

SUNSET VALLEY ACTIVITIES

BY MARTHA LORENSEN - PHONE 372-2186



SUNSET VALLEY - Mr. and Mrs. Elvet Nielsen hosted a dinner Sunday. Guests included, Mr. and Mrs. Cecil Frahm of Riddle, Oregon; Mr. and Mrs. Bill Nielsen and family; Mr. and Mrs. Gary Nielsen and family; Ewen Chard of Nyssa and Mr. Kenneth Chard of Portland.

Mr. John Bushel of Portland arrived Monday evening and is a guest at the Elver Nielsen home this week.

Mr. and Mrs. Frank Britt of Eureka, California spent this weekend at the Ira Price home. Mr. and Mrs. Ira Price and Mr. and Mrs. Frank Britt were dinner guests at the Eastside Cafe in Ontario Saturday evening.

Mr. and Mrs. Ira Price Jr. and Michael and Clifford of Portland area, Gary Beveridge and Carl Beet also of Portland, arrived Saturday morning and are spending a few days hunting and visiting at the Ira Price Sr. home.

Mr. and Mrs. Ken Price and daughter Shirley and Mrs. Orville Groves were Saturday visitors at the Ira Price home.

Neil Edwards and hunting companions were callers Monday at the Ira Price home.

Mr. and Mrs. Angus Cameron of Sutherland, Oregon; Mr. and Mrs. Cecil Larrison Sr.; Cecil Larrison Jr. and son, also of the Albany area; and Gregg Cameron were guests this week at the Kenneth Lorensen home. They left Monday for their homes.

Mr. and Mrs. Kenneth Lorensen and family and Mr. and Mrs. Angus Cameron were visitors at the Wilbur Chapin home Sunday afternoon.

Brian Lorensen was visiting at his grandparents home Saturday and was a dinner guest. His grandparents are Mr. and Mrs. Kenneth Lorensen.

Mr. and Mrs. Ansel Johnson of Boise, Mrs. Lois Johnson of Caldwell, and Mrs. Moody Johnson were callers Sunday afternoon at the Kenneth Lorensen home.

Les and Eleanor Myers were visiting at the Lorensen home Saturday. They spend a portion of their vacation time in this area every fall. They left for Cottage Grove Monday for a visit with relatives but plan soon to leave for their winter home at Indio, California.

Mr. and Mrs. Elmer Trump of Wallowa, Oregon were weekend guests at the home of Mr. and Mrs. Jess Assumendi.

Mrs. Jack Palmer and Mrs. Jack Wood went to Hermiston, Oregon where they attended the horse sale Saturday and Sunday. They were guests overnight Saturday at the home of Mrs. Wood's nephew, Jeff Parker at Irrigon, Oregon. They returned home Monday.

James Conner of Ontario passed away Saturday and service and interment was Tuesday. Mr. Conner is the father of Mrs. Robert Schweizer. She and her husband are former residents here.

They are son and daughter-in-law of Mrs. Adah Schweizer of Sunset Valley.

Mr. and Mrs. James Langley and Jimmie Langley, Mr. and Mrs. Vic Johnson and son, Mr. and Mrs. Dan Johnson and son, all of Newport, Oregon; Mr. and Mrs. Joe Hobson Sr. and Mrs. E. J. Hobson were dinner guests Sunday at the Eastside Cafe in Ontario.

Mr. and Mrs. Dell Matteson of Issaquah, Washington Henry Mitchell, Mr. and Mrs. A. T. Knowles and Harry Frye of Homedale were dinner guests at the home of Mr. and Mrs. Lewis Mitchell Sunday.

Marvin Jackson and Duane Smith were dinner guests Sunday at the home of Ora Newgen.

Mr. and Mrs. Dave Ward of Romo, Calif. and Mrs. Mae Rowe of Hillsburg, Calif. were Tuesday till Friday guests at the home of Mr. and Mrs. Ora Newgen. They came to attend memorial service for their brother Leonard Newgen whose service was held at Parma on Wednesday morning.

Mr. and Mrs. Melborn Wood of Prairie City, Mr. and Mrs. Darrel Wilson of Moro, Oregon, Mr. and Mrs. Melvin Wilson of Ontario, Mr. and Mrs. Bill Wilson of Roswell, Mr. and Mrs. Tim Holly of John Day, Mr. and Mrs. Terry Dean Pettijohn and their families were weekend guests at the Harley Wilson Ranch.

Mr. and Mrs. Jake Donart of Bend area were weekend guests at the home of Mrs. John Reffett.

Mr. and Mrs. Loren Hite arrived Tuesday from North Pole, Alaska, which is near Fairbanks, Alaska. They plan to remain for a while during the winter months and visit relatives and friends in this area. Mrs. Hite is the daughter of Mrs. John Reffett.

Jack Wood left Monday for Cedar City, Utah where he will visit relatives this week.

BIG BEND

BY GOLDIE ROBERTS

BIG BEND - Mr. and Mrs. Alan Bennet's farm was a point of special interest Thursday when a new Boise-Cascade Home was delivered there. There were many sidewalk engineers on the job as friends and neighbors collected to watch.

Mr. and Mrs. Dana Burgess of Portland spent the weekend with Mr. and Mrs. Boyce Van DeWater. She will be remembered as Grace Johnston, a former resident.

Mr. and Mrs. Reg Ludy returned home last week from Chicago where they were called several weeks ago by the death of his mother and the serious illness of his father.

Mrs. Dyre Roberts and Mrs. Noel Tuppeny attended the Extension Alumni meeting Wednesday afternoon at the home of Mrs. Osie Porter in Payette.

Clues On Lunches

HELEN CONNER

AFTER SCHOOL SNACKS

Do you plan your family's snacks as carefully as you do their meals? Snacking is very important in the average American diet. A fairly large number of our population have inadequate diets because of poor food choices.

Snacking can be a problem or carefully planned snacks can help families have an adequate diet. Take your choice.

At any rate snacking is becoming increasingly popular; the average person has a "food contact" six or seven times a day—and some people have up to 20 food contacts daily.

The above average snackers are children up to 12 years of age and women between the ages of 25 and 44. Some of the most popular snack items are soft drinks, candy, and gum.

These offer little more than calories and can increase the chance of other health problems such as overweight and tooth decay.

Fruits also are becoming a popular snack and they do provide vitamins and other nutrients in the diet.

Foods such as ice cream, cake and pie are served more frequently as an evening snack than at other times during the day.

Many authorities feel that people would be better off eating smarter, more frequent meals distributed more evenly over the day.

Increased snacking could be used positively in providing a steadier supply of nutrients through the day. But it must be intelligent snacking.

Most kids will be starved when they get home from school. Carefully planned and nutritious snacks will be welcome and usually devoured in short order.

Here are some snack ideas you may want to try:

Fresh vegetables with a tasty dip; milk or fruit juices with little sandwiches; cookies, but be sure they include really nutritious ingredients such as oatmeal, dried fruits, peanut butter, or lots of nuts.

Nut or fruit breads; fresh fruit slices; cheese and crackers; tortillas with melted cheese; jerky or other dried meats; cold cereals; ice cream or instant pudding.

Here's a recipe for a nutritious snack. Vary the flavors of the toppings for a variety of tastes.

Frozen Chocolate Pops:

1/4 cup chocolate fudge topping
8 oz. container plain yogurt
Stir topping into yogurt just until combined. Spoon into 6 (5 oz.) paper cups. Insert a plastic or wooden "popsicle" stick in center of each.

Freeze until firm. To serve, tear off paper cups. Makes six small pops.

Prune-Peanut roll

Combine 1 cup finely snipped pitted prunes or other dried fruit with 1/2 cup chunk style peanut butter and 1/2 cup light corn syrup. Gradually add 3/4 cup non-fat dry milk solids and 1/2 cup confectioners sugar.

Mix well; form into a long roll. Roll in chopped peanuts. Chill until firm. Slice.

Good Snacking!

Checking Bean Harvest

HELEN CONNER

Checking Bean Harvest

Hug interrupted his education at Eastern Oregon State College to accept the assignment, which includes six weeks language training. He lived with Guatemalan families while in that country. While in Malheur County he will be hosted by Mr. and Mrs. John Schram and family.

Mr. and Mrs. John Schram and family are hosting Kent Hug, a 4-S member in Guatemala, in the Central American country for the past 14 months.

Hug will report on his experiences to people in Malheur County the week of Nov. 4-8. The 4-S program is the equivalent to 4-H in this country.

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Checking Bean Harvest with a 4-S member in Guatemala is Kent Hug, Elgin, left, Youth Development Program worker in the Central American country for the past 14 months.

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Chilly Hot Water.

Does your shower have you singing the blues?

How many showers does it take to turn your hot water heater as cold as the Pacific Ocean?

If the cry of "who used up all the hot water?" sends chills up your spine, it's time to do something about it. Right now.

It may be the thermostat setting. It could be an overtaxed heater.

The problem does have a solution. And the people at Cascade Natural Gas would like to help.

It's just one of more than 12 home heating checks that Cascade experts make daily. On giant hot water heaters, medium-size heaters and the midgets of the world.

Besides your heater, we'll check the trouble spots in your furnace, possible heat loss areas and even-heating throughout your home. If there are serious problems, we'll help you find the right person to do the work.

All this is done at no charge. What's the catch?

No catch. No obligation. We want to make our nation's energy go farther—to as many homes as possible.

No matter whether it's oil, electricity or gas. And to do so, we've set up 12 points to check.

They read like this:

1. Check for weather stripping and any potential heat loss problems.
2. Check thermostat accuracy and de-

termine if it is located properly.

3. Check cold air return for proper functioning.

4. Check for proper air filter and whether it is clean.

5. Check capacity of hot water heater and heater thermostat setting.

6. Check attic insulation.

7. Check heat outlets for obstructions.

8. Check clothes dryer venting.

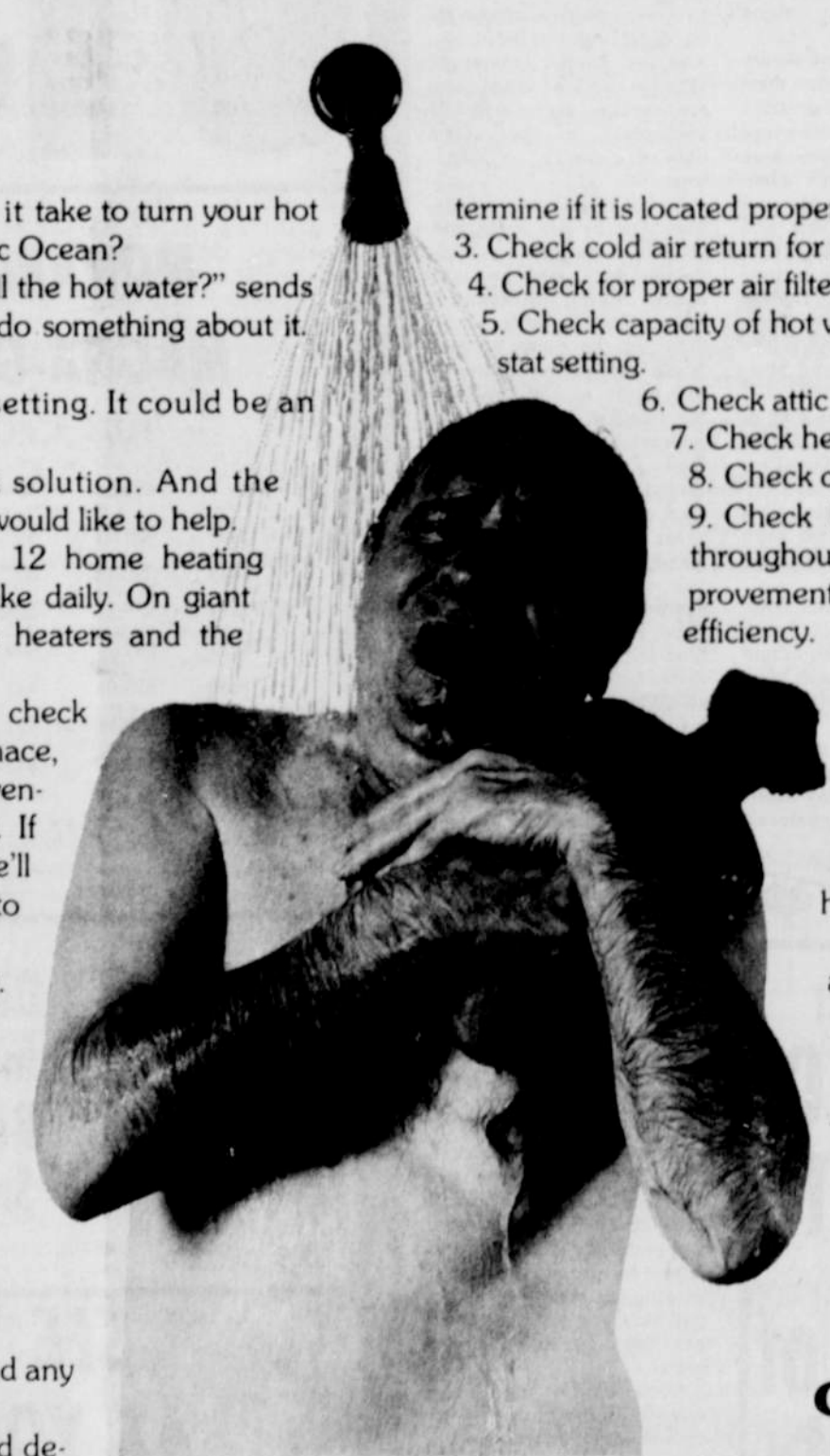
9. Check heating practices in the home throughout the day and recommend improvements to lower cost and improve efficiency.

10. Check for excessive moisture in home.

11. Check dishwasher hot water requirements.

12. Check long-range heating and hot water requirements for home.

But you should call for an appointment right now. It's a popular service. And December is no time to find out your furnace is throwing a temper tantrum.



Free 12 Point Home Heating Check

Call 372-2256

For Conscientious Legislation

RE-ELECT

Denny Jones

TO SERVE YOU IN THE OREGON HOUSE OF REPRESENTATIVES (From the Sixtieth District)

Denny Jones has proven by his voting record that he has a common sense approach to state government in Oregon.

VOTE NOV. 5 FOR DENNY JONES

Pd. Pol. Adv. for Re-Election of Denny Jones for State Representative, Gordon Capps, Chairman, 675 Park Blvd., Ontario, Oregon 97114