

## Lexington News

By Delpha Jones 989-8189

Holly Rebekah Lodge met on Thursday for a regular meeting with N.G. Ruth Robinson presiding. The election of officers was held with the following taking office: N.G. - Leila Palem, V.G. - Virginia Peck, Secretary - Delpha Jones, Treasurer - Dorothy Buircham and three-year trustee - Ruth Robinson.

Plans were discussed concerning the president's official visit to Holly on March 15. The card party planned for Saturday night was also discussed as were plans for a bazaar, luncheon and card party for the 19th of November.

There will be a Thanksgiving turkey dinner for the members and their families at the regular meeting in November. It is a busy time for the lodges this time of year, with holiday plans and bazaars, so keep these dates in mind.

Refreshments of sandwiches, olives, pickles and potato chips were served later in the evening.

Installation is planned for the first meeting in January by the D.D.P. Hilda Yocom.

Virginia Peck, assistant warden to the Rebekah Assembly; Mary Wright, N.G. of Bunchgrass No. 91; and Delpha Jones, attended the Rebekah district meeting in Fossil on Tuesday of last week. A lovely memorial honoring the departed members was held. Later in the evening, a potluck dinner was enjoyed. Una Makin is the State President and was making her official visit.

Mr. and Mrs. C.C. Jones were Portland callers last week and Mr. Jones visited the Grange Insurance offices

and on Saturday Mrs. Jones attended a school for county deputies of the Oregon State Grange. A lovely dinner was served at noon by the members of Friendly Grange.

Jeannine Hunt, daughter of Mr. and Mrs. Dean Hunt, underwent major surgery in Pendleton last Wednesday and is reported to be recuperating well.

The installation of the Pomona and subordinate grange officers will be held at the Lexington Grange hall on the 27th of November. Morton Wolverton and installing team will be present. A potluck dinner is planned for 4 p.m. following the installation which will start at 2 p.m.

The Saturday evening card party held at the Rebekah Hall was a very enjoyable evening with six tables of players present. High for the women was won by Dot Halvorsen, high man was Kenneth Palmer, low woman was Lucile Rietmann, low man was Cecil Jones, traveling went to Joe Yocom and Joyce Buchanan.

A drawing for a hand painted saw blade clock donated by Jo Irvin was held with Delpha Jones having the winning ticket. Lovely refreshments were served.

The next card party will be held December 3 at the same time.

Elsie Huston motored to Portland on Thursday for a few days' visit.

Minerva Denslinger from The Dalles is visiting her daughter and husband, Mr. and Mrs. Orville Cutsforth.

## Former Heppner resident bags big bull



This big bull elk was taken by Mike Prock, formerly of Heppner, now living in Spokane, Wash. on Saturday, Oct. 29 in the Madison Butte area. Prock shot the bull, which dressed out at 275 lbs., with his 30-06 at about 8 a.m.

## Area Scouts to conduct food drive Nov. 21

By JUSTINE WEATHERFORD

Last year the Boy Scouts of Heppner and Ione conducted a well-organized food drive which resulted in over \$1,000 worth of food for needy families of the area which was much appreciated. The boys and their leaders are getting set for another house-to-house food collection this month, on Monday, Nov. 21, after school.

Volunteer adults are working with the five Cub Scout dens in Heppner and the den in Ione which comprise Pack No. 661. Cara Costa is pack secretary and LaRae Kindie is chairman of the den mothers, and she is also mother of den one; Martha Munkers and Linda Jones lead den two; Chloe Pearson and Helen

Riehl lead den three. Cherrie Clark and Julie Warren have den four; Ellen Rollis and Helen Murty are in charge of den five of Heppner, while Glenna Turley leads den six at Ione. Leaders of the Webelos program in Ione and Heppner are Mike Turley and Al Burt.

The area is anxiously hoping to find a leader for a regulation Boy Scout Troop very soon. Many persons feel distressed that there is no standard troop here presently.

A spokesperson for the Neighborhood Center in Heppner states that the food collected on Nov. 21 will be turned over to that agency which will be helping needy families of the county during the winter season. She also states that the annual pre-Christmas food collection drive will be conducted by the area churches again during December.

Scout leaders suggest that if householders know they will not be home after school on Monday, Nov. 21, they might leave canned food and other items on their porches for the boys to pick up.

The Heppner Soroptimist Club is making final plans for a style show and wine tasting party which will be held Saturday, Nov. 19 at the Heppner Elks Lodge, upstairs. The style show, which will feature fashions from the LeBush Shoppe, Gardner's Men's Wear, the Shoe Box, Cole's House of Fashion and Peterson's Jewelry, will begin at 2 p.m.

The wine tasting will follow the style show. Hors d'oeuvres will also be served during the party, which is scheduled to conclude at 6 p.m.

Tickets are available in advance at Coast to Coast for \$8. Ticket price at the door will be \$8.50.

Ticket holders will be offered discounts on special purchases from the businesses participating in the style show on Monday, Nov. 21.

All women over 21 are invited to attend the event, said a club spokesperson.

Proceeds will benefit the club's community service projects and scholarship fund.



By MARLENE CURRIN  
Publicity Chairman  
Morrow Co. CowBelles

Beef contributes less fat and calories to the American diet today, and is a concentrated source of valuable nutrients. This is the result of changes in beef production and marketing coupled with changes in the way people are preparing and eating beef," announced Kathy Kurtz, home economist for the Oregon Beef Council who moderated a national nutrition conference held October 12, the Plaza Hotel, in New York City. The conference, titled "Today's Beef: A New Brand," brought together a panel of experts to introduce the results of a new beef nutrition study.

The new nutrition study was conducted jointly by the United States Department of

Agriculture and the National Livestock and Meat Board. It provides updated nutrition information about the beef available in today's marketplace, which is 10 percent lower in calories than was shown in the last study done 30 years ago.

Kurtz added, "The beef industry has made significant changes in genetics, animal nutrition and packing to provide leaner beef to consumers. Cattle are being fed differently and for a shorter period of time. In addition, packers are trimming more fat from the meat before shipping to retailers."

At the same time, consumers are preparing and eating beef in ways that result in lower fat intakes: lean cooking methods like broiling and roasting; further trimming of fat; more use of beef with other foods in combination dishes and sandwiches. This reflects a growing consumer preference for lighter meals and leaner meat due to increasing concerns with health and nutrition.

Modern nutritional assessment techniques were em-

ployed to analyze the vitamin, mineral and protein content, as well as the fat the cholesterol levels in nationwide samples of beef commonly found in supermarkets. A three-ounce portion was used (the serving size often recommended by nutritionists). Key findings include the following:

Three ounces of lean cooked beef provide 192 calories, equal to eight percent of the average daily caloric intake of the adult male.

The three-ounce serving of beef provides 79 percent of the adult male's R.D.A. for vitamin B-12, 26 percent for iron, 38 percent for zinc and 45 percent for protein.

Beef protein is nutritionally complete, with all eight essential amino acids in the proper ratio for human nutrition. The three-ounce serving of beef contains 73 milligrams of cholesterol, equal to 24 percent of the daily level recommended by the American Heart Association (300 mg.) and about 15 percent of the estimated average U.S. daily per capita consumption level (500 mg.).

"While the nutrient density of beef (relative nutrient content to caloric value) has long been recognized, health issues related to fat and cholesterol consumption are more recent concerns," said Kurtz.

Analysis of the fat in beef showed less than 48 percent to be saturated, with the remainder being mono- or polyunsaturated. The cholesterol levels were found to be lower than those in same-sized servings of pork, roast or fried chicken, veal and the dark meat of turkey.

Participants in the New York conference were Marilyn Chou, president, Food Advisory Board and consultant to the Hudson Institute; Burdette Breidenstein, Ph. D., director, research nutrition information, National Livestock and Meat Board; Isabel Wolf, administrator, human nutrition service, United States Department of Agriculture; John Francis, director,

consumer information and merchandising, National Livestock and Meat Board, Anne Anderson, director of nutrition services, Texas Cattle Feeders Association; and John Allen, Ph. D., professor, marketing and transportation, Michigan State University.

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Blue Mt. Men's League  
November 2

Won - Lost	Score
Bucknum's Tavern	21 - 15
Heppner Bowl	21 - 15
Bowl for Fun	21 - 15
Big Five	19 - 17
Central Mkt.	17 - 19
Gar Aviation	17 - 19
Cast Offs	16 - 20
Cal's Lounge	12 - 24
High series: Marl Cantin	559, Garry Van Arsdale - 537 and Elmer Heath - 553.
High game: Elmer Heath - 211, Mike Rowell - 210 and Tom Troxell - 204.	
Scores: Cast Offs 4, Cal's Lounge 0, Central Market 3, Heppner Bowl 1, Big Five 3, Bowl for Fun 1, Bucknum's Tavern 2 and Gar Aviation 2.	

Dime A Dozen  
November 6

Won - Lost	Score
No. Three	26 - 10
No. Six	21 - 15
No. Four	20 - 16
No. Two	19 - 17
No. Five	17 - 19
No. One	15 - 21
No. Seven	13 - 23
No. Eight	13 - 23
Splits: Roy Taylor 5-10; Riley Munkers 7-6-10; Elmer Heath 4-7-10; Theo Budke 2-7; and Mickie Kindie 3-10.	
High game: LaRae Kindie - 190 and Riley Munkers - 203.	
High series: LaRae Kindie - 493 and Bert Corbin - 535.	
High team game: No. Four - 776.	
High team series: No. Four - 2,305.	

Koffee Kup Keglers  
November 3

Won - Lost	Score
No Pin Hitters	23 - 13
M.C.G.G. No. 2	21 - 15
Hi Hos	17 1/2 - 18 1/2
Pytts	17 1/2 - 18 1/2
The Dregs	17 - 19
Three Holers	17 - 19
Gutter Dusters	16 1/2 - 19 1/2
NewComers	14 1/2 - 21 1/2
High game: Billie Doherty - 193.	
High series: Billie Doherty - 511.	
Splits: Eva Griffith 2-7; Millie Hanna 5-7; Josie Kindsfather 3-7; Sonia Smith 6-7-10; and Roxie Lovgren 4-8.	

Spartimers  
November 1

Won - Lost	Score
M.C.G.G.	26 - 10
Coast to coast	22 - 14
Peterson's	21 1/2 - 14 1/2
Gardner's	21 - 15

Won - Lost	Score
Les Schwab	19 - 17
Sears	12 1/2 - 23 1/2
Len's Processing	12 - 24
Central Mkt.	10 - 26
Splits: Martha Munkers 3-7; and Jackie Allstott 6-7.	
High game: Carol Norris - 215.	
High series: Katie McRoberts - 512.	
High team game: Central Market - 949.	
High team series: Peterson's - 2,750.	

Thursday Nite Ladies  
October 27

Won - Lost	Score
M & R	20 - 12
Bucknum's	20 - 12
B.P.O.E. No. 358	18 1/2 - 13 1/2
C.B.E.C.	17 - 15
Kinzua Corp	15 - 17
Cole's	15 - 17
Ray Boyce	12 - 20
B & C Repair	10 1/2 - 21 1/2
Splits: Katie McRoberts 6-9-10-7; Inetia Cantin 5-10; Della Heideman 3-10 and 3-7; Joan Tanory 3-10; Phyllis Cole 3-10; June Belenbrock 6-10-7; and Marie Boor 5-7.	
High game: Inetia Cantin - 215.	
High series: Inetia Cantin - 596.	
High team game: B.P.O.E. No. 358 - 1,014.	
High team series: B.P.O.E. No. 358 - 2,770.	

Thursday Nite Ladies  
November 3

Won - Lost	Score
Bucknum's	24 - 12
M & R	23 - 13
B.P.O.E. No. 358	21 1/2 - 14 1/2
C.B.E.C.	20 - 16
Kinzua Corp	16 - 20
Cole's	16 - 20
Ray Boyce Ins.	12 - 24
B & C Repair	11 1/2 - 24 1/2
Splits: LoRayne Bowman 3-10; Millie Hanna 4-9; Betty Christian 5-10; and Janette Skow 5-6.	
High game: Marie Rudisill - 193.	
High series: Marie Rudisill - 525.	
High team game: B.P.O.E. No. 358 - 943.	
High team series: B.P.O.E. No. 358 - 2,720.	

## Consolidated Report of Condition

# BANK OF Eastern Oregon

"Your Home Owned Independent Bank"

ARLINGTON, HEPPNER AND IONE  
AS OF SEPTEMBER 30, 1983

ASSETS	
Cash and due from banks	2,453,974.69
U.S. Treasury securities	3,203,464.11
Obligations of State and political subdivisions in the United States	3,397,417.44
Other loans less reserve for loan losses	17,738,847.56
Bank premises, furniture & fixtures, and other assets representing bank premises	774,146.97
Other Real Estate	115,000.00
Other assets	1,955,672.17
<b>TOTAL ASSETS</b>	<b>28,738,522.94</b>
LIABILITIES	
Deposits of individuals, partnerships and corporations	2,639,190.68
Time and savings deposits of individuals, partnerships and corporations	20,691,955.93
Deposits of United States Government	21,528.66
Deposits of States and political subdivisions	1,665,060.06
Certified and officers' checks	70,056.54
<b>TOTAL DEPOSITS</b>	<b>27,991,138.72</b>
a. Total demand deposits	2,791,138.72
b. Total time and savings deposits	22,296,563.15
Other liabilities	25,087,701.87
Other liabilities	318,223.05
<b>TOTAL LIABILITIES</b>	<b>25,405,924.82</b>
CAPITAL ACCOUNTS	
Common stock - total par value (No. shares authorized 30,000) (No. shares outstanding 30,000)	750,000.00
Surplus	1,700,000.00
Undivided profits	882,598.02
<b>TOTAL CAPITAL ACCOUNTS</b>	<b>3,332,598.02</b>
<b>TOTAL LIABILITIES, RESERVES AND CAPITAL ACCOUNTS</b>	<b>28,738,522.94</b>

MEMORANDA	
1. Amounts outstanding as of report date:	
a. (1). Standby letter of credit	158,030.00
2. Average for 30 calendar days ending with report date:	
a. Cash and due from depository institutions	1,506,000.00
b. Federal funds sold and securities purchased under agreements to resell	1,236,000.00
c. Total loans	18,197,000.00
d. Time certificates of deposits in denominations of \$100,000.00 or more	1,421,000.00
e. Total deposits	25,578,000.00
f. Federal funds purchased and securities sold under agreement to repurchase	—0—
g. Other liabilities for borrowed money	—0—
h. Total assets	29,290,000.00
i. Patricia Gentry, Cashier, of the above named bank, do solemnly swear that this report of condition is true and correct to the best of my knowledge and belief.	

Signed, Patricia Gentry

Correct & Attest Directors:

(s) Howard Bryant (s) Gene Pierce (s) Arthur A. Allen

Published: November 10, 1983.

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