New year brings health resolutions

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Umatilla and Morrow counties experienced a nearly 40-degree day. As a result, by late December and January, the county did gain 30 jobs in Umatilla County. However, totalled a loss of 50 jobs in Morrow County, according to the state’s Department of Employment.

The state's unemployment rate also is at its lowest point in three years at 9 percent.

"More people have been saying they’re able to find jobs," said Richard Lea, Oregon Employment Department's Community Health Educator.

"Some of the high-pressure ridges often create more than just exercise, and the workforce," he said. "When I was here, it was a good day to exercise in the winter."

"The best feeling I’ve ever had is kicking a goal in the snow," said Jon Lea, Oregon Employment Department Community Services supervisor.

"It's a great way to start the day," said Jon Lea. "That's why I was here, to exercise in the winter."

"It's a great opportunity to get outside and exercise," he said. "This is the best winter I’ve ever had in Umatilla County."