

Close to home

Mary Ann Cerullo

March is National Nutrition Month. And to honor it, the Morrow-Umatilla Home Economics Cadre group held a nutritious potluck dinner when they met recently in Pendleton.

The following recipes are examples of how nutrition can taste great as well as be great for you.

BRAN MUFFINS

1 egg
1/2 cup honey
2 cups buttermilk
2 Tbsps. melted butter
1/2 cup raisins (optional)
1 1/2 cups bran
1 cup all-purpose flour
1 cup whole wheat flour
1 Tbsp. sugar
1 1/4 tsp. baking soda
1/4 tsp. salt

Mix the wet ingredients. Combine dry ingredients. Mix the wet and dry ingredients together with a few strokes.

Grease muffin tins and fill half way.

Bake at 350 degrees for 25 minutes

Joyce Baker
Columbia Junior High School
Irrigon

CHICKEN BARLEY SOUP

1 cup cooked chicken, diced
1 cup coarsely chopped onion
1 cup chopped celery with leaves
1/2 cup quick cooking pearled barley
2 tsp. dried parsley flakes
1 whole clove garlic
1 bay leaf
4 bouillon cubes
1 1/2 to 2 quarts water
1 cup julienned carrots
1/4 tsp. pepper.

water. Bring to boil; reduce heat. Cover; simmer 12-15 minutes or until barley is tender. Remove garlic clove and bay leaf from broth. Add carrots and pepper; simmer 5 minutes.

Makes 6 one-cup servings. NOTE: 1-3 cup regular barley may be substituted for quick barley. Increase cooking time to 1 hour.

This recipe is a delicious way to use leftovers and is a quick meal if unexpected guests arrive.

Karen Season
Ione High School

In four quart saucepan or Dutch oven combine chicken, onion, celery, barley, parsley, garlic, bay leaf, bouillon and

GOLDEN BANANA BREAD

1/2 cup oil
1/2 cup sugar
2 medium bananas, mashed (1 cup)
2 eggs
1/2 cup wheat germ
1 1/2 cup sifted flour
1/2 tsp. cinnamon
1/4 tsp. salt
1 tsp. soda
1 cup grated carrots
1/2 cup nuts
1 cup raisins

sugar, bananas, eggs and wheat germ with electric mixer for 2 minutes at medium speed. Stir in sifted dry ingredients. Fold in carrots, nuts and raisins.

Spread in prepared pan. Bake 65-70 minutes or until toothpick comes out clean.

Cool in pan on rack 10 minutes. Remove from pan and let cool completely. For easier slicing wrap loaf in foil and let stand overnight.

Linda Panter
Heppner High School.

Preheat oven to 350. Grease a loaf pan. In medium bowl mix oil,

JAPANESE SALAD

1 Tbsp. sesame seeds
1 pkg. Top Ramen noodles (do not use seasoning packet)
2 Tbsps. butter
Chopped almonds or broken cashews
1/2 head cabbage (large) shredded
1 can shrimp, tuna or chicken
6 green onions, sliced diagonally
DRESSING
2 Tbsp. sugar
2 drops sesame oil, optional
1/2 tsp. pepper
1/4 cup vinegar
1/4 cup salad oil
1/4 tsp. salt

ame seeds; cool and drain on paper toweling. Add nuts. Set aside.

Combine shredded cabbage, fish or chicken and green onions. As much as an hour before serving, add the dressing. Just before serving add the Ramen noodle mixture.

This salad may be served as a slaw without the fish or chicken. It provides foods from three of the four food groups: grain, meat and vegetables. At this time of year, cabbage is inexpensive. The dressing and the noodle mixture can each be made ahead in quantity.

Mrs. Curtis notes the noodle mixture also makes a nutritious snack that her children love.

Liz Curtis, Heppner Junior High School.

Friendship night slated

Ruth Locust Chapter No. 32 will hold their friendship night April 12, 8 p.m., at the Masonic Hall in Heppner. The evening will carry an Easter theme.

A short program and social

time will be featured, said a spokesperson. Ron McDonald will provide entertainment, she added.

All members are invited to attend.

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To convert teaspoons to milliliters, multiply by five.

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J & G Thomas Herefords accepted into A.H.A.

J & G Thomas Herefords of Boardman has been accepted into membership of the American Hereford Association (AHA), according to an announcement by H.H. Dickenson, executive vice president of the AHA, in a recent news release.

The American Hereford Association, headquartered in Kansas City, Missouri, is the

world's largest beef breed registry organization, having entered more than 18 million head into the records since it was founded in 1881, the news release said.

The Hereford breed, one of the oldest in the United States, is well known for its ability to convert grass and grain to beef efficiently, the news release concluded.

Christian Women's Club to meet Tues. April 6

The Christian Women's Club will meet Tuesday, April 6, 6:45 p.m., at the Degree of Honor Hall in Heppner for a mother-daughter dessert.

Theme for the evening will be "Rainbow of Fashion" with a style show by Cole's House of Fashion as special feature. Music will be provided by

Betty Marquardt and her daughters. Mary Lou Schut, a realtor from Sunnyside, Wash. will be guest speaker.

For reservations, and-or babysitting arrangements call Joyce Hughes, 989-8412, or Rhonda Winters, 676-9294.

Reservations may be canceled until noon April 6.

Three area students named to OSU honor roll

Two Heppner residents and one Ione resident, all students at Oregon State University were named to the winter term honor roll.

Victoria R. Edmundson, a senior pharmacology student and Joseph A. McDonald, a junior in business, both of Heppner, earned a B+ average (3.5 or better grade point average). Todd T. Sherrer of

Ione, a sophomore in agriculture also earned a 3.5 or better grade point average.

A total of 508 students earned straight-A (4.0). Another 1,008 earned a B-Plus (3.5) or better to make the listing. To be on the honor roll, students must carry at least 12 graded hours of course work, said an OSU spokesperson.

Senior News

An Easter dinner will be served at the Heppner Senior Mealsite on Wednesday, April 7 at 12 noon. The menu will include turkey and dressing, mashed potatoes and gravy, sweet potatoes, green beans, coleslaw, hot rolls, Easter cake and juice.

Blood pressure testing will also be held at the mealsite April 7, beginning at 11:15 a.m. Karen Thomas, R.N. from Tri-County Home Health Agency will conduct the tests.

Ione and Lexington residents, needing a ride to Heppner on Wednesdays are asked to call Dot Halvorsen, 422-7143 to make arrangements.

Seniors attending the noon meal at the mealsite are not charged for transportation. For those over 60 who do not attend, the cost is 75 cents round trip. Cost for commuters under 60 is \$1.50.

Nifty Needle Workers meet
By BETH HEATHERLY

The Nifty Needle Workers 4-H Club met recently at the home of their leader, Mrs. Paul C. Bailey.

The meeting was called to order by Nancy Bailey, club president.

The group is working on slippers and after working on them, the meeting was closed by the president. The group will be taking a trip to see a circus April 12, courtesy of Mrs. Bailey.

Our weed spraying program is progressing well. Dobyns Pest control is applying Krovar sterilant within the county road right of ways. The purpose is to control noxious weeds, vines and grasses that are hazardous to visibility of motorists, possible fire hazards and a detriment to adjacent crop and range lands.

The Nolan Road and the Clarks Canyon Road.

In the north end of the county, construction of Oregon Ave. continued. Dirt and sand were removed from Eighth St. in Irrigon, and reflectors were reset on the Irrigon Ordinance Road.

Gravel was spread on the Belle Ranch Road, Barclay Road, Barlow Canyon and N.S. Campbell Ranch Road.

Roads that were bladed included: O. Peterson, Don Kenny, Homestead, and Clark-Rice-Beach Road.

Culverts were installed on the Nolan Road and the Clarks Canyon Road.

In her new position, Williams will be headquartered in Bend.

SSD, a new division in the Department of Human Resources, was created by the 1981 state Legislature. It works with 19 local Area Agencies on Aging around the state to provide nursing home and alternate care to the elderly and handicapped, the news release said.

Her region consists of Morrow, Hood River, Wasco, Sherman, Deschutes, Jefferson, Crook, Umatilla, Gilliam, Wheeler, Grant, Union, Wallowa, Baker, Malheur, and Harney counties.

Reservations are now in order for the Extension Homemakers Advisory Committee sponsored tour of Old Town areas of Portland, scheduled for May 13.

A spring cultural arts tour has become an annual, much anticipated event. Various historical spots have been selected as educational tour sites in the past. Old Town Portland is the area selected for the 1982 event because the

history of that area has influenced the history of many in Eastern Oregon.

The trip will be by chartered bus with guides from the historical Portland area directing the walking tour. Cost of bus travel is \$15 plus \$3 per individual for guides.

The bus will depart from Heppner at 6 a.m., picking up passengers at Boardman at 7 a.m. with plans to arrive in Portland by 10:30 a.m. to start the walking tour.

Luncheon will be on your own in your choice of one of the restaurants in the old town

What's Your Opinion?



Question: "Do you think inflationary prices, soaring interest rates, devaluation of U.S. currency, the cataclysmic May 18, 1980, eruption of Mount St. Helens and the price of tea in China indicate an impending severe depression and drastic reduction of the standard of living, paralleling that of the 1930's, not to mention an increase in auto paint jobs directly caused by nicks created by blowing ash and a marked upswing in coffee drinking?"

"No."

"April Fool"

Region manager appointed by SSD

The new State Senior Services Division (SSD) has appointed a region manager for its services to the elderly and disabled in Central and Eastern Oregon, it was announced in a news release from the Department of Human Resources.

The appointee is Corinne Williams. She has worked on and off for the state since 1952. She has been an assistant regional manager and a nursing home specialist for the Adult and Family Services Division, and was director of aging services for Clackamas County in 1975.

Her region consists of Morrow, Hood River, Wasco, Sherman, Deschutes, Jefferson, Crook, Umatilla, Gilliam, Wheeler, Grant, Union, Wallowa, Baker, Malheur, and Harney counties.

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Luncheon will be on your own in your choice of one of the restaurants in the old town

area. Time will be allowed for extra individual exploration of the area prior to departure for home. A stop for dinner in The Dalles will wind up the day.

Anyone interested is invited to make reservations by sending a check for \$18 made payable to Extension Homemakers Advisory Committee, Box 397, Heppner. Reservations will be taken on a first come - first serve basis. The bus will accommodate 38 passengers. Deadline for reservations is April 30.

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Case Furniture remodels showroom



Rita Hedman, owner of Case Furniture in Heppner, stands in newly remodeled showroom. "It wasn't really much of a remodeling job," she says, "more of just moving things around some."

The new arrangement has allowed installation of a new linoleum sample display and will allow easier shopping because of the better use of space, Rita said.

Co. students' immunization records to be reviewed

A survey of local health departments indicates that 15 percent of Oregon student immunization records have been sent to county health departments for secondary review, including four percent of Morrow County student immunization records, announced the Oregon State Health Division in a recent news release.

The primary screening by schools and day care centers was completed on March 14. Records found to have incomplete immunizations or insufficient information and lists of students with no records were

forwarded to the County Health Departments for the secondary review at that time, the news release said.

On April 5, parents of all students determined to be in non-compliance with the new Immunization Law will be mailed an Exclusion Order by their county health department. This order officially notifies parents that unless necessary action is taken, his or her child will not be permitted to attend school on or after April 21, the news release stated.

On receipt of this order parents are responsible to take immediate action. If the

parent feels that he or she needs more information or an error has been made on the Exclusion Order, an informal review is available by telephoning their county health department.

The Exclusion Order does not exempt a child from compulsory school attendance laws. A student excluded from school on April 21 will be considered an unexcused absence. Nothing in law removes the responsibility of the school administrator to notify the district or county attendance supervisor of such unexcused absences, the release concluded.

Extension Comm. slates May trip
By BIRDINE TULLIS
Morrow Co. Extension Service

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