

# Healthy U: by Nicole Rensenbrink

Everyone has feelings, yet what we're supposed to do with them is often unclear. We're told to express them so people understand us. We're told to be strong and not let feelings rule us. We're told that we can't help how we feel, but healthy people feel happy, no one should feel angry, and no one likes to be around someone who's sad.

So what, really, does it look like to deal with feelings in a healthy way?

First, know the difference between thoughts and feelings. For example, the statement "I feel like I want to sock you in the nose," has nothing to do with feelings. It's That's a thought. We often label thoughts as feelings because we believe we're less accountable for feelings than thoughts. In other words, though I can't help feeling like socking someone in the nose, but I know that thinking that I want to sock you in the nose is consciously entertaining a violent possibility.

Feelings are physical sensations. The genuine feeling that might accompany the above thought might be a sense of heat in the core, tightness in the throat, and clammy, clenched hands. We may label these sensations as anger. An accurate statement

then, when one feels this way, is to say "I feel angry."

Second, feelings come in all shapes and sizes and a lot of them are unpleasant. That doesn't mean anything is wrong, only that life is often difficult and we suffer accordingly. For instance, if a mother's child dies, she's not going to feel happy any time in the near future and may never feel happiness in quite the same way she did before this sad event. It may be realistic for her to find a new-normal pleasant sort of mood, but cruel to expect her to return to the emotional norm she had before her great loss.

Third, whether expressed or not expressed, everyone is responsible for tolerating and containing their feelings. Containing feelings means that, though I may use the words, "I'm angry," I do not let the corresponding sensations of physical heat and tension result in some sort of dramatic behavior. It is up to me to sit with these uncomfortable sensations myself or get help learning how to do so if I don't know how.

Last, to share feelings is share your intimate world with another. That is not only interesting, but it is its the part that's most interesting and the way that understanding flourishes.

They should be shared at a time when the listener is available to hear them (ie, not at work or whispered during a church service). And, the trick to sharing feelings is to share them and let them go; do not make the listener responsible for fixing or changing them.

So, if I respectfully tell you "I'm angry," I know that it's up to you what you will do with that information. You may make me I may feel warm and fuzzy or I may be feel disappointed by your response. But what I gain from sharing my feelings, regardless of your response, is: a) solid self-esteem, because as self-expression is a the basic symbol of self-worth; b) honesty and integrity; and c) the potential for genuine closeness to evolve because as I let another into my inner world.

So, feelings are often challenging, but if dealt with head on, they provide us with the juicy parts of relationships, depth, in life in general, and they hold many keys to awareness.

"Healthy U" is presented by the staff and volunteers of Illinois Valley Counseling and Support as part of their mission to promote health in the Illinois Valley.



## Hole in One

Thursday, April 25, marks a day IVHS freshman Skyla Patton won't soon forget.

It was just a normal day of practice for Patton as she teed off on the the I.V. Golf Clubs's eighth hole a short par 3 – with her 6 iron.

## Ken Rose ... Continued From A-1

Josephine County has the lowest tax rate in the state, and one of the lowest in the country. County Commissioners have proposed raising the tax rate from 58 cents per thousand to a total of \$1.48 per thousand with Measure 17.49. The special election is scheduled for May 21, 2013.

For the past 10 years, while the federal government paid "O & C" funds, the county never had to spend money on the sheriff's office. Once federal payments ended, the district attorney lost half his staff and the sheriff's office

had to reduce staff from 98 to 40. Gilbertson stated that if the temporary law enforcement tax levy fails, he'll be down to one deputy on July 1.

Currently, the sheriff's office generates 41 percent of the money they need to operate by a variety of means including renting beds to the federal government at the rate of \$100 per bed. But like every employer, costs of health insurance and worker's compensation are going up.

Gilbertson stated that county taxpayers are

now supporting a 'training organization' – not a sheriff's office.

"Taxpayers have wasted \$10 million by training and then underpaying peace officers who get frustrated and move away to find job security. They can make \$1,000 more per month just by going to work for Grants Pass."

Ken Rose District Neighborhood Watch meets monthly to organize in the face of cutbacks in sheriff's office patrols. Contact Guenter Ambron for further information at 541-592-4124.

## Extreme ... Continued from A-1

expressing her concern about the use of Atrazine, which she said is "banned in the European Union for a real good reason" and Round Up, which is "all over the charts from science studies saying this stuff needs to be banned."

And it's not just the logging operations, but also the parks, the county, the schools and ODOT who also use these chemicals, according to Moore, who says there's been notice that 21 different chemical applications will occur in the valley this year.

Heck responded that as the chemicals are legal, he wondered what Moore expects him to do about the situation. Moore responded that she wants the board to pursue the trespass that is occurring to citizens living next to clear cuts.

"In all fairness, the Oregon Department of Forestry oversees this and the Oregon Department of Agriculture (ODA) oversees the chemicals. If you go to the ODA website, it is all about promoting the chemicals, so that's the quandary for citizens who are saying, please, someone address the issues," Moore said. "Is it possible that what we're doing is harming the citizens of the state? Is it possible that's why we have so many sick children? The science is showing that this stuff is deadly toxic."

Residents also expressed displeasure that less than halfway through the meeting Hare walked out without without warning or giving a reason.

"I thought that was really childish and extremely rude," said valley resident Gwen Sky. "He should allow people to express their concerns, that's what he was elected to do and that's what he's being paid for."

"It's the second time I've seen him do that," Moore added.

## Rivers ... Continued from A-1

"I enjoyed the variety of people volunteering their time to educate children and adults about the environment," Talty said. "I appreciated how people were outgoing and promoting awareness, as well as letting us know how to get involved."

And Talty is doing just that over at Lorna Byrne by organizing a school garden and a compost program which utilizes leftover food from students' lunches.

"I also liked the stream table," said Talty. "It's a neat idea for the kids to get interactive with the water and learn about concepts such as erosion."

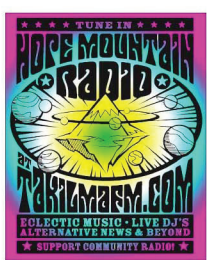
Rhode wanted to thank everyone who showed up to the festival and all of the event's sponsors. Those sponsors included the Illinois Valley Rivers and Forests Festival sponsors, which include: Rusk Ranch Nature Center, Rogue Living, the Illinois Valley Soil &

Water Conservation District and the I.V. & Watershed Council, Siskiyou Mountain Club, the U.S. Forest Service, Oregon Caves National Monument, Siskiyou Field Institute, Middle Rogue Steelheaders, Oregon Department of Fish and Wildlife, the Forest Practices Working Group, LIVE Bioswale, Healing Hearts and Hooves, Oregon Department of Forestry, the Illinois Valley Community Development Organization, the Williams Community Forest Project, Illinois Valley Arts Council, Siskiyou Alpaca, Young Master Gardeners Program, and the Illinois Valley Library.

Since the Rivers and Forests Festival was such a success, Rhode hopes to see everyone back next year. Another upcoming environmental education opportunity is the Nature Festival, which is scheduled to take place at 10 a.m. on Sunday, July 21, at the Rusk Ranch Nature Center.

# HOPE MOUNTAIN RADIO

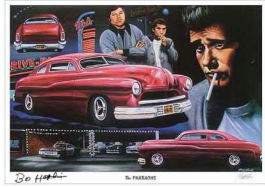
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Please call for availability and pre-registration: 541.592.537  
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