

Tasty from Checkerboard Kitchens

PERK UP MID-MORNING COFFEE BREAKS



Serve Orange Date Bread with mid-morning coffee or for afternoon tea. Its pleasing flavor is a delicious blend of orange, dates and whole wheat. The unusual ingredient is bite-size crispy wheat squares. A moist bread, this tasty loaf is at its best if allowed to stand overnight before serving.

ORANGE DATE BREAD

- 2 cups sifted all-purpose flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup nuts, chopped
- 1/2 cup dates, chopped
- 1 egg, beaten
- 3 tablespoons vegetable oil
- 1 cup orange juice
- 1 1/2 tablespoons grated orange peel
- 1 cup Wheat Chex cereal (bite-size crispy wheat squares) crushed to 1/2 cup

Preheat oven to 350°. Grease an 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Sift together flour, sugar, baking powder and salt. Stir in nuts and dates. Combine egg, vegetable oil, orange juice and orange peel. Stir in Chex. Add all at once to dry ingredients. Stir just until moistened. Turn into pan. Bake 55-60 minutes or until tester inserted in center comes out clean. Let cool 15 minutes before removing from pan. Best if allowed to stand overnight before serving. Makes 1 loaf.

"He that falls in love with himself will have no rivals."—Benjamin Franklin

THEY WILL HELP YOU OUT THIS APRIL.

April is Community Month for the Army Reserve unit in your town. They'll help out by doing all kinds of community projects. Call your local Army Reserve unit for details.



THE ARMY RESERVE. PART OF WHAT YOU EARN IS PRIDE.

DAVE LENNOX SAYS:

the best "gimmick" is quality

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TRACK

Thursday, April 8 Ontario Blue Ribbon Relays

Boys Track
The Nyssa Bulldogs Boys & Girls Track Teams competed in the Blue Ribbon Relays in Ontario last Thursday and the boys came in second behind LaGrande, but outscored three other AAA schools.

Team Scores

1. La Grande	61 1/2
2. Nyssa	35 1/2
3. Baker	34
4. Ontario	28
5. Caldwell	26
6. Burns	21

Sprint Relay

1. La Grande	2:09.6
2. Caldwell	2:11.8
3. Ontario	2:12.1
4. Nyssa	2:23.0
5. Baker	2:33

Distance Medley

1. La Grande	7:07
2. Caldwell	7:12.4
3. Nyssa	7:15.8
4. Burns	7:18.6
5. Baker	7:21.6

Mile Relay

1. La Grande	3:43.6
2. Ontario	3:44.1
3. Burns	3:52.2
4. Caldwell	3:53.7
5. Nyssa	3:54.3

Two Mile Relay

1. La Grande	9:07
2. Burns	9:13.4
3. Nyssa	9:21.4
4. Ontario	nt
5. Baker	nt

330 Intermediate Hurdles

1. La Grande	84.3
2. Caldwell	87.2
3. Baker	88.6
4. Ontario	92.2
5. Nyssa	92.7

Shot Put Relay

1. La Grande	134'11 1/2"
2. Nyssa	134' 1/2"
3. Burns	123'2"
4. Baker	nm
5. Ontario	113'11"

Discus Relay

1. Nyssa (Strickland, Mitchell, Chamberlain)	385'7"
2. Baker	381'7"
3. Burns	123'2"
4. Caldwell	345'11"
5. La Grande	329'5 1/2"

High Jump Relay

1. Nyssa (Stephen, Piercy, Laurence)	16-10
2. La Grande	16-8
3. Ontario	15-4
4. Caldwell	11-5
5. Baker	11

Long Jump Relay

1. La Grande	57-10
2. Baker	55-0
3. Burns	54-9
4. Nyssa	54-8
5. Caldwell	52-9

Pole Vault

1. Holtzclaw, Ontario	12
2. Samois, La Grn	11-6
3. Tanner, Nyssa	11-6
4. Sullivan, Caldwell	11-6
5. Reeves, Burns	10-6

Javelin

1. Floyd, Baker	165-6 1/2
2. Escobedo, Nyssa	163-8 1/2
3. Zollman, La Grnd	158-10
4. Ramsey, La Grnd	153-1
5. Dematus, Baker	145-9

Friday, April 9 Boys Track

TEAM SCORES:

Nyssa 8th 89
Nyssa 7th 28 1/2
Huntington 21 1/2

Pole vault

1. T. Cleaver, 6'6", N-8

Long Jump:

1. E. Ramirez, 181 1/2", N-8
2. Unger Huntington, 16'7"
3. Franklin, 14'5", N-7
4. Fuentes, 14'1 1/2", N-7

Discus:

1. K. Tooley, 136'11", N-8
2. N. Lopez, 104'4", N-8
3. E. Tooley, 86'10 1/2", N-7
4. M. Ballantyne, 79'8 1/2", N-7

High Jump:

1. K. Tooley, 5'3", N-8
2. A. Wardsworth, 5'2", N-8
3. Unger, 5', Huntington
4. Tooley, 4'6", N-7
5. Rush, 4'6", Huntington

Shot:

1. Ramirez, 45'5", N-8
2. K. Tooley, 39'8", N-8
3. A. Wardsworth, 36'8", N-8
4. E. Tooley, 34'5", N-7
5. Ramirez, 42'4", N-8

100 Yards:

1. Rodriguez, 12.9, N-8
2. Almaraz, 12.9, N-8
3. Franklin, 13.3, N-7
4. Fuentes, N-7

120 LH

1. Dail, 17.4, N-8
2. Cook, 18.2, Huntington
3. Wardsworth, 18.9, N-8
4. Moffis, N-7

100 Yards:

1. Rodriguez, 12.9, N-8
2. Almaraz, 12.9, N-8
3. Franklin, 13.3, N-7
4. Fuentes, N-7

880 Yard Run:

1. Castro, 2:49:3, N-7
2. Abbey, 2:51:7, Huntington
3. Seuell, 2:52:2, N-8
4. Gomez, 2:54:1, N-7

880 Yard Relay:

1. Dail, Ballou, Rodriguez, Almaraz, 1:53:5, N-8
2. Huntington, 2:01:4
3. Schoeneman, Pittz, Moffis, Haro, 2:04, N-7
4. Taylor, Cassidy, Bullard DeRock, N-7

180 Yard

1. Rameriz, 21.4, N-8
2. Orozco, 23.7, N-8
3. Franklin, 24.6, N-7
4. DeRock, N-7

1320

1. Lopez, 4:14:4, N-8
2. Rodriguez, 4:24:4, N-8
3. Vielma, 4:24:6, N-7
4. Mower, 4:29:2, N-7

440 Relay:

1. Orozco, Ballou, Rodriguez, Almaraz, 55:0, N-8
2. Schoeneman, Moffis, Pittz, Franklin, 59:8, N-7
3. Taylor, Estrada, Cassidy DeRock, 62:1, N-7

Mile Relay:

1. Dail, Wardsworth, Ballou, Tooley, 4:39:3, N-8
2. Huntington, 4:46:0
3. Pittz, Needs, Haro, Tooley, 4:49:8, N-7
4. Contreras, Ballantyne, Fuentes, R. Saldana, N-7

Friday, April 9 Girls Track

ADRIAN 64, NOTUS 28

Discus - 1. R. Shenk, Adr. 87-3; 2. Baker, Adr. 70-3; 3. McBride, Not. 64-9.

Shot Put

1. R. Shenk, Adr. 31-11; 2. J. Kuster, Not. 29-0; 3. Ishida, Adr. 24-3.

High Jump

1. King, Not. 4-3; 2. Lorenson, Adr. 4-3; 3. Beckley, Not. 3-9.

Long Jump - 1. Sillonis, Adr. 14-10 1/2; 2. Bennett, Adr. 14-17 1/2; 3. K. Kuster, Not. 14-4.

120 Hurdles - 1. J. Kuster, Not. 19-1; 2. Ishida, Adr. 19-4; 3. Sillonis, Adr. 19-65.

220 - 1. Hay, Adr. 28-5; 2. Wiggins, Adr. 29-8; 3. Crosby, Not. 33-2.

440 - 1. Baker, Adr. 1:13.0; 2. Crosby, Not. 1:13.7; 3. Carroll, Adr. 1:14.0.

880 - 1. Carroll, Adr. 2:51.3; 2. K. Kuster, Not. 3:03.8; 3. Carlock, Adr. 3:10.5.

Mile - Geertson, Adr. 7:02.0; 2. Buck, Adr. 7:22.3 No third.

880 Relay - 1. Adrian (Hay, Ishida, Bennett, Wiggins), 1:59.4; 2. Notus, 2:19.8

Medley Relay - 1. Adrian (Witty, Price, R. Shenk, Ishida), 2:09.5; 2. Notus, 2:23.0.

Boys Track
NOTUS 72, ADRIAN 30

Discus - 1. Tice, Not. 104.7; 2. Sykes, Adr. 103.56; 3. Fleming, Not. 90-1

Shot Put - 1. Chamberlin, Adr. 44-6; 2. Caldwell, Not. 40-9 1/2; 3. Barbosa, Not. 37-10.

High Jump - 1. Beckley, Not. 5-7; 2. Hori, Adrian, 5-5; 3. Hansen, Not. 5-3.

Long Jump - 1. Christensen, Not. 21-3; 2. Zabala, Not. 18-1 1/2; 3. Tice, Not. 17-0.

Triple Jump - 1. Christensen, Not. 44-1; 2. Hori, Adrian 43-8; 3. Tice, Not. 37-11.

120 High Hurdles - 1. Hori, Adrian, 16-4; 2. Beckley, Not. 18-35.

100 - Austin, 10-3; 2. Christensen, Not. 10-5; 3. Sykes, Adrian 11-15.

220 - 1. Austin, Not. 26-3; 2. Fujishin, Adrian, 29-4; 3. Cameron, Adrian 29-5

440 - 1. Austin, Not. 56-25
880 - 1. Kratsberg, Not. 2:16.5; 2. Shenk, Adrian, 2:18.9; 3. Turner, Adrian, 2:22-2

Mile - 1. Beckley, Not. 5:41.9; 2. Odie, Not. 6:24.76; 3. Sharp, Not. 6:31.0.

440 Relay - 1. Notus (Austin, Zabala, White, Christensen), 47.7; 2. Adrian 54.0.

**Friday, April 9
Grant Union Invitational**

Nyssa tracksters won five events Friday at the G. U. Invitational meet and set 2 new records.

Jeff Hipp ran a 51.6 440 which easily topped the states previous best by at least one second and Prudencio Escobedo threw the javelin 177 feet, seven feet beyond the mark that led state before.

Professional Directory

Physicians & Surgeons
Dr. Arthur S. Dole, M.D.
Urological Surgery
Diseases of the kidney, bladder and prostate.
Phone 372-5269
20 South 2nd, Street,
Nyssa, Oregon

Hours: Saturday—10 a.m. to 12 noon

Dr. Brandon Adams
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Phone 372-3809
Sarazin Clinic
19 N. 4th Street
Nyssa, Oregon

**Hours: Monday and Wednesday 10 a.m. to 5 p.m.
Tuesday and Thursday 10 a.m. to 7 p.m.**

K.E. Kerby, M.D.
K.A. Danford, M.D.
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Hours: 9 to 12 noon & 2 to 5 p.m.—Monday thru Friday.

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Dr. John Easley
387 S.W. 4th Ave.,
Ontario, Oregon
Phone 889-8017

Dr. A. N. Bonde
7 North 2nd Street,
Nyssa, Oregon
Phone 372-3747

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JUNIOR FICTION

The following books in the "Hardy Boys" series by Franklin W. Dixon have been added:

- The Arctic Patrol Mystery
- The Clue of the Hissing Serpent
- Danger on Vampire Trail
- The Ghost at Skeleton Rock
- The Haunted Fort
- The Masked Monkey
- The Mysterious Caravan
- The Shattered Helmet
- The Sinister Signpost

Tuned Out - Maia Wojciechowska - Summer turns into a nightmare for 16 year old Jim when his brother Kevin comes home from college. Kevin comes home from college drastically changed - he has become a person full of doubts, with urgent needs - one of which is drugs. In Jim's revealing journal, we share the experience of that terrible summer - the LSD and Marijuana, the hippies, the disillusionment, the helpless confusion and fear.

Sink the Bismarck! - C.S. Forester - The true story of Hitler's mightiest battleship, how it was hunted, fought, and destroyed in the crucial battle for the Atlantic.

Miss Hickory - Carolyn Sherwin Bailey - The adventures of a country doll made of an apple-wood twig, with a hickory nut for a head. The story is told with humor and with an appreciation of the countryside and the seasons.

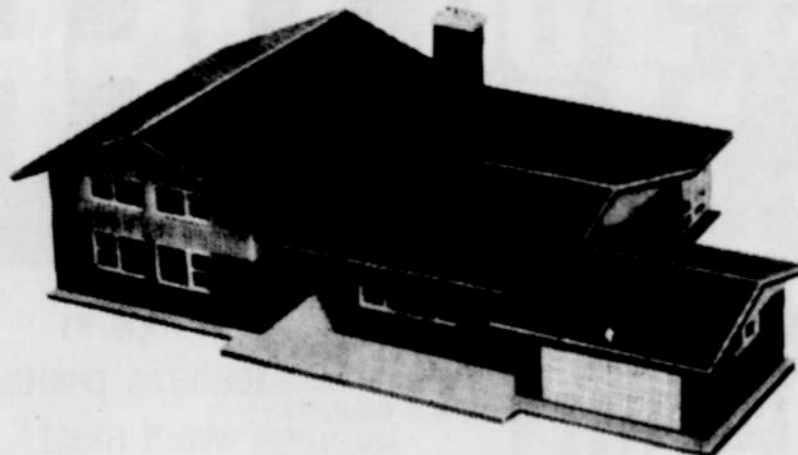
Stranger than Fiction - Martin Walsh - Fact or Fiction? Ten incredible stories that will amaze and astound you.

King of the Grizzlies - Ernest Thompson Seton - How can a terrified, lonely Wab survive the harsh wilderness where the strong kill the weak, and even winter is an enemy to be feared? Wab knows only fear - and hate!

Benny's Nose - Mel Cebulash - Benny is a bloodhound, and everyone knows a bloodhound never forgets a smell. But Benny can't smell at all!



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