, cheese sticks, green beans, fruit and milk.
Tuesday, April 26 - Chinese hamburger, hot rolls, buttered carrots, fruit and milk.
Wednesday, April 27 - chili and crackers, celery sticks, pear and cheese salad and milk.

Listing of recreation agencies offered

A list of National Forests, National Parks and recreation information sources in Oregon has just been updated for 1983 and is now available to the public at no charge.

It is the "Oregon Recreation Directory 1983," Bulletin No. 19 in a series published by "Siampost Magazine," a non-profit outdoor education or-

ganization, according to a news release from the publication.

Grouped on one sheet are the addresses, phone numbers and office hours of ranger stations in National Forests and Parks all over the state. Also included is information needed for contacting the Bureau of Land Management, State Parks, Department of

Game Department of Natural Resources, Weather Information and Search and Rescue organizations, said a news release.

Copies are available as a public service if a self-addressed stamped envelope is sent with request to Siampost, 16812 36th Avenue West, Lynnwood, WA 98036.

Local couple attends swim meeting

A spring meeting of the Eastern Oregon Swim District was held April 9 at Frasu's in Hermiston. Gary and Nancy Bruch of Heppner represented the Heppner Swim Team at the meeting.

Nine of the 11 clubs in the district were represented. Mrs. Bruch reported, Rick Sherrell of Hermiston, chairman of the Eastern Oregon Swim District, led the meeting. Club Representatives from Hermiston, Pendleton, La Grande, Milton-Freewater, The Dalles, Hood River, Prineville and John Day were also present. Burns was not represented, she said, nor was a new club to the district, Goldendale-White Salmon.

The main order of business was to set dates for dual meets

between district teams. Heppner will host a dual meet with Milton-Freewater the latter part of June and was invited to participate in three dual meets in July at Milton-Freewater, Pendleton and John Day. An invitational meet schedule was set last fall. Mrs. Bruch said.

Heppner is planning an invitational in June and will participate in several other meets during the summer, ending the season with district championships August 13 and 14 at Pendleton.

Swim Team rummage sale to be held Fri. & Sat.

The Heppner Swim Team will hold a rummage sale this Friday and Saturday, April 22 and 23, from 10 a.m. to 6 p.m. in the old post office building in Heppner.

There will be lots of clothes for sale in all sizes, small and large appliances, and home

decorating items, said Nancy Bruch, a team spokesperson. Proceeds from this sale and other fund-raising activities will be used to pay a coach's salary for the 10-week swim season, swimmer entry fees and swimming awards, Bruch said.

Booklet for elderly and disabled offered

A booklet listing organizations throughout Oregon which serve the needs of disabled or elderly people has been compiled by Pacific Northwest Bell's consumer affairs department with the assistance of the Governor's Steering Committee on the Employment of the Handicapped, announced Glenn Kennedy of PNB. Some national organizations are also listed, he said.

"The booklet is a valuable resource for any business or organization," said Kennedy. "PNB has always had concern for the communications problems of disabled or elderly people and we believe one of the best ways to learn their needs is to communicate with them directly through their organizations," he said. The booklet lists publica-

tions, newsletters, bulletins and contacts of approximately 400 organizations.

The booklet is an update of the first publication compiled and distributed in 1979. Copies of the booklet are available by phone from PNB's consumer affairs department, (503) 242-5976, or by mail, 421 SW Oak, Room 8S12, Portland, Oregon, 97204.

Knapweed flies offered

By BOB COSTA
OSU Extension Agent
Morrow County

Knapweed flies are now available at the Oregon State University Extension office in Heppner for landowners with large areas of diffuse knapweed.

Knapweed seed-heads containing fly larvae were collected from infested sites in Morrow County.

These seed heads should be placed in relatively protected sites with heavy knapweed. The flies will emerge in May or June.

The knapweed flies will not eliminate diffuse knapweed but should reduce the spread of the problem weed. The fly infested knapweed seed heads are now available on a first-come, first-served basis.

First annual Morrow Co. Computer Contest slated

The first annual Morrow County Computer Contest will be held at Riverside High School in Boardman on Thursday, April 28, at 1:30 p.m.

Twenty teams will be present, representing Heppner,

lone, Riverside, Grant Union, Hanford, Mt. Vernon, Richland, Sherman, and Weston-McEwen high schools.

Each team will be given two hours in which to write original programs solving four problems.

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