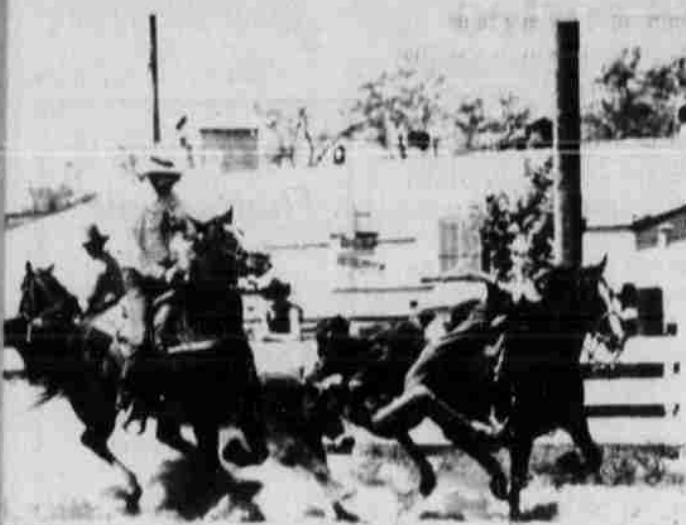


Local high school rodeo team gets set for state finals



Mike Currin wrestles a steer during a high school rodeo at Hermiston. Sid Britt hazes.

Nine members of the Heppner High School rodeo team will head for the Oregon High School Rodeo Finals at Redmond this Friday and Saturday to try for a chance to make the national finals.

The top 20 contestants in all events from the season's high school rodeos compete at the state finals. From there, the top four in each event go on to competition at the national level, and several of the Heppner athletes have a good chance of making it to the top.

The Heppner team has three event leaders going to the finals: Hank Vazza, of

two points behind the leader, Spike McCay, of Eugene. He is also going in calf roping and cow cutting and is in sixth place for the boys' all-around. He and brother Steve are in the sixth spot in team roping. Steve is also going to Redmond in calf roping and steer wrestling.

Besides polebending, Tara Mahoney is in third place in cutting and will compete in breakaway roping and goat tying. She is currently in second place for the girls' all-around.

David McCarty is currently in second place in bareback riding. Trisha Mahoney is going in barrel racing, breakaway roping, polebending and goat tying. Marty Britt is going into the finals third in steer wrestling and Pat Schwarz is running fourth in steer wrestling.

Just one point behind Schwarz in calf roping is Jack McGuire, in second place. Jack is also going in steer wrestling.

Britt, Mike Currin and Schwarz are among the top four steer wrestlers in the state. They trained under the direction of Sid Britt of Heppner.



Steve Currin takes a turn at steer wrestling at the Hermiston rodeo. Sid Britt hazes.



Pat Schwarz takes first place in calf roping at Hermiston.



Cow Belle Corner

By MARLENE CURRIN
Publicity Chairman
Morrow Co. CowBelles

The Oregon Beef Council in Portland supplies the Cow-Belles with information on beef. They have provided us with a brochure entitled, "Beef and your Microwave." I'd like to pass on some recipes to you from that brochure, and beef cooking information.

Cooking beef in a microwave oven can be done with confidence and enthusiasm. Because beef is basic to so many meals, it is important to understand the principles and tested methods of cooking it in a microwave.

Defrosting in a microwave allows you to defrost beef quickly, neatly and without flavor loss. Follow directions in the oven manual and be sure to defrost slowly so the inside of the meat thaws before the outside begins to cook. Always allow for standing time between the end of the thawing cycle and the beginning of the cooking cycle.

Microwave ovens are great for reheating leftover beef; there is no moisture loss or reheated flavor.

Use your microwave to cook ground beef quickly for use in recipes. It can be cooked in many shapes and forms such as meatballs, casseroles, meat loaves, patties, sauces and sandwiches.

Next time you barbecue, partially cook extra beef steak or patties, then freeze. When ready to serve, unwrap beef and defrost in the microwave. Allow standing time, then cook quickly, just until done. The beef will taste like it was just barbecued.

The colder beef and other recipe ingredients are, and the more food there is in the microwave, the longer the cooking time.

Most successful roasts for microwave cooking are bone-

less, uniform in shape and tender. Suggested cuts are rib eye, top round, tip, or rump (rolled and tied).

To cook, place roast on a microwave rack (or on two inverted saucers) in a rectangular microwave dish. Then roast over half way through cooking time.

Generally a rare to medium degree of doneness produces the most popular result. Degree of doneness should always be determined by a microwave thermometer, a conventional thermometer used outside the oven, or a microwave food probe. Consult your oven manual for best cooking time and oven setting. Temperature is more accurate than time in determining doneness.

Browning occurs naturally after 12 minutes of cooking time. For additional browning, baste with soy sauce or Worcestershire sauce or a browning sauce.

Always allow a minimum standing time of 10 minutes outside the oven; internal temperature of roast increases 10-15 degrees during standing time. Wrap the roast in foil for standing time.

Following are two beef recipes to be cooked in a microwave oven. More information on beef and two more recipes will be printed soon.

Swedish Meatballs
1 pound ground beef
1/2 cup bread crumbs
1/2 cup milk
3 teaspoons Worcestershire sauce
1 teaspoon salt
1 teaspoon dill weed
1/2 teaspoon pepper
1 egg
1 beef bouillon cube
1/2 cup water
2 tablespoons flour
2 tablespoons water
1 cup sour cream

Thoroughly mix ground beef, bread crumbs, milk, 2 teaspoons Worcestershire

sauce, salt, dill, pepper and egg. Shape into 24 meatballs. Place meatballs in single layer on microwave roasting rack or on paper towels in dish. Cook 5 minutes on high, or until done; turn meatballs over several times. Heat bouillon cube and 3/4 cup water in 10-inch glass or ceramic pan until cube dissolves. Mix together flour and 2 tablespoons water to make paste; stir into bouillon and cook three minutes on medium, or until mixture is thick, stirring frequently. Add sour cream and 1 teaspoon Worcestershire sauce. Stir in meatballs and heat 3 minutes on medium or until hot.

Makes 4 servings.
Southwestern Tamale Bake
1 pound beef round steak
1 small onion, chopped
1 can (8 oz.) chili sauce
2 teaspoons chili powder
1/2 teaspoon cumin
1/2 teaspoon garlic powder
1 can (8 3/4 oz.) corn, drained
1 can (3 and one-third oz.) whole pitted black olives, drained
1 cup shredded Jack cheese
1 cup cornmeal
3/4 cup milk
3/4 cup water
3/4 teaspoon salt

Cut meat into thin strips across the grain; cut strips into 1/2-inch pieces. Combine meat and onion in 9-inch microwave dish. Cook 6 minutes on medium, stirring once; drain. Combine tomato sauce, chili powder, cumin, and garlic powder; stir into meat with corn and olives. Cook 6 minutes on medium; stir several times. Remove from oven and add cheese. Combine cornmeal, milk, water and salt in 1 quart cup. Cook 4 to 4 1/2 minutes on high or until mixture is very thick; stir frequently to prevent lumping. Spread cornmeal over meat mixture to cover completely. Cook 3 minutes on medium.

Makes 4 to 6 servings.

152 compete at Heppner Invitational Swim Meet

A total of 52 swimmers from Heppner, The Dalles, Hood River, Goldendale-White Salmon, Wash., John Day and Pendleton competed in 62 events at a Heppner Invitational Swim Meet last Sunday. There were no trophies given for high point team, but Pendleton came in first with 354 points, followed by Hood River with 308 1/2 points, John Day had 291 1/2 points for third, The Dalles took fourth with 144 points, Goldendale-White Salmon was next with 119 points and the host Heppner team ranked last with 48 points.

Golfers travel to Condon

In interclub play last Sunday, eight Heppner golfers traveled to Condon. The day was cold, rainy and blustery, but everyone had fun, reported John Edmondson, a Willow Creek Country Club spokesperson.

Men's winners for Heppner were: low gross - first, John Edmondson; second, Elmer Palmer; and third, Roy Martin. Low net - first, Bob Jepsen and second, Ed Hiemstra.

Women's winners were: low gross, Pat Edmondson and low net, Muriel Palmer. Pat Edmondson also had closest to the pin on her second shot for the field of a dozen players.

The next interclub visitation will be on July 10 when the Heppner men will travel to Pendleton.

The next home visitation will be on July 24 when the men and women from Condon and Kinzua will come to Willow Creek Country Club.

Heppner swimmers and the events they placed in follow: 11-12 year old girls medley relay - fourth place in 4:41.48 Mary Connor, Benji Pearson, Dulcie Palmer, Kerry Bruch.

9-10 year-old girls' 60-meter freestyle, Kerry Bruch in 1:04.34 for fourth place.

9-10 year-old boys' 60-meter freestyle, Eric Connor in 58.34 for second place.

11-12 year-old boys' 60-meter backstroke, Ryan Miller in 1:28.12, sixth place.

13-14 year-old girls' 120 meter backstroke, Christy Rathbun in 1:41.34, fourth place.

10 and under girls' individual medley, Kerry Bruch in 2:44.31 for fifth place.

10 and under boys' individual medley, Eric Connor in 2:29.88, second place.

9-10-year-old boys' 60-meter breaststroke, Eric Connor in 1:13.25, first place, and Charlie Rathbun in 1:31.70, fourth place.

13-14 year-old girls' 90 meter breaststroke, Beth Forrar in 1:37.15, fourth place.

15-18 year-old girls' 120 meter breaststroke, Carlena Rathbun in 4:22.14, sixth place.

10 and under girls 30 meter butterfly, Kerry Bruch in 32.94, second place.

13-14 year-old girls' 90 meter butterfly, Beth Forrar in 1:35.16, second place, and Christy Rathbun in 1:42.27 for fourth place.

11-12 year-old girls' Freestyle relay of Kim Stookey, Dulcie Palmer, Mary Connor, Benji Pearson in 4:33.83 for sixth place.

Other swimmers from Heppner were Jessica Hedman, Peter Pearson, Dawn Papineau and Cory Weed.

2nd annual Willow Creek Open to be held this weekend

You won't see any big name golfers at the Willow Creek Country Club this weekend, but the action could be just as fierce as the pro circuit," says a W.C.C.C. spokesperson. With somewhere near 80 golfers coming to town for the second annual Willow Creek Open, the competition should be very stiff and no clear cut favorite is seen; he added. The event will get underway at 8 a.m. on Saturday and Sunday. Last year's open champion, Charlie Rawlins, can't return to defend his title, but his one-under-par total for 36 holes is in jeopardy of being bettered by any one of about 20 golfers.

Some of the favorites for the low gross honors are Treve Gray, a one handicapper from Pendleton; Larry Munkus from Echo; Ron Gray from Pendleton; Ernie Christensen from Tacoma, Wash.; Howard Broussard of Galveston, Texas (a former University of Houston Golf Scholarship Winner); John Wall from Bend; Mark Jellick, Prineville; Rick Bordenkircher, Pendleton; Scott Taylor, Gresham; L.J. Micheletti of Echo; and Jim Stanton from Pendleton.

Hometown men that could be in the running include Don Loft, John Edmondson, Wayland Hyatt, Rick Johnston, Gary Watkins, John Boyer, Ed

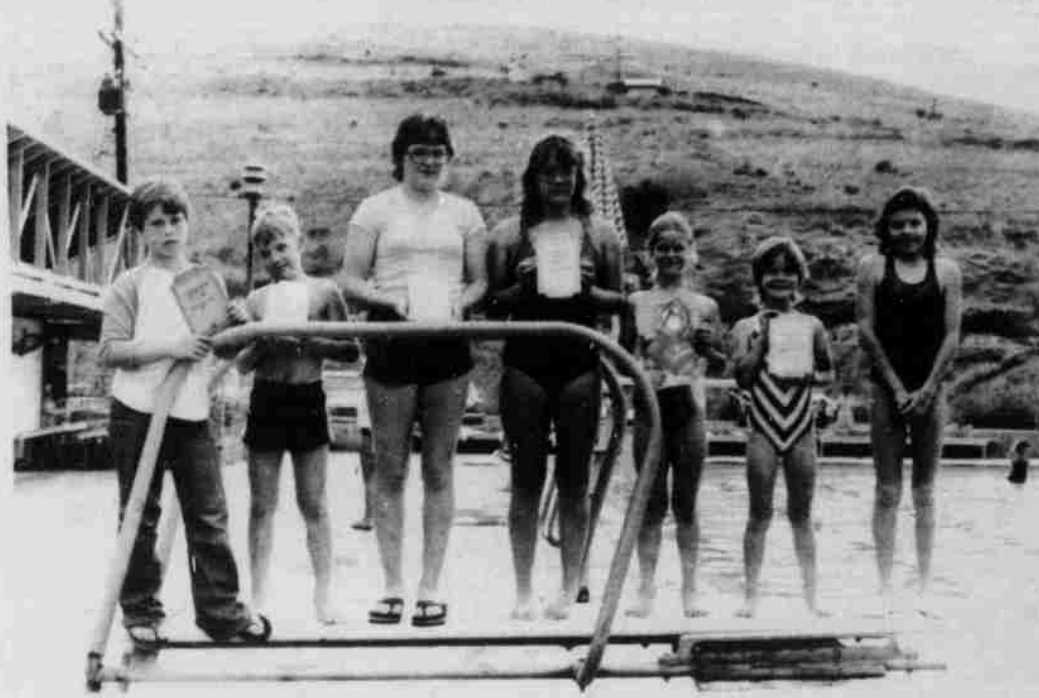
Hiemstra, Doug Smith and Ron Bowman.

"Thanks to the efforts of Kit and Cam George, the course is in great shape and should help the golfers better their scores," the spokesperson said.

Once again, besides merchandise, the golfers are trying to win one of the handcrafted trophies made by Johnny Shaw for low gross and low net honors in each of the four flights.

Tee-off time starts at 8 a.m. Saturday and Sunday and continues through most of the day. The public is invited to come and watch the competition at no charge.

Returning swim team members receive awards for '82



These members of the Heppner Swim Team received awards for last year's performances when they returned to the team this season.

Pictured from left to right are: A.J. Tarnasky, most improved for those eight-years-old and under; Charlie Rathbun, outstanding swimmer for those eight-years-old and under; Tareena

Nash, most improved swimmer for the 13 and 14-year-olds; Beth Forrar, outstanding swimmer for the 13 and 14-year-olds; Kerry Bruch, top banana; Tammy Burch, most improved swimmer overall; and Dulcie Palmer, outstanding swimmer for the nine and 10-year-olds.

Over the Tee Cup

Three teams tied with a score of 40 in a best ball tournament during ladies' Fun Day at Willow Creek Country Club on June 14. The teams were: Hazel Mahoney, Kay Anderson, Lorena Jones, Katherine Hoskins and Lucille Peck; Eileen Padberg, Mary Beamer and Suzanne Jepsen; Muriel Palmer, Judy Stevens, Inez Erwin, Linda Jones and Vicki Sime.

Door prize winners were Beth Brvant, Judy Stevens, Barbara Cutsforth and Eileen Padberg.

Kay Anderson won K.P. on No. Four.

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