

'The Northwest Woman' well received in Heppner Sun.

By JUSTINE WEATHERFORD

Last Sunday afternoon a most attentive group of people was fascinated by the wedding of history and theater entitled "The Northwest Woman." This one-woman play featured Eugene actress and teacher Jan Van Boskirk performing vignettes narrated by University of Oregon history professor Edwin Bingham.

The effective setting for the program was well done. The use of a large, antique-looking mirror frame around the screen on which old, background photos were projected really enhanced the show.

Van Boskirk gave believable portrayals of four unusual women in the historic development of the Northwest and of Oregon. Dorothy Velasco was the producer and playwright for the program made possible by a grant from the Oregon Committee for the Humanities.

Edwin Bingham's introduction began with a tribute "From Sacagawea to Dixie Lee Ray, feminine influence has been prominent in our region. It is easy to make the point." As he continued, he read "Appropriately, the first woman of distinction in the written history of the Oregon Country was an Indian. Sacagawea (yes, this is now the accepted pronunciation, instead of Sacajawea, the way most of us learned it.) Incidentally, the correction in pronunciation is a tiny example of the constant efforts of historians and anthropologists to uncover the authentic past."

"The Northwest Woman," a fine documentary drama, has been performed before over 70,000 people in the state, along the Oregon Trail and before the Oregon State Legislature. Its looks at the daily life and experiences of the first white woman to cross the Rockies, missionary Narcissa Prentiss Whitman; at

Elizabeth Smith Greer, a homesteader whose vivid and heartrending diary chronicled her harrowing trip across the plains; at Margaret Jewett Bailey, who divorced her husband through a legislative act and then wrote about it in the first novel published in the Northwest; and at Dr. Bethenia Owens-Adair, who was run out of Roseburg, her hometown, for performing an autopsy on a male corpse and who gained national renown during her long and controversial career.

The changing costumes used contributed greatly to the production's effectiveness. Van Boskirk really took her audience into the lives of the four women she portrayed.

The Heppner showing was made possible by the American Association of University Women with assistance from the Heppner-Morrow Chamber of Commerce, the Soroptimists and the Morrow County Historical Society.

Eastern Star officers installed in Heppner

On Monday evening, Ruth Locust Chapter No. 32, Order of the Eastern Star, held formal installation ceremonies for the 1982-83 officers, reported a spokesperson for the order.

Installed as worthy matron and patron were Carmelita and Lewis Halvorsen. Installing officers included Raymond and Gloria Hoffman of Salem and installing matron and patron: Mrs. Linda Prock, Pendleton, installing marshal: Mrs. Juanita Carmichael, organist; and Mrs. Beth Bryant, chaplain.

Other elected officers are Susie Cooper, associate matron; Glen Cooper, associate patron; Louise Wood, secretary; John Wood, treasurer; Katherine Lindstrom, conductress; Lota Tibbies, associate conductress.

Appointive officers installed included Kenneth Smouse as chaplain; Marilyn Childers, marshal; Juanita Carmichael, organist; Virginia Wilkinson, Adah; Winifred Cox, Ruth; Frances Smouse, Esther; Ruby Becket, Martha;

Anna Graham, Electa, Claude Graham, warden and Roy W. Lindstrom as sentinel, said the spokesperson.

Distinguished and honored guests present were Mrs. Florence Jaeger of Condon, past grand matron; Mrs. Virginia Wilkinson, Heppner, past grand matron; Carol Edgerton.

Hermiston, Appeals and Grievance Comm. of grand chapter and worthy matron of Queen Esther Chapter No. 101; Dorothy and Cecil Stump, worthy matron and patron of Umatilla Chapter No. 107; Floyd Abercrombie, worthy patron of Queen Esther Chapter at Hermiston; and Mrs. Lois Peterson, guardian of Bethel No. Four at Hermiston.

After several short talks and greetings from guests, refreshments were served in the dining room. Mrs. Marilyn Childers served punch, Mrs. Beth Bryant cut a decorated cake and Mrs. Katherine Lindstrom poured coffee and tea. The tables were decorated in a patriotic theme, the spokesperson concluded.

IFYE guest needs host family in Morrow County

By BIRDINE TULLIS
Program Assistant
Morrow County
Extension Service

The International Four-H Youth Exchanges from overseas have arrived in Oregon and more host families are needed.

Specifically, a host family is needed for a young man from

Barbados from Sept. 25 to October 16. He is eager to learn about crops, small animals and teaching methods, and likes music and dancing.

If you've a place in your home, and a desire to share as well as learn, the IFYE program would be a good opportunity.

Call Birdine Tullis 676-9642 for further information.

'Econo-Eating'

By MONINE STRODE
Extension Home Economist
Oregon State University

(Editor's note: During the next 12 months, the Oregon State University Extension Service will be giving special emphasis to a program called "Econo-Eating." The purpose is to give food shopping and food preparation tips to help people stretch their food dollars.)

The battle of the budget is certainly a challenge in today's world. And the food budget is right up there on the front lines. As other expenses raise and seem less flexible, we try to make up the difference by cutting food costs or at least holding the line.

We all have to eat which means we all have to shop for food. Many of us shop more frequently than needed because we don't plan ahead.

Planning saves you money. It helps assure that you'll eat until the next planned shopping trip—which is becoming a primary goal as budgets get tighter.

Here are some specific steps to help you get more for your food dollar:

1. Read the food ads in your local paper. This is usually a midweek issue. If you don't take the paper regularly, it's well worth the price to buy that issue from the news stand.

Browse through the paper looking for food specials, coupons and special promotional ideas. The stores are doing battle, too, so they're getting creative in trying to get your business.

2. Plan your menus from these ads. If you actually take the time to write down menus you'll save money and time in the long run. If you haven't ever done this, start planning your main meals and just stock up on a variety of breakfast and lunch items. Having written menus helps

you with the "blahs," "thaws" and can even add to your creativity. The "blahs" are those times when you just can't get inspired about fixing anymore meal. You can't think of anything to fix, no one will give you suggestions and you're missing a key ingredient in the things that do come to mind.

The "thaws" happen when you start thinking about dinner at 5 p.m. and everything in the freezer is frozen exactly as it should be which makes it harder to fix dinner.

Menus help you with your creativity because you can actually pick out a new recipe that sounds good and make sure you have all the ingredients needed. That way you don't get bored with the same dishes all the time. It's also good for your family to face a few new dishes, they shouldn't be getting in a rut either.

3. Now that you know what you're going to fix, make a shopping list. If you're shopping at more than one store, group the sale items and their prices under each store name. That way if you run into one of the items that's cheaper you can make the purchase with confidence.

Have coupons and special promotional offers ready when you're at the check stand so you can get checked through easily. You need to develop a system that works for you. Some people use an envelope for each store, others get an organizer that's similar to a check book with categories and some just staple the coupons to the list for that store.

4. Stick to your list. It's good to watch for unadvertised specials but try to avoid a lot of impulse buying. If other family members help you shop, enlist them in the battle to hold the line on the food budget, too. If you always come home with too many items bought on an impulse

when they're along, you might want to leave them at home while shopping.

The Oregon State University Extension Office near you has a variety of brochures with specific food buying information. That's a good source of bright ideas for getting more for your food dollar.

When you plan your menus, make good use of the advertised specials. Turkey parts are often on special now, so give these recipes a try.

Barbecued Turkey Legs
Turkey hindquarters, thawed, thigh and drumstick separated. Sauce for two hindquarters:

- 1 cup ketchup
- 1/2 cup soy sauce
- 1/4 cup apple butter or a small jar of any baby fruit
- 1 T. lemon juice
- 1 chopped onion or garlic, optional

Put turkey in a covered baking dish. Cover with sauce. Cook in the oven at 350 degrees for about one and one-half hours.

Lemon Turkey Fillets
Turkey breast, raw, sliced one half inch thick

- 1/2 cup soy sauce
- grated rind of one lemon
- juice from one lemon
- Combine soy sauce, rind and juice. Put in turkey slices to marinate for 20 minutes or longer. Fry in a small amount of butter for about five minutes on each side. Remaining marinade may be added when slices are turned.
- The remaining turkey breast can be cooked and made into sandwiches, casseroles and/or soup.

County shop nears completion



Workmen put finishing touches on new county shop building in Lexington. The new shop will be completed and ready to move into in about three to four weeks.

HHS student tries out for volleyball tour team

Ann McLaughlin, a Heppner High School junior, tried out for a spot on the 1983 girl's volleyball tour team, sponsored by Northwest Volleyball Camp of Spokane, Washington, announced a camp spokesperson.

McLaughlin was one of 200 players who tried out for the team, he added.

The week-long try-out camp was held recently at Eastern Oregon State College at La Grande.

From this camp, and another held earlier at Whitworth College in Spokane, an 18 member squad will be selected to represent the camp on a tour of Australia, New Zealand and Hawaii next summer, the spokesperson said.

Colleen Hunt, coach at Pendleton High School, said the camp's close proximity, quality of teaching and philosophy were factors in some of the girls' choosing the camp. She

also said that Kirk Kilgour's directing the camp made a difference. Kilgour is a former Olympic volleyball player who is currently head coach at Pepperdine University at Malibu, California. Hunt is a coach at the camp.

Fred Crowell, president of the camp, said the trip is a "tremendous opportunity" for young people to develop their athletic abilities, gain pride in their country and share their Christian faith.

The tour will be one of several the camp has sent out in recent years. Other teams have traveled to South America, Australia, Germany and Scandinavia. A girls' volleyball team is currently touring Germany, France and Austria. It is one of four teams being sent out this summer. Three tours are planned for the summer of 1983, the spokesperson concluded.

Heppner cowboys score well at State High School Rodeo

Two Heppner cowboys took first place awards in their events and another Heppner contestant tied for first at the Oregon State High School Rodeo, held at Redmond June 25 through 27.

Lee Rice, national bareback champion, took first place in that event in the state rodeo; Mike Currin won first in steer wrestling; and Heppner cowboy Earl Hammond tied with Charlie Johnson, Southern Cascades, for first place in saddle bronc riding.

Other Heppner contestants placing in the first go-round of the rodeo were: Cliff Dougherty, seventh and Pat Schwarz, ninth in calf roping; Don Kindsfather, first, Mike Currin, second and Cliff Dougherty, third in steer wrestling; Tara Mahoney, fourth in pole bending and goat tying and 10th in break-away roping; Mike Currin and Brady Patton of Pendleton took second in team roping; Cliff Dougherty and Scott Skramstad of Milton-Freewater placed sixth in that

event and a sister team of Tara Mahoney and Trisha Mahoney placed 11th in team roping.

Even though Heppner cowboys scored well, Redmond won the championships for the fourth straight year.

To our valued customers

Pay Less Drug Store

Out of today's circular the following items did not arrive:

- Pg. 4 Keystone Pocket Camera \$10.00
- Pg. 5 Vinyl Patio Chair \$7.00
- Pg. 5 Banana Lounge Pad \$5.00
- Pg. 6 Trial Size Bic Shavers 4 for \$1.00

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DMV schedule

Gene Murty, manager of the Heppner Department of Motor Vehicles office, will attempt to keep the office open on Tuesdays and Thursdays during the month of July, but the office may close on any day in July without notice after July 12, announced a department spokesperson.

The Heppner manager will work in Hermiston on Mondays and Fridays during July. And any other day that the Hermiston office is short-staffed will find the Heppner office closed.

People who need held at the Heppner office should call the office before making a trip, even on Tuesdays and Thursdays during July, the spokesperson concluded.



Every time you smile, you use thirteen muscles. When you frown, you use fifty muscles.

Local Labo exchanges countdown departure time

By BIRDINE TULLIS
Program Assistant
Morrow County
Extension Service

Days and hours are being counted down by Rachel Peck of Lexington and Ken Curtis of Heppner, in their anticipation of departure July 22 for Japan.

The two Morrow County 4-H'ers are among the 21 who will depart that day along with two chaperones to spend a full month in the homes of Japanese families.

Each of the 21 already have their host family assignments and some will renew friendships with their past host brothers and sisters. Ken will visit the home of an exchange who spent the summer here previously. For Rachel, it will be an all new family greeting. Letters and pictures have been exchanged between travelers and host families to ease the acquaintance.

The Labo exchange allows Oregon 4-H'ers to experience the Japanese way of life, as well as Japanese visiting the United States.

Both Ken and Rachel will

have many experiences and insights to share with 4-H'ers at home when they return in August.

Any 4-H member 12 through 17 may apply for the exchange. All expenses are paid by the exchanges.

For more information, call 676-9642.

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