

# G-T Classifieds - Buy - Sell - Trade - 676-9228

## 'Econo-Eating'

By MONINE STEBBINS  
OSU Extension Service

"Accentuate the positive—eliminate the negative" could be the theme song for the vegetable oil section in the grocery store. The labels almost all have big banners that say "no cholesterol." Since cholesterol occurs naturally only in foods of animal origin, and they all come from plant sources, it's a sure thing that vegetable oils don't have cholesterol. Most of us have a vague recollection that there is something healthful about oils over solid fats and that

little banner just kind of reassures us—"that's why it's good for me."

Some of the labels even suggest that you may want to talk to your doctor or they tell you about some doctors that were surveyed preferring their kind of oil. One even has the clever slogan "For the Young at Heart."

All of this relates to the saturated and polyunsaturated fats, which does seem to be linked to the effect of cholesterol on the body. People who eat a high fat diet—especially a high saturated fat diet—often have higher levels of blood cholesterol. High levels of cholesterol in the blood are linked to increased cholesterol deposits in the linings of arteries, a condition associated with heart disease. In contrast, diets with lower levels of fat and rela-

tively more polyunsaturated fat (such as are found in most oils) are linked to lower levels of blood cholesterol and possibly less risk of heart disease. The oils vary only slightly in the ratio of polyunsaturated fat to saturated fat. Safflower, sunflower, corn and soybean oil are all high in polyunsaturated fats. Olive oil is more saturated since it is light in oleic acid, a monounsaturated fatty acid, but is not a commonly used oil in this country. However, palm oil and coconut oils are also more saturated.

If companies make any nutrition claims at all on the label, they must follow a specific format giving the calories and the levels of specific nutrients. One bit of information they try not to emphasize is that all fats have a high calorie value. Oils have 120 calories per tablespoon.

According to recent surveys, many adult Americans are overweight. About 30 percent of middle-aged women and 15 percent of middle-aged men are above the suggested

less expensive per pint than major brands. Peanut oil is more expensive than the other types of oil. Specialty oils such as popcorn oil or olive oil are considerably more expensive. Olive oil is about three times more expensive than the more commonly used oils and is used for its special flavor.

The uses of oils vary. They are used in baked foods and in food preparation. With the increased emphasis on salads, there is also increased use in salad dressings which often include oils. If you're interested in cutting down on calories by eating salads, you can eliminate all the advantage you've gained if you add a large amount of salad dressing. Though oil is useful in making a thicker salad dressing, you can now buy or make low-calorie dressings. They have less oil to lower the calories, so often use some thickener to help the consistency.

Here's a salad dressing mix and a low-calorie recipe for using the mix that can be varied in its flavor.

**Basic Dry Salad Dressing Mix**  
1 package dry pectin  
1 T. dry mustard  
2 T. salt  
1 T. onion powder  
1/2 T. garlic powder  
2 T. dried parsley  
Mix these dry ingredients together and divide the powdered mix in half. To each half add one-third cup vinegar, lemon juice or wine vinegar, and a total of 1 1/4 cups liquid (1/2 to 3/4 cup oil and the balance of water.) Less oil, lower calorie dressing. Then season as desired.

**Low Calorie Herb Dressing**  
1/2 of the basic dry salad dressing mix  
One-third cup cider vinegar  
1/4 cup oil  
1 cup water  
1/2 T. oregano  
1/2 T. thyme  
Put all ingredients in a container and mix thoroughly. Shake before pouring. Makes about 2 cups.

**Teriyaki Marinade for Chicken or Steak**  
1/2 cup vegetable oil  
1 Cup soy sauce  
3 T. brown sugar  
3 mashed cloves garlic  
1 T. grated fresh gingerroot, if available  
1/2 cup pineapple juice  
Combine all ingredients and mix thoroughly. Marinate the meat 4 to 12 hours, refrigerated. Baste with the marinade while broiling or barbecuing.

norms. Since fats provide twice as many calories as any other foods, it's sensible to use fats of any kind in moderation. Nutritionists suggest that not more than 35 percent of our daily calories come from fats. So if you eat 2,000 calories a day, then about 700 calories can come from fat. At 100 to 120 calories a tablespoon, it doesn't take long to add up to that number, especially when you consider all the foods that contain fat we don't see as oily.

It's helpful to look at the cost of oils. Soybean oil is usually the least expensive. Most generic and house brands are soybean oil. The most popular brands of oil are also soybean. Safflower oil is just slightly more expensive than soybean oil. It is slightly higher in polyunsaturated fats, listing 11 grams polyunsaturated and 1 gram saturated. Corn oil is 8 and 2, sunflower oil is 10 and 2, and peanut oil is 6 and 4 when you compare polyunsaturated to saturated fats.

Generic and house brands are usually 20 cents to 35 cents

### PUBLIC NOTICES

Michael Ohs, County Counsel  
P.O. Box 509, Heppner, OR  
97836 has been designated to coordinate compliance with the nondiscrimination requirements contained in section 51.55 of the revenue sharing regulations.

Published: January 12, 1984.

IN THE CIRCUIT COURT  
OF THE  
STATE OF OREGON  
FOR THE  
COUNTY OF MORROW  
ESSON H. SMITH and  
H. VIRGINIA SMITH,  
husband and wife,

Plaintiffs,

vs.  
ORVAL LEE HAZEN and  
KATHY E. HAZEN, aka,  
KATHY ELLEN HAZEN,  
husband and wife, PATTER-  
SON DENTAL COMPANY, a  
corporation, and UNITED  
STATES OF AMERICA,

Defendants.  
NO. 6958  
NOTICE OF  
SHERIFF'S SALE  
OF REAL PROPERTY

By virtue of an execution issued out of the above entitled court the subject cause on December 22, 1983, pursuant to a judgment and a decree rendered and entered on January 27, 1983 in favor of the plaintiff and against defendants Orval Lee Hazen and Kathy E. Hazen, wherein it was decreed that a certain mortgage held by plaintiffs be foreclosed and that the real property subject to the mortgage lien be sold, which execution commanded me to sell that real property to satisfy a judgment against defendants Orval Lee Hazen and Kathy E. Hazen in the sum of \$121,585.68, together with interest on said sum at the rate of 9 percent per annum from January 27, 1983, I will on January 27, 1984, at 11:00 a.m., at the front door of the county courthouse in Morrow County, Oregon, sell at public auction (subject to redemption as provided by law) to the highest bidder for cash, all the interest the above named defendants Orval Lee Hazen and Kathy E. Hazen had on November 12, 1978, the date of the mortgage and all the interest which the defendants Orval Lee Hazen and Kathy E. Hazen had thereafter in the following described real property:

Lot 2, Block 1, Valley View Estates, as platted and recorded in Book 2, page 41, Morrow County Records, Morrow County, Oregon.

DATED this 27th day of December, 1983.  
ROY L. DRAGO,  
Sheriff of Morrow County  
(s) by Pauline Winter  
Deputy

Published: December 29,  
1983; January 5, 12, 19, 1984.

IN THE CIRCUIT COURT  
OF THE  
STATE OF OREGON  
FOR THE  
COUNTY OF MORROW

No. 7419  
SUMMONS  
ALFONSO HOWARD  
ZEYOUA,  
Petitioner  
and  
MARCIA ANN ZEYOUA,  
Respondent

To: MARCIA ANN ZEYOUA,  
Respondent.

IN THE NAME OF THE  
STATE OF OREGON: You  
are hereby required to appear  
and answer the Petition for  
Dissolution filed against you  
in the above entitled suit  
within 30 days from the date  
of first publication shown below;  
and if you fail so to answer,  
for want thereof, petitioner will  
apply to the court for a decree  
dissolving the marriage of  
the parties, and for other  
equitable relief.

The summons is published

IN THE CIRCUIT COURT  
OF THE  
STATE OF OREGON  
FOR MORROW COUNTY

### PUBLIC NOTICES

By Order of the Honorable  
Ralph Currin, Judge of the  
above court, entered on the  
15th day of December, 1983,  
directing publication of this  
summons once each week for  
four consecutive weeks in the  
Heppner Gazette Times, a  
newspaper published in Mor-  
row County, Oregon.

Date of first publication:  
December 27, 1983.

Date of last publication:  
January 12, 1984.

NOTICE TO RESPON-  
DENT: READ THESE  
PAPERS CAREFULLY!

YOU MUST "APPEAR" IN  
THIS CASE OR THE OTHER  
SIDE WILL WIN AUTOMA-  
TICALLY TO "APPEAR"  
YOU MUST FILE WITH THE  
COURT A LEGAL PAPER  
CALLED A "MOTION",  
"DEMURRER," OR  
"RESPONSE." THIS  
PAPER MUST BE GIVEN TO  
THE COURT WITHIN 30  
DAYS ALONG WITH THE  
REQUIRED FILING FEE. IT  
MUST BE IN PROPER  
FORM AND HAVE PROOF  
OF SERVICE ON THE PETI-  
TIONER OR HIS ATTORNEY  
TO SHOW THAT THE  
OTHER SIDE HAS BEEN  
GIVEN A COPY OF IT. IF  
YOU HAVE ANY QUES-  
TIONS, YOU SHOULD SEE  
AN ATTORNEY IMMEDI-  
ATELY.

WINTER AND DOHERTY  
(s) Herman W. Winter  
Herman Winter OSB No. 62100  
Attorney for Petitioner

Published: December 22, 29,  
1983; January 5, 12, 1984.

NOTICE OF  
DIRECTOR'S ELECTION

Morrow County School Dis-  
trict will hold an election on  
March 27, 1984 between the  
hours of 8:00 a.m. and 8:00  
p.m. for the purpose of elect-  
ing directors to the district  
board from Zone II, Irrigon;  
Zone V, Heppner; and Zone  
VI, At Large, for 4 year terms.

Also to be elected are Advi-  
sory Committee members for  
the Heppner-Lexington Advi-  
sory Committee in Positions  
No. 1, No. 2, and No. 7 for 3  
year terms; the Ione Advisory  
Committee in Position No. 4  
for 3 year terms; the Ione  
Advisory Committee in Posi-  
tion No. 4 for 3 year term; the  
Boardman-Irrigon Advisory  
Committee in positions No. 3  
and No. 6 for 3 year terms.

The deadline for filing of  
petitions in these vacancies is  
February 16, 1984.

Alice Vance, Deputy Clerk  
Barbara Bloodworth,  
Morrow County Clerk

Published: January 12, 1984.

IN THE CIRCUIT COURT  
OF THE  
STATE OF OREGON  
FOR MORROW COUNTY

In the Matter of the Estate  
of  
HAROLD L. RASH,  
Deceased.

No. 1918  
NOTICE TO  
INTERESTED PERSONS

NOTICE IS HEREBY  
GIVEN that Darrel Rash has  
been appointed Personal Repre-  
sentative of the above  
estate.

All persons having claims  
against the estate are re-  
quired to present them to:  
Darrel Rash, Personal Repre-  
sentative, at the office of  
attorneys for Personal Repre-  
sentative, Mautz, Hallman &  
Teicher, 101 S.E. Byers Ave-  
nue, Pendleton, Oregon 97801  
(phone 276-2811) within four  
months after the date of first  
publication of this notice or be  
barred.

All persons whose rights  
may be affected by this pro-  
ceeding may obtain addi-  
tional information from the  
records of the above named  
Court, the Personal Repre-  
sentative, or from Mautz, Hall-

### PUBLIC NOTICES

man & Teicher, attorneys for  
Personal Representative.

DATED and first published  
this 5th day of January, 1984.

MAUTZ, HALLMAN &  
TEICHER  
Attorneys for Personal  
Representative  
BY: Robert T. Mautz

Published: January 5, 12, 19,  
1984.

IN THE CIRCUIT COURT  
OF THE  
STATE OF OREGON  
FOR THE  
COUNTY OF MORROW

IN THE MATTER OF THE  
ADOPTION OF KEVIN  
MARTIN CONNOLLY,  
a minor.

PUBLISHED CITATION

TO: TERRY EDWARD  
CONNOLLY

IN THE NAME OF THE  
STATE OF OREGON and by  
order of the Honorable Ralph  
Currin, Circuit Court Judge  
Pro Tem issuing Citation upon  
you:

You are hereby cited to  
appear within thirty (30) days  
of the date of first publication  
of this Citation to show cause,  
if any there be, why your  
consent to the adoption of the  
above named child should not  
be dispensed with, your paren-  
tal rights terminated, and the  
adoption should not be granted,  
as prayed for in the  
Petition for Adoption. You are  
hereby notified that said adop-  
tion will be granted, as prayed  
for, unless you file a response  
or answer to the Petition filed  
herein before said date and  
time.

The "response" or "an-  
swer" must be given to the  
court clerk or administrator  
within 30 days of the date of  
first publication specified  
herein along with the required  
filing fee.

This Citation shall be pub-  
lished in the same manner as  
a Summons with the date of  
first publication being Decem-  
ber 22, 1983.

CLERK OF THE  
CIRCUIT COURT  
(s) Barbara Hayes

Published: December 22, 29,  
1983; January 5, 12, 1984.

NOTICE OF BUDGET  
COMMITTEE MEETING

A meeting of the Budget  
Committee for Morrow Coun-  
ty will be held in the County  
Court chambers in the County  
Courthouse, Heppner, OR at  
9:00 a.m. on January 20, 1984.  
The purpose of the meeting is  
to discuss four proposed sup-  
plemental budgets for the  
1983-84 fiscal year. This is a  
public meeting and any person  
may discuss the proposed  
supplemental budgets with the  
committee. The budget docu-  
ment may be inspected or  
copies obtained by any person  
at the office of the County  
Court, located at the County  
courthouse, Court Street,  
Heppner, Oregon between the  
hours of 8:00 a.m. to 12 noon  
and from 1:00 p.m. to 5:00  
p.m.

LoRavne Bowman  
Budget Officer

Published: January 12, 1984.

Cards of  
Thanks 1

We wish to thank all those  
who helped us when we were  
caught in high water in the  
mail truck. Our thanks to  
Bruce Bergstrom and Norris  
Dooney with the Morrow  
County road crew who rescued  
us from the water. Also for  
saving the biggest share of the  
mail and going all out to try to  
save the pickup. Also our  
thanks to Mr. and Mrs. Bill  
Mackey and Steve Peck for  
their assistance in trying to  
save the pick-up and for  
finally removing our vehicle  
from the water.

Art and Dorothy Stefani  
1-12-1c

### Cards of Thanks 1

The families of Stub Hams  
would like to thank our friends  
and neighbors for the prayers,  
cards and flowers sent to us.  
Knowing he will be missed and  
remembered by so many  
thoughtful people will help us  
to endure our loss.

Ilene Hams and the families  
of Cheryl Ployhar,  
Karen Palmer, Lee Hams,  
and Wayne Hams  
1-12-1p

We wish to extend our sin-  
cere thanks to all our friends  
and relatives for their cards of  
sympathy, floral offerings,  
money, memorials, prayers  
and other expressions of sym-  
pathy at the time of our recent  
bereavement. We can never  
adequately show our thanks  
for the wonderful thoughtfulness.

The family of Irene Padberg  
1-12-1p

A thank you to a friend.  
This, such a small token to one  
Betty McEwen who no longer  
is with Pioneer Memorial  
Hospital.

Betty, lab. tech. at P.M.H.  
for some 17 years of dedica-  
tion and service to patients  
and co-workers alike will be  
missed by all. Betty, who with  
a smile on her face whether on  
her regular shift or her many  
calls during all times of the  
day or night performed her  
duties with the extra love and  
charisma that makes her a  
very special person who will  
be sadly missed.

God Bless you, Betty in  
whatever endeavors you  
undertake.

Your friends and Co-Workers  
1-12-1c

Lost &  
Found 3

FOUND: Tackle box on  
Highway 74 about six miles  
west of Heppner. Describe to  
claim and pay for ad. 676-5365.  
1-8-2c

Help Wanted 4

GOVERNMENT JOBS -  
Thousands of vacancies must  
be filled immediately. \$17,634  
to \$50,112. Call 716-842-6000,  
Ext. 36230. 1-12-2p

FOR RENT close to down-  
town Heppner: 1 bdrm. fur-  
nished and unfurnished apts.  
Heat, water, garbage, range  
and refrigerator. Rent starts  
at \$140. 422-7579. 1-12-4fs

FOR RENT: 3 bdrm. house  
on small, fenced lot in Ione.  
\$185 per month plus deposits  
and utilities. 422-7579. 1-12-4fs

FOR RENT: two bdrm. apt.  
in Heppner. \$150 mo; \$50  
cleaning deposit. Range and  
refrigerator. Immediate pos-  
session 938-6686, or 938-6077  
10-20-1fc

Furnished Bachelor Apt.  
and 2-1 bedroom apts. for rent.  
Garbage and water furnished.  
Phone 676-9157 weekdays.  
676-9284 weekends 10-20-1fc

MORROW COUNTY  
SENIOR SERVICES  
SUPERVISOR: Responsible  
for providing and supervising  
appropriate senior citizen and  
handicapped persons support  
service systems made avail-  
able through the Area Agency  
on Aging within Morrow  
County. Duties include client  
visits and assessments,  
scheduling services, dissemin-  
ating information, nutrition  
site management, home care  
supervision, outreach ser-  
vices, maintaining records,  
reporting and meeting atten-  
dance required. Requires  
some knowledge of senior  
programs. Ability to deal  
effectively with people, and  
support and guide the efforts  
of staff and volunteers. Re-  
quest application by calling  
MELINDA at 1-800-452-8112 or  
write ECOAC P.O. Box 1207,  
Pendleton, Or. 97801 by 5 p.m.  
January 13. An equal oppor-  
tunity employer. 1-5-2c

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MOVIES, MOVIES. The  
movie and video cassette re-  
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never been more lucrative,  
and with winter here, the  
timing is perfect. The major-  
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dealers are women. Moderate  
investment, \$12,600, tremen-  
dous return. Call now while  
we still have an opening in your  
community. (Mark 1-800-528-  
2806). 1-12-1nc

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to Choose From:  
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front wheel drive - Save \$100s  
on these!

1977 Pontiac Grand Prix, 2dr.,  
Loaded AC., Cruise, Clean as a  
whistle, Local 1 owner.

1971 Ford LTD Country Squire,  
AT, AC, 6-way power seat,  
Power windows, Showroom  
condition, 71,000 miles.

1980 Ford Courier, 4 sp., Long  
box, AM-FM Tape, Sliding rear  
window, Clean, 1 owner.

82 Chevy 1/2 Ton, 4 sp., V8, 2  
Wh. Dr., Low mileage

1982 GMC Diesel 6.2, Auto,  
Air, Sierra Classic, 1 owner,  
Low miles

80 Chevy 1 Ton, Dual wheel,  
Auto power, Tilt wheel, AM-FM  
Stereo tape, 40,000 actual  
miles.

77 Datsun 280-Z, 5 sp., Tape  
Deck, Immaculate just like new.

1976 Ford F250, 4x4, Good  
condition

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Farley Motor Co.  
Heppner 676-9116

COMPUTER  
FORMS  
Gazette-Times  
676-9228

Wanted 6

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Services 8

Business  
Opportunities 9

Livestock &  
Poultry 10

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ton. 8-25-1fc

Miscellaneous 14

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1-12-1c

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147 Willow, P.O. Box 337,  
Heppner, OR 97836. 10-13-1fc

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cent above cost.

SPECIAL: Lube, oil, and  
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SHINE to your vehicle and  
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1-12-2p

COZY TWO BEDROOM  
house on extra large lot for  
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Boxer pups, good with kids.  
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City dog needs more room to  
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white Samoyed to someone  
who wants good family dog.  
Good with kids. Call 676-9639.  
10-20-1fc

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PHONE**



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**Phone Accessories**  
**Pettyjohn's**  
Heppner 676-9157

**PUBLIC NOTICES**  
LEGAL NOTICE  
POLICY OF NONDISCRIMINATION ON THE BASIS OF HANDICAPPED STATUS. Morrow County does not discriminate on the basis of handicapped status in the admission or access to, or treatment or employment in, its programs or activities.