

DEVICES: Constant news checking breeds anxiety

Continued from page 3

the brain mostly operates from a fight-or-flight response mode. It “seeks out quick fixes to feelings of anxiety,” according to Price.

For example, your rational brain might think meditation, prayer, or exercise sounds like a good idea. Price said, “Your more primitive brain is like, ‘That sounds hard. Why don’t I just have a drink?’ Our brains are going to seek out rewards, something that will trigger the brain to release the chemical dopamine.”

Dopamine produces a temporary feeling of goodness, a mini-high. Common “quick fixes” for dopamine rewards include alcohol, tobacco, and drugs. Most people understand that these substances cause health problems and can lead to serious addictions that destroy lives.

“Alcohol and drugs most definitely activate trigger dopamine circuitry in your brain,” said Price.

“Interestingly, the news does too,” she said, “because novelty is a really big dopamine trigger. So every time you check the news and find something new waiting for you — which you will, every single time, because it’s the news! — your brain is going to release a little bit of dopamine.”

On a quick-fix level, that dopamine hit makes us want to repeat the behavior. It doesn’t matter if the news is unhelpful or makes you stressed out or breeds even more anxiety.

Price said, “Your brain does not care. It’s just like, ‘Oh, I got a hit of that new

stuff. I’m going to do it again.”

Today’s newsfeeds and social media apps are built by designers and engineers trained in provoking that dopamine response. Interface design elements — scrolling and “pulling” the bottom of a phone to refresh the screen — work in tandem with content algorithms to keep users coming back. This produces more advertising revenue for media companies.

Price believes it makes sense that we would try to relieve our anxiety by turning to the news.

“We’re hoping to find answers,” she said. “We’re hoping they’re going to tell us the pandemic is slowing down, a vaccine has been discovered, or that a common throat lozenge is the cure.”

Looking for a concrete answer and not finding it causes more anxiety. This is “sending our rational brains even further under that rock,” according to Price.

To crawl out and start feeling better, people can use solid techniques for reducing device and news engagement. (*See “Seven Steps to Sanity,” page 17.*) Upcoming issues of *The Nugget* will feature special advice for families and kids who are sheltering in place.

HOUSING: Habitat will build six townhomes

Continued from page 3

the process. Habitat requires that families receiving homes put in 200 hours of “sweat equity” working on building Habitat homes or in support roles helping the organization.

“We have selected families, but they haven’t hit that threshold yet,” Weed said.

Hall noted that all six townhomes will be also be Earth Advantage Platinum certified, resulting in low utility expenses for the owners.

The process of applying for LIFT funding delayed the start of construction, which has been further impeded by the shutdown associated with the battle against COVID-19.

The shutdown has severely impacted Habitat’s operations, particularly impacting its Thrift Store and ReStore, which provide key revenue for Habitat’s work.

“It’s horrible,” Weed said. “Our stores are closed, our revenue streams have dried up. Maybe when we’re getting ready to come out of this, we’ll be ready to break ground over there.”

Ghost Town...



PHOTO COURTESY BARRAGE STUDIOS

Sisters is taking the mandate to stay home seriously. Sisters was eerily quiet in last weekend’s snow showers.

YOUR SAFETY IS OUR PRIORITY!

Driving in separate work vehicles
Wearing protective gloves & face masks at all jobs
Maintaining appropriate distance
Daily cleaning of vehicles & tools

Sweeney Plumbing
541-549-4349

LOCAL. RELIABLE. PROFESSIONAL. 260 N. Pine St., Sisters
Licensed / Bonded / Insured / CCB#67587

Gypsy Wind Clothing

Good News in Tough Times...
WE ARE EXPANDING & MOVING!
We are working hard at getting the new space ready for our unveiling and will reopen as soon as possible!

NEW ADDRESS: 183 E. HOOD AVE., SISTERS

Serving Sisters Since 1976

HOYT'S HARDWARE & BUILDING SUPPLY, INC.

Need to get going on spring projects? We've got everything you need!

FREE Local Delivery

Lumber • Hardware • Paint
Fencing & Decking • Doors & Windows

Hours: M-F 8 to 5, Sat. 8 to 4:30, Closed Sundays
440 N. Pine St. • 541-549-8141 • www.hoyts.net

Community newspaper advertising gets seen!

Display ads in The Nugget start at \$27.20/week

Call your community marketing partner, Vicki or Patti Jo, to discuss promoting your business to every household in the Sisters area.

541-549-9941

AUTHENTIC JAPANESE, SUSHI, ASIAN

OISHI
Japanese Restaurant

WE ARE OPEN FOR TAKE-OUT ORDERS ONLY

Tues.-Fri. 11 a.m.-3 p.m., 4-8:30 p.m.
Sat. & Sun., 12-3 p.m., 4-8:30 p.m.
Closed Monday

DOWNTOWN REDMOND
511 SW 6TH ST.
541-548-3035

Victory for Life!

Celebrate Easter online with Highland Baptist Church
www.hbcredmond.org

During this difficult time, we continue to worship, pray for our community and nation and minister to people.

Need prayer? prayer@hbcredmond.org

Highland Baptist Church
3100 SW Highland Ave., Redmond
541-548-4161 • hbcredmond.org

hbc