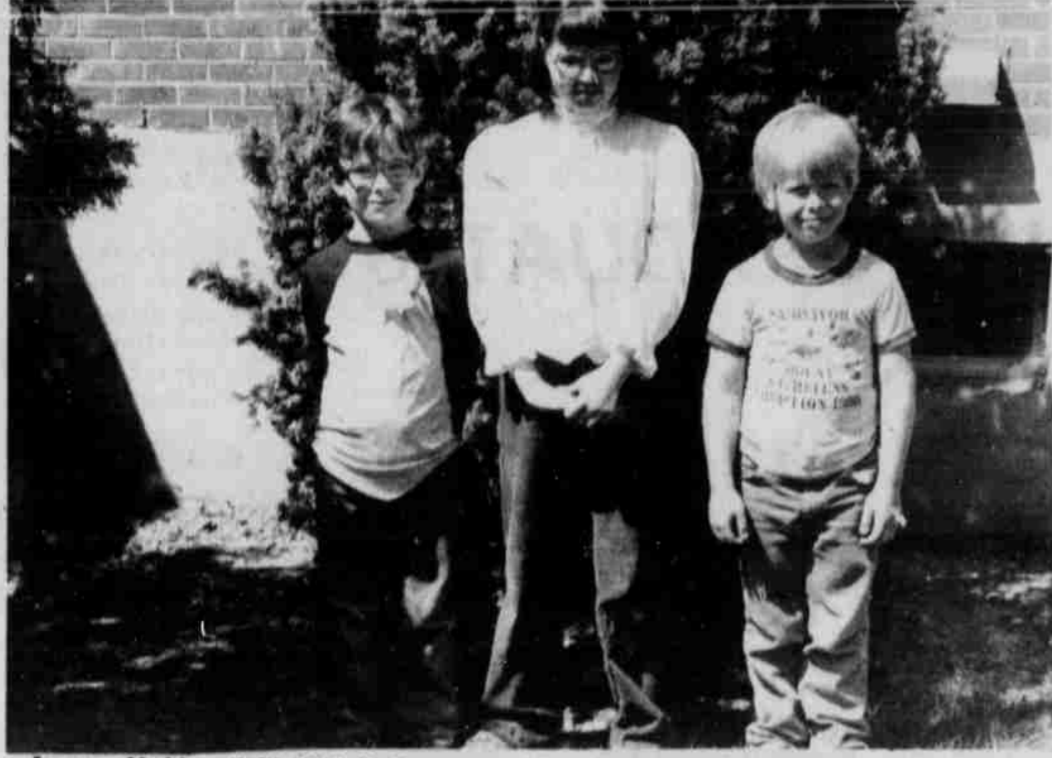


## Top Camp Fire Candy sellers get free trip to camp



Jeremy Maddern (left), Michelle Cameron and Tony Beckett will be on their way to Camp Da Kon Ya for a free four-day stay for selling the most Camp Fire Candy in the local area. They each sold 120 boxes.

They will attend the camp, which is located near Mecham, in the latter part of June. Many other Camp Fire kids received prizes for their candy selling efforts. "The local communities were very cooperative and helped make the sale a success," said Camp Fire spokesperson Irene Plocharsky of Heppner. Over 2,000 boxes of candy were sold locally. Proceeds benefit the camp, she said.

## Court discusses budget passage

By MARY ANN CERULLO

Morrow County Court met last Wednesday, May 18, to receive the news they were hoping for — the county budget for 1983-84 passed county-wide 1040-605.

"This is the first time that we (Morrow County) beat the school budget in three precincts," announced Judge Don McElligott.

More people voted for the county than the school budget in the Hardman-Heppner, Lexington and Irrigon precincts.

Morrow County Court returned to its agenda to discuss the running of Anson Wright and Cutsforth county parks

with Don Briggs, county public works director, and Gay Harshman, park attendant.

Harshman suggested running a concession stand at Cutsforth park on a trial basis to make some extra money for the parks. He offered to build and run the stand on a percentage basis.

The court agreed to ask county counsel Mike Oths to draw up a contract with Harshman.

The court also approved a fee system for groups reserving park space: \$15 for under 50 people and \$30 for over 50 people. They also agreed to a discount for overnight campers who are over 62.

In other business, county

court: — learned from Greg Sweek, county assessor, that the computer for the county is scheduled to arrive by mid-July and will hopefully be in line in time to use it for the 1983-84 tax statements.

"We are the first organization in the Northwest to get the IBM System 36," said McElligott.

— heard recommendations from a committee to establish fees for county services. A fee policy for replacement checks, nonsufficient funds and bank wires were among the services discussed.



By MARLENE CURRIN  
Publicity Chairman  
Morrow Co. CowBelles

I hope the information from the article "Red Meat and Health" by Heather Smith Thomas has been interesting so far. We found the information quite up-to-date since these studies were done in 1980.

If we are truly concerned about good nutrition or about losing weight or staying slim while maintaining good physical fitness and high energy levels, we should take another look at animal products. They may be some of our best allies in maintaining health and fitness.

Red meat contains nature's highest quality protein, many B vitamins, and minerals essential to life, and it is the most efficient source of iron and zinc. For the weight-watcher especially meat can be a real blessing, for it provides more nutrients per

calorie than any other basic food. Lean meat contains many of the essentials our bodies must have yet it is very low in calories.

Meat provides all the amino acids of protein in correct balance. Some types of vegetables contain protein, but not in a form that can be as readily utilized by the human digestive system. Vegetable protein is incomplete protein. Several types of vegetable proteins have to be combined in order to be adequate for our needs whereas meat contains complete protein in a readily-assimilated form. Some vegetable proteins also have the disadvantage of creating excess gas in the digestive tract.

Dr. George Briggs, nutrition professor at the University of California-Berkeley, has said, "A vegetarian, to be adequately nourished, must have a sophisticated knowledge of nutrient sources and would have to spend more time than a meat-eater — who makes choices from all food groups — in planning and organizing meals because of the complicated process of selecting the appropriate food combinations."

A vegetarian diet may have other drawbacks as well. A 1981 study by the University of Kansas Medical Center discovered that some vegetable proteins may inhibit iron absorption. The Kansas study, performed by a team of hematologists led by Dr. James Cook, showed that protein products from processed soybeans inhibit absorption of iron in humans by as much as 92 percent. By contrast, beef and other animal proteins not only contain iron that is easily absorbed by the body but help in the absorption of iron from other foods.

Dr. Cook speculated that if a person is iron-deficient, excessive use of soy protein could cause problems.

Many vegetarian-minded people seem to think that meat's only contribution to health is protein. But it also provides B vitamins and important minerals — vital phosphorus, potassium and essential micro-nutrients — many of which cannot be found in plant foods. Meat is the best source of natural iron, necessary for prevention of anemia. Iron is especially needed by growing children, teenage boys and women between the ages of 11 and 51. The need for iron is even greater if a woman is pregnant or nursing a baby.

Meat is more digestible than vegetables. Proteins from meat are at least 97 percent digested and meat fat is at least 96 percent digested. Meats are digested in the stomach as well as in the intestines. Vegetables, by contrast, are not broken down at all in the stomach and pass through quickly, with a high percentage of the material going completely through the tract undigested. Meats are digested more slowly but more completely and are more totally utilized by the body. This longer period of digestion makes meat more filling and satisfying — you don't get hungry again as quickly after eating meat as after some other types of foods. Meat in a meal can help ward off the between-meal hunger pangs which frequently lead to snacking and over-eating.

## Crop Report

The Oregon Crop and Livestock Reporting Service has released the following Crop Report:

Oregon

Oregon's 1983 winter wheat production is forecast at 61.4 million bushels, based on conditions as of May 1. Despite a 10 percent drop in acreage estimated for harvest to 990,000 acres, production is projected to be one percent above the 1982 output. With excellent conditions prevailing in most of Eastern Oregon, a record state yield of 62 bushels per acre is projected. This is one more than the previous record of 61 bushels established in 1981. A special planted acreage intentions survey conducted in April indicates Oregon farmers have planted or intend to plant 105,000 acres of spring wheat, five percent less than a year ago. Other intended acreages include: Barley, 250,000 acres, up nine percent; oats, 130,000 acres, down seven percent; field corn 60,000 acres, down eight percent from last year. Growers expect to harvest 1,120,000 acres of all hay, five percent more than cut in 1982.

United States

The United States winter wheat production forecast at 1.89 billion bushels as of May 1 is 10 percent less than last year's record high production of 2.11 billion bushels. Acreage for harvest, at 47.1 million acres, is 19 percent below a year ago. Indicated per acre yield, at 40.2 bushels, is 4.1 bushels higher than last year.



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## HHS freshman wins state math contest



Chris McLaughlin

Heppner now boasts a state math contest winner. Chris McLaughlin, a Heppner High School freshman, took first at the third annual Oregon Invitational Mathematics Contest,

held May 17 at the University of Oregon in Eugene.

There were four different events in the algebra I division: theory contest, number sense and calculator, pencil and paper and applied concepts. McLaughlin won the theory contest.

"Pencil and Paper was the hardest," he said. He received a ribbon at an awards assembly held that afternoon.

"Some of the other kids who won whole divisions got things like plaques and calculators — even scholarships.

"It was really worth it," said Chris. "We had the whole afternoon off before the assembly so we walked all around campus and got to see the college when classes were still going."

Other students from Morrow County competing in the contest were Lana Reid and Alex Lindsay from HHS, and two girls from Riverside High School in Boardman.

## Youth group plans trip, barbecue

The Ecumenical Youth Group will leave at 5:30 a.m. Saturday May 28, from the United Methodist Church in Heppner for a trip to Portland. The group should return to Heppner between 8:30 and 9

p.m., said the Rev. Ed Watts, vicar of All Saints' Episcopal Church.

The youth group's last event of the year will be a barbecue at the Watts' home on Wednesday, June 8, beginning at 6:30 p.m.

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## Oregon Fair Assoc. officers, directors meet in Morrow Co.



Back row left to right: Harold Peck, Meryln Robinson, Harold Otley, Charlie Daly, Neil Davis, Robert McLaughlin, Sam Phillip, Sharon Wilson.

Front row left to right: Charles Hoeft, Adeline Hesse, Doris Jensen, Carole Alley, Peggy Parker.

On Thursday, May 12, the Morrow County Fair Board met with the Oregon Fair Association officers and directors for a polluck dinner and meeting at the fairgrounds in Heppner.

The visiting officers in attendance were Adeline Hesse, president of Hillsboro; Harold Otley, vice-president at Diamond; Doris Jensen, secretary-treasurer of Hood River, and seven directors. The

group has been visiting Eastern Oregon counties to meet with county fair boards.

Other guests were Yvonne Daly, Don Munkers, Steve Estberg, Edna Peck and her granddaughter.

New fair secretary Ruby Munkers reports that her hours at the fair office at the fairgrounds will be 9 a.m. to 5 p.m. on Mondays and Wednesdays. The office phone number is 676-9474. Her home phone number is 676-5028.

All county fair superintendents are asked to proof read the copy for their department that will be published in the fair premium book at the Gazette-Times office.

## New dentist to open practice



Dr. Thomas Alexander

Boardman dentist Thomas F. Alexander has announced that he will open a general dentistry practice in Heppner in Dr. Huber's office, located in the First Interstate Bank Building. Dr. Alexander will see patients on Tuesdays.

Appointments may be made by calling 676-9118, or 481-9462.

The kitchen of a monastery in Portugal was built to accommodate the Alcoa River, which flows through it, providing a supply of fresh fish every day of the year.

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