

## Ione 1st graders celebrate Nat'l Library Book Week



Ione's first grade class with their teddy bears during B.E.A.R. week.

The first grade class at Ione Elementary School celebrated B.E.A.R. week in honor of National Library Book Week, announced Betty Rietmann, first grade teacher.

B.E.A.R. stands for Be Eager About Reading. Each child brought a Teddy Bear to visit school for the week. Children also brought books and records about bears, she said.

The week was spent reading books and singing songs about bears. The students wrote stories about why they liked their teddy bears and about what bears like to do.

The class made a list of 43 reasons why bears make the best friends. Tops on the list were: "They never ask questions," "They always listen when you talk," "They never hog the covers at night," and "They love you."

First graders and their teddy bears visited the kindergarten where each student read a book about bears to a kindergarten friend.

To culminate the week's activities, the class had a "teddy bear picnic." Games were played and refreshments were served.

Rietmann said she felt everyone had an enjoyable time while improving their language arts skills.

## 'Plant-a-tree' program sponsored by Forest Service

An opportunity for people to make donations to finance planting trees on the national forests was announced recently by Secretary of Agriculture, John R. Block.

In response to numerous public requests, Block said, the U.S. Department of Agriculture's Forest Service has established the plant-a-tree program to give individuals

and groups an opportunity to help improve the nation's forests.

Contributions may be made by groups and individuals in their own names or in honor of others.

For a minimum \$10 donation, contributors will receive a certificate acknowledging their gifts. Individual trees will not be marked to recognize contributors but probably will be planted on the national forest nearest the honoree's home.

Based on current needs, the Forest Service will select the species and sites to be planted. The number of plantings that will result from an individual donation will vary due to differences in costs in various parts of the country.

Donations to the plant-a-tree program will be accepted at all Forest Service offices. The donations are tax deductible.

## Library turns into a book jacket factory

The Ione Elementary School Library has been a book jacket factory for the past three weeks, said a school spokesperson. Each student has a bright new book on display in the Library for National Library Book Week, April 17-23. The story in the book is the same, but the cover is so inviting, that the students are already saying, "I want to read your book next," the spokesperson said.

The students in grades two through six checked out a book from the "oldies but goodies" section, and they took the book home to read. While reading the book they were trying to decide what kind of a new jacket they could make to change the face of the book so that everyone would want to check that book out to read.

For the past three Mondays, the elementary library has carried a low humming sound into the halls, as the busy students cut out pictures, measured and cut colored paper to fit the book, measured and made lines to print the title and author, arranged and rearranged the pictures to have the perfect new cover for their book. The book jackets were then fitted with a Mylar cover for protection. The result is 84 new books for the Ione Elementary School Library, the spokesperson concluded.

## Twelve from Heppner attend Degree of Honor dist. meeting

By JUSTINE WEATHERFORD

Last Saturday twelve women from Heppner attended a district meeting of the Degree of Honor Protective Association at John Day along with large delegations of members from John Day, Pendleton and Baker.

The meetings began at 10:30 a.m. on Saturday and continued throughout the day and evening. Everyone enjoyed the features of the program put on by members of the various lodges and the noon luncheon at Canyon City. The evening banquet and program was attended by 76 persons. Four men attended the meetings and two men served as ushers.

Those who drove from Heppner were Mary Bryant, Shirley Connor, Nina Denton, Ida Farra, Eleanor Gonty, Adelle LaTrace, Bernice Nash, Catic Padberg and Mildred Padberg. Babe Harris and Betty Tanner, who were spending the weekend along the John Day River at the Harris mining claim, joined those ten to participate with them in the Saturday affairs.

Heppner members all took part in parts of the program with Shirley Connor, Ida Farra and Betty Tanner assuming special responsibilities. The John Day lodge treasures a secretary's book dating from 1889. Eleanor Gonty reports. Several groups of school-age people provided entertainment for the affair.

## Bylaws discussed by Museum Comm.

By JUSTINE WEATHERFORD

Members of the Morrow County Museum Commission and others have been meeting recently, concerning several pertinent matters.

Alma Green, the commission secretary, reports that the commission members feel there is a need for a carefully drawn set of bylaws for them to follow, and also there is a need for clarification of the ownership and future care of the Democrat Gulch Schoolhouse which was moved into the Main Street City Park by Orville Cutsforth during the U.S. Bicentennial year. Sev-

eral members of the Museum Commission including a county Historical Society member, Barbara Bloodsworth, and Heppner's Mayor Clifford Green, talked about such matters on March 31.

On April 8, commission members met and elected officers: Herman Green, chairman; Alma Green, secretary; and Delpha Jones, the newest member of the seven-person commission, was chosen treasurer. Other commission members are Ida Farra, Irene Swanson, Kenneth Smouse and Orville Cutsforth. Johanne Wood, present cura-



By MARLENE CURRIN  
Morrow Co. Cow Belle  
Publicity Chairman

"Red Meat and Health" by Heather Smith Thomas is an article that was printed in the January 1983 "Nautilus" Magazine. It has been reprinted by the National Live Stock and Meat Board of Chicago, Ill. It contains some very interesting information and I hope you will find it beneficial.

We're hearing a great deal these days about the benefits of a vegetarian diet. Americans are on a "health binge," looking for ways to live longer, stay healthier and keep more physically fit. There's nothing wrong with that - we need to pay attention to our health. But the alarming part of the new health-fitness trend is the way many people are rushing after any health fad that comes along, some of which are downright unhealthy. Yet many people feel that if a food or a diet is "New" it's better, and more than a few health-fitness enthusiasts have ditched traditional types of meal planning in favor of exotic new diets.

Part of the reason for this has been the growing concern over diet's role in health and disease, fostered by the hypothesis originating in the 1950s that animal fats in the diet (cholesterol, saturated fats) might contribute to heart disease and cancer. As a result, people have become cautious, switching from butter to margarine and from lard to vegetable shortening. Manufacturers of vegetable oils, margarines, etc., have taken advantage of the American consumer's cautiousness and have advertised their polyunsaturated fats and "no

cholesterol" products as if they were "germ free" or marvelous health foods.

We've been led to believe that cholesterol is hazardous to health even though it is manufactured by our own bodies (found in every cell and essential for maintaining the structure of cell membranes) and we couldn't survive without it. We've been led to believe that heart disease and cancer are diet-related and that most of us are digging ourselves early graves by eating too much meat and too many animal fats.

Yet Americans are living longer today than ever before. Life expectancy has increased more than 25 years since the turn of the century, and were healthier than our counterparts of yesteryear. The most dramatic improvement in health and length of lifespan has come during the last several decades - the very years that American total per capita red meat consumption was increasing. People are living longer, infant mortality has declined, and children have grown larger and stronger than those of previous generations. We're closer to our genetic potential for height than ever before in human history. Good nutrition, which has included more red meat in the diet, has had a lot to do with this.

As for the cholesterol scare, and the saturated fats issue, we seem to have embraced an unproven theory. Many studies over the last twenty years have seriously questioned and challenged the diet-disease theory, yet the general public doesn't seem to be aware of this. We still want to blame all our health problems on scapegoats such as animal products in the diet.

Some very major studies have contradicted the old diet theory. The American Council on Science and Health reported in that there was no firm evidence that reducing fat and cholesterol in the diet would lower the risk of heart disease. The American Cancer Society, after completing "The largest human biological study ever undertaken in life and death" concluded that rates of coronary disease or stroke were no higher in people who used a high-fat diet than in those who did not. A commentary article in the "New York Times" was headlined "The Beginning of the end of the cholesterol scare - what was never proven is now being disproven." The National Academy of Sciences concluded in 1980 that there is no proven link between lowering fat in the diet and a reduction in hardening of the arteries or heart attacks and added that there is no reason for the average healthy American to restrict consumption of fat or cholesterol unless for weight control.

## BMCC slates mushroom hunting class May 7

Mushrooms - where to hunt them and how to identify them - will be taught during a special Saturday class on May 7 offered by Blue Mountain Community College, announced a spokesperson.

The Mushroom Field Trip-Seminar will start at 8 a.m. with an information session slated for the Charburger Restaurant at the Mission interchange. Following this briefing on what to pick and where to find it, participants will leave on the field trip expedition which will take them to several locations in the Meacham and Kamela areas.

At 1 p.m. participants will meet at the Emigrant Springs State Park Community Building for lunch, mushroom identification, discussion and a question and answer period.

The cost of the seminar is \$5 per family. Each family is

asked to bring its own lunch, beverages and digging trowel.

According to the mushroom class organizers, the class is especially for beginning mushroom hunters. Participants must provide their own transportation.

## \$400 mil. re-allocated for FmHA Loans

Secretary of Agriculture John R. Block recently announced he will re-allocate \$400 million in lending authority to the Farmers Home Administration's operating loan program to satisfy an immediate need farmers have for such loans.

"This interchange will come from programs with a less urgent and immediate need," Block said. "Without a doubt, farmers who are preparing to plant this year's crops will have the most pressing needs throughout the next several weeks."

Persons interested in attending the mushroom seminar must pre-register with the college by Tuesday, May 3. For more information, call the college at 276-1260, ext. 290.

Block is using the secretary of agriculture's interchange authority to deal with the urgent need. That authority allows funds to be transferred between USDA programs in cases of extraordinary emergency.

"It is clear that the urgency to provide operating credit to farmers constitutes such an emergency," Block said.

He said the interchange includes \$75 million from FmHA water and sewer grants, \$100 million from the FmHA farm ownership program, and \$225 million from FmHA water and sewer loan funds.

The interchange became necessary after 17 states exhausted their allocations of FmHA operating loans. Block said FmHA offices in these states continued to accept loan applications while the administration reviewed the options available to assure that farmers would receive funding for their production expenses.

## Reps of 5 counties for A.A.A. met April 20

By JUSTINE WEATHERFORD

On Wednesday, April 20, representatives of the staff of the Area Agency on Aging and of senior meal sites in five contingent counties attended

the Heppner Senior Citizen meal in the fairgrounds Pavilion Building. During the morning these persons had met at an area gathering in the meeting room of Heppner's Columbia Basin Elec-

## Maker Bakers work on 1st yr. projects

By BENJI PEARSON

The Maker Bakers met on April 21 at Chloe Pearson's house. They worked on their first year sewing project. Two

girls are making blouses and one is making a skirt. They are almost finished.

Our next sewing meeting will be on April 28.

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