

## Morrow-Wheeler Behavioral Health offers free SAD assessment questionnaire

Winter Depression, Winter Blues, Cabin Fever, no matter what you call it, Seasonal Affective Disorder (SAD), is a type of depression. It is estimated that between 10 to 20 percent of people in the United States will experience SAD some time between fall and spring each year. As the days grow shorter and there are less daylight hours, people are more likely to experience the symptoms of SAD. The symptoms can be one or more of the following: depressed feeling, irritability, less energy, loss of interest in normal activities, weight gain, change in appetite and avoiding of social situations. The symptoms can be mild or have a negative impact on the quality of one's life.

For mild symptoms of SAD, light therapy might be effective. This would include going outdoors in daylight hours even if there is a cloud cover. Tanning in a tanning bed for a few minutes several times per week is reported to help some who suffer from mild SAD symptoms.

It is easy to stay in doors and get little exercise during the winter months, which may factor into why so many people are prone to mild forms of SAD. If this describes you, then getting more exercise may be all that

is needed to lift the winter blues. Most communities have gyms to join at a variety of different costs. Most department stores sell all kinds of exercise tapes that might be helpful. Walking at a brisk pace for one to three miles a day outdoors would give light exposure and exercise. It doesn't really matter what kind of exercise so long as one is exercising.

If exercise and light exposure do not lift the symptoms of SAD it could be that the case is moderate to severe. Since the quality of one's life depends on feeling good, then it may be necessary to consult your family care provider and/or mental health provider. Together they can assess the need for medication management and severity of SAD. By understanding triggers and learning coping skills, your mental health professional can help reduce symptoms and the likelihood of them reoccurring.

For a free Seasonal Assessment Questionnaire contact Morrow Wheeler Behavioral Health. To schedule an appointment or speak to a counselor please call our Fossil office at 763-2746, Heppner at 676-9161, or Boardman at 481-2911. We also have 24-hour crisis services that can be accessed by simply dialing 911.

## OTLD project receives grant funding

The Eastern Oregon Early Literacy and Learning League (ELL) is the recipient of a \$21,000 grant from the Weyerhaeuser Family Foundation to support early literacy outreach services for children in three Eastern Oregon counties. ELL partners receiving grant funding include Umatilla County Special Library District's "Take Off," Wallowa County Library's "Training Wheels" and the Oregon Trail Library District's "First Steps in Morrow County." Weyerhaeuser Family Foundation's Children's Initiative provides funding for local programs that are innovative, or that demonstrate a new way of delivering services, and from which others can learn.

Thirty-four grants were awarded to organizations throughout the United States for a total of \$651,991.

The Eastern Oregon Early Literacy and Learning League represents a multi-county effort to expand and enhance services supporting language development and early literacy through collaboration and sustainable growth. ELL is the only library-based early literacy outreach effort in Oregon that encompasses multiple partners in neighboring counties. Additional program support has been received from the Oregon Community Foundation's Early Childhood Initiative Grant, Wildhorse Foundation, local libraries, community organizations, the Commission on Children and Families and the Oregon State Library.

## HES students receive savings bonds for winning essay contest



Jonathan Chen, Austin Gutierrez and Courtney George

Students in grades five and six from Heppner Elementary submitted essays to the Heppner Elk's Lodge describing their feeling and emotions of the flag of the United States. Essays had to be no longer than 250 words and three students out of approximately sixty papers submitted were chosen as winners.

Austin Gutierrez, a fifth grade student, won first place with his essay,

Jonathan Chen, another fifth grader, took second place and Courtney George, a sixth grader, took third. These students will receive a savings bond, courtesy of the Lodge. These three papers will also be sent to the district level to be judged as well.

### Magnetic Door Signs

Heppner Gazette-Times 676-922

## Sheriff's Report

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

**Jan. 6:** MCSO issued a citation to John Thomas, 56, for going 68 mph in a 45 mph.

-MCSO received a report about a disable vehicle in a ditch. It was reported that the driver was taking a nap.

**Jan. 7:** -MCSO received a report about a blue pickup at the Emergency Room Door. Subjects need in; they have a subject with MS that is vomiting and ill.

-MCSO received a report that Daniel Lyle Smith, 29, was arrested by UCSO on local charges with a hold place for an Irrigon Justice Court warrant for Failure to Pay Fine/Driving while Suspended-misdemeanor.

-MCSO received a report that there was a large bail of hay blocking the fast lane.

-MCSO received a report that Ross Carlisle VanEtta, 25, was arrested for failing to appear for failure to perform duties of a driver. Subject was already lodged at Umatilla County Jail.

-MCSO arrested Richard Allen Pifher, 45, on a Hermiston PD warrant for failure to appear for Theft III. He was lodged at Umatilla County Jail.

-MCSO issued a citation to Mary Adrienne Gardner, 39, for driving while suspended, driving uninsured and for having expired vehicle plates. The vehicle was impounded.

-MCSO received a report about a disabled vehicle. The vehicle turned out to be out of fuel.

-MCSO issued a citation to Theresa Marie Noel, 18, for going 89 mph in 65 mph.

-MCSO received a report that Theodor Herman Tank, 37, was arrested by Marion County on a Morrow County warrant for local charges. He was lodged at Marion County Jail.

-BA assisted a 16-year-old male with a possible neck injury during a wrestling tournament. BPD received the call also.

-BA assisted a six months old female baby that fell off a bed.

-BPD received a report that there was a vehicle that had items blowing off of it due to the windy conditions.

**Jan. 8:** -BPD received a report advising that there was a van that was stuck in the sand near Riverview Motel.

-BPD received a report about two vehicles speeding down the freeway, going at least 90 mph. MCSO received a call also.

-BPD received a report from a subject who was run off the road by one of the vehicles from the previous call.

-BPD received a report about a burglary. The male subject was chased off.

-MCSO received a noise complaint near The Gazette Times that was occurring very early. Subject was picking through bricks, agreed to leave and come back in a few hours.

-MCSO received a report that Amber Leann Wilson, 22, was arrested by Hermiston PD for failure to appear for Criminal Trespassing II.

-MCSO received a report that a stop sign was knocked down.

-MCSO received a report about vehicles that were on Paul Smith Rd near the canal. Vehicles were occupied and had their lights on.

-MCSO received a report that a window at Irrigon High School was broken and the dug out was tagged.

**Jan. 9:** -MCSO received a report from a 14-year-old female that her mother assaulted her.

-MCSO received a request for the reporter's counselor to phone her. Reporter felt that another subject thought she was arguing with him or her.

-MCSO received a report that the reporter's air compressor was stolen.

-MCSO received a report that the reporter's vehicle looked like someone tried to steal it.

-MCSO arrested Joseph W. Palmer, 25, for Failure to Pay Fine/Driving while Suspended. Palmer was released to appear.

-MCSO received a report that the reporter had just moved to Irrigon from Umatilla and the reporter's neighbor was flipping him off. Reporter felt harassed and requested deputy contact.

-MCSO issued a citation to Eric James Krohn, 22, for going 80 mph in a 55 mph.

-MCSO received a report that Hood River CO SO located a stolen ATV from Morrow County.

-MCSO received a request for deputy contact when the reporter thought that either a rock or 22 bullet hit the wrestling team vehicle.

-MCSO received a report that the water pressure was way down. Heppner Public Works were advised.

-MCSO received a report that Larry Grant Dana Jr., 33, was arrested by the Ontario PD on an IJC warrant for failure to appear for Theft II.

-MCSO received a report that the reporter's ex-boyfriend had called her and told her he was going to kill himself and had already hurt himself. BH was contacted.

-BPD issued a citation to Jason Michael Beyers, 21, for failing to register his dog.

-BPD received a report that the reporter was receiving death threats from her sister.

-BPD issued a citation to Melissa Dawn Lemmon, 23, for Failing to Yield to an Emergency Vehicle.

-BA assisted a male who believed he had the stomach flu. Subject had passed out, and when he came too, he called for an ambulance.

-BA received a call about a male subject with extreme chest pains who was driving a May truck. BA was advised to stand down, because Rufus ambulance responded.

**Jan. 10:** MCSO received a report that Jay Arlie Miller, 36, was arrested by OSP Klamath Falls on a IJC warrant for failing to appear for driving while suspended.

-MCSO arrested Steven M. O'Dell, 28, on an IJC warrant for failing to pay fine for DUII.

-MCSO received a report that a driver passed in the no passing zone and was very belligerent.

-MCSO received a report about a Maytag Washer and Dryer that were stolen. Reporter knew that they were on Bombing Range Rd.

-MCSO arrested a male subject for failing to pay fine for driving while suspended.

-BPD issued a citation to Clarence Julian Anderson, 75, for going against prohibited horses on residence owned property.

-BPD issued a citation to Ralph Cota, 46, for driving uninsured.

**Jan. 11:** -MCSO received a report that the reporter had received packages that had been purchased with a stolen credit card.

-MCSO received a report that a subject was issued a citation for maintaining a dog as a nuisance.

-MCSO received a report that a subject was using reporter's name on their bills.

-MCSO received a report about elder abuse. A daughter withheld her mother's medication.

-MCSO received a report that a juvenile stated that her mother had a knife and was threatening to kill herself. The female juvenile went to her aunt's house. There was a male juvenile at the subject's house.

-BPD received a report that someone in a white pickup dumped a Christmas tree and garbage in reporter's dumpster.

-BPD arrested Jose Naba Palacios, 19, for failing to appear for giving false information to a police officer.

-BPD arrested a subject for Animal Neglect I and Animal Abuse II.

-BPD arrested Alberto Gutierrez Sahagun, 45, for harassment.

-BPD issued a citation to Daniel Lezma Santoya, 26, for Failing to Yield to an emergency vehicle.

# CUSTOM BANNERS

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Heppner Gazette  
676-9228

### ABOUT THE HEPPNER GAZETTE-TIMES NEWSPAPER

#### News articles

The Heppner Gazette welcomes news articles that are of interest to the communities of Ione, Lexington, Heppner and the surrounding area.

You can submit your article through mail, fax, email or bring it to our office (see below under how to contact us).

There is no charge for news articles, but if the article is a moneymaking activity for a person or business other than a non-profit or community service organization, it must run as a paid advertisement.

#### Advertisements

There are several different types of advertisements in the Heppner Gazette.

Display ads are the boxed ads that run throughout the newspaper and are charged for by the amount of space. The larger the ad the more it cost. Photos and graphics may be used in display ads.

Classified, or want ads, run in the section near the back of the newspaper and are charged by the number of words in the ad.

Business directory ads are boxed ads at a discounted rate. You must agree to run the ad unchanged (except for minor corrections) for a minimum of three months.

Legal notices. The Gazette is the legal newspaper for various public entities and is able to satisfy publishing requirements for Morrow County.

#### Letters to the Editor

Letters to the Editor must be signed. The Gazette-Times will not publish unsigned letters. Please include your address and phone number on all letters for use by the G-T. The G-T reserves the right to edit. The G-T is not responsible for accuracy of statements made in letters. (Any letters expressing thanks will be placed in the classifieds under "Card of Thanks" at a cost of \$10) Letters in poor taste or libelous will not be published.

#### Photos

The Gazette welcomes photos to run with news articles. We accept either black and white or color photos and they can be returned. We also accept digital photos. Email or bring the digitals to the office on a disk. We also accept digital camera "chips" to download the photos from your camera. Please contact us if you are unsure how to submit your photo.

#### Hours & Deadlines

Open 9 a.m. to 5 p.m. Monday through Friday. Advertisement and news article deadline is 5 p.m. Monday for that week's paper. The newspaper publishes on Wednesday of each week.

#### Who we are

Publisher David Sykes  
News Editor Katie Foster  
Bookkeeper April Sykes

#### How to contact us

Email david@heppner.net  
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