Elk's Hoop Shoot Contest winners announced

Winners of the Elk's Heppner-Ione Hoop Shoot Contest, held last Saturday, Dec. 12 are pictured with their area coordinators, left to right: front row - Dale Holland, Heppner area coordinator, Mike Rietmann, son of Mr. and Mrs. Gene Rietmann, Ione-winner of the boys' 12-13 age group; Lana Reid, daughter of Mr. and Mrs. Raymond Reid of Heppner - winner of the girls 12-13 category; Gene Hall, exalted ruler of the Heppner Elk's Lodge; Dustin Padberg, son of Mr. and Mrs. Marvin Padberg, Ione-winner of the boys 10-11 group; and Jim Swanson, Ione area coordinator.

Front row left to right: Darcee Padberg, daughter of Mr. and Mrs. Marvin Padberg of Ione, winner in the girls 8-9 class; Doug Devin, son of Mr. and Mrs. Dick Devin of Heppner was the winner in the boys 8-9 division; and Sandra Turner, daughter of Mr. and Mrs. Ken Turner, Heppner won the girls 10-11 contest.

These six area winners will compete in the District Hoop Shoot Contest to be held in Hermiston on January 9 said Swanson.

M.C. School Board to meet

A regular meeting of the Morrow County School Board will be held Monday, December 21 at 7:30 p.m. in the school district office board room in Lexington.

Agenda items will include a request for attendance from an out of district student, steps to reduce electrical costs, trade of school district property, purchase of a district vehicle, and a report on the final year of the district building program.

The board agenda will also include several personnel matters including evaluation of the district superintendent and extension of the contract for the assistant to the superintendent. The board will also meet in executive session to review items related to collective bargaining and related matters, said a news release from the school district.

Your Mental Health

Getting through the Holidays

By TERREL I. TEMPLEMAN, Ph. D
Morrow County Mental Health Services

How often have you heard someone say, "If I can only make it through the holidays ..." or "I'll sure be glad when Christmas is over." It is surprising how stressful this time of year can be for some people. And yet we know it is supposed to be a time of peace and joy. So why are the holidays difficult for many of us to handle?

We may find an answer to this question if we take a look at what we do to ourselves generally at Christmas time. First, we make ourselves very busy--shopping, cooking, getting Christmas trees, decorating them, planning activities and family gatherings, partying, and traveling. Although some people really enjoy the hustle and bustle at this time of the year, for others such activities feel like pressure.

Second, we set all kinds of deadlines for ourselves at this time of year. Some of these deadlines are not always possible to make, such as getting all of the shopping done, or sending all the Christmas cards in time for them to reach their destinations. Rushing to meet several deadlines at once can be quite stressful.

Third, we spend lots of money, and some of us feel obligated to spend money that we do not necessarily have. Expecting to go into debt at Christmas time does not lend itself to the peace we are seeking.

Fourth, some of us kick ourselves when things are not "just right" at this time of the year, whereas we are more willing to let things slide at other times of the year. We become perfectionistic, not only about what we expect for ourselves but what we expect of others. If Christmas trees are not just so or Christmas dinner is not done to perfection, we feel let down. If our families do not behave harmoniously and act joyfully, we become upset ourselves.

There are of course other aspects of Christmas besides what we do to ourselves which can be stressful. For many it is the most powerful anniversary of the year, the one emphasizing family and past. The absence of family members, through death or family disruption, is much more noticeable and painful during Christmas. Christmas also signals the end of a year, causing us to reflect on our failures as well as our achievements, and ushers in the uncertainty of the future. The weather becomes harsher and the nights become longer.

So if you're wondering how you are going to get through the holidays this year, consider the following ideas: 1) If you feel under pressure, slow down a moment and consider what Christmas really means to you personally. Is it really necessary to put yourself under the gun at Christmas time just to achieve "the Christmas spirit"? Is it really the end of the world if some Christmas cards are late, or some things are not done perfectly? Are you perhaps demanding things from your family at Christmas time they cannot afford to really give? Can you accept them for what they are rather than what you want them to be?

2) Being apart from a loved one during the holidays typically leads to feelings of sadness and loneliness. Kicking yourself for having such feelings or trying to crush them with a happy face may just make you feel worse. Talking about your feelings with a friend, family member, or pastor may help you feel better.

3) Bad weather and long nights may restrict the activities of some people, but it need not prevent getting out altogether. Picking up the phone or just chatting with a neighbor are helpful ways of preventing the loneliness some people experience this time of year.

Hospital Aux. to hold Xmas party

The Pioneer Memorial Hospital Auxiliary has decorated the halls and rooms of residents at the nursing home in preparation for the annual Christmas party. The party will be held Thursday, December 17, 1 p.m. at the nursing home.

Velma Felt will bake a special Christmas cake for the party, said an Auxiliary spokeswoman, and Santa will be on hand with gifts for all.

Christmas carols will be sung and the remainder of the afternoon will be spent visiting, she concluded.

IUCC slates 'Mary's Christmas'

The Christian Education Board of the Ione United Church of Christ will present "Mary's Christmas," on Sunday, Dec. 20 at 5 p.m. "Mary's Christmas," a play written by Della Heideman, an Ione resident, will involve adults, youths and children, said the Rev. Cathy Barker.

This Christmas service will be followed by a potluck dinner. Carols wil be sung about town after dinner with refreshments to follow, upon returing to the church.

Anyone interested is invited to join in these events, said the Rev. Barker.

The precise geographical center of the North American continent is in a town called Rugby, North Dakota.

GET READY FOR WINTER
INSULATE YOUR HOUSE TODAY!

Call collect for a FREE ESTIMATE

HOME INSULATION & ASSOC. INC.
503-276-1897
We also install continuious gutters!!

HONDA PENDLETON SAYS
$55
Gets You Into Any
1982 HONDA IN STOCK

On approved credit you can lease our Hondas for 48 months with this low down payment.

Complete selection of Preludes, 2-door and 4-door Accords, Civic FE, Civic 2-door and 4-doors.

HONDA PENDLETON
1520 Southgate 276-9793

Meet Another Member Of The Mobil Synthetic Family,
Mobilube S.H.C. Synthesized Multipurpose Gear Lubricant.

It offers the following advantages and benefits in low temperature operation.

- Contributes to more miles per gallon of fuel
- Dependable lubrication for start up of equipment under extremely cold conditions no drag
- Year round service in all types of automotive gear applications including hypoid and worm gears
- Easier gear shifting all year round
- Full gear protection at all operating temperatures
- Fully compatible with conventional lubricants
- Truly a multi-purpose lubricant to reduce inventories

Available At
PETTYJOHN OIL CO· 422-7254

GIVE US $49.00
And We'll Get You Into
A NEW VW RABBIT OR
A NEW VW PICKUP

PLUS YOU GET
$525 Direct from Volkswagen of America on a New Rabbit Diesel OR
$645 Direct from Volkswagen of America on a New Diesel Pickup

$49 Delivers Lease O.A.C.
DIESEL RABBITS Best Mileage Car in U.S.A. Built in The U.S.A.
DIESEL PICKUPS Best Mileage Pickup in U.S.A. Built in The U.S.A.
We've had people ask us "This deal sounds too good to be true. Where's the catch?" Well there isn't any. All you need is $49 to initiate the lease O.A.C. We will purchase your present car and pay you what it's worth - cash money to you ... even if it's a Rolls Royce!
48-MONTH LEASE Available for SMALL Monthly Payments
If you don't think this plan is the most economical way to acquire the best mileage car in America, ask the many people who have done it! IT REALLY WORKS FOR YOU!

We'll Make Yours — "THE BEST HOLIDAY EVER"
MEL WINTER VOLKSWAGEN-AUDI
276-3611 Southgate Pendleton

Birth of a legend
Introducing the Apollo X9 Satellite Antenna

DEMONSTRATION
THIS FRIDAY & SATURDAY
DEC. 18 & 19
TOM'S TV SHOP
GALE STREET HEPPNER
676-9975

GIVE A GIFT THAT'S WELL, MEDIUM OR RARE.

The Oregon Beef Council has a tasty suggestion to solve your gift giving dilemmas: Give a gift of hearty, healthy nutrition with an Oregon beef certificate!

Available in $5, $10 and $15 amounts. Recipients may redeem their gift certificates for beef cuts of their choice — from prime rib to hamburger — at any grocery store or meat market in the U.S. And each certificate comes in its own attractive, personalized gift folder. The perfect holiday gift for all of your favorite beef lovers!

AVAILABLE AT BANK OF EASTERN OREGON, HEPPNER AND IONE BRANCHES, OR AT BOARDMAN BRANCH OF THE INLAND EMPIRE BANK.

OREGON BEEF COUNCIL

The more Kodak film, the merrier the picture.

No matter what size film your camera takes, there's a Kodak film that will save the memories for you to share again and again. Be sure to always keep extra film on hand to turn those special moments into memories.

Open until 7p.m. weeknights

Murray's Drug

HEPPNER ARLINGTON CONDON

WE SELL Kodak FILM