

Around About

By Justine Weatherford

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Maybe the end of old 1985 will bring the end of the prolonged ice age that Eastern Oregon and Eastern Washington have had much too long. Wow, what big fuel bills some of us gained in November and December. At least the winter equinox is past, and we are into slightly shorter nights and slightly longer daytimes even though the warm winds are mighty slow in finding Morrow County.

Just a month ago folks were beginning to prepare for Christmas. Many helpful persons were working with the Heppner Neighborhood Center getting boxes ready for the more needy families of this area. Those in need and some lonely older citizens are most fortunate that Pat Brindle and her faithful helpers and Christmas time volunteers so efficiently manage to distribute the food and toys and various things donated by churches and other organizations and by very generous individuals.

Friends who helped regularly at the Neighborhood Center say that boxes this year did not include much clothing as it is felt wiser to encourage persons needing clothing to come to the center to get what they need in the right sizes. There is a good supply of family clothing available and persons to help give it out.

The usual town tree and the bright strings of lights and various decorations surely helped bring cheer during recent dark days. Having greetings from friends in each day's mail also helped considerably.

Those who have been surrounded by family members here or who have been able to travel to visit children or parents elsewhere felt lucky that highway traveling was somewhat easier than it had been during Thanksgiving week. It was air travel that became very difficult with so many northwest airports fogged in. We are so hopeful that soon every traveler will have been able to return safely to a home port.

Several local parties and holiday weddings created happy gatherings. The families along Little Butter Creek again were together for a most successful annual Christmas party in the home of Marlene and Tom Currin and their sons, Jeffrey and Ryan. I hear that about 70 persons of all ages enjoyed that joyous time with Santa Claus.

Thinking back over the year just ended, it is easy to recall some sad days and some glad days. The sad times came when the community lost members to the grim reaper. Happy times that stand out were the fine, sunshine-filled St. Patrick's weekend, the school graduations, the August fair and rodeo, then the Artifactory and the recent holidays.

Although Heppner doesn't change very rapidly, the Lions Club members painted the firehouse door a fine red; the Chamber of Commerce and the Garden Club placed planters downtown; the Sweeneys provided sturdy sidewalk benches; the 4-H worked at creating a mini-park across from the Heppner Bowl; a new carwash and then a large new north-of-town office building were constructed.

On January 14 we will learn the names of the county's two first citizens of 1985, two adults who have given outstanding volunteer leadership and inspiration, at the annual banquet of the Heppner-Morrow County Chamber of Commerce. Before and after that date the fine young athletes of the county schools will keep busy providing excitement for many as they contend with young persons from nearby schools for fame and glory.

Recently we have been hearing lots about struggling farmers. About 1980 a Goldendale, WA, farmer added a different crop. He invented "The Farming Game" as he rode his tractor. He decided not to sell his idea, but gained a copyright and is handling the distribution himself. This interesting game certainly demonstrates some of the problems that farmers come to know so well; it should be most educational for any future farmers. The game is still selling very well in Eastern Washington, where I learned about it.

Its inventor and manufacturer is George Rohrbacher, P.O. Box 896, Goldendale, WA 98620. He made the Yakima Valley the setting for his farms which may include fruit acreage, cattle operations, wheat and hay. The bank is a big feature of this make-believe world which fits on a kitchen table or card table and which is most appealing to adults and to young folks who are able to read. I understand that some county families, especially in the lone area, have been enjoying this game for several years.

Best wishes for warmer weather soon and for a happy and healthful 1986.

Bowling News

Thursday Night Ladies December 28

	Won - Lost
B.P.O.E.	42 - 22
J & J Ceramics	39 1/2 - 24 1/2
Depot Nursery	37 - 27
Kinzua	30 - 34
Bark n Chips	30 - 34
Country Rose	26 - 38
Ray Boyce Ins.	26 - 38
B & C Repair	25 1/2 - 38 1/2

Splits converted: Sandi Hanna and Judy Barber 3-10; Marilyn Childers 5-10; and Eva Griffith 5-7.
B.P.O.E. were the winners of the first half.

High game: Inetia Cantin - 195.
Alvina Padberg - 532.

Dime a Dozen December 29

	Won - Lost
No Four	42 - 22
No One	37 - 27
No Eight	36 1/2 - 27 1/2
No Seven	36 1/2 - 27 1/2
No Two	34 - 30
No Three	25 - 39
No Five	24 - 40
No Six	21 - 43

Splits converted: T. Greenup 5-7 split, K. McRoberts 4-5-7, J. Tanory 9-10, E. McRoberts 3-10.

High game: E. Heath - 227, B. Doherty - 215.

High series: E. Heath - 550, B. Doherty - 560.

High team game: No. Four - 783.
High team series: No. Four - 2239.

Beef nutri-facts now at the meat case

If beef high in cholesterol? How many calories are in a beef sirloin steak? And just how much fat is there in beef, anyway? These are just a few of the questions meat managers are bombarded with daily at the meat counter. That's because today's consumer is more concerned about nutrition and health than ever before. Until recently, nutrition information has been available in practically every area of the supermarket except one - the meat department. However, consumers will soon be able to have their questions answered easily and quickly. A newly developed voluntary nutrition information program, called Meat Nutri-Facts, will soon be installed by many Oregon meat retailers, right at the meat case.

The Meat Nutri-Facts program was developed by the U.S. red meat industry - the National Live Stock and Meat Board, the American Meat Institute and the Food Marketing Institute. It provides consumers with an easy to understand explanation of nutrition information on cholesterol, sodium and fat (including saturated, monounsaturated and polyunsaturated fat) as well as calories, protein, vitamins and minerals of many meat cuts in the meat case. This is done with the use of a bar graph, such as the accompanying beef sirloin steak bar graph. It shows the consumer at a glance how many nutrients are in a single, three-ounce serving of cooked meat.

The heart of the Meat Nutri-Facts program is the graph displaying the new U.S.D.A. data. This recently published data replaces the last information gathered over 30 years

ago when the beef animal was considerably fatter. Selective breeding and closer trimming have resulted in a leaner product. Better testing techniques help confirm this with scientific data. A nutrition chart, which will be displayed at the meat case, explains the amount of calories, total fat, cholesterol, sodium, protein, iron, zinc, thiamin, niacin and B-12 in that single serving. For example, broiled beef sirloin has 8.3 grams of total fat; 75 mg. of cholesterol and 56 mg. of sodium.

To put it in better perspective, a graph accompanies the nutrition information which shows how these amounts compare with the total amount of nutrients recommended daily. The total fat in the beef's sirloin's three-ounce portion is 12 percent of the total daily maximum recommendation; the cholesterol content is 25 percent of the daily maximum; and the sodium content is just 2 percent of the daily maximum. This information is extremely important for people on special fat-modified, calorie-restricted, low-salt and other diets. By looking at these graphs, consumers will be able to find the red meat cut that can meet their diet needs.

Since the program is designed to be a long term consumer education program rather than a quick fix promotion, meat cutters across the state are taking part in seminars conducted by the Oregon Beef Council. The seminars update the retailers in nutrient data and cooking techniques adjusted to the leaner beef animal.

For those concerned about calories, meat cuts "under 200 calories" will be identified with a sticker on the package. Sirloin steak is just one of 10 beef cuts - it has 185 calories for a three-ounce, cooked serving. Calories can be kept at a minimum by selecting a sirloin steak to prepare Beef Kabobs Oriental. Any excess fat is trimmed off the sirloin steak when it is cut into cubes. An oriental flavor is added to the beef by marinating an hour before placing the kabobs under the broiler. No extra fat or calories are added to the entree during the cooking process. Serve the kabobs over rice with fresh pineapple slices and a cherry tomatoe garnish.

Beef Kabobs Oriental
1 beef top sirloin steak, cut 1 inch thick (about 1 1/2 lbs.)
2 tablespoons dry sherry
2 tablespoons soy sauce
2 tablespoons water
1 tablespoon oil
1 clove garlic, minced
1/4 teaspoon cracked black pepper
1/4 teaspoon sugar
Cut steak into sixteen 1-inch cubes. Combine sherry, soy sauce, water, oil, garlic, pepper and sugar. Place beef cubes in plastic bag; add marinade, turning to coat. Tie bag securely and marinate in refrigerator 1 hour. Pour off marinade. Thread 4 steak cubes into each of four 8-inch skewers. Place kabobs on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 15 to 20 minutes, depending on doneness desired (rare or medium) turning occasionally.
Yield: 4 servings.

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Ag commodity sales much same for 1986

There is neither good news nor bad news for the United States economy in 1986, and the same is basically true for Pacific Northwest agriculture, according to the "1985 Pacific Northwest Agricultural Situation and Outlook" report issued by three Pacific Northwest universities.

Agricultural college faculty members at Oregon State University, University of Idaho and Washington State University authored the report, which will be available in county offices of the Oregon State University Extension Service in mid-January.

"The farm sector faces a difficult financial situation in 1986," the report said. "Prospects of higher prices for farm products are not bright in the coming months, and the national farm debt continues to grow."

On the bright side, the index of prices paid for production items, interest, taxes and wages decreased almost 4 percent during 1985, the first decline in decades. No appreciable increase in farm input prices is expected in 1986.

In the general economy the report noted that in many ways, 1986 promises to be a repeat of last year's experience: slow-paced economic growth accompanied by relatively stable prices and moderate unemployment. Most economists expect the national economy to expand at a growth rate of between 2.1 and 2.7 percent. There is the possibility of a mild recession the first half of 1986, effectively causing zero growth for

the year.

The outlook for U.S. agricultural international trade in 1986 remains unchanged from last year. Exports should be in the \$30-32 billion range, down a bit from 1985 levels.

Problems preventing growth in U.S. agricultural exports are declines in total world food trade, the high value U.S. dollar and more competition in world food markets, causing the U.S. share of this trade to shrink.

The "Outlook" offers the following overview of Pacific Northwest agriculture:

WHITE WHEAT - Wheat production declined in 1985 due largely to lower yields. Even so, high carry-over stocks from 1984-85 will exert downward pressure on white wheat prices through the coming year. In addition, lower federal farm program loan rates are expected to lower the cash price for 1986 crop wheat.

FEED GRAINS - Prices are expected to remain low because of large U.S. feed grain supplies. Northwest barley production was down 20 million bushels in 1985. Corn production remained unchanged and oat production increased 22 percent.

DRY PEAS AND LENTILS - Dry pea production declined in 1985 and prices increased slightly. This trend will continue. Lentil prices are up because of poor lentil crops in Canada and Turkey.

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after **CHRISTMAS SALE**

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