



Farm Family STRESS

This is the first of a five-part series about stress and farm life. The series was prepared by Marcelle Straatman, Oregon State University Extension Human Development Specialist. Persons wishing additional information may wish to purchase the Extension Bulletin, "Thriving on Stress," for 25 cents at the Extension Office.

Lou is frustrated and agry; his lender is reducing his operating loan by several thousand dollars. Sally, finishing bottle feeding 20 lambs, returns to the house and a broken washing machine and a sink full of dishes. Husband Ed is off for his morning gab session and coffee at the local farmers' hang-out. She does a slow burn as tears come to her eyes.

While Maggie hurriedly paints the bedroom walls in preparation for a visit from her parents, she plans a special dinner party in their honor and thinks about what she must get ready for the accountant who starts their farm taxes next week.

Ted's restless and can't concentrate. He's worried about the storage shed filled with onions and prices that won't pay fertilizer and labor costs.

These farm men and women are reacting to stress. Overload, uncertainty, and inconveniences seem to threaten their physical and mental composure every day. Although we will concentrate on farm life in this series of articles, the stress of everyday hassles with an occasional crisis attacks all

ages and sexes at home, on the job, at school and at play.

Any change in ordinary routines causing imaginary or real threats to your physical or emotional safety produces stress reactions. Positive changes, such as a new baby or winning a lottery, produce the same stress reactions as a call from the IRS or a sudden drop in prices.

When events are viewed as unpleasant or negative—that's distress. Dr. Hans Selye, a prominent authority on stress, invented the word "Eustress" to identify the positive kinds of stress.

Stress is an unavoidable part of being alive. It stimulates action and progress. It helps you get jobs done like the room Maggie is painting before her parents arrive. But too many demands from yourself or others can be overwhelming. Big problems like cash flow and marketing are never-ending in a farm operation. However, for most farmers and others it's the "pile-up" of unresolved daily hassles that extract a toll on their health and outlook.

Dr. Selye calls stress "the spice of life." He went on to say there are "race horse people" who seek stress and love every minute of it. Others are "turtle people" who prefer a more evenly-paced life. If you happen to be a turtle person, you're going to be miserable in a horse race. To regulate stress in your life, it's necessary to understand what it is, what it does to your body and head, and how to keep it at a livable level.

Events or obstacles demanding drastic change are stressors. The body's automatic physical reaction, stress, is a fast and efficient reaction to danger. Whether the stressor is real or imagined, your biochemical and nervous system respond to threats to your safety with a rush of hormones and adrenalin that trigger rapid heart beat, increased blood pressure, and oxygen intake. The body is strengthened for swift action.

Stress is the energy that helps you protect yourself if a bull is on

the loose or if a driver fails to yield the right-of-way in an intersection. It's the automatic response to heat that causes sweating or "goose-bumps" if you're chilled. It responds to imaginary fears too like "stage fright" or those preceding a visit to the dentist.

After stress mechanisms are primed for action, the energy created is used and the body returns to normal. This process is often described as "build up, blow up, and fold up." It's a healthy part of living when you bounce back quickly.

Varsity Fillies lose to Umatilla

By DANA REID

The Varsity Fillies went up against the Umatilla Vikings Thursday, October 11. The match was at Umatilla.

Heppner started the game with possession of the ball. A foot fault on the serve was called and the ball was turned over to the Vikings. Umatilla served and they received the first point. The game was close as both teams were playing equally. Heppner was serving well and the Vikings were having trouble receiving the ball. The Fillies called a time out with Umatilla ahead 14-13. They went back into the game and Umatilla scored the

last point giving them the game. The final score was 13-15.

The second game was started by the Umatilla Vikings serving. The serve didn't quite make it in and the ball was turned over to the Fillies. Heppner then served and received the first point. Umatilla had some excellent and very hard spikes but Heppner made no attempt to return the ball. Umatilla won the game and just out played Heppner all the way around. The final score was 6-15.

"We didn't play as well as we did at home. We choked and Umatilla was able to score easily," commented Coach Barb Stefani.



Bowling News

Koffee Kup Keglers

October 11, 1984

	Won	Lost
M.C.G.G. No. 2	16	8
The Dregs	15	9
No Pin Hitters	13	11
The Pytts	12	12
Three-Holers	12	12
The Hopefuls	11	13
The Gutter Dusters	10	14
The Hi-Ho's	7	17

High game: Marie Rudisill-193.
High series: Millie Hanna-528.
High team game: No. 4, Hi-Ho's-480.
High team series: No. 4 Hi-Ho's-1331.

Split conversions: Millie Hanna-5-10, 4-5, and Cindi Doherty-5-10.

Thursday Night Ladies

October 11, 1984

	Won	Lost
B.P.O.E. No. 358	17	7
Bark 'N Chips	15	9
Depot Nursery	14	10½
J & J Ceramics	13½	13
Ray Boyce Ins.	11	5
The Country Rose	9	15½
B & C Repair	8½	16

Splits converted: Terry Smith 5-7-9 and Joan Tanory 5-8-10.

High game: Bobbi Childers-191.

High series: Martha Doherty-496.

Spartimers

October 9, 1984

	Won	Lost
Coast to Coast	18	6
Gardners	15	9
Petersons	13	11
Central Market	12	12
Len's Processing	10	14
M.C.G.G.	10	14
Sears	10	14
Les Schwab	8	16

Splits converted: Chris Limanen 5-10, Vonnice Lovgren 5-7-9, and Kerry Pettyjohn 4-10.

High Game: Inetia Cantin-209.

High series: Chris Limanen-575.

Dime A Dozen

October 15, 1984

	Won	Lost
No. 2	15	9
No. 8	14	10
No. 6	14	10
No. 7	12	12
No. 4	11	13
No. 1	10	14
No. 5	10	14
No. 3	10	14

High game: Joyce Winters-169 and Dave Zachery-203.

High series: Gary VanArsdale-522 and Billie Doherty-447.

High Team game: No. 6-764.

High team series: No. 6-2179.

Wranglers slate meeting Oct. 25

The Wranglers have announced that they will be meeting on

October 25, 7 p.m. at the Morrow County fairground annex building.

Heppner Nazarene slates prison film Oct. 21

Heppner Church of the Nazarene announces they will be showing a motion picture release of International Prison Ministry of Dallas, Texas, entitled "Honey, Your Mama's in Prison."

The film is a unique look at the importance of the family and the tragedy of family break-up as seen through the eyes of mothers who have been imprisoned for murder, assault, trafficking in drugs, forgery, and embezzlement.

It was filmed inside one of the largest women's correctional facilities in the United States-Florida Correctional Institution, Lowell, Florida. The entire prison popula-

tion of 650 inmates were involved in the making of the 45-minute documentary as were the officers and staff of the institution. Family members of some of the inmates were also interviewed.

International Prison Ministry, the producer of the film, is a non-denominational organization whose principal work is providing free Bibles and books to prisoners in over 6,000 prisons and jails in the United States and Canada.

The film is free to the public and will be shown at the Heppner Church of the Nazarene at N. 345 Gilmore St. on Sunday, October 21, 6 p.m.

Shakespearean actor stops by to visit local friends

By JUSTINE WEATHERFORD

The Ashland summer play season ended on Sept. 30, after 101 performances which were attended by 114,794 people according to a press release. One of the star

performers, Todd Cohen, came to visit friends in Morrow County and to spend his first few days on a wheat ranch with the Ken Turner

Family in Sand Hollow. Cohen, who played Troilus in "Troilus and Cressida"; was also Tranie in "The taming of the

Over the Tee Cup

The following results have been submitted for Ladies Day at the Willow Creek Country Club in Heppner:

For Oct. 10: Low score-Naoma Bailey, Second low-Dee Jones, Chipping into Ball-Alma Green.

Morrow Co. Fair & Rodeo announces dates for '85

The Morrow County Fair and Rodeo Board has announced that the 1985 Fair and Rodeo will be held during the week of August 11 through 18, with the rodeo being on the 17th and 18th.

Projections of increased exhibits, both inside and out, and a jam-packed two days of top quality rodeo performances will give spectators the chance to view the best of Morrow County's extravaganza, says Merlyn Robinson, vice president to the board.

According to Mrs. Robinson, the scheduling for specific events is still being coordinated, but the

following has been tentatively arranged:

Sunday, Aug. 11, the Morrow County Horse Show will kick off the week's events.

Thursday, Aug. 15 through Sunday, Aug. 18, all fair exhibits will be on display.

Saturday, Aug. 17, the traditional morning parade will precede the action-packed weekend with two major rodeo performances on Saturday and Sunday, Aug. 17 and 18.

The Fair and Rodeo Board welcomes the input and cooperation of all interested people and organizations in the area, concluded Robinson.

County school district to begin 'Challenge Program'

Advanced students in grades five through eighth from all schools in Morrow County will gather at Heppner High School on Wednesday, October 24 at 1 p.m. for a first activity in a new school district program called the Challenge Program.

The activity will be headed up by Heppner High science teacher Steve Brownfield who will present a special class entitled, "All You Ever Wanted to Know About Microscopes...And More."

Arrangements have been made with Blue Mountain Community College to use special microscopes from the college's science department. Approximately 30 students will take part in the afternoon's program of demonstrations and hands-on exercises, said a school district spokesperson.

Future Challenge Program activities will provide opportunities for advanced students to have

stimulating additional experiences in topics chosen from all of the academic disciplines including science, language arts, mathematics and social studies.

Students are being selected for participation in the Challenge Program on the basis of having scored above the 95th percentile on standardized tests in both academic achievement and educational ability.

The Challenge Program is designed to give the entire district's top students an opportunity to study together, work with challenging problems, gain exposure to new and diverse topics, ideas and people and explore interest areas on an advanced and intensive basis.

The Challenge Program is viewed as an additional effort to meet the educational needs of all students in the school district, the spokesperson concluded.

Port of Morrow to meet

The Port of Morrow has announced a second public meeting set for

Tuesday, Oct. 23, 1 p.m. at the port office.

PMH Auxiliary to meet

The Pioneer Memorial Hospital Auxiliary will be meeting Monday, Oct. 22, 7:30 p.m. at the upstairs

solarium, says an auxiliary member. All members and interested persons are invited.



HUNTERS Save Your Hides

Donate your Deer & Elk Hides for the Veterans Rehabilitation Center

Look for hide barrels around town

Heppner Elks 358



FARMERS

Get Your Seed Treating Material Now!

For Smut in Wheat & Barley

Terracoat LT2 Vitavax 25DB
Granox N-M (Maneb-HCB) Dust
Vitavax 200 (Flowable)

For Wireworm in Wheat & Barley

Available Now At
PETTYJOHN OIL AND CHEMICAL COMPANIES
Lindane 75W Drinox 34HC
422-7511

CARPETS '2 sq. yd. OFF

All Columbia-Downs and Bigelow Carpets

Beginning Oct. 11th for two weeks

LABOR FREE
WHICH MAKES SAVINGS OF
'5 OFF

CASE FURNITURE

676-9432

Heppner

Main St.



GALLAHER FOR JUDGE

✓as the father of 3 young children Dave has a stake in our future

✓as an energetic young lawyer Dave has many years of service ahead

✓as a vigorous prosecutor, Dave has up-to-date experience and knows how to deal with crime

✓as a concerned citizen Dave will bring Justice into our courts

FOR JUDGE

pd. Gallaher for Judge Committee
Michelle Hallman, Treasurer