

Students: Some advice for dealing with emotional overload

By **BROOKLYN FLINT**
Of the Keizertimes

With school in session, many students find themselves already stressed out by the amount of work given to them. If not school, young adults are also overwhelmed by work and personal life issues.

Whatever it may be, stress can lead to depression and anxiety. Both mental illnesses are often factors in suicide and other destructive behaviors.

“A teenager is going through what we call identity formation,” said Todd Bobeda, a counselor at McNary high school. “They are figuring out who they are.”

Bobeda has worked with teens for a long time and understands the mental strain school can have on a young adolescent.

“The amount of stress that we are seeing based on academics alone is pretty heavy,” he said. “It’s this crazy tornado of stress on top of the expectations we set for

ourselves”

High schoolers are beginning to become aware of the toxicity and danger in the world while they are gaining maturity.

Identity and expression contribute to social stress and the rift between trying to fit in and also be yourself.

Besides academic and social stress, there is also personal stress. This can include divorce in the family, money issues and having no one to turn to. Even if the personal problem happened a long time ago, Bobeda believes said teens are seeing the situation differently than they once did and processing it in new ways.

However, there is a way to deal with the mental and physical strain your life may put on you. Bobeda suggested taking your mono focus off negativity. He explained, “This one thing is really tough right now, but look at all the good things I have going on.”

If you only spend your attention on stressful situations or events, you won’t be

able to move on to more positive thoughts.

Bobeda also suggests communicating with those you trust. When you keep everything inside, stressors pile up and can hurt your mental abilities.

“Share that weight as a human with others,” he said. Bobeda believes having people to rely on and trust is the best and most effective way to handle stress.

Before reaching that point of stress, however, it is important to look for ways to prevent it from happening. Bobeda advises teenagers to look for warning signs and listen to others. If you realize a stressful situation could happen, try to step away and talk to someone.

Sometimes though, stress can be beneficial and adolescents should learn that they can’t always avoid it.

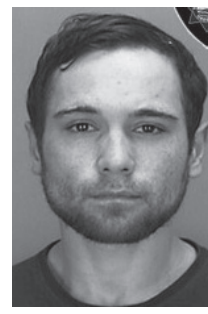
“Everything you are dealing with is for the first time,” Bobeda said. If you have been through something before, you can use past knowledge and past actions to get through it. Teenagers though are often experiencing new things and don’t know how to solve stressful problems, so it is helpful to view the negative situation as a moment to learn and grow from.

The important thing to understand is that you are never alone and there are people out there you can turn to: a trusted parent, teacher, school counselor and, of course, a friend.

“Share that weight as a human with others.”

— Todd Bobeda
MHS counselor

cuffed in Keizer



Anthony Phillip Fernando
Arrested Nov. 10 for:
Criminal mischief
Current warrants for:
Criminal mischief, possession of a forged instrument, carrying a concealed weapon.



Jiahston Ray Jones
Arrested Nov. 5 for:
Disorderly conduct
Previous convictions:
Failure to report as a sex offender, resisting arrest, menacing, public indecency



Katie Marie Cunial
Arrested Nov. 6 for:
Organized retail theft, theft
Previous convictions for:
Theft, failure to perform the duties of a driver



Marcus Andrew Fitz-Henry
Arrested Nov. 8 for:
Criminal mischief
Previous convictions for:
Assault, assaulting a public safety officer, theft, unlawful use of a weapon



Douglas M. Campbell
Arrested Nov. 6 for:
Theft
Previous convictions:
Misdemeanors



Breeann Shaya Cherbak
Arrested Nov. 6 for:
Resisting arrest, attempt to commit a felony
Previous convictions for:
Drug possession, attempt to commit a felony

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public notices

PUBLISHED SUMMONS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF MARION
Juvenile Department

Case Nos.
19JU06094
19JU06095

PUBLISHED SUMMONS

In the Matter of
AUDREY BELLE
CASSANDRA DUBAY,
SILAS JAMES LOUIS
DUBAY,
Children.

TO: Christopher James Louis Dubay
IN THE NAME OF THE STATE OF OREGON:

A petition has been filed asking the court to terminate your parental rights to the above-named children for the purpose of placing the child for adoption. YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE the Marion County Juvenile Court located at 2970 Center Street NE, Salem, Oregon 97301, on the 16th day of December, 2019 at 9:00 a.m. to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.

This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated November 7, 2019. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Marion County.

Date of first publication: November 15, 2019.

Date of last publication: November 29, 2019.

NOTICE
READ THESE PAPERS CAREFULLY

IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed

in your absence without further notice and TERMINATE YOUR PARENTAL RIGHTS to the above-named children either ON THE DATE SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE, and may make such orders and take such action as authorized by law.

RIGHTS AND OBLIGATIONS

(1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter.

IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state’s financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Marion Juvenile Department at 2970 Center Street NE, Salem, OR 97301, phone number (503) 588-5291, between the hours of 8:00 a.m. and 5:00 p.m. for further information.

IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar’s Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636.

IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS.

(2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS

INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE.

PETITIONER’S ATTORNEY

Brian T. Raymer
Senior Assistant
Attorney General
Department of Justice
1162 Court Street NE
Salem, OR 97301-4096
Phone: (503) 934-4400

ISSUED this 12th day of November, 2019.

Issued by:
Brian T. Raymer #925431
Senior Assistant
Attorney General

11/15, 11/22, 11/29

PUBLISHED SUMMONS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR MARION COUNTY
Juvenile Department

Case No. 19JU01322
PUBLISHED SUMMONS

In the Matter of
ERICK ADAMS,
A Child.

TO: Thomasina Adams
IN THE NAME OF THE STATE OF OREGON:

YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE the Marion County Juvenile Court located at 2970 Center Street NE, Salem, OR 97301, for a permanency hearing on the 13th day of January, 2020 at 10:15 a.m. to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.

This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated August 20, 2019. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Marion County, OR and in

a published newspaper of general circulation in San Bernardino County, CA.

Date of first publication: November 8, 2019.

Date of last publication: November 22, 2019.

NOTICE
READ THESE PAPERS CAREFULLY

IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and take jurisdiction of the above-named children either ON THE DATE SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE, and may make such orders and take such action as authorized by law.

RIGHTS AND OBLIGATIONS

(1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter.

IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state’s financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Marion Juvenile Department located at 2970 Center Street NE, Salem, OR 97301, phone number (503) 588-5291, between the hours of 8:00 a.m. and 5:00 p.m. for further information.

IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar’s Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636.

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PETITIONER’S ATTORNEY

Rachel Klein
Assistant Attorney General
Department of Justice
1162 Court Street NE
Salem, OR 97301-4096
Phone: (503) 934-4400

ISSUED this 5th day of November, 2019.

Issued by:
Rachel Klein, #164176
Assistant Attorney General

11/8, 11/15, 11/22

NOTICE TO INTERESTED PERSONS

Estate of Julie Ann Kreitzer
Notice to Interested Persons
Marion County Circuit Court
Case Number: 19PB07728

Notice: The Circuit Court of the State of Oregon, for the County of Marion, has appointed Donald Kreitzer, as Personal Representative of the Estate of Julie Ann Kreitzer, deceased. All persons having claims against said estate are required to present the same, with proper vouchers, to the Personal Representative at 2173 NE Broadway, Portland, Oregon 97232, within four months from the date of first publication of this notice as stated below, or they may be barred. All persons whose rights may be affected by this proceeding may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative.

Dated and first published November 1, 2019.

Donald Kreitzer, Personal Representative, c/o Oregon Elder Law, 2173 NE

Broadway, Portland, Oregon 97232.

Attorney for the Personal Representative, Julie Meyer Rowett, Oregon Elder Law, 2173 NE Broadway, Portland, Oregon 97232.

11/1, 11/8, 11/15

NOTICE TO INTERESTED PERSONS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF MARION

No. 19PB08072 - Probate
In the Matter of the Estate of Giovan Battista Castronovo aka John B. Castronovo, Deceased

Notice is hereby given that by Order of the Circuit Court of the State of Oregon for Marion County, Probate No. 19PB08072, Susan A. Castronovo Needles has been appointed Personal Representative of the ESTATE OF GIOVAN BATTISTA CASTRONOVO AKA JOHN B. CASTRONOVO, deceased.

All persons having claims against said estate are required to present such claims, with proper vouchers, to the undersigned Personal Representative, c/o Sarah K. Rinehart, Attorney at Law, 117 Commercial Street NE, Suite 300, Salem, Oregon 97301, within four (4) months after the date of first publication of this notice, or the claims may be barred.

All persons whose rights may be affected by these proceedings may obtain additional information from the Personal Representative, the attorney for the Personal Representative, or from the records of the court.

Dated and first published November 1, 2019.

Susan A. Castronovo Needles
Personal Representative

Sarah K. Rinehart,
Attorney at Law
OSB# 821142
117 Commercial Street NE,
Suite 300
Salem, Oregon 97301
Attorney for Personal Representative

11/1, 11/8, 11/15