

AROUND ABOUT

with Justine Weatherford

Several weeks ago I began to miss one of this newspaper's long-established features. For so many years the Gilliam men of Heppner have kept weather records and have furnished these records for publication.

When I asked around why this feature was missing, I learned that our current weather recorder, Don Gilliam, has been ill, was hospitalized, and could not keep up the family practice. I was sorry to learn of Don's illness and hope he will be continuing to send in the weather statistics soon and will move on with the remarkable devotion that his family has given to weather recording.

There are many human systems for escaping from unpleasantness. My own favorite is to immerse myself in reading. If I locate some really interesting reading, I can so easily lose track of time, lose concern about the weather, and just about forget to want to eat.

Last week I began reading "Evergreen" a 1978 novel by Belva Plain. For three days I almost dropped out of the world of frigid Heppner and lived in Europe, New York, New England and even in Israel.

It was so easy for me to identify with the book's characters and their problems and to re-experience the historic sequences which touched their lives. This long novel carries its primary character, Anna, from the puzzling, distressing times of her European childhood, through her young womanhood, marriage, motherhood and into the years of grandmotherhood and even to the third generation of her descendants. Many satisfactions and many sorrows are woven into the disciplined lives of the novel's older characters. They gave a day's work for a day's pay, went to church on Saturday or Sunday, educated their children, supported their favorite charities, helped to make our land prosperous and secure and always realized that they were the most fortunate people on earth.

The book's review of the experiences and efforts of two World Wars, of the boom years and the bust years and its many references to the changes in America's political and educational climate fascinated me.

When I read such a novel, I recall a jingle from my early years, "Ponder it well, good maiden, good youth—though the tale be a lie, it's teaching the truth." I consider fiction that really delights me as something like a beautiful banana split. I believe that most of my hours of reading have gone to factual material, a meat and potato type of diet. When I think how obsolete facts can become, I wonder why I've spent so much time considering them. It must be that I was early imbued with the notion that the pursuit of learning was a most basic human activity. I am thankful that my teacher-mother fostered my enjoyment of words.

As I read and re-read the last issue of this paper, many words commanded my attention. I was so pleased with all the written reactions to the sad letters from Judy Paine and Jim Ackley which had described youthful vandalism. The several from concerned parents and teachers made very good suggestions. However the letter which I cheered for the most was the one from the Junior High Student Council. They took hold of Mr. Ackley's thought that the decent kids need to pull together and stop condoning misbehavior that jeopardizes everyone's rights.

The teachers' letter stated "We're pretty sure the school board would be glad to revise the consequences policies if enough decent kids and their parents request it." I hope they are right. I thought the word "request" should have been "demand."

Of course words are but symbols; two ancient words which symbolize tremendous concepts and which are closely related are "disciple" and "discipline." I've long been enamored of these words, and they have been bouncing through my head a great deal these last several weeks.

Each word may be used either as a noun or as a verb. Discipline has expanded meanings when used as a noun, such as, the training of mind or character, the training effect of experience, a trained condition of order and obedience, a particular system of rules for conduct, methods or rules for regulating conduct, punishment or chastisement and a branch of instruction or education.

As a verb, discipline, means to train, to bring to a condition of order and obedience, to bring under control and to punish.

The word disciple, as a noun, denotes a believer in the thought and teachings of a leader. It is used less frequently as a verb meaning to make into a disciple, to teach, to train, to educate.

Surely we have all been told that the most difficult but highest form of discipline is self-discipline. This is why I have the most admiration for the letter written by the Junior High Council. These young leaders indicate an understanding of self-discipline. They say they realize that they have not stood out against the vandalism which they have seen taking place and the sickening, foul language they have often heard. They apologize for their weakness and in their analysis and in their apology they grow stronger. They claim to know right from wrong. Bless them.

How I wish these thoughtful disciples of admirable behavior could attract as much attention from their peers and from their whole community as the scoundrels who flout all concepts of discipline.

To say that the misbehavers acted like animals is most unfair to animalkind. What animals deliberately mistreat their bodies and minds by using nicotine, alcohol or pot? Their teachers admit that more and more school-age youngsters are frequently, even regularly, "stoned." Teachers say that some of this takes place with parental acquiescence, with condonation and a "just don't get caught" attitude.

Although I've much to learn about animal and human behavior, I believe that animals generally appreciate kindness and assistance. Human vandals display a complete lack of appreciation.

BARGAIN HUNTING?
Check The Classified Dept.



Sally Matheny to wed Michael Ingraham

Mr. and Mrs. Orval Matheny of Heppner announce the engagement of their daughter, Sally R. Matheny, to Michael C. Ingraham, son of Capt. and Mrs. William Floyd Ingraham USN (retired) of Clackamas. Miss Matheny is a graduate of Heppner High School, and attended the University of Oregon. She is presently employed by the Columbia Gorge Ranger District in

Springdale. Mr. Ingraham is a graduate of Milwaukie High School in the Portland area, and served in the Navy Seabees for six years. He is now employed as a construction supervisor for Pacific Northwest Bell in Eugene. The couple is planning an April 21 wedding at Trinity Lutheran Church in Hermiston.

Alpha Zeta holds initiation rite

On January 17 at its meeting in the home of Barbara James, Alpha Zeta, Heppner chapter of Epsilon Sigma Alpha, initiated Donna Weed, a Heppner kindergarten teacher, during a candlelight ceremony conducted by Chapter President Bettie Doherty assisted by LaRae Kindle, historian.

Rita Harris, chapter awards chairman, presented Palladine Service Awards in the first degree to Sally Wilson, Bebe Munkers, Bettie Doherty, LaRae Kindle and Verna Brinda. Second degree awards were given Bebe Munkers and Bettie Doherty. The organization's highest

award, a third degree, went to Faye Wilson.

Members viewed pictures of Greece shown by Monica Swanson who lived there as an IPYE. These and articles from Greece that were shown were especially appreciated as the groups' current annual

study project is centered in Greece.

A short film on world hunger and conditions in the Caribbean area was shown by Barbara James.

Alpha Zeta's next meeting, Wednesday, January 24, was a social evening at the home of Verna Brinda. That meeting featured a Gong Show.

San Souci Rebekahs plan for state president's visit

San Souci Rebekah Lodge No. 33 met on Jan. 19, with Noble Grand Donna Fortenberry presiding.

Plans were discussed for the upcoming visit of State President Helen Gottman. She will visit San Souci Lodge No. 33 on March 2. Plans were also

made to initiate a new candidate at that time.

Following the business meeting, the 10 members in attendance were served coffee and cake and then viewed a film on Germany.

The next meeting will be held on Feb. 2, at 8 p.m.

State immunization survey now in full swing

The deadline for Oregon's Statewide Immunization Survey—called the LIGHT program is March 14.

The Morrow County Health Department is completing the questionnaires on those students in grades K-12 for whom shot records are available. The only questionnaires to go home for completion are those the Health Department does not have any information on. The Health Department would appreciate a prompt

return of these forms so that they may be sent to Salem before the deadline.

This survey seeks the current immunization status of each student with respect to Polio, Measles, Rubella, Diphtheria, Whooping Cough and Tetanus. All of these diseases are preventable through the use of vaccine. Results of the survey will be furnished to local health departments for follow-up on providing needed immunizations.

Church News

Bishop Spofford to be honored in All Saints' rite Sunday

The Right Reverend William B. Spofford, Jr., the Episcopal Bishop of the Diocese of Eastern Oregon will observe the 10th anniversary of his consecration to the episcopate on Jan. 25.

The Sunday following, there will be a special celebration of this event at All Saints'

Episcopal Church in Heppner. The sermon will cover the 'necessity for bishops' and special prayers for the life and dedication of the Bishop will be offered to almighty God.

Bishop Spofford has proven to be a wonderful and supportive Christian person in the life of All Saints' and its parish priest, Fr. Kenneth D. Miller.

Ione United Church of Christ sets Sunday for annual meeting

The annual meeting of the Ione United Church of Christ will be held next Sunday, Jan. 28.

All members and friends are invited to participate in the potluck dinner following

the 11 a.m. worship. Members are urged to attend the meeting following the fellowship dinner, when officers will be elected and other matters pertaining to the church will be acted upon.

County psychologist shares drug abuse prevention tips

My name is Larry Gordon. One of my many functions at the Mental Health Service Center is to maintain alcohol and drug programs.

I am continually receiving material on alcohol and drugs. Recently, I came across some information on drug abuse prevention that I would like to share with the community.

"Prevention is a positive idea, not a negative one. Prevention is building in a resistance to abusing drugs before they begin. Prevention includes a wide range of efforts to help people develop skills and talents, to help them become confident and have a sense of their own worth, to help them learn to make wise decisions about their own bodies and lives. If people are confident and generally feel good about themselves they will be less likely to abuse drugs."

Prevention: What can families do? According to National Institute on Drug Abuse, H.E.W. Because the best time to prevent drug abuse is between the ages of 8 and 20, families are very important. Close, caring families may be practicing prevention without being aware of it. Knowing what prevention is gives families some insights and new directions which can

make their efforts more meaningful and effective. are realistic and yet optimistic about their abilities, and

By Larry Gordon
Morrow County
Mental Health Clinic

Prevention is a positive process. If children grow up with love and security, can express themselves freely, can make sound decisions, they will probably never become dependent upon drugs.

Prevention can be easy as helping your children find satisfying alternatives to drugs. If you don't already know what your children like to do best, take the time to find out. Take the time to do what they enjoy. Too often other things seem more important. To prevent drug abuse, there is nothing more important than spending time with your children.

In its simplest form, preven-

tion is being there when you're needed. It is providing love and guidance for the children. It is helping them learn about the world with the support and supervision of people who care. It is establishing limits to protect children from situations they aren't ready to handle. It is trying to maintain a balance in their lives.

In studies comparing adolescent users and nonusers of drugs, we have learned that

what often separates the two groups are human qualities that develop over many years and have a lot to do with the relationships and trust among members of a family.

Most young people who don't use drugs report that their parents treat them with respect, that their parents listen to them, and that their families help them solve

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Our name is changing.
Our comm
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For 44 years, it has been part of the pride and pleasure of First Federal Savings & Loan to serve the needs of the communities of Northeastern Oregon. 44 years with tradition. 44 years of commitment.

That will never change. However, in business, sometimes needs and requirements necessitate a new approach and direction. In our case, a new name. Western Heritage. We've been a part of the heritage with you. We're part of the West with you. What could be better? We realize sometimes it's difficult to part with tradition. But when that tradition is based on the commitment of the company to the communities served, the change can be a welcome sign of new directions to come.

We welcome this new time. We're looking forward to sharing it with you. A change without change. Much remains the same.

Heppner Branch
Other Offices: Milton-Freewater, Hermiston
Home Office: Pendleton

Dine n' Dance
Saturday
Nights

Come in for a delicious

BAR-B-QUE	With Cole Slaw, Baked Beans & Glass of Wine..
RACK OF RIBS	\$6.95 ONLY

Live Music & Dancing
To The Music Of
Pete Graves
Saturday, January 27

Wagon
Wheel

Cafe & Lounge