

The Official Newspaper of the City of Heppner and the County of Morrow

The Heppner GAZETTE-TIMES
Morrow County's Home-Owned Weekly Newspaper
U.S.P.S. 240-420

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David and April Hilton Sykes, Publishers

Justice Court

Justice Court at the Morrow County Courthouse in Heppner handled the following cases the past week:

Michael Scott Balfe, Hwy. 74, N.W., Box 577, Lexington, excessive tire noise - \$17 fine; Jay Arthur Coil, Rt. 2, Box 2054, Heppner, disobeyed stop sign - \$14 fine;

Roy A. Lindstrom, Hwy. 74, mile post 30, P.O. Box 403, Ione, knowingly permitting unlawful operation - \$17 fine; Michael Dean Fisher, 1449 N.E. Purcell Blvd., Apt. 52, Bend, 35,800 lb. overload, violation of special permit (vehicle owned by Douglas S. Coats, W. Hwy. 20, Bend) - \$1,000 fine;

William D. Fredricks, Skyline Dr., Heppner (1213 N. Poplar, North Platte, Nebraska), driving under the influence of intoxicants - \$185 fine;

Johnnie C. Jackson, P.O. Box 1124, Hwy. 74, North, Heppner, failure to change address on operator's license - \$34 bail forfeited;

Mary Juliana Sanchez, 2nd St., P.O. Box 173, Ione, exceeding maximum speed (69 miles per hour in a 55 mph zone) - \$22 fine.

Your mental health Breaking out of your mental rut

by Dr. Terry Templeman

(Editor's note: This is the third 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, Oregon, 97836.)

In last week's article I listed 13 beliefs or statements which can lead to mental ruts. A mental rut is a way of thinking about things that causes us to feel negatively. These ruts can be divided into four categories: 1) unrealistic demands, 2) either-or thinking, 3) overgeneralizations, or 4) catastrophizing. This week's article focuses upon unrealistic demands.

All of us sometimes use words like "should," "ought to," and "must" to make extraordinary demands upon ourselves. "I shouldn't make stupid mistakes" is a good example of an unrealistic demand. Realistically, we know that each of us is fallible and will make mistakes—even stupid mistakes—from time to time in the course of our daily lives.

But sometimes we get into the mental rut of thinking that we should be perfect and never make mistakes, so that each time we make a mistake we become very angry at ourselves or worried about what other people think. It is this mental rut that makes us angry or worried, not the mistake. If we did not believe we had to be perfect, making mistakes would not make us angry.

Other examples of unrealistic demands are 1) Life ought to be good to people who are honest and hardworking; 2) You should never get upset over anything; 3) You must accomplish something every day in order to be worth anything; and 4) You must do everything you can to keep people from becoming upset at you. Each of these demands involves a view of how we would like the world to be, but this view may run contrary to how the world actually is.

Most of us would like life to be good to us, to keep from becoming upset, to accomplish something worthwhile every day and to have people like us. As desirable as these things are, they do not always come true. Furthermore, telling ourselves that they must come true will not make them come true but will lead to our becoming very angry, frustrated, or even depressed when they don't.

Here is a simple procedure for breaking out of this kind of mental rut. First, remember that there is a difference between demanding and desiring things to be a certain way in life.

Second, pay attention to those situations where you are likely to make these kinds of demands upon yourself. When do you become most upset with your own mistakes?

Third, when you do become angry, frustrated, or otherwise upset, ask yourself, "Am I demanding something of myself here which is unrealistic?"

Fourth, try substituting more realistic statements for the demand that you usually make in those situations. For example, remember that everyone makes mistakes and it's not the end of the world if you make some once in awhile. If your negative feelings about the situation diminish when you look at it more realistically, you are on the road to breaking out of a mental rut.

In next week's article, I shall discuss either-or thinking.

School lunch menus

Ione Schools

Thurs., Nov. 20 - turkey, dressing, gravy, cranberry sauce, sweet potatoes, mixed vegetables, pumpkin pie, milk.

Fri., Nov. 21 - cook's choice.

Mon., Nov. 24 - ham, scalloped potatoes, buttered green peas, hot rolls, fruit, milk.

Tues., Nov. 25 - pizza, tossed salad, fruit, milk.

Wed., Nov. 26 - tomato soup, crackers, pickles, egg salad sandwiches, peanut butter sandwiches, dessert, milk.

Thurs., Nov. 27 - no school, Thanksgiving holiday.

Fri., Nov. 28 - no school, Thanksgiving holiday.

Heppner Elementary

Mon., Nov. 24 - hamburger gravy with fluffy spuds, carrot sticks, apple crisp, milk.

Tues., Nov. 25 - cook's choice.

Wed., Nov. 26 - hamburger paradise, spinach, vegetable chunks, Dixie cups, milk.

Thurs., Nov. 27 - no school, Thanksgiving holiday.

Fri., Nov. 28 - no school, Thanksgiving holiday.

Heppner High School

Mon., Nov. 24 - macaroni and cheese, broccoli or spinach, rolls, fresh fruit or salad bar, milk.

Tues., Nov. 25 - French dip sandwiches, tater tots, lettuce salad, fruit, milk.

Wed., Nov. 26 - cook's choice.

Thurs., Nov. 27 - no school, Thanksgiving holiday.

Fri., Nov. 28 - no school, Thanksgiving holiday.

Obituaries Edwin Clark Wilson

Funeral services for Edwin Clark Wilson, 76, who died in Heppner, Nov. 12, 1980, were held Saturday, Nov. 15, at Sweeney Mortuary Chapel in Heppner. The Reverend John O'Brien officiated. Sacred selections were by Carl and Betty Marquardt and Betty Marquardt was the pianist. Casket bearers were Richard Lundell, Harold Curnutt, Bill Scott, Roby Chappel, Glen Irby, and Ed Baker.

Mr. Wilson was born Feb. 2, 1904, at Rushville, Ill. He married Anna Marie Johnston in 1951 at Lewiston, Idaho. He was employed 26 years for the State Highway, Maintenance Dept., retiring as a foreman in 1971.

Survivors include his wife, Anna Marie Wilson, Heppner; Bud Wilson, Boardman; Wayne Wilson, Heppner; Mike Davidson, Heppner; Tracy Wilson, Redmond, and Gerald Davidson, Portland; a daughter, Abbie Wilson, Heppner; and a sister, Mary Huston, Chico, Calif.

Vault interment was at Heppner Masonic Cemetery, Sweeney Mortuary was in charge of arrangements.

Those who wish may contribute to the Heppner High School Memorial Fund or the Heart Fund.

Arthur William Alderman

Funeral services for Arthur William Alderman, 79, of Hillsboro, Oregon, were held Nov. 12 at 2 p.m. at Skyline Memorial Gardens, Portland. The Rev. Ivan Marble of Gales Creek Community Church officiated.

Mr. Alderman died Nov. 9, 1980, at Forest Grove. He was born Oct. 15, 1901 at Hillsville, Virginia, the son of Charlie and India Goad Alderman. He was married to Elizabeth Meyers at Pendleton on Feb. 7, 1928.

Mr. Alderman worked in the Buttercreek area and later moved to Hillsboro where he worked for the city water department for 30 years.

Surviving are five daughters, Mrs. Alvin (Nina) Luttrell, Hillsboro, Mrs. Robert (Betty) Graham, Forest Grove, Ethel Hiatt, Cornelius, Mrs. Donald (Donna) Fitzgerald, Beaver Creek, and Mrs. Gordon (Jo Ann) Larung, Salem; brothers, Archie, Heppner, Clayton, Mitchellville, Maryland, Estel, Orlando, Florida; sisters, Bitha Lineberry and Grace Stoneman, both of Galax, Virginia, Stacy Hill, Fries, Virginia, Maggie Shumate, Hillsville, Virginia, Lillian Wilson, Radford, Virginia, and Imogene Jennings, Polk City, Florida; fifteen grandchildren and seventeen great-grandchildren. His wife, Elizabeth, preceded him in death.

Interment was at Skyline Memorial Gardens, Donelson, Sewell and Mathews Mortuary was in charge of arrangements.

What's your opinion?



Question of the week: "Should Heppner schools lower their scholastic standards so that more students will be eligible for sports?"

"No," says Donna Moeller, Heppner, pictured with her son, Mark, and daughter, Lori. "I don't think sports will get them through life. They need academic skills. Sports won't get them a job - at least for most kids. Some larger towns are doing away with sports completely because of financial reasons. That's where living in a small town can be a plus."

(See related story, page one.)

Heppner to buy new police car

The city of Heppner will purchase a 1981 Chevrolet Malibu police car. The city council voted in favor of the purchase at a recent special meeting.

The car will cost \$6,964.10. The city will receive \$2,700.10 trade-in on its present police car, a 1979 Ford Fairmont.

In other business at the special meeting, the council voted to have an engineer begin looking for another well site for the city.

Presently all the city's water comes through a line near Willow Creek, and the city council wants to have an alternate water source in the event of an accident or damage to that water line.

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Hospital Notes

Patients discharged from Pioneer Memorial Hospital in Heppner over the past week were:

Erika Bergstrom, Ione, admitted Nov. 11, discharged Nov. 12;

Inez Meador, Brookings, admitted Nov. 12, discharged Nov. 17;

Bob DeSpain, Heppner, admitted Nov. 12, discharged Nov. 17;

Margaret Evans, Heppner, admitted Nov. 13, discharged Nov. 14;

John Mitchell, Heppner, admitted Nov. 16, discharged Nov. 16; and

Lena Kelly, Heppner, admitted Nov. 16, discharged Nov. 17.

Patients still receiving care as of Nov. 17 were:

Helen Kruger, Lexington, admitted Nov. 12;

Dorothy Wheeler, Ione, admitted Nov. 14;

Harold Hill, Heppner, admitted Nov. 16; and

Hubert Wilson, Heppner, admitted Nov. 15.

Health Dept.

Wednesday, Nov. 19 - Free Blood Pressure Clinic, Ione United Church of Christ basement, 4 to 5 p.m.

Friday, Nov. 21 - Free Blood Pressure Clinic, Immunizations, Health Dept. Office, Lexington, 8 a.m. to 12 noon, 1 to 4 p.m.

Tuesday, Nov. 25 - Free Blood Pressure Clinic, Immunizations, County Offices, Irrigon, 1 to 4 p.m.

Thursday, Nov. 27 - closed, Thanksgiving holiday.

Friday, Nov. 28 - closed, Thanksgiving holiday.

Thoughtful gift

Rapidly becoming a must in all well-equipped homes for quick access to information on why suddenly the house may have been plunged into darkness, is a modern battery transistor radio.

Outside power may fail. But the battery operated transistor radios will operate; which suggests a thoughtful gift, especially for the older folks.

Public Meetings

Wednesday, Nov. 19 - Pioneer Memorial Hospital Board, Hospital, Heppner, 9:30 a.m.; Morrow County Court, Courthouse, Heppner, 10 a.m.

Monday, Nov. 24 - Heppner Fire Dept. Fire Hall, Heppner, 7:30 p.m.

Wednesday, Nov. 26 - Heppner Public Library Board, Library, Heppner, 8 p.m.; Morrow County Court, County Building, Irrigon, 10 a.m.

Thursday, Nov. 27 - Thanksgiving Day.

Monday, Nov. 30 - Morrow County Planning Commission, County Building, Irrigon, 7:30 p.m.

Library

Monday through Friday - 12:30 to 5 p.m.

Thursday - 7 to 9 p.m.

Saturday - 2 to 4 p.m.

Story hour - Thursdays, 10:30 a.m.

Christmas ecology: plant a green future under the tree

With a rising interest in growing vegetables for home consumption - in back yard or on apartment terraces - an entire new area of inexpensive gifting bears fruit this Christmas.

Vegetable and fruit seeds make perfect gifts for the young "naturalists" who are into organic foods. Many families are also growing their own vegetables as a form of family participation projects.

Considering the health and economic factors, seeds make a very practical gift.

Before selecting a wide selection of seeds or baby plants, you might want to consider the following:

- Geographic area.
- Climate.
- Area available for planting.
- Amount of care necessary.
- Personal preference of recipient.
- Once these points have been considered, all that remains is a trip to your local garden supply. Giving seeds is practically the only area of gifting in which cost is an unimportant factor. Most packages are priced under \$1.00 and the majority are under 50¢.

CHRISTMAS LESSON
How do you say Christmas in German? Try "Heilige Nacht," which roughly translates into "Holy Night."

The G-T Wants you

The Heppner Gazette-Times wants you. If you belong to a church, club or organization and haven't yet received a G-T press kit, let us know.

We're interested in what you're doing and would like to include more of your organization's news in our newspaper. Just call 676-9228 and we'll send you your kit. It includes press release forms and information on deadlines, photographs and news story writing.

**Degree of Honor
THANKSGIVING DINNER
NOV. 22—6:30 P.M.
Degree of Honor Hall
Program to Follow**

**THE HEPPNER ELKS 358
Thanksgiving Dance**

FEATURING **GOLD DUST**

Sat. **Nov. 29**

DON'T FORGET

**DR. MICHAEL MOORE
WILL BE AT HIS OFFICE IN
HEPPNER MON.—WED.
THANKSGIVING WEEK
NOV. 24-26.**

**BUSINESS
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1100 Southgate, Pendleton 276-1531

MONUMENTS

SWEENEY MORTUARY
676-9600 Cemetery Grave Markers, Granite, Marble, Bronze 676-9226
Serving Ione, Lexington & Heppner P.O. Box 97 Heppner

OFFICE EQUIPMENT

JAYNES BUSINESS MACHINES
Service calls every Wednesday in Heppner, Ione and Lexington
332 S. Main St., Pendleton Telephone 276-6441
811 N. First, Hermiston Telephone 567-2731

PETROLEUM

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