

## Around About By Justine Weatherford

After hearing about and viewing TV pictures of the damaging storm in California all week long, it was surprising and most pleasing to have such a beautiful Sunday here—a super Sunday for January 30—from the morning's bright sunshine into the clear night's brilliant moonlight.

How glad I am to have us move into a shorter month—January always seems extra long, to me, even though six other months have just as many days. Maybe it seems so long because its only special day is its first day, and New Year's/Day sort of blends in with the Christmas holidays.

Last week I enjoyed writing Weatherford articles for the county history book, and also, I had the fun of doing a little typing and writing for some friends. Because I am very inefficient about keeping a good home filing system, I often have a terrible time locating various newspaper clippings and items I have tucked away. Last Sunday afternoon I had determined I would really exert some strong self-discipline and get lots of papers stuffed willy-nilly in boxes and drawers into better order. So I refused several invitations to attend worthwhile community events to stay at home and work.

However, I made a fatal mistake. I flipped on my TV just to see how the Redskins and the Dolphins might be doing—and I found them doing such an exciting job in the Super Bowl that I sat almost glued to the TV from just after 3 p.m. until that fabulous game ended at nearly 6:30 p.m. As I watched alone and quite spellbound, I thought several times how my late husband Bill would have enjoyed that thrilling football game. So now I must try again for that self-discipline I so easily postponed.

Perhaps you noticed that Dick Schaap, the well known sports writer and TV personality, chose to write about a Philomath, Oregon girl, Tami Maida, as one of the athletes he has met, interviewed and sincerely admired. Tami attracted considerable media attention last year when she was the starting quarterback on Philomath High's freshman team. Schaap praises her and describes her behavior during his interview with her in his article in the "Parade" section of the January 30, "Sunday Oregonian."

Although I didn't attend last weekend's Heppner High basketball games I have now read about them and have heard personal reports of the boys' breathtaking one-point win last Friday over Umatilla and then of their heart-breaking one-point loss to Wahtonka on Saturday night. Such excitement in the high school gymnasium—such tremendous displays of athletic talents. One friend also described an exciting Heppner girls' basketball game, telling me how hard the girls played and how hard the referee worked, too. The official she especially enjoyed watching was Heppner's popular troubadour, Ron McDonald.

Quite a few readers of the "Reader's Digest" and viewers of TV's "60 Minutes" have been concerned during January by the article and the TV segment which featured the matter of "Where Your Church Offerings Go." Both the written and TV production seemed to stress that the National Council of Churches of Christ, to which many of our denominations belong "has been increasingly contributing to political causes that are inappropriate." They claimed that the church money is sent to places in Asia and in Central America and Cuba where it could be actually funding and supporting Communist governments or movements.

Last Sunday, the Rev. Mike Sheridan of the Heppner United Methodist Church addressed this matter in his sermon, and he made available reprints of the N.C.C.C.'s written response to the criticisms which had been leveled about its distribution of church funds. This document is reassuring to some of us who were disturbed by our recent reading and viewing, because it states positively "the N.C.C.C. does not fund or otherwise support Communist governments or movements anywhere in today's complex world." Instead, the N.C.C.C. works "through churches in more than 90 countries under many forms of government to meet human needs, to strengthen the community of faith, and to seek change in the underlying causes of need and injustice."

The organizational statement stresses that the millions of dollars contributed by members of Christian Churches in the N.C.C.C. are used as Christ commanded "to feed the hungry, to clothe the naked, to visit the sick and imprisoned, and to set at liberty those who are oppressed." I, for one, was satisfied and relieved to study this response and rebuttal to the disturbing, recent news stories.

Last Sunday afternoon, Morrow County Historical Society members and friends enjoyed a potluck dinner and slide showing of several of their recent group tours out at the county fairgrounds. They also considered some ideas for future group tours.

Church affairs were surely significant news in our community last weekend. At the official dedication of the newest church building, the Christian Life Center, a very large crowd of well-wishers, both clergy and lay persons, many coming from distant communities, gathered to enjoy the ceremonies. I hear that everything was great, the program was most satisfying and the musical numbers were inspiring. Most of the multitude went up to the high school for refreshments after the conclusion of the dedicatory program.

At St. Patrick's Catholic Church the congregation bid farewell to their temporary priest, the Rev. David Hazen, at an after-church coffee. This Tuesday Monsignor Raymond Beard will come back to serve the Heppner and Ione churches. He will be officially welcomed by the two congregations next Sunday.

## Coping with farm stress

By DR. TERRY TEMPLEMAN  
Program Director  
Morrow Co. Mental Health Services

Most people in Morrow County are familiar with the stresses of farming. As spring plowing approaches many

local farmers are already getting itchy feet about getting back into the fields. They are already thinking about equipment that needs overhauled or replaced, wondering what the market will be like this year, trying to figure out what P.I.K. (Payment in Kind Program) is all about, get-

ting the books in order for taxes, learning about new varieties of grain, thinking about the effects of recent weather on their crops, and maybe wondering whether to take out the next loan now or wait until interest rates decline further. There are literally dozens of

things to worry about, depending upon a farmer's nature. For the worriers, the stresses of farming can become unbearable pressures, leading to health problems, sleepless nights, irritability and tension.

I once asked a farmer how he could put up with the various pressures of farming, and he quoted to me the Serenity Prayer: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." It struck me that for farmers in general, the biggest part of coping with stress is knowing the difference between what one can change and what one cannot change. Equipment breakdowns are a good example. In a recent survey in "Successful Farming" magazine, farmers ranked machinery breakdowns as one of the most stressful events in their lives.

A good portion of this stress may be due to the farmer believing he should be able to prevent all or most breakdowns before they occur, when in fact many breakdowns are probably beyond his control.

Farmers are not the only ones thinking about the stresses going back into the fields this spring. Farm wives may already be thinking about the little time they will see their husbands at home, the interruption of their routines when they are needed for help on the farm, the uncertainty about when to expect a husband home for dinner, or trying to make conversation with a man who may be too tired to say anything when he does get home. Here again the farm wife may plan for these events or she may worry about them. For her too, knowing what she can control and what she cannot as the spring work begins will make a big differ-

ence in how she copes with stress.

Like all rewarding occupations, farming involves a certain amount of stress which makes it challenging. Successful farmers and their families have learned how to cope with the stresses without being overwhelmed by them. They know that, as the Serenity Prayer says, there are some things one can work to change and do something about and there are other things, like the weather or equipment breakdowns, which just have to be accepted as part of their everyday lives.

For more information about farm stress and its effects locally, local farmers, ranchers and their families are invited to attend a Farm Stress Workshop, sponsored by Morrow County Wheat Grower's League on Monday, February 7, from 7 to 10 p.m., at the Heppner High School Cafeteria.

## Corps makes final plans

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provide for stock watering and irrigation requirements. If construction progress allows, remaining Willow Creek flows will continue to be stored until the lake reaches an elevation of 2,047 feet, which will be the normal pool level.

As the lake fills, Corps personnel will be monitoring the various instrumentation installed into the dam and noting how the structure reacts to initial filling. Some minor seepage of water through the dam may be observed during and after

initial filling. This is normal and may be expected to occur to some degree in all concrete dams, Dugger explained.

A drilling operation is currently underway at the dam. The purpose of the drilling is to provide holes for foundation drainage and post construction measurements and testing. Some holes are drilled to the point where the dam interfaces with the foundation rock so that this area can be pressure tested to determine how well the dam has made contact with the foundation

rock. This drilling and testing operation is scheduled for completion this spring.

Should the tests indicate that contact at the interface needs to be improved, grouting material will need to be placed into this area to reduce seepage. Should this be required, the lake will be brought down to the minimum level of 2,000 feet. When grouting is completed, the lake will be refilled to 2,047 feet as soon as flows into the lake will permit, he said.

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