

## Engagements

### Lindstrom-Schimling

Mr. and Mrs. Hal Schimling of Tacoma announce the engagement of their daughter, Debra Elizabeth, to Stephen Roy Lindstrom, son of Mr. and Mrs. Roy W. Lindstrom of Ione.

Miss Schimling, a graduate of Curtis High School in Tacoma, was employed until recently in the Washington D.C., office of Congressman Norm Dicks.

Following a late November wedding they will reside in Vancouver, Wash., where Mr. Lindstrom, a graduate of Ione Schools and Eastern Oregon State College is executive vice-president of Pacific Northwest Waterways Association.

### Wedding Announcement Poole-Dimke



The Reverend and Mrs. Bill Poole

William Scott Poole, former pastor of the Heppner Seven Day Adventist Church, and Tammy Lane Dimke, Clarkston, Wash., were married August 3, in a garden wedding at the home of the bride's parents, Mr. and Mrs. Vernon Dimke.

The bride is a former teacher at Harris Junior Academy in Pendleton. The groom is the son of Elder and Mrs. Loren Poole of College Place, Wash. He is now the pastor of the Adventist church in Ellensburg, and Mrs. Poole is taking classes at the University toward her master's degree in education.

delighted her great-grandmother Cleo, who generously let some of the other grandmothers hold her, too. There is nothing like a baby to warm hearts.

That evening's Moonlight Sale brought quite a few shoppers out in the fog. I got a little more Christmas shopping done and bought some spook insurance. How easy it is to become insurance poor these days.

Friday night many young spooks found my front door. The first three, who arrived extra early were the little dark-haired, bright-eyed Laotian children who surely have learned about tricks and treats quite quickly. They wore masks, but when I asked "Who are you?" they politely pushed back the masks and said "Hello, and thank you very much."

Many other strange characters followed them - several red demons, a skeleton and a fairy queen whom I recognized because I had seen them in those costumes at the hospital party. All my spooks behaved nicely, and I wished I had more and better treats for them.

Sunday was that 96th birthday party for Carrie Becket. I was told that it was a very nice occasion. There were several other birthdays to be remembered that day—Sylvia McDaniel was feted at an after-church spiced cider and birthday cake party and my good neighbor, Dee Crist was having a quiet birthday at home.

Elk season brings us many hunting folk, and each year more of them come in super recreational vehicles. Former residents the Rev. Mel and Nancy Dixon, have been guests of busy Ida Farra. They are now residents of the Riverwood Mobile Home Park just south of Creswell. Ida invited my regular Sunday morning riders, Amanda Duval and Martha King, and me to join the Dixons for a delicious Sunday dinner and lively visiting.

Lois and Ernie Winchester and pilot son, Lowell, and his daughters are now back from a five-day sentimental journey and vacation trip to Guam. Ernie spent considerable time on that 30-mile long and 4-to-10-mile wide speck of land during World War II.

Lois says they found 1980 Guam very different, "so grown up." It was beautiful but hot. The white sand beaches were super; the restaurants were mainly Oriental. The Winchester's especially enjoyed going through the old, very strange Winchester Mystery House near San Jose, California. A high spot of their vacation for Lois was attending the annual meeting of the Humane Society of the U.S. in San Francisco before they flew west.

Now before Thanksgiving many will be attending the annual meetings of two helpful county institutions, the Morrow County Grain Growers and the Columbia Basin Electric Co-op. Time flies so swiftly that it is now hard to find folks who recall the beginning of these businesses here; however, when we come around to counting our blessings we might give thanks for both of them.

### Local hunter tags elk



Eileen Saling, Heppner, shows the spike elk she shot Sunday morning in the Ditch Creek area.

Saling said this was the first time she had gone elk hunting in around 15 years.

The second elk season runs Nov. 8 through 16.

### THE HEPPNER ELKS 358

### Crab Feed

Nov. 15

Live Music



## Your mental health

### What is mental health ?

(Editor's note: This is the first in a series of articles entitled "Your Mental Health." Readers are invited to send comments or questions about these articles to: Dr. Terry Templeman, Morrow County Mental Health Services, P.O. Box 554, Heppner, Ore. 97836.)

In the year that I have been director of Morrow County Mental Health Services, I have found that many people have general questions about mental health. Below are some answers to typical questions which people have asked.

What is mental health? Quite simply, mental health means being able to cope with problems and stresses without making things worse than they are. People who are mentally healthy are not perfect or masters of everything that they do or even happy all of the time, but they have learned ways of coping with their problems without becoming debilitated by them.

What are mental health services? Mental health services are available to aid people in coping with life's problems. Such problems are as varied as life itself. They include practical problems like being out of work or suffering a physical illness, interpersonal problems such as losing a loved one or having difficulty getting along with your children or spouse, and more existential problems like worrying about the future or the meaning of life. Typically, people with emotional problems feel like they have run out of solutions or believe that they are incapable of following through with solutions that other people give them. For this reason, merely giving advice to people with personal problems is not always very helpful.

Mental health professionals are trained to go beyond giving advice and to help people view their problems and themselves more productively and more realistically so that they can actually do something about them.

Why are mental health services needed in Morrow County? We in Morrow County are fortunate to have clean air, pure water, friendly neighbors, and wide open spaces conducive to both physical and mental health. Unfortunately, a good place to live is not enough to insure mental health. Even in the best of places there may be marital strife, depression, anxiety, loneliness, drug and alcohol abuse, and other mental problems. Without mental health services in our county, persons with these problems would have to travel long distances to obtain help.

What services are provided in Morrow County? Our services are primarily designed to meet the individual needs of the clients who come in. We offer individual counseling, counseling for couples, or family therapy. Specialty services such as hypnosis, relaxation training, child behavior management training, habit control (e.g., for smoking overeating, overdrinking) are also available. For people with

more serious emotional and mental problems, we can arrange for hospitalization, either at Eastern Oregon Hospital or with Pioneer Memorial Hospital. Where necessary, medications can be arranged with the local physicians or with our consulting psychiatrist from the Mental Health Division, Dr. Richard Johnson. Our services also provide evaluations and consultations to the local hospital, the local nursing home, the school district, the county juvenile department, and state agencies such as Children's Services Division and Vocational Rehabilitation Division.

How do these services actually get used? One way to answer this is by looking at the records. Morrow County Mental Health Services has seen on an average 150 clients per year since it became an independent agency in 1974. This represents roughly 2 percent of the county's population, which is similar to the overall percentage of people in the state who seek mental health services. People from each end of Morrow County use our services about equally.

Who pays for mental health services in Morrow County? Morrow County Mental Health Services is a county agency financed by client fees and state and county funds. We are mandated by law to provide services to anyone, regardless of his or her ability to pay, and hence will make adjustments for people who cannot pay the standard fee.

For more information about these questions or others you may have concerning mental health, you may contact the Morrow County Mental Health Clinic in either Heppner or Boardman. In my next article, I will discuss how beliefs and thinking patterns can produce emotional problems.

**Cub Scouts**  
Pack 661

## Bake Sale

**Nov. 7, 1980 10:00 a.m.**  
AT  
**CENTRAL MARKET**  
COAST TO COAST

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## AROUND ABOUT

with Justine Weatherford

Well, when you read this the election will be over and hopefully the too-long hostage hassle will be near resolution. With everything settled—at least those who voted can relax and accept the verdicts of the majority of their fellow voters.

Never before have I felt so disturbed, so uncertain, in such anguish about an election. I have voted in a good many now. I suppose my life might have been somewhat simplified if I were a strong party person, but I usually vote for as many candidates outside my party as those sponsored by it.

My first presidential vote was for F.D.R. and as I review my succeeding votes, I see I have voted for only two Republican presidents. Maybe, like several of my children, I should be registered as an Independent. However I like to vote in primary elections and feel that I would forfeit the privilege of voting in them. As a college student I admired Norman Thomas, and when I talked with my father about maybe registering as a Socialist he was upset because he felt that Socialists were "Pinks". So I joined my parents in the G.O.P.

This year several ballot measures disturbed me and party affiliation doesn't help with decisions about those. I read and re-read the Voter's Pamphlet and carefully marked my choices in it and on my ballot. Now I hope I will relax and quit doing some of the stupid, absent-minded things I have been doing the last several weeks—like misplacing things, leaving lights on all night, leaving my phone off the hook, and writing "Vern Nolan" when I know that Irene Peck Nolan's husband's name is Millard and that Vern is their son.

Yet in spite of the anxiety I suffered in making my 1980 choices, I feel I shall never neglect to vote and would be terribly ashamed if any of the younger members of my family ever neglect this responsibility.

In spite of its political pressure, last week had some bright spots. On Tuesday Kay Anderson's showing of slides and her excellent narration pleased and enlightened the Topic Club and Bookworm ladies. They viewed modern China, its vast agricultural stretches, its modern cities and quaint villages, and looked at its communal life as Kay and Frank saw it traveling from Hong Kong by hovercraft to the mainland and then by bus west and north. The amount of hand labor and the rather primitive equipment still being used by the world's largest population is remarkable. Frank Anderson managed to get pictures that brought out the contrast between their farming and harvesting methods and the advanced methods used in the U.S.

Thursday, Oct. 30, was a party day at the hospital nursing home. Ladies of the Hospital Auxiliary and of the Heppner Garden Club helped with the Halloween festivities. There were appropriate decorations including several unusual pumpkin heads, one of which was having its temperature taken. Garden Club members Theta Lowe, Julia Hill, Eleanor Gontly, Ida Farra and Helen Graham made lovely popcorn balls, and Julia baked and decorated cookies to go with the hospital's punch and coffee.

Some young mothers brought little children in interesting costumes to join an adult witch who was rather frightening for awhile, but after removing her horrible mask turned out to be one of the nursing home residents' most helpful friends, Irene Anhorn.

A special treat was having pretty, dressed-in-pink, little Jessica Van Winkle, attend the party. She especially

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<b>Tomatoes</b> 39¢ lb.	<b>GREEN CABBAGE</b> 95¢ 5 lbs.	<b>CHOCOLATE CHIPS</b>  NESTLE'S 2.19 12 oz.	

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