

20 participate in Dance-a-Thon

About 20 people turned out to participate in a Dance-a-Thon to benefit Cystic Fibrosis last Saturday at the Heppner Elks Lodge. About \$500 was made through raffle tickets, private and business donations, dance admission, and tap beer sales at Cal's Lounge in Heppner said Theo Budke, who with Curtis Lynch coordinated the event.

Pledges and money from tap beer sales at other local taverns haven't yet been collected, said Budke, so the total benefits will be even greater. Lynch, 17, was one of seven people chosen as 1982 Oregon Cystic Fibrosis poster partners.

Winners of prizes for best costumes in the adult division were Nathan Hammons of Heppner and Janice Robinson of Ashland. Marion McMillan of Lexington and Dina Ruiz of Heppner took the teenage di-



Debbie and Nathan Hammons dance the time away at CF Dance-a-Thon last Saturday in Heppner. Janice Robinson of Ashland won the 12 and under category. Adlard of Heppner and Tam-

Fish & Wildlife Comm. adopts '83 angling rules

The Fish and Wildlife Commission has announced that they have increased the annual steelhead bag limit for the Snake River in northwest Oregon from four to 10 for the remainder of this year. This was done in view of a larger than anticipated return of hatchery steelhead to the section of the river downstream from Hells Canyon Dam.

The commission also has extended the steelhead angling season on the Deschutes River from the mouth upstream to Sherar Falls, and from Highway 26 upstream to department markers below the Pelton reregulating dam from November 1 through December 31. An extended season had already been established for that period in the zone from Sherar Falls upstream to the north boundary of the Warm Springs Indian Reservation. The daily bag

limit is two steelhead per day with healed fin-clips, the commission said. All wild steelhead must be returned

unharmed. Steelhead angling on the remainder of the river closed on October 31, the commission concluded.

Christmas Cotillion tickets now on sale

Tickets for the 14th annual Christmas Cotillion in Pendleton are now on sale. "A Journey into Christmas," a gala benefit ball for the American Cancer Society, will be held Saturday, Dec. 4, 9 p.m., at the Pendleton Armory, announced Betty C. Kennedy, publicity chairman for the event.

Tickets are available on a first come-first served basis at

a cost of \$30 per couple. Checks should be made payable to the American Cancer Society and sent to: Christmas Cotillion, 503 North Main, Pendleton, Oregon 97801. Part of the ticket price, \$26.50, is tax deductible as a contribution to the Cancer Society, Kennedy said.

Music for the ball will be provided by the Many Sounds of Nine, a Moses Lake, Wash. based dance band.

The term "maraschino" in reference to cherries derives from the liqueur distilled from the juice of the marasca cherry in which the fruit was originally preserved.

Lexington news

Delpha Jones 989-8189

Cecil Jones is attending a four-day Federal Crop Insurance School in Pendleton at the Red Lion Motor Inn.

Norita Marquardt and George Swint of Portland visited at the Bill B. Marquardt home last weekend.

The first Rebekah Lodge card party of the year will be held Saturday, Nov. 6, at the Lexington Rebekah Lodge Hall at 8 p.m. Prizes will be awarded and refreshments will be served.

Debbie Jones and her two daughters of Milton-Freewater have been visiting her parents, Mr. and Mrs. Joe Yocom, in Lexington.

The Rev. Stuart Dick gave his testimonial at Lexington Christian Church during the service last Sunday. He and his family have moved into the church parsonage. The Rev. Dick will be conducting services at the church on November 7 and 14 in the absence of the Rev. Charles Ashby of Pendleton.

'Econo-Eating'

By MONIE STRODE
OSU Extension Service

In the mid-70s a new product was introduced in fresh meat departments. It was ground turkey—a great buy nutritionally. It happened about the time ground beef, an all time favorite, began to rise in price. There was a brief flurry of activity. People bought ground turkey so fast markets couldn't keep it in stock. Then the demand died off as fast as it began.

What happened? Homemakers, always alert for a bargain, decided that the Thanksgiving favorite should taste good in a new, more usable form. With few recipes available especially adapted to ground turkey, they figured that one ground meat was like another. They used the ground

turkey in their favorite ground beef recipe.

Ground turkey, however, has a lower fat content, a blander flavor, and is extremely dry when just fried in a pattie. Thus, it got very low marks from the cook and groans from the family.

How can we overcome an instant bias against a good quality product when it is introduced into the market? New or different products are often low cost and can have some pluses as far as nutritional value is concerned.

When you try something new that you hope will save you money, you need to give it a chance. Look for some recipes that use that product or adapt the recipe for a similar product, but try to decide how this new product is different. Then when you fix

something and it doesn't meet expectations, analyze what would make it better.

In the case of ground turkey, you need to consider its low fat content. This makes it a good buy nutritionally, but it can be dry and tasteless. If you prepare it with these traits in mind, you add seasoning and moisture. Don't just try it once and give it up.

Preparing food for the family can be a very creative process. What's creativity? It's putting something of yourself into a task. You can invent something new, discover a new combination or unique way of putting things together. You can explore new recipes or ingredients.

The creative process starts with the desire to try something new. You may want to solve a problem—"How can I

use up those leftovers?" or you may be curious about the taste of some new food. You may have less money to spend on food so you're challenged to try less expensive foods or recipes that use a small amount of meat and larger amounts of less expensive items.

Whatever the reason, creativity starts with wanting to explore something new. To be a creative cook, you need to gather a lot of information. Cookbooks, magazine articles, newspaper food sections, a knowledge of spices and herbs, understanding of nutritional needs and exploring the foods of other cultures all give "food for thought" in the creative process. But having information is really only a beginning. You need to try new patterns. Become brave enough to trust yourself to add or change something in a recipe.

Often we have been taught to judge each idea it comes along, deciding that one failure proves that the whole product or idea is wrong. When we do this we tend to limit the number of new things we'll try.

Sometimes you need to en-

list the help of the family to be willing to try some of these new foods and recipes. Encouraging them to have an open mind can help you as the chief provider of the meals.

My family felt that having an "Eccey" (their term for a home economist) for a mother was a mixed blessing. They had to admit that it made for an interesting life, though, since there were as many super successes as there were failures.

If your food budget is becoming a greater and greater challenge, arm yourself with lots of information and then do some exploring. Try some new products, some lower cost recipes and put your creativity to work.

Here are a couple of recipes for ground turkey. This inexpensive product can be found in the freezer or fresh meat sections of most grocery stores, usually with other turkey products.

Turkey Meat Balls

- 2 eggs
- 1/2 cup milk
- 4 slices bread
- 1 pound ground turkey
- 1 teaspoon salt
- 1/4 teaspoon pepper

- 1/2 teaspoon poultry seasoning or sage
- 2 teaspoons baking powder
- 3 cups medium white sauce or 1 can cream soup combined with 1 can of milk
- Combine eggs and milk.
- Soak bread for 10 minutes in this mixture. Add turkey, seasonings and baking powder. Mix well. Mixture will be soft.
- Drop spoonfuls into a small amount of cooking oil. Brown and drain. Place meatballs in casserole dish and add white sauce or canned soup mixture. Bake uncovered at 325 degrees F. for one hour.

Oriental Turkey Loaf

- 1 pound ground turkey
- 1 beaten egg
- 2 tablespoons minced onion
- 1 teaspoon Soy Sauce
- 1/2 teaspoon salt
- 1 1/2 teaspoon Worcestershire sauce
- 4 oz. crushed pineapple or applesauce
- Two-thirds can (5 oz. can) diced water chestnuts, optional
- Mix ingredients well. Place in greased pan. Bake at 375 degrees F. about 30 minutes. Top will be pale.

Neighborhood Center to close for Veteran's Day



Seniors enjoy Halloween party at neighborhood center.

By NEOLA MACKEY

The Heppner Neighborhood Center will observe Veterans Day on Thursday, Nov. 11 and will be closed.

A Social Security representative will visit the center from 10 to 12 noon on Friday, Nov. 12.

The Neighborhood Center Advisory Council will meet Monday, Nov. 15, 7:45 p.m., at the center.

About 65 people attended a Halloween party at the center last Thursday. The party was

sponsored by ladies who attend the center's Thursday craft-social time.

The group was entertained by Heppner schools music instructor Kitty Coon and her second and sixth grade students. Ron McDonald also enlivened the group with his guitar.

Irene Annhorn provided transportation to and from the party for Pioneer Memorial Nursing Home patients and Dot Halvorsen drove the senior citizens' bus up from Ione, bringing party goers from that area.

Sandwiches and cake, also provided by the Thursday ladies, were enjoyed. The

TOPS Club provided punch for the afternoon. Many prizes were donated for the bingo game, which followed the entertainment. Some reports were received and a good time was had by all.

The All Saints Episcopal Church Youth Group, under the direction of the Rev. Edwin Watts, have taken some of the toys needing repair for the Christmas Basket Project.

Donations of toys are desperately needed and all volunteer help to prepare baskets will be gratefully accepted and welcome.

County to receive \$38,159 for special ed programs

State School Supt. Verne A. Duncan recently announced that the federal government has released \$1.7 million for programs for educationally disadvantaged students in Oregon schools. Morrow County is to receive \$38,159, he said.

In October, Duncan challenged the Reagan adminis-

tration to release the money, which was being withheld because of a controversy over whether the funds should be distributed on the basis of the 1970 or 1980 census.

"I'm pleased that Secretary Bell responded to my request and those of my colleagues from other states," Duncan said. "The release of the extra

funds shows the secretary's understanding of the needs of individual states as we provide much needed educational opportunities for disadvantaged children." The \$1.7 million will be divided among Morrow and 15 other counties which reported more low-income families during the 1980 census.

Heppner grad pledged at OSU

John Murray, a 1982 graduate of Heppner High School, was pledged to Sigma Phi Epsilon at Oregon State University, the university has

announced.

Murray was one of 571 men pledged during summer and fall term rush.

NOTICE TO WATER USERS

Insulate your water meters for the winter months. You may use gunny sacks, insulation, old rags in a plastic bag, etc. Please do not use sawdust or bark. If you have had frozen pipes in the past, it is advisable to let a faucet run at a fast drip during extremely cold weather. Any damages resulting from frozen water meters that have not been insulated will be repaired at the owners' expense. You will be billed a minimum until the meters are read again the last of March. Thank you.

Earl Papineau
City Foreman

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Attention Veterans!

Come Join the Seniors at the Mealsite!

Help Observe Veterans Day!

Short Program by the Heppner & Ione American Legion Posts

Wear your Legion, V.F.W. or service hat!

Wednesday, Nov. 10

Lunch: 12 Noon

Free Program: 12:30p.m.

Adults 60 yrs. & over \$1⁰⁰ Donation

Under 60 yrs. \$2⁰⁰

Children 75¢

Place: Heppner Senior Meatsite, Morrow County Fairgrounds

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