

## Your Mental Health Reflection on mental health needs

Editors note: The following article is the first of a series of four to be published in the Gazette-Times consecutively throughout the month of May.

By Terrel Templeman, PhD.

May is National Mental Health Month. As we busy ourselves with the activities of spring, it is a good idea to take a few minutes and reflect on our own mental health needs.

Being mentally healthy means being able to cope with life's problems without making things worse than they are. It does not mean that we are free from stress or that we may have no problems. Neither does it mean that we are happy all the time or perfectly under control. Rather, the mentally healthy person is one who generally feels good enough about himself or herself to face life's problems realistically and to try to do something about them.

It has been estimated that 15 percent of the population of the United States has some kind of mental health problem in any given year. Such problems may range from feeling depressed, worthless and unable to get up in the morning, to feeling frightened and out of touch with reality, or anxious about life in general. Approximately two percent of the population receives some form of mental health services each year. In Morrow County this corresponds to about 150 people per year who seek help at our clinics. Others seek help from personal physicians, pastors, teachers, or friends.

Typically, people with emotional problems feel like they have run out of solutions, or believe that they are incapable of following through with

solutions other people offer them. For this reason, merely giving advice to people with personal problems is not always helpful.

Mental health professionals are trained to go beyond giving advice. Psychotherapy is a process in which a clinician discusses problems with persons in need to help them develop insight into either themselves or their problems, so that they can approach them more realistically.

There are many different schools of psychotherapy, ranging from psychoanalysis to behavior therapy, but all of them are designed to help persons think, feel and act more productively in whatever situation they have to face. Medications have also become an increasingly important part of mental health services in recent years. Medications used appropriately can improve an emotional or mental state so that the person with problems can think more clearly and feel more in control.

Since 1974, Morrow County has owned and operated its own mental health services for its residents. It currently employs two full time clinicians with advanced degrees in psychology who are available for individual, marital, or family therapy. Twenty-four hour crisis services are available for both the north and south ends of the county. Psychiatric consultations from Eastern Oregon Hospital are provided regularly. Consultation to local schools, the hospital, and law enforcement agencies are also provided. Morrow County Mental Health Services are financed by client fees and state and county funds.

## Morter, LaRue named valedictorian, salutatorian at Lone High School

Diann Morter and Michelle LaRue of Lone High School have been named valedictorian and salutatorian, respectively, it was recently announced from the school.

Morter is the daughter of Perry and Kathy Morter of Lone. She is a member of the Girls' Letter Club, a member of National Honor Society and has a grade point average of 3.93. She was class president during her junior year, has participated in volleyball and basketball during her four years at IHS and served as a varsity cheerleader during her junior year. She is also active in 4-H Club activities and placed second in the senior division of the state Make it with Wool Contest, and was runner-up in the National Contest. Morter was one of four girls chosen to represent Lone in the American Legion Auxiliary's Girls State last year.



Diann Morter

LaRue is the daughter of Del and Linda LaRue of Lone. She also is a member of the IHS Girls' Letter Club and National Honor Society. She has participated in volleyball, basketball and track during all of



Michelle LaRue

her four years at the school and was also chosen to attend Girls State last year. Presently, LaRue serves as secretary, treasurer of the senior class. She plans to attend Oregon State University next year and major in business.

## Padbergs to chair Pioneer Picnic



Henry Padberg was born in this house in Gronebach, Germany. Karl Padberg presently occupies the house.

By JUSTINE WEATHERFORD

A major annual event in South Morrow County is the Pioneer Picnic held each Memorial Weekend at the County Fairgrounds. This year, the descendants of William Henry Padberg will be chairman for the event. Because this family has records which go back many years, the Gazette-Times will publish several installments about the Padbergs.

An organization called the Familienverband Padberg

has been actively involved for over a hundred years collecting the history, both ancient and modern, of the family. Until recently, the organization centered its research in Germany, but in 1970 attempts were made to collect the records of the families of the 15 Padberg immigrants in America.

Daniel L. Padberg of the Familienverband Padberg, who lives in Lowell, Indiana, states that "All Padbergs are related. Our origins lie deep in medieval Europe. Our 750 progenitor was Ekbert, the

Duke of the Saxons. In the 10th century, our family founded the town of Padberg, building castles there, and becoming the Counts of Padberg. Harold III, Count, was the first to use the surname Padberg in 1029.

"During the following centuries, certain Padbergs located in Westfalen outside Padberg. These persons are responsible for the five branches of the family. The Henry Padberg family belongs to the German Branch Kustelberg which began in 1530 with Johann von Padberg," Daniel Padberg stated.

Henry Padberg's family knows that he was due for induction into the military service in Germany when with his father's help, he was smuggled aboard a ship bound for America late in 1851 or early in 1852, when he was about 18 years old. He arrived in this strange new country unable to speak its language and traveled across the continent, eventually settling in Eugene. By 1867, he had married a girl of English ancestry, Martha Vienna Riggs and their first child was born in Eugene. In 1870, Henry moved with his wife, when seven months pregnant, their daughter, and his wife's parents to a farm on Rhea Creek in Morrow County. Four miles short of their destination, at a stage coach stop, their second child was born prematurely. The remaining four children were all born on the farm of Henry Padberg, one of the early settlers of Eastern Oregon.

## County 4-Hers plan car wash Saturday, May 15

By JOHN P. NORDHEIM  
Morrow Co. Extension Agent

Morrow County 4-H members are sponsoring a free car wash fund-raising activity on Saturday, May 15. Members are gathering advance pledges and will wash the cars at no charge. The public is encouraged to bring their cars to the wash sites between the

hours of 10 a.m. and 4 p.m. In Morrow County the wash sites include: A.C. Houghton Elementary School at Irrigon; at the Texaco Station at Boardman and behind the Les Schwab Tire Store in Heppner. All proceeds are used to further the 4-H programs both at the local and state level.

For more information call John Nordheim, Morrow County Extension agent.



The greatest number of UFO sightings have been reported in the state of California.

## Two IHS girls chosen to attend Business Week

Two Lone High School girls, Darla Anglin and Sharon Crowell, have been selected to attend, with 300 other Oregon students and 60 teachers, Oregon Business Week. Oregon Business Week will be held at Western Oregon State College, Monmouth, July 25-31.

The teachers and students are able to attend by receiving

a \$150 scholarship, which covers room, board and materials, said Jack Zimmerman of Associated Oregon Industries. They will learn from a volunteer faculty of over 150

business people: fundamental economics, essential business

## County residents celebrate 50 years of Extension programs

By BIRDINE TULLIS  
Morrow Co. Extension Service

To celebrate 50 golden years of Extension Home Economics programs, a crowd of women gathered to celebrate the annual Extension Home-maker's Day in Irrigon last week. Special programs of the day offered fashions, fun and nostalgia, as well as recognition by special awards.

Chosen Extension Woman of 1982 was Jaunita Ryan of Irrigon. Each year an outstanding study group member is chosen from the county to be named for the recognition. Presenting the special award was Mildred Wright of Heppner, who had received the honor in 1981.

The North Morrow Homemakers Study Group of Irrigon-Boardman, again captured the title of Study Group of the Year. Their accomplishments included raising funds and donating over \$1,000 to the

Senior Citizen Building Fund in Irrigon; volunteer time donated 600 hours to senior programs; clothing for needy children at Christmas; helping with a Grandparent Program at A.C. Houghton Elementary School; trees planted for beauty and conservation at the two new schools in north Morrow; and many other volunteer community projects. The lone study group was named as runner up for their community Easter egg hunts, publishing a community cookbook and other community projects.

Four Morrow County women were awarded certificates and red carnations to note their fifty years participation in Extension home economics programs. Receiving the honors were Dorris Graves, Mildred Wright and Emma Drake, all of Heppner, and Edna Mulkey of Irrigon. Programs of the day included a demonstration Looking

Good...Make Up for all Ages; a brief history with slides depicting local Extension events of the past 50 years by Ruth McCabe of Lone; Fashions-Then and When by Birdine Tullis, a documentary of national events from the great depression days to present, and fashions to accompany each era. Collectors clothing and hats were displayed and modeled by study group members as the final fashion event to commemorate the fifty year period.

Nancy Rogers, chairperson of the Homemakers Advisory Committee served as mistress of ceremonies for the day.

Hostesses for the annual event was the North Morrow Homemakers Group. Rhea Creek Study Group provided the pre-event coffee hour.

The crowd agreed that "Looking back is fun, and needs to be done now and then...but looking ahead is far better."

## HHS student places 2nd in state contest

By CATHY PECK

Pat Struthers, a sophomore at Heppner High School, placed second in the category of mental calculations of Algebra II during a statewide Math Contest held April 27 at Oregon State University.

Struthers qualified for the state contest by taking a blue ribbon in the Algebra II Math Skills Contest held at B.M.C.C. earlier this month.

He also took first place in an earth science test as part of a science team. For his efforts he received a book "Rediscovery of Earth." Struthers also took first place in that test last year and received a book. Both volumes are now housed

at the Heppner High School library.

The Heppner student has plans to go to college and would like to be an astrophysicist, he stated. If he majors on astrophysics he would like to attend Arizona State University. The run Kit Peak Observatory, he pointed out. Kit Peak has just about every kind of equipment available in the field, he added.

His other career choice would be to go into computer programming, and use astronomy as a hobby.

Competitors in the state wide contest that place first, all around in math, and are seniors, receive a scholarship of \$1,000.00.



Pat Struthers

## Hope, Valby congregations consider sponsoring refugee family

By CATHY PECK

Members of Hope and Valby Lutheran congregations met with Barbara Brocker, of the Lutheran Refugee Program in a preliminary discussion concerning the sponsorship of a refugee family. The presentation, film and discussion were held on April 25.

Refugee families from Indo-China, Afghanistan, Ethiopia, Poland and Rumania have escaped those countries and are seeking asylum. Mrs. Brocker stated, The United States is one of several countries accepting refugees; people fleeing their countries

because they fear persecution for reasons of religion, political activity or nationality, according to Mrs. Brocker.

The refugees seeking asylum in the United States are fleeing communist countries, she said. First countries of asylum are France, Canada, Germany and the United States. Resettlement involves culture and language training, the acquisition of temporary housing, clothing, food and a job. The family's receive support until they begin to become self-sufficient. As families become self-sufficient, they assume total cost

and responsibility for themselves, she continued.

Members of the two congregations voted by a wide margin on Sunday, May 2, to continue their investigation of the sponsorship of a refugee family. A committee of eleven members will look into community resources to study the size and type of family that would best fit into a local community. Based on the information they assemble, the committee will then recommend to the congregation, the feasibility of sponsoring a family. The final decision on whether or not to sponsor a family will then be made by the congregations.

## Sharon Crowell to represent Lone at Ore. Girls State

Sharon Crowell, a junior at Lone High School has been chosen to attend the 42nd annual session of Oregon Girls State. The session is sponsored by the American Legion Auxiliary and will be held June 13-18.

The daughter of Howard and June Crowell of Lone, Sharon will represent the Lone American Legion Auxiliary at the session.

Miss Crowell attended a tea held in Hermiston on Saturday, April 24, and met with other area citizens of Girls State.

Girls are chosen by their qualifications in leadership, character and honesty, cooperativeness, community participation and service and scholarship, it was stated in a

Girls' State Brochure.

The Oregon Girls State program will be limited to a select group of girls who will constitute a model state. They assume the duties of citizens by electing their own city, county, and state officials. They set up their own city and county governments; they conduct court sessions, pass and enforce city ordinances. They elect their own state senators and representatives; and in their legislature, the girls introduce, debate, and pass bills. They will also visit the state capitol. All girls have the opportunity to take an active part in the government program, since they live as self-governing citizens during the full period of the session, the brochure stated.

## Lone student recipient of Scholarship

Lone High School senior Margaret Doherty has been named the recipient of this year's Morrow County Education Association Scholarship. The \$500 award is presented each year to a graduating Morrow County senior who plans on entering the teaching profession after college.

Doherty will enter Oregon State University in the fall and major in elementary education. She is the daughter of Mr. and Mrs. Charles Doherty.



Margaret Doherty

Mr. and Mrs. Cleo Childers request the honour of your presence at the marriage of their daughter  
Laurie Ann  
to  
Mr. Merle Barrow  
Saturday the fifteenth of May  
nineteen hundred and eighty-two  
at two in the afternoon  
United Church of Christ  
Lone, Oregon  
Reception following

Vote May 18 For  
**Richard J. McNerney**  
For  
**Morrow County District Attorney**  
Sue, Boozer & Rick

(Paid for by Richard J. McNerney for D.A.; Dewey West treasurer, 301 Columbia Ave. N.W. Boardman, OR 97818)

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