

Managing Stress for Your Health and Wellness

By Jennifer Conrad, Wellness Coordinator

As most are aware, these are stressful times. Eight in 10 Americans say the economy is a significant cause of stress, according to the American Psychological Association's 2008 Stress in America survey. Throw in the added anxiety of the upcoming holidays and it can affect your quality of life and your health.

When prolonged, stress chips away at one's mental and physical health. In fact, some studies indicate that more than 75 percent of all doctor's office visits are for stress-related ailments, from depression to backaches. And stress is linked to six of the leading causes of death including heart disease and cancer.

Warning Signs of Stress Overload:

- Persistent fatigue
- Inability to concentrate
- Flashes of anger – lashing out at family and friends
- Changes in eating or sleeping habits
- Increased use of alcohol, tobacco or drugs
- Repeated tension headaches, lower backaches, stomach problems or physical ailments
- Prolonged feelings of depression, anxiety or helplessness

Ways to Lessen Stress:

Eliminating all stress from your life is an unrealistic goal. However, when you experience these warning signs for prolonged periods of time, action needs to take place. These are steps to lessen the burdens of stress:

- Stay connected. Don't withdraw. Talk to family, friends, neighbors and ministers or pastors about your stress and fears.
- Get physical. Walk around the block, play tennis, work in the yard or just do stretching exercises in your living room.
- Avoid drugs and alcohol. Just like stress, they rob you of energy and cloud your perceptions.
- Make time for relaxation. Try to

reduce the amount of time you spend worrying about things you can't control. Spend less time watching the news and more time relaxing.

• Be optimistic about the future.

If you've been burdened by too much stress, it's possible to deal with it and even redirect it in a positive way to help you get through these challenging times. When stress seems to be getting the better of you and you fear its long-term effects, don't be afraid to seek help.

October is National Children's Health Month and National Breast Cancer Awareness Month!

The Evergreen Youth Association

The Evergreen Youth Association has ended another great season of summer ball. The EYA had a record 537 kids sign up this year. It could and would not be possible without the support of all our Communities.

All the parks looked beautiful this year. There have been many improvements at all of our parks, which make our kids proud to have a home game.

The EYA would like to thank Metamora especially for adding the third field to help out with scheduling. The tee-ball and peewee players enjoyed playing on a field that was built just for them.

Also the EYA was given the use of the concession stand, which helped raise over \$1700.00, which helped to maintain the EYA's funds for the year.

Also Metamora has built a new building at the park, which is now home to our new storage area that will save the EYA money on renting a lock up.

The EYA would also like to thank RJ, and Tonya Lumbrezer, Dwayne and Char Blankenship, Ron Stubliski, Barb Huff, Adam Vance, Brent Simon, Sue Clendenin, Cathy Mossing, Nick Rubel, Scott Miller, and all the people who donated time for the kids. We would also like to give a very special thanks to all of those people who coached or helped coach a team this year.

Today's children are tomorrow's future. These people are what make the difference. The EYA hopes that next year is better than the last.

Thanks again to all we will see you in March.

EYA Board

PUBLIC AUCTION

MONDAY * OCTOBER 5th, 2009
7:00 P.M. REAL ESTATE

107.92 ACRES +/- in OGDEN & RIGA TWP. LENAWEE CO., MI
Farms Located 4 1/2 Miles South of Blissfield, MI
on Thompson Hwy.

AUCTION LOCATION: For Your Comfort & Convenience this Auction will be held at
OGDEN CENTER MUNICIPAL BUILDING
@ Ogden Center, MI
{ALL PARCELS ARE IN BLISSFIELD LOCAL SCHOOL DISTRICT}
Most Farmland Tiled But Older

PARCEL # 1: 38.5 Acres +/- Per Deed, Good Productive Farmland in NE 1/4 of SE 1/4 of Section 25 Ogden Twp. Lenawee Co. Michigan 100% Hoytville Clay Loam Soils, FSA has App. Acres Farmable, Frontage on Thompson Hwy. North of Mulberry Rd. w/ New Entrance Culvert at North End of Farm "Good Square Productive Farm"

PARCEL # 2: 69.42 Acres +/- in the South 1/2 of North 1/2 of SW 1/4 of Section 30 Riga Twp. Lenawee Co. Michigan 100% Hoytville Clay Loam Soils The North Part of the SW 1/4 of SW 1/4 of Section 30 Riga Twp. 100% Hoytville Clay Loam Soils, App. 4 Acres Wooded at Rear Frontage on Thompson Hwy. w/ Frontage on Thompson Hwy. "Nice Long 1/2 Mile Field"

PARCEL # 3: 107.92 Acres The COMBINATION OF PARCELS 1-2 AS A SINGLE UNIT
"COLLECTIVE BIDDING ALLOWED"

For TERMS, Maps, FSA or any Further Info contact AARON SIEFKER
COLLECTIVE BIDDING ON INDIVIDUAL PARCELS WILL BE ALLOWED

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Birth Announcement

Kendra and Jason Batdorf of Wauseon are excited to announce the birth of their daughter, Delaney Jane Batdorf. She arrived at 12:56 a.m. on Sept. 8, 2009 at Henry County Hospital, Napoleon, weighing 7 lbs. 15 oz. and measuring 21 1/2 inches long.

Delaney is the little sister of Justin Batdorf of Fayette. Her proud and happy grandparents are Jeff and Penny Waack, Mike and Sally Sgro, and Jim Batdorf, all of Wauseon. Delaney's Great-grandparents are Helen Peebles of Lyons, Patrick Waack of Aiken, SC and Max and Jerry Stough of Delta.

Holy Trinity Altar Rosary Fall Luncheon and Bake Sale

The Altar Rosary Society of Holy Trinity catholic church (corner US 20 & St Rt 64) will be

Hosting their annual fall soup and sandwich lunch slated for Nov 14 beginning at 11:30 til the pot runs dry. The luncheon will be held in the Metzger community hall. A variety of desserts to top off your meal will be available. The ladies will also have a wide selection of baked goods available to provide you a break from your weekend baking.



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