

Your mental health New Year's resolutions

(Editor's Note: "Your Mental Health" is a periodic feature of the Gazette-Times. 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, OR 97836.)

The start of a new year seems a fitting time to try out new behaviors or to make some changes. The traditional New Year's resolution is supposed to help us break out of old habits like smoking, eating too much, biting our fingernails, and to get into new habits such as exercising more, saving money, or doing one good deed every day. Although some of us can stick to these New Year's resolutions and actually be satisfied with the changes we make, many more of us have difficulty following through with our commitments and after a few weeks fall back into the old habits, feeling guilty and defensive about our lack of "will power."

Research in the behavioral sciences has shown that will power actually has less to do with behavior change than does the manner in which people attempt to make behavior changes. This research has shown that the more systematic and straight-forward the plan for behavior change, the more successful those changes will be.

Here are some guidelines for enhancing and maintaining your own New Year's resolution. First, work on changing only one behavior at a time. If you try to change all your bad habits at once, you may be overwhelmed.

Second, define what you want to change about yourself as specifically as you can. Instead of resolving to "lose weight," decide which behaviors you will change in order to lose weight. These may include cutting out snacks or seconds after meals or doing exercises. The more specific the behaviors the easier it will be to accomplish them.

Third, if you know other people with similar New Year's resolutions, get together with them to plan how you will make your changes and to discuss your respective progress. People with similar goals can offer each other emotional support as well as trouble-shoot problems when they arise.

Fourth, keep track of what you are doing. Count the number of times each day you perform the behavior you want to change. This is the "target behavior," and might be the number of times you smoke a cigarette, the number of snacks you eat, or the amount of time you spend exercising. It is important to keep track of these numbers and amounts in a log or plot them on a graph so that you will know if you are making any progress. Keeping track also makes you more aware of the circumstances in which the target behavior occurs. For example, many smokers do not realize that they are likely to light up when approached by another person until they start keeping track of when they light up. Just becoming aware of when they rely on cigarettes makes it easier to change that habit.

Fifth, make your changes gradually but systematically. Lack of will power usually occurs because people try to change too much too fast and then blame themselves for failing. You will not have to worry about will power if you take small but steady steps towards change. For example, the person who wants to exercise more will have better luck exercising just 15 minutes per night for a week, then increasing the time to 30 minutes a night for a week, gradually reaching his or her goal of one hour per night than by trying to exercise one hour per night every night the first week. Likewise it is easier for most smokers to cut out one or two cigarettes each day, starting with the least important cigarette and moving up to more important cigarettes, than it is to stop smoking "cold turkey." In attempting these gradual behavior changes, be sure you are able to maintain yourself at a smaller step for a time before going on to a bigger step.

Sixth, do something nice for yourself each time you make a change, no matter how small that change may be. This is called reinforcing yourself. Reinforcers are anything you enjoy doing or experiencing. Self-reinforcement can be as simple as telling yourself "good job" or as elaborate as going out on the town. You may also contract with your family or others to provide you with reinforcement rather than reinforcing yourself. Whatever method you choose, it will be much easier to change if you get reinforced for making changes than if you put yourself down for not changing.

Finally, continue your personal plan for behavior change even after you have reached your goal. Remain aware of those situations where you might have a "relapse" of your old habits. Continue providing yourself with occasional reinforcement for making your behavior change. In this way you will maintain the gains you have made and insure that your New Year's resolution is more than just a resolution.

Morrow County native son, Bill Bergstrom, celebrates 9 decades

A Morrow County native son celebrated nine decades this past week.

Bill Bergstrom, Gooseberry, who commemorated his 90th birthday with a small family celebration Tuesday, was born on the family ranch on January 6, 1891, the son of Eric and Carrie Bergstrom.

Bill, the oldest of four children, is the only one surviving. He attended Gooseberry grade school and later attended Benke Walker Business School in Portland.

In 1933, he married Ann Peterson in Portland. Shortly after their marriage, they moved back to the family ranch where they still reside.

The Bergstroms have one son, Rudy, and a granddaughter, Erika Anne.

Bill is a senior member of the Valby Lutheran Church, a life member of the Elks, a member of the Masons and the Rhea Creek Grange.

Kerr to speak at Garden Club

On Monday, Jan. 12, the Heppner Garden Club will meet at the home of Jane and Bill Rawlins on Gilmore Street. County Extension Agent Harold Kerr, who has talked to the group many times, will make his last

appearance before them before leaving for his new assignment in The Dalles. This regular monthly meeting will begin at 7:30 p.m. and club president Julia Hill will preside.

Heppner woman realizes dream; appointed page to Oregon State Senate



A young Heppner woman, Cindy Kerr, recently realized a long-time dream.

Kerr, 20, was notified last week of her appointment to a position as a page of the Oregon State Senate.

"I'm pretty excited about it. I've been looking forward to it for a long time - it's been a dream of mine," said Kerr, who was to have left for Salem Tuesday. She will attend an orientation on Sunday and

expects to begin work on Monday.

Appointed to the position by Secretary of the Senate Mary Mabel, and recommended for the spot by District 55 State Representative Bill Bellamy and District 28 State Senator Ken Jernstedt, Kerr says (in her own words) that she will be a "gofer" within the Senate and between the Senate and the House of Representatives. Kerr, who majored in polit-

ical science at Blue Mountain Community College in Pendleton last year, got a taste of government work her senior year at Heppner High when she served as an honorary page-for-a-day at the State Capitol. Between her junior and senior years at Heppner

she also attended Girls' State. The daughter of Carol and Harold Kerr, she was employed as a reporter by the Morrow County Pioneer newspaper in Heppner. She lists possible careers in journalism or teaching political science.

Lonny Watne joins Bank of EO as loan officer

The Bank of Eastern Oregon in Heppner is starting off the new year with a new face.

Lonny Watne, 23, began working at the bank as a loan officer Jan. 2. Watne, who attended college at Eastern Oregon College at La Grande, is most recently from Ontario, where he was employed with Western Bank, also as a loan officer.

Watne, his wife, Toni, and their baby daughter, Jamie, will be making their home in Heppner. Jamie will be celebrating her very first birthday here in Heppner today, Jan. 8.



Lonny Watne

Bookworms set Jan. meeting

The Bookworms Club will begin the new year with a meeting at the James Thomson home on south Court Street on Tuesday afternoon, Jan. 13, at 2 p.m. Florence Green will present the afternoon's book review.

Willows Grange to meet Jan. 14

Willows Grange will hold their regular meeting Wednesday, Jan. 14, starting with a potluck supper at 6:30 p.m.

Oregon to host western states 4-H leaders forum

by Birdine Tullis,
Morrow Extension Service

More than 500 4-H leaders from 13 states are expected for the 1981 Western Regional 4-H Leaders Forum which will be hosted by Oregon at the Marriott Hotel in Portland, March 4-7. Plans for the event

have been underway for more than two years, under the direction of Barb Sawyer, OSU Extension 4-H youth specialist. Workshops, tours and speakers have been planned to bring enthusiasm, excitement, effectiveness and enrichment to all leaders attending.

All counties in Oregon will be involved in the forum either by participation or by providing door prizes, decorations, hospitality, or items representative of their area.

It is hoped that many Oregon 4-H leaders will attend the forum, to join with leaders from Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Utah, Washington and Wyoming. Delegates may choose to attend a part of the forum and pay a daily registration fee, or take advantage of a full time fee which will cover costs of three meals, speakers, workshop expenses, evening programs, and snack breaks. The registration fee does not include lodging or special tours.

Registration forms are available at the Extension office, and must be returned to

EOHSA to meet

The Eastern Oregon Health Systems Agency, Inc., Board of Directors have announced a meeting on Thursday and Friday, Jan. 15 and 16, at the Portage Inn at The Dalles.

On Jan. 15, committee meetings have been scheduled from 7 to 9 p.m. On Jan. 16, a "Health Maintenance Organization" presentation has been scheduled from 9 a.m. to 12 noon, a luncheon from noon to 1 p.m., and the regular board meeting from 1 to 4 p.m.

OSU by Jan. 15. Morrow County leaders are encouraged to consider attending all or part of the event. Some scholarship funding may be provided by the 4-H Council to assist leaders wishing to attend.

Call 676-9642 for more information or registration form.

Farmers Tax Guides Available.

As sure as Christmas and the New Year - are tax times for farmers. Just in time to assist the farmers are the new "Guides for Preparing Taxes" on 1980 income. Come by the Extension office and pick up your free copy.

Anyone For Japan This Year?

It's time for 4-H members 12 through 17 years of age to apply for travel to Japan next summer, under the Oregon 4-H-Japan Labo exchange program. Applications are due in Corvallis by January 15.

The on-going exchange brings Japanese youth to America for a month long visit with host families, and at the same time offers our young people the opportunity to live with a Japanese family for a month.

The cost of the trip may be paid in monthly installments, with \$50 due with the application. Costs this year will be somewhat greater than in the past, due to the rise in airline tickets.

Call Birdine at 676-9642 for more information or application forms.

Heppner student earns 4.0 grade point at SOSOC

A total of 171 full-time students at Southern Oregon State College, including Cathy Palmer of Heppner, achieved straight-A grades (perfect 4.0 grade-point averages) this past fall term.

Cathy was among SOSOC's 3,411 full time, undergraduate students taking 12 or more units of college-credit courses. Straight-A students make up the "President's List" honor roll.

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<p>Pork Chops</p> <p>\$1.29 lb</p> <p>FAMILY PAK</p>	<div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p style="font-size: 2em; font-family: cursive;">Central</p> <p>Market</p> <p>GROCERY MEAT</p> <p>676-9614 676-9288</p> </div>	

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