

Seniors sign 99 year lease



Jane Rawlins (L) witnesses the signing of a 99-year lease between the City of Heppner by Mayor Cara Costa (center) and the Senior Citizen Board for the senior section of the hotel project which consists of the first floor, excluding the handicapped accessible apartment. The seniors are to furnish the rooms for the center. Marshall Lovgren (R) holds the artists conception of the completed hotel project. See story page 10

Valuable foods handbook available

With so much interest in cholesterol and fats, "The Nutritive Value of Foods" could be on the best seller list, says Birdine Tullis, Morrow County Extension Service.

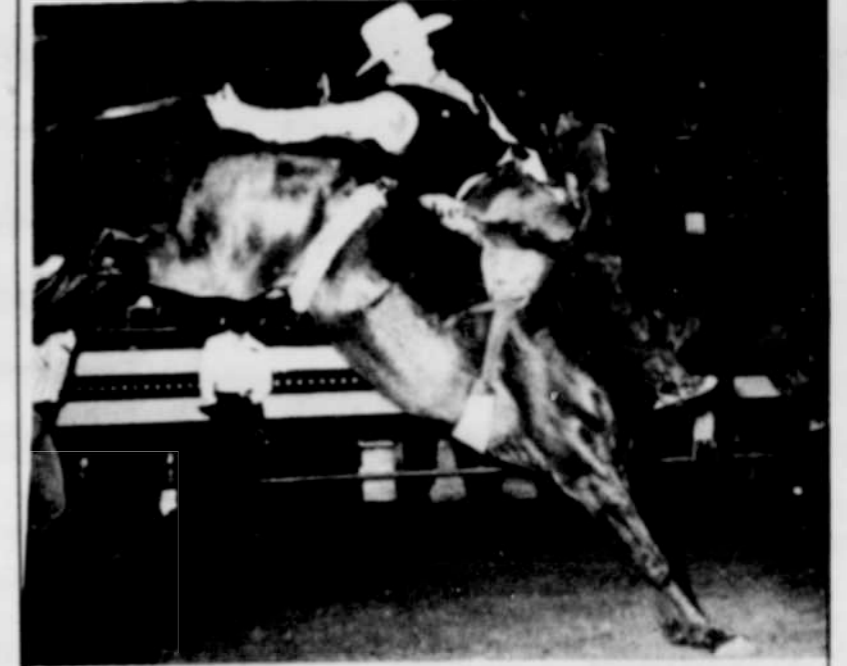
In the revised edition of the handbook (#72) values for sodium and cholesterol have been added, and total monounsaturated and polyunsaturated fatty acids are reported. All food items not in these categories have been reviewed and updated as necessary. In all, the nutritive value of 908 common foods are listed.

Basic products widely used in food preparation such as flour, fat, etc., are included, as well as foods in ready to eat form, making the publication very easy to understand. All nutrients are listed for each food product.

While individuals on restricted diets will find the publication especially useful, it also provides ready answers to homemakers planning nutritionally adequate diets for families.

Cost of the publication is \$2.75. Stop by the Morrow County Extension office and review a copy.

Rice places 4th at NCFR



Southwestern Oklahoma State University men's rodeo team member Lee Rice is shown here competing in the bareback riding competition at the recent college National Finals Rodeo held in Bozeman, Montana. Rice ended up placing fourth.

BMCC honor roll

Forty-one Blue Mountain Community College students received a perfect 4.0 grade point average during Spring term which reflects a straight A report in all courses taken by the student.

In addition to the straight A students, another 103 are listed on the Spring term honor roll. Students on the dean's list numbered 142. Students receiving a 3.5 or better are eligible for the college honor roll and those with a 3.0 to 3.5 earn a place on the dean's list.

To earn a spot on either list, a student must be carrying a full-time load of classes which translates to 12 graded credit hours. Students may not have received an F in any class to be so honored nor does a pass grade count in the 12 graded hours necessary to be included on either list. Those receiving honors were:

Boardman: Suzanne Akers, 4.0, Lisa Cejka, Brian Sheadel, Robert Skoubo.

Heppner: Tonya Bowers, Marvin Brannon, Gregory Connor 4.0, William K. Hughes.

Irrigon: Trina Hellberg 4.0, Elizabeth Miller, Alan Nagy, Tony Schiller.

Lexington: Julianne Nelson 4.0, David Steagall.

Deans list honor roll includes: Boardman: Gordon Reeves and Chris Stevens.

Heppner: Matt Clark, Merry DeSpain, Dana Reid, Lana Reid, Clark Wallis.

Irrigon: Lora Bateman.

Brownfield is elected vice-chairman

Blue Mountain Community College recently elected board officers for 1988-89. Elected as board chairman was Phil Houk, Pendleton; board vice-chairman is Nancy Brownfield, Heppner; and Devo

Harper of Helix was appointed to serve as the board's representative to the Oregon Community College. Harper is serving as president of the OCCA Board of Directors.

Tullis retires from Extension



Birdine Tullis enjoys a potluck lunch put on by her fellow workers last Thursday. They presented her with a "Retirement Basket" for her years at the Extension Service. That was Birdine's last day at work. She will be greatly missed.

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OREGON STATE UNIVERSITY
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County Agent's Corner
By Morrow County Ag Agent
Fred Lundin

The Russian wheat aphid (RWA) is the newest pest of wheat to plague farmers in Morrow County. Fortunately, it has not been a real problem this season.

There were early predictions that the RWA would devastate crops unless something was done. These predictions were based on reports from Colorado, Texas, and other states where the RWA ruined the crop.

The experts still believe that this pest will cause significant damage here and we need to be on our guard. This year's experience demonstrates our need to learn much more about this aphid.

One of the studies is being done by Luther Fitch and Jill McFaul in Morrow and Umatilla Counties. They are adding the RWA to other species of aphid which they track each year, and are adding sites which are trapping the aphids. They trap and identify aphids weekly at some 35 different sites in the two counties.

This gives them a good idea about what aphids are moving, how many there are, and where they are going.

Well, the RWA is moving about in Morrow and Umatilla Counties, though not in any great numbers. They found one RWA in each of three traps last week. That makes three weeks in a row they have trapped this pest.

Also Pamela Zwer, the new cereal breeder at the Columbia Basin Agricultural Research Station, is starting a program to breed a wheat variety resistant to the RWA. She has imported wheats from South Africa, where this aphid has been a pest for some years, and hopes to cross them with local varieties for RWA resistance.

Finally, the western states that are most affected by this pest have pooled their resources and are sending an entomologist to eastern Europe and the Ukraine area of Russia where this pest originally came from to look for biological controls to use against it.

While biological control is the preferred (and the cheapest) method of pest control, it takes a long time to develop. In the mean time, we must learn all we can about it.

We know something of its whereabouts now, and can be pretty sure it will be a problem on fall seeded wheat. I found it in CRP on wheat grass on a recent field tour, which means there is no shortage of host plants for it.

More information on the Russian wheat aphid is available at your nearest Extension office.

Jack and Jill tourney is July 8

The Willow Creek Country Club will have a Jack and Jill tournament on Friday, July 8. Hosts for this tournament are: Earl and Peggy Fishburn, chairpersons; Rick and Susan Johnston; Roy and Juanita Martin.

This will be a nine-hole competition starting at 6 p.m. Light snacks will be served before the play and the cost for participating in the play will be \$4 per couple.

Gherke promoted to M-F Branch of Benj. Franklin



Heppner Chamber of Commerce president, Fred Lundin presents Linda Gherke with a gift for her service to the Chamber as secretary. Linda is leaving Heppner to take over as Branch Manager of the Benjamin Franklin Savings and Loan in Milton-Freewater.

New recommendation noted for canning fruit

Persons planning to preserve Oregon fruits and berries at home this year will discover a new term in food preservation directions this year: boiling water canning.

That's replaced "water bath canning" as new directions and recommendations of the U.S. Department of Agriculture for home canning take effect this year, reports Carolyn Raab, Oregon State University foods and nutrition specialist.

Because of the changes, the first major revision in home food preservation directions in several years, Raab urges preservers to obtain new, up-dated information from county offices of the OSU Extension Service. She recommends discarding old home canning reference materials.

Some of the other changes preservers will find include sugar syrups that are less sweet and new directions for adjusting times at higher altitudes. A few processing times are also changed for such products as apples, applesauce, berries and cherries.

Jams and Jellies should now be processed in a boiling water canner. Paraffin is no longer recommended because of the possibility of toxic mold growth on the surface, Raab points out.

Jars with wire bails and glass caps or those with one-piece porcelain-lined caps are no longer recommended. In fact, Raab notes that only standard size jars which can use two-piece lids are recommended.

Although recommendations have changed, there is no reason to believe that canned fruits left from previous seasons are unsafe if they were properly processed, Raab stresses. You should, naturally, check jars for spoilage before using.

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