

Lexington news

Delpha Jones 989-8189

The last in a series of card parties sponsored by Holly Rebekah Lodge was held Saturday evening with five tables of players. Prizes were won by Kenneth Palmer - high men, Delpha Jones - high women, Frank Robinson - low men and Annetta Padberg - low women. Ruth Robinson and Joyce Buchanan won traveling. Lovely refreshments were served. The lodge expresses appreciation for the attendance of the players this past few months.

Mr. and Mrs. L.E. Ruhl had the following guests over the Easter holiday: Dick Ruhl and son Rick and Fran Wong of Roseburg, Florence Grey and John Stevens of Heppner, Mark Way, Mark Hammond and Maynard Seifeldt of Lexington and Mr. and Mrs. Skip Ruhl and family of Hermiston. Dinner was enjoyed on Easter Day by the guests and hosts. Mr. and Mrs. Brian Herrick and son Britt from Bend were guests of Mr. and Mrs. L.E. Ruhl last week.

Dick Hoffman and Donald Papineau were callers in Molala over the weekend to attend a calf roping school.

Mr. and Mrs. Joe Yocom had as their Sunday guests Mr. and Mrs. Leland Jones of Pendleton, Debbie Jones and children, Marion Rinehart and daughters of Hermiston and Millie Yocom of Boardman.

Dinner guests of Mr. and Mrs. Frank Robinson on Easter Sunday were Mr. and Mrs. Wayne Papineau, Mr. and Mrs. Micky Sharp and children, Mrs. Dick Hoffman and children, Mr. and Mrs. Frank D. Robinson and children, Mr. and Mrs. Kenneth Howard and children and Mr. and Mrs. Steve Ford.

Freida Majeske entertained friends and members of her family at the Wagon Wheel Cafe in Heppner for dinner. They spent the afternoon visiting and hunting Easter goodies at her home in Heppner. Those present were Mr. and Mrs. Jack Mounts of Gresham, Mr. and Mrs. Steve Mounts and children of Boardman, Mr. and Mrs. Vilas Ropp and children, Mr. and Mrs. Burke O'Brien and children, Mr. and Mrs. Mark Wright, Pat Wright and daughter, Sandi, Mr. and Mrs. Gene Majeske and Mr. and Mrs. C.C. Jones, Mrs. Majeske, who is a resident of the Pioneer Memorial Nursing

An interesting fruit

By BIRDINE TULLIS
Morrow Co. Extension Service

We've been seeing a new-to-many fruit in local markets, and some may have overlooked the small, hairy skinned newcomer because it is not a familiar sight. According to Joan Weiner, Oregon State University Extension foods and nutrition specialist, Kiwi fruit is a Chinese gooseberry.

Kiwi fruit, a Chinese gooseberry came to be called kiwi after its arrival in New Zealand in 1906, makes a good case for the old adage "beauty's more than skin deep." For just inside its hairy, thin brown skin is a scrumptious lime-green interior with a seed pattern resembling a starburst. Besides being hard to describe physically, its taste also seems to elude the needed words - a fresh, tangy taste with a gelatinous texture.

Kiwi should be soft as a ripe pear for best eating. Ripen at room temperature and then refrigerate. Peel before eating. If the fruit requires ripening at home,

Home, was present with her guests for the day. A caller later in the day was Irene Anhorn of Heppner.

Mr. and Mrs. C.C. Jones were overnight callers on Wednesday at the home of a daughter, Charlene Whitney, of Portland. Bill Irvin stayed at the Jones Ranch while they were away.

An afternoon of fun is being planned at the Lexington Grange on Sunday. A buffet lunch will be served at noon for a donation to the lodge. Card games will be played in the afternoon, including pinochle, Pedro and others. There will be prizes for each group. Charge will be \$2. The money will go to the state to help support the National Grange Session coming to Oregon in 1985. Each subordinate grange is being asked to raise money to help support this project.

Lexington Christian Church Sunday school presented a program on Easter morning. All grades took part.

The "Morrow County Chronicles" Committee met recently at the home of Ken and Lucile Peck with work getting underway on this year's printing. This is a very busy committee and those who need information may call Lucile Peck.

Mr. and Mrs. Zearl Gillespie of Boardman were callers at the T.E. Messenger home on Sunday, as were Mr. and Mrs. Nelson Connor and Children of Heppner.

The Christian pre-school class was taken on a field trip last Tuesday to the Harold Wright ranch where Mr. and Mrs. Wright were fine hosts, showing the children the ranch animals including buffalo, lambs, sheep, long horn cattle, chickens, ducks and geese. All report a fun and interesting day. The 13-member class is under the direction of the Rev. and Mrs. Stuart Dick.

Mr. and Mrs. Bill Padberg were Walla Walla, Wash. and Pendleton callers on Monday.

Remember, the Morrow County Historical Society needs your stories and money for the Morrow County History Book. Time is passing and the printing date will be here soon.

place kiwis in sealed plastic bag with an apple or banana.

Thin crosswise slices are beautiful garnishes. They can also be used in desserts such as fruit cups, ice cream, cakes or custard pies, salads and even sandwiches. The small amount of protein in the kiwi has proteolytic enzyme activity. For this reason, they should probably not be used in gelatin desserts, but they can be useful in tenderizing meat (rub the surface with cut kiwi fruit, and pierce meat generously with a fork to distribute).

One to two whole kiwis or 3½ ounces contains only 36 calories, less than one gram of protein and a trace of fat. With 56 mg. of ascorbic acid, they are excellent sources of vitamin C. Other nutrients are not present in significant amounts, including sodium, making them useful in low sodium diets.

Currently, kiwis are being tested in Southern Oregon as a new crop. Prices are lower than usual at this time.

Dr. outlines weight loss program

(The following article was submitted by Dr. Ray Lobb of the North Morrow Medical Clinic in Boardman.)

By DR. RAY S. LOBB
North Morrow Medical Clinic
Obesity is probably the number one public health problem affecting American women. For example, if we could find a cure for cancer, we could add two years to the life of the average American. But if we could cure obesity (and all its associated problems), we would add at least six years to the life of the average American woman.

According to Grant W. Gwinup, M.D., professor of endocrinology at the University of California, San Francisco, the average mature American female carries about 35 to 45 percent of her total body weight as fat. Evidence suggests that approximately 15 percent of her total body weight should be fat. This is the amount of "fatness" that is associated with the longest life-expectancy and the least illness. The obese have increased mortality and are more likely to die of all other diseases for which statistics are available, including diseases of the liver, kidneys, and urinary tract, cancer, and serious infections.

Most of us abhor exercise; we do not like to move our muscles. As soon as we developed the economic resources to avoid moving our muscles, we invented motors to do everything for us: a two-ton car with power brakes and power steering to take us to the corner grocery, electric can-openers and toothbrushes—there is no end to our ingenuity to avoid moving our muscles. Dr. Gwinup tells his obese patients that any energy intake which exceeds their energy expenditure over any period of time, whether a day or 20 years, goes to body fat, and if they are going to deal with their weight, they will have to make a commitment to change their lifestyle. They cannot do it with a crash diet, or with a diet that restricts one type of food in

preference to others, invariably, those patients regain any lost weight. Dr. Gwinup's patients are not put on diets, but an effort is made to teach them sensible eating habits. They are told to eat foods that are neutral and as little refined as possible, particularly refined carbohydrates. It is not difficult to choose a balanced diet. That is usually taken care of automatically by the hypothalamus, a gland at the base of the brain. Every woman, from any culture, will choose approximately 40 to 45 percent of her total intake as carbohydrates, 40 to 45 percent as fat, and 12 to 15 percent as protein. If she tries to digress from this magic ratio, she will not satisfy her hunger.

Therefore, overweight patients are told that, when choosing a balanced diet, they do not need to give it any thought: the hypothalamus, which controls appetite, will make the choice for them. Patients are urged to live with a little bit of hunger. Hunger is a good indication that you are burning fat deposits. Patients are taught that, although hunger is not a pleasant sensation (and we do not want them to suffer intense hunger to the point that they cannot think of anything else), they should always be a little bit hungry. They should not worry about how many calories they eat, because they will learn that a certain amount of tolerated hunger will result in weight loss. (Alcohol and refined carbohydrates are prohibited, but calories are not restricted.) Patients are taught to use hunger signals to tell them when they are on a diet that is deficient in relation to energy output, and to learn to regard these hunger signals as positive, rather than negative, signals.

Most studies show that obese women are not overweight because they eat more than slender women, but they tend to expend less energy than do thin women. The only way to correct this is through an aerobic exercise program. Lifting barbells or working out on machines will have no

impact on a patient's weight.

Studies show that, to lose weight, a woman must spend at least a half hour each day doing an aerobic exercise such as walking, jogging, swimming, or cycling. I prefer walking because I find that my patients are more likely to stick with it and are less likely to sustain an injury. I impress on them that even a walking program should be undertaken very gradually. But it has to be carried out every day, rain or shine, and it has to be done conscientiously. I think that encouraging a woman to participate in an aerobic program (in addition to all the other health benefits she will reap) will have a greater impact on her obesity problem than any other thing she might do.

If you are on a weight program which is successful and is not harmful to your body in any way according to your doctor, don't change, because I refuse to argue with success. On the other hand, if you decide to engage in a weight-control program, it should be authorized by your doctor, for the simple reason that there are certain diseases that are definitely affected by what you eat, and only you and the doctor who knows your condition can make this decision.

Local rodeo'ers take awards

Several Heppner cowboys and cowgirls were among the estimated 173 contestants who participated in an Oregon High School Rodeo in Eugene last weekend.

The All Around Cowgirl award went to Molly McAuliffe of Fort Klamath with Tara Mahoney of Heppner as runner-up.

SCHOOL LUNCH MENU!
Heppner High School

Monday, April 11 - fish sandwich, green beans, cheese slice, banana and milk.
Tuesday, April 12 - pizza, salad, peas, dessert and milk or salad bar.
Wednesday, April 13 - spaghetti, garlic bread, green salad, fruit and milk or salad bar.
Thursday, April 14 - hamburger steak, potatoes and gravy, rolls, fruit and milk.
Friday, April 15 - cook's choice.

One Schools

Thursday, April 7 - ham, scalloped potatoes, hot rolls, carrots, gelatin and milk.
Friday, April 8 - chicken noodle soup, bologna and cheese or peanut butter sandwiches, crackers, dessert and milk.
Monday, April 11 - corn dogs, vegetable sticks, tater tots, dessert and milk.
Tuesday, April 12 - fried chicken, potato salad, vegetable sticks, fruit and milk.
Wednesday, April 13 - spaghetti, garlic bread, tossed salad, fruit and milk.

Drama Club slates children's play



Ken Curtis of Heppner stars as the title role of "Puss 'n' Boots" produced by the Heppner High School Drama Club. Children are especially invited to the 45 minute matinee scheduled for Wednesday and Thursday, April 6 and 7, 4 p.m. at the Heppner Elementary Multipurpose Room. There is no charge.

Join the Fun at the Rolling Hills Run Sunday, April 10

Late Registration: 11a.m. - 12:30p.m. Before Run
Starting Line: Elementary School Finish Line: City Park
Participants Meet at Heppner Elementary by 12:30p.m.

Hot Dogs, Pop & Coffee
by the Soroptimists

Award Ceremony at City Park
Proceeds to Benefit Little League

Ad Sponsored By
Morrow County Grain Growers INC. Lexington 989-8221

BMCC to receive \$9,000 for loans

Blue Mountain Community College has received word that it will receive \$9,000 for National Direct Student Loans (NDSL), according to Truman Baily, financial aid officer.

This is the first money allocated to the college in two years because of the default rate on the student loan program. The default rate has come down to 20 percent from a high of 26 percent and is "falling rapidly," Baily said. Several factors have caused the default rate to drop to within federally acceptable standards Baily noted. Some of the problem loans have been turned over to the federal government for collection. On the state level, the Oregon

Senior News

Any senior citizen desiring a noon carry out meal on Wednesdays is asked to call Cherie Clark, 676-5222, or Bill Collins, 676-9947.

Heppner seniors needing a ride to the mealsite should call Mary Nikander, 676-5571, to make arrangements.

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

Department of Revenue now reviews income tax refund lists and reenter relief lists for persons who have defaulted on loans.

"Community colleges were just this year added to this state review program, even though state system schools

have had the program for several years," Bailey said. The Oregon review program has netted BMCC over \$3,000 in payments on old loans.

When the college reaches a default rate of 10 percent, the federal government reinstates full funding.

Little League tryouts draw large turnout

By JUSTINE WEATHERFORD

On Saturday, April 2, Heppner Little League held its first 1983 tryouts at the fairgrounds. The occasion drew a large turnout and also drew adverse attention from the weather. The aspiring baseballers couldn't get in much practice because of the rain and hail that persisted.

Bob Krein is the league president. Team coaches are Rick Johnston, Bob Ployhar and Ron Bowman and two

assistant coaches are Wayland Hyatt and Earl Fishburn.

A second tryout will be held on Saturday, April 16, beginning at 10 a.m. at the fairgrounds when it is hoped that the weather will cooperate and serious practice will get underway.

PUBLIC NOTICES

In the Circuit Court of the State of Oregon for the County of Morrow PROBATE DEPARTMENT No. 1894 NOTICE TO INTERESTED PERSONS

Estate of: ELMER ARNOLD PIEPER Deceased.

Probate proceedings in the estate of ELMER ARNOLD PIEPER, deceased, are now pending in the above entitled court, wherein RICK D. PIEPER, the undersigned, has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate hereby are required to present them, in due form, within four months after the date of the first publication of this notice, as stated below, to the undersigned at the following address now designated as the place for the presentation of claims, to-wit: Winter, Sweeney & Doherty, 471 N. Main, Heppner, Oregon or they may be barred.

All persons whose rights may be affected by the said, probate proceedings may obtain additional information from the records of the court, the undersigned personal representative or the latter's attorney(s) who is (are) Winter, Sweeney & Doherty, P.O. Box 582, Heppner, Oregon 97836, Phone 676-9456.

Rick D. Pieper, Personal Representative
4632 Scottsdale
Eugene, Oregon 97404
Phone 689-5100
Dated and first published: April 7, 1983.
Published: April 7, 14, 21, 1983.

PUBLIC NOTICES

OREGON CIRCUIT COURT FOR MORROW COUNTY PROBATE DEPARTMENT No. 1901

NOTICE TO INTERESTED PERSONS In the Matter of the Estate of

CLARENCE C. CARMICHAEL, aka C.C. Carmichael, Deceased.

Notice is hereby given that the undersigned has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate are hereby required to present the same, with proper vouchers, within 4 months after the date of first publication of this Notice, as stated below, to the personal representative at the offices of Abrams & Kuhn, 269A N. Main Street, P.O. Box 428, Heppner, Oregon 97836, or the claim may be barred.

All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the Court, the personal representative or the attorney for the personal representative.

Dated and first published March 24, 1983.

Juanita L. Carmichael c/o Abrams & Kuhn Attorneys at Law P.O. Box 428 Heppner, OR 97836

Published: March 24, 31, April 7, 1983.

Farm & Equipment AUCTION

TIME: Sat., April 9th - 10:00 a.m.
OWNERS: Art Lindstrom Ranches, Inc.
LOCATION: Ione, Oregon

Starting time, turn right & follow the rd approx. 8 miles to Baker Rd. Turn left 2 1/2 miles approx. bottom of rd. Turn left 1 mile to house. Signs will be posted from both West Freeway entrance and from East.

<p>This 596 acre farm is being offered for sale, if you're interested in this farm contact Bob Harvey, Century 21 (Rt. 2, Box 2098, Hermiston, OR, 97838) at 567-1144 for an appointment & information.</p>	<p>Lunch Available Catering By Frasu's</p>
<p>Model 71 Star Cable Drilling Rig 8000 Ford Tractor 12 ft. John Deere Carry Scraper 1969 Ford 1/2 Ton 4x4 12 ft. Massey offset disk w/hyd. cyl. Goose neck trailer</p>	<p>4630 John Deere Tractor 2-12 ft. Calkins Champ weeders 3-Point mounted sprayer 1976 Ford 3/4 Ton 2 wheel 1966 95H Combine Hobart welder</p>
<p>PLUS LOTS MORE ALSO HAND AND POWER TOOLS & MISCELLANEOUS ALL CONSIGNMENTS WELCOME Contact Information: 'AUCTIONEERS' Bill McPherson 276-7763 Ford Bonney 567-7416 Stu Severe 922-4436</p>	
<p>Terms: CASH or BANKABLE CHECK Not Responsible for Accidents or Ad Discrepancies</p>	



The scarlet pimpernel plant closes its blossoms at the approach of a storm.