

# Support available for dealing with anxiety

There are many faces to anxiety. You might hear people with anxiety say something like: "My nightmares and flash backs interfere with my family life," or, "Suddenly my heart pounds and I feel like I am going to die."

## GUEST COLUMN

Stephen Kilewer

Another person might say: "I worry about everything all the time. ... I feel so nervous around people it is difficult to speak. ... There are just times when I cannot even go into Safeway."

Anxiety is the most common form of mental illness, affecting around 19 percent of the population. It comes in many forms, including post-traumatic stress disorder (PTSD), panic attacks, generalized anxiety disorder and social anxiety.

Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious or nervous when faced with a problem at work, before taking a test, or when making an important decision. Anxiety disorders, however, are different. Those disorders cause such distress that it interferes with a person's ability to lead a normal life. For people with anxiety disorders, worry and fear are constant and overwhelming and can be crippling.

The symptoms of anxiety vary. General symptoms include: feelings of panic, fear and uneasiness; irritability and anger; problems sleeping; cold or sweaty hands and/or feet; shortness of breath; heart palpitations; an inability to be still and calm; nausea; muscle tension; and dizziness.

Anxiety can make it difficult to build effective relationships and damage existing relationships. It can hinder one's ability to work. It can impact even basic, daily tasks. In its more severe forms it can narrow a person's life down to almost nothing, as the person retreats from life as a way to manage his or her anxiety.

People with anxiety often use alcohol and other drugs to help manage their anxious feelings. Studies have shown that the odds of alcohol dependence being diagnosed are two to three times greater among patients with an anxiety disorder (<http://tinyurl.com/pvky6dp>).

The good news is that anxiety is highly treatable. A variety of approaches can help make this debilitating illness manageable, lessening the impact on a person's life. Most anxiety can be treated with psychotherapy, which is a process in which trained mental health professionals help people understand and deal with their disorder. One form of psychotherapy is cognitive-behavioral therapy (CBT): This is a particular type of therapy in which the person learns to recognize and change thought patterns and behaviors that lead to troublesome feelings, as well as engage in specific behaviors, such as deep breathing and relaxation techniques, that address anxiety and panic.

Eye Movement Desensitization and Reprocessing (EMDR) is a technique used for trauma-based, severe anxiety. For many people, short episodes of treatment (six to nine sessions) can change their lives. For some people, medications also can be used to help them deal with their anxiety. If you think you may be struggling with anxiety, please call Wallowa Valley Center for Wellness at 541-426-4524 or come in to 207 SW First Street, Enterprise. If you are having a mental health crisis, please call 541-398-1175.

There is no reason to live a life that is less than it can be. This column is part of a series on basic forms of mental illness submitted by Wallowa Valley Center for Wellness. Stephen Kilewer, MS, LPC, is director, emeritus, of Wallowa Valley Center for Wellness.



# It's time to delist the wolves

## GUEST EDITORIAL

Jim Akenson

When I look at Google Earth, my first reaction is to zoom in and out for perspective. Greater perspective helps us gain a better view of wolves in Oregon, and how removing them from the state's threatened and endangered list will allow them to be managed as a species that has been successfully recovered.

A U.S. Fish and Wildlife Service report from April 2009 states that there were already between 60,000 and 70,000 wolves in North America at that time — including an estimated 12,000 in Alberta and British Columbia — and at least 1,645 in the northern Rocky Mountains recovery area, which is recognized as a southern extension of the robust Canadian population. Zooming in tighter to Idaho, which was a node for Rocky Mountain recovery with 15 wolves reintroduced in 1995 and another 20 in 1996, we see that Idaho's wolf numbers tripled in just two years to 115 and reached 192 by 2000. As of late 2014, there existed a minimum pack count of 104 (with another 23 state border packs) and an estimated population of 770 wolves. This all follows six years of regulated hunting and trapping of wolves.

Idaho has been the source population, through dispersal, for wolf re-establishment in Oregon. The first Oregon pack to be confirmed was the Wenaha Pack, documented in 2008. Our state anticipated an inevitable wolf movement from Idaho, and by 2005 had produced and adopted a Wolf Management Plan. This three-phased approach called for evaluating an option for delisting once the criteria were met for Phase II. The criteria called for four breeding packs to successfully rear two or more pups for three successive years. By 2014, these criteria had been met and exceeded, as

there were nine known successful breeding pairs of wolves in Oregon, including eight packs in northeast Oregon and one in the southern Cascade Mountains. In recent weeks, there have been three wolf activity areas identified in southern Oregon. The minimum population is estimated at 81, not counting this year's pups (13 of the 16 documented pairs had litters this year).

Now, zoom out to include the entire northern Rocky Mountain region, and it becomes obvious that Oregon's wolves are well connected and thriving, and it's equally clear they are ready to be removed from Oregon's endangered species list.

We also need to look at how wolves have affected neighboring states to gain a clearer picture of what we can expect in the coming years. In Idaho's Unit 26, within the Middle Fork Zone of central Idaho, wolves were reintroduced in the mid-1990s. The elk population was 1,270 and hunter harvest in 2006 was 89 bull elk. By 2011, counts for Unit 26 were just 366 total elk and hunter harvest was a meager 24 bulls. Hunter numbers for the three units comprising the Middle Fork Zone dropped in half, going from 1,678 in 2006 to 821 in 2011. The pattern of decline continued with only 757 elk hunters going to those wilderness units in 2012.

The pattern here is crippling for local rural economies, where hunters start their journeys to the backcountry. Wolf predation might not be the only factor influenc-

ing central Idaho elk numbers, but with a high wolf pack density in the Middle Fork Zone, it is the dominating factor, according to the Idaho Department of Fish and Game.

Contrary to claims made by animal protectionist groups, delisting does not remove all protections for wolves in Oregon. Wolves will remain a protected species, and they are still federally listed in all but the eastern-most sliver of Oregon. Delisting will, however, start the journey down the road to Phase III and allow the Oregon Department of Fish and Wildlife more options for applying management practices.

Following through on the promises made to Oregon's agricultural community also will foster better tolerance of wolves and maintain the credibility of Oregon's Wolf Plan.

We need to look more broadly on the issue of wolves and expand our focus to be able to see beyond state lines. Wolves have demonstrated the ability to look beyond state borders, and we should, too. Oregon developed a very effective management plan with detailed criteria to recover wolves in this state, while also protecting other wildlife species and agriculture. It is vital that we carefully follow the direction of the wolf plan, which was developed with buy-in from many diverse stakeholders. We must stick with the plan and delist wolves in Oregon.

Jim Akenson, conservation director for the Oregon Hunters Association, holds a master's degree and a bachelor's degree in natural resources. He had long tenures working for the University of Idaho and ODFW. In Idaho, he managed a remote field station and conducted studies on cougar and wolf predation effects on big game populations.

# Low-water rafting can be a pain

You ever wake up thinking the perfect breakfast might be a large bowl of ibuprofen? Ever just lie there tolerating the alarm beeping because rolling over to hit snooze sounds like a lot of work for a body that feels like a sack of bruises? Let me tell you about river rafting in low water. I've taken heavy rafts down the Grande Ronde River with not much water and a whole lot of gear for steelhead fishing trips a number of times now over a number of years. I thought I knew all about it. It turns out I was perhaps a tad cocky about getting a big boat through skinny water. My buddy Todd Kruger and I just got back from an expedition with water slightly lower than I've done before and the little difference turned out to be big. My earlobes are the only portion of my body that doesn't ache. Wait, I just checked and they hurt, too.

Low-water boating can be fun. Sort of. It definitely isn't boring. Approaching a real shallow stretch requires staring and studying hard, looking for a way through by divining where the most water is with the fewest obstacles. Pretty soon you're in it and there's a flurry of quick decisions and evasive maneuvers to keep your boat going in precious few inches of river. You develop an eye for rocks you can barely slide over. Raft floors make a sound like, "errrr," when slipping over rocks. If you



## AND FURTHERMORE

Jon Rombach

run out of that much water, you can try scratching furiously with your oar blades to get enough speed to carry your boat over spots that are too low by just barely. Those sound like, "ERRrrrr-r-r."

Deeper water doesn't mean you can relax. "Hippo rocks," or "lurkers," just under the surface can be tough to spot until you're just about to collide into or onto them. Getting stuck on a lurker makes a solid "ERRRCH" noise, followed by the thud of your spirits dropping because now there's water all around you, too deep to get out and stand in to push your boat off. If you're living right, Todd or another boat will be coming along right behind you with enough steam to bump into your raft and get you moving again. Or you can try using an oar as a pole to push yourself off. Or bounce around trying to shift your weight. Or pray for rain to raise the river. Or something.

Getting stuck can teach you a lot. I've learned many new words and phrases

following a raft grounding on the rocks. It's good for creativity. When best efforts to get boats through trouble spots don't work out, you think up alternatives. Todd wondered on this trip about getting a backhoe attachment for his raft. Hydraulic jacks to drop over the side. We discussed converting our boats into hovercrafts. Other plans I've heard include filling the raft tubes with helium instead of air. Calling in a helicopter. Putting a knife in the tubes and walking away. In the end you get out and push and shove and yank and cajole and sweat and swear and toil and curse and, eventually, the boat is floating again. You crawl back in, scramble to your seat, get your oars ready and sometimes that's when you get stuck again. Repeat.

I almost forgot to mention that it's downright beautiful on the Grande Ronde this time of year. I highly recommend it. Well worth the trip. There's good numbers of steelhead in the river and once you get past the impassable, things start looking up. I recommend going light. Or, better yet, get somebody to haul your stuff for you.

I'm busy, though, until the river comes up.

Jon Rombach is a local columnist for the Chieftain.

# Where's the support for education?

## To the editor:

Just wondering if it was as blatantly clear to anyone else how the NRA was able to raise \$114,000 in one night while it takes the Education Education Foundation an entire year to raise an average of \$40,000.

I am not trying to dismiss the right of any law abiding citizen to own a gun or even multiple guns as I do, but do the numbers above make anyone think that perhaps we put more value on our Second Amendment rights than our own children's education?

Jeff Irish  
Enterprise

## LETTERS to the EDITOR

Letters to the Editor are subject to editing and should be limited to 275 words. Writers should also include a phone number with their signature so we can call to verify identity.

You can submit a letter to the Wallowa County Chieftain in person; by mail to P.O. Box 338, Enterprise, OR 97828; by email to [editor@wallowa.com](mailto:editor@wallowa.com); or via the submission form at the newspaper's website at [wallowa.com](http://wallowa.com).

## Where to write Washington, D.C.

U.S. Sen. Ron Wyden, D — 516 Hart Senate Office Building, Washington D.C. 20510. Phone: 202-224-5244. E-mail: [wayne\\_kinney@wyden.senate.gov](mailto:wayne_kinney@wyden.senate.gov) Web site: <http://wyden.senate.gov> Fax: 202-228-2717.

U.S. Sen. Jeff Merkley, D — 313 Hart Senate Office Building, Washington D.C. 20510. Phone: 202-224-3753. E-mail: [senator@merkley.senate.gov](mailto:senator@merkley.senate.gov) Fax: 202-228-3997.



USPS No. 665-100

P.O. Box 338 • Enterprise, OR 97828  
Office: 209 NW First St., Enterprise, Ore.  
Phone: 541-426-4567 • Fax: 541-426-3921

Wallowa County's Newspaper Since 1884  
Enterprise, Oregon

MEMBER OREGON NEWSPAPER PUBLISHERS ASSOCIATION

PUBLISHER Marissa Williams, [marissa@bmeagle.com](mailto:marissa@bmeagle.com)  
EDITOR Scot Heisel, [editor@wallowa.com](mailto:editor@wallowa.com)  
REPORTER Stephen Tool, [stool@wallowa.com](mailto:stool@wallowa.com)  
REPORTER Kathleen Ellyn, [kellyn@wallowa.com](mailto:kellyn@wallowa.com)  
EDITOR [editor@wallowa.com](mailto:editor@wallowa.com)  
NEWSROOM ASSISTANT  
AD SALES CONSULTANT Jennifer Powell, [jpowell@wallowa.com](mailto:jpowell@wallowa.com)  
GRAPHIC DESIGNER Robby Day, [rday@wallowa.com](mailto:rday@wallowa.com)  
OFFICE MANAGER Cheryl Jenkins, [cjenkins@wallowa.com](mailto:cjenkins@wallowa.com)

PUBLISHED EVERY WEDNESDAY BY:  
EO Media Group

Periodical Postage Paid at Enterprise and additional mailing offices

Subscription rates (includes online access)	1 Year
Wallowa County	\$40.00
Out-of-County	\$57.00

Subscriptions must be paid prior to delivery

See the Wallowa County Chieftain on the Internet  
[www.wallowa.com](http://www.wallowa.com)  
facebook.com/Wallowa | twitter.com/wcchieftain

POSTMASTER — Send address changes to  
Wallowa County Chieftain  
P.O. Box 338  
Enterprise, OR 97828

Contents copyright © 2015. All rights reserved. Reproduction without permission is prohibited.