

THE GAZETTE-TIMES

MORROW COUNTY'S NEWSPAPER

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Pointing Towards Mental Health Clinic

While dramatic progress has been made on medical fronts in recent years, such as development of vaccines which virtually stamped out poliomyelitis, less heralded but very significant progress has been made also in the field of mental health.

R. E. Stevens, planning coordinator for the Mental Health Division, Oregon State Board of Control, at a meeting in Heppner last week said that there are 3430 patients in mental hospitals in Oregon now as compared with a peak of some 5,000 in 1958. In 1953 the number of mentally ill in hospitals was 278 per 100,000 persons; today this has declined to 201 per 100,000.

Development of new drugs, such as tranquilizers, and new treatment techniques have been major factors in the decrease. Important, too, has been a change in attitude on the part of the public as the result of education and enlightened information. Today mental disorders are considered more as illnesses which might come to anyone. This is in contrast to the former attitude that a person with a mental problem was to be shunned, feared or ostracized from society.

Father C. Bruce Spencer took the initiative in calling the meeting here to explore the need for a mental health clinic in Morrow county and the possibility of organizing such a clinic, either as a local unit or in conjunction with neighboring counties.

At the present time about half of Oregon's counties have such clinics, and several are in the process of being organized. These clinics seek to prevent mental health problems or to treat them early. With this emphasis on local clinics, the need for elaborate hospitals is eased. At the same time the readmission of patients to mental hospitals can be cut by the work of the clinics. Stevens said that the readmission rate is 42% lower in counties which have such clinics.

Local physicians at the meeting agreed that perhaps as many as half their patients have psychosomatic problems, combining physical and mental ailments. While there may not be many with aggravated mental problems here, there is a great need for counseling in such areas as child guidance, marital difficulties, alcoholism and others. Just as it is with a physical disorder, minor mental problems, unchecked and untreated, may grow into major troubles.

Just what scope a local clinic would seek to cover is something that would have to be determined, perhaps by a survey of needs here. It might go into counseling in various areas; it might emphasize education and information; it might work with those who have been discharged from mental hospitals.

Ministers, doctors, local officials, the health and welfare departments, and teachers come in contact with mental health problems and are more aware of the need than laymen of the community. They agree that there is a quite immense scope that might be considered.

As in many things, Morrow county has the problem of being a large area with relatively light population, and it would take considerable study to figure how such a clinic might be financed, staffed and operated. The proximity to Eastern Oregon Hospital offers some advantage. Perhaps a two or three-county clinic might be established.

Harney county, with a similar problem of size and sparse population, is now developing a clinic, and its experience might be helping in getting a start here.

As a result of the recent meeting, a study organization is being developed with County Judge Paul Jones as temporary chairman.

It is right that Morrow county should be concerned with mental health. Why? A booklet from the Mental Health Division, "Your Community and Mental Health Planning," tells why: "It has been estimated that more than half the people who go to their local doctor for some kind of medical care have a problem associated with 'nerves.' These are mental health problems.

"So are the problems of children who have emotional disturbances . . . so are many problems in marriages that are breaking up . . . the older person who has retired from life and is lost, lonely and confused; the adolescent acting out his rebellion against his parents in anti-social ways; the patient returning from a mental hospital who, with his family, is afraid; the alcoholic; all are people with mental health problems.

"We are a humane people and want to help our neighbors as much as we are able. But more than that, the best community is one in which everyone contributes something towards the good life of the community. Take one person away . . . take his productivity, his contribution, and the community is the loser. If a person is hospitalized for a long period of time in a state institution, there is disruption in his family life, and there is a draft upon the community's total production. In addition, the community must somehow support or take care of those persons who are affected by the loss of a family member.

"How much less of a cost it is, not only in money, but in time and effort, to help people remain in their own community, remain at work, remain with the family and continue to contribute to the community."

As a result of the Tuesday meeting, Morrow county has a start in pointing towards a mental health clinic. There must be a great amount of work and planning, as well as surmounting of obstacles, before one could be organized and operational.

It is fortunate, however, that there are those concerned enough to spend time and devote work to the planning. Their concern may eventually be culminated in a clinic that will pay dividends in mental health here.

Those who have comments or suggestions might convey them to Judge Jones, to Father Spencer or other members of the clergy, to local physicians, or to the county health department.

Board Says Thanks

Dear Editor:

In behalf of our Fair publicity manager, Charles Kendall, and the Fair Board of Umatilla county, I wish to extend to you our thanks and appreciation for your kind and courteous cooperation in publishing news stories, as well as some free advertising promoting the 1964 Umatilla County Fair.

We shall be looking forward to your assistance in promoting our 1965 fair which has been scheduled for August 18, 19, 20, and 21, 1965. Our best wishes to you for a good new year.

Respectfully,
K. H. Tellefson
Fair Board Chairman

Wagners Go South To Attend Seminar

Dr. C. M. Wagner and family are in Berkeley, Calif., this week where he is participating in an advanced aviation medical seminar, presented by the University of California in association with the Federal Aviation Agency. The seminar is being held from Wednesday through Friday. At the seminar the participants are reviewing aviation medicine, considering special problems in examining pilots for licenses, psychiatric problems, and the part medical examiners play in investigating aircraft accidents. Dr. Wagner is a Federal Aviation examiner.

Butter Creek

(Editor's Note: John R. Leach of 6704 Southeast 122nd Ave., Portland 66, was one of those who wrote explanations of how Butter Creek got its name in response to the inquiry of Mrs. Annie Payne of Rhaca, N. Y. Mr. Leach's explanation was from Lewis McArthur's "Oregon Geographic Names," which was quoted previously by others and so is not repeated here. However, some additional portions of Mr. Leach's letter will be of interest to readers and are printed below.)

To the Editor:
My father came over the Oregon Trail with his parents in an ox drawn wagon in 1852 and settled on a claim four miles downstream from Harrisburg in 1853. Was married in 1866, moved to Weston, Oregon, about 1872. He married Isabelle Brown, the first white child to be born in Salem, Ore.

We lived in Blackhorse Can-

yon 3 1/2 miles up from Lexington, and my first trip to Butter Creek was very disappointing (as they tell me). I was too young to remember but when we came to the creek I began to cry, because I had expected the stream to be buttermilk.

Just another story. Butter Creek had two very well known ranchers who sold fruit and melons to the dry land farmers. We knew them as Upper Thompson and Lower Thompson. I understand that they were father and son, and a widow came along with a daughter. The father married the daughter and the son married the mother. We used to try to figure out the relationship. Anyway, they were good folks and raised wonderful fruit.

Just one more—Frank Haybelt, mentioned by Bob Lowe, lectured me in my masonic degrees (1904). I now have my 60-year pin.

Very sincerely,
John R. Leach

Chaff and Chatter

Wes Sherman

JOY LENE RILL, daughter of Mr. and Mrs. Myron Rill, has more than doubled her weight in the past two months, but the family isn't thinking of putting her on Metreol.

Joy is the baby who weighed just 1 lb. 10 oz. at birth here on December 8. It was necessary to take her to Doernbecher hospital, Portland, via ambulance, and providing the transportation and equipment, as well as planning for the baby, was more delicate and intricate than if the hospital were making a shipment of nitroglycerine. A sizeable number of persons joined their efforts in making the transfer a success.

Now weighing 3 lb. 10 oz., Joy is 16 1/2 inches long and is making steady gains, her mother reports. The baby is now living in a regular incubator and has been bottle-fed for three weeks. She will be in Doernbecher for at least another month—until she reaches the major milestone of five pounds. It is expected that she will be dressed for the first time some three weeks from now.

Her parents visited her Saturday and Sunday.

They say that the best things come in small packages, and if this is true, what a life Joy Lene has ahead of her!

FOR A LONG TIME we have believed that our federal government has been making some bad mistakes on its foreign aid program, and this has been through Republican and Democratic administrations alike. Thus, it has not been so much a political thing as it has been the characteristic of our American people to believe that they can buy anything—even the friendship of those abroad.

After talking with Mike Bengel last week, we're more convinced than ever. Pouring money and goods into nations overseas by itself can't do the job we seek to accomplish.

If the U. S. is going to win these friends, some of whom are now hostile to us, it has to be done through genuine interest and appreciation of their problems and an endeavor to truly seek understanding.

And this is what we admire about Mike Bengel after this short acquaintanceship with him. He is living and working with the common people in Vietnam under the same conditions in which they live. They achieve a mutual understanding and respect on a person-to-person basis.

After Mike finishes training at Washington, D. C., he will be under a new program and will receive more money than the small pay he made from International Volunteer Services. He said that he will be expected to live in a guest house of one of the province chiefs but declares that he does not plan to do this. He expects to remain in his tar paper hut, close to the people. A distinguished guest comes, Mike expects to offer the accommodation of the relatively hard couch in the corner and some wholesome rice meals.

When friends here send clothes to him for distribution, Mike doesn't merely give them the clothing. He has the Vietnamese work for them on the garden plots from which seed is grown that is later used in teaching the Montagnards how to raise their food.

The first time he made his work offer, six small children accepted on the basis of one shirt for a day's work. Next day, 10 showed up. Soon 20 were on the job, among them some adults. Before he left on leave, his work crew on the clothing detail had grown to about 40 with a goodly number of adults.

They save their self-respect, appreciate their shirts and look up to the one who provides the opportunity to earn them. Of course, they also benefit from the work they do by getting the produce from the plots.

Mike's way is a difficult way of winning friends but it is a more feasible way. Not a very high percentage of our people are willing to lower their standard of living to accept such a challenge, but we should be grateful to those who are. Mike thinks the Peace Corps is doing a great job.

Doesn't this approach make better sense than pouring millions of dollars and goods into a country for them to fight over? If you don't agree, try giving your son and daughter \$5 per day for the next few years with-

out them having to work for it and see whether they respect you when they grow up.

ONE OF THE things for which Mike has had a real need in his work has been a treadle sewing machine. Our electric sewing machines won't work on their direct current. We understand that Mrs. Clayton Ayers has one that she is contributing to the cause, and it will soon be en route to Vietnam.

THE BIG MYSTERY this week is: Who pried the type? Basketball fans attending Heppner High games have listed such incongruities on the printed programs as Stuart Dick listed at 6-1, instead of 5-8, and Carl Bauman at 5-9 instead of 6-1. In fact, the statistics on most of the boys are jumbled, although their numbers are listed O. K. Yes, the Gazette-Times printed the programs after eight community-minded merchants shared the cost and the Pepsi-Cola Bottling Company of Pendleton furnished the paper stock.

The programs for all games were printed on the same day. The first two were O. K. but some work had to be done on the form before programs were printed for the third game and somehow, although we have heard no confessions around here, someone pried the type, apparently without realizing it. So, fans, for the rest of the year Stu Dick has grown to 6-1 and Carl Bauman has diminished in size.

Regardless of their academic standings, the program demotes four of the players scholastically—Wynne Evans an Bauman from senior to junior, Dave Anderson from senior to sophomore, and Tim Driscoll from junior to sophomore. Three are promoted—Mac Hoskins from sophomore to senior, Jim Doherty from sophomore to junior, and Bill Snyder from junior to senior.

Well, it may be that Stu Dick isn't a ball game every time he plays that would be credit to a six-footer. On the other hand, it couldn't be said that 6-1 Carl Bauman plays like a 5-8 lad, so I guess we can't get off the hook on that sort of rationalizing.

We offered to print some stickers that might be put on the programs for the remaining games if kids in the school would moisten them and put them on. But apparently the thought of the calories they might pick up from tongue-licking some 3000 gummed strips brought a veto of the idea. After all, it might jeopardize the school lunch program.

We still might print some of the correct stickers for anyone who wishes to save the programs for souvenirs. If any would like us to do this, let us know.

THAT TWO-PLATOON system that Coach Bob Clough is working out is going to pay dividends in Heppner High basketball. Although it sometimes takes considerable courage, the coach who takes the attitude that if a boy is good enough to make the traveling squad, he's good enough to play, should develop some strong teams.

It certainly has been interesting to see how Coach Clough is developing a strong bench and the difference in the confidence and the ability of the reserves now as compared with the start of the season. Some have pushed right in there, and now the coach could start just about any five of his 12 without being hurt too badly. At various times, each has had big nights—Wayne Evans, Tim Driscoll, Jim Doherty, Bill Snyder, Gene Heliker, Mac Hoskins, John Wagenblast, Bruce Spencer, and Dave Anderson. Consistently good performances have come from the old reliables Dick and Bauman, so that they form a foundation for the team, but it is good to see the others coming through.

If the papers will just keep these kids out of their weekly ratings now so they don't get the ranking jinx, they might upset a few big apple carts through the rest of the season. Remember, it's the big one Friday night—against Pilot Rock, both here. If you have any trace of basketball fever at all in your blood, you'll have to get out and push for the boys on these nights.

When you patronize Gazette-Times advertisers, you help make a better paper. Tell them you saw it in the Gazette-Times.

TO THE EDITOR...

On Redistricting

Several proposals to rearrange our congressional districts have been made and perhaps more will be heard about. With our second district, comprising all of Eastern Oregon, having a population of around 150,000 less than the other Oregon districts we can expect some corrections in district lines.

We hope in the process that no more territory be added than is absolutely necessary and that such additions be of similar economic areas. With this in mind we hope that Eastern Oregon remains intact.

The writer believes that the proposal by Senator Vernon Cook to be the worst of all so far presented. His bill would cut up Oregon into four districts running from the Pacific Ocean to the Idaho border. This would completely cut up Eastern Oregon and give it a minority in every district. Perhaps it has been designed that way deliberately.

Next the proposal by Representative John Mosser would add to Eastern Oregon the counties of Jackson, Josephine, Coos and Curry. The present second district is already larger than many states and to add four more counties would give our congressman the largest district in the country with a great diversity of interests. This does not seem desirable.

The proposal by Representative Don McKinnis seems to be the most acceptable to the people of Eastern Oregon. This proposal would add a part of Multnomah and Clackamas counties to the second district giving it about the same population as the other districts without adding much to the area's size. Eastern Oregon would not be cut up and would be insured fair representation.

A somewhat similar proposal by Representative Betty Roberts would hold Eastern Oregon intact but would add Marion and Linn counties. This would accomplish the purpose of increasing our districts population but also makes it much larger area-wise. Therefore the McKinnis proposal would appear to merit our support.

Sincerely,
AL LAMB,
Mayor of Heppner

Card Brings Thanks

Attached is a personal letter of appreciation and thanks to the people of Lexington, in recognition of a Christmas card. I would like to have the letter run in the home paper, as I would like to shout my enjoyment of receiving this gift.

The lateness of this letter is that I'm in the Navy, and was transferred before I received it overseas. Also, due to the recent storms and flooding, I was unable to be in Lexington on my leave.

I am now stationed in San Diego, Calif., with the Naval Security Group Detachment.

Thank you,
John H. Darnielle
U.S. NAVY (R),
Imperial Beach,
San Diego, Calif.

An open letter to the people of Lexington, and especially to

Mdms. Leila Palmer, Delpha Jones, Bertha Hunt, Florence McMillan, Dimple Munkers, Hilda Yocom, Cattie Padberg, Judy Groshens, Darlene Padberg, Ardith Hunt and La Verne Henderson.

Dear Friend,
Though several weeks have passed since Christmas, I have just received the best Christmas card of all. A small, simply written card, that said an awful lot to me.

You'll never know the feeling I felt when I opened it, as I don't have the words to express myself. The first time I read the card, I couldn't believe it. I had to read it a second time to be sure. Then for a moment, or maybe longer, I'm not sure; my small world stood still.

As I read the names that were written there, I would pause over each separate one. For an instant I would see each face, each with its own smile.

In a thousand years I could never say how much I did appreciate this. All I can say is "Thank you"; and, God Bless you all, everyone.

Sincerely yours,
John H. Darnielle

For Hillard Brown

Dear Mr. Sherman:
In the light of circumstances past but still fresh in our memories, I am prompted to write to you concerning the inner feelings a few of us have about the minority group in Heppner. We call these people "The Good Workers."

One in particular, Hillard Brown, deserves particular attention. It is our understanding he will not be with us much longer, and many of us feel this will be a loss to the community of Heppner and Morrow county, to be felt for some time to come.

We parents have entrusted to his care the most precious of our possessions, our children! Mr. Brown has cared for them and nurtured them as conscientiously as though they were his own. All one had to do to have special care for his or her youngster in a time of confusion or adverse weather was to pick up the telephone and call Mr. Brown and things were cared for in a proper way.

In adverse times when behavior was a problem, we appreciated his quiet voice on the phone suggesting we come down and have a little talk with the little culprit and himself, to try and come to an understanding about the difference between right and wrong, a lesson Johnny or Mary or Billy was having difficulty learning, or a matter of health and conduct. The times he recommended a little more "love on our part," "special reading," and even "woodshed therapy" when all else failed.

Many of us recall going by the school to see Hillard working at his desk in the after dinner hours. I myself have gone to Mass in the early morning only to find Mr. Brown was already at work, getting ready to do a good job for my kids and all his big family down there.

It's not too often you see a principal of a school with his arms full of children. To Mr. Brown every child was a special person. I wonder if any of us

will ever know the food tickets he paid for out of his own pocket for kids who did not have any? I personally recall shoes he fixed and clothes he provided for youngsters a little down on their luck, the many rides he gave and comfort he provided for folks just bound to have had luck in spite of all they could do to prevent it. For many, a man named Brown will be remembered as "what a nice guy really is."

How many times have I seen this man on his knees in silent prayer to his God in times of strife, a willing worker for His Faith, and a faithful servant of the Lord. Not many know the boys and girls and times he carried them to his place or that to see this or that, or how many godchildren he has!

I am grateful to Hillard Brown. It is a real privilege to know the man he is. I like what he did for my children and my friends who stand here looking over my shoulder now like very much what he has done for our community.

Always active, Mr. Brown very seldom turned down anyone who asked him to do them a favor or an additional task.

Wes, I just wanted you to know how a few of us felt when we know we are losing a real fine man and a good friend to the world outside our valley. I guess we don't deserve him.

Sincerely,
Fr. C. Bruce Spencer
P. S. I must speak up for this good man.

COMMUNITY BILLBOARD

Coming Events

HEPPNER HIGH BASKETBALL

Friday, February 5
Burns at Heppner
Saturday, February 6
Pilot Rock at Heppner
Javvee game, 6:30 p.m.
Varsity game, 8:00 p.m.
Support the Mustangs!

LEGION AUXILIARY FOOD SALE

Saturday, February 6
Red and White Grocery

PRE-GAME SMORGASBORD

By Heppner High Girls' League
Friday, February 5
High School cafeteria
Large variety of foods, including fish

PTA HOBBY AND COLLECTORS SHOW

Wednesday, Feb. 10, 8 p.m.
High School Multipurpose room.
Entries urged.

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