

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

**The Heppner
GAZETTE-TIMES**
Morrow County's Home-Owned Weekly Newspaper
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What's your opinion?



Question of the week: "Do you think it's wrong to put up Christmas decorations before Thanksgiving?"

"We were just talking about that," laughed Ann Skow (right) and Maxine Patterson, both of Heppner.

"Yes, I do," said Ann. "Let us enjoy the season of Thanksgiving while it's here. It takes away from Thanksgiving."

"It takes away from Christmas," continued Maxine. "You get so tired of it, you're glad when Christmas is over."

"They commercialize it so," added Ann.

PARC meeting slated

A comprehensive discussion of the Pesticide Analytical Response Center membership with Larry Edmunds, representing the Center for Disease Control in Atlanta, Georgia, focusing on the proposed study of possible correlations of ill health effects and herbicide

use in Oregon will be held in Salem on Thursday, Dec. 4, in room 44 of the Agriculture Building.

Oregon State University specialists also will join in the discussions of the proposed statistical study.

Your mental health

(Editor's note: This is the fifth 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 the mental rut of overgeneralizing. Overgeneralizing means drawing a conclusion from a specific situation and extending it to all other situations. Examples of this kind of thinking are the following statements: 1) If things have gone bad in the past, they will continue to go badly in the future; 2) If you make a mistake in one area of your life, you are probably incompetent in other areas as well; 3) A person cannot change long-standing habits.

In each of these statements we are drawing a conclusion without looking at the facts. For example, regarding statement no. 1, there are actually many examples of people who have difficult pasts who have nevertheless achieved a fair amount of success and happiness in life.

Contrary to statement no. 2, most of us do some things well and some things poorly. If a person is fired for poor performance on the job, it does not follow that he is also a poor father or handles his money poorly. Likewise, people who have achieved high levels of success in their work may not be as successful in other areas of their lives.

Contrary to statement no. 3, there are many examples of people with long-standing habits such as smoking and drinking who have been able to change them. In each of these cases there is good evidence against these kinds of statements.

Overgeneralizing about our own behavior can lead to feelings of hopelessness, pessimism, and loss of personal control. This kind of rut occurs often with people with habits like smoking, drinking, overeating, and losing one's temper too much. Such people think, "because I have been this way for years, I'll always be this way. It's part of my personality

Letters to the Editor

Poor priorities

To the Editor:

I think putting up Christmas decorations before Thanksgiving stinks. I don't buy the excuse that it's the only time manpower and equipment are available. I think it's a case of poor priorities.

John Maas
Rt. 1, Box 3394
Heppner

ive and workable for scores of years. Now, when they have certainly earned the right to sit back and rest they are still going "full speed ahead."

The hospital they both served and love would be far less than it is, were it not for their efforts.

On many occasions I have found Bob "hard at it," working in the hospital yard or doing something in the building. No one asked him to do it, he just saw a need, rolled up his sleeves and went to work.

Many people that are fortunate to live here must share my admiration and appreciation of the Lowe's.

Thanks for this opportunity to express my gratitude.

Sincerely,
A.K. Felt
Administrator

Community, hospital blessed

To the Editor:

It is a rare situation when a community (and its hospital) is blessed with such people as our Bob and Theta Lowe.

Folks tell me that Bob and his lovely wife have been working tirelessly to make this community more attract-

Overgeneralizing

which I cannot change." This kind of thinking actually keeps people from even trying to change and thus keeps them in the same mental rut.

There is a simple procedure for breaking out of this rut. First, pay attention to feelings of pessimism or loss of control. Note what situations seem to bring these feelings on.

Second, ask yourself, "What are the facts in this situation?" The facts are those things that have actually happened up to the present, such as smoking two packs per day for the past 20 years, losing your job, or entering the job market with only an eighth-grade education.

Be sure to distinguish between facts and overgeneral-

G-T's Mailbag to help with letters to Santa



by Dr. Terry Templeman

izations. For example, the statement "I've lost three jobs in the past two years" may be a fact. The statement "I've never done anything right" is an overgeneralization.

Third, decide how you would like the facts of the future to be different from those of the past.

Fourth, try out different ways of making those changes. Fifth, check to see whether the feelings of pessimism have lifted when making some changes. Such changes may not occur overnight, but even small changes may help lift feelings of pessimism.

In our next week's article I shall discuss the mental rut of "catastrophizing."

Since Santa is so busy around this time of year, the Gazette-Times is helping him out a little bit with his letters from boys and girls.

Kids are invited to write their letters to Santa in care of the newspaper:

SANTA
c/o Gazette-Times
P.O. Box 337
147 West Willow
Heppner, Ore. 97836

Letters for Santa's Mailbag received by Monday, Dec. 8, will appear in the Dec. 11 issue of the Gazette; letters received by Friday, Dec. 19 will appear in the Dec. 24 issue.

Be sure to sign your whole name (first and last) on your letter and send it or bring it in to the Gazette by Friday, Dec. 19, so that Santa will get it in time for Christmas.

If you can't write yet, maybe mom or dad or sister or brother will help you out. Remember that Santa will do his best to bring the things you ask for, but sometimes he just can't bring everything in his bag.

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Obituaries

Joseph Charles Baker

Joseph Charles Baker, 55, died Nov. 17, 1980, at the Jim West ranch near Lexington, where he had been employed for three years. Mr. Baker was born August 9, 1925, at Weedsport, N.Y.

Graveside services were held at 11 a.m., Nov. 26, at the Heppner Masonic Cemetery. Sweeney Mortuary, Heppner, was in charge of arrangements.

Mr. Baker has no known survivors.

Grandparents are Bud and Ramona Marshall, Heppner, Linda Dunlap, Pendleton, and Dick Dunlap, Biloxi, Miss. Great-grandparents are Ken and Myrtle Marshall, Lexington, and Dick and Lorna Borman, Yakima, Wash., former residents of Heppner.

Nova Lucile Rietmann - A daughter, Nova Lucile, was born to Sharon and Harold Rietmann, Ione, on Nov. 29, 1980, at the Pioneer Memorial Hospital in Heppner.

Nova weighed 7 lbs., 8 oz. Grandparents are Lucile Rietmann, Ione, and Harry and Virginia Mielke, Kennewick, Wash. Great-grandmother is Anna Mielke, Seattle.

Births

Jacoby Kellier Marshall - A son, Jacoby Kellier Marshall, was born to Lori and Jeff Marshall, Pendleton, on Nov. 22 at Pendleton Community Hospital.

Jacoby weighed 7 lbs., 8 oz.

Library

Until further notice the Heppner Public Library will be closed on Fridays. Other daily hours will remain the same.

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