

'Munch, munch, munch' is sound of holidays

The real sound of the holidays isn't "Ho, ho, ho," it's munch, munch, munch. On January 2 it becomes "no, no, no."

That's because the real "Bah humbug" ghost of holidays past is the extra girth that can become a long-lasting present. Dietitians estimate the average weight gain from Thanksgiving to New Year's Day is five pounds.

But it's not too late to head off that binge and still have good things to eat. The trick, says nutritionist Jackie Haven, is to substitute healthier, less-fattening treats for food laden with sugar and fat.

"During the holidays, people snack a lot during the day," said Haven, who watchdogs holiday eating habits for the U.S. Department of Agriculture's Human Nutrition Information Service. "If people have a bagel or a cracker instead of candy and cookies, they'd feel better about their weight in January."

"Traditional holiday foods like candies, eggnog and cookies with lots of icing are high-fat items. It's not the sugar alone that's the culprit as much as the fats that go along with it in most rich desserts."

"If you replace some of those desserts with whole grain selections, you'll feel fuller, the weight gain should be less of a problem and you'll get closer to USDA recommended dietary guidelines," she noted. The USA

suggests six to 11 daily servings of grain products, and most people are only getting four servings. A serving is one slice of bread, one-half cup of cooked pasta, half a bagel or muffin, or an ounce of dry cereal.

"Try to have a healthy eating strategy. Don't think in terms of 'good food/bad food' and guilt during the holidays," urged Holly Weimar, chair of the public relations committee with the Oregon Wheat Growers League. "Holidays are for fun, and eating is part of it. Just include more grains and less fats and sugars."

Judi Adams, registered dietitian with the Wheat Foods Council, suggests that whenever possible, the cook should find ways to modify recipes to cut back on fats. Use yogurt, skim milk, egg whites, and lowfat mayonnaise, sour cream and cheeses.

She recommends following the "Healthy Holiday Eating Nutrition Fact Sheet" from the American Dietetic Association's National Center for Nutrition and Dietetics in Chicago. Among the recommendations for partygoers:

-If you're bringing a dish to a friend's or relative's table make a lightened-up version of a family favorite.

-Skip the fried food and eat the crackers, bread and fruit.

-Eat a healthy snack right before a party to bolster your willpower.

-Keep portions small.

-Bread or rolls are great low-fat options. If they're fresh, you may not need butter or margarine.

The ADA, the Wheat Foods Council and the USDA offer recipes that help people eat healthfully during the holidays. One emerging favorite is fruited hearth bread; the recipe follows.

Fruited Hearth Bread
 3 3/4 to 4 cups bread flour, divided
 2 cups whole wheat flour
 2 cups water, 90 to 150 degrees F
 2 pkgs. active dry yeast
 1 1/2 tsp salt
 1 cup (4 oz) dried apricots or prunes, coarsely chopped
 1 cup (4 oz) raisins or dried cranberries
 1/2 cup (4 oz) almonds, whole

Makes two round loaves or four long thin loaves (baguettes).

Cover dried fruit with cold water and let stand 10 minutes. Mix two cups bread flour, the whole wheat flour, two cups water and dry yeast two minutes. Drain fruit prior to kneading. Add salt and bread flour until dough forms a ball. Mix with dough hook or knead by hand, adding flour to form a nonsticky elastic dough. Knead or mix eight minutes. Knead fruit and almonds into dough. Cover bowl with plastic wrap, let rise in an 80 degree F. area until doubled in size, about 45 minutes. Punch dough, divide in half or fourths, round up and cover. Let dough rest 10-15 minutes. Shape into loaves place on greased sheet pans. Cover with damp clean linen towel. Let rise in an 80 degree F area until doubled in size, about 50 minutes. Slash top of round loaves with an X. Bake in preheated 425 degree F. oven 30-35 minutes for round loaves, 15-20 minutes for long thin loaves.

Students perform for Christmas



The Jr. High band played in front of Central Market last Thursday, getting everyone in the Christmas spirit.



Elementary students entertained a large crowd at the annual Christmas program Thursday at the Heppner Elementary school. Above is the morning Kindergarten class taught by Cherry Webber.

Reading program underway at HES



Shad Hisler

The R & W Reading Program, jointly supported by Tom and Helen Riehl of the R & W Drive In and the reading teachers of Heppner Elementary and Middle School, is well underway for the sixth consecutive year. The Riehls provide ice cream treats as a way to encourage students to develop a life-time habit of reading. "They see the importance of reading in all aspects of life, whether for work or pleasure, and the treats at the R & W Drive In are a way to encourage students to read not only more, but more challenging material," said HES reading

specialist Linda Shaw.

Teachers set goals based on the age and reading ability of the child and often incorporate requirements to read a variety of genres in order to expose the child to many kinds of books. The program started with the beginning of the second academic quarter (the first graders will begin later). "Third grader Shad Hisler has already earned five certificates for ice cream cones, sundaes and milk shakes," said Shaw. "His mother, Susie Hisler says it's been hard to get him to the dinner table because he doesn't want to put his book down."

No Sunday School at All Saints Dec. 29 & June 5

There will not be any Sunday School classes held at All Saints Episcopal church on December 29 and January 5.

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