

Ione players elected to Big Sky All-Star teams

By ASHLEY CONKLIN

The Big Sky Conference football coaches met in Dufur last Thursday, Nov. 8, to pick the Big Sky Conference All-Star teams.

Big Sky runner-up Arlington posted eight on the first, second and honorable mention teams. Conference champion Echo had seven, Ione and Condon six each; Dufur and

Wheeler County four each; and Cascade Locks, two.

The following, including several Ione players, are those who were chosen for first and second teams and those who received honorable mention.

OFFENSE

First team: Ends - Bill MacInnes, Wheeler Co., 6'2" 175 lb. senior; Fred Widman, Echo 6'0" 175 lb. Junior; Guards - Brian Holt, Arling-

ton, 5'10" 180 lb. Senior; Pat Seifer, Echo, 6'3" 192 lb. Senior; Center - Rob Hubbell, Wheeler Co., 5'9" 180 lb. Senior; Quarterback - Bink Ramos, Echo, 5'8" 155 lb. Senior; Running Backs - Howard Leavitt, Ione, 5'10" 160 lb. Senior; Scott Marler, Wheeler Co., 5'10" 180 lb. Senior.

Second team: Ends - Ben Dorris, Cascade Locks, 6'0" 165 lb. Junior; Roger Lyda, Dufur, 6'2" 180 lb. Senior.

Guards - Rick Wright, Condon, 5'11" 160 lb. Senior; Scott Wiidamen, Dufur, 5'11" 170 lb. Senior; Center - Paul Ramos, Echo, 6'9" 145 lb. Sophomore; Quarterback - Rob Spanier, Dufur, 5'7", 148 lb. Freshman; Running Backs - Andy Saylor, Echo, 5'11" 170 lb. Senior; Nathan Bittinger, Arlington, 5'11" 173 lb. Junior.

Honorable Mention: Ends - Mark Wheelhouse, Arlington

5'8" 160 lb. Junior; Darrin Padberg, Ione, 5'9" 150 lb. Senior; Randy McCabe, Ione, 6'2" 165 lb. Junior; Darrel Aamodt, Condon, 5'10" 150 lb. Junior; Guards - Joe Patnode, Arlington, 5'8" 190 lb. Sophomore; John Burgess, Cascade Locks 5'9" 225 lb. Sophomore; Don Doherty, 6'2" 195 lb. Junior; John Schell, Wheeler Co., 6'1" 220 lb. Junior; Rob Campbell, Echo, 6'0" 165 lb. Junior; Center - Bill Hickey, Arlington, 5'10" 170 lb. Junior; Running backs - Aaron Fitzsimmons, Condon, 5'10" 160 lb. Senior.

DEFENSE

First team: Lineman - John Schell, Wheeler Co. 6'1" 220 lb. Senior; Fred Widman, Echo, 6'0" 175 lb. Junior; Pat Seifer, Echo, 6'3" 192 lb. Senior; Linebackers - Brian Holt, Arlington, 5'10" 180 lb. Senior; Andy Saylor, Echo, 5'11" 170 lb. Senior; Backs - Kelly Gronquist, Arlington, 5'11" 155 lb. Junior; Aaron Fitzsimmons, Condon, 5'10" 160 lb. Senior; Devin Correa, Echo, 5'8" 140 lb. Sophomore.

Second team: Lineman - Don Doherty, Ione, 6'2" 195 lb. Junior; Dave Aamodt, Condon, 5'9" 150 lb. Senior; Linebacker - Scott Marler, Wheeler Co., 5'11" 180 lb. Senior; Backs - Mike Davidson, Arlington, 5'8" 145 lb. Sophomore; Howard Leavitt, Ione, 5'10" 160 lb. Senior; Steve Durham, Condon, 5'10" 150 lb. Senior.

Honorable mention: Lineman Joe Patnode, Arlington, 5'8" 190 lb. Sophomore; Brian Childers, Arlington, 5'11" 155 lb. Sophomore; Russell Martin, Condon, 6'0" 160 lb. Sophomore; Scott Wiidamen, Dufur, 5'11" 170 lb. Senior; Jeff Ball, Ione, 5'7" 155 lb. Junior; Linebackers - Craig Hams, Ione, 6'0" 195 lb. Senior; Dave Tallman, Dufur, 6'0" 195 lb. Senior; Nathan Bittinger, Arlington, 5'11" 173 lb. Junior.

Livestock 4-H club judges beef



By SUSIE MARTIN

The November meeting of the North Lex Livestock 4-H Club was held Sunday, Nov. 13 and was a beef judging practice. Two clubs attended the judging at McNab, which was hosted by Bill Broderick of Ione.

The North Lex Livestock and Gooseberry Livestock clubs had 25 members and six leaders present.

Broderick put together three classes of heifers and two classes of steers to be



In 1866, there was no full moon in the month of February. This will occur again in 2.5 million years.

judged. In the third class of heifers, the 4-H'ers had to pick out the 20 best replacement heifers they could find.

The next meeting will be a Christmas party on December 11 at the home of Mr. and Mrs. Bob Harrison.

'Econo-Eating'

By MONINE STEBBINS
OSU Extension Service

What makes a meal at your house? The Strode family had a big ranch in Malheur County. The dining room seemed to be the hub of activity. When it was time for a meal, Grandma Nell would bring in piles of meat, bread, potatoes and other vegetables, and have dessert waiting in the kitchen. As she'd sit down, she'd say — "I hope you can make a meal!" She was famous for her cooking and I don't think anyone ever left hungry, even if they were strangers that had stopped by to ask directions.

That quaint saying, "I hope you can make a meal!" has always impressed me. It was a way of saying, "I hope you like the food," or "I hope this is your idea of what should be in a meal." It was a modest sounding statement, considering the mountain of food she had prepared.

Grandma Nell had very specific ideas for each meal of the day. Certain foods were only served at certain meals. The dinner meal was served precisely at 12 noon and was the big meal of the day. Leftovers were used for supper, which could be a more makeshift meal. Meat should be plentiful and potatoes were a staple.

We are not tied so completely to tradition. We often use breakfast foods, like eggs or waffles, for a light dinner meal. We vary the time of serving meals to fit our family schedule or routine or fix things when family members get hungry. But many of us still have an idea of what "makes a meal."

As the main cook, you become the gate keeper for the whole family. This means that you do most of the choosing of what makes a meal. Why do you choose what you do?

What you choose is often related to your own favorites as a child. I love homemade soup and yeast bread because it was a favorite meal when I was growing up.

Sometimes you choose things that relate to the time of year. Fall makes me think of pumpkin pie, a dessert I make using canned pumpkin which is available all year, but seems to be "right" when leaves are falling and the air is crisp. It's my new daughter's favorite pie, but it takes her lots of nagging to get it other times of the year.

I just spent a week in Georgia and had grits for breakfast several times. Many of our food choices relate to our culture or the part of the country we live in. Breakfast isn't complete there without grits served with butter, salt and pepper. It always seemed to me that it should be in a bowl and served with milk and sugar.

We also like foods that are familiar. The Abacus Group in McMinnville had peanut butter soup for lunch one day, and although it's a favorite in the South, it's not familiar enough to us to be an acceptable flavor for soup. Nutritious, easy, delicious, but not familiar.

Many more foods are available to us in the markets now. We are also becoming influenced by other cultures. Here in the West, we have begun to enjoy Mexican foods. We also have a wide variety of restaurants that feature foods of other cultures, so more of these foods are becoming familiar.

Many families are becoming more flexible about what items can be used for the main meal, accepting a hearty soup, a salad, a casserole, hearty sandwiches or a foreign dish, when they used to think meat and potatoes was the only meal that could be called a meal. I still have friends that say their families won't eat leftovers or certain foods and I think how much harder it must be to be the cook and keep an eye on the food budget. As I try out new recipes for the column and use my creativity to make interesting meals from leftovers, I often think about Grandma Nell and say to myself, "I hope they can 'make a meal.'"

Here's a super delicious and inexpensive salsa that a friend shared with me. It's easy and goes with anything that needs a little pepping up, not just with Mexican foods. The soup is unusual but uses very common ingredients, the kind I often have as leftovers. It's a complete protein as is but small amounts of any leftover meat go well in it.

Specialist's Salsa

- 1 quart canned tomatoes (28 oz. can)
- 1 large onion, coarsely chopped
- 2 or 3 cloves garlic, or to taste
- 1 bunch cilantro (if available)
- 1 teaspoon salt
- 4 to 6 jalapeno peppers
- 1/4 teaspoon oregano

Put tomatoes into 2 quart saucepan. Add onion and put garlic through a press or mince fine. Separate cilantro leaves from stalks, discard stalks, chop leaves coarsely and add to sauce. Add salt.

Slice hot peppers across, discarding stems if you intend to use all the inner material. The seeds and inner materials are what makes the hot flavor so elimination of this makes a milder salsa. To make it moderately hot, use 4 whole chilis and 2 that have seeds removed. Be conservative, it's easy to make salsa hotter using cayenne pepper or even the seeds you've saved, but hard to dilute.

Add chopped chilis to salsa. Heat to boiling. Simmer about 5 to 10 minutes. This salsa keeps about 2 weeks in the refrigerator. If you use smaller amounts, freeze in containers.

Add chopped chilis to salsa. Heat to boiling. Simmer about 5 to 10 minutes. This salsa keeps about 2 weeks in the refrigerator. If you use smaller amounts, freeze in containers.

Mexican Bean and Rice Soup

- 2 to 3 carrots, peeled
- 1 large onion, chopped
- 1 teaspoon salt
- 3 cups water
- 1 quart canned tomatoes
- 2 cups cooked kidney or red beans
- 2 cups cooked rice

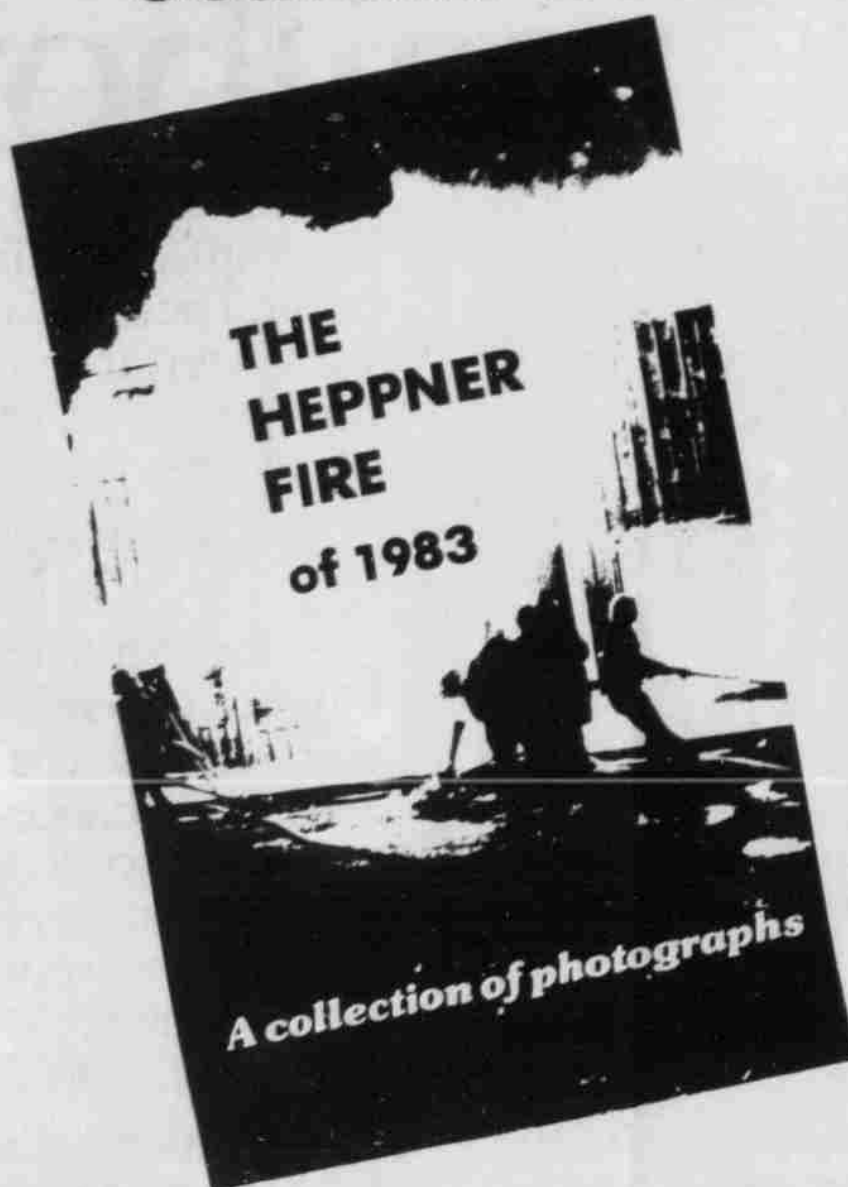
IHS students, faculty plan Comm. Service Day

Ione High School will be sponsoring its annual Community Service Day on Wednesday, December 7. This day is dedicated to service projects in the community which include splitting and stacking wood for senior citizens, weatherizing senior citizens' homes, cleaning up city streets and lots, decorating the community Christmas

tree and many others, said a school spokesperson.

All Ione High School students and faculty participate in the projects. There is no charge for their services. Anyone with projects that need to be done or knowledge of community members who could use some help, please contact Charles Starr at Ione High School, 422-7131.

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