

Alphabet Stew At the Center

By JUSTINE WEATHERFORD

We hope you know what goes on a busy first-floor room in the Gilman-Bisbee Building on Heppner's main street. There is a center for many and varied activities and services.

This CAA (Community Action Agency) is called the Heppner Neighborhood Center. It operates under the OEO and its sub-agency CAP (OEO is the large national program, Office of Economic Opportunity; CAP stands for Community Action Program). CAA, OEO, and CAP are only the beginnings of many alphabet agencies that can evolve about or be related to a neighborhood center.

Our Heppner Neighborhood Center has quite a few relationships with state and federal departments and agencies which it might be wise for citizens to become familiar with. Many activities and services are carried on there during various hours of different days and weeks and some activities are "spun off" into groups and areas around the county. Individuals, church groups, and neighborhood groups have been very helpful to the center with their volunteered aid.

Alphabetically-labeled services we should know are DVR, OSES, MDTA, YOC, GATB, GED, WIN, RISE, CPL, BMEDC. How many of these can you build up to their proper and full titles? Read on.

The DVR (Division of Vocational Rehabilitation) comes to Heppner Center once each

month, usually the third Wednesday or Thursday of each month. Miss Eunice Ford of the Pendleton office comes to talk with people in the county who need help in becoming better able to find suitable employment. It is best to telephone the center (676-5873) and arrange an appointment with the DVR counselor.

To be Continued—

Mustangs Defeated In League Match

By KEVIN DICK

Bad timing and not enough scoring showed the Mustangs their second league defeat, with a 56-61 loss to the Athena Scot-ties.

Although LaVerne Van Marter dumped in 21, he had been ill all day and was nowhere near his best.

Nine points separated the two teams at the quarter with Heppner trailing. The Broncos never got any closer until late in the game.

The Mustangs nearly came back to win in the final period when the Scotties held a three point lead.

Free throws, as usual, cost the Horsemen the game as they hit for 10/22. The Scotties hit 15/23.

Individual scoring: Kemp 11, Van Marter 21, Watkins 12, Bellamy 4, Roberts 6, Rhea 2, Hall, Wilson, Munkers.

Heppner 8 23 32-56
McEwen 17 34 47-61

Lentils to be Sampled At Neighborhood Center

By BIRDINE TULLIS
Extension Aide

In most grocery stores, if you are patient and search long enough you will find lentils. Lentils are a legume, round like a pea but small, flat and thin, varying in color by variety.

Extension gals know about lentils, and some of the delicious ways to serve them will be demonstrated at the Neighborhood Center in Heppner, Feb. 11 by Pine City unit members. Lentils are one of the foods available under the Abundant Food Program. Extension women have undertaken the project of helping more people understand the uses of several less popular foods that are available under this program. Their way of showing the value of such foods is preparing tasty dishes at home and offering samples, recipes, and information to the public each month on the day the Abundant foods are distributed. Barbara Witherrite and Alice Bartlett will be there this Thursday.

Lentils, available all year round at a very low cost are among nature's most nourishing and inexpensive foods. They are a concentrated source of many nutrients.

Lentils partner well with many foods—fruits, vegetables and meat. Their mild distinctive flavor can be brought out by butter or saucing, but may be enhanced by the addition of sour cream, mushrooms, cheeses, brown sugar, onions, herbs, nuts, smoked meats or other seasoning. It is suggested that lentils do not need to be pre-soaked, and should cook in 30 minutes.

To cook lentils the today way: wash 1 pound (2-1/3 cups) this is easy—most are sold in 1 pound packages—place in heavy saucepan, with 5 cups water and 2 teaspoons salt; Cover tightly. Bring to boil, reduce heat and simmer. Cook 30 minutes. Makes about 6 2/3 cups with liquid.

Add ham, bacon, etc. during cooking for flavor. For salads, cook just plain drain, cool, and add ingredients you prefer for salad, and dressing. A lentil salad is hearty enough for a meal in itself, but even better with the added extras.

My Neighbors



"Look apprehensive, at least, son..."

E. R. Lundell Has 95th Birthday

ONE—Mr. Ernest R. Lundell was honored Feb. 7 when the 47 members of his family gathered at the Masonic Hall for a potluck dinner. The occasion was a celebration of Mr. Lundell's 95th birthday. It was also the birthday of one of his daughters, Mrs. Lloyd Morgan.

Mr. Lundell is one of the old-timers still living, having come to Morrow County by covered wagon with his parents and other members of his family in 1887 where they homesteaded in the Gooseberry section. In 1915, he moved to Ione with his family and established a service station and a garage which he operated until his retirement. His wife Lena Lundell passed away in 1964.

The tables were decorated in a Valentine motif and Mr. Lundell was presented with a sheet cake inscribed with "Happy Birthday Dad", from his sons and daughters who were all present for the occasion. Those coming from a distance were Mr. and Mrs. Frank Lundell of Milwaukie and Mr. and Mrs. Richard Lundell of Pendleton. Locally were Mr. and Mrs. Cleo Drake, Mr. and Mrs. Lloyd Morgan, and Mr. and Mrs. Paul Pettyjohn, Sr.

Grandchildren and great-grandchildren attending were Mr. and Mrs. Merle Lundell, Kelly and Indy of Milwaukie; Mr. and Mrs. Jim Paavola, Jennifer and Christie of Scappoose; Mr. and Mrs. Bill Lundell, David, Diane and Darren of Portland; Mike Lundell; Mr. and Mrs. Jim Fletcher and Jimmy of Pendleton; Mr. Robert Drake; Mr. and Mrs. Eldon Tucker, Tanya, David and Tamie; Mr. and Mrs. Wayne Hams, Craig, Jeff and Deena; Mr. and Mrs.

Grand Squares Have Valentine Dance

A Valentine Dance was held at Ione by Grande Squares square dance club on Saturday evening. The Grange Hall was decorated in the Valentine theme and a crowd of enthusiastic dancers filled the floor and enjoyed dancing to the calling of the club's caller, Darrel Wilson.

The highlight of the evening was the crowning of the King and Queen of Hearts. Mr. and Mrs. Harold Holtz and Mr. and Mrs. Lee Palmer tied for this honor. The decision was made by drawing straws to decide who would wear the crowns. Mary Ann and Lee Palmer received the privilege.

Eleven couples from the Hermiston Square Knots square dance club came to enjoy the evening of fun.

Door prizes were won by Jim Driscoll and Bill Cox of Heppner, members of the club, and Ralph Nielsen of the Hermiston Club.

The dining room was also decorated and carried out the Valentine theme. Supper was served by the hostesses Mr. and Mrs. Ron Davies of Olex and Mr. and Mrs. Bill Cox of Heppner. A beautifully decorated Valentine cake and home made ice cream was served to the guests.

Attitudes on Retirement Heard

Attitudes Toward Retirement, a bulletin developed by Roberta C. Frasier, Extension Family Life Specialist was used as the basis for the Heppner Home Extension unit study Monday morning at the home of Mrs. Gene Ferguson. Mrs. Felix Schwarzin and Mrs. Alvin Johansen presented the lesson which focused new thoughts on retirement.

A few highlights: Attitudes toward retirement are learned throughout life. There are many stages of retirement throughout the life span. Both men and women have had experience in adjustment to retirement before they reach the "official" age to retire from work. Men retire from childhood into adolescence, from bachelorhood to marriage, from school to work. These may not be recognized as retirement but it is a form of retirement.

Early experiences affect attitude. The child who is exposed to a warm loving supporting grandparent, who is interested in the present as well as the past, is likely to look favorably toward older people and to his own future retirement.

Research evidence indicates that the ability to learn continues throughout life although learning patterns may change and differ from the learning pattern of childhood. The speed of learning may be less but capacity to learn new things and to relearn old things is still great and vital.

Adjustment in retirement is easier if a new kind of "work" can be substituted in retirement to provide the satisfactions every person needs. New hobbies, new interests, new friends may fill the space left at retirement.

Adjustment is easier if both husband and wife recognize that retirement means forming new patterns for life. It is particularly important for the wife to recognize the emotional needs of her husband and to be willing to make some changes in her way of life.

Important Dates Coming
The Heppner Unit will be helping with the Diabetes Clinic on March 8 at the Christian Church from 2 until 4 p.m. and 7 until 9.

The two Heppner units will host the Spring Festival on April 30 for all of Morrow County units.

The next meeting will be held on March 8 at the home of Mrs. Alice McCabe with Supt. of Schools Ron Daniels giving the program on School Laws and Budgets.

MOORE Pocket Registers, Moore register forms, duplicate and triplicate, and register carbons, available at the Gazette.

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Here for Mary Johnston Service

Those from out of the county for the Mary Johnston funeral were Mr. and Mrs. Edward McDaid, Tigard; Mrs. Anne Robertson, Mr. and Mrs. Kent Hall and Mr. and Mrs. Ralph Robertson of Renton; Mr. and Mrs. Dave Robertson and Randy, Myrtle Creek; Mr. and Mrs. Frank V. Gentry and family, Mr. and Mrs. Rick Johnston & Jacque, Mr. &

Mrs. Jerry Davidson, all Portland; Mrs. M.J. Fitzpatrick, Miss Margaret McDevitt, Mr. & Mrs. Richard Lundell & Michael, Mr. and Mrs. Jim Fletcher and Jimmy, Mr. and Mrs. Jim Perie, Mrs. Tom McCarton, Pat Phelan, Mary Pat McCarton, Mrs. Pat Curran, Kathleen Moyers and Betty Anderson, Pendleton Mr. and Mrs. William Smith of Pilot Rock, Miss Margaret McDaid, The Dalles and Mr. and Mrs. Larry McDevitt, Milton-Freewater.

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