

Keep kids safe during travel or shopping

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- Allow younger children to shop on their own to purchase surprise gifts for friends or family members.

- Drop off older children at a mall or public place without agreeing on a clear plan for picking them up, including: where, what time, and what to do in case of a change in plans.

If your child is flying or riding a train or bus alone this holiday season, NCMEC urges parents to remember the following travel safety tips:

- When you make reservations for your child, specify that the child will be traveling alone.

- Whenever possible, book a non-stop flight or direct route. Avoid booking the last flight of the day.

- Plan to visit the airport, train or bus terminal prior to departure. Let your child know what to expect, so the experience will not be so intimidating.

- In case of delay or cancellation, remain at the station or gate until the train, plane or bus

departs.

- Make sure children travel with proper identification and parents or guardian contact information.

- Always have a back-up plan for the person or people meeting the plane at the destination, in case they are de-

layed.

- Encourage children not to become too friendly with other passengers or to reveal any personal information.

Additional safety tips can be found at www.missingkids.com.

Use these strategies to manage your holiday stress

With pleasant thoughts of food, family and decoration, the holidays can be a source of joy for many people. For others, this time of year can be associated with anxiety and stress. In fact, the American Psychological Association's (APA) Stress in America survey finds that many Americans report money as a significant source of stress in their lives and that many report lack of time as a reason they're not doing more to manage their stress. During the holiday season, however, money concerns can be elevated and

personal time can be tight, which may add to people's stress says the APA.

"The holidays can be a stressful time for everyone, but there are some steps you can take to help manage your stress," says Wendy Bourg, Ph.D. "You can begin by developing a simple approach that helps you set realistic goals. Then, be sure to make time for relaxation and enjoy low-key celebrations with good friends and family."

APA and the Oregon Psychological Association suggest

the following strategies to help manage your holiday stress:

- Set realistic expectations. No holiday celebration is perfect; view inevitable missteps as opportunities to demonstrate flexibility and resilience. Create a realistic budget and remind your children that the holidays aren't about expensive gifts.

- Take time for yourself. Taking care of yourself helps you to take better care of others in your life. Go for a long walk, read something that interests you or listen to your favorite music. By slowing down you may find more energy to accomplish your holiday goals.

- Volunteer. Many charitable organizations face new challenges as a result of the ongoing economic downturn. Find a local charity, such as a soup kitchen or a shelter, where you and your family can volunteer together throughout the year. Helping others can put hardships in perspective and build stronger family relationships.

- Remember what's important. Commercialism can overshadow the true sentiment of

the holiday season. When your holiday expense list is running longer than your monthly budget, scale back. Remind yourself that family, friends and the relationships in your life are what matter most.

- Seek support. Talk about stress related to the holidays with your friends and family. Getting things out in the open can help you navigate your feelings and work toward a solution. If you continue to feel overwhelmed, consider talking with a professional such as a psychologist to help you develop coping strategies and better manage your stress. A psychologist has the skills and professional training to help people learn to manage stress and cope more effectively with life's problems.

For additional information on stress and lifestyle and behavior, visit www.apahelpcenter.org, read the blog www.yourmindyourbody.org and follow @apahelpcenter on Twitter. Or visit www.opa.org.

Obituary

DONEY LOUISE BATTRICK

Doney Louise Battrick, 73, Hillsboro, died December 5, 2011. A service was held December 17 at the Jehovah's Witness Kingdom Hall in Cornelius. Private interment took place at Forest View Cemetery in Forest Grove.

Mrs. Battrick was born November 18, 1938, in Buckeye, Arizona, to Theodore and Lidia (Shaddon) Fagin.

In 1961, she married Kent Ellsworth Battrick. They made their home in Beaverton before moving to Vernonia in 1973. In 1982, they moved to Hillsboro. She was a homemaker.

She enjoyed her ministry, and Bible study activities.

Survivors include her husband; a son, David Battrick of Hillsboro; two daughters, Leora

Peterson of Scappoose, and Christina Utting of Hillsboro; her sisters, and seven grandchildren.

Fuiten, Rose & Hoyt Funeral Home was in charge of arrangements.

ELAINE BARBER JAMES



Elaine (Delores) Barber James, 86, Vernonia, died December 10, 2011. A celebration of life service will be held January 7, at 1:00 p.m., at the Scout

Cabin in Vernonia.

Mrs. James was born March 24, 1925, in Hillsboro, to Dale and Myrtle (Alldread) Barber. She was raised in Hillsboro, and graduated from Hillsboro Union High School in 1943. She then went to work for Stimson Lumber Company and, later, for an attorney in Hillsboro.

In 1949, she married Wilfred "Bill" Earl James. They made their home in Hillsboro, then built a home in Rockaway Beach where they lived from 1987 to 1998 when they built a home and moved to Vernonia.

She was a member of the Sisters of Pythias, the Vernonia Lions Club, and the Vernonia Senior Center. She enjoyed sewing, crocheting, reading, computers and travel, especially fishing, clamming and beachcombing on the Oregon coast.

She was preceded in death

by her brother, Elmer Barber.

Survivors include her husband; one son, Wilfred E. James, Jr. of North Las Vegas, Nevada; two daughters, Valerie L. Mack, and Jerilyn A. Cropp, both of Vernonia; five grandchildren and two great-grandchildren.

Remembrances are suggested to a local hospice or the the Alzheimers Association, Oregon Chapter.

Tualatin Valley Funeral Alternatives is in charge of arrangements.



ROBERT "MACK" WATTS

Robert "Mack" Watts, 69, Vernonia, died December 6, 2011. Graveside services were held December 12 at the Buxton Cemetery.

Mr. Watts was born July 16, 1942, in Riverside, Michigan, to

James and Bessie (Dunigan) Watts. The family followed the crops, settling in North Plains in 1953. He attended Hillsboro Hill High.

In 1960, he married Alma W. "Deanie" Smith. They made their home in North Plains before moving to Buxton in 1966, then 24 years later moved to Vernonia. They owned and operated the R&R Trading Post, a second hand store, in Cornelius, then at Timber Junction until he retired in 2004.

He enjoyed collecting antiques, working on cars and small engines, animals, the outdoors, gospel music, and a good joke.

He was preceded in death by his parents, seven siblings, and one grandchild.

Survivors include his wife; four children, Robert Watts and Bennette Watts, both of Vernonia, Marcia Bergstrom and Steve Watts, both of Buxton; six siblings, 12 grandchildren and five great-grandchildren.

Remembrances are suggested to the Oregon Humane Society.

Duyck & VanDeHey Funeral Home was in charge of arrangements.

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