

Ione woman to chair 'Econo-Eating' CF Bike-a-Thon



Robin Baker

Robin Baker of Ione has been appointed chairman of a Cystic Fibrosis Bike-a-Thon to be held in the Ione-Lexington area this spring. In announcing the chairmanship of this event, Dennis Crossgrove, president of the Cystic Fibrosis Foundation - Oregon Chapter, said, "Each year people are finding they can bike their way to a healthier life. Here in Ione-Lexington, residents can also bike their way to help support a healthier life for people who suffer from Cystic Fibrosis, the number one

genetic killer of young people in the United States."

One in every 1,800 American children inherits this incurable, lung damaging and digestive disease when they receive a gene for CF from each of their parents. It is estimated that one out of every 20 Americans is a symptomless and unknowing carrier of the gene which can cause CF in a child. Through research funded by the Cystic Fibrosis Foundation, a test to identify carriers is being sought and scientists are pursuing a cure or control for CF. Crossgrove said.

Funds raised in the bike-athon will help support these research programs as well as medical care provided at 128 Cystic Fibrosis Centers located throughout the United States. These CF Centers specialize in the diagnosis and care of children with CF. In Oregon, the CF Center is located at the Oregon Health Sciences University in Portland.

The Ione-Lexington area bike-a-thon will be held on Saturday, May 14, starting at 9:30 a.m. The top of Gooseberry Grade will be the registration-starting point for the event. For additional details, call Robin Baker at 422-7572 or call the Oregon Chapter office collect at 231-4015 in Portland.

Legislature tour trip planned for April 14

By BIRDINE TULLIS
Morrow Co. Extension Service

Anyone interested in joining a bus tour to visit the Legislature April 14 should call Dawn Hawkins, extension agent, 276-7111 immediately, or 676-9642, for more information.

The Umatilla County Homemakers, who have planned the tour, have invited Morrow County residents to join their tour as long as bus seats are available. Cost for the bus is \$25.50 per person. Participants will spend the day in Salem at the Capitol, have the opportunity to visit committees, and other activities underway. Luncheon will be at the Capitol and a dinner stop made enroute home.

To find out what's going on

at the Legislature, two toll-free telephone numbers can help Oregonians get information about the Legislature. To find out about the status of measures, committee schedules, session schedules, or other information, call 1-800-452-7813 to contact legislators and committees. The system

works on a call-back basis. You can call the access number, ask for appropriate office and be connected with that office. The person answering will take your name and number so the call may be returned. All it takes is a dial of the phone to be an informed Oregonian.

Local sophomores to visit BMCC campus

Five hundred area high school sophomores including students from local high schools, will be visiting Blue Mountain Community College in April as part of a career exploration project developed cooperatively between the high schools and the college, announced Janet Groat of BMCC.

The sophomores will be making career visits on Wednesday, April 6; Tuesday, April 12 and Wednesday, April 13. High schools participating in the spring visit to the college include: Heppner, Ione, Boardman, Athena-Weston, Milton-Freewater, Umatilla, Ukiah, Pilot Rock, Stanfield, Echo and Helix. Hermiston and Pendleton high school sophomores will be scheduled for a visit to the college next fall.

The sophomore career awareness program is a three-step project aimed at helping students develop an "overall picture of what their career potential might be," says Dorwin Lovell, BMCC counselor and one of the coordinators of the project.

The first step of the project is to test the sophomores on their interests, abilities and attitudes. The test results are evaluated in terms of career potential in the interpretive phase. The third phase of the program is for the sophomores to visit the college and meet with BMCC instructors.

College instructors will talk with the students about course requirements for a college degree as well as career opportunities in the students' chosen field. Additionally, the

Have you succumbed to that bright bunch of sunshine, yet? I always know when spring is here, the daffodils are offered in the produce departments—and they do seem so cheerful and bright. Especially if the weather has been rainy or dark, they talk their way into my grocery cart. It's not quite as tempting, this year, because my new husband has lots of delightful daffodils in the yard, but they still call to me. This brings up one of the general principles about the cost of food. Not everything you buy at the grocery store is food.

A couple of years ago, I was standing in line at the grocery store behind a woman who was complaining about the cost of food. She was loudly talking about how small the sack was that held \$20 worth of food. As I looked the things over in her cart, I noticed a pair of panty hose, some light bulbs, some wine and cat food—all part of her food budget.

More than 20 percent of the money spent in grocery stores isn't spent on food at all. It goes toward soap, paper goods, magazines, health and beauty aids and household cleaning supplies. Even such items as pet food, alcoholic beverages and soft drinks can't really be considered food.

One-stop shopping is very convenient and sometimes less expensive than going from store to store. It's very helpful to me to pick up that pair of panty hose I need when

I'm shopping for food items. There's even a brand or two that I find is cheaper at the grocery store than anywhere else, but I try to remember that the whole bill isn't just for food.

If you're shopping at one of the stores equipped with electronic scanners, your grocery tape is very complete, giving you the information you need to separate out your non-food items. It is interesting to add them up and see how much you're actually spending on non-foods. If the cost is very high you might look for ways to cut down on the use of some of these items.

One thing we do at my house is use cloth napkins. I'm a needlepoint addict and made napkin rings with our initials on them so we can use the napkins more than once unless it's a really messy meal. My new family has had some adjusting to do to this system. My own kids just assumed that was the way everyone did it or at least that they had to accommodate their mom who is a little strange about wasting paper.

Another thing you can do is check the unit pricing tag on the shelves. Paper products can be especially difficult to decide which is a bargain. Some stores will give a discount on case lots of such items, too, so if you have storage space it might be worthwhile to shop in quantity.

Remember, it may be handy to buy your baking pans, mops, shampoo and even plants along with your food but it can't really be considered as the cost of feeding

Alcoholism Planning Committee to meet

The local Alcoholism Planning Committee for Morrow County will meet Thursday, April 14, from 7 to 9 p.m., at the Columbia Basin Conference Room in Heppner.

The purpose of this committee is to provide for the involvement of interested citizens in planning local alcoholism services, said a committee spokesperson. The agenda will include identifying needs for alcoholism services in the area and reviewing the mental health plan for providing for these services to Morrow County.

instructors will advise the students as to the high school classes they should take in preparation for a college program, Groat said.

The sophomore career awareness program at BMCC was funded this year by a \$7,984 grant awarded by the Northwest Area Foundation of Saint Paul, Minn. The grant was one of 14 awarded throughout the United States.

The program will continue next year, according to BMCC Dean of Students Pat Loughary, through funding made available in the college budget. "The budget committee recognized the sophomore project as one of the best cooperative programs we've had with area high schools," Loughary noted.



Cow Belle Corner

By MARLENE CURRIN
Morrow Co. CowBelle
Publicity Chairman

I think it is very important to continue on about pharmaceuticals - how they're used and where they come from. The more I read and research for these articles, the better versed I become on the vast usage of cattle. We certainly must learn to look at many facets, not just the negative comments produced in magazines, ads and television.

Lungs

Heparin is an important anti-coagulant. It is used to prevent blood coagulation during operations and to prevent blood clots within the circulatory system which can lead to heart attack. Heparin is also used as a gangrene preventive in cases of frostbite and as a burn treatment.

Pancreas

Insulin is perhaps the best-known pharmaceutical derived from cattle. It is used to treat diabetes mellitus (sugar diabetes). There are five million diabetics in the U.S. alone and 1.25 million of them require insulin daily.

It takes the pancreas from 26 cattle to provide enough insulin to keep one of these diabetics alive for one year.

Chymotrypsin is an enzyme used to cleanse wounds and to remove dead tissue where ulcers and infections occur. It can be used in the treating of serious injury or following surgery when localized inflammation and swelling result due to excess fluids.

Glucagon helps counteract insulin-shock resulting from an overdose of insulin or when a low blood sugar episode is caused by alcoholism. It has a specialized use in the treatment of some psychiatric disorders.

Trypsin is a pancreatic by-

product that can digest dead tissue without significantly affecting live tissue and is therefore ideal for cleansing wounds. Stomach Rennet, a mild enzyme, is used to help infants digest milk, and is used in cheese making.

Quick Fudge Cookies

- 1 1/2 cups sugar
- 1/2 cup milk
- 4 tablespoons cocoa
- 2 tablespoons butter or margarine
- 1/2 cup peanut butter
- 1 teaspoon vanilla
- 3 to 5 cups oatmeal
- 1/2 cup coconut or nuts, optional

Blend sugar, milk and cocoa in saucepan and bring to a boil. Boil 1 minute. Remove from heat and add margarine, peanut butter, vanilla and enough oatmeal to make stiff. Add nuts or coconut with oatmeal if desired. Drop by teaspoons on waxed paper or press in greased pan. Cool till set.

Prune or Date Chews

- 1/2 cup butter or margarine, melted
- 1/2 cup whole pitted dates or prunes
- 1 egg
- 1 teaspoon vanilla
- 1 1/2 cups uncooked oatmeal
- 1/2 cup all-purpose flour
- 1/2 cup firmly packed brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon soda
- 1/2 teaspoon salt

Place butter, prunes or dates, egg and vanilla in blender container; blend 5 to 10 seconds or until fruit is coarsely chopped. Add to combined remaining ingredients; mix just until dry ingredients are moistened. Spread evenly into well-greased 13" x 9" baking pan. Bake at 350 degrees, 18 - 20 minutes or until golden brown. Cool. Cut into bars. Store in tightly covered container.

The Heppner Gazette-Times, Heppner, Oregon, Thursday, April 7, 1983—FIVE chial asthma), eye inflammation due to allergies, certain respiratory diseases, anemia, infectious mononucleosis and leukemia. It takes the pituitary glands from 10,000 cattle to produce one pound of this valuable pharmaceutical.

Thyrotropin (TSH) is a hormone that stimulates the thyroid gland. It is used as a diagnostic tool to determine if a patient is suffering from hypothyroidism caused by an anterior pituitary failure or by complete failure of the thyroid gland. (In the event of anterior pituitary failure, the drug will stimulate proper functioning of the gland.) Vasopressin is used to control cases of excessive urination or in testing of renal functions. It is also employed to stimulate proper movement of material through the intestinal tract following operations and to dispel "gas shadows" for abdominal x-rays.

Pituitary Glands

Corticotropin (ACTH) is a valuable diagnostic tool. Its most important medical use is to assess the operation of the adrenal glands. It can also be used in the treatment of psoriasis, control of severe allergic reactions (rhinitis bron-

OREGON IS YOURS FOR ONE WEEK!



Your classified ad will reach over 800,000 Oregonians through 84 state-wide weekly newspapers. From Pendleton to Brookings and Lakeview to Portland (Lake Oswego, Beaverton, Gresham, Milwaukie) you get a combined paid circulation of over 373,000.

- Conditions:
- Line ads only
 - No ads requiring money to be sent in advance
 - \$5 per word, 25 word minimum
 - Ad must be prepaid

For further details, call

GAZETTE-TIMES
676-9228

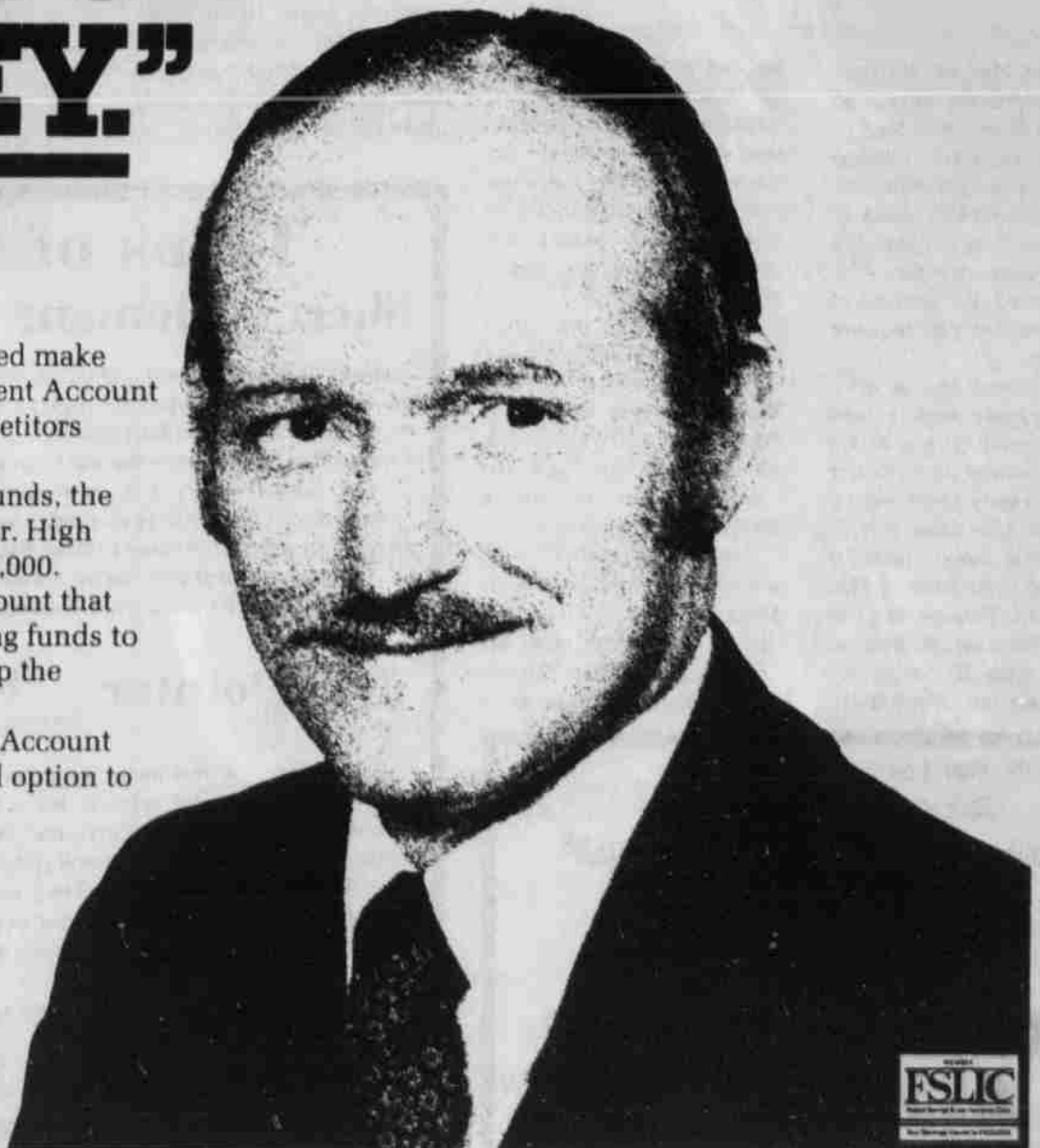
"WE HAVE A PRODUCTIVE, INSURED OPTION FOR YOUR MONEY."

Head to head competition has helped make America great. Our Money Management Account Option 1 is one of the strongest competitors we've ever seen.

Positioned against money market funds, the Option 1 clearly comes out the winner. High returns. Insured by the FSLIC to \$100,000. Check writing privileges. And an account that keeps your money right here providing funds to build homes and other projects to help the economy.

Call about the Money Management Account Option 1. Put this productive, insured option to work for you. And your friends.

WESTERN HERITAGE SAVINGS
WESTERN HERITAGE FEDERAL SAVINGS AND LOAN ASSOCIATION
274 N. MAIN, HEPPNER 676-9021



Bob Reese
President



Watch Spring Bloom with **PLANTS & SHRUBS** AT THE **Ione Garden Club Spring Plant Sale** Tuesday, April 12 Ione Legion Hall 10a.m. to 3:30p.m. PIE & COFFEE SERVED MUMS, PERENNIALS, HOUSE PLANTS, BERRIES, HERBS, BULBS, TREES & SHRUBS

This ad sponsored by YOUR HOME OWNED BANK **BANK OF Eastern Oregon** Ione Branch Member FDIC