

Senators confirmed to serve on power council

By **PARIS ACHEN**
Capital Bureau

SALEM — The Oregon Senate has confirmed Sens. Richard Devlin, D-Tulatin, and Ted Ferrioli, R-John Day, as the newest members of the Northwest Power Planning & Conservation Council.

The federally-funded council is charged with leading the development of long-term strategies to balance power generation with wildlife conservation in a region that includes Oregon, Washington, Idaho and Montana.

Gov. Kate Brown nominated the two senators for the appointments.

Sen. Ginny Burdick, D-Portland, presented the appointments on the Senate floor.

"I still wish an aye vote but it is bittersweet," she said.

"I don't know if there's anything sweet about it," Senate President Peter



Ferrioli



Devlin

Courtney, D-Salem, quipped in retort. "I'm unhappy with both of you (for leaving)."

Council members take a salary of \$120,000, making them post one of the highest paid political appointments.

Both senators will have to resign their elected positions in the Legislature before their first council meeting Jan. 16.

Their departure leaves a shocking void in the Senate.

A renowned budget writer, Devlin

co-headed the powerful Joint Ways and Means Committee, which must approve all spending measures.

Ferrioli, along with Burdick, D-Portland, is the longest serving senator in the Legislature and led the Senate Republicans for several years with eloquent oratory often in opposition to policy proposals by the Democrats, who have a comfortable majority in both chambers.

Senate Republicans on Wednesday, Nov. 15, elected Sen. Jackie Winters, R-Salem, to succeed Ferrioli as Senate Minority Leader.

Ferrioli was elected in 1996 and has held several leadership positions. Devlin joined the Oregon House in 1996 before winning election to the Senate in 2002. He served as majority leader from 2007 and 2010.

Both Senate seats will be filled through appointments by county commissioners in those respective districts.

Judge delays bail decision in train attack case

PORTLAND (AP) — A judge postponed a decision on whether to allow Jeremy Christian to post bail until after she watches a defense-edited video of what transpired the day police say he stabbed three men on a Portland light-rail train.

Multnomah County Judge Cheryl Albrecht said Wednesday she will watch the footage in private, to spare surviving victim Micah Fletcher and relatives of the two men who were killed from having to see it. Albrecht said she will issue a written decision.

Earlier, an emotional Fletcher left the courtroom and other spectators sobbed as a Portland homicide detective provided a lengthy play-by-play, accompanied by video stills, of what



Beth Nakamura/The Oregonian via AP

MAX stabbing suspect Jeremy Christian shows stabbing victim Micah Fletcher a "Don't Tread on Me" sticker during a bail hearing on Wednesday Portland.

happened after Christian got on the train May 26.

Christian has pleaded not guilty to aggravated murder

and other charges. Though prone to courtroom outbursts at previous court appearances, he remained quiet at this one.

However, he pulled a yellow "Don't Tread on Me" sticker from his pocket and waved it toward Fletcher, whose neck remains scarred from the attack.

A relative of Fletcher responded by extending her middle finger at Christian.

Detective Michele Michaels, the sole witness called to the stand, said Christian inflicted 11 stab wounds in 11 seconds after passengers confronted him about anti-Muslim comments directed against two teenage girls.

Christian got on the train about 12 minutes before the attack, initially talking on his cellphone before making statements toward passengers in an agitated manner. Michaels said many witnesses heard xenophobic comments and rants about free speech.

POLITICS: Top fear was corrupt government officials

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Pendleton psychologist Connie Umphred isn't surprised by the survey results.

"I have had people who started with me because of the results of the election," she said. "Very, very upset because of the election."

Even those who come to Umphred for other reasons such as family conflict, trouble at work or financial issues often bring up politics during therapy sessions.

"And it's not just the political scene," Umphred said. "It's concerns about terrorists, global warming, climate change, other leaders and instability all around the globe. During 9/11, we felt pretty supported by most of the world. Now, the world is watching and they are not necessarily for us. That makes it more difficult to feel comfortable and safe."

Counselor Katherine Walter, who grew up in Pendleton, said business is brisk for her and her colleagues at Catalyst Counseling in Seattle. Clients, both liberals and conservatives, often express anxiety and depression concerning the election and the current political scene. President Donald Trump's aggressive and unpredictable style triggers anxiety in many clients.

"There's a general worry about unpredictability," Walter said.

Some are glued to the news.

"My colleagues and I are treating many more people for addiction to the news," Walter said. "This means using addiction counseling to help people cut back on watching 10 or 12 hours of political TV per day, to the detriment of their relationships or other functioning."

Requests for therapy appointments at the online therapy service Talkspace tripled for a time after the election.

"I've seen increasingly more people, of all ages, reaching out every day because they are struggling with anxiety and sometimes feeling hopeless about the future of our country and really their future as an individual, in regard to their freedom and safety," said Talkspace therapist Jennifer K. Fuller.

Clients worry over changes to healthcare, travel bans, women's issues and relationships. They find themselves walking on



Staff photo by E.J. Harris

Chris Schuening, top left, Vickie Hendricks, top center, and George Winter discuss political topics with two other members of their lunch group, neither wanted to be identified, on Wednesday at Sister's Cafe in Pendleton. The group gathers once a week to write letters to their representatives in Washington D.C.

So what is an anxious American to do?

Limit exposure to the news

"True, it's important to be informed right now, but we need to set boundaries. The hour before bed is not the time to check the news. Put your phone in a different room. There is no breaking news I really have to be aware of at 10 o'clock at night so I can ruminate on it for an hour." Vaile Wright, director of research at the American Psychological Association

Connect with others

"We've got to try to find someplace in our lives and our social circles where we can have a respectful conversation about it and be openminded, even if it's just with one person." Psychologist Connie Umphred

Take care of yourself

"In times like these, how we take care of ourselves is especially important." Joel Lane, president of the Oregon Counseling Association

Empower yourself

"Be involved. Get involved with local politics. Join with other like-minded people and find some way to feel like you can

have an impact. Run for office or talk to local politicians." Psychologist Connie Umphred

(In the Stress in America Survey, half of respondents said the state of the nation compelled them to volunteer or otherwise support causes they value.)

Look for the good

"We live in a world with so much conflict and violence, but there is also so much beauty and love in the world. You have to purposefully look for it when you are overwhelmed with stress and fear, but it is there. Take some time every day to find it, even if it is just in small moments." Therapist Jennifer Fuller, Talkspace

Mindfulness

"Take a moment to step back, breathe, and engage your five senses. What are you feeling/seeing/smelling/touching/tasting right now? Pay attention to how you are experiencing the stress in your body. Note that not only do you get to be kind to other people, you also get to be kind to yourself, and that means taking good care of your body as it is under stress. After a few moments, notice if the problem seems as big as it did a moment ago." Counselor Katherine Walter, Catalyst Counseling

eggshells or quarreling about politics.

"Family and friends are fighting openly on social media, calling those with differing views idiots and severing relationships entirely," said Talkspace therapist Jeanie Winstrom.

Joel Lane, president of the Oregon Counseling Association and a counselor educator at Portland State University, said counselors around the state report an influx of client anxiety, especially for minorities such as LGBT, people of color and immigrants.

"They are experiencing

really significant anxiety," Lane said. "The huge rise in hate crime is deeply troubling for a lot of people."

Another recent survey offers an additional snapshot of our fears. In the survey by Chapman University, our top fear was corrupt government officials as it was in 2016, but this year 75 percent of us fear corrupt government officials versus 60 percent last year. The second most feared thing, Trumpcare, wasn't even on last year's list. Almost half of us worry about World War III (seventh on the list). We fret about medical bills and the environ-

ment (climate change, air and water pollution and plant and animal extinction) more than we did before.

Therapists encourage their clients to exercise, eat right, connect with others and empower themselves by volunteering for causes they support, communicating with politicians or even running for office. Don't be afraid to ask for help.

"You are not alone," Lane said. "There are people out there who can help you."

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CTUIR: Will take their oaths of office Nov. 29

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date has not yet been set.

The tribes reported 758 members voted — 597 in person and 161 by absentee ballot. Sams said turnout was roughly 35 percent of eligible voters.

All results are unofficial until the Board of Trustees receives the certification of results by 4 p.m. Wednesday.

Overall, 20 tribal members filed to run for eight seats on the Board of Trustees, with one write-in campaign, and seven others sought four seats on the General Council.

Gary Burke retained his seat as board chair, defeating challenger Elwood Patawa 423 to 296.

In the treasurer race, Doris Wheeler defeated Eugene Stacona 526 to 207.

Kat Brigham also won her race for board secretary, defeating Cedric Wildbill

410 to 316.

Willie Sigo IV unseated incumbent Alan Crawford for general council chair by just 21 votes. Sigo received 266 and Crawford received 245. Dave Close finished third and Kyle McGuire fourth.

For the at-large positions, Aaron Ashley, Sally Kosey, Rosenda Shippentower and Woodrow Star won seats on the board. Ashley and Star are incumbents, Shippentower was board treasurer. Kosey is new to tribal government.

For council vice chair, newcomer Michael Ray Johnson ran unopposed and won, as did Shawn Gavin for general council secretary and incumbent Thomas Morning Owl for general council interpreter.

The newly elected officials take their oaths of office Wednesday, Nov. 29 at 9 a.m. at the Nixyaawii Governance Center.

WESTLAND: Bellinger has been on the board for 16 years

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systematically taking water from the plaintiffs to benefit three larger farms with junior rights, and seeks \$4.14 million in combined damages. Bellinger said he disagrees with the premise of the suit, adding that arbitration appears unlikely.

"I think there needs to be a precedent set where their claims are ruled upon," Bellinger said. "Then we can move forward."

As for the long term, Bellinger said he remains committed to finding new sources of water for the district to ensure a full irrigation season every year. Unlike the neighboring Hermiston, Stanfield and West Extension irrigation districts, Westland remains entirely dependent on live flows from the Umatilla River and stored water in McKay Reservoir.

The Westland board, however, voted unanimously in May to abandon the Central Project — a \$14.4 million proposal that would have brought mitigated water from the

Columbia River — over fears the project could be stalled or derailed by the lawsuit.

Bellinger said that loss still hurts, so much that he considered not running again for the board.

"This was a once-in-a-lifetime opportunity that we let slip through our fingers," he said.

Ultimately, Bellinger said there are things the district can do to benefit all farms, large and small, if they come together. He specifically thanked the Westland Water Users Group for coming together after the Central Project fell through to combat what he described as misinformation within the district.

After 16 years on the board, Bellinger said he is encouraged that more people are starting to pay close attention to issues affecting Westland, and participating in the board's monthly meetings.

"It's made me be a better board member," he said. "I'm much more conscious of my role, and procedures."

SWIM: Mayor Turner called pools 'money-sucking pigs'

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their programs could end if the pool closed and no replacement was found.

"Without water, we're potentially without a program," Robinson said.

Nelson, who is also a lieutenant for the Pendleton Police Department, said his teams range from 30-40 participants in the winter to 80-100 in the summer. If teams were to go away, Robinson said it would take away an athletic avenue for students who might not fit in other school sports.

Nelson said there's only a handful of 50-meter pools in the Northwest like the Pendleton Aquatic Center. One of them is at Mt. Hood Community College in Gresham, a facility that hosts the Oregon School Activities Association swimming championships each year — under a dome.

With a similar inflatable dome in Pendleton, the aquatic center would be covered during the colder months and uncovered during the summer.

Acquiring and installing the dome wouldn't come cheap — \$800,000 to \$1 million, including improvements to the pool deck and pool house, according to Robinson's estimate. Robinson and Nelson said that the swim association would attempt to cover that cost.

But buying and setting up the dome wouldn't be the only expense involved. Robinson estimated it would cost \$17,000 per month to run the pool from October to May, when it is usually drained. That figure doesn't include the additional labor needed to

maintain a pool year-round.

City officials seemed supportive of the project but did not seem eager to commit general fund money to operate it.

With the city already saddled with \$3.7 million in deferred maintenance, City Manager Robb Corbett didn't like the idea of adding another six-figure cost to facility maintenance.

"When I look at a number like that, it just means we're getting further and further down the hole," he said.

Turner called pools "money-sucking pigs," and other council members warned Nelson and Robinson about the high cost to run it.

"It looks expensive," Councilor Neil Brown said. "We can't even fix potholes."

The duo assured the council that it was their goal to make the domed pool self-sustaining. The aquatic center hosted two popular swim meets during the summer and could host more with a covered pool. Additionally, it could open up more revenue opportunities like year-round swimming lessons, physical therapy and private rentals.

Although the group now has the blessing of the council to move forward with the project, the association still has some tall tasks ahead of it.

In an interview after the meeting, Robinson said the swimming association can now make specific plans on how to raise the money for the dome.

Before the meeting ended, councilors Scott Fairley and Dale Primmer agreed to be the council liaisons for the project.