

Take small steps toward better diet

Have you resolved to "eat healthier" in the new year? Make it easier on yourself by taking small steps toward a better diet, says Carol Michael-Bennett, OSU Extension home economist in Morrow County.

The old standby of choosing a variety of foods is still the best bet in menu planning. Increase carbohydrate and fiber by starting with a foundation of fruits, vegetables and whole grain products. Because these foods are generally low in fat, you'll be taking a step toward achieving and maintaining a healthy weight.

Learn to avoid fat and cholesterol by using fats and oils sparingly in cooking. Select lean meats and lower fat dairy products. Trim all visible fat from meat and remove the skin from poultry. Eat fewer fried foods, creamed foods and rich desserts.

Read food labels to select foods with less sugar. Watch for words such as glucose (dextrose), fruc-

tose, maltose, lactose, honey, corn sweetener, and high-fructose corn syrup. Select lower-sugar choices such as fruit packed in its own juice.

Reduce your salt intake by using less salt in recipes and taking the salt shaker off the table.

"Make changes in eating habits a family affair," advises Carolyn Raab, OSU Extension foods and nutrition specialist. "Children and other family members will be more receptive if they're involved in the planning, shopping and cooking."

Is your reason for sticking with an unhealthy diet because "it's hard to cook for just myself?" asks Michael-Bennett. "If that describes your situation, plan to attend the program, "Healthy Meals for one or two". The first lesson will be offered Thursday, Feb. 3 at 7 p.m. at the Boardman library and Wednesday, Feb. 9 at the Extension office in Heppner. For more information call the extension office 676-9642.

Christmas plants may be hazardous

During the holiday season, a lot of plants are given to friends and neighbors as gifts. Most of these decorative plants are harmless, but some may be dangerous to children if they might eat part of the plant, says Ross Penhallegon, horticulture agent with the OSU extension service.

To be on the safe side, keep holiday plants out of the reach of young children and pets. And be aware of what kinds of plants you have.

The following holiday gift plants may be harmful if ingested and should be kept out of reach: Amaryllis, the entire plant; Bracken fern, leaves; Christmas rose, foliage, roots and sap; Christmas pepper, the peppers; Dieffenbachia, stem and leaves; English Ivy, leaves and fruit; Euonymus, fruit, foliage and bark; Ficus (fig), milky sap causes skin reaction; Holly, leaves and berries; Horse chestnut, nuts, leaves and flowers; Hyacinth, bulb; Mistletoe, foliage and fruit; Narcissus, Daffodil, bulbs; Philodendron, leaves and stem; Poinsettia, be cautious; Rhododendrons, leaves; and Tulips, bulbs.

Remember to post the nearest poison control center in a conspicuous place near your telephone. The number to call from Eastern Oregon is 1-800-452-7165.

Cardinals roll past Rockets 71-59

By Anne Morter

The Ione Cardinals recovered from an early deficit to roll past the Pilot Rock Rockets 71-59 last Tuesday in Ione.

Pilot Rock jumped out to an 11-0 lead before the Cardinals got their game going. "Our shots weren't dropping," said coach Del LaRue. "But everything they put in the air went in," he noted of the game's early minutes. LaRue said he was pleased that the Cards remained fairly patient and worked themselves to a 16-13 first quarter lead. Ione extended the lead to 10 by the half.

In the fourth quarter, Pilot Rock put a press on the Cardinal reserves, outscoring them 31-20 in the period, but the final outcome was never seriously threatened.

Aaron Heideman led the Cardinals scorers with 18 points. Jason Halvorsen had 14, Jim Logan added 13 and Jared Ashbeck had 10.

The Cards dominated the boards with a team total of 50 rebounds. Heideman led with 15 and Halvorsen added 13. Logan paced the team with five assists and five steals. Halvorsen had four blocked shots in the game.

The Cardinals shot well from the floor, making 27 of 56 for 48 percent. At the line, they hit 16 of 25 for 64 percent. Pilot Rock shot just 24 of 88 for 27 percent from the field. In the fourth quarter alone, they put up 19 three point attempts and made just one. At the line, they shot eight of 17 for 47 percent.

"We're starting to pick up the defensive end," said LaRue.



Photo by Wayne Hams

Rodney Ehrmantraut (30) blocks shot

"Defense creates offense. We're a little better defensive ball club than in the past," he added. The Cards travel to Stanfield this Thursday, with four games to start at 3 p.m.

Lexington News

By Delpha Jones

The PNG club met at the Cecil Jones' ranch Dec. 17 with Delpha Jones and Luella Taylor as hostesses. Dinner was served at 6:30 p.m. Each member received a gift of a blown glass tree decoration. Secret sisters were revealed and new names for 1994 drawn. Luella Taylor won the door prize.

An election of officers was held with the following elected: president-Joyce Buchanan, vice president-Virginia Peck and secretary-treasurer-Annetta Padberg. Those present were Leila Palmer, Joyce Buchanan, Virginia Peck, Luella Taylor, Kathy Tellechea, Annetta Padberg and Delpha Jones.

Jr. High Cards lose to Echo Cougars

Saturday Dec. 18 the Ione Junior High Cardinals took on the Echo Cougars for an exciting game that ended in favor of the Cougars 44-33.

The Cardinals took an early lead with two quick jump shots from Nathan Rietmann. Echo retaliated with a score from their center and from that point on the game was open between both teams.

Marc Orem scored on a couple breakaway layins and some turn around jumpers to put the Cards

in the lead. However, Echo started getting the ball into their big inside man. At the half Ione was down by three.

The second half the Cards came out and let the Cougars get four quick points. Ione started sticking to their strategy as they worked the ball inside to Orem who scored two consecutive times.

Echo started to gradually pull ahead while running a press. Jake McElligott had three blocked shots on three layins for the Cougars in the second half to spark the Cardinals. Orem led the Cardinals with 19 points. Rietmann added six and McElligott and Mike Scott each chipped in four for the Cardinals.

IJH girls beat Cougars 42-16

The Ione girls "A" basketball team easily rolled over the Echo Cougars 42-16 for the second time on Dec. 16.

The Cardinals tough press was too much for the Cougars to handle. Kara Miller, Kate Garrett and Megan Proudfoot picked up

five steals apiece. The Cardinals offense was lead by Jenny Sullivan and Proudfoot each scoring 11 points.

The Ione "B" team also won their game.

The Cardinals will play Condon January 6.

Lady Cards run away from Rockets

By Anne Morter

The Ione lady Cardinals ran away from Pilot Rock, 55-35, in a game held last Tuesday, December 21, in Ione. In their last meeting the Cards won by just three points and seemed to be determined to put the game out of reach early. Ione used full court pressure in the early going to jump out to a 14-2 first quarter lead and a 29-16 halftime edge. In the second half, their half-court trap kept the Rockets at bay.

Melissa McElligott and Jamie Lovett shared scoring honors with 15 points each. Mary Jane McCarty added 10.

The Cards continued to struggle with rebounding, grabbing 32 boards to Pilot Rock's 36. Lovett led the lady Cardinals with seven, McElligott had six and Suzy Heideman added five; McElligott had nine steals in the game.

The Cards shot 24 of 59 for 41 percent from the field and six of 13 for 46 percent from the line. The Rockets were 15 of 47 for 32 percent from the field and three of 12 for 25 percent from the free throw line.



Photo by Wayne Hams

Tanja Anderson (40) shoots for two

"It was our best defensive effort of the year. We played pretty well," said coach Dana Heideman. "It was a lot better effort than our last game with them."

Heppner Men's City Tournament
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We will be closed Friday and Saturday December 31 and January 1

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