

## Tips offered on dealing with stress from Morrow County Behavioral Health

Everyone experiences stress from time to time. Stress can be a little thing like the kids arguing in the back seat on a car trip or something as big as a death in the family. Stress is defined as a circumstance that threatens one's well being or inhibits one's ability to cope. There are good stressors and bad stressors. For example sometimes it is stress that helps us to keep an important deadline. There are times when stress goes beyond the day-to-day demands of life and begins to interfere with healthy living. When faced with stress over a long period of time people can experience what is labeled chronic stress.

Chronic stress is associated with several health problems, including: disease, depression, anxiety, and can impair the body's natural immune function. Additionally, chronic stress or the inability to effectively handle stress can interfere with daily living and relationships.

What can one do to help reduce stress? The key is to learn effective coping skills and practice healthy habits. For example, confronting problems directly and not avoiding them or learning ways to release stress as it happens can reduce long-term effects of stress. Exercise and healthy nutrition are important components in dealing with stress. People who exercise at least 20 minutes three to five times a week often find they are able to cope with stress better.

For many, stress becomes so overwhelming they cannot deal with it themselves and it interferes with the quality of their lives. Genetics may factor into why some people experience more stress than others. This means that some people may not handle stress as well as others no matter how hard they try. If someone becomes overwhelmed by stress, they might need to seek outside help by consulting a health care provider and/or seeking help from a local mental health agency. For some, both medication and mental health interventions are the most appropriate way to work with stress. There are some specific kinds of medications that health care providers use to effectively manage stress. Mental health clinicians are trained to assess the severity of stress, help to identify stressors and teach effective ways of coping with or reducing stress.

Remember, stress is not always bad but when it is causing one to be angry a lot of the time, eat excessively, worry, not sleep, or interferes with relationships then maybe it is time to consider getting help.

For a free Stress Rating Scale contact Morrow County Behavioral Health at 541-481-2911 (Boardman office) or 541-676-9161 (Heppner office).

## Jonathan Nicholas to speak at Town & Country Banquet

The Chamber Annual Town & Country Awards Banquet set for Thursday, Jan. 12, will feature guest speaker

Jonathan Nicholas, Portland Oregonian columnist. Tickets will go on sale soon. The annual Chamber luncheon will be Tuesday, Jan. 10, at All Saints Parish.

## D A's Report

The Morrow County District Attorney David C. Allen has released the following report:

-Paul Hays, 33, was convicted of Assault 4, a Class A Misdemeanor and was sentenced to 180 days in jail with 166 days suspended and the defendant is sentenced to 24 months of probation, 40 hours of community service, no contact with the victim, alcohol evaluation and pay \$626 in fines, fees and assessments.

-Cory Koertje, 24, was convicted of Criminal Mischief-2, and was sentenced to 180 days in jail with 180 days suspended and sentenced to probation, 40 hours of community service and pay \$500 in restitution and \$126 in fines, fees and assessments.

Also charged with Manufacturing/Delivery of a Controlled Substance, a Class B Felony and was sentenced to probation for a period of 24 months, complete 80 hours of community service and pay \$1,166 in fines, fees and assessments.

## Lexington Christmas lighting contest winners announced

Winners of the Town of Lexington Christmas lighting contest have been selected. "Best of Theme: Red, White and Blue" category were Carmen Wilson, Bob and Luella Taylor and Bob and Beverly Steagall. "Best Christmas Theme" went to Roger and Carol Ehrmantraut, Gene Orwick and Jake Haynes. "Tiny But Bright" went to John and Jessica Lehman,

Randy and Marie Henrichs and Steve and Mindy Wilson. "Just Right" award went to Rusty and Kathy Britt, John Ripple and Morris and Shirley McCarl. "Best Use of Lights" was awarded to Dean and Lois Hunt, Wayne Papineau and Kevin and Lori McCabe. "Most Original" went to Al and Jean Brazell, Scott and Carol Hollis and John and Kelly Boyer.

## Morrow County Fair Board selects theme

"Happy Trails to the Morrow County Fair and Rodeo" was selected as its 2006 theme during its December meeting. Members said they felt this theme would be an easy one to address in decorating the grounds and booths.

The deadline for reserving a booth for the

2006 fair is Friday, August 4. For more information call 676-9474 or e-mail mcfair@co.morrow.or.us.

The next Fair Board meeting will be on Tuesday, January 3, at 7 p.m. in the fair office. The public is invited to attend.

## Heppner Little League meeting set

Heppner Little League will meet on Thursday, Jan. 19, at 7 p.m. in the Pettyjohn Building conference room. Anyone interested in Heppner Little League is welcome to attend.

## Correction

Eleanor Blevin's nickname was incorrectly printed in the Dec. 21 edition of the Heppner Gazette Times. The correct nickname is "EV." The GT regrets the error.

## Sheriff's Report

The Morrow County Sheriff's Office (MCSO) reports handling the following business:

-Boardman Police Dept. officer cited Pedro Pacheco Covarrubias, 23, for Violation of the Speed Limit in a School Zone, 34 mph in a 20 mph zone.

-Boardman Police Dept. officer arrested Kenneth James Sicard, 45, for Possession of a Controlled Substance Schedule II and Schedule III.

-Boardman Police Dept. received a report from a caller who was receiving strange phone calls from someone called "Benson."

-Boardman ambulance received a request for an ambulance from a caller in Boardman for a male subject in his 80s having cardiac trouble.

**Dec. 13:** MCSO received a request for assistance from a caller in Heppner to shut off a water main due to a broken pipe; there was no answer at public works when she called. Before she hung up, she advised the water had been shut off.

-MCSO received a report from a caller in Irrigon that a male subject was trying to property from his residence.

-MCSO received a report from a caller of a hitchhiker on Highway 206 who wanted a ride to Heppner.

-MCSO received a report from a caller at the National Weather Service in Pendleton who advised of a category change on one of the sensors on Upper Hinton Creek and that someone needs to check on it. The Heppner Fire Chief advised this also happened the previous day. There was no

water flowing down the creek and it may be ice on the sensor; he would check on it.

-MCSO deputy cited Robert Brian Jones, 39, for Violation of the Basic Speed Rule, 75 mph in a 55 mph zone.

-Heppner ambulance received a report from a caller in Heppner of an 88-year-old male who was in pain. The patient was transported to Pioneer Memorial Hospital in Heppner.

-Boardman Police Dept. officer cited a male juvenile for Driving while License Suspended-Violation.

-Boardman Police Dept. officer cited Jeffrey Linn Ring, 45, for Driving while License Suspended-Violation and Driving Uninsured. The vehicle was impounded.

-Boardman Police Dept. officer arrested Dustin Andrew Spears, 20, on an Irrigon Justice Court warrant for Failure to Appear/Theft III.

-Boardman Police Dept. officer arrested Dean Laroy Staten, 40, on an Irrigon Justice Court warrant for Failure to Pay Fine/DUII-Failure to Attend Alcohol Education Classes.

-Boardman Police Dept. received a report from a caller in Boardman of a suspicious vehicle driving around.


**Dec. 19:** MCSO received a report from a caller in Irrigon that her son left work and had not returned home yet; he should have been back several hours ago. The call was referred to the UCSO.

-MCSO received a report from a caller who found a canoe with fishing gear in it at an abandoned campsite in the wildlife area in Irrigon.

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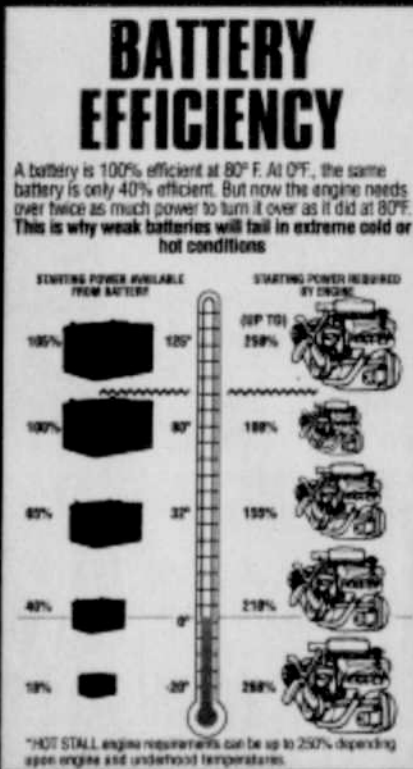
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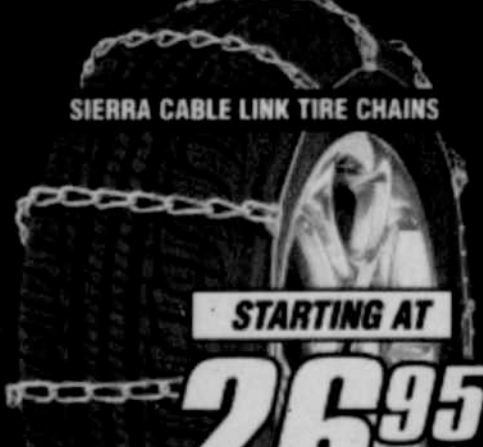
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