

NOTICE OF BUDGET HEARING

A meeting of the MORROW COUNTY COURT will be held on June 22, 1983 at 8:30 p.m. at NORTH MORROW ANNEX, IRRIGON, OR. The purpose of this meeting is to discuss the budget for the fiscal year beginning July 1, 1983 as approved by the MORROW COUNTY Budget Committee. A summary of the budget is presented below. A copy of the budget may be inspected or obtained free of charge at THE OFFICE OF THE COUNTY COURT, HEPPNER between the hours of 8:00 a.m. and 5:00 p.m. The budget was prepared on a basis of accounting  consistent  not consistent with the basis of accounting used during the preceding year. Major changes, if any, and their effect on the budget, are explained below.

MORROW (County) May 26, 1983 (Date) *[Signature]* (City) (Chairman of Budgeting Body)

FINANCIAL SUMMARY

	ADOPTED BUDGET THIS YEAR 82-83	APPROVED BUDGET NEXT YEAR 83-84
<b>ANTICIPATED REQUIREMENTS</b>		
Total Personal Services	2,361,552.88	2,518,969
Total Materials and Services	2,159,481.12	2,052,080
Total Capital Outlay	746,193.00	485,987
Total All Other Expenditures and Requirements	600,875.00	808,383
<b>TOTAL ANTICIPATED REQUIREMENTS</b>	<b>5,948,102.00</b>	<b>5,865,419</b>
<b>ANTICIPATED REVENUES</b>		
Total Revenues Except Property Taxes	3,140,435.00	3,316,087
Total Property Taxes Required to Balance Budget	2,807,667.00	2,539,332
<b>TOTAL ANTICIPATED REVENUES</b>	<b>5,948,102.00</b>	<b>5,855,419</b>
<b>ANTICIPATED TAX LEVY</b>		
Total Property Taxes Required to Balance Budget	2,807,667.00	2,539,332
Plus: Estimated Property Taxes Not to be Received	224,613.00	203,146
<b>TOTAL PROPERTY TAX LEVY</b>	<b>3,032,280.00</b>	<b>2,742,478</b>
<b>TAX LEVIES PARTIALLY FUNDED BY STATE OF OREGON</b>		
Levy Within Tax Base	413,473.00	438,281
One-Year Special Levy Outside Tax Base	2,618,807.00	2,304,197
Serial Levies	-0-	-0-
<b>TOTAL PROPERTY TAX TO BE PARTIALLY FUNDED BY STATE OF OREGON</b>	<b>3,032,280.00</b>	<b>2,742,478</b>
<b>TAX LEVIES TOTALLY FUNDED BY LOCAL TAXPAYERS</b>		
One-Year Special Levy Outside Tax Base	449,223.00	366,188
Serial Levies	-0-	-0-
Levy for Payment of Bonded Debt	-0-	-0-
<b>TOTAL PROPERTY TAX TO BE TOTALLY FUNDED BY LOCAL TAXPAYERS</b>	<b>449,223.00</b>	<b>366,188</b>

STATEMENT OF INDEBTEDNESS	
DEBT OUTSTANDING	DEBT AUTHORIZED, NOT INCURRED
<input type="checkbox"/> NONE <input type="checkbox"/> AS SUMMARIZED BELOW	<input type="checkbox"/> NONE <input type="checkbox"/> AS SUMMARIZED BELOW

FUNDS REQUIRING A PROPERTY TAX TO BE LEVIED

GENERAL FUND

	ACTUAL DATA LAST YEAR 81-82	ADOPTED BUDGET THIS YEAR 82-83	APPROVED BUDGET NEXT YEAR 83-84
Total Personal Services (Includes all Payroll Costs)	765,082.33	886,408	949,354
Total Material and Services	447,628.58	646,242	707,863
Total Capital Outlay	65,456.34	47,566	59,599
Total All Other Expenditures and Requirements	18,196.04	210,000	200,602
Total Expenditures and Requirements	1,296,362.29	1,790,216	1,917,419
Property Taxes Received	995,036.84	-0-	-0-
Property Taxes Required to Balance	1,272,451	1,272,451	1,272,419
Estimated Property Taxes Not to be Received	101,296	98,250	98,250
Total Property Tax Levy	1,374,247	1,326,379	1,326,379
Levy Within Tax Base	413,473	438,281	438,281
One-Year Special Levies Outside Tax Base	960,774	898,098	898,098
Serial and Continuing Levies (Operating)	-0-	-0-	-0-
Serial Levies (Capital Construction)	-0-	-0-	-0-
Levy for Payment of Bonded Debt	-0-	-0-	-0-

GENERAL ROAD FUND

	ACTUAL DATA LAST YEAR 81-82	ADOPTED BUDGET THIS YEAR 82-83	APPROVED BUDGET NEXT YEAR 83-84
Total Personal Services (Includes all Payroll Costs)	477,918.12	574,469	597,011
Total Material and Services	774,611.29	939,000	812,869
Total Capital Outlay	299,666.38	487,000	224,000
Total All Other Expenditures and Requirements	3,481.95	205,000	300,000
Total Expenditures and Requirements	1,555,677.74	2,205,469	1,933,880
Total Resources Except Property Taxes	1,073,598.63	1,016,742	826,947
Property Taxes Received	1,702,503.30	-0-	-0-
Property Taxes Required to Balance	1,182,727	1,182,727	1,106,933
Estimated Property Taxes Not to be Received	95,178	98,555	98,555
Total Property Tax Levy	1,284,905	1,284,905	1,195,488
Levy Within Tax Base	-0-	-0-	-0-
One-Year Special Levies Outside Tax Base	1,284,905	1,284,905	1,195,488
Serial and Continuing Levies (Operating)	-0-	-0-	-0-
Serial Levies (Capital Construction)	-0-	-0-	-0-
Levy for Payment of Bonded Debt	-0-	-0-	-0-

OTHER ROAD DISTRICTS FUND

	ACTUAL DATA LAST YEAR 81-82	ADOPTED BUDGET THIS YEAR 82-83	APPROVED BUDGET NEXT YEAR 83-84
Total Personal Services (Includes all Payroll Costs)	-0-	-0-	-0-
Total Material and Services	-0-	-0-	-0-
Total Capital Outlay	-0-	-0-	-0-
Total All Other Expenditures and Requirements	92,744.26	67,617	57,205
Total Expenditures and Requirements	92,744.26	67,617	57,205
Total Resources Except Property Taxes	-0-	-0-	-0-
Property Taxes Received	92,744.26	-0-	-0-
Property Taxes Required to Balance	67,617	67,617	57,205
Estimated Property Taxes Not to be Received	5,409	4,576	4,576
Total Property Tax Levy	73,026	61,781	61,781
Levy Within Tax Base	-0-	-0-	-0-
One-Year Special Levies Outside Tax Base	73,026	61,781	61,781
Serial and Continuing Levies (Operating)	-0-	-0-	-0-
Serial Levies (Capital Construction)	-0-	-0-	-0-
Levy for Payment of Bonded Debt	-0-	-0-	-0-

FUNDS REQUIRING A PROPERTY TAX TO BE LEVIED

GENERAL SCHOOL FUND

	ACTUAL DATA LAST YEAR 81-82	ADOPTED BUDGET THIS YEAR 82-83	APPROVED BUDGET NEXT YEAR 83-84
Total Personal Services (Includes all Payroll Costs)	-0-	-0-	-0-
Total Material and Services	-0-	-0-	-0-
Total Capital Outlay	-0-	-0-	-0-
Total All Other Expenditures and Requirements	16,400	16,400	16,400
Total Expenditures and Requirements	16,400	16,400	16,400
Total Resources Except Property Taxes	-0-	1,000	1,000
Property Taxes Received	16,400	-0-	-0-
Property Taxes Required to Balance	15,400	15,400	15,400
Estimated Property Taxes Not to be Received	1,232	1,232	1,232
Total Property Tax Levy	16,632	16,632	16,632
Levy Within Tax Base	-0-	-0-	-0-
One-Year Special Levies Outside Tax Base	16,632	16,632	16,632
Serial and Continuing Levies (Operating)	-0-	-0-	-0-
Serial Levies (Capital Construction)	-0-	-0-	-0-
Levy for Payment of Bonded Debt	-0-	-0-	-0-

NORTH MORROW MEDICAL CLINIC FUND

	ACTUAL DATA LAST YEAR 81-82	ADOPTED BUDGET THIS YEAR 82-83	APPROVED BUDGET NEXT YEAR 83-84
Total Personal Services (Includes all Payroll Costs)	-0-	-0-	-0-
Total Material and Services	47,108	47,108	47,108
Total Capital Outlay	5,000	5,000	5,000
Total All Other Expenditures and Requirements	4,000	4,000	4,000
Total Expenditures and Requirements	56,108	56,108	56,108
Total Resources Except Property Taxes	19,750	19,750	19,750
Property Taxes Received	36,858	36,858	36,858
Property Taxes Required to Balance	2,949	2,949	2,949
Estimated Property Taxes Not to be Received	39,807	39,807	39,807
Total Property Tax Levy	-0-	-0-	-0-
Levy Within Tax Base	-0-	-0-	-0-
One-Year Special Levies Outside Tax Base	39,807	39,807	39,807
Serial and Continuing Levies (Operating)	-0-	-0-	-0-
Serial Levies (Capital Construction)	-0-	-0-	-0-
Levy for Payment of Bonded Debt	-0-	-0-	-0-

PIONEER MEMORIAL HOSPITAL FUND

	ACTUAL DATA LAST YEAR 81-82	ADOPTED BUDGET THIS YEAR 82-83	APPROVED BUDGET NEXT YEAR 83-84
Total Personal Services (Includes all Payroll Costs)	866,090	783,364	799,492
Total Material and Services	301,431	445,736	284,189
Total Capital Outlay	11,368	6,129	-0-
Total All Other Expenditures and Requirements	58,491	116,939	140,330
Total Expenditures and Requirements	1,217,380	1,352,168	1,224,011
Total Resources Except Property Taxes	1,341,951	1,089,697	1,130,637
Property Taxes Received	107,233	-0-	-0-
Property Taxes Required to Balance	262,472	262,472	93,365
Estimated Property Taxes Not to be Received	20,998	20,998	7,469
Total Property Tax Levy	783,479	783,479	100,834
Levy Within Tax Base	-0-	-0-	-0-
One-Year Special Levies Outside Tax Base	783,479	783,479	100,834
Serial and Continuing Levies (Operating)	-0-	-0-	-0-
Serial Levies (Capital Construction)	-0-	-0-	-0-
Levy for Payment of Bonded Debt	-0-	-0-	-0-

'Econo-Eating'

from p. 5

body and quit when I'm full. Most places willingly allow "doggie bags" and these leftovers make a great lunch the next day.

Food can take on all kinds of meaning. Sweets are often used as a reward when someone has been good or done something special. Food can also be used as comfort or consolation. If things go wrong in your world, maybe a little food will "make it better."

Sometimes we eat because we're bored. If there's "nothing to do," we often start looking in the cupboards or refrigerator for something to live things up.

Food is also given to express love. "I made this especially for you!" becomes an invitation to eat the special food or reject the person who made it.

No one feels good about throwing food away. It costs too much and is too important in our world to waste. But, there's a fine line between enough food, especially the right kinds of food, and too much food. It's a real challenge to put enough emphasis on food so good food choices are made but not so much that we overeat or become obsessed with food.

The way children are fed can lead to lifelong good eating habits. As we study more about nutrition, we have changed the recommendations for feeding young children. When my children were babies, you started them out on solid foods early. The idea was that you wanted to keep their tummies full so they'd sleep through the night and not be fussy. Research now shows that the first solid food babies should eat is a baby cereal that is iron-fortified at five or six months of age. They should be introduced to fruits, vegetables and meat one at a time at seven or eight months. Some feel that early introduction of foods other than milk leads to allergies and/or overweight.

There is also a strong feeling that you should avoid encouraging children to eat more than they want, teaches them to ignore the body signals of fullness. It may lead to a lifetime of overeating and obesity.

On the other hand, we hear more and more about teenagers, especially girls, who are suffering from Anorexia Nervosa, an eating pattern that is self-imposed starvation.

When Anorexia Nervosa patients were studied in Australia, they generally scored higher on a test of their nutrition knowledge. Even though they know what they need for good health, they have a distorted idea of what their body should look like, and feel that they are much too fat even when they are emaciated.

So what's the answer? Setting a good example in your own eating habits is important. Having a pleasant atmosphere at the table can set a relaxed mood that encourages family members to share their experiences with each other. Making a regular time for meals and snacks, and having good choices available, also sets up a routine that will help them develop good eating habits. Suggesting other kinds of family togetherness, such as playing games, biking, or walking together can help avoid boredom or overemphasis on eating.

Relax, you're probably having more influence than you suspect. I had decided my kids never listened to me. But now that they're grown, I hear them admonishing their partners with about the same

lines I used on them. It's delightful to see them taking good care of themselves and the people they love.

Serving fruit as a dessert or snack is a good choice. It's pretty, colorful and nutritious. This time of year, you can make a rainbow of fruit on a platter, or arrange layers of contrasting colors of fruit in a glass bowl. It needs no dressing up to be attractive.

Fruit lees  
1 cup fresh, frozen or canned fruit, or three ounces of frozen juice concentrate partially thawed.  
2 cups crushed ice.  
Put ingredients into blender container, cover and process at highest setting. Using rubber spatula to help guide ice into processing blades. When contents are snowy consistency, serve at once. Yield: about 2 cups or 4 servings, about 45 calories per serving.



By MARLENE CURRIN  
Publicity Chairman  
Morrow Co. CowBelles

The CowBelles are always receiving news items to update their files and keep current with most studies that are done on beef. The National Live Stock and Meat Board reprinted an article that appeared in "Nautilus Magazine," January 1983, entitled "Red Meat and Health." It has been a very informative article and I wish to continue passing it along to you:

Meat leaves you satisfied longer, yet it is not high in calories. A four-ounce serving of lean beef provides about 170-200 calories, while a half-cup of dried beans provides 342 calories. Four ounces of shelled peanuts provides 620 calories (one tablespoon of peanut butter has 90 calories). Beef compares favorably with any food when it comes to price per protein (it's cheaper per gram of actual protein than is cereal) or nutrition per calorie. Six ounces of cooked beef daily supplies only 20 percent of the calories needed by a 25 year old man but 90 percent of the protein he needs, 68 percent of the zinc, 64 percent of the iron, 44 percent of the thiamine, 42 percent of the riboflavin, 40 percent of the phosphorus, 32 percent of the vitamin B6, and 118 percent of the vitamin B12.

A person can stay slim or lose weight eating meat while at the same time easily fulfilling the body's nutrition requirements. Someone wanting to lose weight may have to cut back on "empty" calories such as are provided by alcoholic beverages, sugars, fats and oils, all of which can be high in calories but low in nutrients. The calorie con-

scious person should watch out for "extras" sometimes served with meat - oils used in frying, tartar sauce, mayonnaise, catsup, and other sauces - which can contribute more calories than the meat itself.

At Johns Hopkins University, recent studies of the role of meat in weight loss diets showed that people on a low calorie diet that included meat generally lost weight with more ease than those on low caloric vegetarian diets and that the weight tended to stay off. More than 200 people on three different types of diets were studied. One group used a self-designed vegetarian diet, another group used a vegetarian diet designed by a registered dietitian, and the third group used a balanced low calorie diet that included meat, fish, dairy products and items from all the basic food groups. The first two groups, on the vegetarian diets, lost weight a little faster than the meat-eaters, but more of the dieters dropped out, their work efficiency dropped or stayed level, they had more gastrointestinal problems, they were more irritable, and a higher percentage of them eventually regained the weight they lost. Those in the meat-eating group kept stress levels down better and increased their work efficiency by 13 percent.

Maria Simonson, director of the Health, Weight and Stress Clinic at Johns Hopkins, headed the study. She reports that over the past 10 years she and her colleagues have pooled findings of over 29,000 claims, theories, treatments and special diets for losing weight, finding that less than six percent have been effective. "An amazing 13 percent were downright hazardous, and the remainder were so absurd or ineffective that we do not deserve mention," she says. She warns that many weight loss methods can lead to serious consequences. Common sense and a balanced diet taken in moderation is the healthiest plan for losing weight and staying slim. About 40 percent of the adult American population is overweight and at risk from the dangers that go with obesity. Physiological abnormalities (endocrine and organic problems) account for about six percent of people who are overweight - the other 94 percent simply eat too much and exercise too little.

PUBLIC NOTICES

STANDARD BID FORM  
MORROW COUNTY SCHOOL DISTRICT  
P.O. BOX 368  
LEXINGTON, OREGON 97839  
(503) 989-8202

MORROW COUNTY SCHOOL DISTRICT invites bids on the following:

Employee group health and accident insurance coverage for all district employees. The District Insurance Committee will screen all proposals and will interview those representatives whose proposals meet the district's specifications in the most competitive manner.

Specifications and bid forms are available upon request at the address below.

Bids will be opened at Lexington on June 24th by the Committee in closed session. Selected representatives will be interviewed by arrangement. Bids are to be sent or delivered in sealed envelopes plainly marked INSURANCE BID.

All bids are to be mailed or delivered to the Morrow County School District Office, P.O. Box 368, Lexington, Oregon 97839 before the time and date specified above.

The school district reserves the right to reject any and all bids.

Matthew P. Doherty,  
District Superintendent  
Published: June 2, 9, 1983.

PUBLIC NOTICES

Notice is hereby given that the Port of Morrow, Oregon will meet at a special meeting on June 17, 1983 at 1:00 p.m. o'clock at the Port offices at One Marine Drive, Boardman, Oregon for the purpose of acting on an ordinance for the issuance and sale of Port of Morrow Revenue Bonds, Series 1983A. The bonds will be used to advance refund a portion of the Port's Revenue Bonds, Series 1981A to refinance an Economic Development Department loan, and the construction of a dock and wharf and other Port improvements.

Secretary, THE PORT OF MORROW  
Published: June 2, 9, 1983.

The following precincts will be combined for the June 28, 1983 election:

Irrigon 4A and Irrigon 4B into Combined Irrigon Precinct.

Morrow County Clerk  
Barbara Bloodworth  
Published: June 2, 1983.