

COPING: Finding new ways to socialize

continued from A1

“Good morning and Happy St. Paddy’s Day!” Jaquie Barone of Hood River wrote.

“I had to send these pics I got this morning because it just made me smile in the time of high anxieties and all.

“This is from the ladies at Willow Ponds. Out walking together but with social distancing. Over the last few days, a couple of doctors sent an email around to all the homeowners in Willow Ponds and told us about isolation and ways to stay in contact and ways to avoid depression, etc,” Barone said.

The group email suggests ways to stay in touch: Share books and games, food and so much more, including doing some nightly group thing from their front porches.

“They are also realizing front porches must have been a design element for this very reason.

“And so this is just an example of a neighborhood of 25 homes coming together but not to close together to support each other in this time of craziness. Stay well and safe.

“I am comforted by the resilience and strength of human kind,” Barone said in an email. “When we created Willow Ponds it almost was more about fostering friendships then building houses and this thread of emails shows this. I don’t live in Willow Ponds but we often communicate via group email and work together on projects from planting natives etc. Actually we were planning a group bark mulching party this April. Not sure if that will happen yet.

“And we are lucky to have some doctors and nurses at the front lines too. Jon Soffer sent this initial email and I added below some of the strings of comments along the way from other neighbors in response to it. They are watching over each other and as this photo I got this morning are taking ‘social distancing’ walks around the neighborhood. Some time today I’ll do a drive by ‘honk’ salute to all my great homeowners. I’m also dropping off a keyboard

Who can I call on?

These days, many of us are asking questions like these:

Where can we go for help?

What’s out there to help us get through this?

Gorge Ecumenical Ministries, local businesses, cities and schools are rallying together. Here are some of the latest resources and tools for staying healthy and connected as communities increasingly shelter in place.

County Health announcement

“Due to the evolving COVID-19 emergency we are curtailing non-essential public health work and re-assigning staff to assist in our efforts to protect public health,” writes Mike Matthews, County Environmental Health supervisor,

“We will attend to normal work activities as time permits. We appreciate your understanding as we work through this community emergency.”

One COVID-19 case has been identified in a Hood River County resident. Matthews said, “As we have seen in other communities throughout the world, more

cases will likely be identified in the coming weeks.

Hood River County Health Department is taking these results very seriously and will release any information we can to keep the community informed. However, the privacy of the patient is also a high priority. Please stay home, stay healthy! Practice social distancing of six feet while in public, wash your hands regularly with soap and water and cover your cough.

On Monday, Matthews said, “Hood River County Health Department is in close coordination with Oregon Health Authority (OHA) about our current case. Test results are now coming from multiple laboratories and are delivered electronically to providers, counties, and OHA.”

City, schools create spring break meal opportunities for kids

To-go meals will be available for kids ages 1-18 at the following locations during spring break from, March 23 through 27.

- Mid-Valley Elementary School 10 a.m. to noon
- May Street Elementary School 10 a.m. to noon
- Meals will also be distributed at the following drop-off locations:
 - 3300 Cascade Ave, Pickup at Hood River Mobile Manor, from 9:45-10 a.m.
 - 1823 Cascade Ave, Pickup behind El Reconcoito Taqueria, from 10:15-10:30 a.m.
 - 955 Sieverkropp Ave, Pickup across the street from Sieverkropp Apartments from 10:45 to 11 a.m.
- Partnering with the city are Local Rhootts and Riverside Grill at the Best Western Plus Hood River Inn.

GEM creates lists of access points, local resources

See gorgeeem.org, a website with a developing list of resources, and health and welfare information, for this and more information:

Groceries:

Local stores have created special shopping times for older and at-risk residents.

Rosauers and Safeway: Tuesdays and Thursdays, 7-9

a.m.

Fred Meyer: Advised to come in at 6 a.m. as stock runs out early

Walmart: Open to high risk people only on Tuesdays 6-7 a.m.

If you are NOT high risk, please do not go to these stores at these times to help our community members that are most at risk stay as healthy as possible during this pandemic.

Food Banks:

FISH is open in Hood River, Cascade Locks, and Parkdale. Groceries will be delivered to your car. Please follow THIS LINK for more information.

Information about other Food Banks in the Gorge can be found on Columbia Gorge Food Bank’s Facebook page

Information from website CDC.gov/coronavirus

Centers for Disease Control recommends creating a household plan of action to help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community:

- Talk with the people who need to be included in your plan, and discuss what to do if a COVID-19 outbreak occurs in your community.
- Plan ways to care for those who might be at greater risk for serious complications, particularly older adults and those with severe chronic medical conditions like heart, lung or kidney disease.
- Make sure they have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
- Get to know your neighbors and find out if your neighborhood has a website or social media page to stay connected.
- Create a list of local organizations that you and your household can contact in the event you need access to information, healthcare services, support, and resources.
- Create an emergency contact list of family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

to one of the homes with a grand front porch where possibly some kids could be belting out some tunes for all to hear.

“I’m sure so much more is happening all over Hood River and it brings me comfort knowing our small town is rallying to keep our spirits high,” Barone said.

Paths to Resilience

Here are excerpts of advice from OHSU specialists, from the Willow Ponds email thread:

Experiencing high levels of stress, however, can be hard to sustain over long periods of time and can lead to greater emotional and physical exhaustion. Being able to use healthy coping strategies and

tap into support at work and in the community can help protect our well-being during stressful times.

Resilience is defined typically as the ability to weather and “bounce back” from significant stressors and resume normal functioning over time. We like the definition of resilience as “emotional steadiness” — being present without becoming overly involved or emotionally detached in a stressful situation. This definition fits our strengths, what we offer as health professionals — to be engaged, caring and steady in critical patient care situations. The American Psychological Association outlines the key components of resilience and offers guidance on how to view COVID-

19 media coverage. We would like to highlight these resilience-building strategies and resources that may help protect your well-being during this challenging time:

- Self-awareness is the first step
- Reflect on where you feel your stress in your body and what “bad habit” you engage in more when stressed (e.g., eating unhealthy, staying up late, drinking more).
- Pause daily to notice signs of stress, and check in with your emotions.
- If you notice your stress level is higher, take action to reduce your stress. Calm body, calm mind
- Exercise daily — a quick walk, running the stairs or doing some core work can

help reduce stress hormones and improve mood and focus.

- Practice relaxation skills — breathing, mindful meditation or progressive muscle relaxation (tightening and then relaxing different parts of the body). Take at least a 10-minute break daily at work.

A home ritual

Develop a healthy ritual for when you return home for disconnecting from work and being more present for your family, friends, and yourself. You might consider:

- “Parking your phone”
- Changing clothes
- Taking a hot shower
- Going for a walk or exercising
- Listening to music

- Checking in with a partner, friend or family member
- Prioritize basic self-care
- Prioritize sleep (eight hours is recommended for most adults)
- Stay hydrated, eat healthy and try not to skip meals
- Notice any unhealthy use of substances or binge-eating in the face of stress
- Take time off — before you become depleted

LETTERS

continued from A4

on this. A 2018 opinion poll showed that 76 percent of Oregonians, including 60 percent of Republicans, want carbon dioxide regulated. Thomsen’s statement that “I left Salem to protect your right to vote on this bill” is clearly double-speak, which too often emanates from politicians who lack substance. This is not Governor Brown’s “extreme environmental agenda,” but rather the will of average Oregonians to have Oregon assume leadership in ensuring our children and grandchildren inherit a livable planet.

Chuck Thomsen abandoned us and our descendants by walking out of the legislature. I’m sure he is a good “husband, father, and grandfather.” He’s just not a good senator. He deserves to be recalled.

John F. Christensen
Corbett

Support recall

State Sen. Chuck Thomsen’s recently published opinion in the Hood River News pleading with Senate District 26 constituents to support him through an ongoing and accelerating recall petition is misleading in trying to blame the recall effort on “downtown Portland special interest groups.”

Contrary to his statements, the recall effort is led and supported by a cross section of his constituents across the District, including those from Sandy, Hood River, Corbett, Troutdale and Gresham. What is the real reason behind the recall effort? Chuck Thomsen chose to violate his oath of office to represent the people of the district, and instead refused to show up for work and contributed to a complete

waste of the legislative session and your taxpayer dollars. He accepted his paycheck and per diem without showing up for work.

Whether you are Republican, Democrat, or Independent, if you live in Senate District 26, you had no representation in Salem this past legislative session. Please support the Recall Chuck Thomsen Campaign by signing the petition at www.recallthomsen.com/signtherecall.

David Gorman
Corbett

Science

Without debating the meaning of, or the timeline of what constitutes a “crisis,” 97 percent of the world’s climate scientists tell us that man-made carbon dioxide is the cause of

global warming.

What would happen if we ignored science in responding to the coronavirus? Would anyone be willing to try that experiment?

Hugh McMahan
Hood River

Consequences

I cannot speak to Sen. Thomsen’s character as others who have written letters have done, as I don’t know him personally. I can only speak to his recent actions, which appear to me to be a dereliction of his duties. By walking out on a vote important to all Oregonians, Sen. Thomsen has, in addition to taking a (constituent-funded) salary for work he has chosen not to do, set a terrible precedent, to say nothing of an awful example to Oregonian youth.

Made me wonder: Would Sen. Thomsen think it okay for a teacher to not show up to class because she/he disagreed with part of the curriculum? Would he think it ethical for a firefighter to refuse to attend to a fire because she/he didn’t like the address of the building? Senator, would you also condone a medical provider who did not show up for a shift

because she/he did not like the particular strain of illness going through the community?

Your choice was ill conceived. It has consequences. I have signed the recall petition.

Kathy Pickering
Hood River

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Public Notices

PUBLIC NOTICE CITY OF HOOD RIVER CITY BUDGET COMMITTEE VACANCY

The City of Hood River is accepting applications for the City Budget Committee. Applications will be accepted until 5:00 p.m. on April 3rd, 2020 and may be filed with the City Recorder, j.gray@cityofhoodriver.gov, City of Hood River, 211 2nd Street, Hood River OR 97031. Interviews will be conducted at the April 13 City Council meeting. Appoin-

tees must be qualified voters residing in the City of Hood River. Appointees may not be officers, agents or employees of the City. City Budget Committee members may be used to fill Urban Renewal Agency Budget Committee vacancies as needed. Any information provided may be disclosed to the public upon request. Interested persons should submit a resume setting forth their background, and a statement why they desire an appointment. Appoi-

ntifications are available at City Hall, 211 2nd Street, online at cityofhoodriver.gov, or by calling (541) 387-5212.

Feb. 15 Mar 14, 25, 2020 #1324

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF HOOD RIVER PROBATE DEPARTMENT
No. 20PB01739
NOTICE TO INTERESTED PERSONS
In the Matter of the Estate of Terry Lawson Howell, Deceased.

Notice is hereby given that Barbara J. Howell has been appointed as the personal representative of the above estate. All persons having claims against the estate are required to present them to the undersigned personal representative at: c/o Tammi M. Caress, Caress Law, PC, 9400 SW Barnes Rd., Ste. 300, Portland, OR 97225, within four months after the date of first publication of this notice, as stated below, or such claims may be barred. All persons whose

rights may be affected by the proceedings in this estate may obtain additional information from the records of the Court, the personal representative or the attorney for the personal representative. Dated and first published March 18, 2020.

Barbara J. Howell
Personal Representative
Tammi M. Caress, OSB 112962
Caress Law, PC
Attorney for Personal Representative
9400 SW Barnes Rd., Ste. 300
Portland, OR 97225

March 18, 25 Apr 1, 2020 #1364

IN THE SUPERIOR COURT OF THE STATE OF ARIZONA IN AND FOR THE COUNTY OF MARICOPA
IN THE MATTER OF: CASE# JS 20354
Nathan Canyon Delphini-Albro 05/29/2005
Tarah Isabella Delphini-Albro 05/14/2006
NOTICE OF INITIAL HEARING ON PETITION FOR TERMINATION OF PARENT-CHILD RELATIONSHIP

NOTICE IS HEREBY GIVEN THAT THE PETITIONER Sundara Jamila Delphini has filed a Petition for Termination of Parent-Child Relationship with the Juvenile Court in Maricopa County regarding the above named child(ren). AN INITIAL HEARING HAS BEEN SET TO CONSIDER THE PETITION: DATE: April 17, 2020 TIME: 10:00 AM JUDGE: Commissioner Yost At the Maricopa County Juvenile Court located at:

Durango Juvenile Court; 3131 W. Durango Street; Phoenix, AZ 85009
NOTICE: You have a right to appear as a party in this proceeding. The failure of a parent to appear at the Initial Hearing, the Pretrial Conference, the Status Conference or the Termination Adjudication Hearing may result in an adjudication terminating the parent-child relationship of that parent. Failure to appear at the Initial Hearing, Pretrial Conference Status Conference or Termination Adjudication Hearing, without good cause, may result in a finding that the parent, guardian or Indian custodian has waived legal rights and is deemed to have admitted the allegations in the Petition. The hearings may go forward in the absence of the parent, guardian or Indian custodian and may result in the termination of parental rights based upon the record and evidence presented.
March 18, 25 April 1, 8, 2020 #1365