

## OSU recruits volunteers for program

Oregon State University Extension is recruiting volunteers to participate in the Family Community Leadership program. Family Community Leadership (FCL) is an Extension volunteer program which focuses on leadership, public policy and group process.

The goal of the FCL program is to prepare Oregon's citizens to become involved and effectively participate in the public policy issues which affect their families and communities. Participants from Morrow County will join 80

to 100 others from around the state at the FCL State Training Institute. The State Training Institute will be held February 25, 26, and 27 at the Eugene Hilton in Eugene. FCL applicants must be available to volunteer the equivalent of two days a month in the year following the training. The includes attending FCL planning meetings in Morrow County.

There is a \$40 registration fee for which participants receive a comprehensive Family Community Leadership notebook. Lodging at the State Training Institute and group meals are covered for participants.

The FCL training is open to anyone. Persons interested in an application form or more information contact Carol Bennett, county Extension Agent at 676-9642.

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## Applicator training set

Core A & B training for private applicator license is scheduled for Tuesday, Dec. 10 from 7:30 a.m. to 5 p.m. at the Pendleton Elks Lodge, according to Morrow County Extension agent Bill Broderick. Pre-registration is required. Call OSU/Umatilla County Extension Service at 276-7111 ext 235 to register.

During the five years of the private applicator license period

## ASSE offers youth exchange opportunities

Does the idea of seeing a new country and learning the language excite you? Would you like to spend this summer in a language adventure camp on the French Riviera, Madrid, Spain or West Berlin, Germany? How about seeing Russia up close while traveling with the Young Ambassadors Tour? Or perhaps you would like to stay six weeks or even a full year in Europe, Canada, Australia, or New Zealand with a caring host family. Local high school students interested in becoming exchange students in one of 16 different countries can apply to the non-profit ASSE International Student

Core A & B must be taken. Each is worth four credits.

The applicator license year is from October 1 to September 30 and is good for five years. Only eight recertification credits may apply toward licensing in any one year. A total of 16 credits is needed to fulfill the license requirements during the five year period

Exchange Programs. Students can share a six-week summer holiday with a European family, travel on an 11 day tour to the Soviet Union, attend one of three language adventures, or spend an academic year while living with a host family. Students choosing an academic year program will attend high school and learn about the language and people of their chosen country.

ASSE is also accepting applications from families interested in hosting an exchange student. For more information call toll free 1-800-733-ASSE or Cathy Halvorsen 422-7107.

## Be careful, says sheriff

The end of November and Thanksgiving weekend mark the beginning of the holiday season. And while it is time to celebrate and be thankful, as Morrow County Sheriff Roy Drago reminds us, it is also a time to be careful. Especially when a drunk or drugged driver is concerned.

The holiday season is a very festive season. Good food and good cheer are a must. But too much "cheery" alcoholic beverage can lead to a tragic alcohol-related traffic accident when the party is over and guests and family drive home. To make this season safer, Sheriff

Drago offers a few tips for holiday get togethers:

Always serve food if you serve alcohol. High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach longer, which slows the rate at which the body absorbs alcohol.

Serve non-alcoholic beverages. It is important that people have the option not to drink alcohol. Especially encourage "designated drivers" to drink these alternatives.

Don't let people mix their own drinks. If you tend bar yourself or hire a professional bartender you can control the amount of alcohol in each mixed drink. Have small glasses for beer, wine or champagne so that if guests want to drink more they will have to make repeated trips to the bar where you can monitor their consumption. Never force drinks on your guests, some may accept your unwanted offer of more alcohol not wishing to appear rude.

Stop serving alcohol about two hours before the party is over. This gives the guests time for their bodies to absorb alcohol consumed. Serve coffee, non-alcoholic beverages, and more food.

If a guest has had too much to drink try to slow his/her drinking by engaging the guest in conversation, offering drinks with little or no alcohol, and serving high protein food. Offer to pay for a cab ride home or have the guest spend the night. "Only time can sober someone up," said sheriff Drago. "Coffee and a cold shower are not the answer. An 'awake' drunk is just as dangerous behind the wheel."

Sheriff Drago asks us to remember that the party is not over until each guest is safely home. This season be concerned about drunk and drugged driving.

## Whiter, brighter healthier wash

Did you know that you can keep your family healthier by the way you do your laundry?

When a member of your family has a cold or the flu, the viruses causing the illness can get on clothing and household textiles, according to Morrow County's Oregon State University extension home economist Carol Bennett. So if you get rid of these viruses, other members of your family will be healthier.

The temperature of the laundry water is the key. It takes from three to five minutes in boiling water to kill staphylococci germs, or 20 minutes in water at 140 degrees F. The problem is that in most homes the water for doing laundry is cooler than 140 degrees F and few wash cycles are 20 minutes long.

Bennett suggests you use the hottest water possible according to your care label, but add a disinfectant to the load. One disinfectant that's effective in hot, warm or cold water is liquid chlorine bleach. Remember to use the bleach dispenser on your

washer or add bleach in the middle of the wash cycle. Don't use chlorine bleach on fabrics made of wool, silk, spandex or on dyed or finished fabrics. Again, read your care label, reminds Ardis Koester, OSU Extension textiles and clothing specialist.

A sanitizer, such as pine oil, disinfects in hot or warm water, but not in cold water. Read labels on products to be sure they're disinfectants. The pine oil smell doesn't necessarily mean the fabrics are disinfected. Use pine oil containing 70 percent steam-distilled pine oil. This should be on the label. Always follow directions.

To keep infections from spreading through the family wash, launder contaminated clothing in a separate load. Regularly sanitize the inner surfaces of the washing machine when there's and illness in the family. Fill the machine tub with hot water, pour disinfectant into the machine without laundry and let it complete a 15 minute cycle at the hot water setting.

## Registration begins for Hands on Science winter classes

Registration has begun for the winter Hands on Science class. This term will focus on chemistry.

The Kindergarten-first grade class will be held on Tuesdays from 2:30 to 3:30 p.m. starting January 14. The class is entitled "Chemistry Detectives." Students will experiment with mixtures, solutions, acids and bases. They will prepare scented soap balls, bath salts, ink and glue. The children will become science sleuths with safe common substances.

Second and third grade class is entitled "kitchen chemistry". Students will find that their kitchen has a full laboratory complete with equipment and chemicals. They will learn how to safely mix, measure and enjoy the magic of changing colors, liberating gases and analyzing various antacids. This class will meet on Wednesdays from 3-4 p.m. starting January 15.

"Design your own mini-lab" will be the fourth-sixth grade class. Students will set up a mini-lab by making their own test tube rack as basic equipment. They will make cheese, glue, play putty and much more. Students will use and gain skills in testing for viscosity, solubility and acid/base reactions. Class will begin January 13 and will be held on Mondays from 3:30-4:30 p.m.

Registration fee is \$42. Scholarships are available through state self sufficiency grant funds, the Morrow County Education Association, and the Heppner Masonic Order. Advanced registration is necessary to ensure the arrival of class materials. The fee for the class covers the cost of the materials, the teacher, liability insurance and administration costs.

For more information on scholarship application contact Sarah Carlson. Registration forms are available at the Heppner Elementary school office.

## Botanist presents program to Heppner Garden Club

U.S. Forest Service botanist Carl Urban presented a program on "Rare Plants of the Umatilla National Forest" to the Heppner Garden Club at their November 12 meeting at the St. Patrick's Senior Center.

The slide portion of Mr. Urban's program included many

wild flower and landscape shots of the Umatilla National Forest. According to Urban, the major function of his position is to share information gained from identifying and classifying wild plants of the area. To this end, he gave club members copies of his compiled listing of plants of the Umatilla Forest and the Heppner Ranger District available through the Forest Service.

The only plant in the Heppner Ranger district which is now considered sensitive, with the possibility of becoming rare and endangered, is the Washington Monkey Flower.

Formerly a botany instructor at BMCC where he published an illustrated book, "Wild Flowers of the Blue Mountains," Mr. Urban is now working on a coloring book for children to increase awareness of the wild plants and nature here. The book will be available through the forest service.

Club members agreed that this was one of the best programs the club has had.

Following a potluck dinner and viewing seven "Unusual Thanksgiving Arrangements" designed by members, the club made plans for their greens workshop at the Artifactory December 7. Holiday wreaths, swags and centerpieces will again be available or may be ordered in advance by calling 676-9446. Those wishing to make their own greens decorations should bring clippers to the workshop where greens, wire, decorations and instructions on "how to" will be available.

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