

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

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

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Obituaries

Bessie Edwards Thompson

Services for Bessie Edwards Thompson, 87, Caldwell, Idaho, formerly of Weiser, were held on December 5 in Weiser. She died in Caldwell on Dec. 2. Interment followed in Hillcrest Cemetery, Weiser. Bessie was born May 28, 1883, in Pendleton to John and Orabelle Mosier Edwards. She was reared and educated in Heppner, graduating from Heppner High School in 1902. Among her classmates were Ona Gilliam and Sadie McCarty Sigsbee. She married Richard A. Thompson on March 13, 1904, in Heppner. They lived in Heppner until moving to Weiser in 1929. She had moved to Caldwell earlier this year. She was a member of the Weiser First Christian Church and a 78-year member and past noble grand of the Rebekahs.

Survivors include a son, Richard, of Caldwell; a sister, Hattie Davison, of Caldwell; four grandsons and a great grandson. Bessie's parents homesteaded the farm that is now the Drake Farm in Sand Hollow.

Chet Christenson

Chet Christenson, former Heppner resident, died Friday, Dec. 19, 1980, at Kailua, Hawaii. Mr. Christenson was born in Heppner, February 25, 1918, and was a graduate of Heppner High School. He retired as a lieutenant from the U.S. Marine Corps.

Mr. Christenson is survived by his wife, Doris, Hawaii; a son, John, San Diego; a daughter, Gigi, Hawaii; a step-daughter, Betsy, Hawaii; a step-son, Glen, who is in the Air Force; two brothers, Pete, Portland, and Frank, Drake, Colo.; a sister, Norma Edger, Heppner; an uncle, C.J.D. Bauman and wife, Hazel, Heppner; an aunt, Edna Bauman, Portland; and several nieces and nephews. Contributions in his memory may be sent to the American Cancer Society.

Edwin Dean Engelman

Edwin Dean Engelman, of 6055 N.E. 31st St., Terrebonne, Oregon, died on Tuesday, Dec. 2, 1980, in a Portland hospital. He was 71 years of age at the time of his death. He had been in ill health for about eight months. Mr. Engelman was born on Dec. 28, 1908, at Portland, to Adrian and Anna Belle Dean Engleman. He was raised near Lone. On May 22, 1927, he married Viola Parker at Fossil, where she was born. Besides living in Lone, the Engelmans also had made their home in Bend and Heppner. They also spent many years in Placerville and Sacramento, California, where Mr. Engelman was employed as a mechanic for Hubacher Cadillac Co. until his retirement.

During his leisure hours, Dean loved to go hunting and fishing and loved farming and everything associated with it. He was also an avid traveller and since his retirement had traveled to Arizona to spend the winter months.

Mr. Engelman was a member of a protestant church. He was also a member of Local 2182, Machinists Union of Sacramento and the Good Sam Travel Club.

The surviving members of his family include his wife, Viola, now at home in Gresham; one son and one daughter, Wesley Dean Engelman of LaPine, Oregon, and Lola Kissell of Gresham; eleven grandchildren and twenty great grandchildren.

At Mr. Engelman's request no funeral services were held. Private interment was at the Ladies Pioneer Terrebonne Cemetery, in Terrebonne. Private cremation was at Lincoln Memorial Park, Portland.

Memorial Contributions can be made to the Providence Medical Center Oncology Dept., Portland, in his name. Carroll Funeral Home, Inc., Gresham, is in charge of arrangements.

Your mental health
Thinking, drinking and New Year's Eve

by Terrel L. Templeman, Ph.D.

(Editor's note: This is the eighth 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.

New Year's Eve is a traditional time of celebration, and for millions of Americans the celebration would not be complete without alcohol. Unfortunately many people who drink moderately the rest of the year spend the last night of the year on one long alcoholic binge. Alcohol abuse, of course, is responsible for most of the traffic fatalities and other accidents that occur on New Year's Eve, not to mention the hangovers which occur on New Year's Day. Medical research also suggests that such binge drinking is bad for your heart even if you drink very little the rest of the year.

There are specific mental ruts that contribute to holiday binge drinking. The most obvious is the statement, "I deserve to get drunk at least once a year." To date, I have never met anyone who could provide any evidence as to why her or she deserved to get drunk on any day of the year, let alone the last one. Yet this kind of thinking resounds in some peoples' minds as if it were carved in stone.

Another mental rut is the idea that special occasions require alcohol in order to be special. This rather circular

argument is promoted by many advertisers, who proclaim that no special occasion is right without a particular beer, wine, or liquor. I know some drinkers who amend this thought to read, "The more special the occasion, the more you're supposed to drink." Hence for some people a rare occasion like New Year's Eve demands no less than drinking themselves under the table. This kind of thinking is not only nonsensical but also dangerous—especially if you intend to drive home from the party.

The alternatives to binge drinking on New Year's Eve are to abstain from alcohol or to drink moderately. Here are some tips for drinkers who wish to moderate their alcohol intake this year. First, plan your drinking in advance. Decide before you go—where you are going, what you will be drinking, and how much will be your limit. A person weighing 160 pounds or less will have a blood alcohol concentration making them legally intoxicated if they drink more than three drinks in one hour. Therefore it is a good idea to limit yourself to less than three drinks per hour to be on the safe side. Remember also that one beer, one glass of wine, and one mixed drink all have roughly the same amount of alcohol in them, so your drink limit should apply to all of these drinks equally.

Second, keep track of how many drinks you have had. If you need to, write down the time of each on a 3 by 5 card. The only way to stick to your limit is to know how many you have had already.

Third, make all of your drinking decisions one at a time. You can say either yes or no to each drink you take. Do not get into the habit of thinking, "If I drink this one I'll have to drink the next one too."

Fourth, wait at least 45 minutes after the last drink before attempting to drive. If you have gone over your limit during the evening, arrange for other transportation home or overnight lodging where you are. Only time will sober you up, so don't fool yourself into thinking you are sober by drinking lots of coffee or doing calisthenics.

Finally, remember that although you may want a drink, you do not need a drink to help you celebrate. Alcohol has several desirable effects, such as feeling warm, relaxed, and sociable, but none of these effects are necessary for seeing in the New Year.

Letters to the Editor

North Morrow residents need doctor, clinic

To the Editor:
As a resident of Boardman, I feel it's time we the people of the community raised our voices to the board of the North Morrow Medical Clinic. After living here for four years and having to travel between 40 and 100 miles every time my family needed a doctor we were overjoyed to finally get a doctor in our community. Nothing is more frustrating than to have an extremely sick child and have to travel that far for medical attention. Every parent can appreciate that position.

Now finally we have an excellent physician and he is being pushed away by people who have no more idea what the community wants than the man in the moon. No one has bothered to ask us what we think. Our taxes and donations went to build the clinic and pay the salary of a doctor who has done nothing but be an excellent physician and member of our growing commun-

ity. Now he is being pushed out and we have nothing to say about it. To my knowledge there has been no community meeting where we the patients have had a chance to voice our opinions. I feel we should have had that chance. I know a lot of people worked hard, long hours to raise the money to put the clinic together and raise all that money for an x-ray machine that sat idle for a year and now we're facing that possibility again. \$16,000 is a lot of money for a community this size to raise for the privilege of having our own doctor. Now these same people are not having a voice in the future of our clinic. I feel Dr. Anderson and his crew have given us excellent care and attention in the last year and don't deserve what the board is trying to do. As his patients and the ones who stand to lose the most, we should stand up and make our feelings known.

Thank you,
Mrs. Elizabeth Morris,
Boardman

What's your opinion?



Question of the week: "What do you want for Christmas?" "Oh, dear, says Santa Claus, ageless, North Pole. "I think I'd like stability in the Middle East. That's probably the most important thing this Christmas."

GIVE YOURSELF A new look THIS HOLIDAY!

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Christmas dinner draws many seniors

by Justine Weatherford

The Heppner and Lone meal-sites presented a complete Christmas dinner to attending senior citizens on Wed., Dec. 17. All places were occupied with extra tables being used in Heppner.

Suzanne Jepsen introduced her successor, the Rev. Clarence Franke, who will now supervise the Tri-County Homemaker Program.

A jolly Santa gave each guest a Christmas package. He seemed to know most of

those attending personally, and some of them remarked that his voice sounded very much like Albert Connor's.

Next week the Heppner meal-site will serve dinner on Dec. 23, but no meals will be served in Heppner or Lone on Wednesday, Dec. 24.

The word is out that if the attendance at the mealsites should drop below 50, the Agency on Aging will be obliged to terminate the site. Therefore, it is hoped that attendance in Heppner, Lone and Irrigon can remain steady or better yet, increase soon.

Public Meetings

Wednesday, Dec. 24 - The Heppner Public Library Board meeting and the Morrow County Court have been cancelled. The Morrow County Court will meet Tuesday, Dec. 30.
Thursday, Dec. 25 - Christmas Day.
Monday, Dec. 29 - Morrow County Planning Commission, Courthouse, Heppner, 7:30 p.m.
Tuesday, Dec. 30 - Morrow County Court, Courthouse, Heppner, 10 a.m.

Health Dept.

Thursday, Dec. 25 through Wednesday, Dec. 31 - Christmas holiday, closed.

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 25 - Heppner office closed, Christmas holiday.
December 26 - Heppner office closed, Christmas holiday.

Morrow County Treasurer
Sylvia McDaniel
is retiring Dec. 31, 1980, after 27 1/2 years of service. She's being honored at an **Open House Coffee** Dec. 30 2-5 p.m. The public is cordially invited to attend. There will be a presentation of cards and letters from friends and associates. Please bring these or mail to Margo Sherer, Box 37, Heppner.

Birthday reception Jan. 3 for Dorris Graves

A birthday reception for Dorris Graves will be held at the Louis Carlson Ranch home on Valby Rd., Lone Jan. 3 between 1 and 4 p.m.

There also will be a no-host dinner at the Elks Club in Heppner that night starting at 6 p.m.

The reception and dinner are open to all friends and relatives of Dorris Graves.

Marriage licenses

Dec. 19, 1980 - Brian Fredrick Jennings, 23, Boardman, and Cynthia Marie Poe, 20, Boardman.

Spicer appoints county deputy district attorney



Steven Berry

Of his appointment, Berry commented, "I think it will go well. I enjoy the office and I was impressed with Annetta Spicer. I find criminal law exciting, the cases interesting. "He (Berry) will be doing all the misdemeanors, all the child support enforcement, and all traffic prosecution," said Ann Spicer. "He was chosen from around 12 applicants."

Rodeo dance Sat., Dec. 27

The Morrow County Rodeo Committee will sponsor a dance Saturday, Dec. 27 at the fairgrounds pavilion.

The dance will start at 9 p.m. and will feature music by Pump House.

The date for the dance was erroneously listed as Sunday, Dec. 21 in last week's issue of the G.T.

Adult Basic Ed. class cancelled

The Adult Basic Education class has been cancelled over the holidays, it was announced by instructor, Joy Krein.

The classes will not meet Wednesday, Dec. 24, Monday, Dec. 29, or Wednesday, Dec. 31.

Regular classes will, however, be held on Monday, Dec. 22, and classes will resume after the holidays on Monday, Jan. 5.

E.J. "Tim" McCoy, M.D., Physician and Surgeon,
Is Pleased To Announce The Opening Of Practice At Pioneer Memorial Hospital Clinic
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