

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

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**The Heppner GAZETTE-TIMES**  
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**David and April Hilton Sykes, Publishers**

## Your mental health Either/or thinking

by Dr. Terry Templeman

(Editor's note: This is the fourth 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.)

This week's topic is either-or thinking, a mental rut that we all get into occasionally. Good examples of this kind of thinking habit are: 1) There is only a right and a wrong way to do things, and 2) There are only two kinds of people in the world: those who live up to responsibilities and those who shirk them.

Generally this kind of thinking can lead to anger, anxiety, or even depression, depending upon the situation. For example, suppose you are building a fence in your back yard and you have a picture of how it should look after it is done. Because it is much easier to picture it in your mind than it is to actually build it, it is likely that the end product will be different from what you imagined. If you believe your mental picture is the only right way that your fence should look, you may decide that the actual fence is shoddy, worthless, that your work is lousy, something to be ashamed of, and that you are a failure at building fences.

This kind of thinking of course does nothing for your self-confidence. If you think like this about someone else's work, you may decide that they are incompetent, worthless, and perhaps even should be punished for not doing things "the right way." This kind of mental rut can lead to constant irritability and dissatisfaction with others.

Either-or thinking can occur in almost any situation, probably because it is so simple to do. It is easiest to see things as good or bad, people as friendly or unfriendly, or ourselves as failures or successes, rather than to acknowledge that there are good and bad qualities to both people and situations. It is also easy to forget that there are degrees of success and failure.

Here is a procedure for checking either-or thinking. First, practice counting how many times a day you categorize people or things into either-or categories. Second, when you catch yourself in this rut, change the two categories into a scale from 0 to 100, with each category as an end point on the scale. Third, rank the person or situation on this scale. Using the fence example, you might rank the image of the fence you want as 100 and no fence at all as 0. The actual fence may be a 75—not perfect but a job well done. Fourth, check whether your feelings improve when you allow for some graduation of right and wrong. If they do, you will be breaking out of the either-or rut.

## What's your opinion?



Question of the week: "What do we have to be thankful for this year?"

Reverend Mike Sheridan, 32, Heppner, says "The biggest thing we have to be thankful for is that there is a new growth of unity in our country. It's seen the way people express themselves about our government. We haven't done that in a long time. It's a deep expression of our brotherhood as well as our patriotism."

## Thanksgiving eve service at Ione UCC

A "quiet service of meditation and thanksgiving" will be held on Thanksgiving eve, Wednesday, Nov. 26, at 7:30 p.m. at the Ione United Church of Christ.

## Expresses gratitude

To the Editor:  
Despite our problems, we Americans do have reasons to celebrate this Thanksgiving, including our right to choose among candidates. As one of those candidates in our recent election, I want to express my gratitude for the support given to me and for the system that gives each of us the right to make a choice.

Clay Myers,  
Oregon State Treasurer

## Congressman offers thanks, open door

To the Editor:

My wife Kathleen and I extend our warmest thank you to the many Oregonians who worked so very hard to elect me to Congress.

Oregonians should be very grateful for the honor and dignity with which Mr. Ullman served this district for 24 years. He worked hard for those things he believed in and all of us owe him our thanks for this dedication to public service.

I want you to know that I share Mr. Ullman's concern for the people of the 2nd district. It was a hard-fought and close election. Now, that the decision is in, I hope everyone will join me in doing the big job ahead. I pledge to represent ALL the people.

As your representative to Congress, I encourage you to contact me with your suggestions, ideas and concerns. Working together, we can solve our problems and make government more responsive to our needs.

Mine will always be an open door to you.

Sincerely,  
Denny Smith,  
Congressman-elect

## Computers essential to schools

To the Editor:  
During a basic accounting class that I am taking through BMCC, I had a chance to be exposed to the computer set-up at Ione High School.

Over the past year, I have heard remarks in our community that money spent on the computers could be put to better use. Because I do not have children that age, I had never given the whole subject much thought, but now I am convinced that exposure to computers and basic computer technology is absolutely essential for our children in Morrow County. Small mobile inexpensive computers are

## Obituary

### Della Parsons

Della Parsons, 76, of Jonesville, Virginia, passed away Monday, Nov. 24, 1980. Mrs. Parsons is the mother of Anna Mae Steagall of Heppner.

Mrs. Parsons was born Oct. 29, 1904, around St. Charles, Va. Funeral services were scheduled for Wednesday, Nov. 26, Province Funeral Home, Pennington Gap, Va., was in charge of arrangements.

Mrs. Parsons is survived by three daughters, Anna Mae Steagall, Heppner; Dee Bohanan, Columbia, Mo.; and Betty Williams, Washington, D.C.; two sons, Bob Parsons, formerly of Heppner, and Charles Parsons, Chicago; 11 grandchildren and two great-grandchildren. Her husband, Elmer, preceded her in death.

## Letters to the Editor

perfectly adequate for this purpose.

It is the responsibility of the school board and the advisory committee to make sure that needs are evaluated throughout the county, that realistic priorities are set, and appropriations are made in these priority areas.

I feel that more people should visit the schools and become acquainted with the computer programs that are being made available to our children. The consequent understanding of the computer literacy programs in our county high schools would benefit both the schools and the taxpayers in Morrow County.

Sheridan Tarnasky,  
Heppner

## Gracious losers ...and winners

To the Editor:

I received the following letter and take it as a compliment to the young men of this area and submit it for everyone to read as evidence that there is more to athletics than is generally believed.

Also, I should note that we were graciously treated by the Elgin people, both before and after the game. It is sometimes harder to be a good winner than it is to be a good loser and I can honestly say that our opponents were gracious in victory. I hope that they continue to win until we have a chance to play them again.

John Sporseen  
Football Coach  
Heppner High School

Dear Mr. Sporseen:

I have written this letter to your wonderful bunch of football players. They are truly terrific. You have done a beautiful job of teaching those young men not only the game of football, but you have instilled in them the sportsmanship conduct that inspired me to write this letter. Could you please see that the letter gets printed in your local paper so your town of Heppner can share in the praise given to your Heppner Mustangs.

Thank you.

On Saturday, Nov. 15, 1980, the Elgin Huskies had the privilege of playing football with the finest bunch of young men we've seen in a long time.

I'm the mother of Steve Rabourne, starting quarterback for the Huskies, and I

wanted to take the time to write a letter and commend the sportsmanship conduct of such a fine football team. I, myself, saw one of your players assist one of our players up off the ground after a tackle, a courtesy we seldom get or see. Plus, when my son Steve got home he told me of all the good wishes given to him by your mighty Mustangs. Some even told him they hoped he'd take his team all the way to being class "A" state champions.

Good sportsmen are very rare in this day and age. We see very little of it. Your Mustangs are a prime example of what competition is all about. I'm afraid winning is all kids know or care about. They forget there's also a 50 percent chance of losing in any competition and when it happens they don't know how to handle it. This is not true of the Heppner Mustangs. You are truly great sportsmen. Although you lost in the play off game, you truly are big winners because of your excellent sportsmanship conduct.

Coach Sporseen, parents of these wonderful young men, and the whole town of Heppner should be very proud of your kids. They're an asset to you all.

Sideline Admirer,  
Leone Williams  
Elgin, Oregon

## DMV schedule

The Heppner office of the Motor Vehicles Division will be open 8 a.m. to 5 p.m. every week day during the month of December except for the following days:

December 17 - Heppner office closed; Condon office open 9:30 a.m. to 3:30 p.m. at the Gilliam County Courthouse.

December 25 - Heppner office closed, Christmas holiday.

December 26 - Heppner office closed, Christmas holiday.

## Births

James Paul Walton - A son, James Paul, was born to Sue Ellen and Paul Walton, Long Creek, on Nov. 21.

James weighed 7 lbs., 13 oz. He joins a sister, Shannon Marie, 13 months, at home.

Grandparents are Colleen and Don Greenup, Heppner, and Kay and Bud Walton, of Long Creek.

Great grandmothers are Mrs. Peggy Moyer, Heppner; and Mrs. Agnes Walton, Pendleton.

## Justice Court

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

Gary Lynn Lawson, 240 N. Court, Heppner, illegal U-turn - \$15 fine;

Carrie Jess Jannsen, 4235 N. Minnesota St., Portland, exceeding maximum speed, 67 miles per hour in a 55 mph zone - \$55 bail forfeited;

Donald Charles McElligott, P.O. Box 5, Ione, 71 mph in a 55 mph speed limit - \$24 fine;

Dennis Gene Morgan, 1215 West Madrona No. D, Hermiston, operator's license suspended - \$155 fine;

John Roderick Murray, P.O. Box 427, Highway 74, Ione, violation of basic rule, 56 mph in 35 mph designated speed - \$34 fine;

Jerald Eldon Rea, Star Rt., Box 4160, Lexington, exceeding maximum speed, 66 mph in 55 speed limit - \$14 fine;

Paul Edward Sapp, Box 214, Heppner, switched license plates - \$29 fine;

Gary Marvin Larson, 1287 Palace, N.E., Salem, hunting in prohibited area (safety zone) - \$55 bail forfeited;

Charles Andrew Vandetta, P.O. Box 771, Heppner, 1,100 lb. tandem axle overload - \$29 forfeited;

Gary Wayne Coen, Highway 730, 4th St. W., P.O. Box 328, Irrigon, overwidth vehicle - \$17 fine;

David Alan Rohde, 2230 S.W. Ladow, Pendleton, violation of basic rule, 51 mph in a 25 mph designated speed - \$44 fine;

Donald Fay McEwen, P.O. Box 422, Heppner, violation of regulated hunt restriction (operating motor vehicle in a closed area) - \$19 fine;

Bruce Lawrence Edney, 1347 47th Ave., Box 308, Sweet Home, violation of basic rule, 51 mph in 35 mph designated speed - \$34 fine;

Wayne Russell Rollis, 295 W. Baltimore, P.O. Box 1688, Heppner, violation of overwidth permit (no rear pilot vehicle) - \$17 fine;

Kenneth Marion Stookey, Rt. 2, Box 66, Heppner, vehicle license expired - \$6 fine;

Lewis Dellman Neal, Jr., Rural Route, Kimberly Highway, Kimberly, driving under the influence of intoxicants - \$207 fine;

Rick Gerald Rea, 610 Main St., Heppner, no muffler - \$12 fine;

Twilla Regina Morris, Willow Creek Road, P.O. Box 613, Heppner, driving under the influence of intoxicants - \$207 fine;

verton, exceeding maximum speed, 69 mph in 55 mph limit - \$55 bail forfeited;

Douglas James Bristow, P.O. Box 86, Ione, exceeding maximum speed, 71 mph in 55 mph speed limit - \$55 bail forfeited;

John Michael Noack, 1355 Hoffman Rd., Salem, depositing rubbish within 100 yards of a stream - \$20 fine;

Kenneth Wayne Lowe, 3858 Portland Dr., Hood River, hunting without valid elk tag - \$39 fine;

David Alan Orr, Rt. 2, Box 2103, Heppner, no elk tag - \$39 fine;

John Patrick Maquire, 825 W. Highland Ave., Hermiston, violation of basic rule, 60 mph in a 35 mph designated speed - \$55 fine.

## Correction

The Gazette-Times incorrectly reported in last week's issue that Tom's Chevron had been purchased by Jeff Maben. The station is still owned by Tom Troxell and has been leased to Maben.

## BUSINESS DIRECTORY

### AUTO PARTS

**Heppner Auto Parts**  
234 N. Main Heppner 676-9123

### FLOOR COVERING

**M & R FLOOR COVERING**  
Carpet, Linoleum, Ceramic Tile, Kitchen Cabinets, Counter Tops  
422 Linden Way  
676-9418  
Heppner

### FURNITURE

**CASE FURNITURE** Heppner  
Carpet, Linoleum, Counter Tops Installed  
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Sherwin Williams Paint

### INSURANCE

**TURNER VAN MARGER & BRYANT** Insurance  
For all your Insurance needs  
Telephone 676-9119  
LATERNE VAN MARGER, JR.  
HWARD BRYANT

### MEDICAL SUPPLIES

**MEDICAL CENTER PHARMACY**  
Free Mailing Service on Prescriptions Hospital Supplies  
Mon-Fri. 9-6 p.m. Sat. 9-1 p.m. Located in the Medical Center  
1100 Southgate, Pendleton 276-1531

### MONUMENTS

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

### OFFICE EQUIPMENT

**JAYNES BUSINESS MACHINES INC.**  
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

**Chevron DEVIN OIL CO. INC. 676-9633**  
CHEVRON PRODUCTS

**CONGRATULATIONS IONE CARDINALS HEPPNER MUSTANGS**

From B.P.O. Elks Lodge No. 358

**Special Post Season Celebration At Elks!!**

**SATURDAY NOV. 29th**

**Happy Hour 8-9 P.M.**

**THANKSGIVING DANCE GOLD RUSH 9 P.M.—? SEE YOU THERE**

Live Music By