

Basketball Scores

RIVERSIDE	+Heppner 84 - Sherman 80
Riverside 49 - Umatilla 80	+Heppner 73 - Stanfield 56
Riverside 61 - Stanfield 57	+Heppner 47 - Maupin 46
Riverside 59 - Stanfield 54	+Heppner 74 - Pilot Rock 56
Riverside 58 - Arlington 66	+Denotes league game.
Riverside 58 - McEwen 102	
Riverside 39 - Heppner 83	
Riverside 48 - McEwen 88	
Riverside 44 - Columbia 70	
Riverside 80 - Riverview 59	
Riverside 53 - Helix 62	
Riverside 61 - Heppner 71	
Riverside 35 - Ione 51	
Riverside 48 - Weston 65	
Riverside 77 - Echo 75	
Riverside 44 - Helix 80	
+Riverside 64 - Umapine 54	
+Riverside 56 - Ione 76	
+Riverside 49 - Weston 70	
+Riverside 68 - Echo 59	
Riverside 53 - Arlington 65	
+Denotes league games.	
HEPPNER	
Heppner 68 - Wallowa 47	
Heppner 66 - Wallowa 58	
Heppner 71 - Arlington 63	
Heppner 63 - Condon 56	
Heppner 83 - Riverside 59	
Heppner 63 - Wahtonka 75	
Heppner 71 - Riverside 61	
+Heppner 65 - Condon 66	
+Heppner 66 - Umatilla 58	
+Heppner 62 - Sherman 68	
+Heppner 67 - Stanfield 44	
+Heppner 61 - Maupin 59	
+Heppner 64 - Pilot Rock 62	
+Heppner 66 - McEwen 90	
+Heppner 66 - Condon 63	
+Heppner 55 - Umatilla 79	

Sleep and Dreams

David E. Mitchum, Mental Health Director

The mystery of sleep and dreams has fascinated men for years. Everyone from the poet to the college sophomore has his theory. Not all of them are "far-fetched." I will tell you my favorite theory here.

First, however, let me tell you about some scientific research reported by the U.S. Public Health Service in the 1960's. By observing people asleep and waking them when their eyes seemed to be moving under their closed eyelids, they discovered a relationship between what is now called REM (rapid eye movement) sleep and dreaming. Other signals such as changes in muscle tone and certain changes recorded on the EEG (brain wave test) made it possible for researchers to experiment with willing subjects, and here are some of their conclusions.

Everyone dreams every night. We don't always remember our dreams and there are theories about that too.

Dreaming follows regular cycles, following roughly the same time intervals and duration. Twenty to twenty-five percent of sleep time is the average total REM sleep duration. It starts about ninety minutes after sleep begins. REM sleep occurs about five times every hour.

People who are ill or who have been deprived of sleep, often start REM sleep (and dreaming) the moment they drift off to sleep. Subjects deprived of REM sleep (such as being awakened by researchers as soon as REM starts) become more irritable, anxious and

even panicky, according to reports. However, when permitted to "catch up" on REM sleep the subjects' behavior and feelings returned to normal.

This indicates we need to dream. It also supports the old idea that we need a certain amount of sleep (at least REM sleep) and can catch up on our needed rest.

It explains (to me anyway) why we sometimes feel unrested even when we awake from a night of sleep (that is, if we had less REM sleep than we needed). When permitted to awaken when our body naturally seems ready, we often say we are more rested than when we are awakened by an alarm.

These facts fit nicely into one of the theories I mentioned. The concept of being irritable and upset when deprived of dreaming and the fact that we do not always remember our dreams seems to suggest that we somehow go through a process mentally, while dreaming, which has to do with our existence while we are awake. The theory to which I allude is a part of Gestalt Psychology, which has to do with a person's total existence. It suggests that dreams are messages from ourselves to ourselves about our existence and are probably about some fact which we avoid or deny during our waking hours and with which, if we were to remember a dream concerned with it, we would find difficult to cope.

In Gestalt Therapy the type of awareness people can experience through working on dreams nearly always has something to do with how they

Honors



Top Golfers in the Men's Sunday play were Ray Massey in the center and runner up Harold Kerr on the left. Ed Hiemstra holds the permanent trophy that will be engraved with the annual winner's name and kept by the club.

What's Cookin

Mix first five ingredients in saucepan. Stir over medium heat until chocolate melts and sugar dissolves. Wipe crystals from side of pan. Boil to 236 degrees (soft ball stage). Remove from heat; add butter, but do not stir. Cool to lukewarm (110 degrees undisturbed. Add vanilla and beat until candy thickens and begins to lose its gloss. Quickly stir in nuts and spread in buttered 9" square pan. Cool and cut. Makes 2 pounds of delicious, creamy fudge.

Pat's Fudge
 3 cups granulated sugar
 3 sq. unsweetened chocolate or 1/2 cup unsweetened cocoa
 1/2 cup water
 1/2 tsp salt
 1 cup water
 1 tbs. corn syrup
 1/4 cup (1/2 stick) butter or margarine
 1 tsp vanilla
 1 cup coarsely chopped nuts

SLICK TRICKS
 To prevent blistering the counter top next to your range, glue four decorative tiles to a square of thin plywood. Keep beside the range for skillets and pans hot off the burner.

SLICK TRICKS
 If you're using a paraffin on jelly, remember a thin layer, about 1/8" is best. For a standard 6 oz. glass (2 1/2" in diameter) it takes about 1 tablespoon to make the 1/8" layer.

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WASHINGTON ++ Secretary of Agriculture Earl L. Butz today announced a proposal to study 11 million acres of roadless National Forest land as possible additions to the national wilderness preservation system.

In a briefing session for conservation, industry, government and Congressional leaders as well as the press, Secretary Butz identified 235 areas, primarily in the western states, that are being proposed for study as possible future wilderness by the Forest Service, U.S. Department of Agriculture.

He said the new study areas are listed in an environmental statement delivered today to the President's Council on Environmental Quality, (CEQ). This statement will be subject to public comment and suggestion for 90 days from its receipt at CEQ, after which a final list of new study areas will be drawn up.

Secretary Butz called the proposal a "logical next phase" toward rounding out the National Forest segment of the national wilderness preservation system. The wilderness system now contains 11 million acres, 10.7 million of them in the National Forests. Remaining acreage is in the National Parks and the National Wildlife Refuges administered by the Department of the Interior. Agencies in both departments are currently studying and

Wilderness Study Areas

recommending areas as required by the 1964 Wilderness Act. That effort must be completed by late 1974. Because of this requirement, most of 235 new study areas listed today will not be studied as possible wilderness additions until after 1974.

Forest Service Chief John R. McGuire, who explained the method of selecting the additional proposed areas for future wilderness, said the selections were made from 56 million acres in the National Forests which had not been roaded.

The Forest Service survey and inventory process, which has been underway since 1968, disclosed a total of 1,448 roadless areas, nationwide. This inventory was then taken to the public in one of the most extensive public involvement efforts ever attempted by any land management agency. In villages, towns and cities all over the U.S., more than 300 public meetings were held last year to help National Forest supervisors and regional foresters create a list of recommendations to submit to the Forest Service chief for consideration.

These proposed regional recommendations, as well as other roadless areas in the National Forest System, were then measured against a set of added criteria during the selection process. After careful screening the list of 235 proposed study areas was developed by the Forest Service chief in further consultation with the regional foresters.

The 235 areas are in 14 States

and Puerto Rico. No National Forest wilderness has previously been designated under the 1964 Act in two of these states - Florida and Alaska.

Depending on additional public comment, said Forest Service Chief McGuire, the list could undergo changes before a final environmental statement is filed later this year. Meanwhile, he added, all inventoried areas which are not selected for study will nonetheless be covered by environmental statements under National Environmental Policy Act guidelines before any development activities inconsistent with maintaining wilderness characteristics may take place on them.

Copies of the environmental statement covering 235 proposed areas will soon be available from the National Technical Information Service, Port Royal Road, Springfield, Va., 22151. A pamphlet giving background and highlights of the impact statement is available free from the Forest Service, U.S. Department of Agriculture, Washington, D.C., 20250.

REMEMBER THIS? REMINISCE!

55 YEARS AGO.....1918

Business men from Ione, Lexington and Heppner gathered in this city Sunday afternoon and discussed ways and means for proceeding with the big Liberty Drive which will start on April 6. There has not been a single car of freight received in the local yards since last Sunday, according to Arch Barnard, local drayman. Nine cars are on the road but the engine on the local branch hasn't power to pull them up the creek. W.O. Minor returned last week from Portland where he attended the annual Minor, Brown & Dunn shorthorn sale. Mr. Minor sold six head of blooded stock at this sale, all of them bringing fancy prices. Arnold Piper, young son of Mr. and Mrs. John Piper, well known farmers of Morrow County, received a severe wound in the leg one day this week when he was charged by a mad bull. One of the horns of the animal penetrated the young man's leg and a deep laceration was effected. A 12 pound daughter arrived at the home of Mr. and Mrs. Chas. Vaughn on Center street Tuesday afternoon. Pat Mollahan, local sheepman, received a broken leg when his horse fell with him last Saturday. The accident occurred at the John Kilkenny ranch on Hinton creek.

37 YEARS AGO.....1936

Lamblike, spring arrived in Morrow County the first day of March, just three weeks ahead of schedule. The country north of the mountains emerged rapidly from its blanket of snow and ice. Local service stations dropped the price of gasoline 2 1/2 cents Tuesday, making the price for first structure gasoline 18 cents. Smiles of farmers occasioned by Spring's arrival broadened at the news which indicates a large saving in spring farming operations. Morrow County Grain Growers took over full control of the warehousing situation at Lexington, Saturday, when they purchased the Lexington Farmers Warehouse company holdings for \$8000. They purchased the Collins warehouse, Lexington's second warehouse, a year ago. Those who have missed the tolling of the town clock will be glad to know that ere long the village chronometer will again be in active service. The dome of the courthouse has presented a doleful aspect at night for some time, with the clock's three faces hidden in the darkness. The return of J.C. Walker, Hardman's barber and cobbler for many years, was warmly welcomed by a large number of friends of that community with a food shower on Tuesday last week. Mr. Walker, a cripple, was made happy by numerous gifts and felicitations of friends.

1 YEAR AGO.....1972

Jack Sumner, 36 year old Eight Mile area farmer, said this week he will file by deadline time for the office of State Representative in the 53th Legislative District on the democratic ticket. One of the larger well known wheat ranches and two smaller ranches in Morrow County, near Ione, of some 2500 acres has been sold for \$305,500. Sellers were Franklin I. Lindstrom & Sons, Inc. of Ione, Mrs. El Helina of Seattle, and Mrs. A. Crutcher of Palm Springs, Calif. The buyers are Mr. and Mrs. John Proudfoot, owners of the well known "Proudfoot Angus Cattle & Wheat Ranch" of Ione. Glen Ward presented pro and con information on the proposal of designating two areas in the Heppner District of the Umatilla National Forest as Wilderness area at the Chamber of Commerce meeting Monday. Heppner ended their season with a win last Friday when they upset McEwen by a score of 70-62. Clint Krebs, Ione High School senior, has been selected to be one of four Oregon delegates to the National 4-H conference in Washington, D.C.

Property Tax Relief

Taxpayers applying for Tax Relief should bring:

- income information
- Social Security number
- Property tax statement

BOARDMAN City Hall 10 a.m. to 4 p.m. Wednesdays, March 14 & 28

IRRIGON A. C. Houghton School 10 a.m. to 4 p.m. March 2, 16 & 30

LEXINGTON School Bldg. 10 a.m. to 4 p.m. Wednesday, March 7 & 21

IONE City Hall 10 a.m. to 4 p.m. March 9 & 23

DANGER! SPRING IS HERE!

Kite flying time is here. The time to warn children about flying kites near power lines is here. Please caution children to be careful.

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