

Mustangs defeated by Sherman County in titanic struggle

By GLENN SMITH

Tuesday, April 27 was the date for a titanic struggle between the Heppner Mustangs and the Sherman Co. Huskies. The battle ended with Sherman Co. taking home a victory over Heppner with a score of 12-15.

Dale Holland, Heppner baseball coach commented that the team, "hit very well. We just couldn't keep their

hits down long enough for us to win."

Heppner was leading going into the top of the sixth, but there Sherman tied them and in the seventh inning, the Huskies took three more runs to win the game.

Leading hitter for the game was Greg Connor who was three for five including a double and a homerun plus five RBI's.

Sherman Co. 2403231-15132

Heppner... 3200601-1282

Ward, S. Kaseberg 2, Wason 5 and Conner; Holland, M. Way 5, and B. Way; Winning pitcher Wason; Losing pitcher M. Way.

Hits for Heppner: Singles - Groshens, Connor, B. Way, Doherty. Doubles - Groshens, Connor. Triples - Holland, Home Runs - Connor, RBI's - M. Way, Holland 3, Connor 5, Hyatt, Doherty, Grace. Stolen bases - none.

Mustangs defeated by Wasco Co. Redsides, 1-7

By GLENN SMITH

On Tuesday, May 4 the Heppner Mustangs went to Wasco Co. to square off with the Redsides. The game ended in defeat for Heppner, 1-7.

Dale Holland, coach for the Mustang baseball team, reflected that, "It was a much better ball game than the score indicates." He added, "We were ahead for the first

three innings until Wasco Co. scored five runs in the sixth inning."

It seemed that again, pitching plagued the Mustangs although Coach Holland complimented John Murray on his pitching, stating he "pitched very well for the first five innings."

Mark Way led the Mustang hitters with a double and a triple.

Statistics of the game were:

Heppner 1000000-162

Wasco Co. 001105x-771 Murray, Holland 6, and B. Way; Brabender and Ashley; Winning pitcher Brabender, losing pitcher Murray.

Hits for Heppner: Singles - Connor, Holland, Groshens, Doubles - M. Way, Triples - M. Way, B. Way, Home Runs - none. RBI's none. Stolen bases - Holland 2.

Four lone tracksters are on to state

By MICHELLE LARUE

The lone Cardinal tracksters traveled to Umatilla last Friday and Saturday, May 7 and 8, for a district 7A track and field meet. Individuals who finished first or second in an event qualified for the state track meet, to be held at Lewis and Clark college in Portland, May 14 and 15.

Those qualifying for state from lone were Tim Patton,

who soared 6'2" for first in the high jump; Denny Starr, who finished second in both the discus and javelin with throws of 129' and 149'; Donnie Taylor, who after falling in the preliminaries and recovering to barely make it into the finals, finished second in the high hurdles with a time of 16.69; and Margaret Doherty finished second in the 400 meters in 60.4 to finish up the qualifiers for state.

Other individuals who contributed to the boys fourth place finish but not qualifying for state were Craig Hams, third in the long jump with a leap of 19'8", and fifth in the triple jump at 37'9". Jeff Hams contributed a fourth in the long jump at 19'2", a fourth in the 400 meters in 53.65, and a sixth in the 200 meters in 24.4. Howard Leavitt scored points in both the long jump and triple jump

with sixth place finishes in both with leaps of 18'8" and 37'4". Mike Douglas finished fourth in the 3,000 meters in 10:02.9, and Taylor finished sixth in the intermediate hurdles in 45.9. Doherty also finished third in the girls 200 meters in 27.1.

The boys 400 meter relay team consisting of Leavitt, Taylor, Craig Hams and Jeff Hams finished third in 46.4. The boys' team finished

fourth, behind Wahtonka, Sherman County, and Helix, who edged the Cards with 67 points.

Also competing for the Cardinals in their last meet of the season, but not placing were Michelle LaRue in the discus, Jay Love in the shot put and javelin, Donnie Doherty in the shot put, Scott Barnett in the discus, and Randy McCabe in the high hurdles, discus and javelin.

HHS girls' track team takes second

By GLENN SMITH

A district track meet at Umatilla on Friday, April 7, ended with a surprising placing by the Heppner girls' track team. Out of all the schools competing, the Heppner girls won the second place trophy, missing first place over Wahtonka by only six points. The surprise is that Heppner had only six girls competing compared to Wahtonka's sixteen. Dale Conklin, coach for the Heppner track team commented that he felt, "almost everyone was performing at their peak. Many of the placings were personal best of the entire track season."



Five members of the Heppner High School girls' track team will compete at a state meet this weekend at Lewis and Clark College in Portland. They will participate in the 400 meter relay race, the 100 meter dash and high jumps events, said Coach Dale Conklin.

From left to right: Mary Kincaid, Stephanie Payne, Jodi Padberg, Pam Orr, Janelle McElhany and Coach Conklin.

Placings for the track meet were as follows: The girls 400 meter relay team of Mary Kincaid, Stephi Payne, Janelle McElhany and Jodi Padberg took first place, (time :53.1) while the 1,600 meter relay team of Pam Orr, Janelle McElhany, Jodi Padberg and Mary Kincaid took fourth place, but set a new school record for that event with a time of 4:29.7. Second place finishes for the girls included Mary Kincaid in the high jump, leaping 5'1", and Stephi Payne earning second in the 100 meters.

Pam Orr did very well, securing two third places, one in the shot put and the other in the 300 meter low hurdles, running a fast :48.8 and set-

ting another new school record for the girls. Stephi Payne received fourth in the 200 meter dash with a time of :27.4. Three sixth place finishes, one by Anne Murray in the javelin with a heave of 94', another by Janelle McElhany in the 100 meter high hurdles at :18.2; and the third by Diane Garrett in the high jump at 4'6", wrapped up the girls scoring at district.

But the girls aren't stopping there. Five girls, Mary Kincaid, Stephi Payne, Janelle McElhany, Jodi Padberg and Pam Orr will be going on to compete at the state track competition.

Although they did not place as many times as the girls, the boys' team performed just as ably with Sid Kennedy leading the way with his awesome 148' javelin throw to earn a third place ribbon. He was followed by Duane Garrett springing 10'6" for a fifth place and Jeff Orr high jumping 5'8" for another fifth place win.

Coach Conklin stated that he was very excited over the results. "I can't wait until state to see how the girls who are going to state, perform," he said. "I also hope that we can find more people to join track to help add depth to our team next year."

Your Mental Health

Aging and mental health

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

By Terrel Templeman, Ph.D.

Besides being Mental Health Month, May was recently designated by President Reagan to recognize the elderly in our country. The coincidence of both designations for the same month I believe is important because mental health problems of the elderly have been a rather neglected area in the mental health field.

Life does not necessarily get easier as we get older. It is estimated that 5.8 million Americans over age 65 have significant mental health problems. Depression, confusion, anxiety, suspiciousness and even drug abuse are unfortunately just as common among senior citizens as they are among other age groups. If fact, depression and suicide risk may be more common among the elderly, especially men over aged 75.

There are many reasons for depression in our later years. Losses are more likely the older we get, and the loss of a loved one—especially a husband or wife—is perhaps the most stressful event in anyone's life. Thoughts of one's own mortality and death are also more prevalent as we grow older. Adjustments in

declining health can be difficult, especially for a formerly active person. Older citizens often live on fixed incomes, which restricts the variety and number of things that they can do with their lives. Physical limitations are also more pronounced, including failing eyesight and hearing impairments, which make it more difficult to get around or even communicate with others. Older persons are frequently more sensitive to the side effects of medications than are younger persons. Ironically they may also rely more upon medications to maintain declining health than they did at a younger age.

Although the elderly experience a variety of mental health problems, these problems are treatable and in many cases preventable. Too often the depression, withdrawing from others, suspiciousness, or confusion that the elderly experience are discounted by the rest of us as senility or as natural symptoms of old age. Actually, people with quite serious symptoms may improve if only some attention is paid to them. For example, confusional states may respond to changes in diets or medications. A medical exam by a physician may be the most helpful in this regard. Consulting an eye doctor or a hearing specialist may not only improve eyesight and hearing,

but make it easier for the elderly person to converse and socialize with others. Exercising and participating in recreational activities, getting out to visit or shop may help the older person to feel motivated about life again. Talking over problems, such as losses or fears, with a friend, a pastor, physician or mental health professional can be of great benefit to those with personal problems. Maintaining a daily routine which gets the person out of bed, away from the television will help both physical and mental functioning. Finally, recent studies suggest that caring for pets or plants can be therapeutic for an elderly person, especially one who no longer has dependents to take care of.

There are of course many elderly people who are both mentally and physically healthy. Old age need not be the source of dread that it once was. I believe the key to continued mental health in older years is to be aware of our changing health needs to see that they are being met.

Water Supply Outlook

The Morrow County Soil and Water Conservation District has released the following Water Supply Outlook.

Water supplies will be very good this summer in Gilliam, Morrow and Umatilla counties. Streamflow ranges from 105 percent of normal on Rhea Creek to 164 percent on McKay Creek.

The snowpack is much above normal, ranging from 128 percent on the Walla Walla to 186 percent of normal on McKay Creek.

Precipitation for April was 93 percent of normal and 107 percent for the November-April season.

Reservoir storage is above normal for this time of year.

Cannons winners of lone Yard of Month Award

The lone Garden Club has chosen the yard of Pete and Laurel Cannon as Yard of the Month winner for the month of May. Their home is located at the corner of Second and D streets in lone.

Features that influenced the judges decision were the open chain-link fence in front, allowing those who pass by to view the tidy lawn and flower beds, said a garden club spokesperson.

Providing color, are clumps of pink and red tulips, basket-of-gold and lunaria; also some crown imperial

lilies, also known as skunk lilies because of their odor. A large Persian lilac, near a corner of the house, makes a point of reference and is balanced at the fence line by a row of plum shoots, which make an interesting screen between the Cannon's yard and their neighbor's.

Mrs. Cannon confessed that she really enjoys digging dandelions; finding it relaxing. Mr. Cannon is in charge of the vegetable garden in the back of the yard, concluded the spokesperson.

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