

# The Heppner GAZETTE-TIMES

Morrow County's Home-Owned Weekly Newspaper

VOL. 97 NO. 48

THURSDAY, NOVEMBER 29, 1979

10 pages

20 cents

HEPPNER, OREGON

Ione wins State  
title see page 6

ONLY  
25 Days  
'til Christmas



Santa was greeted by a large group of youngsters when he came to Heppner last week.

## Lamaze instructs parents on childbirth process

Commentary by  
Steven A. Powell  
Blue Mountain Community College offers the only classes in the Heppner area that teach the art of "Lamaze."

Lamaze is not natural childbirth as many people think. It is done usually in a hospital under the care of a doctor.

What Lamaze teaches is knowledge about pregnancy so the mother and father can be in control of the birth rather than it controlling them.

Concentration is the name of the game in Lamaze. The mother learns to concentrate on a focal point to block out the pain that many women feel during labor. With the pain blocked out, the woman can relax so her uterus can more effectively expel the baby.

As the labor pains increase, the mother learns different, more complicated breathing patterns to keep her mind off the pain. The father partici-

pates in the labor as a coach to keep her in her breathing patterns and comfort and encourage her.

The biggest advantage Lamaze couples have over other parents is the knowledge of the entire process.

Lamaze not only teaches what to do in labor but also plans a good diet for the mother and ways to care for the baby once it is born.

Lamaze couples usually are not completely natural because they do believe in medications to aid in the delivery of the baby to make it as safe as possible.

The BMCC Lamaze course is eight weeks long and it is taught by Chris Adelman.

The first week she tells the history of Lamaze with its objectives and the man's role in the child's birth. She also goes over the anatomy of the woman that is involved in the birth process. Adelman then explains the body building exercises for the period of

labor and introduces the art of relaxation and the slow chest breathing pattern.

The second week, the couples learn about the three stages of labor, back labor, hyperventilation and the rhythmic shallow chest breathing pattern. They also learn effleurage—the art of massaging the woman's stomach for relaxation.

The transition stage of labor is learned by the couples the third week. Also taught is the premature urge to push, expulsion, episiotomy and after pains. The second hour is always for exercising and Adelman introduces the accelerated-decelerated breathing pattern during this week's session.

The fourth week, Dr. Joseph Gifford comes to class and explains the use of medications for expectant women. He explains about the use of inductions, forceps and C-sections among other delivery practices. The couples learn

the pant-blow breathing pattern for the strongest labor pains and also the counter-pressure method that is applied by the father to the mother's back.

A movie on a Lamaze birth is shown the fifth week and Adelman, who has three children of her own by the Lamaze method, explains to the couples about the sign of labor and hospital procedures. During the exercise session, the breathing pattern used to expel the baby is demonstrated.

The sixth week includes a hospital tour and a session on breast feeding while the seventh week is the baby bath class.

The last class is on the postpartum and there is a review session.

Adelman constantly urges the couples to practice the breathing patterns and working together so the birth of the baby will be an enjoyable experience. The better prepared the couple is, the easier the birth usually is.

She also emphasizes relaxation during every exercise because the baby will come out easier with a relaxed uterus.

Couples are asked to practice each breathing pattern 15 minutes a day and practice relaxation 15 minutes daily.

Hints are also given on how to be more comfortable in pregnancy when sleeping, standing, sitting, and so on.

Tips are also given on how to prepare for breast feeding, diet and danger signs to report to the doctor.

On Nov. 17, my wife, Renita, and I had the opportunity to use the Lamaze techniques.

Once we got to the hospital, Renita was already dilated to five centimeters so we started at the accelerated-decelerated breathing pattern.

After an hour, she was eight centimeters dilated and the pain started to get worse so we changed to the pant-blow breathing. It worked for awhile but the pain got bad and she would go out of the pattern but soon go back into it with some coaching.

The Lamaze classes teach information that is valuable to all parents and the joy of both the husband and the wife working together to bring the newborn into the world is something everyone should feel.

The sixth week includes a hospital tour and a session on breast feeding while the seventh week is the baby bath class.

The last class is on the postpartum and there is a review session.

Adelman constantly urges the couples to practice the breathing patterns and working together so the birth of the baby will be an enjoyable experience. The better prepared the couple is, the easier the birth usually is.

She also emphasizes relaxation during every exercise because the baby will come out easier with a relaxed uterus.

Couples are asked to practice each breathing pattern 15 minutes a day and practice relaxation 15 minutes daily.

Hints are also given on how to be more comfortable in pregnancy when sleeping, standing, sitting, and so on.

Tips are also given on how to prepare for breast feeding, diet and danger signs to report to the doctor.

On Nov. 17, my wife, Renita, and I had the opportunity to use the Lamaze techniques.

## County clerk resigns after 34 years in office

While many public officials have come and gone at the Morrow County courthouse, the county clerk position has been held by Sadie Parrish for 34 years.

But she will not fill the position any longer as she has announced her resignation effective Dec. 31.

Parrish has worked for the county since 1942 when she was hired at the school superintendent's office. In 1946, she was appointed as county clerk and in 1948 she ran for the position for the first time. She has continually run for the elected position every four years since that time. Parrish has been a candidate for county clerk eight times but has run six times unopposed. She was last elected in 1976 over challenger Pauline Winter.

As county clerk, Mrs. Parrish keeps records and files for all of the courthouse activities. She keeps records for the county court, the circuit court, juvenile cases, she serves warrants and is in charge of the county payroll. She uses the same bookkeeping procedures as the tax collector and treasury departments so they all serve as a check and balance system for each other. The clerk is also in charge of all elections.

A successor to Parrish has not been named by the county court. She is leaving the office one year short of her term. As for the qualifications for someone to replace her, Parrish humorously said it would not take much.

"There are no qualifications for the county clerk. You could

be an idiot and still win if you get enough votes," she said jokingly.

Parrish said the county assessor and the sheriff are the only courthouse positions that require qualifications.

When she began working for the county, Mrs. Parrish made \$90 a month. She said she thought she was rich when she got her first raise which put her over \$100 a month.

"The dollar went a lot further then," she said. "County officials are not overpaid you know."

Parrish has lived in Heppner since 1935 at the same address, 525 Jones St. She said she has been in and out of Heppner most of her life.

"I went to high school here for one year during World War I but they closed the school down so I finished at Condon."

Her official resignation stated, "Upon the advice of my doctors, I am submitting my resignation effective Dec. 31. I would like to say that I appreciate the support and encouragement that the good people of Morrow County have given me over the years I have served as your county clerk."

"The office is one of honor, responsibility and service and I have made an earnest effort to render service in every way possible. It has been a pleasure, and most rewarding experience. I treasure every friendship and thank you for allowing me to hold this honorable position for so many years."



Sadie Parrish swore in Judge Don McElligott as part of her county clerk duties.

## Port reviews plan to avoid law suit

In a special session of the Port of Morrow Commissioners Nov. 21, they decided to hire an engineering firm to review the proposed expansion of the industrial wastewater treatment system.

The proposed system is supported by Port Manager Buddy Toadvin but problems arose when an attorney for U&I Sugar, which owns a controlling interest in the Gourmet Foods potato processing plant at the Port of Morrow, threatened a law suit against the Port of Morrow Commissioners.

The commissioners have been looking into the necessity of upgrading the port's wastewater treatment system. The system now in use is not acceptable according to the standards set by the Department of Environmental Quality. The DEQ has said it will shut down the port if the system is not upgraded in some way.

Attorney Michael Hubbard said U&I Sugar does not think the plan the Port of Morrow Commissioners have been working on for six months will work and he said the company

will sue to stop the project.

Hubbard said Gourmet Foods hired an engineering firm to look at the plans to upgrade the present system and that firm said the plan won't work. The study showed that the plan would not properly separate sand, potato peelings and starch from the effluent water—which is the same problem the present system is having.

Gourmet Foods wants another engineering firm to review the proposed upgrading plans.

The proposed plan was in its final stages when the possibility of a suit was mentioned. The treatment system was estimated to cost \$418,000 and the project was planned to be paid by through a loan from the state and would be repaid from the monies brought in from customers that are leasing the land that is irrigated by the effluent wastewater system.

In the special meeting, the commissioners decided to seek out an engineering firm to review Toadvin's plans, following Gourmet Food's request.

The plan as proposed will pump effluent water to 800 acres of Port land leased to J&B Farming for irrigation purposes. The lease will help to repay the \$425,000 state loan that is being used for the project.

Gourmet Foods Operations Manager Murray Meade said he wants a consultant engineer, who is experienced in treatment for potato effluent, to review the plans.

The port is currently investigating firms to review the plans for the project and will decide on one at the regular Dec. 13 meeting.

Toadvin estimates the cost of the review at \$25,000.

U&I Sugar agrees with the potato waste disposal system but opposes the design of the sedimentation basin.

Steve Gardels, DEQ regional director, said Toadvin's proposed plan is better than the current system but there are other ways to do it.

The port decided to stop work on the current design and pay the company \$14,000 for the work it has done. The company will restart the

project if the plan meets the approval of the engineering firm.

In other port news, Buddy Toadvin went to the Department of Economic Development Monday to apply for a \$125,000 grant to extend Marine Drive to the port.

The commissioners also rejected a settlement offer by Pacific West Construction to install Techite pipe in the present effluent system at a cost of \$50,000. The present pipe has failed repeatedly and the port wants it replaced. The Techite pipe has had more than 20 breaks in it so the port wants to change to a more expensive concrete cylinder pipe for the effluent system.

Pacific West Construction installed the Techite pipe five years ago but it has never passed requirement tests so the port has been given an extended warranty on it to July 1, 1980. The port wants PWC to replace the defective pipe but the company offer was to put in a better type of Techite pipe and not the concrete cylinder pipe that is desired by the commissioners.



Mr. and Mrs. Dallas Harsin work on the Lamaze back-pressure technique while Chris Adelman watches.