

SPRAY NEWS

By MARY WILLIAMS

On Thursday Misty Eve Bowler was one year old and her parents, Jim and Ellen, entertained the following at their home in the evening in observance of that date: Misty's grandparents, Hubert and Goldie Asher and Mr. and Mrs. Teddy Cress, the Johnny Ashers and son Frank, Robert and Anita Cody, Beverly Asher and son Todd, Bonnie Mortimer and son Dean, Fossil, Buell and Suzy Gonzales and son Buell, Wilbur and Judy Alford and Jason and Brandyn Swiggert; Larry and Marcie Brisbois of Boardman. Refreshments of birthday cake, punch and coffee were served.

Mrs. Don Troxell is at home again and recovering rapidly following her recent surgery at a Prineville hospital. Mrs. Tom Troxell brought June home on Thursday.

The Ed Enyarts were business visitors in Pendleton, Condon, John Day and Heppner throughout the week. Ed is finishing new kitchen cabinets at their home which will complete the Enyarts extensive remodeling.

Mrs. Ray Britt spent last weekend at Hermiston visiting her parents, the John Hoppers. Edna and John have been at the home of their son and family, Bob and Neva, in that city since Edna's recent illness and hospitalization. Marie states she found her mother's condition somewhat improved and tentative plans are being made for the Hoppers return to their home in Heppner.

The Spray Grange held its monthly card party and pot-luck supper on Tuesday evening at the local hall.

Jodi Brisbois, Rita Thompson and Helen Troxell have spent Friday in Spray with the school's drill team, completing red and white pom poms and instructing the girls in practice.

Members of the team include Yvonne Walden, Tammy and Linda Richardson, Tammy Pine, Lisa and Deanna McGuire, Deena Thomp-

son, Donna Baldwin, Marsha Troxell, Michel Hamilton and Carolyn Kendall.

Mr. and Mrs. Ron Quigley, Ashland, are announcing the birth of their second child. Heidi weighed 9 lb., 13 oz and joins a sister Heather. Grandparents are Mr. and Mrs. Charles Sanders, Ukiah, CA. Great grandparents are Mr. and Mrs. Ed Sanders and Ruth Adams, all of Spray.

And now, speaking weather wise, there are a few robins, a few budding things and, to date, at least one tick out and about, and that blood-thirsty individual with the tenacity of a vampire.

Long before the days of TV, weather casters, the late John Asher, one of the great old timers and one I enjoy remembering, termed similar spring-like interludes in mid-winter, "weather-breeders." He didn't often miss. Today we leave the elemental predictions to KOIN's Dr. John and get caught with our snow treads down. Changing world.

Ray and Geraldine Gates left early Sunday for Richard, WA, where Ray's brother, Billy, is a patient at Kadlec Hospital and underwent surgery on Friday.

The Spray Eagles traveled to Long Creek Jan. 10 to meet the Mountaineers in basketball action that saw the Eagles losing three games.

Although the Eagle JVs played a good game, Long Creek took it over and ran for the finish, leaving the Eagles in their dust with a score of 53-36.

High point man for the Mountaineers was Russ Hesselee with 15, followed by Morris and Robert Taylor with 8 points each.

Spray's Bobby Fisher pumped in 9 points to be the Eagles high pointer, with John Griffith making 8.

The Spray girls team played poorly, losing to Long Creek 37-11. Spray's Diane Petersen made all eleven points.

Just as the two games preceding it, the varsity game ended tragically for the Eagles. The Mountaineers won that contest 72-42, despite the hard fought game by Spray.

Long Creek's Terry Johns 24 points, followed by Ron Benette's 9 were the high points of the game.

High pointers for Spray were Mike Adams with 13 and Jim Gardainer with 10 points.

The Crane Mustangs ventured to Spray to meet the Eagles Jan. 9 which resulted in a split for the Eagles.

The Mustang JVs grabbed an early lead in the game and held on to defeat the Eagles 43-26.

High point player for Crane was M. McLean with 10 followed by G. Selly with 8.

Spray's high point men were Dan Gardanier and Steve Hyde with 8 points each, followed by John Griffith with 6.

The Eagles varsity squad, ready and waiting for their game, expanded a 12-5 lead they had captured in the first quarter and went on to win that contest with a score of 37-33.

High pointers in the varsity game were Ty Hendricks, 12 and John Witzer, 8 for the Crane team. Frank Asher 24 and Jim Gardanier with 12 for the Spray team.

The Spray Eagles met the Monument Savages Jan. 16 in games that ended in two defeats for Spray.

The JV game saw both teams battling for the lead. At half-time, however, the score board showed that Spray was on the top with a score of 15-9.

The game was a hard struggle for Spray and its opposition, right to the end. The Savages pulled the game off by only one point, winning the game 35-34.

High pointers for Spray were Jimmy Adams and Dan Gardanier, both with 9. High point player for Monument was Hughes with 13 points.

Spray's varsity squad fared no better, losing their game 94-59. What hindered Spray was the fact that by the end of the fourth quarter, only 4 players were left to battle the Savages, many of the team members having fouled out or had played their five quarters.

On Jan. 17 the Mt. Vernon Bears traveled to Spray.

They played a varsity game that was tough for Mt. Vernon, who had only five players. But they showed their skill and played a good game. Spray came out on top with a 72-43 win.

Mt. Vernon's high scorer was John Harper with 48 points, followed by Jeff Harper with 7.

High pointer for Spray was Dan Gardanier with 14, followed by John Griffith with 13.

The Spray girls played a good game with the Mt. Vernon girls, but forfeited the game so they could finish with all five girls.

Play Therapy

By Terry D. Hirni, ACSW

Another mode of treatment frequently used at the Morrow County Mental Health Clinic is play therapy. As one might imagine, play therapy is used in treating children and sometimes families who have small children.

The youngest child that I've used play therapy with was a seven month old baby and it is generally used with children to about age fourteen, depending how verbal the child may be. With adolescents, a combination of both play therapy and traditional talk therapy may be used.

Play therapy is just that: the therapist plays games with the child patient. A child expresses his anxieties, fears, hostilities and frustrations through his play, so that the therapist can learn what is bothering a particular child. Also, once the therapist finds out what is bothering the child, the clinician can guide the play to assist the child in expressing himself. If the child can express his feelings through his toys and/or dolls, they become less threatening to him.

The therapist becomes the model parent for the child, and the child transfers the feeling he has for his parents onto the therapist. The therapist then has to assist the child in expressing these feelings and must also give appropriate comments to the child in order to assist him in feeling better about himself.

Probably the best way to try to understand this is by my giving an example of a case I had in another state. The child was a nine-year-old boy whose parents were divorced who was living with his mother and two younger sisters. In the first session I explained the two rules of play therapy session: (1) you can do anything you want, but you cannot destroy any property, including the toys, and (2) you cannot do physical harm to yourself or the therapist.

With that the boy, Randy (not his real name), immediately went for the suction-cup dart game and proceeded to shoot it at me. He was told if he did that again he would not be allowed to play with the guns. Randy shot another one at me, hence, I immediately took the gun away from him. Randy then picked up the metal darts which he pretended to throw at me. I again set the limit, he could not even pretend to throw these darts at me. Randy abided by the limit and used the dart board. The rest of the hour was spent with Randy throwing the darts. The next session I obtained a punching bag which Randy would punch until he was literally exhausted and fell panting to the floor, where he'd rest a minute and go at it again. The next three sessions Randy spent only half the hour punching the bag, during the second half he wanted to play something together.

Up until this time Randy's hostility prevented him from having a two-way relationship. At this point, I also started allowing him to hit my hands, during which he would occasionally lose control and start hitting me all over, at which time I would physically restrain him.

Part of the anxiety and fear that children have in expressing their hostility is that they will literally destroy the person at whom the hostility is directed: hence they bottle their feelings up inside. The therapist has to not only verbalize to the child that the child cannot destroy him, but must also illustrate it in his actions. Frequently a child will use his doll to express his feelings through, and if confronted about these feelings being their own, they'll respond, "Oh, me, that's the doll saying that!" Or if the feelings they are expressing become too scary for them, they might say "remember we're just pretending!" This is a way they can reassure themselves it isn't really happening, hence there's nothing to fear.

In each session with Randy his hostility decreased, and he started spending more and more of the hour interacting with me. As he gained better control of his feelings he started feeling better about himself, which also made it easier for him to control his feelings. In my final session with Randy he came up to me and placed his hands on each side of my cheeks and gently squeezed. He then asked, "Are you sad?" I reassured Randy that I was, that our relationship meant something to me too. With that he went smiling and skipping out of the room.

Some of the problems that had been resolved for Randy, and which are also very common with other children, were:

- (1) learning that he didn't cause the divorce of his parents;
 - (2) the expression of the anger he felt and toward his father, since Randy felt rejected;
 - (3) learning that his anger would not destroy the therapist;
 - (4) learning appropriate ways to express anger and the fact it is necessary to express anger rather than bottle it up;
 - (5) learning that his mother would not leave him like his father had;
 - (6) learning that his mother would not destroy him, as he felt she had done to his father.
- Randy had gone from feeling the world was dangerously overwhelming and that he was worthless, so that he had totally withdrawn, to feeling very good about himself and viewing the world as a friendly, secure environment with which he wanted to interact.
- In the next week's article we'll discuss more aspects of children and play therapy.

Kinzua News

By Barbara Pike

A bake sale will be held at the Kinzua store from 9 a.m. until they sell out Saturday, Jan. 31. The sale will be sponsored by the second year 4-H club of Kinzua, so come on down—you can enjoy some home made goodies without going to the trouble of making them yourself.

The Friendship Club held their monthly meeting Wednesday at the Kinzua school. Winning high was Patsy McMinn and Betty Benson took second high. Pinochles were won by Sharron Bell and Laurie Hire. Other members present were Shirley Orr, Margie Ball, Dinah Jackson and Hazel Jackson. Joining the club members for refreshments and entertainment after they finished playing cards was Charlie Bee.

Lance and Hollie Van Meter and two-week-old son, Clayton, Nyssa arrived Saturday for a visit with Lance's parents, Mr. and Mrs. Don Pike. They returned home Monday.

Mr. and Mrs. Francis Yeigh went to Madras Saturday to visit former Kinzua residents, Mrs. Maxine Lemley and children Kenny and Sandra.

Raymond Yeigh was in Kinzua this weekend to visit his parents, Mr. and Mrs. Francis Yeigh. Ray is presently employed at Kinzua Corp. plywood plant, Heppner.

Bob and Vera Dyer went to The Dalles Saturday to do some shopping.

Arlet and Bonnie Campbell, Andrea and Roger Mortimore went to Dufer Saturday to attend the basketball game. Before returning home they went shopping in The Dalles.

Bernard and Carol Dyer and their sons went to The Dalles Saturday to do some shopping and to take the youngest boy to the doctor.

Mrs. Bob Dyer went to Heppner Monday for dental attention.

A large group of Kinzua residents attended the Dufer game Saturday night to enjoy the victory earned by the Falcons varsity squad and our brand new girls team. The JVs loss by one point did not lessen the pride we all feel for our teams.

Waneta and Doyal Hubbell and Robbie were among the Wheeler rooters. After the game they were joined by Charleen for an overnight stay at the home of their daughter and son-in-law, Mr. and Mrs. Paul Winans, The Dalles. They also had a short visit with their other daughter, Judy before returning home Sunday.

Mrs. Iris Morley and Mrs. Jeannie Morley went to Pendleton Monday for medical attention.

Enjoying the Crescent Lake snowmobile racing this weekend were Raymond and Deana Reid, Chuck and Melba Mitchell, Bill McConnell, Marcia Freeman, Lynn Morley and Beverly Cress.

Guests at the home of Marty and Vic Wallis this weekend were Marty's brother and sister-in-law Jay and Retta Baker, Bonners Ferry, ID. The Bakers left Sunday to visit other relatives at Hood River and Bengin, WA.

Betty Benson, daughter-in-law Jill and grandson Jared were in The Dalles Saturday to do some shopping.

Dave and Sara Riney, Prineville arrived Friday evening to spend the weekend with her parents, Mr. and Mrs. Jiggs Bowman. While here they attended the Wheeler-Culver basketball game.

Frank and Patty Burres and children Jackie, Richard and Shayne went to Prineville Friday night after the basketball game to spend the weekend at the home of her parents, Mr. and Mrs. Jack Powers. The Burres had to leave the ball game early when young Shayne fell and had to be taken to Condon for stitches.

Mr. and Mrs. Guy Williams and children went to Redmond on Saturday to visit James McClain. The Williams returned home Sunday evening.

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Change in phone service

After Monday, Jan. 26, Heppner residents with one and two-party telephone service will no longer hear the operator ask for their numbers when they dial long distance calls.

Special equipment will begin registering the originating number automatically, as well as the number called, for billing purposes. The service, Automatic Number Identification (ANI), does not mean operators have been replaced,

says Dale Slusher, Pacific Northwest Bell manager.

"Operators are still on duty around the clock, ready to help out in emergencies," he said, "or to handle collect calls, calls billed to a third number, and person-to-person calls."

ANI service, already in use in many other Oregon communities, will progressively become universal throughout PNB's phone system, Slusher says.

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