

# Outdoor Rec / Local

## FARM / RANCH



12 yr.-old sorrel mare. 14 hands high. \$1000. 541-519-5035.

## HELP WANTED

**BAKER SCHOOL DISTRICT** is currently accepting applications for two **Paraprofessionals** for the summer program **“The June Experience.”** For a complete description of the position and the application process, go to Job Openings at [www.Baker5J.org](http://www.Baker5J.org). You may also call Cathy Martin at 541-524-2261, or email at [cathy.martin@bakersd.org](mailto:cathy.martin@bakersd.org). 4.28

**BAKER SCHOOL DISTRICT** is currently accepting applications for two **Paraprofessionals** for the **Jump Start Summer Program.** For a complete description of the position and the application process, go to Job Openings at [www.Baker5J.org](http://www.Baker5J.org). You may also call Cathy Martin at 541-524-2261, or email at [cathy.martin@bakersd.org](mailto:cathy.martin@bakersd.org). 4.28

## HERBACIDE GIVEAWAY

For 2017, Baker County Weed District will again be giving out herbicide on the following locations, dates, and times. This fully mixed, ready-to-go herbicide will be targeting whitetop and scotch thistle. Folks need to bring chemical-resistant containers, preferably gas or oil cans, and a pair of chemical-resistant gloves. Please, no food containers. There will be a five gallon limit imposed for each residence. Note location for Baker City Giveaways!

Where	Date	Time
Huntington Lions Park Richland/Halfway Wildflower Corner Baker City	May 5	9:00 - 12 AM
Old ODOT Building 1050 S. Bridge Baker City	May 12	7 - 12 Noon
Old ODOT Building 1050 S. Bridge Street Baker City	May 20	7 - 12 Noon
Old ODOT Building 1050 S. Bridge Street Hereford Hall Unity Hall	May 27	7 -12 Noon
	June 2	9 - 10:30 AM
	June 2	11:00 - Noon

## Man arrested in shooting of 25 elk

On April 8, 2017, at about 9:30 a.m., the Oregon State Police Fish and Wildlife Division arrested Larry Harshfield, age 69, of Wallowa, following a search warrant and concluding an extensive investigation into locating 25 elk carcasses in various states of decay. Twelve of the elk carcasses were located on the Harshfield property and 13 more were located on adjoining property. None of the elk carcasses appeared to have had any attempt to salvage meat from them.

Harshfield was arrested for 12 counts of Unlawful Take of Elk in a Closed Season, and 12 counts Waste of Elk for the dead elk found on his property. He was lodged at the Wallowa County Correctional Facility and additional charges for the 13 dead elk found on the adjoining property have been referred to the Wallowa County District Attorney for consideration.

A violation of any provision of the wildlife laws (such as the unlawful take of elk), or any rule adopted pursuant to the wildlife laws, is a Class A misdemeanor if the offense is committed with a culpable mental state in Oregon. If convicted, a person can be charged with the maximum penalty of \$6250, have their hunting privileges suspended and forfeit weapons or other items used in the commission of the crime(s).

Anyone with information regarding wildlife violations is encouraged to report the information to the Oregon State Police Turn in Poacher (TIP) hotline at 1-800-452-7888. Information can remain anonymous.

TIP Hotline: 1-800-452-7888 (24/7)

TIP E-Mail: [TIP@state.or.us](mailto:TIP@state.or.us) (Monitored M-F 8:00AM - 5:00PM)

(Please use the TIP Hotline for Weekend and Evening Reporting)

Information on the T.I.P. Reward Program:

The Oregon Hunters Association offers rewards to persons, through their T.I.P. fund, for information leading to the issuance of a citation to a person(s), or an arrest made of a person(s) for illegal possession, killing, or taking of bighorn sheep, mountain goat, moose, elk, deer, antelope, bear, cougar, wolf, furbearers and/or upland game birds and water fowl. T.I.P. rewards can also be paid for the illegal taking, netting, snagging, and/or dynamiting of game fish, and/or shell fish, and for the destruction of habitat.

In addition rewards may be paid for information leading to the issuance of a citation to a person(s), or an arrest made of a person(s) who have illegally obtained Oregon hunting/angling license or tags. People who “work” the system and falsely apply for resident license or tags are not legally hunting or angling and are considered poachers.

Rewards:

Bighorn sheep, mountain goat, moose \$1,000

Elk, deer, antelope \$500

Bear, cougar, wolf \$300

Habitat destruction \$300

Illegally obtaining Oregon hunting or angling license or tags \$200

Game fish, shell fish \$100

Upland birds, waterfowl \$100

Furbearers \$100

## Hunting tags reduced due to winter loss

Temperatures never reached freezing for 28 consecutive days and hit as low as -23 in Baker County this past winter. The snow depth exceeded 18 inches throughout the county.

District Wildlife Biologist Brian Ratliff compared this year’s winter to 1993-94. “It came early, it lasted long and the snow kept accumulating,” he said. “We have had winters like this historically but not in the last 10 years.” Early spring flight surveys of mule deer showed the winter took a toll on mule deer. Usually, surveys count fawn ratios (fawns per 100 adults) in the mid-30s. This year, 11 fawns per 100 adults on average were counted across the county with some units being as low as 8 per 100 adults. While the average winter loss of adult radio-collared does being studied in the Blue Mountains is around 8 percent, Baker County lost 32 percent.

The region’s Rocky Mountain elk fared better due to their larger size, so there are no reductions in elk tags. “We saw some elk mortality, as we always do, but it was not significant,” Ratliff explained. “Due to their size, elk can generate more body heat at less energetic cost and they can get thru crustier snow easier than smaller ungulates like deer and pronghorn.”

ODFW is reducing pronghorn and mule deer controlled tags in the units effected to conserve wildlife populations. Hunters in these units should expect to see fewer yearling animals (spikes and 2-points) this fall. (These age classes made up about 33 percent of Baker County’s harvest last year.)

Baker County pronghorn and buck tags will be reduced by 50 percent, and two doe hunts on agricultural lands will be cancelled. Union County tags will be reduced 35 percent. Malheur County tags will be reduced by 40 percent in the Beulah Unit and 25 percent in the Owyhee Unit.

A table with this press release and the breakdown of reductions is here: [http://www.dfw.state.or.us/news/2017/04\\_apr/041417d.asp](http://www.dfw.state.or.us/news/2017/04_apr/041417d.asp).

## — SPOTLIGHT ON MENTAL HEALTH —

# Suicide Prevention

BY SUNNY WERNER  
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According to the World Health Organization, 800,000 lives are lost to suicide annually.

Suicide is a major public health concern. According to the National Institutes of Mental Health, over 40,000 people die by suicide each year in the United States; it is the 10th leading cause of death overall.

Almost everyone has been affected by the loss of friends or family members to suicide. In rural areas the losses affect the whole community whereas, in densely populated towns and cities, the families often mourn alone.

Anyone can be a victim of suicide. From famous stars to tragically young preteens, from isolated and lonely elders to those who appear to have not a care in the world, the news and social media keep us apprised of the mounting numbers.

The reasons for someone to end their life are as varied as the individuals who suffer, but some of the most common issues are:

- Depression, other mental disorders, or substance abuse disorder
- Certain medical conditions
- Chronic pain
- A prior suicide attempt
- Family history of a mental disorder or substance abuse
- Family history of suicide
- Family violence, including physical or sexual abuse
- Having recently been released from prison or jail
- Being exposed to others’ suicidal behavior, such as that of family members, peers, or celebrities (National Institutes of Mental Health)

It is important to remember that, while many people have one or more of these issues present, that doesn’t mean they will be victims.

Teen suicides caused by bullying, both online and in person, continue to increase.

Suicide is the second leading cause of death among young people aged 15-34 resulting in about 4,400 deaths per year, according to the CDC. For every suicide among young people, there are at least 100 suicide attempts. Over 14 percent of high school students have considered suicide, and almost 7 percent have attempted it.

Studies by Yale University have determined that victims of bullying are

between two to nine times more likely to consider suicide.

The 22-per-day veteran suicide statistic issued by the Veteran’s Administration has recently been found to not be an accurate representation; the numbers may be even higher. New research has found that the statistics were drawn from a smaller reservoir of facts than previously published. Researchers found that the risk of suicide for veterans is 21 percent higher when compared to civilian adults. From 2001 to 2014, as the civilian suicide rate rose about 23.3 percent, the rate of suicide among veterans jumped more than 32 percent.

The problem is particularly worrisome among female veterans, who saw their suicide rates rise more than 85 percent over that time, compared to about 40 percent for civilian women.

Women veterans are more likely to be successful in a suicide attempt than non-veteran women because they tend to use more lethal methods.

The actual numbers of women veterans lost to suicide are under-reported and underestimated, most often because they are not identified as veterans. Because these numbers are not accurate, there is a severe lack of treatments and interventions that are gender-specific.

Elder suicide rates are also climbing dramatically. Whereas the population of those 65 and older comprises 13% of the total population of the U.S., elder suicides account for 18% of the total suicides. Suicide in the elderly is most commonly precipitated by untreated depression, according to Suicide.org.

To make matters worse, approximately one-third of the elderly suffer from untreated depression.

Many seniors have the belief that depression is a normal part of ageing. This is most certainly not the case and, with the necessary medical care and interventions, seniors can expect to live the rest of their lives as fully as in their younger years. There are several medical issues which may increase the danger of experiencing depression. These include thyroid disorders, diabetes, Parkinson’s disease, multiple sclerosis, strokes, tumors and some viral infections

There is also a number of commonly used medications that can cause



Stock Photo.

May is Mental Health Awareness Month. Starting in February month and ending in this issue, *The Baker County Press* has run a series on the subject of mental health, two articles per month leading up to May. Written in installments by various reporters, the series has addressed both well-known and lesser known mental illnesses, their symptoms, how they affect individuals and families, and methods for treatment.

symptoms of depression, and these are frequently the very medications most often prescribed to seniors. These medications are blood pressure medication, arthritis medication, hormones and steroids.

Often, family and friends are the first to recognize the warning signs of suicide. It is vital that they recognize that suicide is not a normal response—suicidal ideation or attempts are not harmless bids for attention. They are a very serious sign of extreme distress and must not be ignored.

If a family member or friend is exhibiting any of the following behaviors it is extremely important that they obtain help, both medical health and mental health are components of treatment.

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional or physical)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits

- Showing rage or talking about seeking revenge
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

The National Suicide Prevention Lifeline has these suggestions:

Ask: “Are you thinking about killing yourself?” It’s not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.

Keep them safe: Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.

Be there: Listen carefully and learn what the individual is thinking and feeling. Findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.

Help them connect: Save the National Suicide Prevention Lifeline’s number in your phone so it’s there when you need it: 1-800-8255 (TALK).