

MOVE FOR MORE THAN JUST MUSCLE

BY ROBIN GAUDETTE
Health Hub

The last year has notably been unprecedented in our lifetimes, and just when we think we are in the clear to reestablish “norm” we are hit yet again. I don’t want to rewrite an article on a subject that has been covered enough but offer ammunition to boost your spirit in the name of getting active. Most of the research gathered for this article is geared towards diagnosed mental health conditions, but certainly many have felt similar feelings in the last year without needing an M.D. stamp of approval.



Gaudette

2020 took a toll on the mental health of Americans. A survey from the Centers for Disease Control and Prevention shows 40% of respondents reported negative mental or behavioral health condition in the month of June alone. Anxiety and depression which are self-recognized were reported most frequently. A survey by the American Psychological Association found parents and people of color were hit particularly hard. An overwhelming study

from Britain reported people with low levels of aerobic an muscular fitness have a 98% greater risk of depression and 60% greater risk of anxiety than those with higher fitness levels. Lastly a study done specifically on coronavirus-related stress showed that those who exercised and had less computer time had better outcomes against the negative mental effects of the pandemic.

Why is exercise the best medicine? Exercise provides an instant gratification response chemically in the body. Exercise triggers the release of endorphins which gives us a sense of joy and manages the stress hormone cortisol. When the body is in a stressed-out state the body instantly reacts by creating a fight or flight state. Heart rate and breathing rate increases, the stress hormone cortisol is released. This is a great protection mechanism if you are being chased by a wolf at night. But if stressed-out state continues for prolonged periods of time the cumulative effect takes its toll, making us more susceptible to disease and weakens the immune system. Exercise enhances psychological health by improving physical condition, raising tolerance for emotional stress, increases self-esteem by learning new skill or accomplishment, diverts negative thinking and fosters engagement over avoid-



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Mindful activities, such as tai chi, have been linked to improving psychological well-being and quality of life.

ance. In the CDC study, all types of exercise have found to be associated with fewer mental health burdens. Generally what you like is a good place to start, but the strongest connections were to popular sports including cycling, aerobic/gym exercise and mindful exercise formats, yoga, Pilates, tai chi. Exercise sessions lasting between 30 and 60 minutes were found most beneficial, 3-5 times per week. Vigorous exercise had better outcomes than light to moderate exercise. Find places you can fit even short bursts of exercise or movement into your daily life. Activity bursts of 10 minutes, at least 3 times a day, movement and stretch breaks every 30 minutes and practicing deep breathing exercises are a

good place to start. Strength training sessions at least twice a week were reported by participants to lessen depressive symptoms. For those 15-30 years of age, 10 minutes of outdoors activity is beneficial. Mindful activities, such as tai chi, a moving meditation, have been linked to increasing psychological well-being and improving quality of life. Although one exercise bout is capable of reducing stress levels, improving fitness by committing to a developed, organized program will have long reaching positive effects. Make a commitment to move your body in some form every day. Robin Gaudette is the aquatics wellness coordinator at the Redmond Area Park and Recreation District. Contact her at robin.gaudette@raprd.org.

POLICE & FIRE REPORT

The Spokesman will update items in the Police Log when such a request is received. Any new information, such as the dismissal of charges or acquittal, must be verifiable. For more information, call 541-548-2185.

Redmond Police Department

April 5
Criminal mischief — An act of criminal mischief was reported at 2:22 p.m. in the 800 block of E. state Highway 126.
DUII — Elmer Rosendo Lopez Rodriguez, 26, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 11:31 p.m., following a noninjury vehicle accident at 11:09 p.m. in the area of SW Glacier Avenue and SW Seventh Street, and was also charged with reckless driving.
Thefts — Thefts were reported at: 2:57 p.m. in the 1500 block of SW Reindeer Avenue.
3:27 p.m. in the 300 block of SW Rimrock Way.
Unauthorized use — A vehicle was reported stolen at 2:30 p.m. in the 3100 block of S. U.S. Highway 97.
Vehicle crashes — Noninjury accidents were reported at: 12:15 p.m. in the area of SW Odem Medo Road and S. U.S. Highway 97.
3:31 p.m. in the area of NW Eighth Street and NW Maple Avenue.
4:24 p.m. in the 400 block of NW Oak Tree Lane.
April 6
Burglary — A burglary was reported at 10:59 a.m. in the 700 block of SW Umatilla Avenue.
Criminal mischief — Acts of criminal mischief were reported at: 9:57 a.m. in the 1000 block of NW Sixth Street.
1:44 p.m. in the area of SW Cascade Avenue and SW Seventh Street.
DUII — Kevin J Hogan, 37, of Bend was arrested on suspicion of driving under the

influence of intoxicants at 11 p.m. in the area of SW 25th Street and SW Salmon Avenue, and was also charged with reckless driving.
Theft — A theft was reported at 3:09 p.m. in the 700 block of SW Umatilla Avenue.
Vehicle crashes — Accidents were reported at: 8:17 a.m. in the 2200 block of NW Sixth Street, with injury.
11:25 a.m. in the area of NW Larch Avenue and NW Fourth Street, noninjury.
12:23 p.m. in the area of SW Seventh Street and SW Black Butte Boulevard, noninjury.
12:27 p.m. in the 2100 block of S. U.S. Highway 97.
April 7
Burglary — A burglary was reported at 11:40 p.m. in the 1700 block of SW Odem Medo Road.
Hit-and-run — Hit-and-run incidents were reported at: 1:06 p.m. in the 1700 block of SW Odem Medo Road.
2:19 p.m. in the 900 block of SW Veterans Way.
6:47 p.m. in the 2900 block of S. U.S. Highway 97.
Thefts — Thefts were reported at: 10:04 a.m. in the 600 block of NW Rimrock Drive.
10:33 a.m. in the 600 block of SW Ninth Street.
3:33 p.m. in the 300 block of NW Oak Tree Lane.
3:47 p.m. in the 800 block of NE Quince Place.
Vehicle crash — A noninjury accident was reported at 5:50 a.m. in the area of U.S. Highway 97 and SW Highland Avenue.
April 8
Criminal mischief — Acts of criminal mischief were reported at: 8:28 a.m. in the 700 block of NW Fifth Street.
2:14 p.m. in the 2600 block of W. Antler Avenue.

DUII — Ashleigh F Leithauer, 37, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 6:37 p.m. in the area of SW Evergreen Avenue and U.S. Highway 97, and was also charged with reckless driving.
DUII — Gerardo A Mendez, 26, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 9:49 p.m. in the 1600 block of NW Sixth Street.
Thefts — Thefts were reported at: 8:34 a.m. in the 1400 block of NW Fir Avenue.
1:31 p.m. in the 1000 block of SW 13th Street.
2 p.m. in the 1200 block of SW Lake Road.
2:16 p.m. in the 3700 block of SW 32nd Street.
2:24 p.m. in the 1500 block of SW First Street.
4:19 p.m. in the 300 block of NW Oak Tree Lane, and an arrest made. The suspect was also charged with criminal mischief.
April 9
Criminal mischief — Acts of criminal mischief were reported at: 1:58 p.m. in the 700 block of SW 35th Street.
6:23 p.m. in the 1100 block of NW Canyon Drive.
Hit-and-run — A hit-and-run incident was reported at 9:25 a.m. in the 1500 block of SW Odem Medo Road.
Theft — A theft was reported at 3:51 p.m. in the 2700 block of NW Canyon Drive.
Vehicle crashes — Accidents were reported at: 11:55 a.m. in the area of SW Veterans Way and S. U.S. Highway 97, with injury.
1:58 p.m. in the area of SW Canal Boulevard and SW Odem Medo Road, noninjury.
2 p.m. in the area of SW Fifth Street and SW Highland Avenue, noninjury.
3:43 p.m. in the area of SW 35th Street and SW Highland Avenue, noninjury.
9:49 p.m. in the area of SW Glacier Avenue

and SW 11th Street, noninjury.
April 10
Hit-and-run — A hit-and-run incident was reported at 1:26 p.m. in the area of SW 27th Street and SW Canal Boulevard.
Thefts — Thefts were reported at: 4:38 p.m. in the 600 block of NW Fifth Street.
10:34 p.m. in the 1500 block of SW Odem Medo Road.
April 11
DUII — Ezekiel Clayton Murphy, 22, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 12:15 a.m. in the area of SW 11th Street and SW Glacier Avenue, and was also charged with reckless endangering.
Thefts — Thefts were reported at: 8:56 a.m. in the 1500 block of SW Pumice Avenue.
1:23 p.m. in the 2600 block of SW 17th Place.
4:41 p.m. in the 1800 block of NW Sixth Street, and an arrest made. The suspect was arrested on an in-state warrant.
6:45 p.m. in the 300 block of NW Oak Tree Lane, and an arrest made. The suspect was charged with robbery of a business, criminal trespass, criminal mischief, theft, menacing and interfering with a police officer.
Redmond Fire Runs
April 5
10:05 p.m. Authorized controlled burning, 9248 NE Crooked River Dr., Terrebonne.
April 6
8:18 a.m. Extrication of victim(s) from vehicle, 2215 NW Sixth St.
2:23 p.m. Forest, woods or wildland fire, 11815 NW 10th St., Terrebonne.
April 7
12:30 p.m. Authorized controlled burning, 4670 NW Pershall Way.
April 8
6:09 a.m. Authorized controlled burning, 3294 NW Coyner Ave.

7:43 a.m. Gas leak (natural gas or LPG), in the area of SW 19th Street and SW Elkhorn Avenue.
1:02 p.m. Motor vehicle accident, noninjury, in the area of SW Seventh Street and SW Black Butte Boulevard.
6:30 p.m. Motor vehicle accident with injury, 3008 NW Maple Ave.
April 9
9:36 a.m. Building fire, 14322 SW Buckhorn Pl., Terrebonne.
11:59 a.m. Motor vehicle accident with injury, in the area of SW Veterans Way.

2:35 p.m. Extrication of victim(s) from machinery, 1532 SW 17th St.
April 10
1:07 p.m. Forest, woods or wildland fire, in the area of Elmer Quinn Park, Warm Springs.
April 11
4:26 p.m. Authorized controlled burning, in the area of NW 27th Street and NW Lower Bridge Way, Terrebonne.
7:57 p.m. Unauthorized burning, 529 NW Canal Blvd.
April 5-11:99 Medical aid or transfer calls

PET OF THE WEEK



Meet Graham, a small young mixed breed dog (possibly part Jack Russell Terrier), who is available for adoption. He is very friendly and loves people. He will need to stay active and busy because he has lots of puppy energy. Graham would make a fun family dog. For more info, call BrightSide Animal Center at 541-923-0882.

CROSSWORD

Anatomical

1	2	3	4	5	6	7	8	9	10	11	12
13					14				15		
16					17				18		
19								20	21		
22								23			
24	25					26	27		28	29	
30					31				32		33
34			35	36					37		
38			39					40			
41		42						43			
44								45	46		
47	48	49						50			51
52								53			54
55								56			57
58								59			60
61								62			63

CREATORS NEWS SERVICE By Charles Preston

ACROSS

- 1 Plant pest
- 6 Big name in couture
- 10 Discussion
- 13 Tropical climber
- 14 Fashion color
- 15 Rational
- 16 Novice
- 18 Dwarf buffalo
- 19 New wing, e.g.
- 20 Intending
- 22 Western resort lake
- 23 Hansel, to Gretel: abbr.
- 24 Rhone feeder
- 26 Egyptian amulets
- 30 Old English letters
- 31 "And now ... I bud again!": George Herbert
- 32 Org. once headed by Lewis Strauss
- 34 Actress Farrow
- 35 Horse feeder
- 37 Nav. rating
- 38 Wayside stopover
- 39 Greedy looks
- 40 B'way sign
- 41 Sultor
- 43 Anthem's start
- 44 Verb ending
- 45 West Point student
- 47 Large crowd

DOWN

- 1 Canadian prov.
- 2 Like a patchwork quilt
- 3 Kind of combat
- 4 Cleveland team
- 5 Boil
- 6 Friday's creator
- 7 Sacred image
- 8 Spanish gold
- 9 Turnip variety
- 10 A Hindu queen
- 11 Prolific auth.
- 12 Wampum
- 15 Paopago's island group
- 17 City on Guanabara Bay
- 21 Var. of verb
- 24 Prefix for private
- 25 L'Elisir d'Amore heroine
- 26 Haughty expression
- 27 Hansoms, e.g.

Answers on Page 5

SUDOKU

Fill in the grid so every row, every column and every 3x3 box contains the numbers 1 through 9, with no repeats.

5	1	4	3		2			
4	7							5
3		1						
				9		5		
			2	7	5			
7		8						
				6				9
9					4		8	
		6		9	4	1		2

MEDIUM # 6

Answers on Page 6

WEATHER

FORECAST	HIGH	LOW	
Wednesday	69	36	Sunny
Thursday	69	30	Sunny/windy
Friday	71	40	Partly cloudy
Saturday	57	35	Cloudy
Sunday	55	33	PM rain
Monday	57	34	Partly cloudy
Tuesday	62	37	Cloudy

LAST WEEK	HIGH	LOW	PRECIP
Monday, April 12	58	15*	0
Tuesday, April 13	55	33	0
Wednesday, April 14	57	34	0
Thursday, April 15	65	22	0
Friday, April 16	71	23	0
Saturday, April 17	75	26	0
Sunday, April 18	80	28	0

Precipitation to date this year: 1.17 inches
* = daily record
National Weather Service broadcasts are on 162.50 mhz.

THE REDMOND Spokesman

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