

Balloting on wool, lamb referendum

Any Morrow County wool or lamb producer who has not received a referendum ballot and an explanation of the proposed new agreement covering wool payment deductions for product promotional purposes may pick them up at the county ASCS office, according to David McLeod.

The mail referendum is being conducted nationwide by the U.S. Department of Agriculture to determine if wool and lamb producers want USDA to continue to make deductions from wool payments for use by the American Sheep Producers Council for advertising and sales promotion programs for wool and lamb.

To be counted, ballots must be mailed or delivered in person to the county ASCS office before 5 p.m., Friday,

Nov. 15. Anyone who has owned sheep six months old or older for at least 30 consecutive days during 1973 is eligible to vote.

"Ballots have been mailed to all producers in the county known to be eligible to vote," McLeod said. "Anyone who feels he or she is eligible to vote and who has not received a ballot should check with the County ASCS office as soon as possible. The role of the agriculture department in this matter is to conduct a fair and impartial referendum, via secret ballot. Every effort is being made to see that all eligible voters are informed and receive a ballot."

TOPIC CLUB WILL JOIN THE BOOKWORMS HERE

Ione's Topic Club will join the Bookworm Club in the Fireplace Room of St. Patrick's Church Tuesday, Nov. 12, 8 p.m.

This will be the first of two joint meetings arranged this year by Topic Club President Lorraine Ladd and Bookworm President Lucy Peterson. A second meeting will take place in June next spring.

The evening's book review will be given by Pauline Winter of the Bookworms. Fay Ferguson.



Oscar E. Peterson, Port of Morrow County, has been elected to the board of directors of the Pacific Northwest Waterways Association at the 41st annual meeting in Seattle. PNWA is a region wide organization covering the states of Idaho, Oregon, Montana and Washington concerned with planning and development of water resource projects in the fields of navigation, power, reclamation, flood control and recreation. The board of directors determines the policies and programs which are relayed to the U.S. Army Corps of Engineers, the Bonneville Power Administration, the Bureau of Reclamation and members of Congress for action.

FLBA meets

Seven directors of the Federal Land Bank Association of Pendleton attended the 24th annual FLBA Representatives Conference in Spokane, Oct. 31-Nov. 1. The meeting was sponsored by the Federal Land Bank of Spokane.

Those attending are Milton Morgan, Ione, Richard Wilkinson, Heppner; Bill Etter, Pilot Rock; Don A. Woodward, Pendleton; Herbert

March, Milton-Freewater; Don Hawkins, Pendleton; and Edwin Miller Jr., Heppner.

Forty-one Federal Land Bank Associations from the Northwest were represented at the two-day meeting. Over 28,000 farmers and ranchers from Idaho, Montana, Oregon, Washington and Alaska are served by the associations and the Federal Land Bank headquartered in Spokane.

Mental . . .

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One of the concepts behind the local mental health clinics, which are relatively new, is that if professional services are available in the community, the residents will be more likely to seek the services when their problems are still relatively small. This has greatly reduced the number of people in inpatient mental health facilities. So when a person seeks the services of the mental health clinic he need not fear that he's any different from anybody else, except he has chosen to learn how to handle problems in a different way so that they will not affect him in such a negative manner. At this point the individual can be proud of himself for being honest that he could not handle the problem himself.

Another myth which makes it difficult for people to seek the services of the mental health clinic is the saying, "I'm a man, I can handle my own problems!" In actuality the statement says, "I know everything, hence I do not need anybody else's assistance." There probably is not a person alive that believes the latter statement, so why would anyone believe the previous statement?

What happens when a person seeks treatment from a mental health clinic? This varies greatly from clinic to clinic and from therapist to therapist. Almost every clinic takes a psychosocial history, which is complete background information so the therapist can get to know the person in order to learn how the problem originated. About all psychotherapy involves is an educational process of re-learning how to respond more appropriately to different situations, so that the results are constructive rather than destructive. An example of a person seeking treatment, we'll say, is a man who has been taught that men do not express emotions, hence he has internalized his feelings. The human brain is sort of like a computer which stores all the previous experiences which are fed into it. If a person continually stores his feelings, sooner or later he will overload his circuit and then will respond in an inappropriate destructive way.

So in treatment this person is taught how to express his feelings and taught how to sort out what he is feeling. Many people deny feelings or thoughts they are having because they think they are unacceptable or abnormal.

The individual needs to learn there are not abnormal feelings or thoughts, only abnormal actions. He learns there is a difference between thought and actions, and why he responded in a particular way.

Who is qualified to do psychotherapy? The most common psychotherapist are psychiatric social workers, clinic psychologists and psychiatrists. Each of these professionals treat social and psychological problems of all degrees. Since the psychiatric social worker and psychologist are not medical doctors, if they think a patient needs medication and (or) medical attention, they will refer the patient to the appropriate resource.

At the Morrow County Mental Health Clinic, if I feel the patient needs medication I'll refer him to a local doctor or ask the Umatilla Mental Health Clinic psychiatrist to see the patient. The Umatilla Clinic can also be used if I feel I need consultation on a particular patient I am seeing.

Since no man is an island and man comes in contact with those around him, frequently his problem may involve other people, such as the family or spouse. In consultation with the schools, the staff are asking if they are

causing a negative effect upon the student and if so what and how can they change it. Then if the school personnel are not causing the negative effect, what can be done to assist the student to be more productive.

In some cases I may recommend individual treatment or family therapy. In the state of Oregon if a student is 15 years or older, he can make the choice on his own to receive treatment. If the student is below 15 years of age the parent or guardian's permission is obtained. Even if the student is older than 15 years old when ever possible or feasible the parents' permission is sought.

Another common situation where two people may enter treatment is marital conflicts. Since a couple has invested so much time and energy in one another, why dissolve it without first receiving some professional assistance? In treatment it usually becomes clearer one way or the other, so that the individuals involved feel better about their decision.

In summary, as I mentioned previously, everybody is "nuts" to a certain degree, so if you feel you need the services of the mental health clinic, you can feel like just another "normal" member of the human race.

Drive for a tax break

First Federal Savings of Pendleton is participating in a drive to collect signatures on petitions urging Congress to give savers a tax break on their savings interest.

Oren Allison, president, said the petitions urge congress to approve a bill providing tax-free earnings from savings accounts of up to \$500 for individuals and \$1,000 for couples filing a joint return.

"This would also help fight inflation, channel new funds to the housing market and give hard-working American savers recognition for their contributions to the economy."

He urged non-customers as well as customers to sign the petitions, which are available at the institution's offices. The bill, H.R. 16994, has already been approved by the House Ways and Means Committee. It covers savings interest from all financial institutions, including savings associations, commercial banks, mutual savings banks and credit unions.

Allison said the thrift incentive would help dampen inflation because as people save more, they would spend and borrow less. He pointed out that the legislation's chief long-range benefit would be to help build more savings capital to make it possible to increase the nation's productivity without risking runaway inflation.

"By channeling new savings to thrift institutions that lend to people who want to buy homes, a tax incentive for savings would also provide immediate relief to the hard-pressed housing industry, which gets most of its new mortgage funds from savings accounts," he said. "And it would show that congress finally recognizes that it is just as important to encourage Americans to save as it is to foster more sophisticated types of investments."

Allison noted that for years tax laws have provided tax advantages to buyers of such investments as stocks and municipal bonds. The drive to circulate the petitions is being sponsored by the Oregon Savings and Loan League and by the United States League of Savings Associations. Allison said the apparent loss to the treasury in tax revenues from the bill would be more than offset by the new tax revenues generated from the housing sectors and other businesses benefiting from more savings capital. By stimulating the depressed housing industry, he said, the bill would also reduce unemployment taxes and the need for new housing subsidies.



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