

Ione students participate in contest, meet Smokey Bear

Smokey Bear, accompanied by Forest Ranger Tom Jones from Heppner, visited Ione Elementary School last Tuesday, Feb. 7, to honor participants in the Smokey Bear and Woody Owl poster contest. This contest is sponsored each year by The National Council of State Garden Clubs

in cooperation with the U.S.D.A. Forest Service. The creative work of all students was directed by Marlene Davison, kindergarten, home ec. and art teacher for Ione schools. The winning posters in local contests are entered in a state contest. Jones presented 100 litter bag packets of bumper stick-

ers, pencils, book markers and rings all proclaiming "Help Prevent Forest Fires" and "Give a Hoot Don't Pollute" to students in kindergarten through seventh grade. Mrs. Lee Pettyjohn, youth chairman from the Ione Garden Club, presented each class winners with money awards. Winners of the Woody Owl

posters were:
Kindergarten: honorary mention - John Doherty, third - Melissa McElligott, second - Becky Wagonblast and first - Marie Tworek.
First grade: honorary mention - Virginia Morford, third - Corey Baker, second - Jessica Stefani and first - Bridget McElligott.

Second grade: second - Dean Humphreys and first - Jason Scalf.
Third grade: honorary mention - Cherie Papineau, third - Eddy Rietmann, second - Justin Miller and first - Ryan Halverson.
Fourth grade: honorary mention - Ryan Tullis, third - Nancy Morter, second - Kristine Bedortha and first - Amy Pointer.

Heidi Orem.
Third Grade: honorary mention - Joy Downing, third - David Wagonblast, second - Justin Miller and first - Derek Osmin.
Fourth Grade: honorary mention - Kari Morgan, third - Deacon Heideman, second - Heather Kandle and first - Eric Orem.
Sixth grade: honorary mention - Brian Basford.

Lexington residents get chance to name park

The Lexington Garden Bugs are conducting a contest to name the new park in Lexington. Lexington residents with suggestions for the name may submit entries at Del's Market in Lexington until March 1. A person can enter more than one name, said Garden Bug

President Kathy Tellechea. The winning name will be selected by a panel of four people who are not members of the garden club and who have not submitted names for the park, she said. The winner will receive a gift certificate from Del's Plants Plus in Lexington.



Cow Belle Corner

Publicity Chairman
Morrow Co. CowBelles

The Morrow Co. CowBelles will be giving a demonstration and samples of sweet and sour meatballs at Les Schwab Tire Center in Heppner on Saturday, Feb. 18, from 10 a.m. to 3 p.m. The CowBelles will also hold a guessing contest in which people can guess the combined weight of a cow and her calf. The animals, donated for the contest by Merlyn Robinson, will be on display in front of the tire center. The drawing will be held at 3 p.m. and the winners will receive a \$10 beef certificate for the CowBelles or a four-way lug wrench, donated by Les Schwab.

The Beef Cookoff semifinals were held in Bend on February 1. They were a huge success thanks to the three Sandi's: Sandi Simpson, state cook-off chairman; Sandy Lundgren, Deschutes County president; and Sandi Richardson, who led the CowBelles use her store for the cook-off.

We have five finalists this year: Ruth Porter, Albany with "Brazilian Black Beans"; Han Pun Kleinman, Portland, with "Bulgogi"; Enid and Sandor Johannes, West Linn, with "Piquant Hungarian Brown Beef Slices"; Gurden Farah, Lake Oswego, with "Chilean Beef Corn Pie"; and Bob Benintende, Albany, with "Braccolone (Rolled Beef)."

We look forward to these great recipes later in the year. The Oregon Cook-Off will be held at the Memorial Coliseum in Portland on March 3 and 4. There will be a full sized covered wagon to serve as the CowBelle booth.

The following are a few myths and facts about the beef industry compiled by the National Cattlemen's Association whose sources include U.S.D.A. nutrition authorities, National Live Stock and Meat Board, N.C.A. economic data, agricultural colleges and nutrition and health scientists.

Myth: Prime or choice beef contains more cholesterol than beef with less marbling.

Fact: Preliminary results of an official study of the nutrient composition of retail beef cuts show that the differences in cholesterol of uncooked lean beef of different grades are not significant. Prime had 61 milligrams of

cholesterol per 100 grams of lean; Choice, 59 mg., Good, 58 mg. (These values were slightly lower than reported in previous studies.) U.S.D.A. data show that three ounces of roasted beef, "lean and fat" (without the separable fat removed), contain the same amount of cholesterol, 73 mg., as three ounces of lean roasted beef.

Myth: The increase in fat consumption in the U.S. has resulted primarily from increased consumption of meat and other animal products.

Fact: The average per capita level of animal fat in the food supply was 105 grams in 1947-49 and 99 grams in 1980. Average level of vegetable fat was 36 grams in 1947-49 and 70 grams in 1980. We still consume more animal fat than vegetable fat, but the increase in fat intake has resulted entirely from increased use of vegetable fat. In 1980, fats and oils (including butter) contributed 43 percent of the fat in the U.S. food supply; all meats (including poultry and fish) contributed 36 percent and all dairy products (not including butter) contributed 11 percent.

Myth: Chicken is a much "lighter" food than beef.

Fact: Chicken and pork generally contain as many

School board to meet next Monday

A regular meeting of the Morrow County School Board will be held at the school district office in Lexington February 20 at 7:30 p.m. Prior to the regular meeting, the board will hold a public hear-

ing on the proposed 1984-85 school budget.

In regular session, the board will consider carryover business including a school closure policy, teacher evaluation policy and next year's school calendar.

The board also expects to consider bids for school buses and a report from Chairman Jerry McElligott on the status of the search for candidates to replace Superintendent Matt Doherty, who will be leaving the district June 30.

Won't you be my Valentine?



Residents of Pioneer Memorial Nursing Home had a bit of a Valentine treat Sunday, when Sunday school children from All Saint's Episcopal, and United Methodist churches entertained with songs and passed out Valentine cards.

ELKS ANNUAL

Saturday, Feb. 18

LIVE MUSIC!	\$12.50 each
Coffey Twins — Upstairs	w/o Dinner
Bill Nichols — Downstairs	\$2.50 each
<i>Dinner Includes:</i>	
Salmon, Oysters, Steamer Clams, Shrimp, Crab Cocktails & Salads.	
Our Courtesy Car Will Pick You Up and Take You Home.	

GET YOUR TICKETS NOW FOR THE DRAWING FOR TWO ONE-HALVES OF BEEF, A TRIP & LUGGAGE!

Serving Breakfast Sunday Morning:
Ham & Eggs, Hash Browns, English Muffins.
Starting at 8:30 a.m.

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\$7.50

FREE CERTIFICATE WHEN YOU BUY 2 NEW PASSENGER OR PICKUP TIRES OR 4 LES SCHWAB RETREADS

\$15.00

FREE CERTIFICATE WHEN YOU BUY 4 NEW PASSENGER OR PICKUP TIRES

Morrow County Cowbelles Will Be Here

Saturday, Feb. 18

Free Beef Samples

Guess Weight of Beef for Free Prizes!

FRONTIER HWY

700x15/6 ply	\$52.36
750x16/8 ply	\$66.70
FET .53	

FRONTIER TRACTION

700x15/6 ply	\$57.76
750x16/8 ply	\$77.93
exchange with old tire FET .04	

It's Free Beef Time!

Morrow County Cowbelles Will Be Here

Saturday, Feb. 18

Free Beef Samples

Guess Weight of Beef for Free Prizes!

Les Schwab's LARGE CAR STEEL RADIAL

FR78-14	\$71.74
GR78-14	79.92
HR78-14	84.66
GR78-15	80.41
HR78-15	87.73
LR78-15	93.54

exchange with old tire

Low Low Prices!

FRONTIER HWY

700x15/6 ply	\$52.36
750x16/8 ply	\$66.70
FET .53	

FRONTIER TRACTION

700x15/6 ply	\$57.76
750x16/8 ply	\$77.93
exchange with old tire FET .04	

Les Schwab's SMALL CAR RADIAL

155-12	\$32.12
155-13	34.28
165-13	37.98
175-13	40.24
185-13	43.54
175-14	42.43
185-14	45.83
165-15	41.40

exchange with old tire

Dale — Happy 29 again!

Tires LES SCHWAB

700x15

\$41.26

exchange with cappable casing

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SHEEP BRANDING LIQUID

\$13.65

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