

Close to Home...
Mary Ann Cerullo

'Just a bite'

It occurred to me the other night that part of the reason so many of us in this country are overweight might be that we misuse the English language.

One evening, awhile back, my husband and I had been having what I thought was a good enough time at a friend's house. I'll call him Fred. At about 9 Fred suggested we all go out for "a bite to eat."

Now Fred's "bite," I couldn't help noticing, consisted of: a roast beef sandwich, an order of coleslaw, two mugs of beer, and the better part of a bountiful serving of French fries. That's about 1000 calories - more than one-third of what Fred would do well to restrict himself to in a day's time: by Webster's definition, a "meal."

But not to Fred it wasn't. No, to him it was "a bite to eat." This episode touched me off to thinking about some of the other linguistic cover-ups we tend to make.

- Coming to dinner "starved" because we "haven't eaten all day." Try quizzing the next person you hear say that. I'll bet you'll find he's had at least a meal's worth of calories in the form of snacks.

- "Lightening" our coffee with cream. Wouldn't "heavying" in a way, be a more accurate description? (I plead guilty to that one.)

- "Sprinkling" our cereal with sugar. I've seen cases where burying would have been more like it.

- "Sure, I'll try some. But just a taste." How many times have you seen that taste wind up involving a full slice - and then some?

My favorite though, and the one that I think hurts us the most, is our misuse of the word "snack". We apply it to foods that calorically speaking, are among the heaviest things we can eat: potato chips, cheese doodles, candy, ice cream, and high-calorie dips.

What we ought to call snacks are things like string beans, and carrots, and cauliflower, and maybe lean portions of meat.

But no, those are things "meals" are made of - right, Fred?

Road work

The Morrow County Public Works Dept. has released the following work report for the week ending July 11:

Roads bladed this past week were Hanna Arbuckle and Meadow Brook. Bladed and graveled were B. Doherty, Baker North to Smith and D. Smith - McNabb West. Graveled only were Cutsforth - Baseline, Zinter Road and the lone Tower Road.

Hot mix patching has been going well. This past week roads patched were - Lena-Hisler, No. 744, a section of the Bombing Range, Myers and Sandhollow.

A temporary center bent was installed under the Clarks Canyon Bridge.

A new eight foot culvert extension was installed on the Blackhorse road.

A 1 1/2 mile section of the Paul Brown Road was ripped up, straightened, widened and rebased. This section of road will be resealed at a later date.

In the Boardman - Irrigon area Wilson & Kunze roads were patched with hot mix.

The shop worked on No. 27 blade, Ingram roller, No. 13, No. 14 and No. 20 dump trucks and numerous other repairs.

Visitors to lone UCC get a little taste of country



Ruth Weston (L.), Stephanie Leach and John Bunnell pose atop a combine on the farm of Bob and Betty and Bill and Marilyn Rietmann outside lone.

The trio are part of a group from the Church of Christ in Cedar Hills, a suburb of Portland, who were participating in a sort of "city-country exchange" with the lone United Church of Christ.

The visitors arrived at the lone church Saturday morning, were greeted by lone UCC Pastor Cathy Barker and church members

and then went to area homes for lunch, a taste of work on lone farms or in lone shops, dinner and a night's lodging.

Also traveling from Cedar Hills were Laura and Don Eaton, Jack Longbine, his children, Danny, Lisa and Eric and their friend Janelle.

Other host families were Harold and Sharon Rietmann, Fred and Helen Nelson, Chuck and Lisa Nelson, and Jean and Norman Nelson. Wayne and Vera Rietmann and Lucile Rietmann.



Garden Club hears of state meeting

Highlights of the State Federation of Garden Clubs meeting at Pacific University at Forest Grove were presented by Helen Martin and Loree Hubbard at the July meeting of the lone Garden Club.

Carol McKaig and Loree Hubbard were hostesses. Blue Mountain District received recognition for the largest increase in membership. The lone Club received the following awards: first in club history book, first in year-books, 100 percent subscriptions to "Oregon Seasons," and awards of appreciation for contribution to world gardening and deepwood.

Helen Martin reported visit-

ing Willamette Cemetery on Memorial Day. She said it was an awe inspiring sight to walk through the avenue of 200 flags donated by members of the garden clubs of Oregon.

An invitation from the Condon club was read inviting the lone club to attend a meeting on August 18 demonstrating the making of wheat sheaves for exhibit. It was suggested that wheat be picked a week before harvest to prevent shattering.

"Basics of Flower Arranging" will be the subject for the August meeting. This could be of help to anyone planning to enter in the county fair, said a club spokesperson.

Bishop Rustin Kimsey to install Rev. Watts



Zoe and Ed Watts

On Sunday, July 19, The Right Reverend Rustin Kimsey, Bishop of Eastern Oregon will be at All Saints Episcopal Church conducting a service of "Celebration of a New Ministry."

"We, the family of All Saints are extending an invitation to any or all members of the community to come to the

reception in the parish hall after the morning service," said a church spokesperson.

The reception will be from 11:30 a.m. to 1 p.m. "Come by after your own morning worship and join us in fellowship and refreshments and in the joy we have in introducing our new vicar and his wife, Ed and Zoe Watts."

Recreation Report

The following weekly recreation report has been released by the Umatilla National Forest Service:
The fire danger on all districts of the Forest is low.

POMEROY RANGER DISTRICT
Phone: 843-1891
Hours: 7:30-4:30, Daily

DALE RANGER DISTRICT
Phone: 421-3311
Hours: 7:45-4:30, Mon-Fri.

Lakes: Olive Lake, Jumpoff Joe Lake, and Lost Lake are free of ice.

Trails: All trails are open. North Fork John Day, Granite Creek, Lake Creek, Silver Butte, and Crane Creek Trails are maintained.

Roads: All roads are open. Road No. 10 between Olive Lake and Fremont Powerhouse is very rough; high ground vehicles are recommended.

Campgrounds: Campgrounds open are Tollbridge - water is on; Olive Lake - self-service, no water; North Fork John Day - no water; Welch Creek - no water, and Mote Spring - no water.

Fishing: Fishing is fair to good. Desolation Creek and North Fork John Day have been stocked.

HEPPNER RANGER DISTRICT
Phone: 676-9187
Hours: 7:45-4:30, Mon-Fri.

Penland Lake and Bull Prairie Lakes are both free of ice. Fishing at both lakes is fair, however, it is improving at Penland Lake.

All roads on the district are open, however, the road into Penland Lake is in poor condition.

Copple Butte Trail No. 3052 is open, and Bull Prairie Lake Trail No. 3056 is open and maintained.

Both Bull Prairie, with 20 campsites, and Fairview, with 5 campsites, are open.

A new firewood cutting area has been opened on the district. Permits can be obtained from the Heppner office or the Supervisor's Office in Pendleton.

All trails, roads, and campgrounds on the district are open, although roads and trails may be muddy in spots.

There has been an increase of use in the Wenaha-Tucannon Wilderness with visitors taking advantage of the fishing, hiking, and camping opportunities available.

Few more mushrooms are being found, but cauliflower mushrooms are being found at the higher elevations.

There was heavy use on the district of the forest during the July 4 holiday.

Forest users are reminded to watch out for logging trucks as they are now hauling.

UKIAH RANGER DISTRICT
Phone: 427-3231
Hours: 7:00-4:30, Mon-Fri.

Trails: All trails are open and in good condition except for a few wet spots.

Roads: All roads are open with a few wet spots.

Campgrounds: All campgrounds are open on a self-service basis. Cauliflower mushrooms are still in season.

WALLA WALLA RANGER DISTRICT
Phone: 525-5500
Hours: 7:45-4:30, Mon-Fri.

Paving is going to begin on the road to Jubilee Lake on July 13. Forest visitors should be alert for gravel truck traffic on Road 63 and 64 from July 13 through August 1.

Jubilee Lake is generally filled up for the weekend by Friday evening.

Target Meadows Campground is now open and in full swing.

Skyline Road to Table Rock is very muddy. Two-wheeled vehicles should avoid travel on this road.

HEALTH DEPT.

Wed., July 15 - Free Blood Pressure Clinic, Bank of Eastern Oregon Kitchen, lone, 3 to 4 p.m.

Fri., July 17 - Free Blood Pressure Clinic, Immunizations, Lexington Health Dept. Office, 8 a.m. to 12 noon, 1 to 4 p.m.

Mon., July 20 - Closed, vacation.

Tues., July 21 - Free Blood Pressure Clinic, Heppner Neighborhood Center, 2:30 to 4:30 p.m.

Fri., July 24 - Free Blood Pressure Clinic, Immunizations, Lexington Health Dept. Office, 8 a.m. to 12 noon, 1 to 4 p.m.

Mon., July 27 - Closed, vacation.

Tues., July 28 - Free Blood Pressure Clinic, Immunizations, Irrigon County Offices, 1 to 4 p.m.

Fri., July 31 - Closed, vacation.

NO SALES THIS WEEK!!

We're All Working Together For The Big

SIDEWALK SALE

SAT., JULY 25th

TALK 'N TOPS

SHOE BOX

JERRY'S BARBER SHOP

By Appointment Only Ph: 676-5241

WE'RE MOVING MONDAY, JULY 20th WE WILL BE IN OUR NEW LOCATION AT THE CORNER OF MAIN & MAY AVE. IN HEPPNER

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HEPPNER ELKS 358

PIZZA Party

SAT., JULY 18

6 P.M. \$6 ea.

Happy Hour ALL NIGHT LONG

Payless Drug Store

FREE! PRESTO Cooker and Canner Repair Clinic

Free inspection and servicing available for most models of Presto pressure cookers and canners.

Date: Thursday, July 16

Time: 11am to 3pm

A PRESTO Factory Representative will inspect your unit and answer questions. Routine repairs on most PRESTO models will be made on-the-spot at no charge except for parts. When this cannot be done, arrangements will be made for economical servicing at the nearest PRESTO factory branch.

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