

BMCC announces honor students

Forty-eight Blue Mountain Community College students received a perfect 4.0 grade point average during fall term. This reflects a straight A report in all courses taken by the student.

Fifty-four students qualified for the president's list by attaining a GPA of 3.85 or higher. One hundred nine students qualified for the dean's list by receiving a GPA of 3.4 to 3.84. One hundred sixty-five students qualified for the fall term honor roll by receiving a GPA of 3.0 to 3.39.

To earn a position on any of the lists a student must have carried a fulltime load of classes, which translates to 12 graded credit hours. Students may not have received an F in any class to be so honored. A pass grade does not count toward the 12 graded hours necessary to be included on the lists.

Not all students who have attained these honors are included on the honors list distributed to the public. The names of students who have signed the Privacy Act disclaimer will not appear in print. They will, however, be recognized privately by the president's office.

Local students named to the president's list are:

Boardman: Jodi Vandeventer; Lexington: Brian Doherty.

Students named to the Dean's list are:

Boardman: Bobby Creason and Jason Sheadel;

Echo: Norma Ashbeck;

Heppner: Jeanne Corwin, Brian Marcus, Craig Miles, Tawny Miles, Kay Patterson, Myrna Sieler;

Hermiston: Crystal Basford; Lexington: Dan Lindsay;

Ione: Brandi Ball;

Irrigon: Teresa Sandlin.

Students named to the Honor Roll:

Pendleton: Jeffrey Ball, Julie Umbarger;

Boardman: Samuel Palmer, Dorothy Sinor;

Heppner: Dawn Garrett, Jodi Heffner, Kathleen Hire, Shelly Huth;

Hermiston: Marty Meads, Shannon Zumwalt;

Lexington: Brent Sheirbon;

Ione: Eric Orem, Ryan Halvorsen, Edmund Rietmann;

Irrigon: Wendy Brown, Rusty Corriell, Guillermo Garcia, Susan McDonald, Brandon Suchy.

Retirement party set for Forester

Al Newman, a 30 plus year employee with the Oregon Department of Forestry, including more than 23 years in the John Day office will be honored at a retirement party Jan. 22.

Reservations should be made by Friday, Jan. 7 for his party and dinner. The evening will begin with a 5 p.m. no-host social hour at the elk's lodge in John Day followed by dinner at 6 p.m.

The cost is \$14.50 per person for a prime rib dinner or \$10.50 for the chicken dinner. Information and reservations may be made by calling Colleen Conlee at 575-1139.

Newman is a forest practices forester with ODF and responsible for law enforcement. His retirement at the end of February will end a career of more than 30 years with the department that started as a young man when he hired on as a seasonal firefighter.

Born in Burns, Newman spent much of his early life in Seneca where his father worked for the Edward R. Hines Lumber Company. He left in 1942 for the west side of the state where his father worked for a fire protection district.

Following his military service, Newman hired on as a seasonal firefighter during the summer months. "It was the lowest you could go," he said.

Like so many, he became a full-time member of the department after years of seasonal work. "It was sometime back in the 60's," he said, "but I can't remember the date."

His first assignment was as a fire warden on the Markola District, located between Springfield and Sweet Home.

It was a time, Newman recalled, when promotion and career advancement was a part of moving to where positions and opportunities opened.

In 1968, he interviewed for, and was awarded a position as a fire technician at Klamath Falls. The following year, he interviewed for a similar position in John Day and moved back home in 1970.

John Day and Grant County have been home to Al and Shirlee, his wife of 35 years, since returning in 1970. They have five children.

Chamber members receive plaques



Members of the Heppner Chamber of Commerce display new wall plaques all members will receive this year. Santa Claus (center) even showed up to receive his membership plaque.

Cost of raising children up to \$184,830

the 15-17 age bracket than at any other time.

The largest expenditure is for housing, which has been true since USDA first collected data in the 1940's Morrow notes.

In addition, some parents are spending more money on their children as new products are introduced and new standard set. Children in the 1940's didn't have video games, computers, telephones and television sets.

A single parent with an income of less than \$32,100 can expect to spend about \$96,630 raising a child. A two-parent family with an income of more than \$52,200 is spending about \$185,000 in 1992 dollars.

A middle income, two-parent Western family will spend about \$134,190.

Child raising estimates are issued each year, Morrow said.

The figures show what every parent knows. It costs a lot to raise a child from birth to age 18.

The figures for 1992, the most recent available, show that cost of raising a child in the west ranges from \$96,630 to \$184,830, depending on family structure and income, reports Alice Mills Morrow, OSU Extension family economics specialist.

The cost estimates are prepared annually by the Agricultural Research Service, U.S. Department of Agriculture. The estimates include categories for housing, food, transportation, clothing, health care and other expenses that include education and child care.

The estimates also show that children become more expensive as they get older. Parents will spend more when the child is in

OSU taking lambing school apps

The Oregon State University Extension Service is currently accepting applications for their 1994 NE Oregon Lambing School, according to OSU Extension agents Bill Broderick and Randy Mills. The lambing school is scheduled for February 9 and 10 at the Krebs Ranch near Cecil. It will provide participants with a one day intensive "hands on" learning experience.

Instructors for the school include Dr. Don Hansen, OSU Extension veterinarian; Dr. Jim Thompson, OSU extension sheep specialist; Bill Broderick, OSU Morrow County livestock agent; Randy Mills, OSU Umatilla County livestock agent; and the Krebs Ranch lambing crew. Using a large scale commercial sheep operation as the classroom, lambing school participants learn nutrition, animal health, obstetrics and other management practices that maximize baby lamb survival. Due to the large number of lambs born each day, the school provides as many learning situations daily, as most farm flock operators would experience in many years with their own operations.

Enrollment is limited to eight participants per day and reservations are accepted on a first come, first serve basis. The \$10 registration fee includes the one day school and a lambing school notebook that contains many useful references. To register for the school contact Broderick, Morrow County extension agent 676-9642 or Mills, Umatilla County extension agent 276-7111 ext. 235.

Serve non-alcoholic drinks

This holiday season many will be celebrating with family and friends. The Oregon Together group and the OSU Extension office suggests turning your "festivities" into a pleasing party with some non-alcoholic beverages. Some suggestions and recipes include "Spicy Tomato Cocktail": two cups of tomato juice, one thin slice of lemon with peel, one 1/2 strip green pepper, one four inch stalk celery, cut in one inch pieces, one 1/2 slice cucumber with peel, two sprigs parsley, 1/2 teaspoon Worcestershire sauce, 1/4 teaspoon salt, five to 10 drops Tabasco (or to taste), six ice cubes. Mix all the ingredients except the ice in an Osterizer blender. Cover and process at high speed until smooth. Remove feeder cup and add ice. Continue

to process until smooth. This yields three to four servings.

"Or if you prefer something from the islands, try this Hawaiian Pineapple Crush," says Stan Hoobing, convener for the group: one cup of fruit punch, one cup pineapple pieces, one tablespoon lemon juice and one 1/2 cups crushed ice. Put all ingredients into blender. Cover and mix at high speed until slushy. This yields three cups. "And for the people who like ice cream try this Creamsicle drink", continues Hoobing. One cup orange juice, one tablespoon almond extract, one cup vanilla ice cream, one 16 oz. package of strawberries in syrup, thawed. Put all ingredients into blender cover and mix at high speed until smooth. This makes four servings.

Pharmacy & Your Health

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These Medicines Reduce Heart-Attack Deaths

Beta blocker medicines reduce the effect of adrenalin on the nervous system, blood vessels, and heart. Reducing adrenalin's effect on the heart is useful in managing conditions such as high blood pressure, abnormal heart rhythms (arrhythmias) and angina (chest pain from narrowing of blood vessels in the heart). In addition, researchers have discovered in several studies that beta blocker medicines are helpful in preventing death in persons who have survived one or more heart attacks. One report indicates that 10 to 30% of heart attack victims who receive beta blockers experience a reduction in death from future heart attacks.

According to a recent report in *Annals of Internal Medicine*, more than 18,000 heart attack survivors given beta blocker medicines such as *propranolol*, *metoprolol*, and *timolol* have been studied. Medicine was started 5 to 21 days after the attack. Studies vary as to the length of time beta blockers were given. *The American Hospital Formulary* indicates that up to 39 months of therapy reduced deaths related to heart disease and arteriosclerosis. The article in *Annals of Internal Medicine* reports that maximum protection is provided during the first 12 months of therapy. Only victims with the greatest risk of death from another heart attack benefited beyond 12 months.

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Theresa Ann McElligott
and
Patrick Thomas Shine
invite you to share in the joy of the beginning of their new life together on Friday, the thirty-first of December nineteen hundred and ninety-three at six o'clock in the evening St. Patrick's Catholic Church Heppner, Oregon
Reception immediately following at the Lone Legion Hall

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Lott's Electric will continue to sell supplies and appliances.

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