Local woman to work at National 4-H Center

Julie Grieb

Julie Grieb of Lexington has been hired on staff at the National 4-H Center. The center is located outside of Washington D.C. in Cherry Chase, MD.

Grieb is one of eight program assistants hired for the spring term February through May. She will begin her employment February 21. Program assistants can extend their employment period up to two years.

Program assistants work in facilitating educational programs conducted at the National 4-H Center. During a three-month period the center provides programs for some 5,000 4-H members from across the United States. Programs are also provided for 4-H leaders and extension homemakers.

Grieb's responsibilities will include conducting citizenship workshops and leading group tours through the capital city.

Grieb is the daughter of Gary and Virginia Grieb, Lexington. She will graduate this June from Oregon State University with a degree in Agricultural and Resource Economics.

Soroptimists to learn about estate planning

Heppner attorney Bob Abrams will discuss estate planning at a Heppner Soroptimist Club luncheon on Thursday, Feb. 9, at the Heppner Elks Lodge, reports Gail Burkenbine, a club spokesperson.

At the club's February 16 luncheon, LABO-Lex exchange students Sherri Piper of Lexington and Kim Wright of Ruggs will give a slide presentation of their last summer's trip to Japan, Burkenbine said.

On February 17, club members will hold a pie sale from 10 a.m. to 1 p.m. at Central Market.

The club has made a $25 donation to the Heppner Merchants' Committee to assist with expenses of Heppner's St. Patrick's Day celebration. Club members will hold a plant and pie sale during the March 17 event.

Last month Allison Turner, current acting director of Morrow County Mental Health Service, discussed with the club the varied services the department has to offer. The Soroptimists voted to donate an item to the children's therapy playroom, and agreed to budget for an item for the program each year.

Bananas add nutrition to breakfast

Try using healthful and nutritious fruits, such as the banana.

• Breakfast is considered the most important meal of the day by many health-care professionals—so don't skip it. Include fresh fruits rich in vitamins, and breads that supply carbohydrates for energy. Milk, eggs or meat at breakfast mean protein.

• Start adding low calorie, healthful ingredients to meals and desserts. Fresh fruits, such as the banana, are tasty and nutritious. There are only about 100 calories in an average size banana, and they're 99.8 percent fat free. Banana calories are not empty—they contribute many essential nutrients on a weight conscious regimen, including Vitamin A, thiamine, niacin, riboflavin, Vitamin B_6 and Vitamin C. They're also low in sodium and high in potassium.

Bananas are easy to eat, easy to use in every meal of the day and all the snacks in between. Here's just one of the nutritious and delicious treats you can whip up for a holiday treat:

CRANBERRY BANANA BREAD

1/2 cup soft butter or margarine
1 cup sugar
2 eggs
2 cups sifted all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1 tablespoon lemon juice
1 cup mashed ripe bananas (3 medium)
1 cup chopped cranberries

In large bowl, cream butter and sugar. Beat eggs one at a time, beating well after each addition. Sift together flour, baking soda and salt; blend into creamed mixture with lemon juice and bananas. Stir in cranberries. Turn into a greased 9x5x3-inch loaf pan. Bake in 350°F. oven 1 hour, or until cake tester inserted in center comes out clean. Cool 10 minutes, turn out of pan and cool completely. Before serving, sift confectioners' sugar over top of loaf, if desired.

YIELD: 1 loaf.

Pennant bearers to hold car wash Saturday

The 1984 Morrow County Fair and Rodeo pennant bearers will hold a car wash at Morrow Co. Grain Growers in Lexington, Feb. 11, from 9:30 a.m. to 12 noon. The cost will be $3 per car and $4 per pickup.

Proceeds from the event will be used to help defray costs of the girls' outfits.

This year's pennant bearers are Dyann Brosnan, Stacey Kennedy, Bobbette Angell, Lori Cecil and Christy Stroeher.

"Dolly" tickets on sale

The Riverside High School Vocal Music Department will present the musical comedy "Hello Dolly" on March 15, 16 and 17 in Bateman Auditorium at 7:30 p.m.

"Hello Dolly" is a marvelous musical about a middle-aged, meddlesome matchmaker. As the story opens, we discover Dolly in the process of finding a bride for Mr. Horace Vandergelder, a gruff half-a-millionaire. As Vandergelder sings "It Takes a Woman," we realize all he is interested in is finding someone to clean his hardware store and shovel the snow; although it would be nice if she had some money to add to his bank account.

The play shows how Dolly uses cunning illogic and pandemonium to accomplish her matchmaking goals. A lot of comedy and a little romance are the ingredients provided by the other lead characters. The show comes alive with production numbers by the R.H.S. choral department who will use any profit from ticket sales to finance their yearly activities. Tickets are $3 each and can be purchased from any member of the R.H.S. choirs. "Hello Dolly" promises to be an enjoyable evening for all who attend.

The cast includes Betty Hodson as Dolly, Tyler Trumbull as Ambrose Kemper, Denise Key as Ermengarde, Kreg Kenton as Horace Vandergelder, Kevin Hancock as Cornelius Hackle, Kelly Secl as Barnaby Tucker, Erricka Murray as Mrs. Molloy, Michelle Cooley as Minnie Fay, Robert Osborne as Rudolph Reisenweber and Phyllis Wetzel as Ernestina.

Making Food Dollars Count

Homemade Mixes Save Time, Money

A good way to save time as well as money is to prepare your own dry mixes in large batches. You can make the mixes in a jiffy whenever you have time and store them for later use in a variety of recipes. Homemade mixes cost about half as much as many commercial products and offer the bonus of that homemade flavor and quality.

BISCUIT MIX

10 cups flour (about 2-3/4 pounds)
1-2/3 cups instant nonfat dry milk
1/3 cup baking powder
2-1/2 teaspoons salt
1-2/3 cups shortening

Mix dry ingredients thoroughly in a large container (about six to eight quart capacity). Cut in shortening with pastry blender or mixer until fine crumbs are obtained and shortening is evenly dispersed. Store, tightly covered, in refrigerator. Use within three months. Makes 15 cups mix.

HOMEMADE BISCUITS

3 cups biscuit mix
2/3 cup water

Preheat oven to 425°. Stir most of water together with mix. Add more water, as needed, to make dough that is soft but not sticky. Knead dough 15 times on lightly floured board. Pat or roll dough into a square about 7 by 7 inches. Cut into 16 pieces and place on ungreased baking sheet. Bake until lightly browned, about 12 minutes. Makes 16 biscuits.

For a booklet with menus and recipes that can help your family cut food costs, send 50 cents to: *Making Food Dollars Count*, #405L, Consumer Information Center, Pueblo, CO 81009.

Pioneer Rodeo Team
of Mac-Hi Presents
Rodeo Team Fund Raiser Dance
Featuring
'Muddy Creek Band'
Friday, Feb. 17 8 p.m. - Midnight
Community Bldg Milton-Freewater
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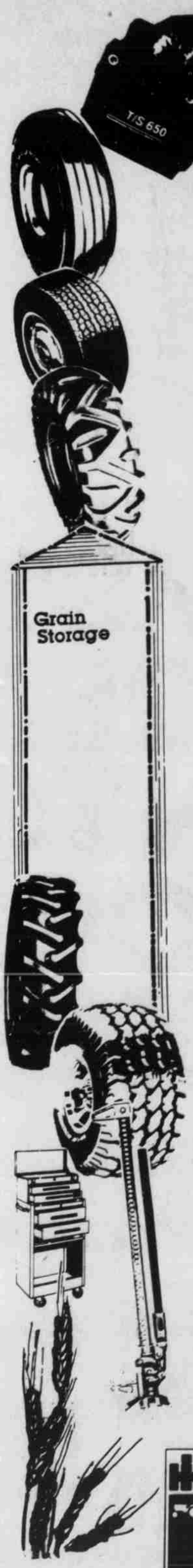
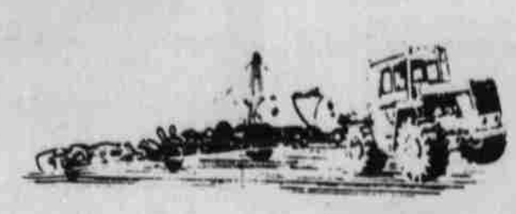
$3.50 single
938-5591 For more information





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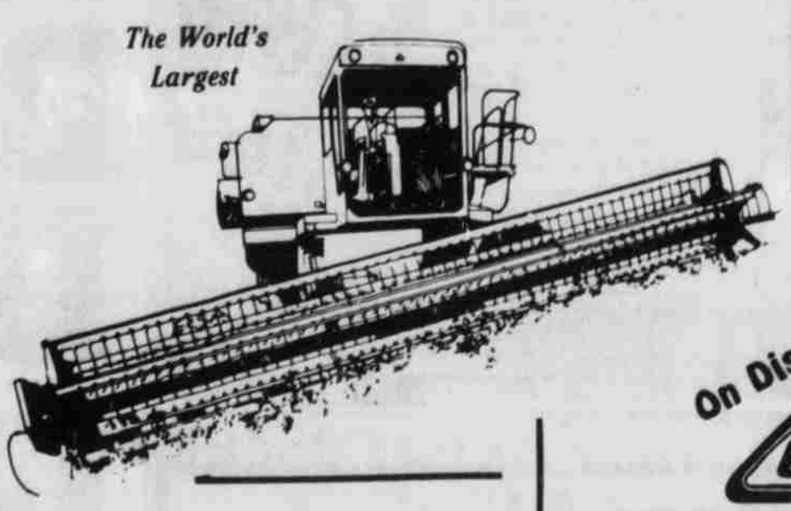

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